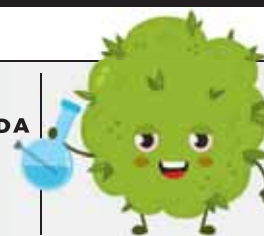


im print

p16

GOVERNMENT APPROVES VERDA
Government amends regulations to permit verda innovations operate in Ontario



A JOLLY TIME
Start off your holiday break in "high" spirits and "bake" a recipe for cannabutter and double chocolate cannabis cookies P12

MIND & STUDY P2

All UW students will gain increased access to mental health services starting 2020.

FOSSIL ACKNOWLEDGEMENT P4

Fossil Free UW urges UW to abide by the UNPRI's recommendations.

SPORTS YEAR IN REVIEW P9

Take a look back at the Toronto Raptors' performance throughout the decade.

Women's hockey continues hot streak P8





More mental health coverage for students

Vidyut Chuwalewala
Assistant News Editor

Beginning Jan. 1, 2020, students at UW will have access to EmpowerMe, a student assistance program in addition to an expansion in the existing mental health coverage to support campus wellness at UW.

The Waterloo Undergraduate Student Association (WUSA) claims this is part of one of the most comprehensive updates to a student healthcare plan in Canada.

WUSA and the Graduate Student Association (GSA) worked with the UW Campus Wellness and *StudentCare* to re-evaluate the insurance coverage offered to students furthering recommendations from the President's Advisory Committee on Student Mental Health (PAC-SMH) which is composed of WUSA and GSA presidents and students elected or appointed by WUSA and GSA.

The Health Plan Oversight Committee voted unanimously on Nov. 25 to expand student health coverage.

This comes as a welcome addition to the existing mental health support offered by the university following an outcry for greater coverage.

The expansion of coverage will include doubling the annual cov-



MUBASSIR AHMED

WUSA and GSA facilitate additional mental health support by expanding the student health coverage.

erage limits for mental health services under the health plan to 80 per cent coverage for mental health practitioners to a new total of \$800.00 per year.

This will expand the scope of allowed mental health practitioners covered under the health plan to include psychologists, registered social workers, psychotherapists, and clinical counsellors to eliminate referral requirement from a medical doctor to have your psychological treatment covered by the health plan.

The entire process of the final selection and addition to the health plan was an effort by the WUSA/GSA joint Health Plan Oversight Committee, under the leadership of Seneca Velling, Vice President, Operations & Finance for WUSA.

"The addition of the SAP by WUSA/GSA achieves a seminal goal as part of UW, WUSA, and

GSA's collective efforts to address mental health on campus," said Velling

The addition of EmpowerMe, a Student Assistance Program (SAP), is a confidential student assistance program that will be available throughout the year at all times to further support on campus.

It is a counselling service that helps you connect with counsellors, psychologists, health professionals, and life coaches.

The SAP will provide telecommunication based and in-person support that will work in addition to the UW campus wellness and was selected after several considerations that included value-for-money, total costs, service levels, and integration with campus wellness and into the health plan.

"The outcome we hope to see in a term or two is a back-and-forth

referral system that is wholly integrated into the STEP care model, whereby students seeing counsellors through the SAP can be referred into Campus Wellness' system when they need more dedicated care and Campus Wellness can refer out to the SAP.

In turn, this will allow Counselling Services to better meet demand and seek support," Velling said.

The student will have access to support in over 200 languages for issues relating to relationships, depression, anxiety, stress, and crisis, among others.

"The expansion of health plan coverage will not immediately allow for reduced wait times and increase service levels by Counselling Services, but in the long-term, the hope is that it will," added Velling.

WUSA hopes to increase off-campus opportunities making

on-campus options less inundated so that they can focus and provide supportive care to cases that require immediate help without compromising short-term needs of many students.

"By reducing barriers to make claims against the plan, WUSA/GSA have effectively opened a business opportunity for external mental healthcare practitioners which creates market demand, driving those same practitioners to the KW Region," said Velling.

Since the SAP operates on an uncapped model which ensures that students receive all the support they need whilst working with the extended health plan, which will cover off-campus care broadening the scope to registered healthcare practitioners without requiring an MD referral, Velling said that it should seriously support students needs here.

Moreover, all part-time and full-time students at the university will have access to the program at no extra cost from the coming term as the student bodies work to have the program completely integrated with UW campus wellness over the next few terms.



Currency Converters
of Waterloo Inc.

We BUY & SELL over 100 foreign currencies!

NO SERVICE FEES

355 Erb Street W., Waterloo
(between University and Fischer Hallman)
519.884.0043
www.currencyconvertersinc.com

OPSSS results

Suhani Saigal
News Editor

The third of three reports has been released by the Ontario Undergraduate Student Alliance (OUSA), highlighting the results of the *Ontario Post-Secondary Student Survey 2017* (OPSSS). Over 8,000 undergraduate and professional students from OUSA's eight member schools responded to the survey.

The report, *Quality: Results from the 2017 Ontario Post-Secondary Student Survey*, discusses accessibility, affordability, and the quality of teaching, learning, online courses, experiential learning, and course evaluations, as well as students' overall experience at some of Ontario's post-secondary institutions.

According to the results,

students wish to have more employment opportunities, as well as support services.

"Students really care about the quality of their post-secondary education," Eddy Avila, OUSA Executive Director said in a press release.

More than half of the students believe that their course evaluations are not valued, and survey results have shown that they want improved teaching quality and campus infrastructure.

Less than one-third of the respondents complained about their institution's disengagement from municipal issues.

The OPSSS is deemed important to facilitate systemic changes.



CHRISTMAS IN CAMBRIDGE



FANTASTIC selection on our website for Christmas shopping!
www.onesixtyone.ca

Visit us to see hand crafted items by artisans from within 161km of Cambridge.

5 Queen Street, E., Hespeler

ONE SIXTY ONE ARTISAN MARKET

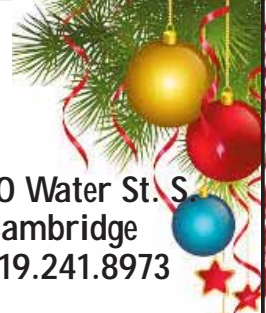
BY APPOINTMENT ONLY

\$50 OFF

Microblading/Shading

\$20 OFF

minimum value of \$50



10 Water St. S.
Cambridge
519.241.8973

@browboss19

Store closure December 16 to 26, 2019

Microblading * Shading
Brow Henna * Waxing * Threading
Tinting * Lash Lifts & more!

www.site.booxi.com/browboss



Atlas Collectables

Trading cards | Hobby Shop

354 King Street, N., WATERLOO
vendor@AtlasCollectables.com

519-208-0755



COME & RELAX OVER THE HOLIDAYS

and enjoy the games!

MONDAYS



TUESDAYS



WEDNESDAYS



THURSDAYS



FRIDAYS



SATURDAYS



SUNDAYS



PRESENT THIS COUPON FOR
10% OFF
with purchase over \$30

* schedule subject to change
* check our Facebook page for times *

UW allows international students to stay on campus over break

Anicka Bakos
Reporter

This Christmas, UW's international students will again be allowed to spend their holidays on campus.

For years, UW policy mandated international students living in UW residences to either go home for the holidays, arrange to stay with friends, or rent short-term accommodations from landlords in Waterloo region.

Last year, following the lead of other Ontario universities, UW allowed international students to stay in residence over the Christmas holidays. Kyra Chisholm was involved in the planning of last year's December International Student Stay Program.

"The university, and by extension, Waterloo residences, has experienced consistent growth in our international student population in recent years and is always looking for ways to ensure that students who come

to our campus from another country have a positive experience, academic and beyond," she said. "The decision was driven by feedback from international students and those that support them, which highlighted that providing winter break accommodations on-campus would greatly improve the experience of students who are already far away from home."

International students were placed in four-bedroom suite-style units at UW Place with a Don on each floor, where they had access to full kitchens, dishes, and cooking utensils to cook their own meals.

Students were responsible for shopping for their own food.

"[It was] akin to the suite style residence experience," Chisholm said.

She added that UW Place is in close proximity to both Uptown Waterloo and the University Plaza.

Over the winter holidays, international students had an opportunity to participate in a wide range of activities from ice skat-

ing to making ginger bread houses to movie nights.

There were events planned for the students over the break.

"[There were] DIY decorations and an opportunity to walk through the Waterloo Park lights display... paint nights, wellness activities, tobogganing, and games nights. There was programming planned every day over the break," Chisholm said.

She said all events and activities last year were planned by the Residence Life Dons, in collaboration with International Student Experience Leaders from the Student Support Office, and stressed that the residence life staff included all students by having both. According to Chisholm, last year's December International Student Stay Program was coordinated by a cross-functional team that included representatives from Waterloo Residences Facilities, Residence Life, and Occupancy & Marketing Services teams.

Chisholm said that information from oth-

er Ontario universities was shared with UW staff in order to assist them in the planning and development of last year's December International Student Stay Program, noting that the UW program is very similar to the one available at Trent University.

Chisholm said 41 international students chose to participate last year. UW Housing anticipates that even more students will register to take part this year.

All eligible students living in Waterloo Residences will have received a formal email invitation from Waterloo Residences staff and eligible students living in any of the University Colleges are asked to reach out directly to their University College to receive sign up information for the program.

Chisholm said participants of the 2018 December International Student Stay Program had a chance to complete an anonymous feedback survey by UW Housing after the break and give staff their recommendations on how the program could be improved.

Fossil free open letter

Vidyut Chuwalewala
Assistant News Editor

An open letter from Fossil Free UW to the university acknowledged that UW has decided on adopting the UN's Principles of Responsible Investments (UNPRI) but expressed distress over James Schlege's remarks painting large fossil fuel companies as big clean energy producers. Schlege, the UW Finance and Investment Chair, also mentioned the issue was too complex for people to understand, according to Fossil Free UW.

The letter was written in the hope that the university, with its new strategic plan, places greater importance on sustainability and the climate issue.

The letter suggested three first steps: study the UNPRI's climate prioritization, research into climate risk, and consider transition risks.

"Adopting the recommendations of the United Nation's Principles of Responsible Investment (UNPRI) is a significant positive step in updating our investment practices," Matthew Grant, Director of UW Media Relations, said.

The letter stated Dennis Huber, UW VP Administration and Finance, told a Fossil Free UW members that the UW did not sign the UNPRI because of the climate crisis as it could call some other issue their priority in

ten years.

"With respect to the practicality of divestment, Dennis Huber, Vice-President, Administration and Finance, also reported that, under current management, divestment would not be possible," the letter said.

Grant said UW is making sustainability and taking action on climate change a priority. Responsible investing is only one aspect of their initiative, he said.

"Adding an environmental, social and governance lens to our investment approach and as a signatory to the UNPRI, complements the University's commitment to supporting social and environmental scholarship and research," Grant said.

Fossil Free UW emphasized that if UW does not do their part in preventing the climate crisis, it will become destructive. They urged UW to divest from fossil fuels and invest strategically after signing the UNPRI.

"Many of the 133 universities across the planet that are divesting are doing so because of the financial risk that fossil fuel companies pose. In this context, it is fiduciary negligence for the University to continue ignoring the radical and pervasive effects of climate change on economies in general, and fossil fuel stocks in particular," the letter stated. "The University's strategic plan includes significant input from the Sustainability Office and the Faculty of Environment to entrench sustainability and climate change into the document," Grant said.

STAG SHOP
The adult store

Christmas is Coming

2 KITCHENER LOCATIONS

5 Manitou Drive
1585 Victoria Street N.

WATERLOO
7 King Street North

StagShop.com

waterloo honda



www.waterloohonda.com   

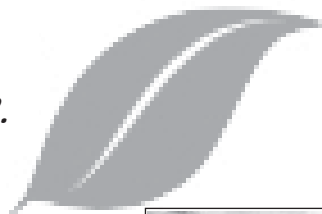
Be the **FIRST** to Receive

4% over manufacturer invoice cost on any **NEW** vehicle purchase
or **LEASES** for in-stock units
(excluding Honda Civic Type-R & Clarity)



*We have been customers of Waterloo Honda
for many years.*

~ Wendy B.



*Excellent service and very pleasant and
professional staff.*

~ Kenneth M.

Call Us Today
519.746.4120


545 King St.N.

WATERLOO



Campus Question

What are you doing over the holidays?



Andrew Francey, 4A
Physics

"Just pick up some shifts and make that 'ginger-bread!'"



Kian Drew, 3A
Science

"I'm going home to spend the holidays with my family."



Mahan Surhyo, 1A
Public Health

"I don't really have anything planned. I'm going home to spend time with my family, we might go to Boston for a little bit."



Suijie Tan, 3A
Math

"Find a part-time job and get some money. I just spent a lot on Black Friday so I think that is my first priority."

**GOOD LUCK
ON YOUR
EXAMS!**

**IMPRINT
RETURNS
JANUARY 8,
2020**



Merry Christmas!

WINTER TERM 2019 JOBS



HOURLY PAID JOBS

CREATIVE DIRECTOR

Jan 6 start ; Monday to Friday, 22 hours/week ; \$1,333.33/monthly.
Creative, detail-orientated, with strong communication and leadership skills. Knows how to use MAC/PC computers, along with Microsoft Office and Adobe Creative Suite, including InDesign and Photoshop. Design portfolio an asset.

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

MANAGING EDITOR

Jan 6 start ; Monday to Friday, 22 hours/week ; \$1,333.33/monthly.
Strong communication and leadership skills. Creative, detail-orientated. Knows how to use MAC/PC computers, along with Microsoft Office and Adobe Creative Suite, including InDesign and Photoshop.

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

AVAILABLE UW WORK STUDY POSITION REQUIREMENTS

You must be a full-time student and OSAP eligible. Candidates must first apply to Student Award and Financial Aid Office for approval. If approved, candidates are required to bring Declaration of Student's Eligibility/Hiring Form to Imprint interview.

UW WORK STUDY

EDITORIAL ASSISTANT

Jan 6 start ; Monday to Friday, part-time ; \$14.00/hour.
Enthusiastic attitude about writing and Imprint in general. Experience in transcribing, interviewing, research and the ability to plan and write full articles quickly and without assistance.

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

Position available upon funding.

VOLUNTEER COORDINATOR

Jan 6 start ; Monday to Friday, part-time ; \$14.00/hour.
Highly organized with excellent verbal and written skills, along with group management. Assisting the Executive Editor and Advertising and Production Manager with social recruiting events, Imprint training workshops, volunteer team spirit, appreciation luncheon, etc.

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

Position available upon funding.

BOARD ASSISTANT

Jan 6 start ; Monday to Friday, 10 hours/week ; \$14.00/hour.
Assisting the Executive Editor, Advertising and Production Manager and the Board of Directors with ongoing projects such as databases, committee participation, website upkeep for Board minutes, research and other jobs as required.

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

Position available upon funding.

SOCIAL MEDIA ASSISTANT

Jan 6 start ; Monday to Friday, part-time ; \$14.00/hour.
Assisting the Executive Editor to ensure daily postings are completed for Imprint's social media channels. Connect with readers ; develop content ; multi-task assignments from various departments and use social media analytical tools to measure key metrics for editorial and advertising.

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

SALES ASSISTANT

Jan 6 start ; Monday to Friday, part-time ; \$14.00/hour.
Assisting the Advertising and Production Manager with existing and new cold-call sales, for the purpose of advertisers promoting their business in Imprint to the UW community and the general public in Waterloo, Kitchener, Cambridge and Stratford.

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

Position available upon funding.

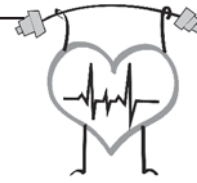
VOLUNTEERING

SECTION EDITORS for News, Opinion, Arts, Sports, Science, Distractions.

Other positions available are Head Designer, Graphics Editor, Copy Editor, Video Editor, Photo Editor and Satellite Campus Editor.

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

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.

Women's hockey topples Rams but falls to Blues after late goal

Varun Venkataramanan
Sports Editor

Fresh off earning their first top-ten ranking in over a decade, the Warriors' women's hockey team looked to continue their success and increase their lead atop the OUA standings. However, it wouldn't be easy, as both of their next two matchups would be against fellow top-five teams in the OUA, the Ryerson Rams and University of Toronto Varsity Blues.

The women took care of business against Ryerson, earning a decisive 3-0 win at home, but dropped a difficult 2-1 decision to Toronto on the road. The split drops the Warriors to third in the OUA, behind York and Toronto.

UW entered their Nov. 28 matchup against Ryerson hot after taking down Toronto 5-0 the previous weekend. The Warriors clogged the neutral zone and used their cycle to generate changes against Toronto, and this game showcased much of the same from the team.

The Warriors' Taytum Clairmont opened the scoring midway through the game, stripping a defenceman at the blue line to go in all alone against Ryerson goaltender Rachel Seeley. The country's

leading scorer then reached deep into her bag of tricks, pulling the puck through her legs to misdirect Seeley before roofing the puck top-shelf to give UW the lead.

The score stayed the same until five minutes into the third period when Elizabeth Lenardon scored her first OUA goal on the rush. Lenardon added another later in the period assisted by Krystin Lawrence, who earned her 100th OUA point on the marker.

Mikayla Schnarr earned the shutout for the Warriors, stopping 29 shots along the way, including a couple stellar glove saves.

Two days later, UW travelled to Toronto to take on the Blues in a rematch of the last weekend's matchup. Toronto was hungry for revenge, not wanting to be embarrassed in front of their home fans by their rivals.

Warriors' coach Shaun Reagan tapped Schnarr for the start following her back-to-back shutouts.

The Blues set the tone with physical play, as captain Stephanie Ayres took an early hooking penalty to put UW on the power play. However, the Warriors were unable to capitalize, and shortly after killing the penalty, the Blues opened the scoring when Cristine Chao's one-timer took a deflection.



VARUN VENKATARAMANAN

UW's Taytum Clairmont on the rush against Ryerson. Clairmont leads the OUA with 10 goals and 19 points.

UW put the clamps on in the second period, holding Toronto to only three shots and earning the lion's share of possession. Unfortunately, their zone time only led to seven shots on Toronto's Erica Fryer, who turned away UW to preserve her team's lead.

The Warriors finally solved Fryer in the third period when Krystin Lawrence finished off a counter-attack to tie the game 1-1.

However, Chao netted her second of the game with five minutes to go, giving Toronto the one-goal lead and leaving UW scrambling for the equalizer. The Warriors kept Toronto deep in their own zone and peppered the Blues' goal with shots from all angles, but Fryer stood tall, clinching the 2-1 victory for her side.

Schnarr stopped 26 shots in the loss. Lawrence's goal was her

eighth of the season, moving her to third place in the OUA. Clairmont and Lawrence hold the top-two spots in the OUA scoring race heading into the winter break, with 19 and 16 points respectively.

The Warriors will have the next few weeks off for some well-deserved rest. They will open 2020 at home on Jan. 3 against the Windsor Lancers.

THIS WEEK IN ATHLETICS

WATERLOO WARRIORS

FREE EXAM FITNESS

All show tag classes are free December 2-20. Visit gowarriorsgo.ca/shoetags for more details.

im print WATERLOO #GOBLACKGOGOLD

FREE EXAM FITNESS



All show tag classes are free December 2-20. Visit gowarriorsgo.ca/shoetags for more details.

TREADMILL & BIKE DESK

Located in the DP Library!
Using the treadmill or bike desk can improve productivity and mood and reduce stress!



GET THE APP!

DROP IN AND FITNESS SCHEDULES PLUS SO MUCH MORE!
DOWNLOAD TODAY FROM THE APP STORE



ATHLETES OF THE WEEK

JUSTIN MALNERICH BASKETBALL

IZZY THORNTON-BOTT TRACK & FIELD

Raptors' recap: 2010s reflections

Dashawn Stephens
Sports Reporter

With the holidays around the corner, the Toronto Raptors have continued to turn heads with their play, as impressive wins over Philadelphia and Utah moved the Raptors to the second seed in the Eastern Conference.

With the end of 2010's nearing, let us not only dive into some new insights from the team's play, but also take a moment to reflect on the journey the franchise has been on.

Defensive Legitimacy

As the Raptors continue their winning ways, they also continue to uphold their reputation of shutting down all-stars. The Raptors 101-96 win over Philadelphia was the latest example of the Raptors' defensive identity. The latest victim was 76ers' centre Joel Embiid, who was held to zero points for the first time ever in his 6-year career.

Not only did Toronto shut down Embiid, but they also held Ben Simmons to just 10 points. Shutting down the 76ers all-star duo forced them to turn to Jason Richardson and Tobias Harris for scoring, which ultimately wasn't enough.

As the primary defender on Embiid, Marc Gasol reassured everyone that he is still an elite de-

fender.

Gasol may offensively be having one of his worst years from a production standpoint—if the season ended today, this would be by-far his lowest scoring season—but the Raptors have proven that they aren't in dire need of additional offensive production. With that being said, if Gasol can continue to have elite defensive performances, especially against top tier superstars, he has a place on this team.

The legitimacy of the Raptors defence has been confirmed. Through 19 games, Toronto has held all 2019 NBA All-Stars they have faced to just 12.4 points per game, about 15 points less than their usual output.

A Christmas Game—Finally!

A tradition since 1947, the NBA's annual Christmas Day games have been a showcase for the league's top talent.

In the 25-year history of the Raptors franchise, they've only participated in a single Christmas day game, a 102-94 loss to the New York Knicks in 2001. That game was played on the road in Madison Square Garden, and despite success over the past decade, the Raptors haven't found themselves back.

However, that changes this year. This year marks the first time ever that Scotiabank Arena will host a Christmas Day game. The Raptors will take on the Boston Celtics on Dec. 25. This is much deserved, as Toronto has proven itself to be one of the best basketball cities in the world for nearly a decade. With 2019 being a year of "firsts" for the Toronto Raptors, it's only fitting that they end the year with a Christmas Day game.

Decade in Review

As 2019 comes to a close, so too does the decade. The 2010's were an amazing time period for the Raptors and is easily the most successful decade in the history of the young franchise. The narrative of the Toronto Raptors in the 2010's truly inspiring and is worth diving into.

Do you remember how the decade began? It was quite a long time ago, but we can't forget that Chris Bosh was once the face of the North.

However, seven months into the



COURTESY RAPTORS HQ

Terence Davis has been stellar off the bench for the Raptors to make up for Lowry's absence.

decade, after leading the team to a 40-42 record in the prior season, Bosh decided to leave the North and head south, specifically to South Beach, to become a member of the Miami Heat.

Without Bosh, the Raptors became the doormat of the NBA. With no stars, cold weather, and an underwhelming front office, it was hard ever imagining basketball success returning to Canada.

The rebuild was supposed to be long, however, only four seasons later, the Toronto Raptors finished third in the Eastern conference and back in the playoff picture. The new core of fifth year star DeMar DeRozan and journeyman Kyle Lowry had unexpectedly risen the Raptors to prominence, and would continue to do so for many years.

But after getting over the hump of rebuilding, the Raptors encountered the hump of finding playoff success. After being edged-out by the Nets in seven and swept by the Wizards in back-to-back years, the Raptors would run into LeBron James and the Cleveland Cavaliers in the playoffs for three straight years, resulting in the birth of 'LeBron.'

The playoff failures forced Masai Ujiri to take the biggest gamble in NBA history. Ujiri traded away franchise star DeMar DeRozan for a question mark in Kawhi Leonard. This move, accompanied by good drafting and player development, led to the Raptors finishing the decade as the NBA Champions.

The Toronto Raptors have an all-time record of 917-1022 (.473). However, in the 2010's, the Rap-

tors put up an overall record of 400-322 (.554).

A 55 per cent-win percentage accompanied by five division championships, six straight playoff appearances, one Conference Championship, one NBA Finals appearance, and one NBA Championship, make the Toronto Raptors one of the most successful teams of the decade.

Entering the 2020's with a solid young core, you can probably list 43 or more reasons why Raptors fans can be excited for the future of this team.

Coming Full Circle

During the 2010's, aside from the Raptors finding success, the ramifications of the Carter Effect were on full display, as fans witnessed an outburst of young Canadian talent making it to the NBA. One of the brightest moments in the 2013 NBA Draft was when Anthony Bennett became the first Canadian to ever be drafted first-overall. Despite his disappointing career, it was still a bright moment for Canadian basketball.

Andrew Wiggins followed up the next year, as he became the second Canadian to ever go first overall.

The 2019 NBA Draft saw six Canadians drafted, a record for Canadian basketball. Another four were signed to NBA rosters. With a record 16 player currently on NBA rosters, showing that basketball has truly come full circle in the Canada.

When the Raptors took on the Knicks, this was on full display as a quarter of the league's Canadians were on the floor: Toronto's Chris Boucher and Oshae Brissett, as well as New York's R.J. Barrett and Ignas Brazdeikis.

With players such as Boucher, Barrett, Wiggins, and Kitchener's Jamal Murray at the forefront, the future for Canadian basketball is bright.

The Carter Effect has proven to be successful and Canadian basketball now has enough momentum to carry its own weight. Only time will tell, but rest assured, Canadian basketball is entering the 2020's in a good place.





VICTORIA PARTY STORE
"We Deliver"

809 VICTORIA ST. N. UNIT #8, KITCHENER

Christmas & New Years Costumes
www.VictoriaPartyStore.com | 519.744.9500



STARLET weddings & events
www.StarletWeddingsAndEvents.com ~ 519-240-4901



Food Review: Gol's Lanzhou Noodle

Cyrus Fiori
Reporter



9 out of 10
spoons

Hey food fans. This week, my colleagues catalyzed my latest food adventure. They pulled me aside one day with haughty expressions on their faces.

"You claim to be a reviewer of restaurants, yet you have seen but a measly slice of what Waterloo has to offer," they cackled. "How could you ever dream of becoming UW's greatest restaurant reviewer?"

Spurned by their saucy comments, I retorted

"I think I've set reasonable goals."

"Gol's?" they cried. "What a fantastic place! We should go!"

And so, I journeyed to meet my homophonous savior, Gol's Lanzhou Noodle, near the east edge of UW's campus. Immediately upon entering the establishment, I was taken by the décor. Paper lanterns shone bright as stars against black ceilings and black brick walls. Ancient-looking stone statues guarded every corner and were stoically unimpressed by the bopping music. Light wood seating was set up behind wooden slats. A bustling atmosphere full of life and energy filled the space.

One unique feature of Gol's is that it has

two entrances; one in the front and one in the back. While this peculiarity is a strong source of affection amongst their customers, your wait time to be seated strongly depends on which one you enter and at what instant in time. If a tree falls through the back entrance of Gol's, does anyone hear? Probably only if a table is available.

Unfortunately, the chairs were low-backed and no coat racks were available. As a result, my lengthy winter coat was grounded. It wasn't a serious problem as its ego had been getting too big as of late.

I ordered the regular size spicy Traditional LanZhou Hand-pull Beef Noodle soup for \$9.99. Now came the difficult part: choosing from the exhaustive array of fresh handmade noodles. Upon advisement from my lunchmates, I ordered the SanXi, also known as the Regular Noodles, which are cylindrical in geometry and have medium thickness.

A short while later, my soup arrived steamy and dreamy, delivered with intense protectiveness using what can only be described as the 'care-y carry' technique. The soup glided down its bubble wrapped run-

way flaunting blazing red chilis and rich greens. Its size was impressive, so impressive, in fact, that I have no recollection of my lecture following lunch that day.

The food exactly matched the pictures in the menu, a feat often not achieved in today's reasonably priced culinary scene. Something so beautiful could hardly be eaten but this beauty was more than spoon deep.

Typically, in hearty Southeast Asian noodle soups, the slices of nearly cooked beef are added to the soup just before serving where they undergo their final metamorphosis. If the timing is off, this can lead to the delivery of beef that is still pink and chewy. Gol's beef was finished from the get-go, bucking out of the chute with intense beefy flavor and supreme tenderness.

The soup's broth was hearty, although a bit salty for my taste. The greens were incredibly fresh, providing fantastic crunch and a splash of refreshment. While appearing to be bathed in chilis, the broth offered a very accessible level of spice. Unfortunately, this left the broth's flavour profile solidly planar.

The noodles (or "noods" as the young'uns have dubbed them) stole the show and my heart. They were full bodied and luxuriously long, like the well-conditioned hair of a platinum blonde Rapunzel. Thankfully, that's where the resemblance ended. Texturally, these noodles were superior to any other. Their fresh made-to-order preparation clearly had a hand in their exquisitely supple scrumptiousness. A perfectly calculated diameter ensured quick cooking time while retaining a satisfying slurp.

Throughout my dining experience, servers stole across the restaurant, furtively filling water glasses. They had exceptional napkin optics, supplying them at the precise instant they were required. They also provided fantastic re-heatable containers with which to take leftovers home.

Overall, their brilliant ambiance, superior food quality, and exceptionally reasonable prices have earned Gol's its legendary reputation, an absolute must-dine experience. Be sure to treat yourself and your mother when she comes to visit.

Until next time, stay hungry food fans.

Indigenous reads for your holiday break

Katie Turriff, 4B Planning

Part of an ongoing series by the Indigenous Student Association

love, community, and belonging, while also discussing the difficulties of living in this colonial landscape. The prose was absolutely stunning, each story leaving you with something to really think about and reread. The poetry-like style is captivating and pulls you into the world of Simpson's own Nishinaabeg nation.

Split Tooth—Tanya Tagaq, suggested by Katie Turriff, 4B Planning

These words sent me to Nunavut in the 1970s to experience a teenager's maturation in a way that rocked me back and forth in both violent and soft ways. Tanya's words were purposeful and chilling, just like the land she wrote them from, and I felt truly connected to a landscape and a time that I have never experienced before. I highly recommend this book for a cathartic and emotional story.

Medicine Walk—Richard Wagamese, suggested by Abryna Bulford.

A heartbreakingly real and powerful book about a boy reconnecting with his estranged

father. A graceful and compassionate piece of prose that shows not only the difficulties and strife one has to go through in life, but also the love and good that can come from connection. An honestly very good read. Made me cry a few times. Definitely recommend.

Birdie—Tracey Lindberg, suggested by Abryna Bulford.

A very raw portrayal of the difficulties of healing through intergenerational pain, Lindberg shows a gritty reality for many Indigenous people, but also the beauty that comes with finding a spiritual connection with family. It is a tale about perseverance in the face of danger. Although it was sometimes difficult to read, this book is definitely worth it. Truly life-changing and eye-opening about the nuanced issues many Indigenous women experience.

Onigamiising: Seasons of an Ojibwe Year—Linda LeGarde Grover, suggested by Sydney Hannusch, 4B Women's Studies and Theatre and Performance.

This was a very beautiful book that follows the cycles of a year through each season from the author's personal stories and memories. The stories come from a lifelong journey of learning traditional knowledge, ceremony, and the Ojibwe experience. Always going back to Mino Bimaadiziwin (the living of the good life).

The Right To Be Cold—Sheila Watt-Cloutier, suggested by Abryna Bulford

A very informational and interesting read about the author's personal stories and triumphs against issues of Indigenous rights, cultural decimation, environmental crisis, and personal identity. An evocative read that dives into the history of persecution of Inuit people as well as the culture that has survived. I very much enjoyed learning about the author's experiences and the detailed ways that colonial society actively harms Inuit ways of living.

From all of us to all of you, we sincerely hope you enjoy your break.



Just like you, we are doing our best to cram all of our notes together as the term comes to a close and exams begin to flood over us. We're looking forward to that sugary-sweet end of the term with our train tickets in hand so we can see our family and friends, with our grades for better or for worse as we leave campus. We know a lot of you like to hunker down with a good page-turner while the snow falls and the cookies rise in the oven. So, book-loving members of the Indigenous Students Association have suggested a small variety of books written by Indigenous folks for you to devour during your well-deserved break:

Islands of Decolonial Love—Leanne Betasamosake Simpson, suggested by Abryna Bulford, 2A English.

This book features a collection of short stories that center around the ideas of



MORE TO **UNCOVER.**

YOURS TO **DISCOVER.**

downtownkitchener.ca

@DTKitchener | #DTKLOVE



The Grand Surf Lounge, 87 Ontario St S

Christmas Services



CHRISTMAS SUNDAY

Sunday, December 22 at 10:30 a.m. & 6:30 p.m.

CHRISTMAS EVE CANDLELIGHT

Tuesday, December 24 at 7:00 p.m.

SUNDAY WORSHIP

Sunday, December 29 at 10:30 a.m. & 6:30 p.m.

NEW YEAR'S EVE CELEBRATION

Tuesday, December 31 at 7 p.m.



International Gospel Centre

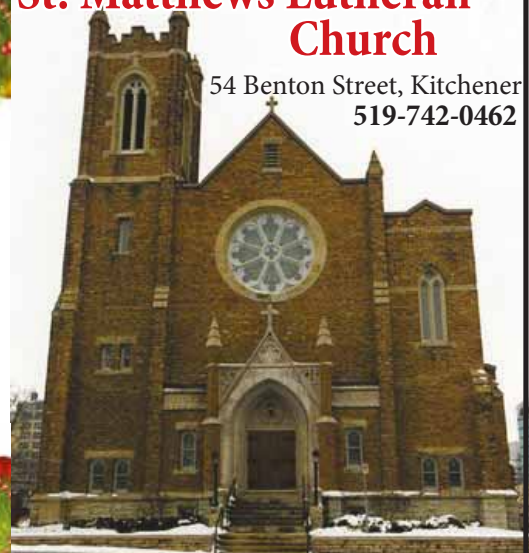
35 Charles Street, E., Kitchener
closest ION station stop - Queen Station



www.gospelcentre.net

St. Matthews Lutheran Church

54 Benton Street, Kitchener
519-742-0462



December 24 at 5 pm
German Language
Christmas Eve Service

7:30 pm
Candlelight Service with Pre-Service
Carol Sing

December 25 at 9:30 am
Christmas Day Holy
Communion

December 31 at 4:30 pm
New Year's Eve Service of
Holy Communion

www.stmattskw.com



CHRISTMAS IN KITCHENER

DECEMBER 5

Christkindl Market ~ A Festival of German Christmas
10 a.m. to 9 p.m. at Kitchener City Hall, 200 King Street, W.

DECEMBER 7

Christmas Fantasy - Opening
Victoria Park, 32 Dill Street

DECEMBER 1 to 22

Country Christmas
Ken Seiling Waterloo Region Museum at 10 Huron Road

BOARD games
VIDEO games
ROLE PLAYING games

1000+ to choose from or let our staff help you choose with their wise wizardly ways!

THE ADVENTURERS GUILD

36 Ontario Street, N.
KITCHENER
226-336-2450

adventurersguildcafe.com



You're ganja have a good time

Sean Herring

With the holiday season fast approaching, many people are looking forward to heading home to spending time with friends and family, and eating lots of good food. Personally, I love the holidays because of all the tasty treats there are. As an avid cannabis user, I enjoy desserts with a little something special to them. So, whether you need a gift for that special someone, a recipe to bring to your next potluck, or just something to get you through seeing your relatives, these double chocolate cannabis cookies have you covered.

The first step is making cannabis butter. I use the 'crockpot method' as it creates, in my opinion, stronger butter and does not make your kitchen smell like cannabis if you put your crockpot in your garage/shed.

Cannabutter

What You'll Need

1-ounce dried cannabis, ground | 1 lb butter | 1 ¼ cup water | Baking tray | Slow cooker | Cheese cloth

To begin making cannabis butter you will need to decarboxylate your ground cannabis. This means baking your cannabis in order to activate the THC, CBD, and other cannabinoids.

Decarboxylation Instructions

1. Preheat oven to 180°F.
2. Spread ground cannabis evenly on baking tray.
3. Place tray in oven for 30 minutes, stirring every 10 minutes to ensure it does not burn.
4. Remove from oven.

At this point your ground cannabis should be a brownish green colour and is ready to be turned into butter.

Cannabutter Instructions

1. Place decarboxylated cannabis, butter, and water into slow cooker.
2. Cook on 'low' setting for 12 to 24 hours. Periodically check on your mixture, stirring to ensure nothing burns. If you feel too much water has evaporated, you

can add an additional ¼ to ½ cup of water.

3. Once you have reached your desired cook time, strain mixture through cheese cloth into a container to remove ground cannabis. *Warning:* mixture will be very hot!
4. Let cool at room temperature or in fridge overnight to allow butter to separate.
5. The bright green butter that has formed at the top of the container is your new cannabutter. Remove from container and use immediately, or store in freezer for up to 1 year.

Double Chocolate Cannabis Cookies

Ingredients

1 ½ cup cannabutter, softened | 1 cup granulated sugar | ¾ cup packed brown sugar | 2 teaspoons vanilla extract | 2 eggs | 2 ½ cups all-purpose flour | 2/3 cup unsweetened cocoa powder | 1 teaspoon baking soda | ½ teaspoon salt | 1 cup white chocolate chips | ¾ cup pecan halves, coarsely chopped

Instructions

1. Preheat oven to 350°F. Lightly grease or line baking trays with parchment paper.
2. Mix butter, sugars, vanilla, and eggs in a large bowl until light and fluffy.
3. Combine flour, cocoa, baking soda, and salt in medium bowl; blend into butter mixture until smooth.
4. Fold in chocolate chips and pecans.
5. Scoop out about 1 tablespoon of cookie dough, placing on prepared baking trays, leaving around 3 inches of space between each, pressing each cookie to flatten slightly.
6. Bake 12 to 14 minutes or until firm in the center; remove from oven and cool.

Makes around 3 dozen medium cookies.

Author's Notes

Cannabis butter can be used as a replacement in most baking recipes calling for butter; this could mean cakes, brownies, muffins. However, the taste of cannabutter is quite strong, so I recommend using recipes involving chocolate to mask said taste.

As mentioned, the above recipe makes rather potent cannabis cookies, so I do not recommend consuming an entire cookie all at once, especially if you are not a frequent canna-

bis consumer. Additionally, when baking you can dilute the potency of your cookies by using some cannabis butter and some regular but-

ter; perhaps a 50/50 mixture.

Lastly, cannabis butter tends to make cookies flatten during baking. If you prefer thicker, chewier cookies try replacing some of the butter with shortening; I use around ¼ cup of shortening to 1 ¼ cup of cannabutter for the above recipe.

Happy baking and happy holi-blaze!

Disclaimer: The following recipe makes potent cannabis edibles. Consuming too much cannabis can lead to paranoia, panic attacks, anxiety, nausea, or vomiting. Potential consumers should try one third to one half of a cookie to judge the effects before increasing the amount consumed. As well, unlike smoking or vaping cannabis, edibles can take between 30 minutes to two hours to kick in. Do not get impatient and take more if you do not feel the effects within the first couple hours.

10 fun things to do in Waterloo over the Christmas break

Anicka Bakos

Planning to stay in Waterloo over the Christmas break? Don't worry, there's actually lots to see and do! Here are some things you can look forward to doing in and around Waterloo during the holidays.

1 - Wonders of Winter Christmas Light Display in Waterloo Park

With over 100 colourful and fun displays to see, there is nothing like taking an evening walk in the snow. Admission is free, and as you stroll through Waterloo Park, you can warm up with a hot cup of cocoa or apple cider or enjoy a refreshing drink of water. Service Clubs will be open from 6:00 p.m.-9:00 p.m. every Friday and Saturday night in December plus Christmas Eve and New Year's Eve until midnight to serve up drinks (Hot Cocoa, Hot Apple Cider & Bottled Water for just \$2.00 each, cash only.

2 - 1900s Style Horse-Drawn Trolley Rides

Enjoy a complimentary 10-15 minute horse-drawn trolley ride through Waterloo Park every Friday and Saturday night in December plus Christmas Eve and New Year's Day between 6:30 p.m.-8:30 p.m. Wait for the trolley at the Trolley Stop sign at the Park Inn snack bar (in Waterloo Park) Trolley rides are free, but there is a cash box on the trolley if you would like to make a donation.

3 - Photo Frame Portraits in Waterloo Park

You can take a photo of yourself or your friends inside the huge Wonders of Winter Photo Frame as a memory of your visit from 5:30 PM-10:30 PM each evening in December in Waterloo Park, just by the barn. There is also a smaller ornate photo frame for a more intimate portrait at the Seagram Dr. entrance.

4 - Let It Be Christmas Holiday Concert

Highview Community Church (295 Highview Dr. in Kitchener) is presenting two shows that are packed with memorable Beatles tunes, and "Beatleized" Christmas carols to take you through the story of the nativity on the long and winding road to Bethlehem. The shows take place on Monday, Dec. 23 and Tuesday, Dec. 24, starting at 7:00 PM. No tickets needed, but space is limited, so you'd want to go early. Take the 204iexpress to Ira Needles and Highland from where it is only a 15-minute walk to the Highview Community Church.

5 - Tinder Tales Comedy Show

Twelve comedians will be sharing 12 short, real dating stories live on stage on Friday, Dec. 27, from 8:00 p.m. - 9:30 p.m. in Uptown Waterloo (17 Erb St. in Waterloo) Hosted by Ben McKay with stories from some of K-W's top comedians. Tickets are \$15 online or \$20 at the door. All seating is first-come, first-served.

6 - New Year's Eve Celebration in Uptown Waterloo - free!

You can ring in the New Year from 6:00 p.m.-9:00 p.m. at the Waterloo Public Square and enjoy skating to music. There will also be free hot chocolate available as well as an interactive light table, and a Fire & Ice themed photo booth. You will also have a chance to make your own festive light-up crown.

7 - New Year's Day Fireworks at Waterloo Park - free!

At 6:00 p.m. on New Year's Day, you can enjoy the fireworks display beside the Lions Lagoon in Waterloo Park.

8 - Star Gazing Event at Waterloo Public Library

On Jan. 2, WPL is offering an evening in Waterloo Park, where you can enjoy gazing at the stars and planets. Participants are asked to call ahead to register and meet near the amphitheatre in Waterloo Park at 7 p.m. A great way to meet new people!

9 - Hike and Hot Chocolate Event at Waterloo Public Library

On Jan. 3, WPL is offering a guided tour of Waterloo Park, during which some winter creatures and exciting sites are bound to be seen. The hike begins at 10:30 a.m. and finishes at noon with some hot chocolate at the library. Participants are asked to call ahead to register and meet at the Auditorium of the Main Library. Again, a great way to meet new people and maybe even make some new friends!

10 - Canadian Wildlife Photography of the Year Exhibit

For \$6, you can view this exhibit at Schneider Haus (466 Queen St. S in Kitchener), which features award-winning wildlife photographs that promote the beauty, diversity, value, and vulnerability of wildlife. Exhibit hours are Wednesday to Saturday from 10 a.m.-5 p.m. and Sunday from 1 p.m.-5 p.m.

Kirby illustration by Ann Nguyen
Page layout by Harshitha Damodaran

It's Christmas Time in STRATFORD!

The Green Room is a treasure trove of fun stuff, life's luxuries and everyday essentials ... ~Kath

THE GREEN ROOM
 40 Ontario Street, Stratford 519-271-3240
www.thegreenroomstratford.ca

eat/drink/sleep@fostersinn.com

FOSTER'S INN

Breakfast Lunch Dinner

GINOSPIZZA.CA

GINO'S PIZZA
310-4466

CATER YOUR *Holiday Party*

GINO'S ORIGINAL
 2 Medium Pizzas with
 3 Toppings on each &
 2 Dipping Sauces

\$5 OFF
 on Gino's Original
 Offer valid till 10th Jan 2020
*Declare Coupon to avail the offer

\$22.99
 Large Pizza for **\$26.99**

188 Ontario St, Stratford
 store no. +1 519-273-7071

The best phones
at the best price.

Mornington
 COMMUNICATIONS
 CO-OP LTD.™

140 Downie Street, Stratford
 519 595 8331 www.mornington.ca

**register for
music lessons today!**

Piano • Guitar • Drums • Strings • Brass & more!

Why Choose Long & McQuade?

Music lessons for all ages, stages, and styles.
 Professional instructors make learning fun.
 Convenient lesson times for busy families.
 No registration fees. Affordable instrument rentals.

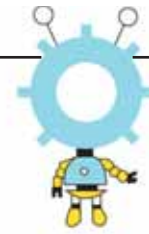
Long & McQuade
 MUSICAL INSTRUMENTS
long-mcquade.com

145 Erie Street
 (519) 271-5750
stratfordlessons@long-mcquade.com

Queen's Inn at Stratford
 161 Ontario Street
 519-271-1400
www.queensinnstratford.ca

GREAT winter accommodation rates November through April
 32 unique guest rooms and suites
FREE parking; **FREE** high speed internet
Complementary coffee stations & in-room fridges
 Gift certificates available

BOAR'S HEAD PUB
 Open Daily
 11 a.m. to 1 a.m.
Live Entertainment
 every weekend!



GET INVOLVED
Imprint is looking for a passionate Science writers. Email editor@uwimprint.ca.

Teaching STEM skills (to kids)

Jansher Saeed
Editorial Assistant

Former colleagues, Naveed Ali and Haris Syed partner to bring Code Ninjas, founded by entrepreneur and programmer David Graham, to its first Waterloo location this December, as coding and programming become integral to the development of technologies.

They hope Code Ninjas will help provide youth today with opportunities in developing skills for a future of competitive job markets.

“What are they going to be doing when they get to my age?” Ali, Director of Business at Grand River Hospital, asks. “These days, one degree just is not enough, so I wanted to give them a bit of a head start in life,” he says. Code Ninjas will open their first Waterloo location in the Laurelwood Shopping Centre later this winter.

The service will offer free 30-minute coding sessions for future students to try before they decide to sign up for the program. For the session and the remainder of the program, parents and students will be asked to set STEM - science, technology, engineering or math related goals.

The Waterloo location for Code Ninjas will also offer special events, including game nights and camps for students to in-

teract socially and explore STEM more immersively. One of these events is to train a programmable drone.

“Go up for five seconds, hover for five seconds, do a backflip, then draw a triangle and a circle,” Ali said. “We’re going to teach kids how to program these drones rather than just fly them with a remote.”

Founded in 2016, Code Ninjas is a coding franchise aimed towards investing in STEM and coding related programs for youth.

Students aged 7-14 are introduced to video-game design, coding, robotics and numerous problem-solving opportunities.

The name Code Ninjas stems from their dojo-style teaching program designed to award students with specific coloured belts for their achievement in coding, similar to martial arts.

“With incredibly high consumer demand for coding and STEM education, coupled with our successful business model, Code Ninjas has seen immense success in the United States,” said David Graham, CEO and co-founder of Code Ninjas.

“We are excited to capitalize on our domestic success and give our neighbours to the north an opportunity to invest in our thriving concept.”

The increasingly competitive job market anticipated for the future is a big concern that inspired the Code Ninjas Waterloo location. It’s become increasingly important



COURTESY CODE NINJAS

Code Ninjas seeks to develop STEM skills like programming in children.

for children to have access to STEM-related skills early on in their life, especially in a world centred around technological development.

“Especially in this day and age – we’re in tech town Waterloo,” said Ali.

“I think kids who do not participate in something like this, I wouldn’t know they’re going to be left behind, but they’re going to miss out on a lot.”

While coding is not necessarily everyone’s “cup of tea,” Code Ninjas says there are

students who will find great value from this program.

“Not everybody is going to enjoy this, but there are some kids who are really going to roll with it,” Haris Syed, former GRH colleague says.

With their new Waterloo location setup underway, Ali and Syed both plan to open a Kitchener location sometime in 2020.

“It’s coding, math, analytical problem solving, communication, logic, teamwork and fun,” Syed said.

No child or pet left behind

Heather Gillespie
Reporter

Mostafa Alizadeh and Hajar Abedr, graduate students at UW, created a sensor that uses radar technology and artificial intelligence (AI) to detect whether a pet or child has been left in a car.

According to a research paper by University of Toronto and SickKids Hospital, there have been six reported child deaths in Canada since 2013 due to children being left in hot cars.

That’s almost one per year. This occurrence of child deaths is much greater in the U.S. and is an ongoing issue worldwide.

Often, when individuals have a set routine, automatic processing occurs, where the person does not consciously pay attention to what they are doing.

An example is when someone leaves the

house and drives to work, even though their intention was to go the other way to the store. Their brain is on ‘auto-pilot’ and is used to taking the same route so that, when they are not consciously thinking about it, they take that route regardless of their planned destination.

It is nearly impossible to be thinking about one’s intended plans and the actions required at all times. Leaving a child or pet in the car, as terrible as that can be, is a product of how the brain naturally functions, and generally not due to a lack of conscience.

This device is designed to provide a cue to the driver and bring their thoughts and awareness back to the task they are completing and out of this ‘auto-pilot’ mode.

The inexpensive 3x3cm device is connected to the electronic system within the vehicle and runs on the car’s battery. It is designed to affix to the car’s ceiling or rear-

view mirror and has 100 per cent accuracy in detecting objects, people, and animals within the car.

Using radar technology, signals are emitted and reflected back to the device; the AI system then analyzes the reflected signals and determines whether to sound an alarm or not.

Due to the system using AI and radar technology, not cameras, it is able to maintain the driver and passenger’s privacy.

This also allows the sensor to be all encompassing, meaning it can ‘see’ past objects in order to detect life-forms.

Dr. George Shaker, a professor in the UW Engineering department and project supervisor, explains this by saying, “Unlike cameras, this device [...] doesn’t have any blind spots because radar can penetrate seats, for instance, to determine if there is an infant in a rear-facing car seat.”

Whether the individual absentmindedly

forgets or intentionally leaves their child or pet in the car can result in serious harm or death – especially in extreme weather conditions.

The sensor not only sounds an alarm to alert the driver, but anyone in the vicinity of the vehicle, it also inhibits the ability to lock the vehicle.

If the driver intentionally leaves the child or pet alone in the car, the device also alerts passersby that there is an issue, and this, coupled with the driver’s inability to lock the car doors, would make the driver less likely to walk away from the vehicle.

“It’s embarrassing for them to leave a car in this state, [because] everybody in the parking lot will hear,” Dr. Shaker stated.

This technology can be further researched, and possibly used to monitor the vital signs of drivers for indications of fatigue, distraction, impairment, illness or other issues.

Weed is coming to you

Rissaile Mouajou & David Yin
Reporters

On Nov. 6th, the Ontario government said they would amend provincial regulations to allow private online recreational cannabis sales, paving the way for Waterloo's Verda.

Verda Innovations is the first legal cannabis delivery app in Canada. Verda claims to calculate the cheapest delivery route to customers and uses face recognition technology to ensure users are of age.

As of now, Verda cannot operate in provinces such as British Columbia and Ontario because of the monopolization of the industry by the government.

Prior to the provincial government's decision to change regulations, the Ontario Cannabis Store (OCS) ran all cannabis deliveries online in Ontario.

"We began thinking of our business after Justin Trudeau announced that he was going to legalize weed," Evan Adcock, co-founder and CEO, said. "Our mission is to make legal cannabis more convenient and more accessible than the illicit market."

"The illicit cannabis industry is worth billions of dollars, main-

ly because customers value how much they save by purchasing illegal weed. We want to shrink the size of the criminal market by offering convenience to our customers, making them willing to spend a little more," Adcock said.

According to Statistics Canada, 29 per cent of cannabis users say they get their cannabis products from a legal source. Since its legalization, the average price of legal weed fell in the second quarter of 2019 from \$10.65 to \$10.23 per gram and black market weed went from \$5.94 to \$5.59 per gram. According to Ontario's provincial public accounts released on Friday Oct. 13, the government lost \$42 million selling cannabis in its last fiscal year.

Verda anticipates that partnering with the government could help convert the 71 per cent of illicit cannabis users to switch to legal purchasing methods.

Adcock claimed that the Ontario government has yet to give Verda a timeline for when this change in regulations will be put into effect.

"Because of certain regulations that are still in place, we won't be able to show users in Ontario the full range of our business model," he said. "They will be able to purchase their weed online but will

have to pick up orders in store rather than have the weed delivered straight to their homes. This takes away from an important part of our app."

Adcock started the company with Mackenzie Ferguson and Stephen Masseur. The company gained 2,500 users within the first month since launching in Saskatoon.

He stated that although he was young, he did not encounter ageism in the profession.

Since the legal cannabis industry is young itself, the usual notion that a younger professional

may not be fit for the business was not present. "That being said, we have been declined meetings and opportunities because investors do not agree with the work we do," Adcock said. "We believe that with the exponential rate of change in today's day and age, we will soon be able to execute our full model across all provinces, territories, and even states," Adcock said. "When alcohol was decriminalized, it took several years for it to be as accessible as it is today. We are hoping for the same outcome with weed. It just sucks because even after all the work and dedication this entailed, I can't even use my own app."

UW makes quantum leap

Jansher Saeed
Editorial Assistant

Researchers have discovered a new method, cycle benchmarking, that allows researchers to assess the potential of scalability and compare quantum platforms against each other. The discovery could help establish universal standards in measuring the performance of quantum computers.

"This finding could go a long way toward establishing standards for performance and strengthen the effort to build a large-scale, practical quantum computer," Joel Wallman, an assistant professor at UW's Faculty of Mathematics and Institute for Quantum Computing, said.

This massive breakthrough emerges in a time where the competition towards reaching quantum computing supremacy is rapidly growing.

Cycle benchmarking plays a crucial role in helping push the development of quantum technologies and making them more accessible to potential markets. "Cycle benchmarking is the first method for reliably checking if you are on the right track for

scaling up the overall design of your quantum computer," Wallman said. Powerhouse quantum computing companies such as Microsoft, IBM and Google have all made announcements regarding their leaps in quantum technology within the last three months.

"Thanks to Google's recent achievement of quantum supremacy, we are now at the dawn of what I call the 'quantum discovery era,' Joseph Emerson, a faculty member at IQC, said.

"This means that error-prone quantum computers will deliver solutions to interesting computational problems, but the quality of their solutions can no longer be verified by high-performance computers.

These breakthroughs are part of a higher chain of development in the close race towards quantum computing. Quantum computers are ultimately the most powerful form of computing available today. When compared to traditional computers, quantum computers can solve problems immensely faster.

This is because not only do they utilize a conventional zero and one binary code, quantum bits can also be both a zero and one code at once.

Companies with large data processing banks must implement technologies such as cycle benchmarking to help push their company's future into one leveraging the benefits of quantum computing.

SUNSET TAN

FIERCELY BRONZED, UNAPOLOGETICALLY RADIANT

- * Unlimited tanning packages and top-of-the-line tanning beds
- * Lash extensions and tinting
- * Brows * Facials
- * Waxing * Massage

55 NORTHFIELD DRIVE, E.
WATERLOO
519-886-6868
WWW.SUNSETTAN.CA



Sunset Tan Waterloo



SUBSHACK

Subs
Gourmet Bun Sandwiches
Build Your Own Sub
Wraps
Salads
Daily Specials
Drinks & Desserts
Catering Available
Order Skip The Dishes



Fast
Fresh
Friendly

Best Subs in Kitchener Waterloo

www.subshack.ca
809 Victoria St. N
Kitchener
519-747-9999





imprint

Wednesday, December 4, 2019 | Vol. 42, No. 19
 Student Life Centre, Rm 0137
 University of Waterloo
 Waterloo, Ontario N2L 3G1
 P: 519.888.4048 | F: 519.884.7800
 uwimprint.ca

CEO: Andres Fuentes
 Executive Editor: William Koblenky Varela
 editor@uwimprint.ca
 Advertising & Production Manager: Laurie Tigert-Dumas
 ads@uwimprint.ca
 Editorial Assistant: Jansher Saeed
 edassistant@uwimprint.ca
 Sales/Marketing Assistant: Isha Rana
 Sales/Marketing Assistant: Mehsheed Bokhari
 Sales Rep: Ryan Cummins
 Distribution: Mokhash Parmar
 Social Media Editor: Grace Choi
 Volunteer Co-ordinator: Hilena Demelie
 Board Admin Assistant: Suhani Saigal

Board of Directors

www.imprintpublications.ca | board@uwimprint.ca
 Chair: Verity Martin, chair@uwimprint.ca
 Treasurer: Jayant Arora, treasurer@uwimprint.ca
 Secretary: Josh Goldschmidt, secretary@uwimprint.ca
 Member-at-large: Michelle Nguyen
 Member-at-large: Vacant
 Advisory Member: Lucas Dunlop
 Advisory Member: Anoja Parameswaran
 Advisory Member: Vacant

Editorial Staff

Managing Editor: Harleen Kaur Dhillon
 Creative Director: Harshitha Damodaran
 News Editor: Suhani Saigal
 Assistant News Editor: Vidyut Ghuwalewala
 Arts & Life Editor: Sharanya Karkera
 Science & Technology Editor: Ramal Rana
 Sports Editor: Varun Venkataraman
 Satellite Campus Editor: Vacant
 Opinions Editor: Arabella Hareem Abid
 Distractions Editor: Josh Goldschmidt
 Head Designer: Vacant
 Assistant Head Designer: Vacant
 Photo Editor: Jansher Saeed
 Assistant Photo Editor: Vacant
 Graphics Editor: Victoria Ross
 Assistant Graphics Editor: Alice Zhao
 Assistant Graphics Editor: Lyn Michelle Cruz
 Copy Editor: Alice Sandiford
 Assistant Copy Editor: Vacant
 Video Editor: Vacant

Production Staff

David Yin	
Timi Bello	Vishal Lilmen
Ann Nguyen	Dashawn Stephens
Ali Assem	Cyrus Fiori
Gu Zhenzhen	Sean Herring
Julie Daugavietis	Heather Gillespie
Anicka Bakos	Rissale Mouajou
Meghan Lisy	Matt Olson

Imprint is the official student newspaper of the University of Waterloo. It is an editorially independent newspaper published by Imprint Publications, Waterloo, a corporation without share capital. Imprint is a member of the Ontario Community Newspaper Association (OCNA). Editorial submissions may be considered for publication in any edition of *Imprint*. *Imprint* may also reproduce the material commercially in any format or medium as part of the newspaper database: Web site or any other product derived from the newspaper. Those submitting editorial content, including articles, letters: photos and graphics, will grant *Imprint* first publication rights of their submitted material, and as such, agree not to submit the same work to any other publication or group until such time as the material has been distributed in an issue of *Imprint*, or *Imprint* declares their intent not to publish the material. The full text of this agreement is available upon request. *Imprint* does not guarantee to publish articles, photographs, letters or advertising. Material may not be published, at the discretion of *Imprint*, if that material is deemed to be libelous or in contravention with *Imprint's* policies with reference to our code of ethics and journalistic standards. *Imprint* reserves the right to edit, condense or reject any contribution. *Imprint* is published every Friday during fall and winter terms: and every second Friday during the spring term. *Imprint* reserves the right to screen, edit and refuse advertising. One copy per customer. *Imprint* ISSN 0706-7380. *Imprint* CDN Pub Mail Product Sales Agreement no. 40065122.

Next scheduled post-mortem meeting:
 Wednesday, December 4 at 3:00 p.m.
 Imprint Office, SLC 0137

Next scheduled board meeting:
 Thursday, December 12 at 12:00 p.m.
 Imprint Office, SLC 0137

opinions



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

Mental health: where Canada falls short



DAVID YIN

The federal government needs to prioritize providing better access to publicly funded mental healthcare.

Lately, Canada's conversation around health care has become shallow and significantly more partisan, with a focus on big ticket and media-heavy items. Despite the same questions being asked, there has been a pattern of question-dodging over health care continues over months.

For the sake of everyone, this conversation needs to change.

Namely, this conversation must start with mental health, which, in my opinion, is equally as important as physical health and should be treated as such.

Just like there have been intense discussions about creating national pharmacare and dental programs, there should be a discussion of the same magnitude about creating a national mental health program, centred around access to psychotherapy.

Despite being an incredibly useful, important, and excruciatingly common type of care for many mental wellness difficulties—including PTSD, anxiety, depression, and OCD, among many others—counseling and psychotherapy is drastically forgotten in our Universal Health Care system.

It is important to realize that many mental wellness issues either a) don't need prescription medication as treatment or b) can be improved with therapy alongside medication, yet as of right now; medication is prioritized in the Canadian public system. Of course, medication for various mental illnesses is essential, but all people experience fluctuations in mental wellness just like we experience the common cold.

Unlike many psychiatrists, psychologists are not covered under OHIP

A single visit to a private psychologist in Canada can cost, on average, between \$125 and \$175. On the low end of things, an individual without insurance (and even many with insurance) who visits a therapist once a month—which is totally reasonable—can expect to spend more than \$1,500 annually. Some institutions will provide similar services to people at no cost, such as schools and universities, and UW provides a handful. However, according to the UW website, the school currently makes an effort to see all clients within four months of a referral.

Honestly, that's crazy.

Sure, you could always take your referral and head to a private psychologist less than a week later, but many students can't afford to pay \$125 for a single counselling session.

This is extremely problematic for students and also for the school, as the university is chronically faced with a vast waitlist in comparison to a small amount of services available. This happens to a lesser degree at Health Services because, if there are wait times for a physical health appointment, students can head to any walk in clinic in town for free as an alternative.

We shouldn't expect the university to build a massive mental health network because they are a school, not a government. We should expect, however, for the government to do their part in aiding both schools and students in enabling us to access the mental health care we need, outside of

school. Publicly funded and available psychotherapy will not only reduce the wait times and backlog at UW Counselling Services, but will allow students from every institution to continue receiving mental health assistance when not on campus.

For many students, mental health care can end right after graduation. Those who leave campus after four or five years and move to work in another city face choosing between day-to-day necessities and visiting a therapist.

Not just students can benefit from psychotherapy coverage. Currently, Canada systematically discriminates against its whole low income population who, according to a 2015 Globe and Mail article, "are three times more likely to report poor to fair mental health yet are the least likely to be able to afford private psychotherapy". Low income people who need structured, consistent, and professional therapy cannot get it. They are forced to sit on long wait lists for lower cost services, or visit a non-psychologically trained physician, where they are likely to receive prescription medication as a remedy. Talk about a huge flaw in our supposedly "universal" system.

So, how do we address this problem?

Some people might say, "Matt...be realistic. We can't afford to pay for improved mental health services because of our huge provincial debt. There are other things to focus on first."

Continued on page 18

continued from page 17

Okay, it's true that we have accumulated a ton of debt as a province. But in my view (and I think this should start becoming a normalized perspective) people are the most important thing in any society. Certainly, we need to be fiscally logical to preserve for future generations, but people are also alive in the present and need help urgently. Thinking economically? Guess where 100 per cent of our GDP comes from.

That's right—humans.

Luckily, this is where we can call on our good friend, Mr. Trudeau to take some burden off of the provinces, and this is where I can get angry at how our money is being used.

Like the aforementioned national pharmacare and dental care possibilities, the federal government is able to implement a program to cover therapy, and easily has the funds available to do so, at least for low-in-

come people and families.

In their 2019 election platform, the federal Liberal government promised to provide "a travel bursary of up to \$2,000 so that families can more easily afford a once-in-a-lifetime trip to more national parks like Banff, Gros Morne, Forillon, and the Cape Breton Highlands", with a plan of providing this for 75,000 less privileged children and their families.

Don't get me wrong, I love this initiative for what it is, but I also love BMWs, yet I have no plans of purchasing one anytime soon because I am choosing to spend responsibility on necessities like tuition and rent.

The government also needs to spend responsibility on necessities.

Canada's natural beauty is awesome and I would love for everyone to experience it, but with huge campus wait times for counselling services, lives are becoming exponential more expensive, and approximately 11

people dying by suicide each day (according to the Public Health Agency of Canada), so national parks can wait.

Please don't tell me we can't afford to invest more in our mental health system, which should at least consider subsidizing psychotherapy.

The Experience Canada program, the Liberals' camping initiative is, at a maximum, \$2,000 x 75,000 families, we come out with \$150 million.

At \$125 per therapy session, \$150 million could cover 1.2 million therapy sessions. That's 16 visits a year for each of those 75,000 families. Obviously there will likely be more than 75,000 people and families needing cheaper access to psychotherapy, but my point here is to show that there is money available, and even partially subsidizing therapy costs is a start.

Those living in Canada need help with mental health, and the government should be providing better access to care, just as

they do most other health services. Having experienced therapy for anxiety in the past, I can say that these types of services really do help, and for my family, paying for me to visit a psychologist was a cost, but a worthy one. Unfortunately, many can't afford to make that decision.

The federal government should urgently be looking in to helping those who live in Canada gain access to therapy services but unfortunately this hasn't been in any serious political discourse in the history of our country.

We have the potential to immensely improve the lives of millions and to avoid doing so is unacceptable. It is time to change the conversation about mental health and provide what is needed.

Matt Olson
Political Science



campus bulletin

WHAT'S HAPPENING AROUND TOWN

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

upcoming events

Friday, December 6

UpTown Waterloo BIA presents "Uptown Holiday Hop 'N' Shop" beginning at 8 a.m. All info at www.uptownwaterloo.com.

UpTown Waterloo Tree Lighting Ceremony from 7 to 9 p.m. at Waterloo Public Square, 75 King Street, S., Waterloo.

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.

KW Chamber Music presents "Capella Intima Vocal Quartet presents A Renaissance Christmas" 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.

Emmanuel United Church presents "Ian Foster & Nancy Hynes - an evening full of stories and songs" at 8 p.m. at 22 Bridgeport Road, W., Waterloo. 519-886-1471 or info@emmanueluc.ca.

Thursday, December 12

KW Chamber Music presents "The Guelph MusicFest's Festival 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.

Monday, December 16

KW Chamber Music presents "Penderecki String Quartet - Beethoven's Birthday!" 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.

classified

For more info email ads@uwimprint.ca.

HELP WANTED

DISTRIBUTION EMPLOYEE

IMPRINT needs one employee to deliver Imprint every Wednesday morning beginning at 5 a.m. for the winter term January 8

to April 1, five to six hours per week.

* Training is provided * \$100 cash

Must have a valid drivers license and be at least 21 years of age.

Submit cover letter/resume to

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 vivadina@gmail.com.



HELP WANTED



Winter Term Part-time Jobs

Imprint has many part-time jobs that will be available as of January 6, 2020 ... check out page 7.

waterloo catholic masses

ST. AGNES

75 Bluevale Street, N.
519-885-4480
saintagnescatholicchurch.org



MASS TIMES

Tues to Fri 7 p.m.
Sat 9 a.m. & 5 p.m.
Sun 9 & 11 a.m., 7 p.m.

ST. LOUIS

53 Allen Street, E.
519-743-4101
saintlouisparish.ca



MASS TIMES

Tues to Fri 9 a.m.
Sat 5 p.m.
Sun 9:30 & 11:30 a.m.

ST. MICHAEL

240 Hemlock Street
519-884-9311
stmichaelw.ca



Home of the St. John Paul II Student Centre
STUDENT MASS
Sunday 7 p.m.

MASS-TIMES

Tues 7 p.m., Wed/Thurs
12:10 p.m., Fri 8 a.m.
Sat 5 p.m.
Sun 9 & 11 a.m.

OUR LADY OF LOURDES

173 Lourdes Street
519-886-0342
ourladyoflourdeswaterloo.com



MASS TIMES

Mon, Wed, Fri 8:30 a.m.
Tues & Thurs 7 p.m.
Sat 7 p.m.
Sun 9 & 11 a.m.

service directory

SPREAD THE WORD
Buy your ad for 1 month at \$99 and get 1 month free!
Contact ads@uwimprint.ca.

WORSHIP



Erb Street Mennonite Church

ROOTED GROWING BRANCHING
Main Worship Service
Sundays at 9:45 a.m.

ALL are welcome
Education for all ages * LGBTQ friendly

131 Erb Street, W., Waterloo
519-886-3570
info@erbstchurch.ca www.erbstchurch.ca



FIRST MENNONITE CHURCH-PRIMERA IGLESIA MENONITA

Come and Join Us
No horse or buggy required

Sunday Worship
10:45 a.m.

— f t p —

800 King Street, E., Kitchener
519-744-6574
www.firstmennonitekitchener.ca

Holy Cross Lutheran Church



322 East Ave.
Kitchener
519-742-5812

www.holycrosskitchener.org

† Sunday Worship Services †
Sunday, September 8, 2019 to
Sunday, June 28, 2020
8:30 and 11 a.m. services

Welcome Students!

GENERAL SERVICES



WW IMMIGRATION SERVICES INC
Celebrating **30 Years**

* honest & knowledgeable
* assisting you with temporary & permanent applications including post graduate work permits

871 Victoria St. N., Unit 3, Kitchener
519-743-3536 webbs@wwimmigration.com

GENERAL SERVICES

* 15% discount on all over-the-counter medications and supplies
* email us your Rx, we deliver FREE
* Accept all insurance plans

535 Park Street, Kitchener
519-208-4448
sparkpharmacy@gmail.com



SPARK PHARMACY



GOOD TIME GAMES

Buy, Trade and Rent
New & Retro Video Games

315 Lincoln Road, #8, WATERLOO
226-444-7649
www.facebook.com/GoodTimeGames

lokal

The most affordable ride-hailing app in KW



Download today!

lokalapp.ca



gifted

Your go-to store for unique, beautiful and practical gifts, home decor and paper goods for everyone in your life!

181 Park Street
Waterloo
519-208-4438
gifted@giftedwaterloo.com
www.giftedwaterloo.com



RESTAURANTS



BOGDA
UYGHUR CUISINE

Traditional Uyghur dishes, lunch specials & much more!

62 Balsam Street
WATERLOO
519-886-2929
www.bogda.ca

Mondays to Saturdays: 11 a.m. to 10 p.m.
Sundays: closed



FEEL GOOD ABOUT WHERE YOU EAT

THE HealthyOwl
BAKERY CAFE

620 Davenport Rd (at Northfield)
Waterloo

f t i

thehealthyowl.ca
519-888-8265

SUBSHACK

Catering Available



Fast!
Fresh!
Friendly!

Order on Skip the Dishes

Best Subs in Kitchener Waterloo

Contact:
809 Victoria St. N Kitchener
subshack.ca | 519-747-9999



Indigenous loan words are all around us



- Algonquian
- Apache
- Arawakan
- Inuit-Yupik-Unangan

Across

1. American intelligence agency abroad
3. Cylindrical beads strung together for storytelling purposes
6. "America's First Department Store"
8. State of the Jazz
10. Chieftain in Mexico or the West Indies
13. *The Burghers of _____* by Auguste Rodin
14. Rideshare service
15. Sound file, for a CD
17. In the lowest estimate (two words)
21. Ibn-abu-Talib, The Lion of G-d
22. To grill over an open fire
24. Tornado
27. Tool for chopping
28. UW research group for improving care in aging populations
29. Messaging app competing with Kakao
31. The groove holding a gem in place
32. Bulgarian wizard with a thing for Emma Watson
33. A test of courage
34. A large gathering for socializing, dancing and singing.
35. American party deciding their

newest leader (abridged)

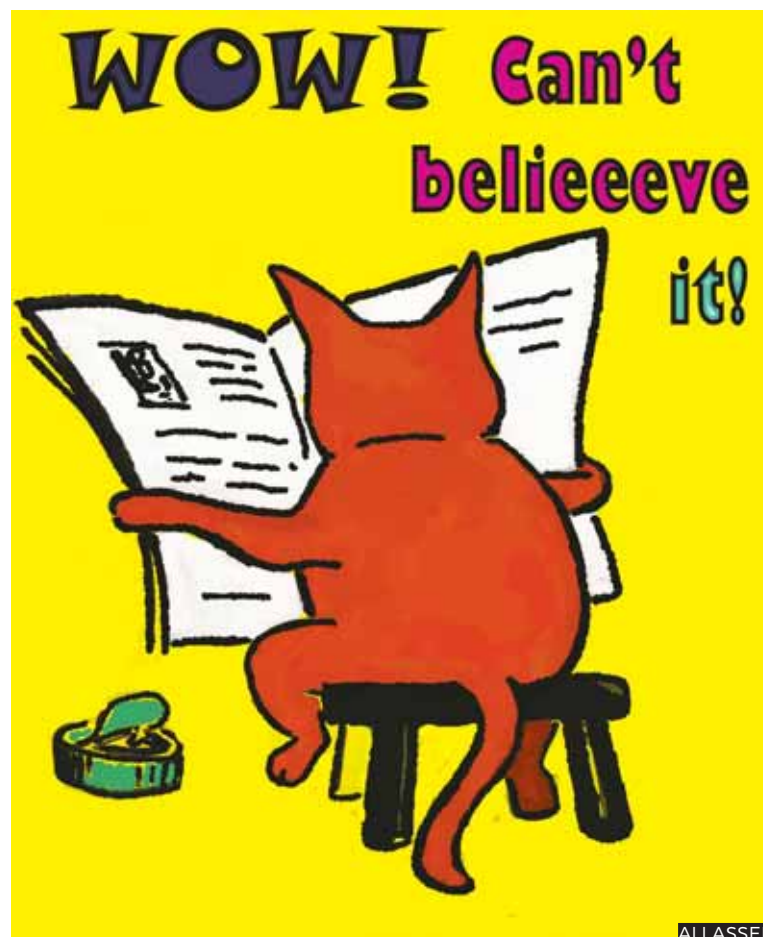
Down

1. A meeting of supporters of a specific political party
2. Australian rapper who debuted her album *The New Classic* in 2014
3. Run the Big CSters Mentoring program in UW
4. Walking shoe made of soft leather
5. The largest shared universe in the film world
7. A grant to exercise certain rights
9. Below tilde
11. Quid pro _ _ _
12. Canadian high-calorie cooking show on Youtube (abbrv.)
16. Cry
18. Every single one individually
19. Largest state in America
20. Men's formal wear
23. Largest province in Canada
24. A member of the Montreal Canadiens
25. Snotty Nose _ _ _ Kids
26. A shelter built of snow
27. Avoid
31. Muslim religious leader

SHOP WATERLOO



DEATH VALLEY'S
LITTLE BROTHER
UPTOWN



Solutions to this week & last week's crossword are on page 21! On behalf of *Inprint* I'd like to thank you for reading our newspaper and engaging with us this Fall!



ALI ASSEM

UP TOWN WATERLOO



475
businesses



31
salons & spas



and so
much
more!



80
bars &
restaurants



24
clothing
stores

come on up.
uptownwaterloo.com
@uptownwaterloo



Shopping in WATERLOO

valu-mart Bob's™

YOUR CONVENIENT LOCAL GROCERY STORE DEDICATED TO SAVING YOU TIME AND MONEY!

SAVE
10%

STUDENTS GET 10% OFF EVERYTHING*
ON MONDAYS, TUESDAYS, WEDNESDAYS
AT BOB'S VALU-MART WATERLOO

JUST SHOW YOUR STUDENT ID!
SAVING MONEY IS THAT EASY!

*excluding milk, tobacco,
bus tickets, and gift cards

GROCERY
SHOPPING
AS EASY
AS 1, 2, 3!

- 1 SHOP ONLINE
- 2 OUR EXPERTS DO THE SHOPPING FOR YOU
- 3 PICK UP AND GO WITH PC EXPRESS LOCATIONS

valumart.ca



75 King St S, Waterloo
inside the Shops at Waterloo Town Square



EVERYTHING YOU NEED
for the Winter season ...

SKATE RENTALS
skate sharpening

new and used skates for
beginners to experienced

all year bike repairs
& tuneups



98 King Street, N., WATERLOO
519.886.4340
www.mcphailscycle.com



BIG CHANGES ALL NEW MENU



8 Erb St. W, Waterloo | tacofarm.ca

This page is created by UW students and serves as a speaker's corner for the school's creators.

IMPRESSIONS

A page entirely devoted to art for the sake of art.

