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NEW GOOGLE CAMPUS
Does the new Google campus mean more jobs on Waterlooworks?

KW WEED STORE
Kitchener's first and Waterloo regions' second cannabis store opens.

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BADMINTON BRONZE P6
OUA Rookie of the Year Sherry Wu, leads the UW badminton team to a bronze medal.

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Reading

between the lines with

Trisha Abe

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Problem Solved



Stratford campus gets a snow day while main campus remains open

Anicka Bakos
Reporter

Although UW's Stratford campus closed on Friday February 28 due to severe weather conditions, all other UW campuses will resume business as usual.

UW's website published a weather statement on Feb. 26, warning students about the severe weather expected in the days ahead.

"Snow accumulation around 10 cm is expected between Wednesday evening and Thursday morning. Experts warn people should be on the lookout for adverse weather conditions and take necessary safety precautions," UW's statement read.

It added that UW will continue to monitor weather conditions and post relevant updates to its homepage by 6 a.m.

On Friday morning, UW's homepage announced that the Stratford campus would be closed for the day but all other campuses would remain open.

"Stratford campus closed today - Friday, February 28, 2020. Due to road and weather conditions in Stratford, University of Waterloo's Stratford campus is closed today. All other campuses remain open at this time," UW's statement regarding the closure read.

According to UW guidelines, the Univer-

sity and affiliated colleges are forced to close during extreme weather conditions since normal operations under this weather can be potentially dangerous for students and employees.

"The decision to close a satellite campus is taken by the UW administrator taking into account local conditions in that area," Matthew Grant, Director Media Relations at UW said.

"The safety of students, faculty, and staff is a top priority for the University. The University has weather closing guidelines that [it] uses in making decisions on campus closures."

Some students, however, were disappointed with UW's decision to stay open during a snowstorm, arguing that the university should have closed its main Waterloo campus on Friday.

"[This is] the biggest [snow storm] we have had this year. Not only was it snowing heavily for three consecutive days [but] it has been cold and windy, [aswell]" Deman Dulat, a third year Arts student said.

Dulat believes that the main campus should have closed on Friday. He explained that although he lives on Phillip St., a five to seven minute walk from UW, he had difficulty walking to campus because the road and sidewalks were not shovelled and the

strong wind was blowing in his face, making it difficult to see ahead as he walked. As a result, Dulat said that because of the adverse weather conditions, he resorted to taking the bus, which added an extra 10 to 15 minutes to his commute to campus.

Dulat believes that UW could have afforded to give students a day off on Friday, noting that many students did not have classes on that day and he thinks that UW faculty and staff would have appreciated not having to drive to work given the circumstances.

"The snow storm was pretty bad. The most difficult part about getting to class these past [couple of] days was walking to the train stops because the sidewalks and roads were covered in snow and not plowed much or at all - which meant it took longer to get to wherever I was going," Tiffany Needle, a third year Arts student said.

Needle said that she noticed her classes were missing a few people and a lot of them came in late.

Needle also believes that UW should have closed its main campus on Friday since a lot of people rely on public transit and driving which were both deemed unsafe during this time.

On Thursday evening Environment Canada issued a snow squall watch and a blowing snow advisory for Waterloo Region.

"Conditions are favourable for snow squalls to develop off Lake Huron [and] this snow squall event is expected to last until Saturday morning. Travel will become hazardous, and people are advised to consider changing their travel plans accordingly," Environment Canada's statement read.

Environment Canada had also issued a snow squall warning for Stratford on Friday.

"A couple of well organized snow squalls southeast of Lake Huron will continue to move southward tonight. Widespread blowing snow with local whiteout conditions are occurring. Travel remains dangerous and is strongly discouraged. 10 to 30 cm of new snowfall is expected tonight," the statement read.

UW's Weather Closing Guidelines, which were last revised on December 7th 2016, specify that the decision to close because of severe weather will be made UW's Provost in consultation with the Director of Police Services, the Associate Vice-President, Communications, and the Director of Custodial & Grounds Services. "The information will also be monitored from the municipal and provincial police, Grand River Transit, Environment Canada, and other relevant agencies and institutions," UW's Weather Closing Guidelines reads.

UW Indigenous Student Association organises Pressure Day to fight Coastal Gas Link pipeline

David Li
Reporter

Following the recent protests all over Canada against the Coastal Gas Link pipeline running through Wet'suwet'en land, the Indigenous Student Association of UW held an event on campus on Feb. 27 to raise awareness as well as voice their opinion on this matter.

The event, named "Pressure Day", welcomed more than a dozen UW students and alumni who came in to deliver their voice of protest.

The event provided participants the opportunity to contact Waterloo's local Member of Parliament Honourable Bardish Chagger through writing emails, letters, and

making phone calls to the MP's office.

"Indigenous people are pushed into a corner where this is something we have to do and this is the response we have to take," Katie Turriff, organizer of the event, commented on the recent railway blockade protests happening across Canada, said.

Several tables of call stations and writing stations were set up for participants to use to contact Chagger.

Key information about the Coastal Gas Link crisis was provided to participants to be better informed before they made any calls or wrote any letters or emails.

The organizers also set up protocol and light guidelines to make sure that all communications were made appropriately and in a constructive manner

"Anyone and everyone has the duty to see

Indigenous justice happen" Turriff said.

After a short debrief by Turriff, all tables were occupied by enthusiastic participants who came out to show their support to the Indigenous people and to try to inform others to understand the current situation.

"There's kind of a lot of misinformation around just in terms of why people are creating blockades and why people are defending their land... what that means and why it's happening," Erin Houston, alumni participant, said.

"So really I just want people to further educate themselves on what the actual rallies are."

Participants and organizers of the event are hoping that Chagger will take their words into consideration and represent their voice and concerns.



Katie Turriff, organizer of Pressure Day.

WUSA introduces new, optional fees for student life and enterprise

Jansher Saeed
Editorial Assistant

Two new UW undergraduate endowment funds are now open to voluntary student contributions as per a WUSA Students' Council decision announced Feb. 25.

The only two endowment funds on campus intended solely for student needs and initiatives, the Student Life Endowment Fund (SLEF) and Enterprise, Opportunity, and Innovation Endowment Fund (EOI) will now be displayed on tuition statements.

"Each year between the SLEF and EOI Fund, more than approximately \$130,000 in funds is awarded to groups for innovative ideas, start-up projects, conferences for students on-campus, and investments in student space, accessibility, and other resources," Seneca Velling, VP Operations and Finance at WUSA, said.

The Students' Council states that the SLEF is put in place to fund student projects that help improve and maintain the undergraduate student experience at UW. SLEF will be a termly optional fee valued at \$25 beginning the Fall 2020 term.

"Since the spring of 1992, undergrads contributed to the fund through a compulsory fee...That fee was discontinued for some time, but has now been reintroduced by Students' Council — this time as a voluntary fee, to increase the principal balance of the fund to \$3-4M," Velling said.

SLEF contributes to projects in areas such as the improvement of health, wellness, and safety on all campuses, the improvement of accessibility on all campuses, the renovation to student operated or managed spaces, and more.

SLEF's counterpart fee, the EOI fund, will also be available as a voluntary fee termly valued at \$5 beginning the Spring 2020 term.

"The [EOI] fund has awarded \$25k each year to student projects, start-ups, and opportunities for students' professional and academic development. As the amount of applications to the fund has skyrocketed in recent years, the current expendable balance is not enough to support demand," Velling said.

This demand includes a need to assist the costs of student projects, student led entrepreneurship and start-up ventures, one-time student projects, helping to facilitate attendance at conferences, and

professional or academic development opportunities.

As increasing opt-out rates on optional fees decrease funding for certain student life initiatives across campus, Velling states students will find these new optional fees attractive due to tax reductions.

"As more than 70 per cent of all UW Students participate in co-op, most students earning income file their taxes, and this means they can use the tax receipts they receive from donations to UW's Endowment Funds to both benefit students in the long-term without actually seeing too much impact on the bottom-line," Velling said.

However, these fees are not meant to offset student opt-out rates — instead, they represent a joint or coordinated effort by WUSA to improve student life.

It is an additional fund which students and student groups are encouraged by WUSA to apply for regardless of if they have opted out of the fees or not.

"Opting-out of the fee does not limit, in anyway, a student or groups ability to apply for funds. This is a donation to support students, not a fee for direct funding for student services or programming," Velling said.

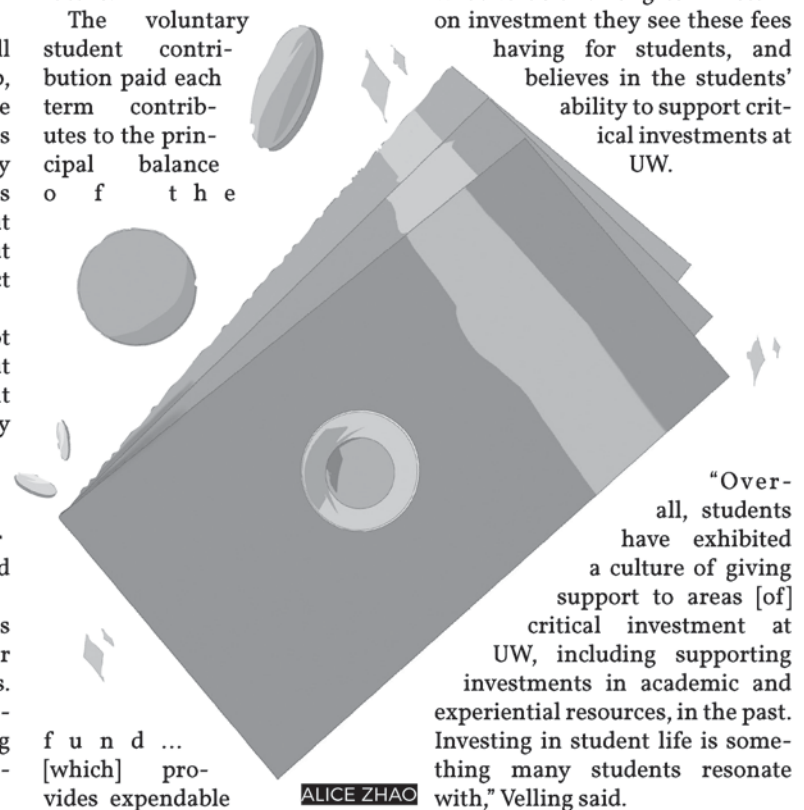
While these fees do not directly invest into funds associated with improving student life, they indirectly help sponsor student initiatives.

"The structure of these contributions is as an investment in the future.

The voluntary student contribution paid each term contributes to the principal balance of the

allowance that can be awarded as grants to students or student groups applying for funds," Velling said.

WUSA believes students should continue to base their decision to opt out of optional fees based on what value and long-term return on investment they see these fees having for students, and believes in the students' ability to support critical investments at UW.



ALICE ZHAO

"Overall, students have exhibited a culture of giving support to areas [of] critical investment at UW, including supporting investments in academic and experiential resources, in the past. Investing in student life is something many students resonate with," Velling said.

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More Google co-ops for UW?

Alejandro Matiz
Reporter

It's still unclear if there will be more co-op positions for UW students at Google following the expansion of the company's offices in KW, Toronto and Montreal. Rebecca Elming, Manager of Media Relations at UW, said that it is too soon for Google Canada to determine if there will be more co-op positions available for students from UW.

Elming said that Google will likely have an answer in April 2020. This expansion will be an 11-storey building with 294,054 square foot space and is part of the Breithaupt Block Phase 3 expansion. Built by Perimeter Development Corporation and Allied

Properties REIT, with an investment of \$150 million and Phase 3 will double the size of the existing Breithaupt Block. The expansion will be located in front of the current location, 51 Breithaupt Street. According to the property developer Perimeter, the expansion is slated for completion in 2021.

Once completed, new employees will fill the building including the first Google for Startups Accelerator, set to launch in April 2020. The Google for Startups Accelerator will have eight to ten startups with two cohorts every year running for a period of three months each. Applications will open on Mar. 15. Currently Google has 1,500 employees in the country and plans on growing to 5,000 employees by 2022. That growth includes Google Canada's Toronto

and Montreal expansion.

Google Canada didn't provide any information on whether or not more co-op positions would be available following the company's expansion in Canada.



SUSAN CHEN

Completion is planned for 2021.

META Growth rolls up into Kitchener

Jansher Saeed
Editorial Assistant

One week apart, the Waterloo Region receives its second and Kitchener's first legal cannabis store — META Growth Corp. On Feb. 28, the store opened its doors to weed lovers, lighting off an opening ceremony at 11:30 p.m. on 569 Fairway Road South, Kitchener.

"[META Growth Corp. is] very excited about it. I mean, for any of us in the retail game in the cannabis space, if you can be first to open up in a major city like [Kitchener], it's a win for us and it's a win for the customers," Matt Ryan, VP Marketing at META Growth Corp. said.

The event saw a major turnout and the facility remained busy all day, Ryan said, with the location often hosting waiting lines when the event was at full capacity.

"We've got stickers we're giving away and some promotional pricing on some accessories. But really, it's about celebrating the fact that the store's open and people can come buy legally here," Ryan said.

META Growth Corp. encourages UW students of legal age to come visit the facility, offering resources such as friendly guides

and echoing a student-friendly vibe, as Ryan puts it.

"Our people are super cool. [We] actually call them friendly guides because they're going to help you through your cannabis journey if you need help figuring out what products you want if you don't want any help, you just want to come in and buy your stuff and go quick, we can do that for you efficiently as well," Ryan said.

While the big turnout does indicate a high demand for cannabis products in the KW region, Ryan says regulations were a major hurdle to cross before opening the store in Kitchener. These regulations include a lottery system hosted by the government of Ontario for cannabis stores seeking permission to open followed by various background checks and necessary paperwork.

"The building of the store itself needs to go through a bunch of approval. There needs to be site inspections before the store is actually finished. And then a final inspection before you open the doors and all these things just take time and you need to get it up to code and up to the regulations," Ryan said.

META Growth Corp's two locations, a Toronto based and recently opened Kitchener location, are owned and operated by

separate Ontario Cannabis Lottery winners. Both locations utilize consulting services and branding licenses from META Growth Corp. through their respective service agreements.

"Securing our Cannabis Retail Operator Licence in Ontario is a necessary milestone for our expansion in Ontario," Mark Goliger, CEO of META Growth Corp. said.

"We have secured urban and suburban prime real estate which are ready to build and are planned to open as soon as possible once the licensing approvals begin for the industry in April 2020. Having recently secured \$21 million in gross financing through debt and equity, our roll out strategy is to open swiftly and at scale, leveraging our efficiencies in building and operating a current retail enterprise network of 35 locations across the country."

A week prior to META Growth Corp's Kitchener Cannabis store opening, a cannabis store called Tokyo Smoke opened their first location in Cambridge, becoming the first legal cannabis store to open in the Waterloo Region.

"We've had an incredibly warm welcome from the city and we're really just excited to bring a safe and welcoming environment for cannabis to really help smash that stig-

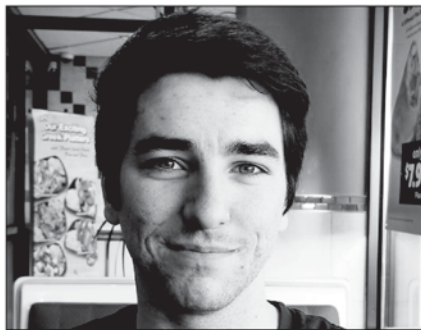


The store opened on Feb. 28.

ma and improve access to consumers in the region," Desiree Siford, Manager at Cambridge Tokyo Smoke, said to Cambridge Times.

Campus Question

What do you after a midterm to relax?



Andrew Francey, 4A
Physics

"I just got Disney+, so I'm definitely watching that!"



Peter Lei, 3A
Geomatics

"I like to play badminton, and video games"



Anika Hossain, 2nd Term, Masters
Development practice

"I like to hang out with friends, and we go out to get something to eat usually."



Mateaus Mateauss, 1B
Computer Science

"Hang out with friends, watch some YouTube, play games. Basically anything to get my mind off school."

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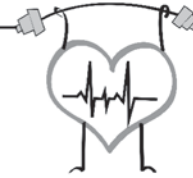
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Badminton wins OUA bronze medal



The Warriors badminton team defeated the Ottawa Gee-Gees 6-1 to win bronze.

Varun Venkataraman
Sports Editor

Last spring, the UW badminton team fell to a dominant University of Toronto Varsity Blues squad in the final of the OUA Championships. After watching Toronto raise their fourth-straight provincial banner, the Warriors were extra-motivated to get their hands on the gold medal this year.

Unfortunately, the team once again came just short of that goal, losing a tight semifinal match to Western before defeating Ottawa in the bronze medal match.

UW began the day by dominating their group in round-robin play, defeating the York Lions, Carleton Ravens, and Ottawa Gee-Gees by a combined score of 30-0. With six wins, rookie Sherry Wu led the way for the Warriors. Wu dropped only a single game and outscored her opponents 271-151.

On the men's side, Clement Chow was a perfect five-for-five in his round-robin

play. Chow outscored his opponents by an average margin of 19 points and did not lose a single game. Harry Soo, Frankie Cao, and Kevin Wang were outstanding too, as each of them won all four of their matches without dropping a game.

After finishing on top of Group B, UW took on the Western Mustangs in their semi-final match. Unfortunately, the Mustangs won the tight match 6-4 to secure a berth in the finals, sending the Warriors to the third-place playoff.

The doubles teams of Maggie Wong and Natalie Lam, Justin Law and Kyle To, as well as Wu and Lam in singles play, earned the points for the Warriors.

The Warriors handled Ottawa to earn their bronze medal, defeating the Gee-Gees 6-1.

Wu was honoured as the OUA Rookie of Year and an OUA all-star after finishing the tournament an impressive 5-0 in singles and 4-1 in doubles. Kevin Wang earned all-star status as well, finishing the tournament a combined 4-1 in singles and doubles play.

Volleyball season ends in Toronto



Left-side Sarah Glynn was named the OUA West Player of the Year for 2019-20.

Varun Venkataraman
Sports Editor

Despite a strong showing against the number-two ranked Toronto Varsity Blues on Feb. 29, the Warriors women's volleyball team came up short in the quarterfinal match, losing in straight sets.

The Warriors ended their regular season with an 11-8 record and finished fourth in OUA West Division. The Warriors crossed-over to the OUA East to take on the Varsity Blues, who finished their season with a 17-2 record in first place.

The two teams squared-off just a week ago on the final weekend of the regular season and Toronto took that game in straight sets (19, 16, 21).

Dating back to 2011, UW only has a single victory against the Varsity Blues which came during the 2019-20 season.

UW began the game in Toronto with a 4-0 lead, but Toronto rallied back to tie the game at seven. After trading points, the

Varsity Blues pulled away to take the first set 25-18.

The Warriors began the second set hot, taking a five-point lead at the technical timeout. Up 21-17 a few points later, UW looked poised to close out the set, but Toronto stormed back for a 25-22 win, showing everyone why they are the top-seed.

The second set loss seemed to deflate the Warriors, who looked rattled in the third as Toronto cruised to a 25-18 victory.

Sarah Glynn led the way for the Warriors with eight kills, two aces, and a block. Karen Fan also pitched in with eight kills while Claire Gange added 21 assists in the effort.

Following the weekend, Glynn was named the OUA West Player of the Year and a first-team all-star. Glynn led the OUA in kills this season with 300. Gange was also named a second-team all-star.

With no graduating seniors the Warriors will look to build on the strong performances of Glynn and Gange next season and rediscover last season's success.

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ATHLETES OF THE WEEK

WATERLOO WARRIORS

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BADMINTON

SHERRY WU
BADMINTON

Athlete profile: Field hockey's Anshpreet Sandhu

Dennis Bae
Reporter

portance of physical activity and convince university students to become involved in sports themselves.

From a young age, Anshpreet noticed her aptitude for sports and wanted to start playing ice hockey. However, her parents allowed her to play field hockey instead due to financial constraints.

When Anshpreet entered high school, she began to play the sport as part of both her school and provincial teams. She truly enjoys playing field hockey and hopes to continue playing it throughout her

university career.

Q. What do you enjoy about field hockey?

"My favourite aspect of field hockey is the people that I meet. I think the bonds that you create in a team are very different, celebrating together when a player scores a goal and being there for each other when the team does poorly," Anshpreet said.

Anshpreet states that these bonds are everlasting and not just limited to team practices. She happily recounts her high school memories of visiting the amusement park and the local pool with her team. Anshpreet also loves pushing herself to improve on

the field, honing her skills such as dribbling and shooting.

Q. What did you learn from playing field hockey?

"I had to wake up at 5 a.m. every day, making sure that I was ready and not late for practice. It was very difficult at first, but I got used to it. In terms of communication, I had to find creative and effective means to communicate with my team such as signalling my teammates when an opponent was nearby," Anshpreet said. She connects these skills that she developed through field hockey to her academic success. For example, her discipline from field hockey led to better time management for

making schedules and knowing how to prioritize her activities. While she made a few sacrifices, Anshpreet believes that her academic performance was not negatively influenced by field hockey. Instead, she encourages students to become involved in physical activity during school to develop their skills.

Q. What tips can you give to students to maintain their motivation for sports?

"My main tip is to choose something that you love doing. That way, you are going to be motivated to put in the time and effort. Also, have something to look forward to whether it is learning a new skill or talking to your friends" Anshpreet remarked with excitement. Anshpreet hopes that as an athlete, she can inspire the UW community to become more physically active and lead healthier lives. She hopes that others experience the same team-happiness and personal growth that she has as a varsity athlete.

Field hockey is a widely played team sport, similar in many ways to ice hockey with the exception that it can be played on grass or indoor surfaces. Field hockey is a sport that truly demands a combination of physical strength and teamwork, as it includes a lot of running and contact with other players.

Anshpreet Sandhu, a first-year student at UW, has played field hockey for over seven years and was a rookie for the Warriors this year. As a varsity athlete, she is a great candidate to provide more insight on the im-



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UW's dietitian answers your questions on dieting and weight loss

Anicka Bakos
Reporter

For Nutrition Month, Sandra Ace, UW's registered dietitian, wants to debunk some popular nutrition myths.

Ace is responsible for student nutrition education and health promotion activities on campus. Each year during Nutrition Month, she posts in UW's Daily Bulletin, discussing various nutrition myths and correcting misinformation.

The theme for nutrition this March is "More than food: How you eat is important too!" and the purpose of this year's campaign is to help people adopt healthy eating habits.

In a conversation with *Imprint*, Ace offered advice to students on how to develop healthy eating habits and on other health-related topics.

On nutrition myths

"There is a great deal of misinformation about food and nutrition both on and off the internet, so I hear many things that aren't backed up by science.

Some of the myths that I commonly hear from students I counsel are that soy products aren't good for you and should be avoided, that cow's milk isn't good for you, that you shouldn't eat after a certain time, that carbohydrates make you gain weight, and that gluten-free foods are healthier for everyone.

Often, part of the counselling I do is to help my clients unlearn commonly held beliefs about nutrition or food that aren't true while teaching them what current evidence supports."

On dieting

"Dieting is never a good idea, eating balanced regular meals and being active always is. The biggest misconception about dieting is that it is effective. While restrictive eating may result in short-term weight loss, it is rarely permanent. In fact, about 95 per cent of dieters eventually regain the weight they lost. Dieting can also distort one's relationship with their body and with food, turning

into an obsession that may lead to an eating disorder."

On weight loss

"There is no single magic bullet to losing weight, and more importantly, to help establish new habits that keep the weight from being regained.

Fad diets provide only short term and temporary results. My advice is always to focus on making lifestyle changes, setting small, achievable goals and not just looking at a number on your scale.

People tend to think about what they have to give up, [but] a better way to look at things is what do I need to add? Plan to include vegetables and fruits at every meal. Fill half of your plate with vegetables and fruit then add one quarter plate of grains and one quarter plate of protein meat, fish, beans, tofu, etc. Learning how to balance your meals like this makes it more likely that you will reach and maintain a healthy weight while getting all the nutrients needed.

Also, drink more water, and give up or limit sweet drinks and speciality coffees. If you eat in restaurants frequently, consider taking home half of your meal and refrigerate it for the next day's lunch or split a meal with a friend. Restaurant meals are typically much larger portions than many people need. In addition, being active most days and getting enough sleep are other important goals which support a healthy weight."

On supplements

"I don't routinely recommend taking supplements. My job as a registered dietitian is to help students choose a balanced diet that provides all the nutrients needed for good health.

A daily multivitamin is usually fine, but don't take a large dose of a single nutrient without first getting advice about dosage and safety from a knowledgeable health professional. Vitamin D is hard to get from food alone or if you have limited sun exposure. Taking a daily multivitamin can help you get enough of this sunshine vitamin. Vegans may also need vitamin or mineral supplements and women who could become or who

are pregnant need a daily multivitamin containing folic acid. If you choose to take a multivitamin, it doesn't decrease the importance of building your meals and snacks around nutritious foods."

On meal planning

"Meal planning is challenging for many students for many reasons: the time it takes to plan, shop for, and prepare food, limited cooking and storage space, challenges of getting to and from the grocery store, a lack of cooking experience, or limited finances. Students often feel that they don't have time [to prepare] meals with all the other demands of student life academic workload, a job, volunteer work, sports and trying to make time to spend with friends or visit family.

My advice is to spend a few minutes each week planning what you're going to eat for the week ahead, [and also] check your cupboards and refrigerator to see what food you have on hand that you can incorporate into the next week's meals. If you shop at a certain grocery store you can check the online sale flyer to see what they have on sale, then make a list of the foods you will need. You'll eat better if you have the ingredients to make healthy meals [and] may be less tempted to order in pizza because you don't know what else to make. Look for easy recipes that don't contain too many ingredients and that are made from wholesome foods rather than ultra-processed ingredients like instant noodles.

Make sure you have a couple of options you can rotate for breakfast, then figure out two or three main meals that you can prepare ahead of time [like] a simple veggie omelette with whole-grain toast or a quick stir fry with tofu, veggies and brown rice. For ideas on planning and preparing meals, check the Nutrition Services' link on [UW's] Campus Wellness website for a resource titled 'Eating Well A Student Guide to Healthy Eating.'"

On buying organic food vs. non-organic food

"Both organic and non-organic foods are nutritious and safe to eat and, like any food purchase, are a personal choice. Vegetables, fruit,



CAITLYN YU

Ace recommends students to regularly set small, realistic diet goals.

whole grains, lean meats, poultry and fish, lower-fat dairy products, legumes, eggs, and nuts and seeds are all nutritious whether they are organically produced or not.

Many factors affect a food's nutritional value, such as where and how it was grown, stored, shipped and prepared. Most organic foods have similar nutrients to non-organic, and although a few studies have shown slightly higher levels of certain nutrients such as vitamins C in some organic produce, the difference is not at a level that would benefit health.

The most important goal is to eat more vegetables and fruit, which is associated with good physical and mental health."

On snacking

"Snacks, and especially study snacks, should provide slow-released fuel, which is a combination of slowly-digested carbohydrates (not sugary, processed carbs) and protein. Some examples are an apple with almonds, Greek yogurt with berries, hummus or hard-boiled eggs with raw veggies, whole-grain crackers with peanut butter.

That isn't to say snacks can't also be sweet or salty treats sometimes just be mindful of your portion

and how often you eat them."

On the importance of a healthy diet

"A diet that is based on a variety of nutritious foods increases energy, strengthens the immune system, and may decrease the risk of many chronic diseases like diabetes and heart disease. Eating well can improve not only physical wellness but also supports brain function, good mental health, focus and concentration. Students learn better when they fuel their bodies and brains well.

In addition to eating well, (Canada's Low-Risk Alcohol Drinking Guidelines) advise that people reduce alcohol-related health risks by drinking no more than 10 drinks a week for women, with no more than 2 drinks a day most days, [and] no more than 15 drinks a week for men, with no more than 3 drinks a day most days."

Sandra Ace works for Health Services and provides one-on-one counselling to students by referral on a variety of nutrition or food-related health issues including disordered eating, gastrointestinal issues, diabetes, food allergies or intolerance, celiac disease, vitamin or mineral deficiencies and elevated cholesterol.



ARTIST SPOTLIGHT

TRISHA ABE

Meet the painter, illustrator, and muralist who has been breaking down complex, multi-dimensional beings into their basic elements, creating quite a stir in Kitchener

Lauren Speight
Reporter

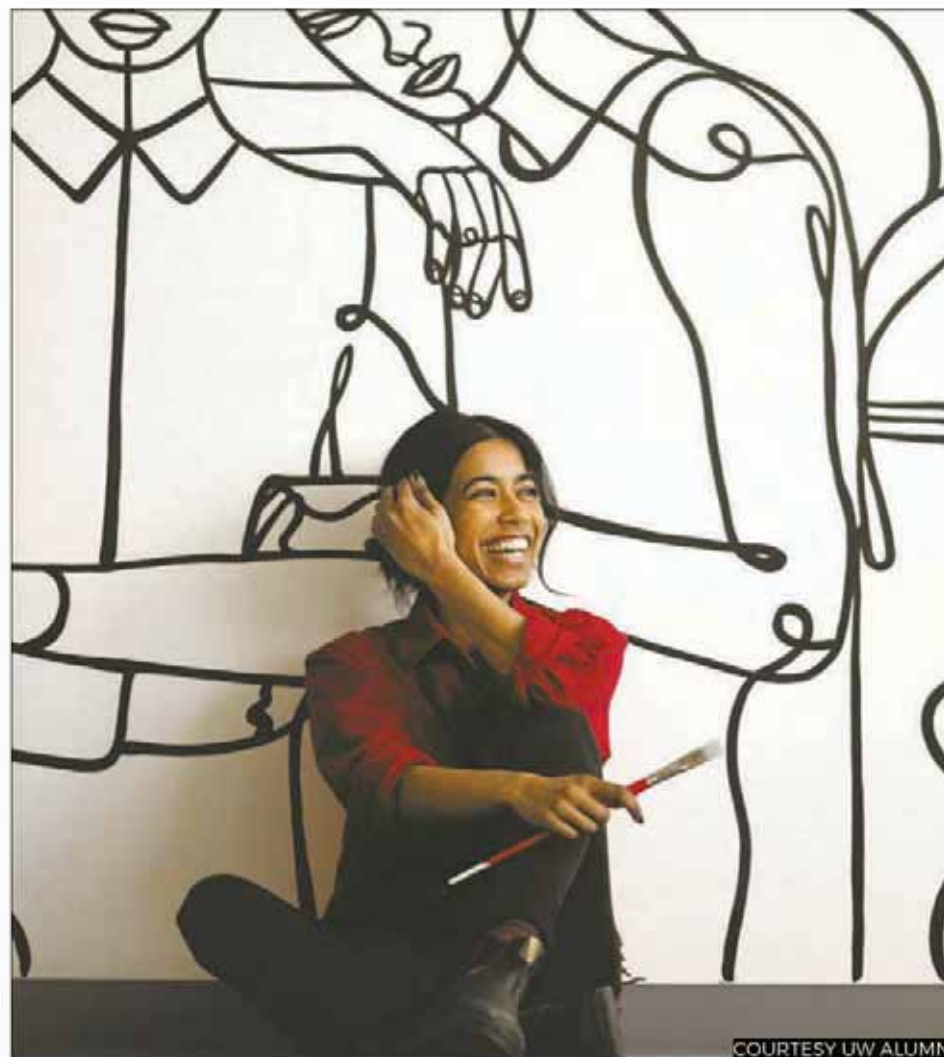
Wandering the streets or local businesses of KW, you may just be lucky enough to spot one of Trisha Abe's eye-catching linework murals. The Kitchener-based painter and muralist has been very creative for as long as she can remember. Growing up, school projects allowed her creativity to shine. "Whenever I could bust out the coloured pencils, I would," Abe says. Even as a child, her preferred canvas was the living room wall over any colouring book. Her mother jokes that, as a muralist, Trisha gets paid to "draw" on walls now.

Abe excelled in her biology and health care classes in high school, so it seemed to her that the most logical path was pursuing a degree in biomedical sciences at the University of Waterloo. She enjoyed the research side of her studies, but began to realize a career in academia was not for her. She finished up her thesis studies, thanked her professors, got her BSc, and went on her way. It was in that fifth and final year at UW that she began painting furiously.

What was the catalyst for picking up her paintbrushes? "The combination of a surprise breakup and the build up from a 5-year creative drought is really what did it," she says. "I had all these intense emotions from such a weird transitional time in my life that I wanted to communicate somehow, and art seemed like the perfect therapy".

However, it wasn't easy in the beginning. It was frustrating for Abe when she wasn't flawlessly executing the visions she had for her art. It wasn't until she stopped meticulously planning her pieces and instead started painting what she felt in that moment that she finally got into the groove.

In 2019, Toronto tattoo collective Ink & Water reached out to Abe and asked her to be their first illustrator in a collaboration program. Abe knew she wanted to work



COURTESY UW ALUMNI

Presenting Trisha Abe—the UW health researcher turned mural painter.

with Bea (@inkbybea on Instagram); an artist at the shop who had previously tattooed Abe, including two of her own designs. "Bea is an absolutely amazing tattoo artist and human," says Abe. "I first saw their work on Instagram and couldn't believe how crisp and clean the line work was." Abe loves how simple and continuous her linework is, and their inking techniques are both bold and

dainty. Skin is the most permanent canvas, and Abe says it is an incredible compliment as an artist having her work on other people's bodies.

Abe plans to continue experimenting with different mediums, as her linework translates so well. She loves switching between canvas painting, murals, digital work, denim and apparel. It's important to

Abe that she switches between mediums because it allows more people to access and enjoy her work. "I understand not everyone has the budget for murals and canvas work, so t-shirts, painted denim, and art prints are a great alternative."

Mural work has been some of the most satisfying work for Abe purely because of its large scale. Her murals are scattered across KW and beyond; she has been commissioned by Shopify, Inkbox Toronto, Communtech, and the City of Kitchener, to name a few. Her process for commissioned pieces is quite different from her personal projects. "My personal work is heavily female-focused, incorporates more colour and overall tends to have a more serious tone," she says. "My corporate mural work tends to use a black and white palette yet is more cheery overall, and showcases fun, collaboration, workplace diversity, and the occasional office dog".

Abe enjoys experimenting with completely different creative outlets as well. Abe and her partner, Taylor Jones, have created exhibits for the City of Waterloo's LUMEN festival, and Kitchener's THEMUSEUM. "For LUMEN, we created an interactive, luminous living room pop-up where all the furniture, fixtures, and plants were colourfully glowing. As part of THEMUSEUM's climate crisis exhibit, we created an indoor forest installation and played with mirrors to give the illusion of an 'infinite forest'". Trisha's installation with THEMUSEUM is located inside The Shops in uptown Waterloo and is open to the public until September 2020. She is also hosting her very first solo exhibit on Mar. 5th at the 'Paint by Munzy' space in Uptown Waterloo – something she has strived for since she began painting.

One goal she has for the year is to paint a mural abroad. "All in all, I'm so incredibly fortunate to be able to create art for a living and to continue doing that would keep my heart full". Keep an eye out for Abe's work as she continues to make her mark across the region.

A Brief history of St. Patrick's day (Part 1)

Every year, thousands of people from across Ontario flock to Waterloo to celebrate St. Patrick's Day. In 2019, the figure was 33,000, the largest ever, shutting down Ezra Street between King Street and Albert Street for a day of drinking and partying.

While the Ezra Street shutdown is an immensely popular event, many don't know the real story behind St. Patrick's Day.

Sure, you know about leprechauns and shamrocks, but what do those symbols really mean? Where did they come from?

Why do we drink so much every year on Mar. 17?

Lets find out what makes St. Patty's so special.

Varun Venkataramanan
Sports Editor

Traditionally, St. Patrick's Day is a religious celebration commemorating the death of Saint Patrick, Ireland's foremost patron saint. According to tradition, Patrick was born in Roman Britain and kidnapped by Gaelic Irish raiders when he was a teenager.

After fleeing back home, Patrick became a priest. Later in life, he returned to Ireland, converting thousands of pagan Irish to Christianity.

According to legend, Patrick used a shamrock to describe the Holy Trinity to non-believers, giving birth to one of Ireland's most recognizable symbols.

The very first St. Patrick's Day parade took place in Boston in 1737 to celebrate the Irish culture of the colonies. In the early 20th-century, the tradition spread to Dublin, Ireland, and other American cities.

Today, parades are held throughout Europe, North America, and even Asia.

The day is a public holiday in the Republic of Ireland, Northern Ireland, and the province of Newfoundland and Labrador.

Traditional St. Patrick's Day festivities include public parades and festivals, traditional Irish concerts, and the donning of green clothing and shamrocks.

Participants in parades usually include the military, marching bands, fire brigades, and youth groups.

Today, however, the festivities on Mar. 19 are more like a carnival, with loud music, elaborate costumes, and partying. In Ireland, an effort is made to use the Irish language, with

the government even going as far as to declare the week of St. Patrick's Day as "Irish Language Week."

The elaborate festivities have drawn plenty of criticism over the years, with many arguing that the celebrations foster demeaning stereotypes of Irish people.

For example, leprechaun outfits were originally worn in the 19th-century as a derogatory caricature of Irish people.

Others criticize the celebration for its association with public drunken-

ness and disorderly conduct. Last year on Ezra Street, 514 partygoers were charged for various offences, and every year, property owners on the street complain about extensive damages to their houses.

Despite the criticisms, thousands will once again descend upon Ezra Street this Mar. 19 to party the day away. And if you do, maybe stay away from the leprechaun costumes and stick to the shamrocks to honour the Irish.



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ALARM at THEMUSEUM

Lauren Speight
Reporter

It only takes one look at the news to realize the grim fate of our Earth's ecosystems, and that we are being called to action. Rapidly rising sea levels and record-breaking temperatures are wreaking havoc on our planet, and the recent Australian bush fires, have only proved the urgency of the matter. The City of Kitchener council unanimously declared a climate emergency on Jun. 24, 2019, and THEMUSEUM has curated a powerful and stimulating exhibit in response.

"ALARM | Responding to Our Climate Emergency", the largest exhibit by THEMUSEUM since "Titanic: The Artifact Exhibition," will allow the public to face the realities of our climate crisis by engaging them with artistic installations and live exhibitions. The ALARM features three separate exhibitions housed at THEMUSEUM, as well as a fourth pop-up exhibition "SPECTRUM | The Climate Emergency Experience" located at The Shops at Waterloo Town Square in Uptown Waterloo.

The first three exhibitions opened at THEMUSEUM in Downtown Kitchener on Jan. 24, and feature media art installations, a melting ice exhibit, and live habitats of at-risk species of frogs.

The first exhibition "Agents for Change | Facing the Anthropocene" is the anchor exhibition and was co-curated by Nina Czegledy and Jane Tingley. The exhibition features 10 national and international interdisciplinary women artists who have produced works addressing the theme of ecological change, intersecting art with science and technology.

"MELTING ICE" showcases the striking work that local photographers Ben Eby and Brian Riddell captured on their trips to the Antarctic and Arctic circles, as well as an interactive iceberg installation. Eby, of Waterloo, displays a series of photographs that document his trip to the Antarctic circle, and showcase the glaring effects of climate change on the Antarctic ice caps. Riddell, from Cambridge, documents the four trips he has made to the Arctic Circle between 2012 and 2019. Over the course of his project, Riddell installed cameras across vast expanses of ice to capture the erosion of the Arctic's shifting ice tracts.

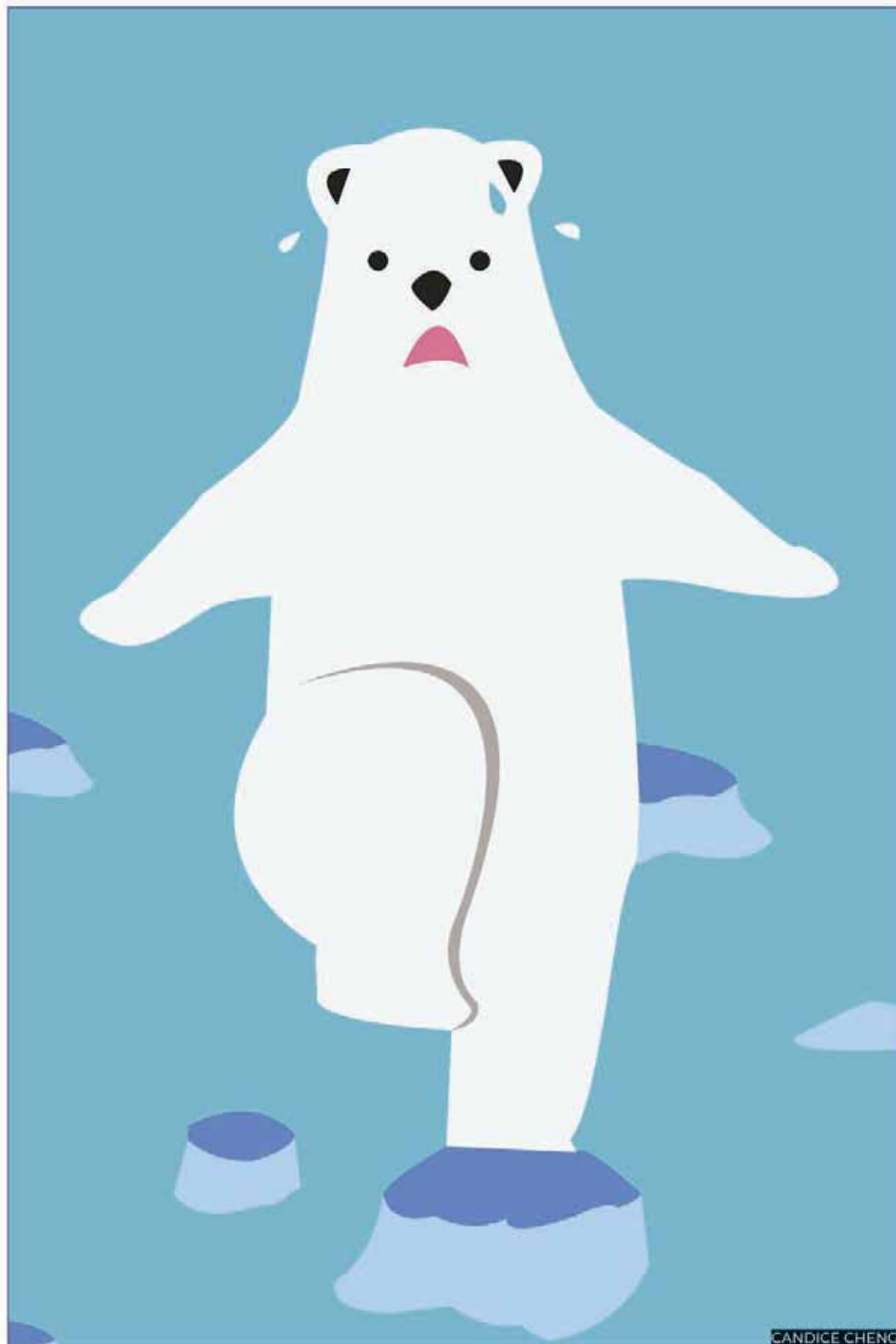
"EXTINCTION" is an interactive family exhibition featuring eight live habitats of endangered amphibians and reptiles, as well as a common octopus. The exhibition focuses on at-risk species of frogs, such as the bumblebee dart frog and milky tree frog, as they approach the sixth mass extinction. "EXTINCTION" encourages guests to become aware of the

critical role they play in species extinction and our global climate emergency.

"SPECTRUM | The Climate Emergency Experience" is THEMUSEUM'S first offsite exhibition and opened at The Shops at Waterloo Town Square on Feb.

7. The partnership is a result of the collaborative work between the Uptown Waterloo Business Improvement Area (BIA) and THEMUSEUM. The exhibition explores the realities of climate change by immersing guests in dreamlike interactive displays.

The four exhibitions will run through to Labour Day 2020. Visit ALARM and become inspired by the arresting and informative works of these exhibitions, and come face-to-face with what our Earth will become if we don't act now.



CANDICE CHENG

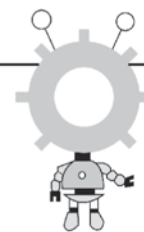
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UW sustainability group says lack of support is its biggest obstacle

Ikkshita Vinaya
Reporter

Student clubs at UW can't always afford reusable containers or other sustainable measures. Green Stamp Initiative (GSI) is attempting to improve the situation by providing clubs with funds that enables them to practice sustainability.

For any event to get funded, it would be judged on their rubric based on five categories. These include methods of transportation used, amount of waste generated, the kind of food served, and the way you the event is promoted. The idea is to change the way we conserve.

"It's such a simple thing to do, to switch from printing flyers to on an online platform and you can get money from that," emphasised Alyssa McLaren, co-founder of GSI.

To ensure that sustainable actions actually took place pictures before and after the event are submitted and random audits are conducted.

"Think about it, talk about it and act on it," Hashem Abdi, another co-founder of GSI said.

Abdi recalled when he went to a second year event and noticed that a lot of food and cutlery was wasted because people didn't show up.

At this point he thought to create something that would encourage people not to generate so much waste.

Another reason that motivated him to start this initiative was his pride in attending a innovative university, but one that failed to lead when it comes to sustainabil-

ity.

GSI said their biggest obstacle as the lack of support from administration.

They said that there was no defined path for any student to launch

the initiative. It is the passion of the founders that drove them this far and made this project into reality.

Lesley Johnston from the Fossil Free club had something similar to

say. "I find it a bit frustrating that we are the ones leading in this regard and not the administration."

There are initiatives like Waterloo Initiative on Sustainable Energy, but the efforts by these initiatives still do not match the targets set by the sustainability report. Johnston asks "Why are we leading the administration and not the other way?"

Johnston also mentioned how UW is lacking on the climate timeline. She threw light on the fact that there is a gap between the ideas of students and authorities.

She said that it is rather unfortunate that sustainability is lip service at Waterloo.

"We're proud of the work the University has been doing around climate change, which goes beyond its important contributions to research and scholarship," Matthew Grant, Director of Communications for UW said.

"In addition to being the first institution to host the United Nations Sustainable Development Solutions Network and committing to use ESG principles as an important lens when making important investment decisions, we're in the process of developing our first ever Climate and Energy Action Plan. The Action Plan, when completed, will outline what further actions we can take."

To submit a proposal for a sustainable event or more information, one can visit GSI's facebook page.



COURTESY GREEN STAMP INITIATIVE

Procrastinator or doer: the science behind procrastination

Alia G.
Reporter

CANDICE CHENG

Students often procrastinate and while their peers may think they are lazy or simply don't care about their studies, research suggests that laziness or lack of caring may not be the key causes of procrastination.

Procrastination is the act or habit of putting off or delaying a task, especially something requiring immediate attention.

Scientists still do not know its origin but studies suggest the answer could be found in the way the different parts of our brains are connected and how neurons communicate with one another.

The study referenced, here, is that of Dr. Nazima Pathan, a British doctor with qualifications in Medicine from the University of London (St Bartholomew's Hospital Medical School) and is based on a survey and scans of 264 people's brains to measure how active they were.

Dr. Pathan published her research into procrastination and the personality traits related to it, "*Procrastination: It's pretty much all in the mind*", in the BBC online on Aug. 26, 2018 and, through her

work, we gain some important insight into this ubiquitous personality flaw.

The experts came to a surprising conclusion: procrastination is more about managing emotions than time.

Researchers at Ruhr-Universität Bochum analyzed the reasons behind the tendency to put tasks off rather than tackling them directly. Using magnetic resonance imaging (MRI), they identified two brain areas whose volume and functional connectivity are linked to an individual's ability to control their actions: the amygdala and the dorsal anterior cingulate complex (DACC).

The amygdala has a primary role in the processing of emotions.

"The DACC uses information from the amygdala and decides what action the body will take. It helps keep the person on track by blocking out competing emotions and distractions," explains Dr. Pathan.

A correlation between the size of the amygdala and the tendency to procrastinate has been witnessed: procrastinators seem to have a larger amygdala than doers.

This means their brain generates more emotions, and particularly negative emotions. This



causes anxiety, so the individual will tend to hesitate and delay tasks.

Moreover, the connection between the amygdala and the DACC appears weaker in a procrastinator's brain.

This weak connection would induce a less efficient regulation of distractions and the amplification of anxiety (because the brain does not offset the abnormal amount of negative emotions).

How, then, do procrastinators differ from non-procrastinators?

"Non-procrastinators focus on the task that needs to be done. They have a stronger personal identity and are less concerned about what psychologists call 'social esteem'—how others appreciate us—as opposed to self-esteem which is how we feel about ourselves" exposed Dr. Ferrari in an interview with the American Psychological As-

sociation. They appear to have strong self-discipline, persistence, and personal responsibility. Sometimes, unseen problems or circumstances compel students delay in their academic work. To assess the amount of procrastination among this section of the population, a small survey about procrastination habits was made at the university, questioning the reasons and frequency of procrastination, as well as its impact on the respondents. Each participant had put something off at least once, and most are regular procrastinators. But laziness represents less than a quarter of the reasons why.

A lot of different causes induce this habit: lack of time or energy,

difficulties in focusing (and the adrenaline produced when working under pressure can help to focus), or even a fear of the task, of failure, testifying to a lack of self-confidence.

To conclude, procrastination affects a too-large percentage of the population to justify continued ignorance of its root causes.

It is clear that there are more complex psychological processes at work than mere 'laziness'.

Whilst true that some people work better under pressure due to the adrenaline that comes in right before a hard deadline which sharpens focus, procrastinating results in highly stressful situations.

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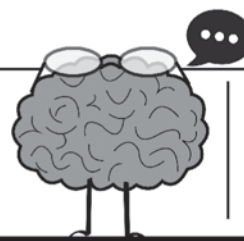
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opinions



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Princess Mononoke: A discovery of human nature

Why are we, as people, addicted to certain things? I am talking here, about the certain kind of sadness; the specific emotion when you are listening to a familiar, favourite, song. There must be a reason why such happiness and satisfaction about life should be cherished. But what is the function of this spectrum of emotions, rather than just happiness and positive attitude?

It is the curiosity at the core of human nature which drives emotional responses to art. We feel strong emotions about that which sparks this curiosity, that which makes us feel enlightened in the discovery of our humanity. That which sends chills down our spine and sends adrenaline through our blood. That which makes our heart beat fast. Are these chills and stimuli the indicators that something about this art is meaningful for us to watch? The Japanese director, Miyazaki Hayao, experienced life and human nature in such depth that the movies he creates amplify these human traits.

Watching the movie *Princess Mononoke*, I find my response to the movie comes from the combination of these complex emotions. Such as the observed beauty of loneliness when Ashitaka is enslaved in their suffering of the curse. Or witnessing the fundamental conflict between nature and unsatisfied human life, which creates the central war of the story. Or the protagonists' heroism. Or the realization of the balancing mechanism of nature. Or the film's portrayal of romantic love.

This movie encompasses so many themes that target the cores of human nature. But why should you care?

Understanding human nature gives insight into our own life. What do we want to be? What is our life supposed to

be like? It can allow us to understand ourselves as humankind. This is why I encourage people to watch *Princess Mononoke* and engage more broadly with Japanese cinema - to widen their perspective on humanity.

This is especially true in university, where the environment is designed to serve a single mission - to encourage learning by protecting the student from distractions. Outside campus, there are many complex social relationships that must be inter-

twined with re-

al-world problems. However, most of us prioritize our academics rather than other meaningful things. In my personal experience, university is calm and satisfying. However, I still feel that something is missing, and that is this desire to discover humanity.

What, then, is this movie expressing about human nature? To me, it illustrates the human situation in a specific heroism setting. It provides answers to the anxieties of the modern world. Such as, what will people do with a fundamental conflict between nature and human survival? In our world, the pollution of the environment and the natural world is only considered as human selfishness and greediness. Conversely, this movie shows a different perspective. Humanity functions in a way that destroys the balance of nature, like building weapons to kill animals, and creating pollution. However, instead of focusing exclusively on guilt, the movie shows the reason for it.

To Miyazaki Hayao, humanity's destructiveness is a product of a constant sense of conflict between mankind and nature. Ashitaka, the main character of this movie, helps to solve the conflict through a respect for nature. His motivation comes from the realization of this embedded hatred. In the movie, he uses his courage and extraordinary strength to resolve the conflict between humans and nature. This kind of heroism illustrates that humanity can be moved to solve the very problems that have become essential to our nature.

This movie shows us humanity's potential whilst also giving us chills. As students, we need to be reminded of this kind of power, and be motivated to utilize it in the face of our problems. This kind of art is not just trivial, but essential. It teaches us to use courage to stand up for people who are being bullied, or to stand up for the environmental movement, with a sense of courage and an ability to make a change.

Chenxi Yan
 Social Development Studies



Sanction Ezra Street parties or stop complaining

This city hates its golden goose. Kitchener-Waterloo-Cambridge is home to Canada's eleventh-highest median income, in no small part because of its universities.

But every year the groans grow louder over students partying on Ezra Street in the unsanctioned St. Patrick's Day block party.

City council drew up a report saying "Costs are increasing to unsustainable levels," ignoring that students bring millions of dollars into the city and the event costs less than \$800,000 to police and clean up.

The same report screams bloody murder about the safety of students as they drink in the street, while suggesting police and fences as the only precaution.

Many countries and jurisdictions around the world manage block parties just fine, but it's enough to make Waterloo's city government faint in horror.

It's only in a place like Waterloo that 30,000 people having a good time is seen as a problem and not an opportunity.

If the municipal and regional governments truly cared about student safety, they'd sanction the event and institute the

same procedures used the world over.

Provide water stations, roving paramedics and employ student party leaders who watch over the event from the inside.

But that's the more expensive option.

What's cheaper is pitting long time residents against students, who are unlikely to vote in municipal elections.

Students are used as a boogiemanager to the rest of the city, as they dare enjoy the streets they live in.

And the media buys it.

Ludicrous headlines in the opinion section of the Waterloo Region Record range from "Schedule exams for morning after St. Patrick's Day party on Ezra" to

"Make students pay for their March 17 party on Ezra Avenue".

These failures in nuance do the divisive work of politicians for them while informing students that their point of view isn't welcome.

What the geniuses at The Record haven't figured out yet is students already pay for their parties and a good deal of other municipal projects too.

Years of contributions by students



GINA HSU

through property taxes, spending money and going on to found numerous startups in this city is what pays for the roads and waterways.

"Post-secondary institutions need to shift the party culture to one of community respect," the city's tone-deaf report reads.

Respect goes both ways and it's about time students started getting their fair share.

Students grow up, and if this city's elites in media and government aren't lucky, students might remember how they were treated.

William Koblensky Varela
Executive Editor

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Letter to the editor

Regarding "WUSA and GRT clash over right to strike"

I was alarmed, recently, to read comments by Megan Town, newly elected VP, E. for WUSA, in Suhani Saigal's article, "WUSA and GRT union clash over right to strike".

Town suggested that, once the new executive takes office, WUSA plans to lobby the provincial government to classify Grand River Transit as an "essential service", thereby depriving Unifor Local 4304 members of their constitutionally protected right to strike.

Essential services, as defined for the purpose of restricting labour rights, are services that are necessary for the continued operation of civilization.

The United Nations International Labour Organization classifies, in its digest on Freedom of Association, the following services as essential: hospitals, electricity services, water services, tele-

phone service, the police and military, fire-fighting services, prisons, food-in-school programmes, and air traffic control services.

Bus transit is clearly not at the same level of importance as those and, in fact, the ILO specifically notes that transport and metropolitan transport do not constitute essential services.

I get it: a bus strike makes all of our lives more difficult and students are entitled to feel upset. The GRT is convenient and cheap and it is an important part of many of our lives, but essential it is not. As members of a student union which exists to represent our collective interests in negotiations with powerful institutions such as the university and the government, it is imperative that we stand in solidarity with Unifor members exercising their own right to collective bargaining.

Stephen Humphries



GINA HSU

campus bulletin

WHAT'S HAPPENING AROUND TOWN

Submit your 50-word announcement or upcoming event to ads@uwimprint.ca for free.

upcoming events

March 2020

For all of UpTown Waterloo Winter activities visit www.uptownwaterloobia.com.

Savour in Stratford — Saturday morning Market from 7 a.m. to 12 p.m. at the Rotary Complex, and more, 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. No prep required. For more details ksteiner@uwaterloo.ca or 519-885-0220, ext 24226.

Wednesday, March 4

Cook-off Skewers: www.uwaterloo.ca/food-services/events/cook. Come try all of the campus chef's creations and vote for who will be crowning champion of the "All Fired Up@REV" trophy! Open to all UW students; limited quantities - first come, first served beginning at 5 p.m. at Ron Edyt Village.

Thursday, March 5

KW Chamber Music presents "Dave Young 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.

Tuesday, March 10

Coin collectors! All are invited to The Waterloo Coin Society (WCS) at 7:30 p.m. at 404 Wing R.C.A.F.A. Rotary Centre, 510 Dutton Drive, Waterloo. Doors open at 6:30 p.m. Meetings feature dealer tables, presentations, door prizes and an auction of fifty lots open to all. For more details visit www.waterloocoinsociety.com or email vicepresident@waterloocoinsociety.com.

Thursday, March 12

Conestoga College Job Fair from 11 a.m. to 3 p.m. at Doon Campus, Recreation Centre. For more info my-careerservices@conestogac.on.ca.

Keep It Simple

Silly Cooking Show - join us for this event where campus chefs will teach you how to make quick delicious meals for under \$5. Executive Chef Javier Alarco will present demonstrations as well. Tons of free food from 5:30 to 8:30 p.m. at Federation Hall. To register: www.uwaterloo.ca/

food-services/kisscookingshow.

Tuesday, March 31

Warm cookies and free hugs - wishing you all the best on your exams! Come for a warm cookie and a free hug at CMH at 5 p.m., or, Wednesday, April 1 at 5 p.m. or Thursday, April 2 at 5 p.m.

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, jaime@bfomidwest.org or 519-603-0196.

Become a Meals On Wheels volunteer! Call 519-772-8787 or 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.

VOLUNTEER

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Contact

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for more info

Meet IMPRINT'S 2020-2021 BOARD of DIRECTORS!



board@uwimprint.ca

A BRAND new crossword

Across:

- 1. *Miss* _____ (2000), in which Sandra Bullock infiltrates a beauty pageant
- 8. Slang for Australian marsupials
- 9. Rock trio with hits like "La Grange" in '73 and "Sharp Dressed Man" in '83
- 10. An American, especially from New York
- 14. Health and nutrition store headquartered in Pittsburgh
- 16. South Korea's elected party
- 18. Tortilla + filling
- 21. French fashion house, Louis
- 22. Romantic thriller with an infamous pottery scene

(1990)

- 24. Daisy Riddley in the Star Wars universe
- 25. Second chancellor of UW, Needles
- 26. Elizabeth or Mary
- 28. Archnemesis of Daredevil
- 29. To widen a hole or rebuke someone
- 31. "The loneliest number" per Three Dog Night
- 32. Locomotive
- 34. A male lioness
- 37. Louisiana-style cooking
- 39. To tear up
- 40. LLC, in Canada
- 41. Christmas rom-com by Richard Curtis (2003)

Down

- 2. Defeated, as an emoticon
- 3. "He loves me, he loves me ___"
- 4. Baby talk
- 5. American sports channel focussed on American college and professional sports
- 6. Creeping vines
- 7. Protagonist of the *Mega Man Battle Network* series and *Mega Man NT Warrior*
- 9. Symptom of acne
- 11. Goodbye, in Marseille
- 12. Fashion house in 35-Down, owned by G-III Apparel
- 13. Binary data structure useful for multidimensional keys

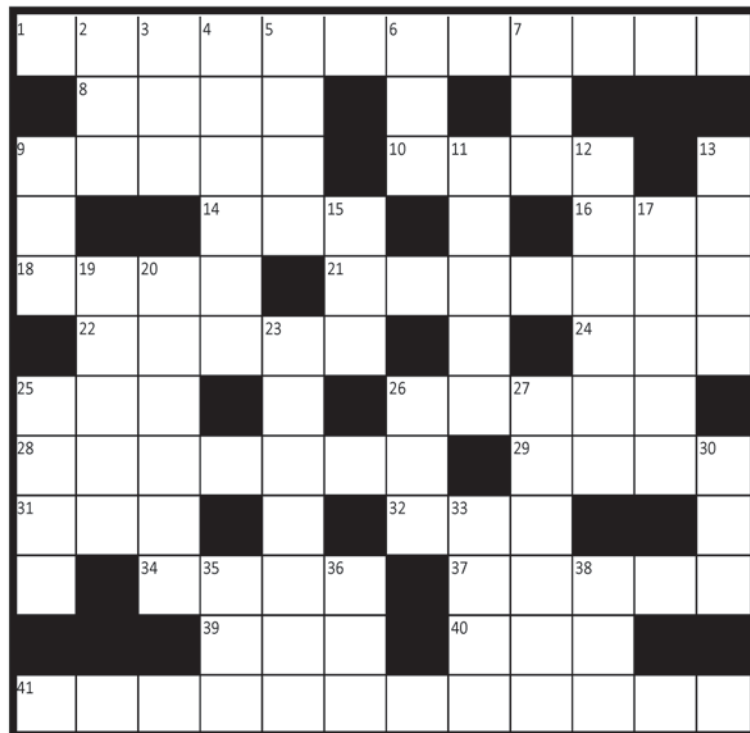
- 15. Shiftless transmission for automobiles (acronym)
- 17. What's above subpoena?
- 19. Smiling
- 20. "A girl should be two things: classy and fabulous"
- 23. French cosmetics and skincare store, owned by 21 across
- 25. K-pop boy band of "Love Scenario" in 2017 and "I'm OK" in 2019
- 26. UW building perfect for LinkedIn photos
- 27. Printing errors
- 30. Human male
- 33. US Institution protecting civil rights

- 35. Best known for "Ice Ice Baby," Vanilla
- 36. The City that Never Sleeps
- 38. Jewish terrorist organization led by Meir Kahane

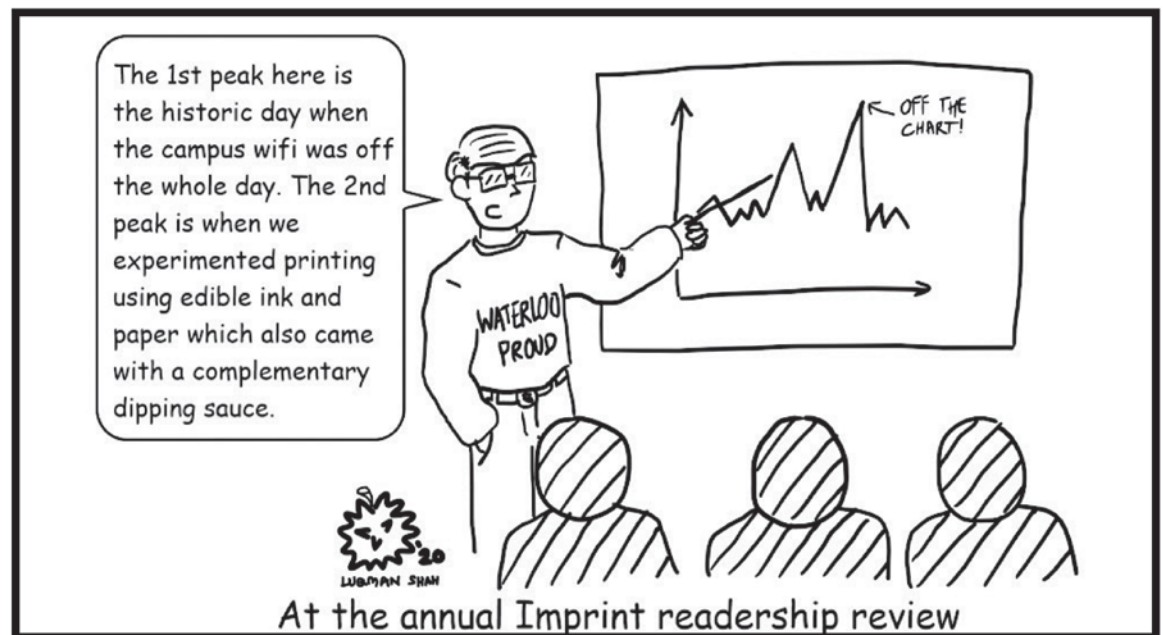
Last week's x-word!!!



JOSHUA GOLDSCHMIDT



Urban Circus #5



At the annual Imprint readership review

COMING SOON TO A PLACE WHERE IT HURTS



BTM: Beth

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

IMPRESSIONS

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



distractions



WANT TO WRITE QUIZZES, COMICS, CRYPTICS, OR PUZZLES?
Email Josh at distractions@uwimprint.ca

First-years! Is your crush **2 OLD 4 U?**

Rissalle Mouajou,
First-year

For many of us, coming to UW is one of the most exciting moments in our lives. We're proud

to enter this prestigious institution, but we're also considering who we will grow into and who we want to succeed with. Many of our parents met in university

and I'm sure it's got you thinking "Who's to be my match in this school of over 36,000 students?" After the Aphrodite algorithm, you also got to wonder, how old

is too old? I'm sure your mother, brother, uncle and dog all have their own opinions, but mine is much more important.

Try my quiz and find out if your

dating life trends toward the dodo bird or "Old Town Road" (without Billy Ray Cyrus). Remember to **record your points and be honest**. Good luck, Loobirds.

1. The first time you meet them, they want to connect on Fb. Your reaction:

- 1.) "For sure!!" (I'll "poke" them and see if they have any fiiinnneee siblings) (200 pts)
- 2.) *Bruv, you're not serious....* (40 pts)
- 3.) *Well duh, where else would we connect?* (Give yourself 120 pts)

2. You ask for the time and they say quarter to one. Your reaction:

- 1.) *nod as if you understand then spend the next five minutes translating* (60 pts)
- 2.) "False. My phone says 12:43" (110 pts)
- 3.) *but why tho?* (80 pts)

3. They tell you to listen to their favourite mixtape and pull it out of their bag. Your reaction:

- 1.) "Sooo what's wrong with your Spotify?" (80 pts)
- 2.) *This is mad cool* (30 pts)
- 3.) *Giggle* Is this a phase? Because music really isn't for everybody.... (140 pts)

4. They mentally calculate the restaurant bill as you pull out your phone calculator. Your reaction:

- 1.) *cue the beat* "Two plus two is four, minus one that's three quick maths!" (50 pts)
- 2.) *But you still got it wrong tho.* (140 pts)
- 3.) "Way to impress, I like" (90 pts)

5. Their latest WhatsApp update is their favourite mom selfie. Your reaction:

- 1.) *Swipe up* "Hottttttt" (160 pts)
- 2.) "Aw, cute" as you swallow the horror that they still don't understand social media (40 pts)
- 3.) *Screenshot and sent to best friend* (130 pts)

6. They take you on a date night involving a fun activity and bring you home for a delicious home-cooked meal. Your reaction:

- 1.) *'Twas fun, I'll consider a second date* (190 pts)
- 2.) *Plans wedding* (80 pts)
- 3.) "So how many have you lured with this tactic?" (300 pts)

7. They still laugh every time you mention Chief Keef. Your reaction:

- 1.) "Laugh again, I dare you" (10 pts)
- 2.) "Childish lol" (400 pts)
- 3.) *laughs with them* (350 pts)

If you scored 301-800 pts Your status: dating a Boomer.

I'll say what your friends won't: RUN. Mentally, y'all are decades apart, worlds away. You're like Tay-Tay dating John Mayer. Prepare yourself for many disagreements concerning modern music and the club, but also many more proper date nights. They'll have some explaining to do when they meet your parents, assuming they didn't already meet at Space Camp in the '80s. Welcome to #adulting

If you scored 801-1000 pts Your status: LOST.

The fact that you're not in first year but still taking this quiz says odd things about your relationship status. Like a Bronte-esque protagonist, you're at ease dating minor creeps. You're the one at the club calling it a discoteque and you probably do the crossword. You use words like "horrid" and "Episcopolean" just to sound smarter, but it's better than dating someone older just to seem more mature.

If you scored 1001-1300 pts Your status: dating your other half.

Gross. You guys are PERFECT for each other. Genuinely. Y'all might not have the same tastes but your apathy concerning school is right about level. You guys are doomed to enjoy many more awful nights of hugs and kisses and togetherness. Your coupledness will sicken others. Get used to it because your friends (who you now share) will not.

If you scored 1301-1400 pts Your status: dating a first year.

Your partner is probably on the other side of campus doing this exact quiz, because the reality is you're too old for them. You're Jennifer Aniston, but they're John Mayer. You didn't want to admit it but you've noticed their basic-ness. They seem so much more mature than their friends, yet they still act so childish. Annoying? Yes! But you like them. Remember to check yourself before you wreck yourself! Cheers.

If you scored 1401-1500 pts Your status: dating yourself.

And they'll be jealous but keep doing you. Who cares if you're not in first year? You are free to do what you will BECAUSE the one other person who can tell you what to do is yourself. You're the Zac Galifianakis of your friend group. For every Simba there's a Timone and Puma being besties and eating grub. We love to see it.

