

p2

**STUDENTS' MENTAL HEALTH NEEDS  
REMAIN UNMET**

Students face hurdles when trying to get an appointment with Counselling Services due to doctor preferences. The new six session cap garners further criticism.



**NOTETAKER DEFICIT**

The lack of notetakers registered for Access Ability's service leaves students frustrated. P4

**EXPLORING POTTERY P7**

David Yin offers a look into the Canadian Clay and Glass Gallery located in UpTown.

**CONSIDERING MENTAL HEALTH P8**

Student Mental Health Forum provides a platform for discourse in UW community.

**ARTIFICIAL LEAF P9**

A UW researcher creates a more sustainable leaf to reduce CO2 emissions.

**UW welcomes first  
Sikh chaplain in  
university  
history P3**



JANSHER SAEED



# Students struggle to access counselling

Vidyut Chuwalewala  
Assistant News Editor

A UW student was denied an immediate appointment with Counselling Services during Thrive Week because they weren't booking for mental health issues at the time.

Priya Kaur Gill, a master's student in Rhetoric and Communication Design at UW, tried to book an appointment on Nov 6 with Health Services but was refused an appointment and was asked to come in near the end of Nov.

"I called Health Services because I have depression and wanted to change my anti-depressants and asked for an appointment but the receptionist said that unfortunately, they aren't booking for mental health reasons right now," said Gill.

The receptionist agreed to book an appointment, but only later in the month.

Gill said she thought Thrive Week, the university's positive mental health awareness week, would be a time when she could access care. According to Gill, the Health Services receptionist also said that appointments are based on doctors' preferences.

"I was completely confused—why did the doctor's preferences matter when it comes to my reasons to see a doctor?" Gill said.



JANSHER SAEED

Students face problems when attempting to make appointments with Counselling Services.

The wait time to meet a counsellor is currently up to two weeks to get an appointment. Counselling Services recently cut the maximum amount of appointment to six per student, per year, down from ten. Counselling Services told Imprint that most issues can be resolved in six sessions or less and the restriction cuts down on wait times.

"It's upsetting to see that the university, which tries to care about mental health, would rather put a cap on appointments than invest more in counselling to reduce wait time," Gill said. The receptionist also emphasized only attending a maximum of six sessions per year for a student, Gill said.

"I don't think the services took into ac-

count how difficult it is to open up about an issue. It took me three sessions to open up and if I only had six sessions, I wouldn't even be able to start getting help. I'd feel rushed," Gill added.

Gill was an undergraduate student at UW and had used Counselling Services between 2016 and 2018 and recalled how it was easier to get an appointment back then without meeting an intake specialist first.

"It was hard enough to go and then they gave me this paper to fill on the 'severity of condition'—how am I supposed to know that," a third year student who wished to remain anonymous, said.

Intake specialists are qualified mental health professionals who do an initial interview to determine the severity of the concern. Students are also required to fill out a questionnaire and form before meeting the specialist.

"I wasn't comfortable just opening up to someone I didn't know in my first session, even if they're a professional. That's why I don't get how this in-take thing can be effective," Gill said. Gill also emphasized on how long it takes for the medication to kick in, sometimes even taking up to four weeks depending on the strain. "What was I meant to do for the rest of November? Where's the services #UWThrive advertising now? It was so upsetting," Gill said.

# Holocaust banner defaced

Jansher Saeed  
Editorial Assistant

A Holocaust Education Week banner was vandalized with antisemitic political slogans on November 4. The exhibit at which the vandalism occurred was hosted by Hillel Waterloo/Laurier.

"Hillel Waterloo's banner was covered up with political messaging that not only took away from the exhibit but targeted Jews in its messaging because the Hillel banner represented the work our club put into creating a powerful exhibit that explained how European Jews came under such oppression and victimization," Miller said.

Hillel took immediate action and removed the vandalized banner immediately, making sure to record the incident and alert UW support services.

"This was done quietly to remain focused on sharing the messages of the Holocaust as

planned," Miller said.

When asked if they took photos of the vandalized exhibit, Hillel stated that they took one photo solely for record-keeping purposes.

After this event of vandalization, Hillel advises students to always report actions of vandalization to administrators, and the owner of the property vandalized.

"We were lucky enough to have a student let us know when he saw the vandalization. We are grateful to those students who may come from other backgrounds and not necessarily agree with our political views, yet still stand by us when political protest is taken too far," Miller said.

Hillel Waterloo is an organization that provides Jewish students at both UW and Laurier opportunities to learn, explore and celebrate Jewish culture and heritage. They offer student-led programs to engage members of the Jewish community and the UW community at large.

One of these programs is Holocaust Education Week, hosted from Nov. 4-8 this year for UW and Laurier.

"Holocaust Education Week is meant to bring awareness to and help students, staff, and faculty learn more about the Holocaust," Cora Miller, program director at Hillel Waterloo said. "By creating a space for the University of Waterloo and Wilfrid Laurier University students to engage with [the history of the Holocaust], Hillel's Waterloo and Laurier stand by the phrase 'Never Again.'"

The various exhibits running for Holocaust week explored the history of the Holocaust through art and media, included a Holocaust survivor's speech on his experience and adverse effects of hate and an Interfaith Shabbat dinner that various faith groups on campus were a part of.

Unfortunately, Hillel UW saw one of their exhibits vandalized during their peaceful and unifying effort, Holocaust Education Week.

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UW INDIGENOUS STUDENT ASSOCIATION



# First Sikh chaplain at UW

Jansher Saeed  
Editorial Assistant

Simran Parmar said he's stepped up to be the first Sikh chaplain at UW to target discrimination within the university and provide a voice to the Sikh community.

He plans to dedicate his fall 2019 term towards making UW a unified safe-space for its communities and provide services regarding religion, spirituality and mentoring.

The Chaplain Association of UW represents eleven religious and faith groups, oriented towards providing support to students, faculty, staff and the community.

The association also offers private sessions that are intended as non-judge-

mental, private and confidential.

"When I first came to Waterloo, I knew nothing about [Feds and WUSA]," Simran Parmar said, who eventually ran for WUSA President and became UW's first Sikh chaplain.

Simran recounts first becoming involved with WUSA after applying for an opening at the bike center.

The experience allowed him to meet new people and helped him use his previous experience with mentoring and counselling. "I have been mentoring students for the past couple of years when it comes to topics like spirituality and meditation."

Simran also makes frequent trips to the UK to learn about meditation techniques within Sikhism.

With Simran's love for people and the Sikh community, he felt that becoming a Sikh chaplain would be the best way for

him to get involved with the district.

As demographic discrimination is a prominent issue at UW and the world at large, Simran aims to make unity the primary goal of his fall 2019 term.

"As the Sikh chaplain, those are the types of values I want to portray, helping to bring people together. There are still times where people may discriminate against another group or may not want to include a group in their public spaces. That's why I'm happy that we have the Women's Centre, we have GLOW, we have all these equity-based services," he said.

To bring communities together and help put unity above discrimination, Simran is planning on organizing events with these "equity-based" services at UW.

"One thing I'm planning at the end of the semester is to have a concert-like show where local artists get together and per-

form whatever they are passionate about, and create this atmosphere where everyone comes together, and there is unity."

He hopes the events will help recognize the diversity of UW's communities and bring the community together in a way that combats discrimination.

"Having shows like this is a good way to reach out to the broader UW community and get together to discuss what goals we have."

Currently, Simran has planned to take the role of Sikh chaplain for the fall 2019 term, although he has plans to select a successor.

His office can be found on the 3rd floor of the SLC with Office Hours running from 8:30 a.m.-10:20 a.m. on Fridays. To request his service or any other chaplain, visit the UW Chaplains Association Website (<https://uwaterloo.ca/chaplains/>).

## How safe are UW co-op employers?

Company Name	Rate of Injuries (2012-2018)	Most Common Injuries	Industry	Industry Mean
Geotab	0.19	Fall	Electronic Equipment And Other Communication Devices	0.14
SNC-Lavalin	0.18	Highway Accident	Technical and Business Services	0.16
Intuit Ltd.	0.17	Fall	Computer, Electronic And Electrical Equipment, Sales	0.2
MPAC	0.12	Fall	Schedule 2	N/A
Deloitte	0.04	Highway Accident	Legal And Financial Services	0.09
KPMG	0.03	Fall	Legal And Financial Services	0.09
CISCO	0.02	Highway Accident	Computer, Electronic And Electrical Equipment, Sales	0.2
PwC	0.01	Compressions	Technical And Business Services	0.16
Okta Inc.	0	N/A	Computer, Electronic And Electrical Equipment, Sales	0.2

The Workplace Safety Insurance Board (WSIB) introduces a tool to inform current and potential employees of safety conditions in different workplaces.

Nathan Lee  
Reporter

Some students face difficulties when looking for a co-op position and wanting to ensure that an employer is reputable, and more importantly, safe.

The Workplace Safety Insurance Board (WSIB) has a tool that's used for precisely that.

The WSIB is one of the largest insurance organizations in North America, covering over five million people in more than 300,000 workplaces across Ontario.

The companies range from small businesses with one to 20 employees, to large businesses with over 300 employees.

The WSIB created a tool called Safety Check this year which shows detailed statistics on workplace injuries by company.

These statistics include injury rates per 1000 employees, number of lost hours, and most common injury types, among others.

These injury types include both physical

injuries, sorted by the injured body part, as well as non-physical sources of distress such as chronic mental stress.

Information about past insurance claims associated with that employer and benefits the employer may be handing out from past injuries are also included.

Imprint collected a list of the most common and most recent UW co-op employers and used WSIB's Safety Check to see how the companies' fared on safety.

From this list of employers, there were some workplaces that Imprint could not find on the database.

Every co-op workplace that was on the database had injury rates below the industry means, with the exception of SNC-Lavalin, Geotab and Intuit, which were 0.05 and 0.02 injuries per 100 full-time employees above the mean for their industries respectively. The past sources of injuries for these companies consisted mainly of vehicle accidents for SNC-Lavalin and falls for Geotab.

One limitation to the WSIB's safety check

is that some workplaces are not registered with the WSIB, which was the case for many of the University's potential co-op employers.

While some companies such as manufacturing and construction companies must register, other types of companies such as those that provide financial and banking services do not. There are some companies with the same name, which is a potential cause for concern.

Also, some companies may not have full information available to them because they are Schedule 2 companies.

This means they are individually responsible for injury and workplace costs. Therefore, the WSIB does not have insurance information about them.

"When an injury or illness happens on the job, we move quickly to provide wage-loss benefits, medical coverage, and support, to help people get back to work," Public Affairs Manager Christine Arnott said, when asked about the WSIB's purpose and goals.

"Funded by businesses, we also provide

no-fault collective liability insurance and access to industry-specific health and safety information."

Arnott recommends checking a potential employer's safety statistics before starting work with them.

"Knowledge is power, and armed with this information, students can start a new position feeling more prepared, knowing the right questions to ask or to request additional training if needed," she said.

As for future steps, the WSIB are constantly working on creating new tools to enhance how they share data, not only on the Safety Lookup, but also on one of their other tools, Compass, which provides information to individual business leaders.

Arnott hopes that these tools will allow them to make Ontario the safest place to work. "With access to this type of data, business leaders will be able to make more informed decisions to improve their health and safety performance and return-to-work outcomes," Arnott says about the new upcoming changes to Compass.

# UW faces a deficit of notetakers

Viduyt Ghuwalewala  
Assistant News Editor

AccessAbility Services recently notified students with disabilities about the unavailability of a notetaker six weeks into the fall term according to Reddit user u/one-too-manyof, who posted on the University of Waterloo's subreddit, r/uwaterloo.

The university said it was unable to comment on individual circumstances for privacy reasons.

Notetaking service by AccessAbility Services is offered to students who are registered with a documented disability.

The average length of time to complete a request for a notetaker is about two to three weeks, but they don't guarantee a match, nor the quality or consistency of the notes.

"Students are informed upon registration that the University cannot guarantee notetaking services for every class, though a match is secured in 70 per cent of cases. It is for this reason, that students are encouraged to utilize assistive technologies to aid with their notetaking upon registration," said Matthew Grant, Director of Media Re-

lations at the University of Waterloo.

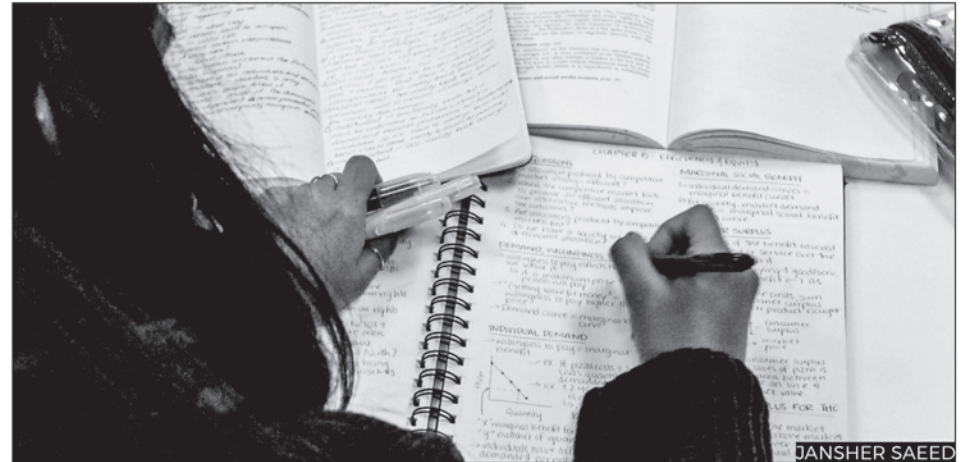
AccessAbility Services also have an option to use technologies as an alternative and runs a loan program for students to assist if they can't afford the same.

"Supplementing a student's notes can take the form of pairing them with a volunteer notetaker or technology that can be provided to record and transcribe a lecture. They can also receive demonstrations on the latest assistive technologies for notetaking," said Grant.

AccessAbility Services has daily drop-in support for students who would like to develop strategies to help enhance their notetaking skills which are tailored to their program and disability.

"I'm going to take your advice to record all lectures and spend hours typing them out myself and have your staff magically teach me how to take better notes, cause I obviously learned nothing during 12 yrs of special education," said u/one-too-manyof on Reddit.

The student was then advised to make use of other ways to succeed in, which included meeting with their Adaptive Educational Technologist, to learn how technology can help with notetaking or their Learning Strategist, to discuss notetaking strategies.



AccessAbility Services does not have enough notetakers to accommodate students.

"I've gotten four emails asking me to sign up for my classes. They're definitely trying to get you a notetaker but there's only so much they can do without paying someone to do it for you," commented u/mywaterlooaccount on the post.

Since taking notes is a volunteer position, students feel that if they received a stipend or benefits, then interest would increase.

"I would definitely become a notetaker if I

was paid to do so for the course in the term," a third-year UW student, who didn't want to be named, said. The user did not want to comment or share any other experiences on the matter. Students are encouraged to contact AccessAbility Services if they have any questions or concerns about the accommodations. If you would like to volunteer as a notetaker, contact AccessAbility Services at [notetaking@uwaterloo.ca](mailto:notetaking@uwaterloo.ca).

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# Campus Question

PHOTOS RYAN CHOW & DAVID YIN



**Matthew Boodhoo, 1A  
Math**

To be a volunteer notetaker, you have to be able to take good notes...I certainly don't have it. But for those that do take good notes...the best incentive might be monetary.

What would be a good enough incentive for you to volunteer to be a notetaker?



**Kiera McMaster, 4A  
Global Business and Arts**

I take notes because I already type up my notes anyways, so I figured, since I'm already doing the work, I might as well share it with people who need the extra support. That's the main reason why I do it.

**Kate Lam, 4A  
Global Business and Arts**

I think TAs are another position that fill an adjacent role and the way those positions are filled is because they're paid, and I think that probably, I can't think of any other incentive that would get students to actually participate. So, probably just making it a paid position and not making it a solely voluntary position.



**Gregorio Magarelli, 4A  
Global Business and Arts**

Just because I know the experience that the people who do take notes go through, it doesn't seem like there's much value put towards them, so maybe if they are seen more as people who help the community, rather than just a pat on the back, that would maybe incentivize them to do it more.



**Alison Law, 4A  
ERS**

I don't need much, I'm just a really bad notetaker, even for myself.



**Kathleen Stevens, 1A  
Honours Arts**

I just think that at the end of a term, maybe have free pizza for everybody who decided to take notes for other people.



**Austin Varghese, 1A  
Kinesiology**

I'd want higher consideration when it comes to research with professors and better opportunities.

# arts & life

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## Review: Jane Bond lives to dine another day



5 out of 10 spoons

Cyrus Fiori  
Reporter

Howdy food fans.

Spurred by your comments and my roommate's vegetable-based cat-calling, this week I journeyed to Jane Bond, a vegetarian eatery in Uptown Waterloo.

While boasting a British-feminist war cry as its name, the restaurant was surprisingly modeled in a different vein. The walls, tables, and tiled floors were painted deep hues of orange and blue, proudly foreshadowing their Mexican cuisine. The walls adorned with unique zombie art, antique farming equipment, and a ceiling dotted with multicolored Christmas lights cultivated a 'Stranger Things' mood. A giant disco ball danced by itself in a corner of the room, which oddly reminded me of a wedding I recently attended.

The restaurant's atmosphere was pleasantly raucous, with dim lighting, cozy seating, and just the right number of people to invite you in, much like a city bus. The menu was straightforward and continued the retro vibe in Bauhaus 93. Without disappointment, a plethora of vegetarian and vegan options were available.

I ordered the Cajun Red Bean Burger with a side of Ginger Sesame Salad (\$17), while my fellow foodie ordered the Quesadilla with a side of Nacho Chips (\$18). The food arrived within a reasonable amount of time and at an adequate temperature.

The burger's patty presented with all the confidence and poise of a wet sandcastle, lazily oozed from between the buns as I sought to gain sufficient grip. Despite the patty's summer lovin' attitude, the burger possessed a formidable flavor profile, championed by pickles tangy enough to wake Los

Muertos. Unfortunately, the bold flavour was confined to two dimensions with the total absence of heat.

The Ginger Sesame Salad, however, stole the show. Its flavour profile was everything you would expect to find in the forgotten aisles of your local health food store. Wonderfully crisp and fresh romaine lettuce, along with shredded carrot, chickpeas, and mandarin orange slices, were the key players, giving the salad an agile variation of textures and flavors. Topping it all was possibly the best salad dressing my palate has ever encountered; an elusive ginger miso. Equal parts heat, sweet, and savory, this dressing propelled me through the wormhole where I vanquished my interdimensional demons and returned to enjoy my meal.

As for my dinner partner's food, the quesadilla possessed a sultry mouthful owing to the politely generous amount of cheese provided. However, upon mingling with my palate, it promptly revealed itself to have never been an actual resident of flavor town.

The nacho chips entered, large and round, with a uniform distribution my statistics professor would have been proud of. The companion salsa was keen to continue the retro trend, styling itself as onion in the front and tomato in the back. But unlike Patrick Swayze, it failed to bring the heat. The salsa and sour cream were intimately presented in a public display of affection that would have made a queso dip blush. Unfortunately, this publicity stunt had a muddling effect on their individual flavors.

All things considered, while being on the pricey side and lacking flavor in their entrees, the ambiance, service, and vegetarian solidarity of Jane Bond clearly establishes them as a mainstay in Uptown Waterloo's diverse culinary scene.

Until next time, stay hungry food fans.

November & December Line Up

## CONRAD GREBEL CONCERTS

Sharanya Karkera  
Arts & Life Editor

21

7:30 PM

**Fancy a Cuppa?**  
The orchestra will be playing:  
Vaughan Williams, Fantasia on the theme of Thomas Tallis  
Mendelssohn "Hebrides Overture"  
Vaughan Williams, "The Lark Ascending"  
First United Church, 16 William St. Waterloo  
Admission: Free

23

7:30 PM

**Voices Around Us**  
Watch a performance by the Chamber Choir, Chapel Choir and University Choir individually and together singing tunes by Paul Halley, Craig Hella Johnson's, Considering Matthew Shepard.  
Music by other composers include Anton Bruckner, Arvo Pärt, Eric Whitacre, Felix Mendelssohn, and Jamaican composer Noel Dexter.  
St Peter's Lutheran Church, 49 Queen St. W, Kitchener  
Admission: \$10/\$5 Students & Seniors

30

7:30 PM

**UW Balinese Gamelan Ensemble**  
Students play by ear on various gamelan instruments consisting of gongs, metallophones, drums, and flutes. What's more? the audience will have a chance to try instruments themselves after the concert!  
Humanities Theatre, University of Waterloo  
Admission: Free

1

2:00 PM

**That's How We Roll: UW Jazz Ensemble**  
Features the music of the Gordon Goodwin Big Phat Band. The 17 member band includes students from 5 different faculties, and is directed by Michael Wood - a well known timpanist and jazz adjudicator. Reception to follow.  
Conrad Grebel University College - Great Hall  
Admission: 10/\$5 Students & Seniors

1

7:30 PM

**Instrumental Chamber Ensembles**  
Four talented groups of student chamber musicians will play a wide selection of classical music. Reception to follow.  
Pieces include:  
Schumann Piano Trio in G minor op. 17; Dvorak Piano Quintet No. 2; C.P.E. Bach Trio Sonata; Beethoven String Quartet, op. 18 no. 4  
Conrad Grebel University College - Great Hall  
Admission: Free



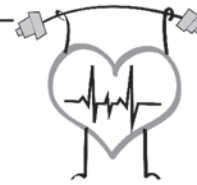
## Photo Spotlight: The Canadian Clay and Glass Gallery

David Yin

Established in 1993, the Canadian Clay and Glass Gallery is one of the best places to admire the virtuosity of Canada's art scene. Admission is free and visitors can admire the sculpted works of several local artists, updated periodically. The Canadian Clay and Glass Gallery is the only museum in Canada that is exclusively dedicated towards featuring glasswork and pottery, and is located just under 15 minutes from UW.



# sports & health



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## Talking mental health

Sean Herring  
Reporter

The Student Mental Health Forum, part of Thrive Week 2019, offered insight into the shortcomings of mental health initiatives on the UW campus.

The Committee on Student Mental Health (CoSMH) hosted the forum at Federation Hall on Nov. 6. The Student Mental Health Forum was a chance for students, staff, and faculty to learn how the CoSMH has been implementing the President's Advisory Committee on Student Mental Health (PAC-SMH) report recommendations.

The executive panel provided detailed descriptions on what has been executed by the CoSMH since the last forum, in Oct. 2018. Some of these implementations included increasing exposure to information about resources by getting physical copies out to faculty and students, the creation of the campus wellness webpage to provide resource information in a single platform, and establishing after hours support through the Here 24/7 service.

Professor John Hirdes, CoSMH chair, also highlighted some of the topics covered by the PAC-SMH report that will be or are currently being dealt with.

"We will be joining the Canadian Centre on Substance Use and Addictions, which is a post-secondary partnership around substance use programs, and then we are beginning to think about how should the university invest in additional training opportunities and research around disproportionately affected populations," he said.

Michael Beauchemin, WUSA president,

shared his views on the ongoing nature of CoSMH's initiatives.

"I think there's a better base-level of understanding on what's offered and how to access it, but further increasing that awareness will continue to be crucial as we work to connect students with the services they need," he said.

Feridun Hamdullahpur, UW President, shared Beauchemin's view.

"[Mental health awareness] shouldn't stop at orientation, it should be an ongoing communication effort so that we will feel all the time like we are not alone."

Both the executive panel and the audience recognized completing the PAC-SMH recommendations, as well as working to combat continual and newfound issues, are fundamental to the CoSMH initiatives.

"I really appreciate that they acknowledged the work that has been done, while not ignoring the fact that there still is a lot of stuff that needs working on. I think it's really important that people [do] not fall back on what progress has been made," Aravis Baird-Herron, an education director for the Glow Centre for Sexual and Gender Diversity, said. They also brought up the importance of transparency when it comes to the work of the CoSMH.

"I feel like more transparency overall with how the processes are working would be good for everyone. There wouldn't be quite as much a feeling of us against them, in terms of students advocating for mental health and the university trying to work with them," they said.

For more information about resources on campus, visit the Campus Wellness page at <https://uwaterloo.ca/campus-wellness/>.

## What's thriving in 2019?

Heather Gillespie  
Reporter

For many people, 'thriving' means doing well in every aspect of life. This is increasingly the case when society puts so much weight on a person's success and accomplishments, and failure is generally criticized. This mindset is true of many students, and with the academic reputation and prestige that comes with being a student at UW, these feelings can be intensified.

Thrive Week is filled with opportunities to learn how to improve one's mental health distress.

Each year, different groups from across campus come together to provide different events and activities in areas such as psychoeducation, self-care, and skill-building to help students relax from the stress of classes and midterms.

For Charlotte Fulcher, an ERS student, thriving means staying positive despite everyday challenges.

"To accomplish the little things throughout the day that I struggle with, like getting out of bed or brushing my teeth, all while trying to smile," she said.

"It's difficult as a student working full time [and caring for two pets] to find time to myself, so I genuinely thrive off of making it through life one day at a time," Fulcher said. "Mental illness is debilitating, and I've definitely got the butt end of it, so I make a point to recognize the small things that make me happy, and, as long as I can do that, I'm thriving," Fulcher said.

There were different panels, activities,

workshops, and educational events set up over the week, which allowed students and staff at the UW to come together to focus on their mental well-being, strength, and resiliency.

Events ranged from dog therapy at Renison College to Crocheting for Wellness at SJU Library. Pet therapy is a tool used, to help with stress, anxiety, and depression and crocheting offers a creative outlet.

The Committee on Student Mental Health (CoSMH) set up a panel which allowed students to ask questions and receive updates on how the President's Advisory Committee on Student Mental Health (PAC-SMH) is being implemented.

Mental health experts were available at the end of the panel to answer questions about mental health and well-being.

"During the workshop we were given the chance to identify automatic stress responses, identify current stressors, come up with some healthy coping strategies, made a list of social supports as well as received a list of supports both on campus and in the community," Dirks said at the *From Surviving to Thriving* workshop.

To finish off the week, students could leave a positive message on a balloon to inspire others. This event provided a platform for positive conversation about mental health issues.

During this week the engineering department lunchroom was converted into a "thrive room" for the week. It included a variety of mental wellness resources.

The W Store set up a wellness display which included books and items focused on promoting mindfulness, mental and physical wellness, and self-care practices.

**THIS WEEK IN ATHLETICS**

WATERLOO WARRIORS

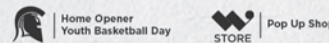
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WATERLOO #GOBLACKGOGOLD

### BASKETBALL



NOVEMBER 15  
**VS LAURENTIAN**  
(W) 6:00 PM, (M) 8:00 PM  
PAC MAIN GYM



NOVEMBER 16  
**VS NIPISSING**  
(W) 6:00 PM, (M) 8:00 PM  
PAC MAIN GYM

### M HOCKEY

NOV. 14  
**VS LAKEHEAD**  
7:00 PM  
CIF ARENA

### W HOCKEY

NOV. 17  
**VS WESTERN**  
2:30 PM  
CIF ARENA



### VOLLEYBALL

NOV. 16  
**VS WINDSOR**  
(W) 12:00 PM, (M) 2:00 PM  
PAC MAIN GYM

NOV. 17  
**VS WESTERN**  
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**ATHLETES OF THE WEEK**

NEDIM HODZIC  
BASKETBALL

KRYSTIN LAWRENCE  
HOCKEY





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## Cut vs. complete: UW denies funding cuts

Mubassir Ahmed  
Reporter

Matthew Grant, UW Media Relations Director, denied reports in the Toronto Star that the provincial government has cut its \$25 million funding to the Institute of Quantum Computing (IQC).

There are no mentions of the words “quantum” or “computing” anywhere in the 2019 Ontario budget.

Despite that, Grant said that the institute will continue with their operations as planned.

“There have been no cuts to funding at IQC by the Government of Ontario. We continue to do cutting edge research and are always looking for new ways to secure support for quantum technologies at UW,” Grant said.

The Government of Ontario has been a

strong partner on quantum research, but their funding agreement with the government was “completed” at the end of March 2019, Grant said.

Whatever the nuances of UW’s distinction between “cut” and “completion” are, the province’s funding to IQC will not continue.

Grant said that IQC still receives funding from the federal government.

In 2018’s federal budget, a renewed \$15 million in funding was announced, which was promised to be given over the period of three years.

The provincial and federal governments’ early support to IQC helped position Canada as a global leader in quantum science and technology.

IQC has grown to be a world-leading research hub over the past 15 years since its inception with the help of the Ontario Government — help that has now been “completed”.



IQC led UW to the global forefront of quantum research with funding from Ontario.

Quantum research is already seeing application in cybersecurity, health, and resource exploration, and has already made an impact.

The current investments from the Federal Budget 2018 will ensure Canada can continue to attract the scientists, engineers, technicians, and students needed to realize

the full opportunities of the quantum revolution.

Grant said that IQC looks forward to continuing their relationship with the federal government, however, with the new minority government now in place, he would not be able to speak to future actions the government may or may not take.

## UW mimics plants

Vaani Rajpal  
Reporter

A new and inexpensive way to convert CO<sub>2</sub> into liquid fuel has been discovered by a researcher at UW. It is called an “artificial leaf”, made of cuprous oxide, containing two inexpensive elements: copper and oxygen. When sunlight, CO<sub>2</sub> and H<sub>2</sub>O are input to artificial leaf, it will produce methanol and oxygen as products. It is an hour-long chemical reaction that is key to turn carbon dioxide into fuel.

CO<sub>2</sub> is a greenhouse gas for climate change and global warming. This technology is expected to reduce CO<sub>2</sub> emission from oil companies, automobile companies and steel companies. It can also provide clean and sustainable fuels, methanol, for vehicles and aircrafts.

“I was inspired by the natural leaf which can directly convert CO<sub>2</sub> and H<sub>2</sub>O to glucose using sunlight. I try to mimic this natural process to convert CO<sub>2</sub> and H<sub>2</sub>O to fuels using sunlight without any electricity,” said Yimin Wu, an assistant professor in Mechanical and Mechatronics Engineering at UW, who led the research. “A leaf produces glucose and oxygen. We produce methanol and oxygen.”

The artificial leaf can be used at a lab scale right now, but Wu expects it to scale it up with industry partners including oil,

steel and automotive companies. The research will be carried forward to increase the methanol yield and to help commercialization of the process.

“I’m extremely excited about the potential of this discovery to change the game,” Wu said. “Climate change is an urgent problem and we can help reduce CO<sub>2</sub> emissions while also creating an alternative fuel.”

Wu collaborated on the paper with other researchers at the Argonne National Laboratory in Illinois, as well as scientists at California State University, Northridge, and the City University of Hong Kong.

“This has several advantages: one is we convert solar energy directly into fuels without using electricity as an intermediate step, which prevents losing some energy,” Wu said. “The other advantage to using sunlight is that it doesn’t need complicated infrastructure and can be more easy to scale it up than using electricity.”

Wu worked on this method for about three years.

Similar research in this area have been initiated. NASA developed a technology to convert CO<sub>2</sub> to fuel using a thin metal oxide film and sunlight. Australian scientists discovered a way to convert CO<sub>2</sub> into solid carbon at room temperature by using a metal alloy as catalyst.

The study was published in the journal Nature Energy and can be found on <https://www.nature.com/articles/s41560-019-0490-3>.

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# opinions



## HAVE YOUR SAY

Submit your letter to the editor or your community editorial to [opinion@uwimprint.ca](mailto:opinion@uwimprint.ca). Find more opinions at [uwimprint.ca](http://uwimprint.ca).

# Should students get extra credit for being good people?

Should students get extra credit for being good people?

The thought came to me while pondering over a lower-than-average midterm grade.

I suppose, right off the bat — no.

It would be impractical, subjective, and impossible to keep track of.

But the intent behind it, that of encouraging students to be more than their majors, is a problem that should be addressed.

Maintaining a good work-life balance in university can be hard, because sometimes choosing friends and fun feels like a choice against good grades and studying.

With a heavy workload and only 24 hours in a day, it feels like you must make sacrifices from “life” to succeed at “work.”

Building an impressive resume or application adds onto the pressure.

Should you join the fun interesting clubs, or the ones that will make you stand out to recruiters?

If the goal is the future, and something doesn't seem to tangibly contribute to that future, then surely it can be sacrificed in the present.

The only problem is, it's not healthy to only study and do nothing else. It seems obvious when written out, but many of us will put aside our own needs (like food, social in-

teraction, or most commonly, sleep) just to study one more chapter, or write one more page.

It gets worse if that effort isn't enough, and it's much easier to think “I'm not smart enough,” rather than diving into the problems behind that low grade.

How many students take their finals while sleep deprived?

Cramming the night before is an old tradition at schools across the world, but studies have shown it can have a negative effect.

At first it may seem manageable, but soon, the effects of poor diet, stress, and not enough sleep begin to catch up, turning formerly easy tasks into sources of more stress and worry.

The problem with defining yourself by your academic ability, is that tests don't take into account all the things that make you a person.

Though it would be nice, students don't get extra credit for being a good friend, caring about the environment, or being a really good cook.

Once in a while, the chance comes up to showcase some other skills in your schoolwork, but most of the time, you read, remember, and apply the material — you can't bake your way out of a physics final.

As students, school and studying are

parts of our identities we can't ignore, but it's important to nurture all of yourself, not just the academic side. The life of a university student feels like a precarious choice between academic success and personal happiness, leaving many to wonder which one to choose. As a result, it is important to recognize that a balance is not only possible — it is necessary.

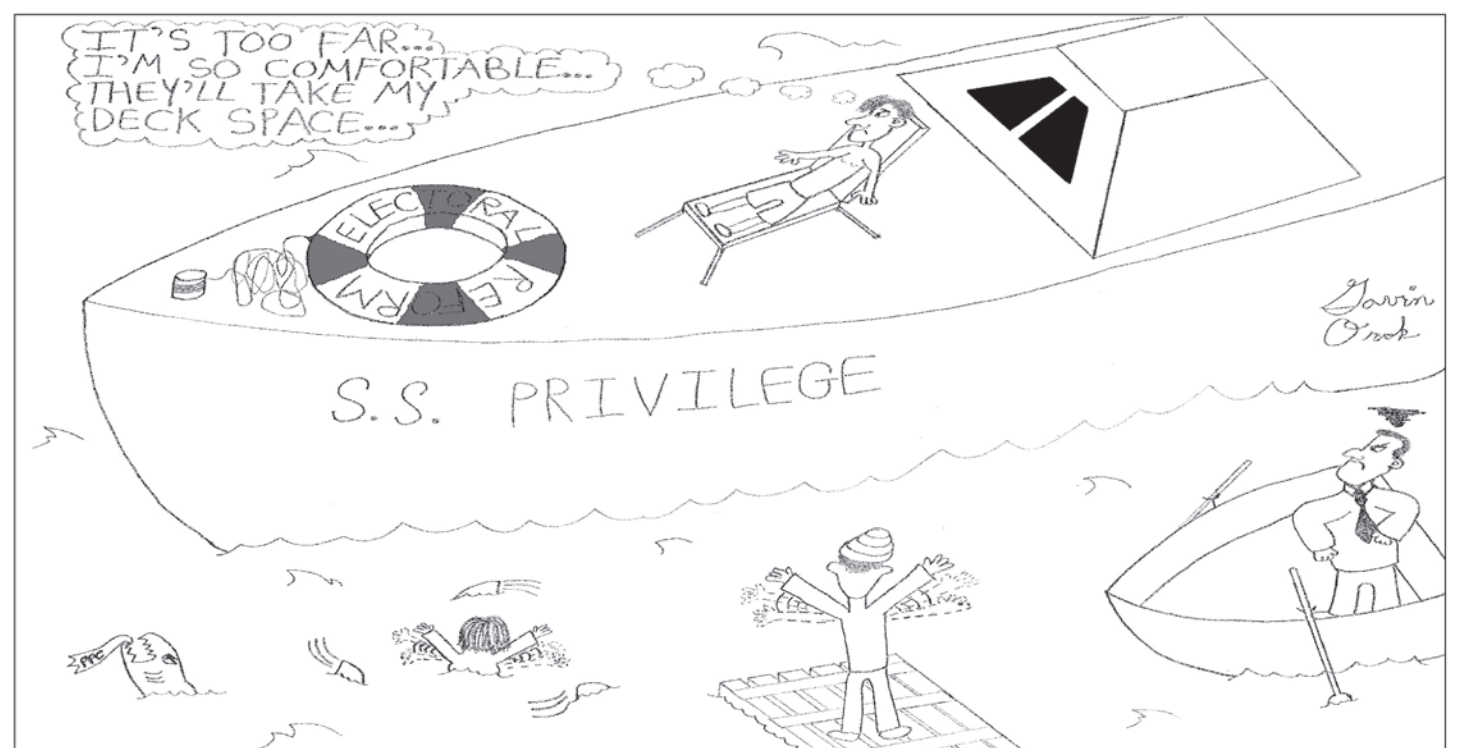
Taking time away from studying to do things you genuinely enjoy is a key to preventing academic burnout and can lead to a clearer calmer mind when you do sit down to study.

Seriously, marks are important, but so is your happiness.

If you've been devoting all your time to studying for midterms, an hour away from your textbooks won't hurt.

That hour might not lead to extra credit, but you might be surprised by how good it feels.

Anna Ignatovych  
 Science Undergraduate



# 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

### November 2019

**For all of** UpTown Waterloo Fall activities visit [www.uptownwaterloo.ca](http://www.uptownwaterloo.ca).

**Savour in Stratford** — Saturday morning Market from 7 a.m. to 12 p.m. at the Rotary Complex, and more, [www.visitstratford.com](http://www.visitstratford.com).

**Unplug from screens.** Connect with friends. Sing your faith. Chapel Choir meets Mondays and Wednesdays at 4 p.m. Sign up for an audition at [uwaterloo.ca/music/ensembles](http://uwaterloo.ca/music/ensembles). No prep required. For more details [ksteiner@uwaterloo.ca](mailto:ksteiner@uwaterloo.ca) or 519-885-0220, ext 24226.

**Choral and Ensemble** auditions begin. Can be taken for credit (.25) or extracurricular activity. For more info [www.uwaterloo.ca/music/ensemblesmusic@uwaterloo.ca](http://www.uwaterloo.ca/music/ensemblesmusic@uwaterloo.ca).

**Wednesday, November 13**  
**UWaterloo presents** "The Seagull" at 7:30 p.m. at ML Theatre of The Arts (on

Nov 14,15,16 as well). November 14 at 12 p.m. For more info/tickets [www://secure.tixhub.com/waterloo/online/b\\_otix.asp](http://www.secure.tixhub.com/waterloo/online/b_otix.asp).  
**KW Chamber Music** presents "Duo 526" at 8 p.m. at KW Chamber Music Society, 57 Young Street, W., Waterloo (walkable from campus). To reserve tickets/info contact [jnarveso@uwaterloo.ca](mailto:jnarveso@uwaterloo.ca).

**Thursday, November 14**  
**Not Your Grandma's** DRAG Sex Talk - 7 to 9 p.m., all ages event, starring Eva Lasting, at Chainsaw, UpTown Waterloo.

**Saturday, November 16**  
**KW Chamber Music** presents "David Jalbert-piano" at 8 p.m. at KW Chamber Music Society, 57 Young Street, W., Waterloo (walkable from campus). To reserve tickets/info contact [jnarveso@uwaterloo.ca](mailto:jnarveso@uwaterloo.ca).

**Tuesday, November 19**  
**Emmanuel United Church** presents "Skarni" at 8 p.m. at 22 Bridgeport Road, W., Waterloo. 519-886-1471 or [info@emmanueluc.ca](mailto:info@emmanueluc.ca).

**Wednesday, November 20**  
**Plant-based Rustic** Bake Cook-off begins at 5 p.m. at Ron Edyt Village. Come try

all the campus Chef's creations and vote for who will be crowning champion of the "All Fired Up@REV" trophy! Quantities limited. [www.uwaterloo.ca/food-services/events/plant-based-rustic-bake-cook](http://www.uwaterloo.ca/food-services/events/plant-based-rustic-bake-cook).

**Monday, November 25**  
**Warm cookies and free hugs:** wishing you all the best on your exams! Come for a warm cookies and a free hug at V1 - November 25 at 5 p.m. and REV - November 26 at 5 p.m.

**Sunday, November 24**  
**KW Chamber Music** presents "The Iris Trio" at 8 p.m. at KW Chamber Music Society, 57 Young Street, W., Waterloo (walkable from campus). To reserve tickets/info contact [jnarveso@uwaterloo.ca](mailto:jnarveso@uwaterloo.ca).

**Saturday, December 7**  
**5th Annual Galaxy** of Gifts fundraiser at Luther Village on the Park at 3 p.m. Over 65 vendors, baked goods, jewellery and more! Free admission to BBQ, silent auction, door prizes and hot apple cider. For more info 519-783-3710.

## volunteering

**Bereaved Families of Ontario -** Midwestern Region, The Family Centre, 65 Hanson Ave., Suite 1042, Kitchener. We currently have a number of exciting volunteer opportunities. For more info, [jaimie@bfomidwest.org](mailto:jaimie@bfomidwest.org) or 519-603-0196.

**Become a Meals On Wheels** volunteer! Call 519-772-8787 or [www.communitysupportconnections.org/volunteer/apply](http://www.communitysupportconnections.org/volunteer/apply).

## help needed

**NOT JUST TOURISTS** — We are a humanitarian organization that pack medical supplies and bring them to developing countries. We are in need of volunteers, donors and travelers. For more information, please visit [www.notjusttourists.com](http://www.notjusttourists.com).

# classified

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\* Training is provided \* \$100 cash

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Submit cover letter/resume to

[ads@uwimprint.ca](mailto:ads@uwimprint.ca) or

drop in to the office, SLC room 0137.

## SERVICES

### 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 enquire at [vivadjina@gmail.com](mailto:vivadgina@gmail.com).



### Winter Term Part-time Jobs

Imprint has many part-time jobs that will be available as of January 6, 2020. Jobs will be posted in the paper beginning November 20.

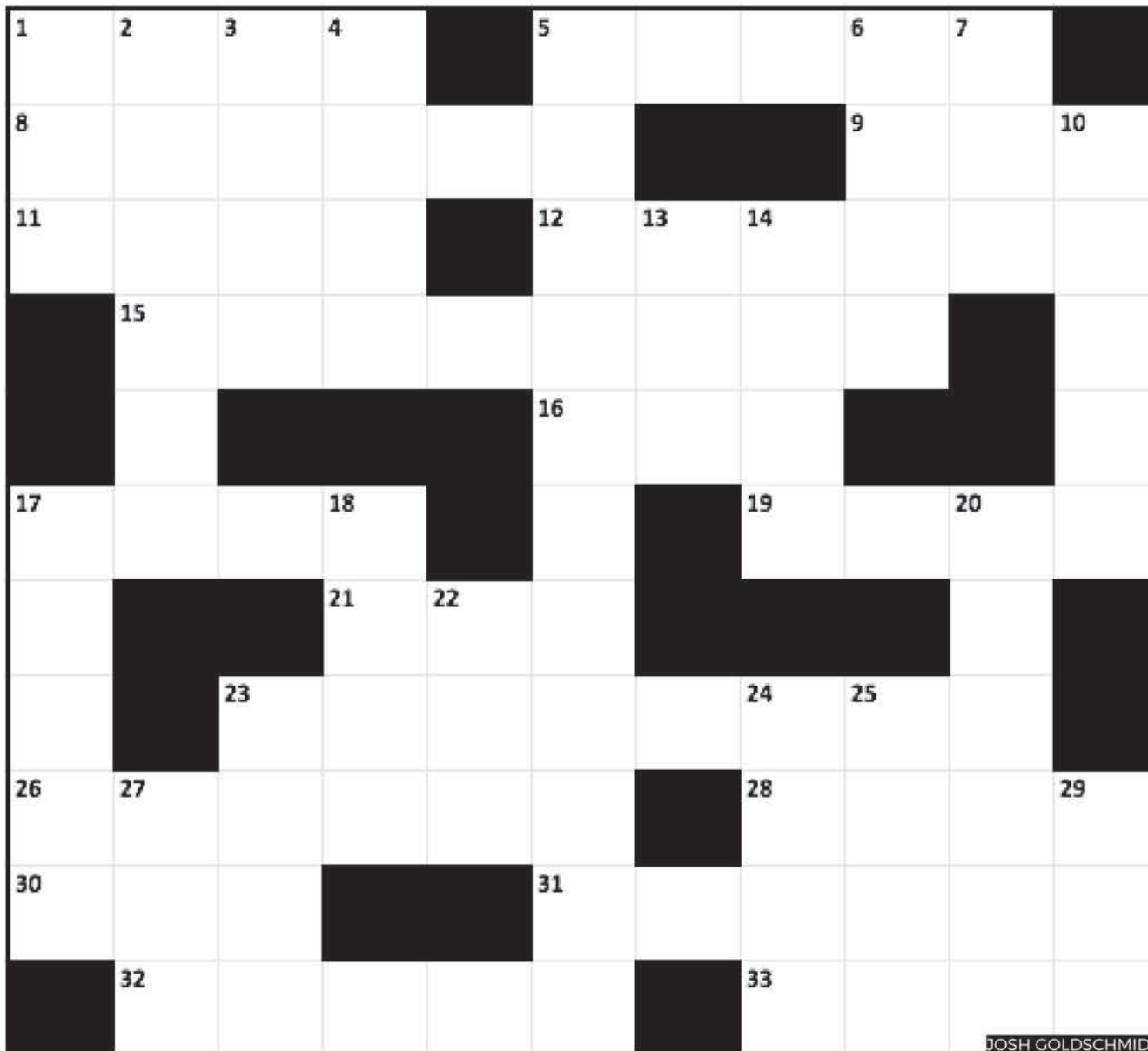


# distractions



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## Mid-terms, mid-problems.



### Across

1. Coral-based ecosystems in shallow waters
5. To morally or spiritually uplift
8. Contract work, often unpaid or co-op
9. Faculty of \_\_\_ & Leisure
11. Prickles on a limb that was numb
12. To unfasten
15. French-side Ottawa
16. Infection research centre in Atlanta
17. US civilian space program
19. Recreational racing vehicle
21. Citation
23. Cowboy movies
26. Female PM from India
28. DJ of Wonderland, Steve
30. Egg-laying chicken
31. Eponymous protagonist in Dickens' novel
32. Liquid set into an enamel-like finish
33. Avant-garde movement of irrationality

### Down

1. To tear
2. Encryption machine used by Nazis
3. Italian active volcano
4. Oktober\_\_\_\_\_
5. Act of utterance
6. German Mrs.
7. Affirmative
10. The human thorax
13. Flanders family patriarch
14. Deficiency or absence
17. Horse's whinny
18. Response to a prayer
20. Chanced
22. Hallucinogenic drug
23. Decreasing, especially for a moon
24. Bug spray brand
25. A star, slowly burning out
27. 2013 film starring Joaquin Phoenix and the voice of Scarlett Johansson
29. Revolutionaries in Ireland

JOSH GOLDSCHMIDT

### Caesar code: North America

By Gu Zhenzhen

*In a Caesar cipher, the alphabet shifts by a certain number of letters. Can you decode these countries in North America?*

1. IGTGJG;
2. VGTGSG;
3. HGNGSGY.

DO I TELL HER I HAVE NO HEART?

By Timi-Boda



DAVID

Hally

