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LETTER TO THE EDITOR

Lee Elkas, Director of UWFood Services, responds to reports of employee mistreatment.



TOILETS FOR TOMORROW

UW introduces new culturally inclusive bathroom in Davis Centre PII

UW STUDENT NDP CANDIDATE P2

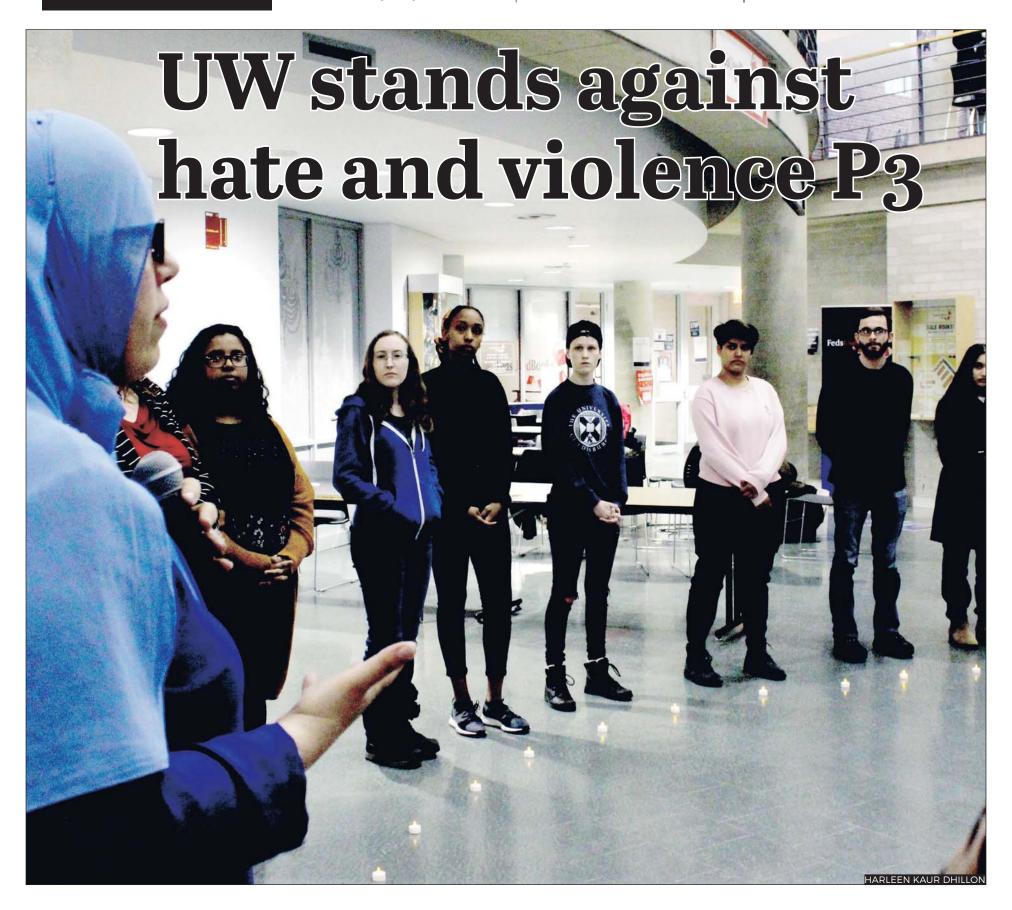
Andrew Moraga will be representing Kitchener-Centre for the NDP in the upcoming federal election.

JUGGLING FESTIVAL P8

The 27th annual Juggling Festival this past weekend brought talent and action.

QUANTUM COMPUTING P10

Learn about how quantum computers are being used to virtually reverse time.



news

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UW student nominated federal NDP candidate

Suhani Saigal News Editor

niversity of Waterloo student, Andrew Moraga, has been named the NDP candidate for Kitchener-Centre for the upcoming federal election. Moraga, an ecologist and environmental researcher, won the nomination on February 10.

He describes himself as "a person of colour from a multi-ethnic background, a proud member of the LGBTQ-plus community, an environmental advocate, a scientist, and so much more" in a statement sent to CBC Kitchener-Waterloo.

A resident of Kitchener's Civic Centre area, Moraga is working on his doctorate in social and ecological sustainability at the School of Environment, Resources, and Sustainability and has volunteered for various groups over the last decade.

CONESTOGA

When asked why he was interested in running for office Moraga told Imprint,

"I don't feel represented in politics and a lot of people that I know don't feel represented in politics. We are increasingly aware that we need stronger action on climate change and social equity movements for fair treatment of all individuals, but we are not seeing that awareness or pressure translate into the necessary action at the policy level. I decided that I would no longer wait on the side lines for these changes to maybe or maybe not come about. I will be the change that I want to see in the world to demonstrate that our voices are powerful and we need to use them for our democracy to be strong."

He believes that society and economic systems make it difficult for people to succeed without pulling each other down.

"I will advocate for investment in our people, in our communities, and in the creation



Moraga is working on his doctorate in social and ecological sustainability at UW.

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of systems that lift people up. We should embody the spirit of the system as society today recognizes it should operate. We need to support communities in adapting to climate change from home retro-fit programs to strong climate action through policy. We need to support workers in the coming tide of automation and artificial intelligence to ensure access to new job training programs for up-skilling and re-skilling affected individuals.

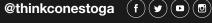
We need to fundamentally consider our actions through equity and accessibility lenses to ensure that the way we design infrastructure and programs are inclusive to all members of our society from the beginning of planning phases right to implementation. I believe that we can build a green economy that is net-zero in carbon emissions with strong middle class jobs for Canadians and economic prosperity for all,"

Moraga said.

He also had a special message for stu-

"I want students to know that voting matters, even if the candidate you support does not win your presence makes a difference. The demographic information of who votes is recorded and at the end of elections that information is made publicly available. If we want political parties to include planks in their platforms that represent us we need to ensure that we're showing up to the ballot box. Every individual who votes is a voice added to the push for more diverse and inclusive policy platforms for all parties, even if that's spoiling your ballot because you disagree with all candidates. We the people are powerful and I want to remind everyone of that with my candidacy."

Moraga will be contesting the encumbent Liberal MP Raj Saini.







RAISE holds vigil for mosque victims

Harleen Kaur Dhillon Editorial Assistant

As her son left for Friday prayer at the mosque, Rania Lawendy, Muslim Chaplain at UW, wondered how many Muslim children in New Zealand had said goodbye to their mothers the morning of Mar. 15, and then never came back.

'We know that New Zealand is only 12 hours away, so that was actually during their Friday prayer, and any mom does not think that her son is gone and will not return," she said. "I stood there for a second and I thought, 'how many mums said [goodbye] to their sons or daughters, thinking that they would come back from the prayer and they didn't come back?"

The Racial Advocacy for Inclusion, Solidarity, and Equity (RAISE) held a vigil in the Lower Atrium of the Student Life Centre on Mar. 15 for the victims of the New Zealand shooting half a day prior.

They lit 49 candles in honour of the 49 people that lost their lives to the terrorism of a white supremacist.

On the morning of Mar. 15, Brenton Harrison Tarrant targeted two mosques in Christchurch, New Zealand.

He entered the mosques and opened fire on the Islamic faithful attending their Friday prayers.

"[The first man to greet him in the mosque] said to him, 'Salam, Brother,' and still, he shot," Lawendy said.

Hanan Thibeh, co-coordinator of RAISE, reminded students that RAISE is open every weekday from 10 a.m. to 5 p.m, offers peer support, and work toward making safe spaces for students of colour.

"Today, our team had a moment. Like the rest of the world, we were shocked, horrified, and distressed. We stand here today to show solidarity with the millions of Muslims across the world, to stand against hate, to make a commitment to foster safe spaces, and to work tirelessly toward making a strong and supportive community," she said. "My brothers and sisters, we must bring out discussions that make individuals think and question and to advocate for the moments we see our communities in pain."

Fiqir Worku, also a co-coordinator at RAISE, said although New Zealand is far away, the issues of racism and Islamopho-

"These Islamophobic, far right sentiments are everywhere. So I think by focusing on creating an environment where we're making a stand saying that this is not accepted here, by holding events, by holding peer-support hours and promoting peer-support hours for these communities that are affected by this tragedy, definitely goes a longer way than some people think. It's not far away, it's not something that's just isolated to New Zealand. It happens in



Ethan Candler participates in a moment of silence for the victims of New Zealand mosque shooting.

Canada, we've seen it," she said.

Ethan Candler, Advocacy Director for RAISE, stated that it is important to remember the privilege that Canadians hold, one that is still maintained at the price of some marginalized groups.

"I think it's very important for us folks in Canada, where we do occupy a certain point of privilege among other countries to call things what they are. Like this act was an act of white supremacist terrorism and this person had premeditated intentions and had been planning this for months and months," he said. "Asking those hard questions and making people uncomfortable and realize that violence happens to Muslim people in their city, in their neighbourhood and probably from people the they are related to."

Sheila, whose name has been changed, was an attendee of the vigil. She said in tough times, it is necessary to maintain positivity and reach out for supports in the community.

"I think it's to continue promoting positivity, I know that's very vague, in any way we can, reach out to our local communities and see which ways that we can help to... get rid of all of these negative stereotypes that do not apply to everybody in the community," she said. "It's definitely a very tough structural issue to deal with, but I think the most that we can do is to go against these negative stereotypes."

Many of the speakers and attendees present at the vigil agreed that unity in the community is important to help individuals deal with this difficult news.

"We have to remember: it's not a Muslim community thing, we're all one community. And when one of us is killed, all of us are killed and when one of us is harmed, all of us are harmed," Lawendy said.

There have been charities and crowdfunding initiatives organized in order to help the families and communities affected by this tragedy. New Zealand Council of Victim Support Groups, the Jewish Federation of Greater Pittsburgh, and Muslim crowdfunding site, Launchgood.

For peer and community support to to join in the fight aginst racism, contact RAISE at uwraise@gmail.com, or Rania Lawendy at rania@abisol.com.

Campus Question

See what students think about current issues

This week: Would you consider being a sugar baby to fund your education?



Kevin Scodras, 3A **Physics**

"No. I, fortunately, have enough money to pay for school. But it would probably be something at the back of my mind. I know with these new cuts to OSAP this seems like it's not too bad of an idea for people I know who depend on OSAP."



Justin Drapeau, 4B **Business Administration & Computer Science**

"No, that is not right. It's weird."



Sophie Rickert, 3B **Environment and Business**

"Personally, no. But there might be other students walking around that would consider it, or maybe are already doing it. I'm not against it; it's a choice and a lifestyle that people may choose to live. Especially if they really need it. Let them live their life."



Yuelin Qi, 3B **Applied Math**

"Of course not! It's not right! It's nice that we're young and we look nice, but we should use other resources for money, and do something more meaningful. Maybe find a part-time job? You will be learning something that you can carry on for the rest of your life, as opposed to just taking money from a rich guy for minimal-to-no-work."

A sugar-coated education

Suhani Saigal News Editor

anadian students are getting increasingly involved in financially beneficial relationships

to fund their education. SeekingArrangement, an online dating site for sugar babies, reported that more than 300,000 students in Canada use this site to help pay their tui-

About 204 University of Wa-

terloo students signed up for the site in 2018, giving the school the third highest number of new signups. The University of Toronto and York University had 362 and 329, respectively.

"Sugar baby students in Canada receive an average monthly allowance of \$2,925, which is double the amount that could be earned working a part-time job at the national minimum wage," the company said in a report.

Users have the option to be a

sugar baby or sugar daddy/mom-

The site offers perks to students who sign up with university email addresses. Users are encouraged to use usernames instead of their real names and are given the option to upload their photos.

Both types of users (sugar babies and sugar daddies/mommies) are asked for their location to connect to people who are close by, as well as characteristics like their height, body type, education level, and ethnicity. The site also asks users what they are looking for in a relationship by giving them options like luxury lifestyle, emotional connection, flexible schedule, and smoking and drinking behaviours. In addition to this, sugar daddies/mommies are asked to provide information about their net worth and annual income.

Founded in 2006, the site now has 20 million users from all over the world, and is only open to those who are above the age of 18.



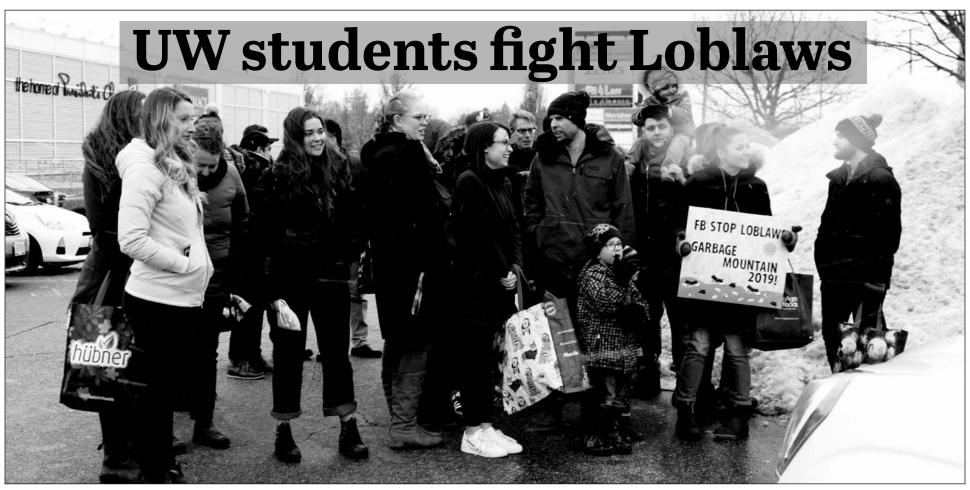


Huge selection of toppings to choose from! Try adding a side of wings, fries or garlic oread/cheese





Website Seeking Arrangement is used for sugar babies or sugar parents to find their counterpart.



The plastic attack was organized in effort to raise awareness about the global plastic problem and pressure big companies, like Loblaws to reduce its plastic packaging.

Suhani Saigal News Editor

tudents from the University of Waterloo gathered at the Zehrs on 450 Erb Street West for a plastic attack protest on Mar. II. The aim of this protest was to get Loblaws to eliminate plastic on at least 100 goods by December 2019 and financially encourage customers to use reusable bags or bring their own containers.

As part of the protest, UW students went grocery shopping, unwrapped their goods, left the excess plastic at the checkout counter, and took their goods in reusable bags. The protest was organized by five UW stu-

dents: Bryn McAuley, Kayleigh Swanson, Clare Urquhart, Katelyn Forsyth, and Ambika Opal.

The protest was organized in response to a CBC story that revealed Loblaws has no plans of reducing its plastic packaging, while mainstream grocers in the U.K., like Iceland and Budgens, are taking big steps.

"This is irresponsible corporate behaviour. We want Loblaws to join the 21st century and take dramatic action to reduce the waste they generate," McAuley said.

Students contacted Loblaws customer care, but were disappointed to find out that the company was least interested in taking measures to eliminate plastic, and instead attempting to make more products recycla-

"Essentially, we hope that this event will start a meaningful dialogue that leads to concrete actions on the part of the company. We also want to inspire other people around Canada and around the world to do the same

It's easy, peaceful, visually impactful, and fun. Most importantly, we want to raise awareness of the global plastic problem, and to encourage individuals and companies to take steps towards change," McAuley said. "The most ridiculous thing about the plastic problem is that it is almost 100 per cent avoidable; it's a recent phenomenon in human history and it's causing an incredible amount of harm to animal and marine

These protests started in the U.K. and there have now been at least a hundred of them across the globe.

You don't even have to be organized in a group to do this, you can shop by yourself and leave your plastic packaging at customer service on your way out of the store. But be sure to explain to management why you're doing it, and ensure they follow up with head office," McAuley said.

The organizers urged the protesters to remember that plastic use is not the fault of the workers or managers. The blame is on Loblaws companies and Galen Weston, executive chairman of Loblaw Companies Limited.



Standing outside Zehrs, Bryn and Kate hold up their protest signs.



Bryn, Morgan, Logan, and Clare proudly show off their recyclable bags.

Residents disappointed with Ezra street party-goers

Harleen Kaur Dhillon Editorial Assistant

very year, Mike Milovick has to clear countless cans, bot-thousands of rowdy, inconsiderate partygoers on Ezra Avenue from his ruined front lawn or face penalties from the city.

"It's discouraging that I'm not able to enforce my property rights and I fear for the safety of my tenants on days like today," he said. "If I don't clean it up, the city bylaw enforcement will ... send me a notice to clean up my property tomorrow morning."

Nearly 30,000 people arrived from all over southern Ontario to join the unsanctioned party on Ezra Avenue on Mar. 17. The crowd was difficult to control and emergency services were close to overwhelmed.

Cherri Greeno, spokesperson for the Waterloo Regional Police, disclosed that many partiers threw rocks, bottles, and other debris at police officers. In addition, one officer sustained a head injury and was taken to hospital, along with over 40 partiers. A person was charged for having open liquor in their car as early as 8:45 a.m. and, in another incident, a male was found in the trunk of a car. Greeno did not elaborate why he was there.

"We were disappointed in the behaviour that was displayed by a lot of people attending this event," she said. "It's very disappointing that people would act in such a disrespectful manner ... We've had assistance from the Peel Regional



Party-goers enjoying themselves.

Police come in simply for their re-

Lukas and Lia Cerveira traveled from Milton to take part in the celebrations.

"[It's a] pretty fun atmosphere, we know a ton of people here so it's just like a good blend," Lukas said. "[My favourite part is] getting together with all the people, seeing old friends, making new friends, being able to get together and have a good time."

They recognize that emergency services are lenient toward partygoers, and appreciate that some delays are possible due to the sheer number of people in the area. Lia stated that a sanctioned and paid event is not impossible, but would probably draw a much smaller crowd.

"I think people would definitely pay for this. I think if it was a paid event, people would pay, maybe a few less people would come," she

Milovick, a property owner on Ezra Avenue, also recognized the problem posed to emergency services by the crowd and stated that ambulance delays and unavailability may result in fatalities. He stated that the region needs to be more active in trying to stop unsanctioned street parties.

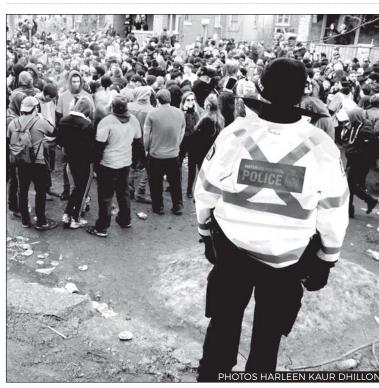
"I think that the city and the region need to take a bigger role in addressing the situation. Obviously, over the years, it's just getting bigger and bigger, and I've always felt that someone's going to be seriously hurt or there may to be a fatality because of this event," he

"The Waterloo Region is part of a task force that is attempting to understand and minimize street parties. Their main concern is the safety of the residents and the partygoers," Greeno stated.

Waterloo Regional Police estimate more than 22,000 students attended. There were 41 calls for service and 18 people were transported to hospital. Down from 52 hospitalizations and 619 charges laid by police last year.



Frustrated resident cleans lawn that has been trampled on all day.



Waterloo Regional Police overlook the infamous Ezra street party that the city and universities are working to contain and eliminate.

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Factors influencing ride-sharing success

Correlation with driver-passenger compatibility

Amanda Guo Reporter

rofessor Bissan Ghaddar from the University of Waterloo conducted a study on ride-sharing, a few years ago, that showed the potential for a 60 per cent decrease in total car use due to compatible passengers and drivers.

This challenges the prevailing notion of carpooling as a factor of convenience from time and location. Instead, it focused on the social aspect of a commute.

His research showed that car rides that consisted of a form of social interaction between the commuters were far more enjoyable for people than long commutes of awkward silence. He and his team of researchers developed GRAAL, which stood for "a data-driven methodology for GReen And sociALcarpooling". Essentially, they

researched a carpooler based on their Twitter feeds and likelihood of socializing with similar types of people.

In addition, they surveyed a sample of 237 people and 39 per cent of them voted for a more sociable but less sustainable ride, as opposed to an eco-friendly but less sociable

Putting their research into practice, using a computer algorithm developed with IBM and two Italian universities, people were matched with carpoolers based on interest, time and location in San Francisco and

This concluded in happy and compatible riders leading to a 40 per cent decrease in car usage in San Francisco and a 57 per cent decrease in car usage in Rome.

Evidently, this disruptive technology does show a decrease in car usage.

"This could be a system that could put a dent in gridlock, reduce pollution and make



Ride-sharing is becoming a prominent form of transportation across the world.

commuting to work more enjoyable," Ghaddar said.

There seems to be a huge social aspect that is important to a person's commute indeed. The ride-sharing industry has been booming since Uber introduced the concept of ride-sharing as opposed to the traditional

taxi service. This has truly been disruptive innovation in the industry, and as research on methods of popularizing ride-sharing grows, so does Uber and Lyft's businesses. Perhaps we will see more integration of social commuting the next time we open up our phone and call a ride-share.

MARSQUEST sunglasses are out of this world

From the perspective of a unique sunglasses and eyewear brand

Audrey Ho Reporter

reated in Toronto in 2016 by former → bankers Shawn Xu and Mars Cai, MAR-SQUEST is a high-quality, affordable sunglasses and eyewear brand. Catering to 18-34 year olds, Xu says the brand is for "people who lead active lifestyles, want to challenge themselves more, and have a positive mind-

"We [Cai and Xu] didn't want the banking life anymore. Instead, we wanted to do something more exciting and challenging," Xu comments. "When you start a business, you ask a lot of whys," Xu said. In Xu's opinion, the sunglasses and eyewear market has great potential.

"Many people don't realize the importance of sunglasses," Xu said.

In North America, on average one person owns three pairs of sunglasses. And outside of North America, the average person owns O.I pairs of sunglasses."

Xu believes that the sunglasses industry will last for a long time, which is why they chose to enter the market. The founders have connections to manufacturing factories in China that were able to help them create the unique sunglasses MARSQUEST available over Amazon. sells today.

According to Sandy Hsu, MARSQUEST's general sales manager, "the sunglasses are made of TR90 material, which is so durable that when you step on the material, it won't break." Furthermore, the lenses are polarized so that people's eyes will be protected.

In addition to sunglasses, MARSQUEST produces eyewear as well. Their specialty is the blue light protection that their eyewear provides. Blue light is the kind of light that comes from T.V.s, cellphones, and comput-

"We want to ensure healthy eyesight among our customers," Hsu said.

Among MARSQUEST's customers, a unique connection that many of them have with the company derives from Xu and Cai's Asian Canadian background. The founders have incorporated both North American and Chinese influences into the brand.

"We noticed that a lot of sunglasses and eyewear companies don't cater to Asian faces. Our company delivers a product that fits for everyone," Xu said.

To date, more than 50,000 pairs of sunglasses and eyewear have been sold in Chinese markets through online platforms such as Alibaba and JD. MARSQUEST is also

The founders believe that MARSQUEST's unique blend of Western and Asian features caters well to the likings and preferences of University of Waterloo students, especially as a significant portion of the student body is Asian and there are frequent Asian influences in the community.

From their experience creating MAR-SQUEST, Xu advises students to "start early, keep going and doing something you love, even if it scares you." In their early days, the founders experienced challenges with creating connections, learning how to kickstart their business, and dealing with inven-

tory management. Over time, along with the help of mentors and knowledge gained from reading books, Xu and Cai have successfully overcome their difficulties.

The name, MARSQUEST, is a fusion of the words "Mars" and "quest," and is representative of the company's ideals.

"Mars is something a lot of people have been thinking about. It represents a possibility for people to get better," Xu comments.

Combined with "quest", MARSQUEST is about the possibility of working towards reaching one's greatest potential, which is what Xu and Cai are achieving with the quality of their sunglasses and eyewear.



MARSQUEST sells unique sunglasses to promote healthy eyesight.

The 27th annual juggling festival

Harleen Kaur Dhillon Editorial Assistant

rearly a decade ago, Timothy Dresser started his juggling career in an attempt to imitate his big brother, who had joined the UW Juggling Club.

"When I was in grade 10, my brother came back from the University of Waterloo, and had learned juggling." he said. "I couldn't let him be cooler than I was, so I learned juggling at my high school and went from there.'

Dresser was on the organizing committee of the 27th Annual University of Waterloo



Krysten Hagedorn performs onstage with her quadruple hula hoops.



Kaydi warming up in the SLC.

Juggling festival, which took place from Mar. 15-16 in the Student Life Centre, ending in a show in the Theatre of Arts.

Dresser described the festival as a place for performers and circus professionals to get together.

"There is a sense of community that jugglers have. It's as much of a social event as it is a skill/technical event. It lets people see their friends from all over the East side of the United States, Montreal, Detroit, that sort of thing," he said. "Getting to hang out with cool people you don't get to see much of or that you've only seen videos of on the internet."

The festival included workshops on skills



Acrobats entertaining the audience.

like juggling, hula hooping, and magic that took place in the afternoons in the SLC. The Gala show on Saturday night featured artists such as Kyle Johnson, juggler; Joe Culpepper, magician; and Krysten Hagedorn, hula-hooper.

Kaydi McMahan, Johnson's girlfriend, is also a hula-hooper. She is also a hula-hoop teacher and performer.

They traveled from Michigan, USA to be a part of the festival.

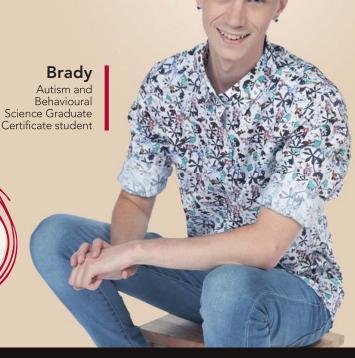
"It's a free form, exercise, a stress reliever. It's a thing that you can focus on where you can forget about everything else. It frees your mind of everything else that is going



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science & tech

World Water Day at UWaterloo

A plan for safe water for all



World Water Day will take place on Mar. 22, 2019.

Claris Lam Reporter

n Mar. 22, 2019, the Water Institute will be hosting its World Water Day event on UWaterloo Campus. This event runs from 9 a.m. to 4:30 p.m. at the STC building. Registration is required to

The goal of the event is to address reasons for the current water crisis. Through a full day of activities exploring viable solutions for marginalized people living without safe water, the participants will join thousands from around the world in solidarity by supporting and amplifying the issue.

This year's UN-Water World Water Day theme focuses on marginalized groups women, children, refugees, Indigenous peoples, disabled people, and many others — who are often overlooked, and sometimes face discrimination as they try to access and manage the safe water they need.

Activities included in this event are a career fair, a water student research poster exhibit, and water student research lightning talks.

There will also be a panel, "Exploring

solutions to the Indigenous water crisis in Canada" with speakers including are Chief Linda Debassige, Lydia Hwitsum, Deborah McGregor, and Kelsey Leonard.

Bob Rae, former Ontario Premier, will give a speech titled "What the challenge of clean water at home and around the world tells us about ourselves, our country, and our planet" to close the event.

In order to make World Water Day a success, the Water Institute is looking for 10-15 volunteers to help execute the event. Volunteers are needed on the day of the event to help with tasks including set-up/ take-down, greeting exhibitors and speakers, running the registration and/or food tables, and technical support during morning/afternoon plenaries, etc.

Interested University of Waterloo students can email Allie Dusome (adusome@ uwaterloo.ca) with their availability to volunteer during the day (morning, afternoon,

The students of the Water Institute Graduate Section (SWIGS) are also, once again, hosting Waterloo's annual World Water Day Photo Contest.

Further information on the contest, the event, and how to register can be found at uwaterloo.ca/world-water-day/.

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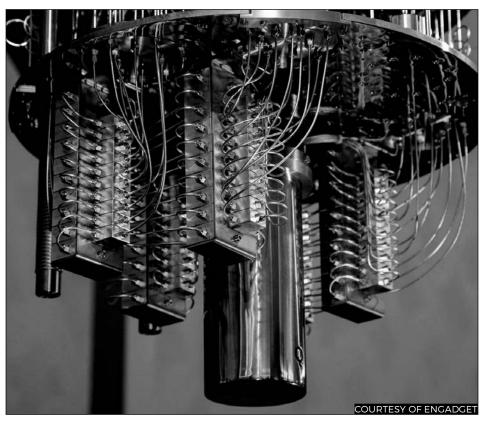
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Researchers find a way to virtually, "reverse time" on quantum computers

Science and Tech Editor

igital computing is performed by breaking everything down into a sequence of ones and zeros, known as bits. Quantum computers vary from this, in that instead of using bits, they function off of qubits (quantum bits), devices that function off of quantum mechanics to create many different states for which each qubit can exist in (not just ones and zeroes).

An issue with this, however, is that qubits are constrained by the uncertainty principle. In other words, limiting the space in which a particle can move makes it more difficult to determine their momentum and vice versa. This means that where digital computers can continuously perform a repeated sequence, quantum computers become much more complex, having to work exclusively off of probabilities to run computer functions.

This was, however, until recently when researchers at the Argonne National Laboratory in Illonois developed a means to virtualy reverse time for the tiny particles that quantum computers opperate off of. Now, in this case, reversing time refers to being able to reset the particles that the computers opperate off of to their original state. This may sound simple at first, but take for example, the situation of being at a bowling ally.

When the ball strikes the pins, some of them fall down.

On a digital computer, the pins can only be standing or knocked down. Therefore, repeating a simulation is only a matter of standing all the pins back up. In a quantum computer, the pins can fall in all different directions, and at different speeds. The ball can be rethrown, but the final outcome will always be different.

Thus, the only way to ensure that the results would be the exact same would be to rewind time until the moment just after the ball is thrown.

That is the same situation that was created by the American and Russian researchers working on this project.

In most scenarios involving two qubits, that very initial condition was able to be reproduced. Unfortunately, the likelihood of the experiment failing increases with the number of qubits involved. Three qubits only ran a 50 per cent success rate.

However, as the experiment can be reproduced using more and more qubits at once, larger and larger operations can be carried out with this as a part of their function. This means that simulations run on a quantum computer could be able to repeat partial operations exactly. Because quantum computers operate off of probability, operations will be able to run much more efficiently than before.

Unfortunately, modern quantum computers are still fairly limited in their capacities. But this innovation could have an influence in the near future beyond what has already been predicted.



Quantum computing involves the uncertainty principle developed by Werner Heisenberg in the early 20th century.

sports & health



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Variety required for effective meditation

Suhani Saigal News Editor

icole Westlund Stewart, Wade Wilson, and David Drewery have found that variety is required to increase participation of students in anxietyreducing behaviours such as medi-

They examined whether mindfulness meditation could reduce anxiety experienced in large classrooms because of written assignments by first-year students studying.

It has been shown that mindfulness meditation is useful in small

classrooms as it eases the flow of thoughts and feelings that improve performance on written assignments. The researchers discovered that initially all students participated and showed interest in medita-

Involvement dropped to 20 per cent by the end of the study. Based on responses from the participants, researchers found the drop was caused by the meditation script which remained unchanged throughout the course.

The study was done at the University of Waterloo and involved 434 students in Wilson's communications class divided into two sections. Most of the students were 18 years old and 78 per cent identified as female. The researchers asked them to listen to one of two mindfulness scripts, each eight minutes long, over the course of eight weeks.

At two points in time, students were required to complete a short questionnaire.

Wilson said that along with variety in content and length of the script, it is recommended that instructors, get involved in the activity and request students put their electronic devices away.

The paper "Mindfulness exercises for written communication: Key issues in large classrooms" was published in Innovations in Education and Teaching International.



Variety in content, length of the script, and instructor involvement are recommended for effective guided and group meditation sessions.

Culturally inclusive washrooms

Charlotte Hings Managing Editor

With a diverse population at the University of Waterloo (UW), Rida Khan, disscussed the culturally inclusive washroom pilot that has recently been implemented by the Equity Office. These washrooms are not only designed to fit the needs of gender-diverse populations, but to also accomodate the expectations of people from various cultural backgrounds, specifically with the introduction of the handheld bidet on toilets.

"There's one inclusive washroom right now that has a handheld bidet" Khan, a UW Honours Planning alum, said. "We have so many students who are Muslims [or] are from Asia who use it. Even Europeans use it."

Typically, the term "inclusive washrooms" refers to washrooms that are focused on providing gender-diverse people with a safe space to use the washroom. While this is important, Khan wants to expand on the idea of inclusivity in washrooms to also be able to create safe and hygenic spaces for those of various cultural backgrounds. An idea that she brought to the table is pilotting a toilet with a handheld bidet. "When I was going to university, I found that there are people who are not going to the washroom all day because they did not feel like they were hygenic enough for them to use," Khan said. "Other students and I were seeing and we all agreed that the handheld bidet on campus would make our lives easier."

Inclusive washrooms have existed on the UW campus for several years now, however, handheld bidets are something new that the Equity Office has just started implementing. "This feature is not just going to be [for] inclusive bathrooms, this is a feature that they want to place in washrooms all over the campus," Khan said.

Khan noted that with a large proportion of UW students originating from the Middle East, Asia, or Europe; where bidets in toilets are widespread, including handheld bidets in campus washrooms could reduce a lot of waste that result from students who currently use creative alternatives to the bidet. "So many people use water bottles when they need to go to the washroom, or wet wipes and what not," Khan said. "There's lots of reports about how using a lot of toilet paper is actually clogging

the system and I feel like reducing the use of plastic water bottles and just providing an alternative to that, that students can actually use, is so doable."

Khan's background in urban planning has helped her realize that people are not using excessive toilet paper and plastic water bottles because it's what they want to do, it's because they do not have a better option. "Providing people with the choice actually matters. Once you provide them with the choice, they'll start using it, too ... It's just that Canada hasn't given people the choice [to use the bidets].'







WARRIOR

TREADMILL DESK

» University students sit for almost 12 hours daily

This increases chronic disease by 125% and leads to mental fatigue and poo

» Using the treadmill desk can reducing stress!

TRY IT OUT!

equipment desk with in an active manner!

campus bulletin

WHAT'S HAPPENING AROUND TOWN

Submit your 30-word announcement or upcoming event to ads@uwimprint.ca for free.

upcoming events

Thursday, April 11 and 12 4th Annual Used Book Sale -hosted by Bereaved Families of Ontario-Midwestern Region. Thursday hours I to 8 p.m., Friday hours 9 a.m. to 8 p.m. For more info on donations and event, email jaime@bfomidwest.org.

extra curricular

HELP - Looking for a knowledgeable person with experience in cryptocurrencies. Please email Lauretta at lanonby@ rogers.com with your name, telephone number, best time to call and desired hourly rate of remuneration. Bit of a time-crunch so asap would be helpful. Gamelan: World Music Ensemble or Community Gamelan - join for credit or

as extra curricular. Fore more informa-

tion on requirements, rehearsals and concert dates, visit uwaterloo.ca/music/ ensembles.

Volunteers needed at YOUR student newspaper, Imprint. No experience needed so come and enjoy lots of new experiences and making new friends! Imprint's office is SLC 0137 or email editor@uwimprint.ca.

Become a Meals On Wheels volunteer! Call 519-772-8787 or www.communitysupportconnections.org/volunteer/ apply.

CLASSIFIED

HOUSING: ATTENTION Mandarin speakers - Free apartment for Mandarin speakers in exchange for helping our family learn Mandarin and some child care. Offering full private apartment near Cambridge. Contact Melanie.Blass@gmail.com.



Imprint's arts online magazine that reflects fine arts, photography, poetry and prose by University of Waterloo students, alumni & staff.

POSITIONS AVAILABLE

MANAGING EDITOR

Following team functions given by Executive Editor. Curate content, recruit volunteers, marketing for the magazine and chair meetings. Contribute to content and editing. Familiar with online design.

EDITOR POSITIONS

Photography; Fine Arts; Poetry & Prose

Contact editor@uwimprint.ca for more information



DISTRIBUTION DELIVERY/DRIVER NEEDED BEGINNING JUNE 2019

RESPONSIBILITIES AND TASKS

- 19+ years of age
- valid G2 drivers license, with a clean record
- Overseeing a rented vehicle
- Logging distribution numbers for delivery and pickup
- Reporting all information to APM Manager

This is a contract job that entails hours of a 5 a.m. start and 10 a.m. finish, every Wednesday morning Fall and Winter Terms, and 3 to 6 times in Spring Term, delivering the official student newspaper of UW. There is presently 81 locations. Full training is done during delivery. \$100 is paid each distribution week.

Contact Laurie - ads@uwimprint.ca for more information

service directory

SPREAD THE WORD

Buy your ad for I month at \$99 and get I month free! Contact ads@uwimprint.ca.

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SPRING TERM 2019 JU

HOURLY PAID JOBS

CREATIVE DIRECTOR

May 6 start; Monday to Friday, 22 hours/week; \$1,333.33/ monthly.

Creative, detail-orientated, with strong communication and leadership skills. Knows how to use MAC/PC computers, along with Microsoft Office and Adobe Creative Suite, including InDesign and Photoshop. Design portfolio an asset.

For further information on job description or applying for this job, please email cover letter/resume/ portfolio samples to editor@uwimprint.ca or drop in to the office, SLC0137.

2 MARKETING **SALES REPS**

May 6 start; Monday to Friday ; \$14.00/hour

Assisting the Advertising and Production Manager with existing and new cold-call sales, for the purpose of advertisers promoting their business in Imprint, to the UW community and the general public in Waterloo, Kitchener, Cambridge and Stratford.

For further information on job description or applying for this job, please email cover letter and resume to ads@uwimprint.ca or drop in to the office, SLC0137.



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EDITORIAL ASSISTANT

May 6 start; Monday to Friday, part-time; \$14.00/hour.

Enthusiastic attitude about writing and Imprint in general. Experience in transcribing, interviewing, research and the ability to plan and write full articles quickly and without assistance.

For further information on job description or applying for this job, please email cover letter/ resume/portfolio samples to editor@uwimprint.ca or drop in to the office, SLC0137.

Position available upon funding.

VOLUNTEER COORDINATOR

May 6 start; Monday to Friday, part-time; \$14.00/hour.

Highly organized with excellent verbal and written skills, along with group management. Assisting the Executive Editor and Advertising and Production Manager with social recruiting events, Imprint training workshops, volunteer team spirit, appreciation luncheon, etc.

For further information on job description or applying for this job, please email cover letter and resume to editor@uwimprint.ca or drop in to the office, SLC0137.

Position available upon funding.

BOARD ASSISTANT

May 6 start; Monday to Friday, 10 hours/week; \$14.00/ hour.

Assisting the Executive Editor, Advertising and Production Manager and the Board of Directors with ongoing projects such as databases, committee participation, website upkeep for Board minutes, research and other jobs as required.

For further information on job description or applying for this job, please email cover letter and resume to ads@uwimprint.ca or drop in to the office, SLC0137.

Position available upon funding.

SOCIAL MEDIA SALES **ASSISTANT**

May 6 start; Monday to Friday, part-time; \$14.00/hour.

Assisting the Executive Editor to ensure daily postings are completed for Imprint's social media channels. Connect with readers ; develop content ; multi-task assignments from various departments and use social media analytical tools to measure key metrics for editorial and advertising.

For further information on job description or applying for this job, please email cover letter/ resume/portfolio samples to editor@uwimprint.ca or drop in to the office, SLC0137. Position available upon funding.

ASSISTANT

May 6 start; Monday to Friday, part-time; \$14.00/hour.

Assisting the Advertising and Production Manager with existing and new cold-call sales, for the purpose of advertisers promoting their business in Imprint to the UW community and the general public in Waterloo, Kitchener, Cambridge and Stratford.

For further information on job description or applying for this job, please email cover letter and resume to ads@uwimprint.ca or drop in to the office, SLC0137.

Position available upon funding.

VOLUNTEERING

SECTION EDITORS for News, Opinion, Photo, Arts, Sports, Distractions. Other positions available are Head Designer, Graphics Editor, Copy Editor, Video Editor, and Satellite Campus Editor.

Apply to editor@uwimprint.ca with cover letter/resume/portfolio samples.

imprint

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Next scheduled post-mortem meeting: Wednesday, Mar. 20 at 2:30 p.m. Imprint Office, SLC 0137

Next scheduled board meeting:

opinion



HAVE YOUR SAY

Submit your letter to the editor or your community editorial to opinion@uwimprint.ca. Find more opinions at uwimprint.ca.

Life after university

ife after University is getting closer. Changes in the relationship between students and parents are inevitable.

THE MOVE BACK HOME

Your parents are going to be so happy to have you back home with them! You will want to have a conversation with them outlining your expectations as well as theirs during this transition phase of your life.

This will lessen the uncomfortable feeling. Use this time to be productive and save money until you get your own

PHYSICAL DISTANCE

Your parents have learned to have a role in your life from a distance.

Now that you are back home they will have to learn what this role now entails.

You all must determine methods and strategies to support your independence; clear communication will facilitate this.

TIME TO CATCH UP

Chances are you have grown up a lot. Maturing will affect the relationship dynamic with your parents.

In a way, they will have to get to know you all over again. You may also see your parents differently and feel a newfound appreciation toward them.

DEPENDENCE

Reliance on them will be short lived. Getting your first real job means you will become a less dependent person. You can no longer rely on your parents to do everything for you. They may want to, so, as tempting as this is, you will have to set limits that allow you to continue to evolve.

OPINIONS

They will have their own opinions onmoving out, your career choice, etc. Clearly communicate your plans, goals, and timelines. Have a detailed game plan so they understand your points and know that you

are serious. Keeping the communication open, honest and respectful will help solve any problems or disagreements

BECOME EITHER CLOSER OR **MORE DISTANT**

Changing family dynamics are a part of the university experience, which helps prepare students for life after graduation. Sharing a living space with your parents as an adult can be its annoying. Come from a place of understanding and love that allows you to develop a closer connection with them.

NEW BEGINNINGS

You are about to learn a ton about yourself. Allow those close to you to support you. Give gentle reminders that university has given you both academic information as well as life skills necessary for success. Embrace the new you!

UW Graduate

COURTESY EDGEFIELDADVERTISER

Graduating from school means more than just a diploma and job.

Letter to the Editor: UWFS response to Feds report on employee mistreatment

We, at Food Services, are dedicated to consistently building a culture of care for our employees.

Reading the article "Mistreatment of UWFS Employees" was disheartening knowing that this doesn't reflect the true culture of the department and the positive and enriching experiences that come with working in Food Services.

We pride ourselves on hiring caring and empathetic leaders however know that at times there will be issues that arise in the workplace and communications can breakdown.

When Velling and Richards came forth with this report, it was surprising to see the examples of different treatment occurring in some locations.

As Velling mentioned, "practices and internal departmental policies are strong ... they weren't being enforced by management."

Actions were taken to reinforce policies department wide and maintain staff accountabilities to the procedures in place.

It is important that employees know their supervisors, managers and area managers are there for them when they have concerns or need support.

If an employee sees or experiences something of concern, we encourage them to advocate for themselves and speak to their supervisors.

Supervisors have been trained to deal with the issue if they are able, or escalate it to their manager if they are unsure of what steps to take. The management team cares about their employees and needs to know if they are feeling mistreated.

We are currently working on conveying this message clearly and consistently to all employees.

We are also exploring how to encourage employees to escalate their concerns to other campus supports if their direct supervisor is not handling situations to their satisfaction.

Food Services is under the governance of the University of Waterloo, and thus employees may utilize the variety of resources available here.

Our culture of care is our priority to both staff and students and we continue to work hard to ensure this message is front of mind at all times



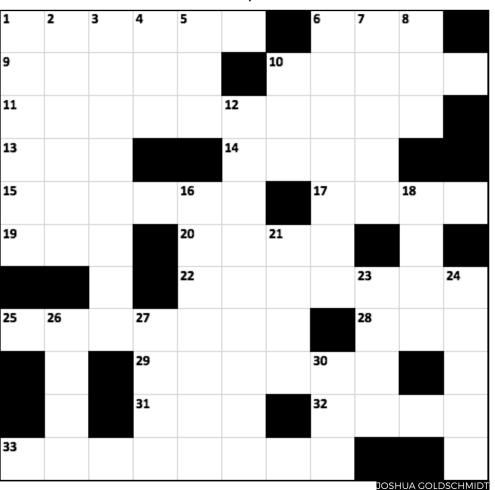
Lee Elkas Director of Food Services

distractions



RECOGNIZE THAT EVERY ACTION YOU DO IS AN OP-PORTUNITY TO LEAVE A PAWSITIVE IMPRINT!

No Pain, No dB



Across

- 1. Naruto's rival
- 6. When we think we'll get there
- 9. A box or case, often used for ship-
- 10. Diminutive
- 11. Arkells' 2018 single inspired by Gord Downie
- 13. Doctor of otorhinolaryngology (abbry)
- 14. She stars in "an autobiography" by Charlotte Brontë
- 15. German athletic shoe company
- 17. Archaic word for "in the past"
- 19. Shortened Mount
- 20. Law school exam
- 22. Obtained by boiling animal collagen
- 25. Somber or grave
- 28. Slang for "alright"
- 29. Ancient calculation tool
- 31. Application for text communication (abbrv)
- 32. To lose hair
- 33. Excessively admired

Down

- I. To yell or shout
- 2. Wrote Eichmann in Jerusalem and The Origins of Totalitarianism
- 3. Salted crackers
- 4. Past-tense of eat
- 5. Barbie's other half
- 6. Retired title-holder, female
- 7. A less-than-lethal weapon which delivers a shock
- 8. The Ice Bucket Challenge raised awareness of this
- 10. The Space Stone's cubed container in Marvel films
- 12. Tricky
- 16. Math in which letters represent numbers
- 18. Notice of death in the newspaper (abbrv)
- 21. Baldwin with an open invitation to host SNL
- 23. Poetry newsletter founded by **UBC** student-poets
- 24. Lacking
- 26. Secondhand
- 27. Prolongation on an animal's rear
- 30. American currency (abbrv)



Q: WHY DO COWS HAVE **HOOVES INSTEAD OF** FEET?

A: BECAUSE THEY LACTOSE



Q: WHAT DOES THE LOCH **NESS MONSTER EAT?**

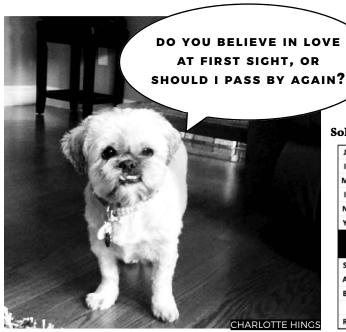
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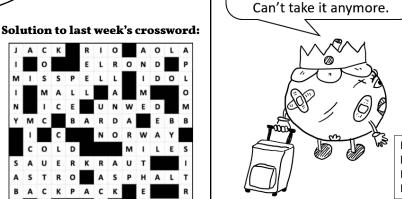
Q: WHAT DO YOU CALL A POLITICALLY ACTIVE EWOK?

A: AN EWOKE

The Urban Circus







I want a divorce. Frankly,

despite these years, you still

smell awful. And every time I

try to hug you, I get scars.



Fact 1: Durian is the 'King of Fruits'. Tastes

heavenly, smells like garbage. Has thorns. Fact 2: Mangosteen is the 'Queen of Fruits'. Fact 3: Divorce is imminent.

A (rather expected) Royal Divorce



Q: WHY DO PEOPLE WEAR SHAMROCKS ON ST PATRICK'S

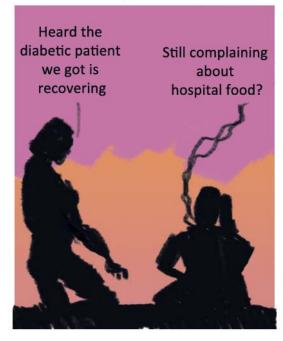
A: BECAUSE REGULAR ROCKS ARE TOO HEAV!

Q: WHEN IS AN IRISH POTATO NOT AN IRISH POTATO?

A: WHEN IT'S A FRENCH FRY!









PRESENTED BY THE ELLIPTICAL ELLIPSIS







*BASED ON TRUEEVENTS BY TIMI BOOK

SUDOKU

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