

p6

**SEVENTH ANNUAL TACOFEST**

THEMUSEUM held its annual Tacofest, a fundraiser for Community Support Connections — Meals on Wheels and More. P6



**DROPBIKE**

UW joins pilot project for Dropbike, an affordable bike sharing program. P4

**LORI CAMPBELL RUNS FOR NDP P2**

Lori Campbell from St. Paul's seeks federal NDP nomination for Waterloo riding.

**FORD SNUBS PROFS P3**

New provincial legislation forces retired professors to collect pension without income.

**OUR PLANET, OUR FUTURE P5**

Students skip school to raise awareness for climate change.

# Waterloo Region celebrates Pride Month. P6



COURTESY THOMAS REID

# news

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## Iran tensions spark fears of possible military conflict

**Mubassir Ahmed**  
Reporter

International worries that a war might break out between Iran and the U.S. have steadily increased since Iran pulled out of the nuclear deal.

The U.S. military discounted the confusion shown by a British general about such a threat.

Although President Donald Trump denied a report that the administration plans to send more than 100,000 troops to counter Iran if required, he proceeded to stir controversy by saying, "Would I do that? Absolutely."

As tensions rise, Jeremy Hunt, British Foreign Secretary, said his nation was concerned about the likelihood of accidental conflict "with an escalation that is unintended really on either side".

Dr. Bessma Momani, a professor at the University of Waterloo and Senior Fellow at the Centre for International Governance Innovation (GCI), said in an interview with CTV last week that even though neither party wants to initiate any sort of military conflict, knowing that Trump is the sort of man who wakes up in the morning, and immediately starts reacting on Twitter to the latest

news, the chances of some hawkish group from either side being provoked and taking matters into their own hands is a possibility.

The general's remark shed light on the international skepticism over the American military buildup in the Middle East since the 2003 invasion of Iraq that was based on false intelligence.

Meanwhile, U.S. officials have still not publicly backed up their assertion of an increased Iranian threat with any evidence.

The Iran nuclear deal was an agreement made between Iran and the permanent members of the UN security council, along with the European Union so Iran would redesign, convert, and reduce its nuclear facilities.

They would also have to accept the Additional Protocol in order to lift all nuclear-related economic sanctions, freeing up tens of billions of dollars in oil revenue.

In 2018, America withdrew from the deal, and exactly one year later, on May 8, Iran's President Hassan Rouhani presented Europe with an ultimatum: They will have 60 days to either follow the Trump administration out of the deal or resume oil trade with Iran to save the agreement, violating U.S. sanctions.

If Europe does not comply to the latter option, Iran will resume their high level

uranium enrichment program. During the interview with Dr. Momani, she noted that the Iranian government clearly does not

want to negotiate with the Trump administration at this point, so they must wait for a new administration to come into office.



Professor Dr. Bessma Momani of UW believes that military conflict is possible under Trump administration.

## Lori Campbell seeks federal NDP nomination



Lori Campbell is an active member of the UW and Waterloo Region communities.

**Harleen Kaur Dhillon**  
Managing Editor

Lori Campbell, an Indigenous Studies instructor at St. Paul's University College, announced her intention to seek the federal NDP nomination for the Waterloo riding.

Campbell is currently the director of the Shatitsirótha' Waterloo Indigenous Student Centre, and the former UW director of Indigenous Initiatives. She was also a former Aboriginal resource officer.

Campbell will be formally seeking nomination the first week of July. She is passionate about the Waterloo community, and is inspired by the community to represent the Waterloo riding on the national level.

Campbell lives in Waterloo with her partner, Katherine, and they are both proud to

call it their home.

"People here are amazing and ... It's clear that people in Waterloo care about social justice, environmental protection, climate justice, and human rights," Campbell said. "I share their passion and I am proud to seek the nomination of a party that prioritizes these principles. As an NDP MP, I will be committed to fighting for these principles and working hard to make sure the voice of our community is heard on Parliament Hill."

Campbell is Nitāpihtākosisān, Métis: Nēhiyaw (Cree) and Scottish, from the Treaty 6 territory in northern Saskatchewan, but has become a familiar face to many community groups in Waterloo. She has also received a Leading Women, Leading Girls, Building Communities award for her community leadership.

Dr. Richard Myers, principal of St. Paul's University College, praised Campbell's exceptional leadership and advocacy.

"[Campbell is] an exceptionally gifted advocate ... She combines a commanding personal presence and a mastery of her material with a warm smile and a down-to-earth manner," he said.

Campbell is an experienced instructor and community service worker. She has held leadership positions in post-secondary curriculum development, community housing, and victim services.

She currently serves on the Board of the Council for Community Based Research and the Renison University College Truth and Reconciliation Working Group.

For more information, to donate, or get involved in Lori Campbell's Campaign, email CampbellforNDP@gmail.com.

# UWAFT - the team to watch!

**Asad Bhatti**  
Project manager, UWAFT

The University of Waterloo Alternative Fuels Team (UWAFT) was in Atlanta Georgia participating in year 1 EMC competition earlier this month, competing against 11 other universities from the U.S. and Canada. This year, UWAFT placed fifth overall, won 7 awards including "Team to Watch," and hauled in \$8,000 in prize money.

Pushing the frontier of the transition to sustainable fuels has been the cornerstone of UWAFT.

The student team consists of over 50 active undergraduate students. Engaging in research and development, of the cutting edge in automotive legwork.

The mission statement for the current 4 year-long competition EcoCar Mobility Challenge (EMC) that UWAFT is taking part in states, "Producing the next generation of engineers... who will be prepared to address the nation's future energy and transportation challenges."

This statement also defines UWAFT's

current focus in taking a GM donated 2019 Chevy Blazer RS and converting it to a fully capable Hybrid Electric Vehicle capable of SAE Level 2 Autonomous Driving.

UWAFT takes pride in its leadership and has produced success stories from its former alumni in the form of spin-off companies such as GeoTab (formerly FleetCarma formerly CrossChasm) and IntelliCulture, but also its presence is being recognized as a power house in producing student leaders having worked in companies like Tesla, General Motors, Toyota, Uber, GeoTab, Lyft and the list goes on.

Establishing its roots in 1996, the rich history of the UWAFT is noteworthy with over a 1,000 undergraduate students having been involved with the team in some form, derived from up to 14 different technical and non-technical disciplines.

Formerly the team has participated in 7 Advanced Vehicle Technology Competition series, funded by U.S. Department of Energy, General Motors and the Argonne National Laboratory.

The student team has delved into development of technologies around ethanol in

its early years to hydrogen fuel cells and now to fully capable hybrid vehicles.

Check us out at the SDC in E5 - we're al-

ways looking to expand our team. All technical and non-technical disciplines are welcomed to join!



COURTESY ASAD BHATTI

The UWAFT team placed fifth overall in the EMC competition winning \$8,000 in prize money.

# Ford government snubs professors

**Jenn Jaeger**  
Editorial Assistant

The Ford Government passed legislation on May 29 that can stop university and college professors from receiving full salaries and pensions simultaneously, known as double dipping.

"There is evidence that double-dipping by professors increased dramatically over the past decade. Higher Education Strategy Associates recently estimated spending on faculty over 65 is \$1.3 billion higher now than it was 15 years ago.

Over the last several years, the number of faculty members 40 or under has fallen from 22 per cent to 15 per cent," Randy Pettapiece, M.P.P. for Perth-Wellington, said.

Omnibus Finance Minister Vic Fedeli's budget bill changed 61 pieces of legislation, including one that enables universities to reduce salaries of retired employees, who are also receiving a pension to as little as zero.

"The potential opportunity for more young professionals to obtain tenure at our post-secondary institutions is a positive goal of the budget bill," Pettapiece said. "Budget 2019 presents a responsible plan back to balance, while protecting what matters most—our frontline teachers and professors... We are proposing modern and forward thinking ideas, which will lead to good jobs for graduates."

But Pettapiece was unable to provide evidence of this assertion.

"Since each individual institution makes hiring decisions, I cannot speculate if the proposed changes in the budget will lead to more young professionals being hired. However, I personally hope it would," he said.

"I do not feel that the aspect of this legislation dealing with 'double dipping' will



COURTESY SHARON JAEGER

Dr. Sharon Jaeger (left) of Wilfred Laurier and Conestoga College and Dr. Ellsworth LeDrew (right) of University of Waterloo.

have any large impact overall on areas such as opening up more [full-time]/tenured positions", Dr. Sharon Jaeger, Contract Faculty Member at Wilfrid Laurier University and Conestoga College said.

The government stopped forcing retirement in 2006, but still forces pension at 71. The new legislation forces professors who

still want to contribute to academia after 71 to work for free.

Dr. Ellsworth LeDrew, retired and active UW professor of geography and environmental management, pointed out that forced pension is unnecessary.

"It's much better to have contributing seasoned faculty members than to force them to retire," he said.

LeDrew feels this legislation is a disservice to experienced professors. He believes for himself and for most other professors, it is not about the money.

"Once you're wired as a professor, it's hard to turn that off," he said.

Jaeger said the real concern is the trend towards employing contract, contingent faculty who have the same education, number of publications as FT/tenured faculty. "It is so much cheaper since we are paid so much less and our pensions are so much less," Jaeger said. "This is the model that enables higher education to operate currently [with] more contract faculty, teaching more and more courses and much less investment in hiring full-time/tenure track."

LeDrew believes that the answer to double dipping is to change pension laws.

"[The answer] is not to have the provincial government create legislation that will force faculty to work for free, but to change the pension laws allowing faculty to delay or forego the pension," he said. "This would solve the problem without alienating seasoned faculty by only allowing them to work for free."



COURTESY UW

# Dropbike pilot project comes to UW

Zach Fishman  
Intern Reporter

A pilot project by Dropbike, a company providing an affordable and convenient bike sharing program, is replacing the Community Access Bikes (CAB), which was not financially viable.

The smartphone-based Dropbike system solves are financially viable.

Bikes are kept at several hubs around the city and are easy to see because of the bright orange bicycle racks.

Users can unlock the bikes by scanning the QR code through the Dropbike app, Drop Mobility, available on both iOS and Android. Riders pay \$1 an hour until returning the bike to one of the hubs or locking it up to any other bike rack or pole and snapping a quick photo to confirm that the bike is safely stored.

The app has mixed responses.

It has a rating of 3.4 stars on iOS and 1.9 on Android.

"We don't have any revenue generated for the university. They [DropBike] are entirely self-sufficient revenue-wise, from either

their investors or the revenue they get from the service. It makes it a fairly scalable program which is something that's harder to do when you have more expensive docking stations that need to be in place," Mat Thijssen, UW's sustainability manager said.

This system is possible because all hardware, including a GPS tracker, is kept in the bikes themselves. Riders can lock up a bike to their convenience, rather than being restricted to using the hubs.

To find a ride, users can view a map on the app that includes all bike locations and grab the nearest one, or take a bike from any of the hubs in which bikes are returned regularly to by employees.

UW has joined the program with three hubs, one at the Davis Center (DC), Science Teaching Complex (STC), and Douglas Wright Engineering (DWE), but plans to expand up to 15 hubs and 100 bikes around campus over the summer are in the works.

Thijssen also mentioned that bike sharing is important for solving the first and last mile problem.

"The first and last mile problem is the idea that if the bus or any transit service gets you to a certain destination and you live or work

a little bit further than that, how do you get from the bus stop to where is that you actually need to go?" Thijssen said. "These types of micro mobility solutions can help solve

that by giving you smaller scale transportation options to make that more accessible."

The pilot will end in either October or November, dependent on weather.



COURTESY STARTUP HERE TORONTO

Entrepreneur Qiming Weng creates Dropbike pilot in Canada.

# The Feds want a new style and your input

The Federation of Students will rebrand with a new name and logo by Fall 2019

Harleen Kaur Dhillon  
Managing Editor

For 20 years, the UW's student union has served the student population under the name,

Federation of Students known as, the Feds.

This year, Feds members decided rebranding is necessary to continue serving students.

"There is a lot of ambiguity with the name Federation of Stu-

dents, and while it reflects the time when we were formed, that connection is no longer obvious," Michael Beauchemin wrote in his announcement on June 7.

"Our name should clearly reflect what we are and who we serve, two challenges we often have to overcome with the Feds brand," he wrote.

Feds may officially be known as the Waterloo Undergraduate Student Association (WUSA), one of the potential new names.

A full name change will be launched in Fall 2019, along with a new logo. This change accompanies a long-term vision for student centered decision-making.

Feds plan to introduce themselves to the first years with their new name and logo, in Orientation Week. Beauchemin said in his announcement the goal is to connect with students and to better reflect their needs and wants.

"This rebrand is about more than just a visual change: the goal is to better reflect what you want to see from us through a brand that connects with students in a more meaningful way," he wrote.

"We are also taking this as an opportunity to align our brand

with a long term vision for the organization that puts students front and center in decision-making," he wrote.

Consultations with students concerning the name change and

logo are ongoing. Focus groups will happen in Spring 2019. Online forums are available.

For information visit [www.feds.ca](http://www.feds.ca). Contact Michael Beauchemin at [pres@feds.ca](mailto:pres@feds.ca).

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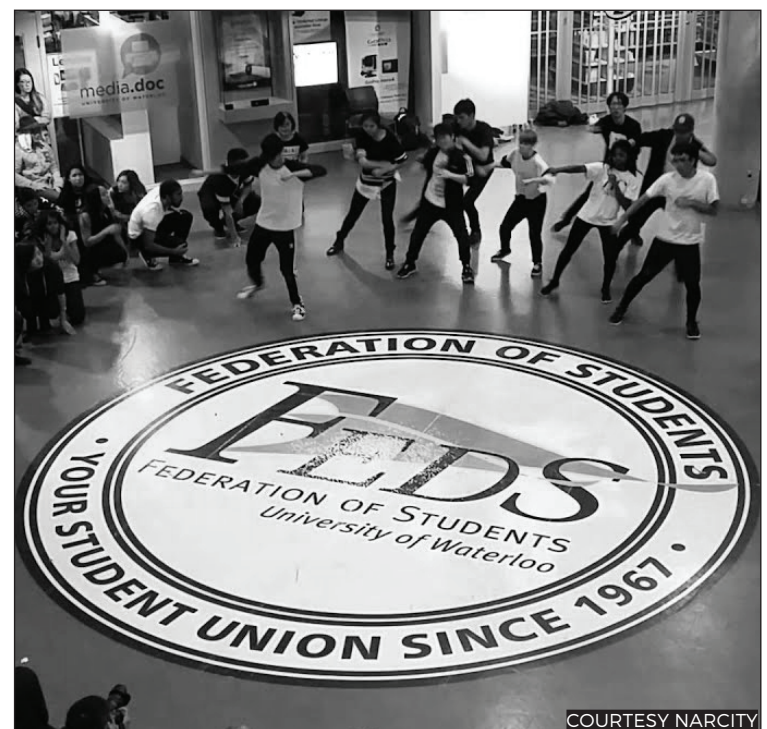
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COURTESY NARCITY

The Federation of Students are rebranding in Fall 2019.

# ?? ? ? ? Campus Question

See what students think about current issues

This week: What do you do in your everyday life to be more environmentally mindful?



**Evan Cooper, 2B  
Economics**

“The way I can be more environmentally mindful is putting more emphasis on buying less packaged food. By going to more bulk sale stores and bringing my own containers.”



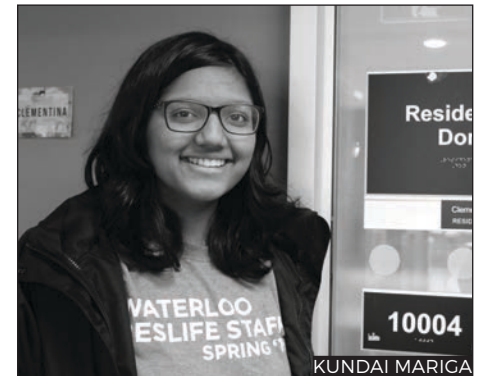
**Sophia Badakshan, 2B  
Science and Business**

“As a student on campus, I would research more on how to manage my waste because that is an area I am not extremely knowledgeable in. I see the recycling bins, but I am not always sure where to put what in terms of what specific containers and materials are put where. That’s how I would go about it in addition to trying to use less plastic coffee cups.”



**Smit Parikh, 2B  
Science and Business**

“What I try to do is to keep the lights off in rooms that I am not in. I also try not to leave the water taps running for any time that I am not washing dishes or using water. I just try to cut out as much waste as I can in my daily life.”



**Clementina D'Souza, 2B  
Economics**

“Being a residence life don at Claudette Millar Hall there is all kinds of ways I can be environmentally friendly right out of the comfort of my own home. CMH has a green reusable container program which is a really good initiative. CMH also has great garbage, recycling, and composting initiatives all over residence that can help our students living in res-life to be more eco-friendly!”

## Looking forward: our planet, our future

**Jenn Jaeger**  
Editorial Assistant

Youth, parents, university students, and passionate community members gathered in Uptown Waterloo Town Square to take part in the second global climate protest.

Similar strikes took place in at least 99 cities across Canada and more than 130 countries worldwide. The strikes were youth-focused, but everyone was welcome.

“We’re in a crisis. We need to send a bold message to the government because the government is not acting,” Beth Eden said.

The KW strike was held from 12:30 p.m. to 1:30 p.m. on May 21 to encourage students to skip school and work to protest climate inaction. There were speeches and performances by locals and a march around Uptown Waterloo. Protesters held banners and shouted chants such as “No more coal, no more oil. Leave the carbon in the soil,” and “Our planet, our future.”

After the march, protestors laid down on the ground in Town Square for two minutes of silent reflection. Organizers traced the outlines of their fallen bodies with chalk to

symbolize what the future will look like.

This fight for a livable future highlights how climate change is a global crisis and drastic changes need to be taken now in order to address it before it is too late.

Micaela Yawney, is an Environment, Resources, and Sustainability student and representative for Plan E Canada (an organization that works to engage youth in climate action), was protesting because she is inspired by youth taking action. She said that youth are the next generation of leaders and “the power of our future is in their hands... we are here, we are not silent, and you need to listen to us,” Yawney said.

Eden, an Environment and Business student, was protesting because she believes the government needs to be made aware that youth care about the future of the planet.

She believes that individual consumers have a responsibility to act and so the public needs to be made aware of the issues surrounding climate change too.

A main theme of the strike was that one person can make a huge difference in the world, because Greta Thunberg, a Swedish schoolgirl, did. The recent global climate movement was inspired by Greta, who be-

gan speaking out about the need for climate change action in 2018, at the age of 15.

Climate protests in KW are held on the first Friday of every month.



**Micaela Yawney (left) and Beth Eden (right) at the Uptown Waterloo Climate Protest.**



## Tri-Pride demands visibility

**Harleen Kaur Dhillon**  
*Managing Editor*

Despite the pouring rain, Brie Treviranus aka George Swooney — who is featured on the front page of this issue — arrived to perform at the tri-Pride Live Music festival to a crowd of hundreds of Pride supporters and celebrators.

Treviranus was among the many performers that presented their talents and participated in tri-Pride festivities over the 10-day tri-Pride period, which started on May 22 and culminated with a Pride March and picnic on Sunday, June 2.

Events took place all over the tri-city area and the March went from Kitchener City Hall to Victoria Park.

Among the celebrators was Leanne Mendonsa, coordinator of the Glow Centre for Sexual and Gender Diversity. Mendonsa attended her first-ever Pride March this year. Although she will go to Toronto Pride as well, she believes it is important for smaller cities to celebrate Pride as well.

“I think it builds this pretty strong sense of community... I didn’t think so many people would show up, but it was a huge turnout and it’s so wild to me to realize that

within this [region], there are so many people that support the queer community,” Mendonsa said.

Like Mendonsa, Ami Kemp appreciates the need Pride celebrations is smaller cities. Kemp is a graduate from the University of Guelph and, after a brief stay in Toronto, has recently moved back to Waterloo Region.

I think there should be a Pride everywhere, to be honest with you, it doesn’t matter how small — it could be a village, town, city, doesn’t matter, right, there’ll always be a percentage of the population who wants to be and show themselves and be visible,” she said.

Kemp is President of A.S. Kemp Group Ltd. and owner of some local businesses, including Uptown Beauty Lounge and A.S. Kemp Environmental Engineering Operations and Project Management company.

Kemp has not missed any Pride events in her community in over a decade.

She also hopes to introduce safe-space stickers for her businesses, something she finds lacking in Waterloo Region.

“I’m big on education, so every little bit [counts],” Kemp said. “[The Parade], for instance, is an education for some people, some people may walk by and be like, ‘what’s that person [doing]...?’”

In addition to being celebratory, tri-Pride is very fami-

ly-friendly and inclusive.

Mendonsa said that the fun atmosphere involving people of all ages, stages, abilities and identities was a welcome surprise.

“There were so many kids around [at the Music Festival] and there were so many younglings just there, just talking to us and getting to know us, and people walking around with flags,” she said. “It was super, super family friendly. Everyone’s bringing their kids, and everyone’s bringing their pets, and it was basically just a party. It felt like you were at a little carnival like thing and everyone’s just coming around, I think it was really cozy.”

Kemp also strongly believes in the importance of inclusivity. For her, if a person is kind, they are worth her respect.

“It goes beyond LGBT+ — if you’re a human being and you’re not an asshole, you’re fine by me,” she said.

Tri-Pride events also included events over the two-week period, including a yoga session, a dance party, a comedy night, and many other opportunities for LGBT+ people and supporters to mingle.

Toronto Pride 2019 takes place on June 23rd. The Glow Centre will be marching — to join and for more information, email [glow@glow.feds.ca](mailto:glow@glow.feds.ca) or visit <https://feds.ca/events/glow-goes-toronto-pride-2019-o>.

## Tacofest raises \$50,000 for community

**Dylan Wilson**  
*Arts & Life Editor*

They’re always full of yum and they might make you think of Mexicans...they’re tacos.

Friday June 7th was the seventh annual Tacofest at THEMUSEUM in downtown Kitchener, fundraising for Community Support Connections - Meals on Wheels and More.

Rosalind Horne, CSC’s major gifts and engagement lead said, “We have 16 taco vendors that are each matched with an Ontario craft brewer or a cidery, all donating their tacos or their beer or ciders...We have our ticket sales and then our sponsors as well so tonight we’ll raise over \$50,000 for our clients and our programs that are right here in Waterloo region.”

Horne explained that past years there have been pinatas at Tacofest and even donkeys to take pictures with.

“We’ve got a DJ, we’ve got a balloon artist, so there’s lots of different activities. It’s really cool to have it at THEMUSEUM as well because there’s always different exhibits each year, so as people are kind of eating and drinking they can wander around and look at the exhibits as well.”

Attendees and judges both voted Gilt Restaurant, Bar and Lounge to win the awards of The Golden Taco and The People’s Choice Award for their Octo-Taco (featuring perfectly chewy octopus). Cafe Pyrus claimed Vegetarian Victor for the second year in a row for their rendition of meatless tacos.

Eric Howell, head chef of Uptown 21, representing Taco Farm said, “[The various restaurants’ chefs] don’t really get into the competition, but we still, everybody likes to talk a little smack.”

CSC - Meals on Wheels and More had 631 volunteers, including about 35 members of University of Waterloo’s Athletics, contribute 79,120 hours of their time to help serve 7,571 clients (people who are elderly or disabled) in 2017-2018.

In the same time period, the non for profit provided 91,773 units of gentle exercise, 85,237 meals on wheels, 66,488 hours of home help, 41,864 rides, 10,397 units of visiting and shopping, 9,748 units of fall prevention, 4,457 community meals, and 908 units of caregiver support. Their future giving is looking up as they move forward into 2019-2020.

Horne said her favorite aspect of the Meals and Wheels and More organization is Meals on Wheels, “I get to see first hand the difference that we’re making in our fund raising and our public relations work. So clients are just so appreciative and grateful when you get to the door. You’re often the only person that they see that day, and they’re just so excited to have a visitor and they’re so appreciative of the food that they’re getting.”

CSC - Meals on Wheels and More always needs volunteers for a variety of roles (including committee members, bingo volunteers, fitness instructors, friendly visitors, and more) and accepts fresh produce donations to use in their clients’ meals. To find out more about volunteering, see their website at [communitysupportconnections.org](http://communitysupportconnections.org).



DAVID YIN

Gilt Restaurant, Bar and Lounge serving Octo-Tacos.

# science & tech

## WRITE FOR US!

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## UW student awarded pharmacy student of the year



Naushin Hooda is the first UW student to win this award since 2016.

**Nick Owens**  
Science and Tech Editor

Waterloo's own Naushin Hooda has been awarded the 2019 Student of the Year award by the Ontario Pharmacist's Association. Imprint interviewed Hooda to find out more about her experience.

**Q:** So, for starters, how did you feel about winning the award?

**A:** I feel recognised and I feel really good about it. It's been a few years since a Waterloo student has won this award because it's both between the University of Toronto and the University of Waterloo graduating classes... So it feels good just to represent the school well.

**Q:** In the award announcement, it

says that you have spearheaded a few initiatives. Would you care to talk a bit more about that?

**A:** Absolutely. Probably the highlight of my pharmacy undergraduate career has been being the president of the Society of Pharmacy Students. [The society] is the pharmacy student council and as the president I essentially acted as the lead [voice] between student and faculty. That involved addressing any student concerns, arranging funding for conference leaves, and in general, just working with faculty and staff to make sure that the services on our campus are just as good as being on the main campus. [The school of Pharmacy is on] a satellite campus which means that certain resources that are available at the main

university aren't always accessible to our students. So, bridging that gap was a large part of my role. That's... what my responsibilities were with the society of pharmacy students.

My other highlight was creating a student chapter of a national organisation called CAPHO, which is the Canadian Association of Pharmacy and Oncology. It's the national pharmacy-oncology group of pharmacists, and pharmacy associates and technicians. It was the first oncology student chapter to be created in Canada. Prior to that, they had numerous meetings and internal discussions of how to reach out to students [but] this was the first time that they had been reached out [to] by a student. Developing the club on campus essentially allowed our students to access their resources a lot better and benefitted... the organisation because they now had a greater student voice. Since then, we've done a lot of great things. For the past two years, we've done the night walk in Kitchener which has raised over four thousand dollars in support of the cause and this is the first time that the walk had been in the Kitchener area. So it was definitely a time that our students were able to interact with our community, specifically those who had been touched either personally or have a family member with leukemia... [That] reflected well on our students [who] we wanted to put ourselves out there... We've also held a number of educational seminars and brought some industry professionals to the school as well, further connecting the students to them...

I've also been involved with CAPSI, the Canadian Association of Pharmacy students and Interns, on a local level. [With them, I have] developed presentation days for students to go out to local elementary schools and teach about various pharmacy topics. I was also involved in the opening of the science to business network at the University of Waterloo which is a network of industry professionals

across Canada. So, adding Waterloo as a piece of that puzzle was definitely a memorable moment for me as well.

**Q:** So it seems like a lot of where your skills lie is being able to bridge the gap between the School of Pharmacy and different areas, whether it be the main campus university, the Waterloo community or with other schools.

**A:** Absolutely.

**Q:** You mentioned earlier that it feels good to be well represented at the school. Do you think that winning this award could draw more interest towards Waterloo's School of Pharmacy?

**A:** I think that the University of Waterloo School of Pharmacy does that in itself. It's a very innovative program. It has a co-op program, unlike other schools in Canada that don't have [the co-op program] inside of their pharmacy program. So I think that [our program] already attracts a great group of students and does a good job in ensuring that the curriculum is innovative and current to practice.

If anything, I think that this award encourages other students in the program to get more involved in the school. I've always been a vocal advocate about involvement and taking on leadership roles at the school... If you want a school to function well, you need great students and... I think that, if anything, that's what I hope [this award] has done.

**Q:** Currently, you're doing your rounds in northern Ontario. [To let people know a bit more about the pharmacy program], would you like to talk a bit more about what that is about?

**A:** Sure. When pharmacy students reach their fourth year of pharmacy school, we go on a six month clinical placement in one of sixteen regions. The region that I was most excited about and that I'm

currently doing is the Manitoulin Island placement which is a longitudinal six month rotation at the Manitoulin Health Centre in Little Current, Ontario. It's a northern community where the majority of the populations is First Nations which... is different from patient populations that you would have in more metropolitan areas such as Toronto.

The placement is at a hospital and a family health team and... I rotate between different areas, getting exposed to different therapeutic topics and different patient groups, and then I also go off sight to the First Nations sites themselves. [This includes] Wikwemikong,... White Fish River, and various others to provide services to individuals who may be able to reach the centre itself. It's a terrific placement and has provided me with a lot of clinical experience that I think will be very relevant when I return back to practice.

**Q:** Is there anything else that you would like to add?

**A:** I would like to [talk] about the Ontario Pharmacist's Association who was the administer of the award. It is a national advocacy group that represents pharmacy. That includes the pharmacists as well as the pharmacy students. [I would like to say] that it's because of groups like the Ontario Pharmacist's Association that pharmacists continue to excel in their careers and continue to be able to do more for patients. I think that, moving forward, having strong leaders in pharmacy [is] what builds that association and allows them to do the work that they do. It's been a great recognition. They've had a great conference in Toronto this year, joint with the Canadian Pharmacist's Association. That was a terrific conference in itself.

I hope that, in the future, we get more involvement from Waterloo and from the surrounding areas including Kitchener where our school is located.

# sports & health



**WRITE FOR SPORTS**  
Want to go to UW games for *Imprint*?  
You'll be able to talk to players, coaches, and fans!  
For more info, email [sports@uwimprint.ca](mailto:sports@uwimprint.ca).

## Women's hockey gets a boost



Hannah Cook, left, and Taylor Goodhue signing on to play for the Warriors.

**Syed Naqvi**  
Sports Editor

With the recruitment season in full swing, Waterloo Warriors are wasting no time in getting the best athletes for their various sports programs.

This past week, the Warriors field hockey program announced the addition of Hannah Cook and Taylor Goodhue to their ranks.

Cook, someone who is a natural leader, as evidenced by her role in the Ontario West U18 Provincial team, is being brought in to strengthen the forward and midfield. Simultaneously, the experience she gained at Resurrection CSS and Cobras Field Hockey Club will prove to be invaluable for her when she dons the black and gold of the Warriors.

Coach Steph Snyder is quite excited about the prospect of Cook joining the team and said, "As a high-level goal scorer, Hannah was a top priority during the recruiting process over the past year. Her ability to manipulate situations within the attacking third to recruit goal scoring opportunities

is going to greatly contribute to our offence. We expect Hannah to jump in and play big minutes in the forward line with the ability to take shifts in a central midfield position as well."

Goodhue comes to the Warriors from Parkside CI – a team which is usually one of the underdogs at the tournaments. However, utilizing the talents of Goodhue in midfield the team surprised everyone at the OF-SAA championship and won a silver medal in their maiden appearance. Goodhue, as a result of her accomplishments was named to the Ontario U18 Indoor Provincial team.

Head Coach Maria Leahy was full of praise for Goodhue and said, "Taylor is an all-around athlete having come to field hockey after many years of rep soccer. With the similarities in strategy, Taylor's vision and play-making ability is far beyond her years of experience,"

With Cook and Goodhue set to join the team this Fall, it seems like the hard work of the recruitment team as well as the coaching staff is finally starting to bear fruit. Plus, the Warriors fans can look forward to the dazzling displays on the pitch, all thanks to the talent that is currently being accumulated for the new season

## Warriors start golf season with 4th place

**Syed Naqvi**  
Sports Editor

Whilst other sports are still busy preparing for the upcoming season, the Warriors Golf team is in full swing.

The team recently participated at the 2019 Canadian University/College Championship.

The 2019 Canadian University/College Championship took place last week at the Firerock Golf and Country Club and the Warriors were up to the task as the women's team finished at the 4th position.

The men's team settled for the 6th position.

The top six in the Women's division was comprised of UBC, Laval, Victoria, Waterloo, Montreal and Western respectively.

Given the fact that Waterloo does not have an year round schedule for golf, the women had their work cut out for them and it is quite impressive that they managed to achieve the 4th position.

Elanna Lachaine-DeMarchi was the best player amongst the Warriors as she finished with a score of 14-over.

Following her were, Laura Wesselius, Claire Konning and Arrington Bard with scores of +42, +46 and +51 respectively.

UBC was again dominant on the men's side as they took the first place.

Western did considerably better than their female counter-parts as they took the second place and the team from Victoria finished in the identical spot as their women's team.

Warriors completed the top six and Tyson Turchanski was the best player on the team as he had a score of 3-under. He was followed by Devin Bartlett, Tyler Cormier and Sam Kreze with scores of +3, +9 and +10 respectively.

Although neither of the Warriors teams finished on the podium, there is still plenty to look forward to for the next season.

The new golf season is just beginning and there will be many more opportunities for the Warriors to win silverware for their teams.



COURTESY OF UW ATHLETICS

A Warrior swinging with all her might, helping the women's team take 4th place.



# imprint

Wednesday, June 12, 2019 | Vol. 42, No. 4

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#### Next scheduled post-mortem meeting:

Wednesday, June 12 at 2:30 p.m.  
Imprint Office, SLC 0137

#### Next scheduled board meeting:

Wednesday, June 12 at 6 p.m.  
Imprint Office, SLC 0137

# opinion

## HAVE YOUR SAY

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

# The world's best medicine

As a result of two decades of research, an exquisite drug was discovered recently. From coughs to heart attacks, this drug could preserve your health, maintain fitness, and enhance beauty for many years. On the whole, it could drive hospitals and parlors out of business.

Luckily, it costs zero dollars but unfortunately, demands a lot of self-discipline. Let me give you an example to help you guess what it is: the Guinness Book of World Records allows skydiving from a height of 25,000 feet without a parachute but does not permit attempting sleep control due to extreme mental harm associated with it. The medicine I am talking about is eight hours of peaceful sleep every night.

Sleep is divided into two parts: NREM (Non-Retinal Eye Movement) and REM (Retinal Eye Movement). During the NREM part of sleep, daily happenings — including people we meet, places we visit, and jokes we hear — are transferred from the limited temporary memory to the infinite permanent memory of our brain. Unless this

transfer happens regularly, it is overwritten. Thus, not sleeping for days and trying to catch up on it, e.g. during exams and then hibernating later, does not work. If you had difficulty in recalling anyone's name you met just once or twice recently, you possibly suffer from a lack of sleep.

REM is where the content transferred to the permanent memory is processed and linked to previously stored information. In other words, they cause our dreams. Through dreams, they organize our memories — similar to the defragmentation feature in windows. Recently, I saw a couple of my dead relatives walking in my room. *Game of Thrones* followers can guess. The Night King's army attacked Winterfell the previous day.

If REM duration is inadequate, we are most likely to blank out — similar to an old computer that often hangs or blue screens. If you could remember blanking out for a moment or two in any class occasionally, it could be due to your poor sleep pattern. Imagine the consequences of blanking out

while driving.

Let us wrap it up by sharing how we could fix our current sleep cycle.

1. Turn off your phone and other digital screens at least 15 minutes before going to sleep.
2. Reduce coffee and alcohol consumption, and stick to a low-calorie dinner.
3. After dinner, listen to soft music or read a book for a while.
4. Keep an alarm to sleep and not to wake up — humans are the only species known to disturb their own sleep.
5. If nothing works, consult a doctor.

It is practically impossible for us to enjoy the same quality of sleep with aging. Poor sleep pattern would drastically affect our rational thinking, memory, and will leave us helpless in our 60s. So, let's prolong and celebrate our precious youth by respecting our body. After all, YOLO.

**Nivas Ramachandiran**

Ph.d. Student, Department  
of Mechanical and Mechatronics Engineering

# Affirmations of identity

Statements about the self, "I am" statements, influence identity and ego which is your mental sense of self which might be determined based on your self talk as well as your actions.

James Clear had a suggestion about changing habits through identity in his book *Atomic Habits*. He explained that each decision you make is a vote towards who you perceive yourself to be. Your identity might naturally shift after you've successfully installed a new set of habits, but, as this piece will outline, you can also start installing the habits or qualities with affirmations.

A lot of people use affirmations in different ways but one of the strongest ways to use affirmations is to use "I am" statements. Over time, you can shift your identifications to more positive alignments by repeating identity affirmations in a heartfelt way. These affirmations can actually transform your experience from moment to moment because, as the fifth century Greek rhetorician Gorgias suggested, words can be like drugs.

One powerful affirmation is "I am the pure spirit." This is easily the most powerful affirmation because it liberates us from the limitations of our bodies and minds. By actualizing this affirmation with Self-Real-

ization (freemeditation.com), we can shift our conscious experience from mere mental beliefs to absolute experience of spirit, which is a reflection of God Almighty. The spirit only witnesses silently, that's why it's necessary to get Self-Realization, because it enables us to stop thinking and enter into the deep peace and silence within ourselves. This silence can be a fortress of protection, because you learn not to react to outside forces, and you transcend the mind.

Another affirmation of key importance is, "I am not guilty." Guilt ruins joyful experience. It's completely pointless to allow ourselves to hold on to guilt after we've made mistakes. It doesn't change anything other than our emotions towards ourselves and can contribute to low self esteem, eventually turning into an inferiority complex in extreme cases. I'm not suggesting we should be completely shameless and without morality, just that guilt doesn't solve any problems and is not necessary for us to have a fully functioning conscience.

One more key affirmation is, "I am completely satisfied." The thing about wants, according to economics, is that they're never satiable; people always want more. That's another beauty of finding spirit in our daily experience, once we have spirit we have joy

and peace, because spirit is love-consciousness and that feels like enough no matter what else is going on outside. Everything else becomes a bonus that we can live with or without and not mind either way. It's great to be ambitious to a point, but eventually enough has to be enough. If what you've been indulging in was what you really needed, you'd have been satisfied when you got it, you wouldn't need more.

Try these affirmations throughout your day, or better yet, while sitting silently eyes closed with your hands open on your lap. Say or think them in a sincere manner and repeat them as you feel. See for yourself how these seeds of awareness can help change you.



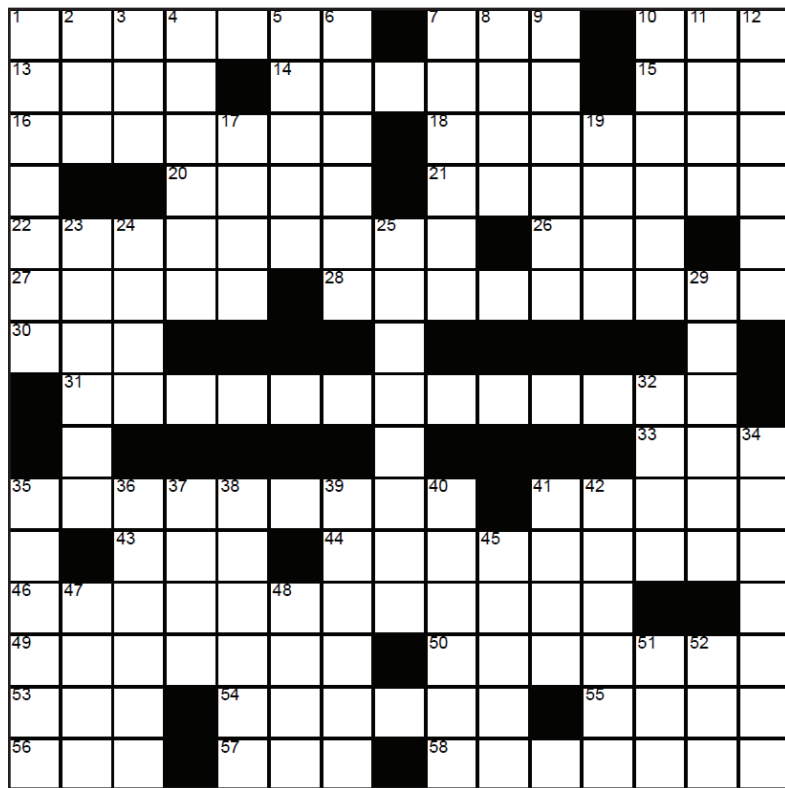
**Dylan Wilson**  
Arts & Life Editor

# distractions



THERE IS NO NEED TO HOP AFTER ANYBUNNY. THE RIGHT BUNNY WILL HOP RIGHT BESIDE YOU.

## National Cross-ketball Association



DAVE MITCHELL

**Across**

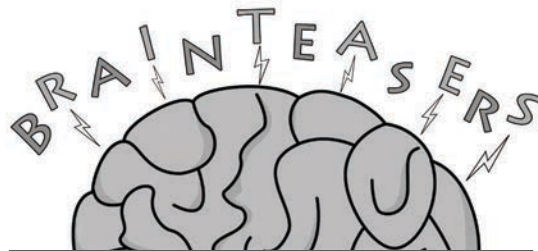
1. Brand new
7. \_\_\_ time (bubble tea)
10. Director Lee
13. Appliance to cook bread
14. Appraiser
15. Narrow creek
16. Appliance to recook bread
18. Touches with a ball
20. Confined
21. Running off
22. Tuners
26. A bit
27. Muscular cats
28. Doesn't just dislike that
30. Internet phonebook
31. Possible NBA finals headline
33. Classic gaming console
35. Every hero has one
41. Gemstone mass
43. Hawaiian garland
44. Melodramatic tale
46. Affair
49. Blew up
50. Ivy League degree
53. This year, it began on Jun. 3
54. Author Jong and others
55. Antioxidant berry
56. "It's always Sunny in Philadelphia" character
57. "The Simpsons" character
58. Airtight material

**Down**

1. Has some hair

2. Drake's brand
3. Chai
4. Came undone
5. Ceremony
6. Dashed
7. The most adorable
8. Wolverine has the ability to do this quickly
9. Vernaculars
10. Stays away
11. Person, place or thing
12. Was killed
17. \_\_\_\_ of the D'Urbervilles
19. A quarrel
23. Made an impression
24. First name in Avengers film
25. Presumed true
29. Close to
32. Concerning (on a memo)
34. I can't \_\_\_\_\_ (won't take it anymore)
35. Said yes to
36. Insinuate
37. Bring in
38. Playful young pet
39. Millennial response to "you didn't"
40. \_\_\_\_\_ pie (simple)
41. Spiral
42. Request for donations
45. Being goth can be one
47. Ohio lake
48. Able was \_\_\_\_ I saw Elba
51. Statistical procedure
52. Last name Solo

## PUZZLES &

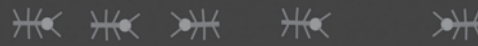


**CONSIDER THIS:**

5 ANTS ARE RESTING ON A FLAT 1 METRE LONG PLANK. EACH ANT FACES EITHER LEFT OR RIGHT (OR NORTH OR SOUTH IF YOU PREFER), AND ALL THE ANTS LIE IN THE SAME LINE. EACH ANT MOVES AT A RATE OF ONE METRE PER MINUTE, AND IF TWO ANTS MOVING IN OPPOSITE DIRECTIONS COLLIDE, THEY WILL INSTANTLY SWAP DIRECTIONS AND CONTINUE MOVING. WHEN AN ANT REACHES THE EDGE OF THE LOG, IT WILL FALL OFF.

**THE QUESTION IS THIS:**

WITHOUT KNOWING WHERE THE ANTS ARE ON THE LOG OR WHICH DIRECTION THEY'RE FACING, WHAT IS THE MINIMUM AMOUNT OF TIME YOU CAN WAIT TO BE COMPLETELY CERTAIN THAT EVERY SINGLE ANT IS OFF THE LOG?



THIS PUZZLE IS BROUGHT TO YOU BY THE UW PUZZLES AND BRAINTEASERS CLUB, WHO MEET EVERY FRIDAY AT 6 P.M. IN QNC 1507.

**HINT: THINK CAREFULLY ABOUT WHAT HAPPENS WHEN ANTS COLLIDE. THE ANSWER DOES NOT DEPEND ON THE NUMBER OF ANTS.**

**SOLUTION TO LAST ISSUE'S PUZZLE**

THE SET OF OBJECTS CORRESPONDS TO THE NAMES OF THE PLANETS IN THE SOLAR SYSTEM. EACH PLANET IS NAMED AFTER A ROMAN GOD, WITH THE EXCEPTION OF EARTH, AND THE WORDS IN THE SET CORRESPOND TO THOSE DEITIES' CHIEF ROLES. PLUTO IS GOD OF THE DEAD, BUT PLUTO IS NO LONGER A PLANET, SO IT NO LONGER BELONGS.

### Alternative Facts

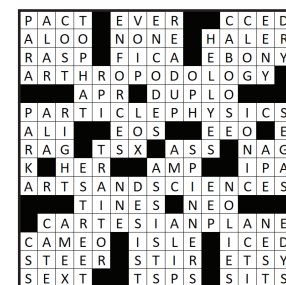
How good are you at spotting fake news? One of these headlines is false; check the next page for the answer!

1. Snail meat popularity soars
2. Fossilized dinosaur poop worth more than gold in Brazil
3. ION planned to running this month

Last week's alternative fact: North Korean stray cats are rounded up and sent south.

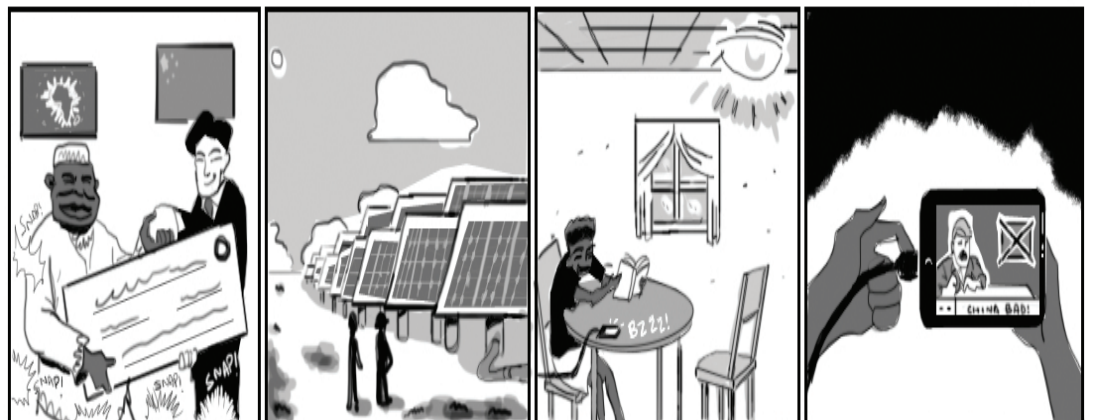
RACHEL HANNUSCH

Solution to last issue's crossword:



### WHO'S THE PUNCHLINE?

By Timi Bick



### SUDOKU

Enter numbers into the blank spaces so that each row, column, and box contains the numbers 1 to 9.

	1					3		
			8		6		9	
5	9	8	4					6
		1		4			8	
8			9		1			3
	6			5		7		
3					4	8	5	7
	8		2		5			
		5						1

COURTESY WEBSUDOKU.COM

**THIS WEEK'S ALTERNATIVE FACT:**  
FOSSILIZED DINOSAUR POOP WORTH MORE THAN GOLD IN BRAZIL

**THE UW CLOUD**

WHAT IS SOMETHING THAT MAKES YOU FEEL GOOD (ONE WORD)?

SUBMIT YOUR ANSWER TO: [DISTRACTIONS@UWIMPRINT.CA](mailto:distractions@uwimprint.ca) TO HAVE YOUR ANSWER FEATURED IN THE UW CLOUD IN THE NEXT ISSUE!

### The Urban Circus

Stimulus: Bell (DING! DING!)

Subject: Pavlov's dog

Result: Saliva increase

Stimulus: DING! DING!

Subject: UW students (Run Forest run!)

Result: Increase heart rate, sudden urge to sprint

# campus bulletin

**WHAT'S HAPPENING AROUND TOWN**  
Submit your 30-word announcement or upcoming event to [ads@uwimprint.ca](mailto:ads@uwimprint.ca) for free.

## upcoming events

**Friday, June 14**  
**Gamelan Ensemble Concert** - UW Waterloo Balinese Gamelan Ensemble performs outdoors at 7 p.m. at Waterloo Town Square, 75 King Street, S., Waterloo. Rain location will be Conrad Grebel Great Hall, UW. Check website for updates - [www.uwaterloo.ca/music](http://www.uwaterloo.ca/music) or call 519-885-0220, ext 24226.

## 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](mailto:Melanie.Blass@gmail.com).

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**Resume help available** - 7+ years of experience as an Employment Advisor at the post-secondary level assisting students realize their employment goals. Rates vary depending on needs. Please inquire at [vivadgina@gmail.com](mailto:vivadgina@gmail.com).

# volunteer

**Volunteer positions available at Imprint are ...**

- News Editor
- Assistant News Editor
- Photo Editor
- Copy Editor (s)
- Video
- Graphics
- Opinion

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# How are we doing?

Imprint Reader Survey, Spring 2019

UNIVERSITY OF WATERLOO'S OFFICIAL STUDENT MEDIA GROUP  
**IMPRINT**  
 PUBLICATIONS

Complete this survey online at uwimprint.ca!

Drop this page off at Imprint (SLC 0137) or at the Turnkey desk for a chance to win a \$50 Amazon gift card.

Winner to be announced July 10 online at uwimprint.ca and over social media.

**Question 1:** On a scale of 1 to 5 (1 being never and 5 being always) How often do you read Imprint? Circle one.

1            2            3            4            5  
 Never                      Neutral                      Always

**Question 2:** On a scale of 1 to 5 (1 being poor and 5 being excellent) Rate your impression of Imprint. Circle one.

1            2            3            4            5  
 Poor                      Neutral                      Excellent

**Question 3:** On a scale of 0 (never) to 5 (always) how likely are you to read the following sections?

News	Opinion	Features	Arts	Science	Sports	Distractions

**Question 4:** Rate this statement: "Imprint keeps me adequately informed on campus issues."

1            2            3            4            5  
 Strongly Disagree                      Neutral                      Strongly Agree

**Question 5:** Rate your satisfaction with Imprint sections from 1 to 5 (1 being very dissatisfied and 5 very satisfied)

News	Opinion	Features	Arts	Science	Sports	Distractions

**Question 6:** On a scale of 1 to 5 (1 being never and 5 being always) How often do you visit uwimprint.ca? Circle one.

1            2            3            4            5  
 Never    A few times a month    Monthly via social media    Daily

**Question 7:** Where do you get Imprint news? Circle one.

◆ Print edition                      ◆ Online

**Question 8:** How often do you notice our ads/coupons?

1            2            3            4            5  
 Never    A few times a month    Monthly    Weekly    Daily

**Question 9:** What's your favourite part of Imprint?

.....

**Question 10:** What's Imprint missing that you'd like to see?

.....

**Question 11:** How can we improve our social media posts?

.....

(Optional for prize)

NAME: .....

E-MAIL: .....

YEAR & MAJOR: .....

PHONE NUMBER: .....

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**Program:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Section preferences:** News ( ) Opinion ( )

Features ( ) A&E ( ) Science ( ) Sports ( )

Comics and Distraction ( ) Photo ( )

**What would you like to do at Imprint?**

Write ( ) Proofread ( ) Take photos ( ) Edit sections ( )

Other ( \_\_\_\_\_ )

Do you want updates with *Imprint's* mailing or story list?

Yes ( )                      No ( )