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**ALUMNI INFAMY**

Never before has a UW alum took to the world stage in such a disastrous way as Amy Cooper's Central Park tirade.

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**SJU PRIDE FLAG**

UW's Catholic college raises Pride flag for first time in its history.

**SOCIAL MEDIA BREAK P5**

Sometimes you need to put the phone down. But when and how?

**DISTANCE EXERCISE P7**

Let's talk about staying active while social distancing.

**HEALTHY EMPLOYMENT P10**

Having a job affects your mental health and what Campus Wellness has to say.

# Black Lives Matter takes centre stage throughout KW

## P8-9



WILLIAM KOBLENSKY VARELA



## UW's most infamous alumni

### UW Alumni calls police on African American man in Central Park

**Grace Xie**  
Editorial Assistant

On Monday, May 25, 2020, Amy Cooper was walking her dog in Central Park, in an area called the Rambles. Christian Cooper (no relation) was bird-watching there and happened to notice Amy unleashing her dog in an area where dogs must be leashed.

Despite Ramble's rules, Amy did not have a leash on her dog, which Christian reminded her to have. The dispute quickly escalated when Christian began recording their encounter.

Not soon after Amy decided to call the police, stating that there was an "African American man threatening her life."

The video shows Amy on the phone with the police, all the while restraining her dog, who appears to be struggling to be set free.

Since then, Amy Cooper has released an apology in an interview with CNN.

"I'm not racist. I did not mean to harm that man in any way," she said.

"I sincerely and humbly apologize to everyone, especially to that man, his family... It was unacceptable and I humbly and fully apologize to everyone who's seen that video, everyone that's been offended ... everyone who thinks of me in a lower light and I understand why they do," she added in an interview with NBC 4, New York.

Christian Cooper told CNN in an interview that he had accepted her apology.

"I think her apology is sincere... I'm not sure that in that apology she recognizes that

while she may not be or consider herself a racist, that particular act was definitely racist," Christian said.

Amy Cooper is a Canadian, from Ontario and graduated from the University of Waterloo in 2003.

UW has since released its own statement regarding the issue.

"Canada and the University of Waterloo are not immune to racism and the ills that stem from this toxic world view. I was saddened and shocked to hear that someone who once attended our University became part of the problem with a recent incident in New York City," Feridun Hamdullahpur, President of UW, said.

"In the face of racist remarks made by individuals in our own community – that the University of Waterloo condemns racism in

all its forms... There is no room in our community for prejudice or hate of any kind. This is a University where we all belong," Hamdullahpur added.

On Tuesday, May 26, 2020, Franklin Templeton announced on Twitter that they have terminated Amy Cooper, effective immediately.

"Following our internal review of the incident in Central Park yesterday, we have made the decision to terminate the employee involved, effective immediately. We do not tolerate racism of any kind at Franklin Templeton," the company wrote.

It was also reported that her dog was forced to be returned to the shelter Abandoned Angels, however, more recent reports state that her dog was returned with the owner's request.

## Improving social support in UW amidst COVID-19

**Itman Hassan**  
Reporter

Is there enough social support for the students who may be feeling isolated during these crazy times?

With spring semester going online, along with the fall semester being a mixed bag, it raises questions as to whether the university is utilizing available resources to provide students with active learning.

Unfortunately, due to social distancing, many students have lost the social support

that the university and their peers provided.

As a result, it is even more difficult to build the resilience needed to cope with everything going on in the world.

For instance, definite plans regarding future academic or co-op goals cannot be made, due to the uncertainty surrounding the COVID-19 pandemic.

Not to mention the anti-Black racism being brought to light by recent events and Black Lives Matter protests all over the world, which are triggering and trauma inducing for many marginalized students. These stressors make it all the more difficult

to adjust to online classes while also maintaining good mental health.

That said, it is important to acknowledge that this is an unexpected situation that none of us could have planned for. Yet, it is still possible to create a supportive learning environment by advocating for the university to provide adequate resources for remote learning. In an interview, professor Kristina Llewellyn, whose focus is on education and equity, stresses the importance of using many methods to keep students, faculty and staff connected. This is especially true for first year students, who may need additional support in order to adapt to the new university environment, which they are not yet accustomed to.

"So that sense of connection and the sense of building a community of learners and the idea of dialogue and building all of that within the online environment is critical. That is how you have the exchange of ideas and building of knowledge and that is how you build supportive networks," Llewellyn said.

There are many creative ways we can utilize technology to help provide students the connection and discussions that academia is known for.

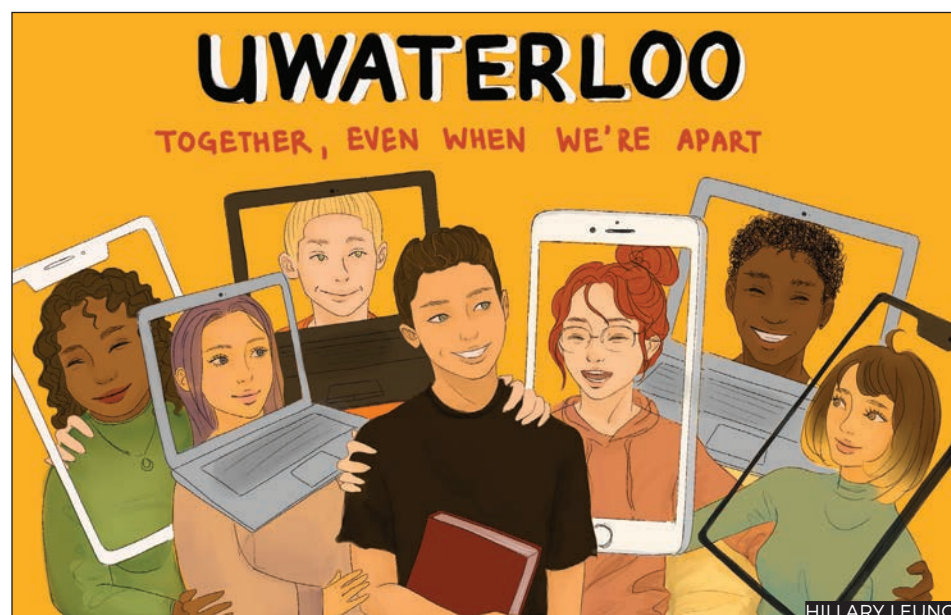
Introducing asynchronous learning opportunities can help accommodate students with different learning styles or in different geographical areas. Strategies can include video conferencing for smaller groups, peer support groups, and virtual learning communities within faculties or programs.

On the contrary, the shift towards online classes may also benefit some students who are not comfortable in larger classrooms. Some students may instead thrive on the anonymity that remote classes provide. Acknowledging the diversity in students' experiences is critical in examining future plans for online learning that work best for everyone.

"Online learning never exactly replicates what happens in the class[room]. There are other things that make online learning far more accessible for some students. Some students feel very vulnerable when they show up in a classroom and there is a pressure of participation," Llewellyn said.

However, it is important for students, staff and faculty to push the administration to focus on resources that support remote learning. In order for this to be possible, the university and staff must advocate for these changes to create a better experience for students in the fall semester. Although this is a difficult situation, it is possible for students to have some sense of normalcy during these times if we all prioritize and come together. Therefore, connections can be a vital part in promoting both academic excellence and mental wellbeing during these challenging times.

"And I think that – and we have to wait and see – but I think that in the fall, that [this] will pay off and that will benefit students' learning and that students will have more support that they think they're going to have and experience," Llewellyn said.



HILLARY LEUNG

# Fall semester will be different

## UW Plans to combine remote-learning and in-person classes for fall term

**Grace Xie**  
Editorial Assistant

As we all adjust to the COVID-19 pandemic, UW has made the Fall 2020 semester with mixed remote and in-person learning.

On Friday, May 27, 2020, UW released its academic plan for the fall term.

In the announcement, UW addresses concerns of all new and returning students.

The plan consists of a combination of real-time activities like meetings and lectures via remote learning, as well as select in-person classes.

UW will be offering a full suite of courses, information can be found on the undergraduate calendar.

The UW website provides more information on which courses will be online.

Students can find information regarding their program under the applicable faculty.

For example, some engineering classes will be in person, while all AHS classes will be offered online.

Information for students in the co-op program was also released, updating them on modifications made to the co-op processes and requirements to help students meet their degree requirements. Some new modifications include more flexible co-op plans and a reduction in the number of work terms.

UW urges students to contact their co-op

advisor as well as referring to the UW website for further clarification.

Information about examinations has not been released.

Along with the academic plan for the fall term, the announcement also includes information on tuition and incidental fees.

UW will not be reducing tuition, however, working alongside the Waterloo Undergraduate Student Association (WUSA), some incidental fees may not be charged.

This includes the Grand River Transit UPass, fees for events, social clubs and fees for athletic and recreation amenities.

Fees will be charged for services that support the learning and well-being of students, such as the health and dental plan and WUSA core services.

"While we support following the advice and expertise of public health officials, we want to ensure high-quality education and best practices in the assessment are put second, only to our students' safety," the WUSA executive team said.

"We remain committed to advocating for safe, affordable, and high-quality education, and will continue to support students with online services and resources, transitioning them back to campus when permitted."

According to UW, plans for first-year orientation as well as Frosh, or O-Week are in motion. The university has launched an initiative for first year's students, called "Wa-

terloo Ready".

"The University has launched a new welcome initiative for first-year students called Waterloo Ready. This site has lots of resources and information for incoming students including how to virtually connect with their peers and navigate the path to becoming a Waterloo Warrior," Rebecca Elming, a representative of UW said.

As the school continues to confirm more details, many students have expressed their thoughts on the new plan and on how this will impact their studies going forward.

Students mentioned in this article did not want their names disclosed. "I don't really know how this will all pan out, I'm mostly concerned about the quality of learning that [we] will be receiving online vs in-person as well as how the school plans to support its co-op students," an AHS student said. "I'm really worried about how this will impact my learning, especially with labs not being offered in person or online. I'm also concerned about the quality of learning I'll be getting, the amount of money I will be paying," another AHS student said.



HILLARY LEUNG

# What the Government is doing to support students

**Jansher Saeed**  
Reporter

Adapting post-secondary education, in response to COVID-19, comes mainly with addressing the financial concerns faced by students. On April 22, Prime Minister Justin Trudeau announced Canada's response to students and recent graduates — a \$9 billion financial support package packed with new funds, scholarships, moratoriums, and expansions to existing student support tools.

"With COVID-19 keeping us from campus, we [have begun] a spring term unlike any other," Feridun Hamdullahpur, president of UW, said. "It was [UW's] recent recommendations to the government, based on what we heard from students, that helped secure the largest financial aid package for students in Canada's history."

This aid package includes the Canadian Emergency Student Benefit (CESB) — a fund allocated by the Government of Canada for post-secondary students and recent graduates worth \$1,250 per month from

June to August 2020. Students, with dependants and qualifying disabilities, will receive \$1,750 as per the package description.

The Ontario Undergraduate Student Alliance (OUSA) said they are pleased to see the introduction of CESB as part of the federal government's student support package in response to calls from students experiencing financial insecurity due to COVID-19.

"We know that CESB has begun helping students and recent graduates buy groceries, pay rent, and bring some peace of mind as they plan for their futures," Julia Pereira, president at OUSA, said.

While some sing praise of the federal government's CESB initiative, others, such as NDP leader Jagmeet Singh, believe the fund's value has limited scope.

"It makes no sense that a parent that has to take care of their children can apply for the CERB [Canadian Emergency Response Benefit] and get \$2,000, but a parent that is also a student will only get between \$1,250 and \$1,750. Feeding your kids costs the same," Singh said.

The Government of Canada plans to expand existing federal employment, skill

development, and youth programming by creating up to 116,000 jobs, placements and training opportunities. Part of this initiative are temporary changes made to the Canada Summer Jobs Program on Apr. 8, 2020. The changes will create 70,000 jobs for youth 15 to 30 years old, according to the Government of Canada.

"Our young people have the energy and skills to help heal Canadian communities from coast to coast to coast." Bardish Chagger, Member of Parliament for the riding of Waterloo and Minister of Diversity and Inclusion and Youth, said. "Our government is committed to providing enhancements to programs such as the Canada Service Corps to ensure our greatest resource — our people — can contribute and succeed."

Many students are eager to find work as they do every summer, with 41 per cent of students relying on summer jobs to fund their post-secondary education according to Jared Maltais, a spokesperson for the Canadian Alliance of Student Associations (CASA).

"Students want to work and, if able, will work if they have the opportunity in a safe

and accessible workplace," Maltais said.

Students who contribute to national or community service are eligible for up to \$500 from the Canadian Student Service Grant to help support their fall 2020 post-secondary studies. Student grants have now doubled for 2020-21, with full-time students being eligible for up to \$6,000 and part-time students up to \$3,000.

Both the federal and Ontario governments have placed a six-month interest-free moratorium — Ontario Student Assistance Program (OSAP) repayments are also subject to the moratorium.

OUSA believes the provincial government can take further steps toward supporting students by expanding OSAP eligibility and partnering with institutions to bring institutional financial support to students.

"We know there is more than can be done to further support students during these months and as they prepare for the new school year in the fall. In particular, there is an opportunity for the provincial government to support students who are still struggling to finance their education this fall," Pereira said.

# SJU raises pride flag while Waterloo catholic schools don't

Grace Xie  
Editorial Assistant

On Monday, Jun. 01, 2020, St. Jerome's University (SJU) raised an inclusive rainbow flag on its campus for the first time in history showing their support for the LGBTQ community.

"We came to this decision as a community process. We started in the fall and asked the students' union what are some of the challenges that are reaching out to the broader student population." Dr. Scott Kline, the interim president and vice-chancellor of SJU, said.

"And they indicated that one of the things was that the flag not flying was a barrier to reaching out to LBGTQ+ communities."

Kline said that SJU had received feedback from its students' union, leadership teams, faculty, and various other student interest groups

stating that not flying the flag was sending the wrong message to its students and making them feel unwelcomed.

Kline emphasized that the inclusion of the LGBTQ is a necessary step for SJU.

"We don't want to be in a position where we don't want to support people who are struggling with who they are, with their identity, and who they want to become," Kline said.

"So we don't want to turn them away, in fact, we want to welcome them and journey with them in figuring out who they are, and who they want to become."

Kline acknowledges that, while the decision was long overdue, they were able to take the step in the right direction and said that SJU is welcome for all students.

"Every office in the student affairs wing is already flying small

pride flags. So informally you don't have to walk very far down our hallways to realize that there is overwhelming support," Kline said.

"This is a good step, [but] we got work still to do and we will work with the LGBTQ community and others to support students and our staff and faculty."

Despite the overwhelming support from SJU to fly the pride flag, the Waterloo Catholic District School Board (WCDSB) decided to not fly any flag this month. They issued an apology in a statement.

"After receiving feedback from the broader community -- but, more importantly, also from some of our students -- it is clear that the WCDSB's decision to fly a provincially developed image on a flag during June, to mark Pride month, which was intended to send a message of unity and support, has instead led to division," John P.

Shewchuk, Chief Managing Officer of WCDSB, said.

"Out of sincere respect for all viewpoints shared, the school board will not fly any flag during Pride month. The proposed flag will be displayed in school foyers throughout the 2020-21 school year, as the school board consults with the LGBTQ community on the next steps leading to Pride Month 2021."

Spectrum, an organization that provides a safe space for Waterloo Region's LGBTQ community, issued an open letter addressing the WCDSB actions.

"Choosing not to fly any flag is choosing to erase queer people and queer culture in your schools," said Luke Reustedlr, Spectrum board member.

The WCDSB says that it will continue to work with the LGBTQ community ahead of Pride in 2021.

## LAND ACKNOWLEDGEMENT

### IMPRINT ACKNOWLEDGES

THAT THE UNIVERSITY OF WATERLOO IS SITUATED ON THE TRADITIONAL TERRITORIES OF THE ATTAWANDARON (NEUTRAL), ANISHNAABEG, AND HAUDENOSAUNEE PEOPLES.

THE UNIVERSITY OF WATERLOO IS SITUATED ON THE HALDIMAND TRACT, LAND PROMISED TO SIX NATIONS, WHICH INCLUDES SIX MILES ON EACH SIDE OF THE GRAND RIVER. THEREFORE, IMPRINT RECOGNIZES AND RESPECTS THIS LAND THAT IT IS SITUATED UPON.

UW INDIGENOUS STUDENT ASSOCIATION





## Escaping the rabbit hole: When to take a break from social media

Melissa Getti  
Reporter

Between maintaining relationships at a distance and staying informed about social movements far and close to home, maintaining a healthy usage of social media can seem like a balancing act.

However, now more than ever, we must reflect on when we should take a social media break, and how to go about it.

"As soon as you find your mood changing, especially in a negative way, it's absolutely time to get offline," Dr. Christine Purdon, a registered psychologist who studies anxiety as a professor in the department of psychology at UW, said

There are various signs, both in the mind and body, that people should look out for to know if it is time to take that break.

"If people find that they are getting more anxious rather than less anxious when they are on social media, that right there is an indication that they should take a break," Dr. Aimée Morrison, who is

associate professor in the department of English at UW, and who teaches new media studies, said.

Our bodies and personal feelings can give us many signs that a break is needed as well.

"If you find your heart rate increasing, if you are overwhelmed by the comments people are making on your posts, or the demands people are putting on you to share things and re-share things, it's time to step back," Dr. Morrison said.

Being mindful of our habits and the signs that it is time for a break is extremely important, as social media use can have various effects on our mental health and overall well-being.

"You can fall down rabbit holes of fear, as anxiety focuses your attention on threat," Dr. Purdon said. "When we're anxious, we are geared towards trying to get the information we need to flee or fight. So, we seek more and more information until we can get a concrete plan to do so."

As easy as it may seem to set vague social media goals, we often find ourselves hours deep in a rabbit hole shortly after. The key is to set real boundaries for yourself.

"Even go as far as figuring out how much time you want to spend on social media and set an alarm. When that alarm goes off, put down the



PANKTI PATEL

phone and do something that you enjoy, in the real world," Dr. Purdon said.

As we navigate maintaining these healthier habits, keeping notice of the signs and knowing ourselves is most important.

"People may need a break and not even realize it," Dr. Morrison said.

"If they find that they're forgetting to eat, missing out on doing work, chores, or self-care that normally they would be doing, that is a sign. If every time they have a free moment, they reflexively pick up the phone and go through social media, it may be time to put the phone down."

Throughout all of this, the most important

thing to do is to stay mindful.

Understand your personal use for social media and maintain a specific purpose.

"It's about a constructive purpose," Dr. Purdon said. "Rather than time-wasting or procrastination, really consider what it is that you are going on for and stick to it."

At a time when we are all getting used to a new normal, what better time to implement healthy social media use?

# Impact of COVID-19 on the world of cinema and TV

How has the world of entertainment been (un)entertained by COVID-19

**Abhiraj Lamba**  
Reporter

Over the past few months we have been faced with an unprecedented pandemic which has left us confined within the four walls of our homes. With so many of us working or studying from home, it is no surprise that many of us have turned to the world of film and television to spend the extra time we now have. Unfortunately, like most other industries, the entertainment world has also been affected by COVID-19.

The first thing to look at, of course, is the monetary loss. There are predictions that the global box office will lose over \$5 billion, with movie theatres around the world either not functioning or functioning at reduced capacities. However, the fact that people couldn't go to the indoor theatres wasn't a deterrent for all moviegoers. This was great news for North American drive-in theatres, which have now seen a sudden surge in popularity.

However, that popularity will likely have to rely on movies that have already been released, as many movies have delayed their planned theatrical releases. These delays have created a domino effect that has resulted in movies, originally scheduled as late as August 2022, to have been delayed further.

Of course, not all movies have a fixed release date. This has been on-demand streaming services' time to shine, with many movies having cancelled their theatrical releases altogether to be directly released on one of these services. Perfect timing for HBO Max's release, if you ask me. Furthermore, the Academy and Hollywood Foreign Press Association have both allowed movies released direct-to-streaming into next year's Oscars and the Golden Globes respectively. As of now, this decision is only in place for the coming year, but it may lead to more demand for this rule to be made permanent. There have been arguments for the inclusion of streaming services in these awards for some time now, and this may just be the tipping point.

Speaking of awards, various award ceremonies have also been affected by this pandemic. While we were lucky enough that the Academy Awards this year were not affected, the same will not be true for next year. As of now, it has been decided that the Oscars will be delayed from its original planned date of Feb. 28, 2021. However, the new date has not yet been finalized. It is almost certain that the Academy will not let the awards be cancelled, but there is a chance that the awards

will not be as grand as they usually are. Another concern is that with the loss the industry is facing this year, many companies will not be in a position to spend large amounts of money on their Oscar campaigns. Any company that has furloughed its workers in these times is probably not going to have a huge budget for awards. There have even been calls to not have a red carpet next year and instead to use the ceremony as a benefit to collect money to help those in the industry who need it the most, like the production crew and studio assistants.

Another major ceremony to face the brunt of COVID-19 is the annual Lifetime Achievement Ceremony, presented by the American Film Institute (AFI). Every year, the AFI hosts a ceremony to honour one individual for their contribution to American motion pictures. This year the awardee was the extremely talented Dame Julie Andrews. Many of her fans, including yours truly, believed that this was long due, since many of her peers and even juniors had already received this distinguished honour. So imagine the disappointment when the ceremony was postponed from April to an unknown date in the summer, and is likely to be postponed even further.

Also affected by the pandemic are the various film festivals around the world, all

of which have either been cancelled or are expected to be cancelled. However, every cloud has a silver lining. Tribeca Enterprises partnered with YouTube to organize the online film festival "We Are One: A Global Film Festival." This 10-day festival ran from May 29 to June 7, with films premiering for free on YouTube. This festival featured films curated by many international film festivals, including the big five: Toronto (TIFF), Berlin (Berlinale), Venice, Sundance, and Cannes, as well as other major film festivals including New York (NYFF), Sydney, Mumbai (MAMI) and Tribeca. Other film festivals like South by Southwest (SXSW) and Greenwich International Film Festival (GIFF) have also created online content this year. Luckily for those of us who will be in the area in September, TIFF, despite having already participated in the We Are One festival, has not given up hope for in-person programming and is still scheduled from September 10 to September 21. While most of the September programming is expected to be online as well, the organisers are planning on taking advantage of the rising popularity of drive-in theatres to allow in-person components to the festival. The TIFF executives are also hoping that some parts of the festival will still be able to go on "within the constraints of whatever social distancing constraints are in place in

September."

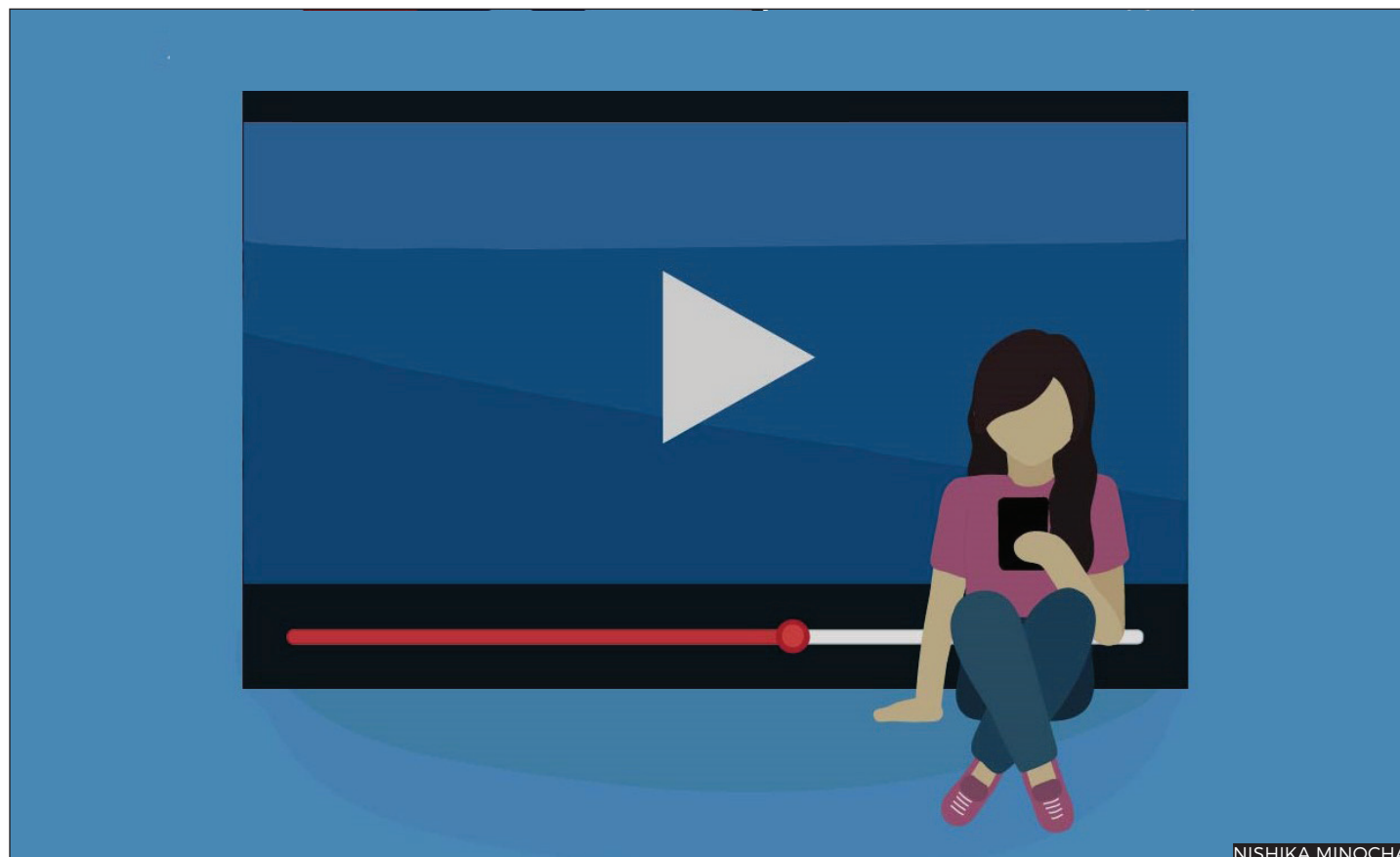
Now, on to actual movies to look out for. The first one is the 2011 film starring Kate Winslet and Matt Damon, *Contagion*, which depicts a virus outbreak eerily similar to the current pandemic. This movie went from being the 270th most watched Warner Bros. movie in December, to being the 2nd most watched movie by March this year.

The January 2020 Netflix docuseries *Pandemic: How to Prevent an Outbreak* is a really popular choice in the age of COVID-19, especially for its fortunate time of release.

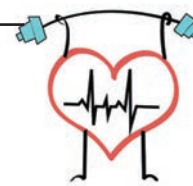
The filmmaking legend, Martin Scorsese, used this pandemic to self-shoot a short film exploring social distancing and self-isolation. Truly, where there's a will there's a way.

Finally, over the next few years, we will be seeing many movies exploring the virus or set in these times, and many filmmakers around the world have already started registering related titles. As it turns out, the wait for the first COVID-19 themed movie is not that far away, with one of the earliest one set to release in July. The Canadian thriller drama, *Corona: Fear is a Virus*, will explore xenophobia and racism in the times of COVID-19. So look out for that next month.

Since I have nowhere to go right now, I will go and browse through some titles on Netflix. I suggest you do the same.



# sports & health



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## Staying active while social distancing

Melissa Gatti  
Editorial Assistant

Virtually everything in our daily routines has been put on pause, but thanks to the guidance from UW Athletics and Recreation, physical and mental wellness have not.

"Now that things are quite a bit different, we've tried to pivot to a more online version to show students that during this time, we're still here," Adam Steeves, Senior Manager of Campus Recreation, said.

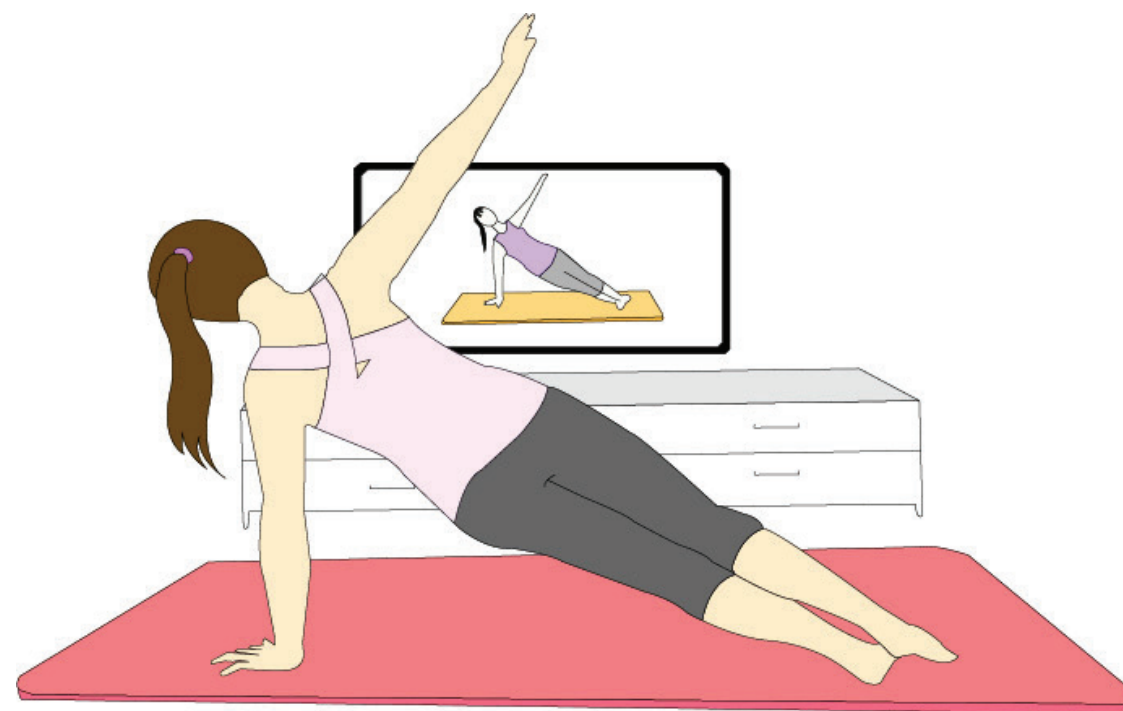
Just as UW Athletics and Recreation guided students towards active living before the pandemic, the team's work continues, offering various online programs for students to stay active at home.

Through Healthy Warriors at Home, students can access free resources including live or pre-recorded fitness classes, a 12 week workout program, nutrition guides, personal training consultations and more, for a small fee.

"We want to make everything as easy as possible, using the expertise that we have," Steeves said.

If we've learned anything these past few months, it's that changes in your routine can affect everyone differently.

With this in mind, UW Athletics and Recreation is also offering additional support to get students



CANDICE CHENG

moving through the Move Your Mind program.

The peer-to-peer program coordinated this term by co-op student Emily Ysselstein with the help of volunteers pairs participants with a personal coordinator to assist them in finding activities to stay active in ways that suit them, set and meet goals, and overcome personal barriers.

"Through this program, stu-

dents will get the physical benefits of physical activity along with the cognitive benefits of these social supports," Donna Rheams, Senior Manager of Wellness and Active Living, said.

In addition to these resources, students are welcome to check out the Digital Experience website at [uwaterloo.ca/pathway/current-students](http://uwaterloo.ca/pathway/current-students), which encompasses all student resources available to

them for this unique term.

Additionally, following [athletics.uwaterloo.ca/staff-directory](http://athletics.uwaterloo.ca/staff-directory) to the staff directory, students can also contact those at Athletics and Recreation for any additional inquiries. Support for students this term is truly far-reaching.

"If these aren't something that students are comfortable with, contact us. We would love the opportunity to help students kick-

start their day," Steeves said.

To get moving without the regular routine of walking to class or running errands, it's important to recognize the opportunities many have right at home. Whether it's a walk around the neighbourhood, or throwing on your favourite song and dancing around, our homes have become important to us during these times, and can serve as places for physical activity.

"A set of stairs can be great to get some activity on, whether you run up and down, or jump up and down. Even laundry detergents or soup cans are good for weight-resistance," Rheams said.

With all the pressure to be our most productive selves during this time, it's important to remember that this is a difficult time for everyone and to always begin by recognizing your own strengths and well-being.

"Some of us are in complete survival mode, and that's okay. Some of us have a little more room to do things and explore, and that's okay too. It's about acknowledging where you're and what you're capable of in these times," Rheams said.

For daily workouts, updates, and information on how to stay active, follow @wloorec on Instagram or the Waterloo Warriors Facebook page.

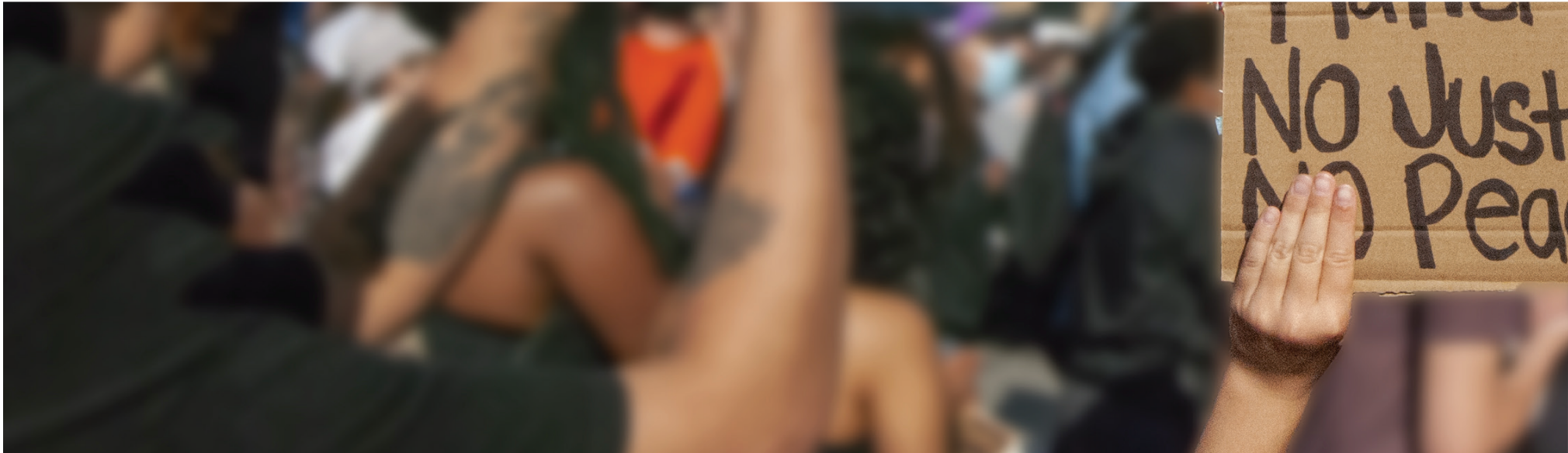
As we all navigate this new normal, let's continue to stay active – at our own pace.

## WRITE FOR SPORTS AND HEALTH

email [sports@uwimprint.ca](mailto:sports@uwimprint.ca)



# Three Black Lives Matter protests



**Sunny Fleming**  
Reporter

On Wednesday June 3, protesters in the tens of thousands gathered at Kitchener's old bus station to show support for Black Lives Matter.

George Floyd, an unarmed Black man who died at the hands of a Minneapolis police officer and Regis Korchinski-Paquet, a Black Toronto woman whose death is the subject of a Special Investigations Unit case sparked a Canada-wide wave of demonstrations.

Organized by activists local to KW, including Selam Debs, Carla Beharry, and Aaron Francis, the march was a peaceful protest that included chanting, signage, moments of silence, and impassioned speeches from members of the community.

Not only were there approximately 20,000 people in attendance in person, but about 4,000

people watched virtually via Facebook Live.

The organizers of the protest released a statement on June 2 that outlined their aims and goals for the protest.

They began with a statement of why they were protesting, which was to respond to the "extrajudicial executions of and police violence against Black people in the United States, Canada, and around the world."

The organizers' principles for the march included their arguments that policing cannot be reformed, that they acknowledge the presence of police brutality towards Black women and trans people, that systemic racism does exist in Canada, and that Black and Indigenous peoples' solidarity is essential for the work they hope to do.

The list of the protest's calls to



action included the defunding of the Waterloo Region Police Services, to reallocate resources to other important community initiatives:

- The removal of the Community Outreach Program (COPs) and School Resource Officer (SRO) from communities and schools.

- And the defunding of campus police, to reallocate resources to Black and Indigenous students.

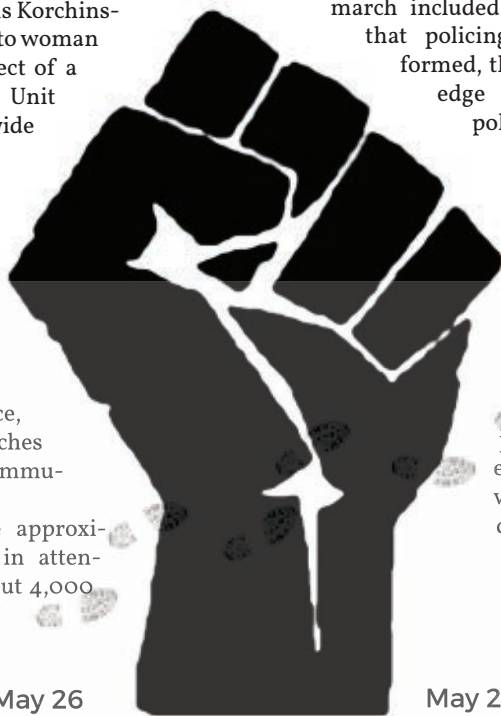
Organizers say these police programs are part of the school-to-prison pipeline.

The Waterloo Region released a statement saying that they would walk alongside and support the protesters virtually.

In their press release, the region said they "support and acknowledge their right to peacefully protest to raise awareness of the lives lost to violence rooted in systemic racism, and to encourage our community to support efforts to confront anti-Black racism close to home."

Though the statement encouraged the protesters to participate virtually, the region acknowledged that for some people "the pain and trauma of recent events can only be healed through community grieving; and for that, we appreciate and thank event organizers for their diligence in advising those planning to attend in-person on the need to utilize masks, maintain physical distancing, and stay away if experiencing any COVID-19 like symptoms."

The Waterloo Region Police Service (WRPS) Chief of Police, Bryan Larkin released a statement as well to express his support for the protestors and to encourage safety in times of quarantine as well.



**May 25**  
George Floyd is murdered

**May 26**  
Minneapolis protests begin

**May 27**  
Protests spike across the US

**May 28**  
Peaceful protests in Milan

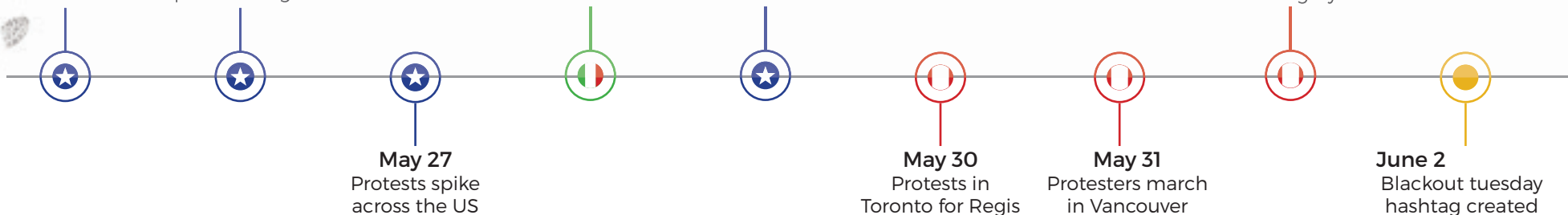
**May 29**  
Chauvin charged for murder

**May 30**  
Protests in Toronto for Regis

**May 31**  
Protesters march in Vancouver

**June 1**  
BLM rally held in Calgary

**June 2**  
Blackout tuesday hashtag created





# over the KW region in four days



"I can assure you that the members of the Waterloo Regional Police Service stand together with you in your anger over the events that have unfolded recently," Larkin wrote.

"[Many of our members] are frustrated that their hard work to build bridges and trust within the community has been set

back by actions that simply can't be understood nor accepted."

Another protest occurred on June 5 in Victoria Park for Black Lives Matter, organized by youth in the Waterloo region.

While the sentiment was the same as the protest on June 3, the June 5 march focused on the Waterloo Region District School

Board (WRDSB) and the changes they hoped to see.

The protest was led by youth and for youth but was also attended by hundreds of people of all ages.

Organizers had an open mic session to give Black youth the ability to share their stories with their community.

"We talked about the issues revolving around the school system, police brutality and much more. And most important we come out for George Floyd and many who

have lost their lives due to racism," protest organizers said.

In Cambridge on June 6, hundreds of protestors marched from Waterloo Regional Police Headquarters to the Cambridge Cenotaph and Queen Square in support of Black Lives Matter.

All of the protests in KW were peaceful and none resulted in arrests.

A second Black Lives Matter protest is scheduled in Cambridge on June 9 at City Hall.



# How employment struggles can affect your mental health

Grace Xie  
Editorial Assistant

During the COVID-19 pandemic, workers and job seekers across all sectors are experiencing stress and anxiety over finding or maintaining employment.

Many spring term internships and co-ops have been cancelled, derailing opportunities for many UW students.

UW's Campus Wellness and Centre for Career Action (CCA) is here to support students through an unconventional term, providing insight into how employment struggles can impact mental health and how to manage stress in a healthy way.

UW counselor, Dave Logan, describes, "Not finding employment can seriously impact a person's mental health. Their sense of self, professional identity and, not to mention, the consequences of lost income, are just a few of the many factors that can negatively influence wellness and mental health." Even a typical job search in a non-pandemic time comes with an expense of mental energy.

Jennifer Woodside, Director at CCA, explains that, "Job search can be taxing, as it requires proactive outreach, persistence, and the ability to tell a story well – specifically a story about yourself and what you can do to bring value."

"There is also an element of resilience needed to keep putting forth effort into a process that has delayed (and not guaranteed) returns, in addition to handling rejection," she adds.

Positive coping skills are an essential part of sustaining mental health during a job search.

"Inefficient, or lack of personal coping skills and healthy stress management practices can cause serious negative impacts on mental health," Logan says.

"If the job seekers are feeling unsure about their ability to tackle the whole process, this can take a toll on their self-confidence and feelings of hope, each of which are tied to wellness and mental health," Woodside adds.

While this spring term may come with many disruptions affecting mental health, that doesn't mean it has to be brutally endured. Woodside says, unideal employment conditions can provide an alternate opportunity for professional growth.

"Even if the job or volunteer opportunities that appear to be available aren't what you would normally seek out, it's still possible to identify causes or efforts that you care about or challenges that you'd be proud to help solve," she says. "If you're not sure how to begin, check out the values exploration ac-

tivity housed in UW's very own CareerHub (<https://careerhub.uwaterloo.ca/sections/Decision/conduct-your-self-assessment.aspx>). Alternatively, book an online 'career consult' drop-in at CCA as a first step toward identifying what you care about most when it comes to careers. Or, consider attending a workshop (<https://uwaterloo.ca/career-action/workshops-and-events>)."

In regards to maintaining good mental health during unemployment, Logan advises maintaining your support network and sticking to a routine.

"Seek out and connect with UW campus resources, community support services, your natural support networks and personal or familial supports. Keep a regular schedule, daily activities and set routine[s]. [Maintain a] fixed sleep schedule, diet or meal times and regular physical activity or fitness. [For example], stay in this time zone, don't become nocturnal."

UW Campus Wellness Director, Walter Mittelstadt, reminds students that they are not alone and can always reach out to Campus Wellness, for support.

"Campus Wellness has adjusted its service model, to accommodate the challenges that students have, during the COVID-19 model. Even while students are off campus, they have access to mental health support at Counseling and Health Services (<https://uwaterloo.ca/campus-wellness/counselling-services>). They are able to call in to request services."

For career support, Woodside says, "CCA (<https://uwaterloo.ca/career-action/>) is here not only to support you in effective job searching tactics, but also to support you in proactively managing the stress and processes of seeking work. All services have been converted to an online format."

For financial support, students also have access to the Canada Emergency Student Benefit, as well as UW's student emergency support fund.

Looking to the positives, an undesired change of plans this term can have both personal and professional benefits, according to Woodside and Logan.

"Retaining a positive outlook can be supported by reframing this as a time for learning to enhance your readiness for tackling future challenges and opportunities," Woodside says. "There are lots of other ways you can use your time to continue building your résumé, including learning new skills, working on projects, or volunteering your time. We've developed a list of actions you can take to 'skill up this spring term' (<https://uwaterloo.ca/career-action/resources/skill-spring-term>)."

Logan says that additional time can be used for self-reflection and focusing on

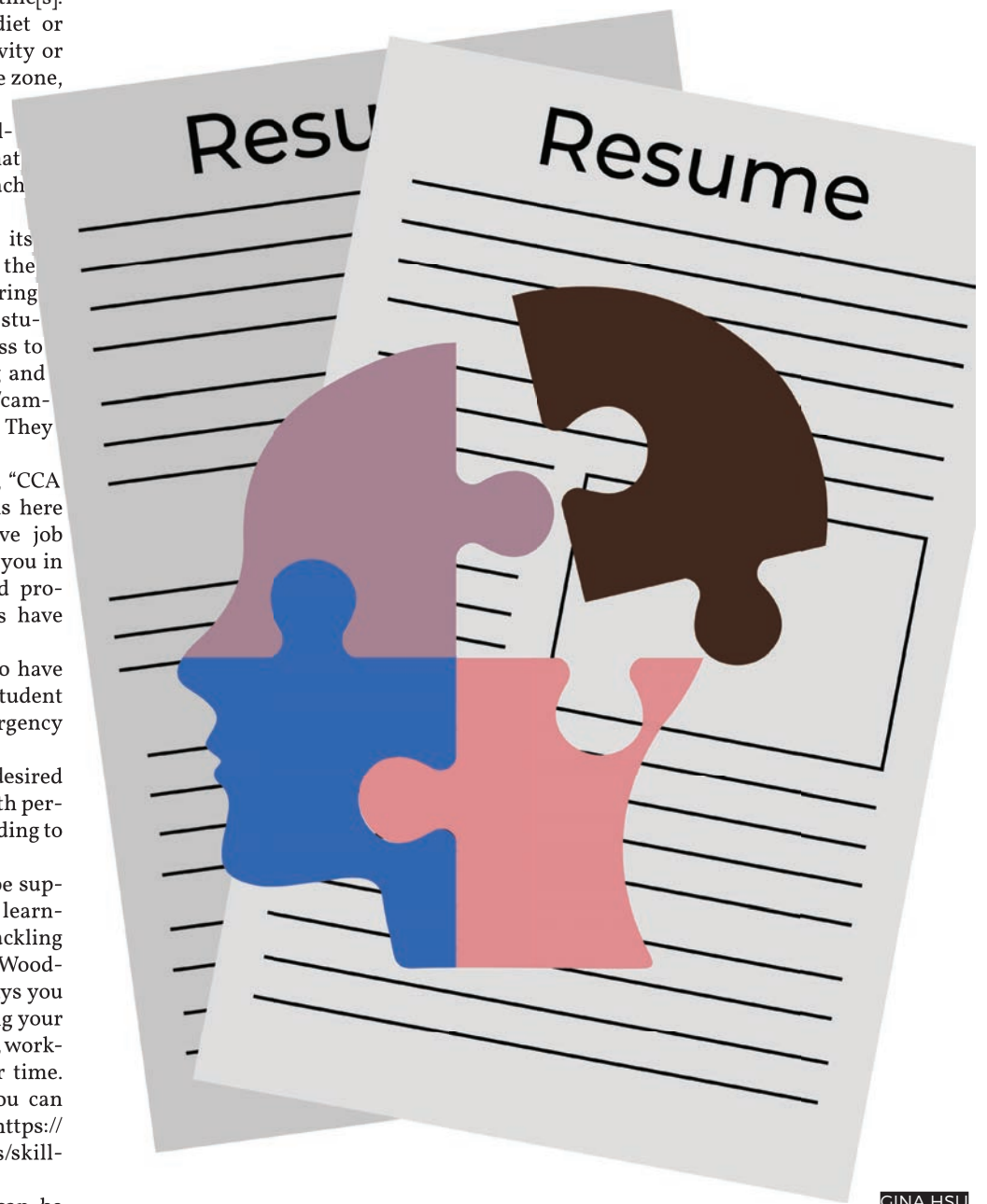
wellness. "Failure to find work can lead to positive opportunities and learning in other areas. For those who take a study term, [you can] develop other skills. This can be a time for personal reflection, focus on wellness, mental health or other life challenges."

In promoting your own mental health, interacting with and helping others can be an effective and enriching experience.

"Take advantage of the time for engaging in your community by volunteering or participating in community events. Helping others is a great way to feel good about your mental wellness. Take seminars, workshops,

and training online for personal enrichment ([/uwaterloo.ca/campus-wellness/counselling-services/seminars-and-workshops](https://uwaterloo.ca/campus-wellness/counselling-services/seminars-and-workshops)), academic enhancement and professional learning. You can access resource info online from campus or community services," Logan says.

Despite the adversities, spring term is what you make of it. "Even if you are off, keep busy, stay healthy, happy and focused on your goals for success," Logan says.





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## Waterloo Region COVID-19 recovery rate lower than Ontario average

David Yin  
Reporter

Throughout Ontario, the COVID-19 pandemic has been a struggle to contain.

As of May 29, there were 1,099 total confirmed cases in the Waterloo Region, or approximately 0.21 per cent of the region's population, with Kitchener receiving the highest number of cases. In comparison, Toronto, the most infected region in Ontario, currently has 10,901 cases, making up 40 per cent of Ontario's 27,210 cases and 0.40 per cent of the city's total population.

Out of Waterloo Region's 1,099 cases, 797 have recovered, yielding a recovery rate of approximately 73 per cent. However, the recovery rate in Waterloo Region is quite below Ontario's overall recovery rate of 77 per cent, as well as Toronto's recovery rate of 74 per cent.

In addition, Waterloo Region has accumulated 113 deaths since the pandemic arrived, resulting in a death rate of approximately 10 per cent of all cases in the region. This number is surprisingly high compared to Ontario's average death rate of 8 per cent and Toronto's average of 7 per cent.

However, cumulative numbers may not

accurately reflect the current state of the COVID-19 situation, especially if significantly fewer people are being infected now compared to the past few weeks.

Waterloo Region's infection rate has decreased overall since the area received 51 new cases on Apr. 11. To contrast, the region has gained no more than 05 new cases since

May 17.

Quebec remains Canada's most infected province with 49,702 cases or 0.61 percent of Quebec's population, 4,302 of them have died from the virus.

Canada has recently surpassed China in terms of infections, with 88,845 cases, 6,918 of which have resulted in death.

Population figures were gathered from Canada's 2016 census and could thus differ from local government statistics. COVID-19 data was obtained from the official website of each region and its respective health units. Confirmed cases were used over total cases whenever possible.

Data discrepancies could result from border differences across regions, among other factors.

*The values shown in this article reflect the status of the COVID-19 pandemic on May 29, 2020 and may differ from current numbers. Always stay up-to-date with reputable sources.*



## How effective is it really to wear a mask?

Some answers to end the ever-growing debate on wearing masks

Grace Xie  
Editorial Assistant

Face masks have become a symbol of the COVID-19 pandemic and a flashpoint in the culture war over the lockdown.

Uncertainty around COVID-19 has permeated since the World Health Organization (WHO) declared a public health emergency on Jan. 20, 2020.

Surgical and non-surgical face masks are pervasive among front line staff and those wary of spreading the pandemic.

But there's also significant resistance to wearing face masks.

So how beneficial is it for non-front line workers to wear a mask?

Waterloo Region Public Health (WRPH) told Imprint in a statement that the mask is not sufficient as a prevention measure alone.

WRPH said that wearing masks might be helpful once all other precautions have been exhausted when social distancing is not possible.

"Non-medical masks may be used when

you are unable to maintain physical distancing. It is a measure that can be used to help prevent you from spreading the virus to others because they help to contain your own droplets," WRPH said in a statement.

"But a mask is not a replacement for other measures."

Imprint reached out to Dr. Narveen Jandu, a cellular microbiologist and an assistant professor for the AHS faculty at UW for her thoughts on the debate. Dr. Jandu released a statement in a podcast with 'Beyond the Bulletin', regarding wearing masks.

"Because of the proximity and the fact that it is closest to your own [mouth] that means that it is greatest at capturing your own respiratory droplets from being transmitted so you're protecting others from your own respiratory droplet. Dr. Jandu said.

"Depending on the type of mask the fit around their nose and mouth area the other person's respiratory droplets could still enter the person wearing the mask," Dr. Jandu said.

The WHO has released its own statement on the debate on Apr. 06, 2020, saying that wearing masks is a measure that can pre-

vent the spread of COVID-19, however, it is not an efficient form of primary protection and should be reserved for health care workers.

"The use of a mask alone is insufficient to provide an adequate level of protection, and other measures should also be adopted... maximum compliance with hand hygiene and other Infection prevention control measures is critical to prevent human-to-human transmission of COVID-19," according to the WHO website.

Health Canada also recommends people wear homemade non-medical masks or facial coverings when in public, and stresses that wearing a mask alone will not prevent the spread of COVID-19.

"Wearing a mask alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical (social) distancing," according to the Health Canada Website.

Public health officials say that people should mainly adhere to and practice public health measures such as hand hygiene and

practicing social distancing. As for wearing masks, non-medical masks may be worn when physical distancing is not possible.



TAYNAYA MIRANDA

# The worst pandemics of all time and how many died

Grace Xie  
Editorial Assistant

Throughout history, the human race has endured several pandemics. Seeing how we are currently living through the COVID-19 pandemic, Imprint has put together a list of the worst pandemics in history, ranked by the number of deaths, to hopefully provide some perspective.

## 1. The Black Death (1347-1351)

In human history, there is one pandemic that overshadows all others – the bubonic plague, a.k.a. the infamous Black Death. A global pandemic that struck Europe and Asia in the mid-1300s and wiped out 30 to 50 per cent of Europe's population. Carried by rats, the virus easily spread to humans via infected fleas. It took over 200 years for the continents' population to recover.

## 2. Smallpox (Approx. 1520)

The second worst pandemic, smallpox, is believed to have existed further back in history, maybe even dating back to the BCE. Smallpox was responsible for killing approximately 56 million people. Furthermore, smallpox also heavily impacted the indigenous population worldwide — the disease killed an estimated 90 per cent of the Native Americans and around 400,000 Europeans, during the 1800s. It wasn't until 1796 when Edward Jenner administered the first-ever vaccination for smallpox. The disease was declared eradicated in 1980 being the only infectious disease to be eradicated in history.

## 3. Spanish Flu (1918-1919)

The Spanish flu origins are still uncertain, however, it was first observed in Kansas in America, later spreading to Europe and parts of Asia. This flu attacked the respiratory system and was highly contagious. It infected around 100 million victims and killed about 40 to 50 million people. An unusual aspect of the 1918 flu was that it infected otherwise healthy, young people—a group normally resistant to this type of infectious disease.

## 4. Plague of Justinian (541-542 CE)

A pandemic that wreaked havoc across the meatatarian and the Byzantine Empire was the Plague of Justinian, later identified as the bubonic plague. During the early years, it left many people under Justinian's rule defenceless and left catastrophe in its wake. The name of this pandemic also has double meaning, as Justinian's handling of the crisis was almost its own form of infection as he continued to tax his people as well as wage war against enemies. The plague is estimated to have killed 30 to 50 million people.

## 5. HIV/AIDS (1981-Present)

HIV/AIDS was and continues to be a public health concern. Currently, more than 33 million people around the world are living with HIV. The most widely accepted theory of its origin is that humans contracted the virus by hunting

in certain species of chimpanzees that carried the virus, and then eating them or applying their blood to an open wound. This virus directly targets the immune system and has no known cure to date. It is said to have killed around 25 to 35 million people.

## 6. The Third Plague (1855)

The Third Plague was another major bubonic plague outbreak that began in Yunnan, China in 1855 during the fifth year of the reign of Xianfeng, Emperor of the Qing dynasty. The outbreak spread to all inhabited continents and ultimately led to more than 12 million deaths in India and China, with about 10 million killed in India alone.

## 7. Antonine Plague (165-180 CE)

Another smallpox outbreak was recorded in 165 CE during the time of the Roman Empire. The Romans first responded by calling on the gods and making relics to prevent the evil of the plague. When it was later discovered that it was smallpox that was infecting their people, Emperor Marcus Aurelius responded to the deaths of countless soldiers by simply recruiting more slaves and gladiators to the legions. Around 5 million people were killed by the disease.

## 9. Russian Flu (1889-1890)

The Russian Flu was said to be the last great pandemic of the 19th century. The origin of this flu remains unknown, but a 2005 genomic virological study suggests that the virus might not have been an influenza virus, but human coronavirus OC43. It killed around 1 million of its victims.

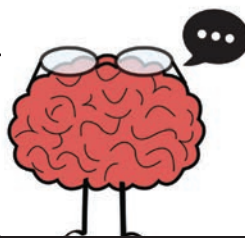
## 10. The 6 Cholera Outbreaks (1817-1923)

There have been several cholera outbreaks in history. In fact, there have been six recorded cholera outbreaks in history. Cholera is an infectious disease caused by the bacterium *Vibrio cholerae*. The bacteria typically lives in waters that are somewhat salty and warm. The first cholera pandemic emerged out of the Ganges Delta with an outbreak in Jessore, India in 1817, stemming from contaminated rice. The disease still remains an issue in Africa, Southeast Asia, and Haiti. It is said to have killed around 1 million of its victims.

## 8. H2N2 Virus (1957-1958)

This H2N2 virus consisted of three different genes from an H2N2 virus that originated from an avian influenza A virus, including the H2 hemagglutinin and the N2 neuraminidase genes. It was first reported in Singapore in February 1957, Hong Kong in April 1957, and in coastal cities of the United States during the summer of 1957. A total of 1.1 million deaths were reportedly caused by this virus.

# opinions



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## A reflection of UWs co-op culture

We are living in an unprecedented time.

With a world in flux, the uncertainty of what is to come can seem daunting and damning to the high-achieving students of Waterloo as they look to a depleted market for opportunities.

And yet amid the current chaos that exists there is the unique opportunity for pause from the zeal of a typical student schedule to reflect on where we are, and where we are going.

By now it's blatantly clear that the COVID-19 pandemic isn't a meme – as it was first treated in Western countries in its nascent stages in China – nor is it an ephemeral closure to regular societal programming.

There is much uncertainty as to when countries will be able to safely reopen and disagreement as to how and when to do so. However, it is clear that regardless of when reopening does occur, the society that emerges from the pandemic will be distinct from the one that preceded it.

Like the First World War, the COVID-19 pandemic is a socio-industrial Fourth Turning that will change how society operates at all levels – a change that will likely be accompanied by a massive recession as the dust settles.

And for students at Waterloo – a school that is distinguished by its unique co-op offering – this is grossly disorienting, disconcerting, and distressing as the first round of WaterlooWorks begins.

The situation is not to be taken lightly.

Many students are seeing their offers rescinded after five years of working towards them, while others are struggling to get their foot in the door through their first internship.

However, the pandemic also creates a novel opportunity for pause amongst Waterloo students who are perpetually engulfed in the hectic, never-ending bounce between co-op and school.

Very rarely are students permitted time to genuinely reflect on their co-op experiences in the absence of external pressures imposed by a highly competitive school environment.

Pressure makes diamonds, but it can also break them.

Students work relentlessly throughout their academic terms while interviewing for co-op jobs.

Then students work tirelessly through their co-op terms – whether to prove themselves worthy to their current employers, or to those whom they aspire to for work in the future.

There is little time for students to consider the motivation behind the work they are pursuing, and even when students are granted time to catch their breath and reflect, it's still while submerged in an environment – whether industrial or academic – angling students in a particular career orientation.

This combined with the society of instantaneous consumption we live in makes it difficult to duly reflect on where we've been, and where we are going.

Sheltering-in-place is isolating, but it does grant us an avenue to confront ourselves in a vacuum and rigorously interrogate the people we've become or are becoming, devoid of any biases and pressures.

Going into this recessed WaterlooWorks period, if you were to ask a random student on Waterloo's campus who the most desirable employers were, you'd likely hear similar responses: Facebook, Amazon, Google, and so forth.

But why? These workplaces do boast highly competitive salaries, great workplace perks, and can serve as launchpads for future career success. But they aren't the be-all and end-all.

Ironically, if you were to ask random people on the street of a major city the organizations that are the most culturally problematic right now, they'd list the same companies.

The COVID pandemic provides a widespread existential reminder of the gross uncertainty that accompanies life and the brevity of it.

It distills that which is important, like

making sure everyone in your community has food to eat, versus what is excess, like making a Facebook post about it. In addition to granting us time to reflect on ourselves, the pandemic also forces us to reflect on our greater socioeconomic context at large.

As shelter-in-place orders are sustained, and lockdowns continue, students will continue to have ample time to themselves.

If you can, take it as a blessing.

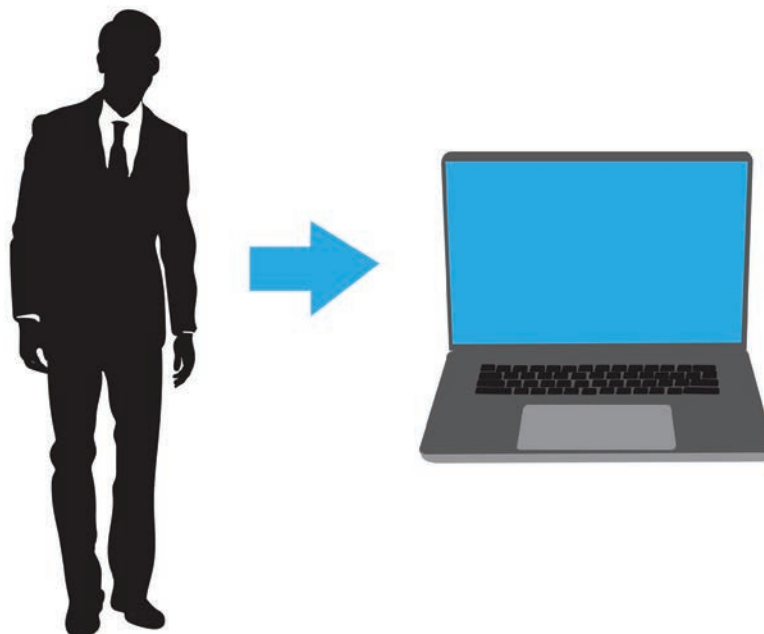
Use it as an opportunity to reflect on yourself, your years at UW, and the character that drives your ambitions.

Engage in a dialogue with yourself. Interrogate. Question yourself, endlessly. And once you've come to your conclusions, reflect on the world at large, and how it will look as we attempt to pick-up the pieces after the mess wrought by this awful virus.

UW boasts some of the brightest students in the nation, among whom I'm immensely proud to study, and many of whom have the capacity to invoke needed innovation amid this time of great difficulty.

As per an ancient proverb, "when the winds of change blow, some people build walls and others build windmills." But no windmill is built by someone ignorant of the direction in which the wind blows, or where they stand.

Conor Truax



TAYNAYA MIRANDA

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Wednesday, June 24 at 4:00 p.m.  
*Imprint* Office, SLC 0137

**Next scheduled board meeting:**

*Imprint* Office, SLC 0137

# White UW has an Amy Cooper problem

Amy Cooper lost her job. George Floyd lost his life.

Both of these events are cause for reflection amongst students at UW, especially those amongst us who are white.

Now, if you're unfamiliar with Central Park Karen – since identified as Amy Cooper – here's a refresher.

About a month ago, she was approached by Christian Cooper (no relation), a Black man birdwatching in Central Park, in an attempt to get her to leash her dog, which was illegally running about. Amy then responded in hysterics, violently jerking her dog by the neck and calling the cops to claim that “an African-American man was threatening her life.” The incident was filmed by Christian, which has since resulted in widespread condemnation of Amy's actions, and resulted in her firing from the prestigious investment management fund Franklin Templeton.

However, Amy was quick, not to wholly apologize, but to aggressively stipulate that she's “not racist” and, is in fact, a liberal. More than that, she's a well-educated Canadian liberal with an MBA from the prestigious Booth School of business, and most

surprisingly, an undergrad from the University of Waterloo.

Amy Cooper made a big mistake by invoking race in her interaction with Christian Cooper. However, it clearly wasn't a single mistake, but rather a symptom born from underlying biases.

And unlike the caricature of a Southern MAGA-hat wearing racist in the mind of arm-chair progressives masquerading as equity-seekers everywhere, Amy Cooper exposed something that many people, white liberals and otherwise, have long-repressed – we all have racial biases, and every White person has the capacity to be racist.

Amy Cooper's case hit particularly close to home given her being a UW graduate.

Like most colleges, Waterloo is largely liberal. But as Amy Cooper's case highlights, that doesn't mean that students are absolved of racial biases, conscious or otherwise.

Ask yourself, how many Black professors have you had? How many Black administrators have you encountered? And if there are few, why is that?

Canada, although often-times juxtaposed with the U.S. as the innocent, kind, and po-

lite North American sibling, is wrought with a similarly abhorrent history in its mistreatment of Japanese people, Indigenous People, Chinese people, Black people, and many other minority racial groups. And like in the United States, white people in Canada benefit from the legacy of abhorrent racial injustices.

Without action, these injustices eventually boil over in events like the horrible death of George Floyd, an unarmed man pinned by the knee of a police officer.

Amy Cooper highlights an inconvenient truth for many of us. It's the White, back-patting “progressive” walking her dog in Central Park who says “they don't see race” who is ultimately the greatest contributor to the perpetuation of contemporary racist institutions, not the racist white person in the KKK hood. For us White students walking the Waterloo campus, this should be a call to action. You should be angry. You should feel shameful. And you should feel guilt.

According to the psychologist Janet Helms, this is the second of six stages in white racial identity development: encounter or disintegration. When white people

finally wake up in an actionable way; they feel anger that isn't ephemeral, and guilt that is visceral. According to Helms' theory, whites can either go into denial, convincing themselves that they aren't racist or that they aren't part of the problem, or even that there isn't a problem. Or, they can leverage that guilt to make actionable change, both in themselves, and in their communities.

However, ensure this guilt is healthy – it should be used to keep focus on ending racism, whether in the form of behaviours or institutions, rather than simply ending feelings of guilt and shame. It isn't about you. No Black person has any obligation to help you deconstruct your own biases. No Instagram post at an equality protest will invalidate them.

This guilt should empower us to take action, and ultimately see that small individual actions, when persistent and unified, can invoke great change.

We all have a responsibility to do better moving forward. Will you?

Conor Truax

## Indoor pandemic solutions 101

I never knew what I was going to expect in this new decade other than finishing my non-degree courses at University.

However, when I started hearing the headlines regarding COVID-19, my anxiety slowly started to grow during my studies.

It got even worse back in March when my professors announced that the university was deciding on whether or not we will continue our lectures in-person.

In mid-march, students received news that due to the pandemic, the lectures will be held online until further notice.

Most of the places I usually frequent such as the Pin-up arcade bar are closed due to the pandemic.

Initially, I was lonely and anxious for quite some time so I decided to lock myself in the room.

However, my parents told me not to stay in my room out of fear for my health.

One of the ways I've coped with the pandemic is by working out.

While it is important that people should stay inside for health, psychological health is equally important. I started exercising with my younger sister since she encouraged me to work out more due to my weight and that I was stuck sitting in my room.

We found an intense workout routine online and we picked the ones that we can improve on.

In this case, I focused more on both abs and waist. I also check on videos on YouTube to see how certain routines should work properly such as mountain climbers. For the pandemic, I found a workout routine that would improve my health to get me out of my room.

I like to walk around my neighborhood or the park with my family.

We walk around Keats Way and Beachwood.

Alternately, you can walk with a friend as long as you remain with an appropriate distance from each other and wear a face-mask to prevent the virus from spreading. For instance, I invited my boyfriend to various parks such as Waterloo Park for some fresh air and to talk. He would bring his face-mask. Even though we're healthy, we want to be safe.

Sometimes I join my mother and my sister baking a cheesecake and making tamales.

I think about cooking and living on my own, spending time with family and friends, through video calls or one day in person.

Every night my family asks me to join them for a movie. Sometimes, my father would ask me to play card games with my mom and sister or sing karaoke. As for my boyfriend, we talk to each other on the phone and eventually I'll invite him over to

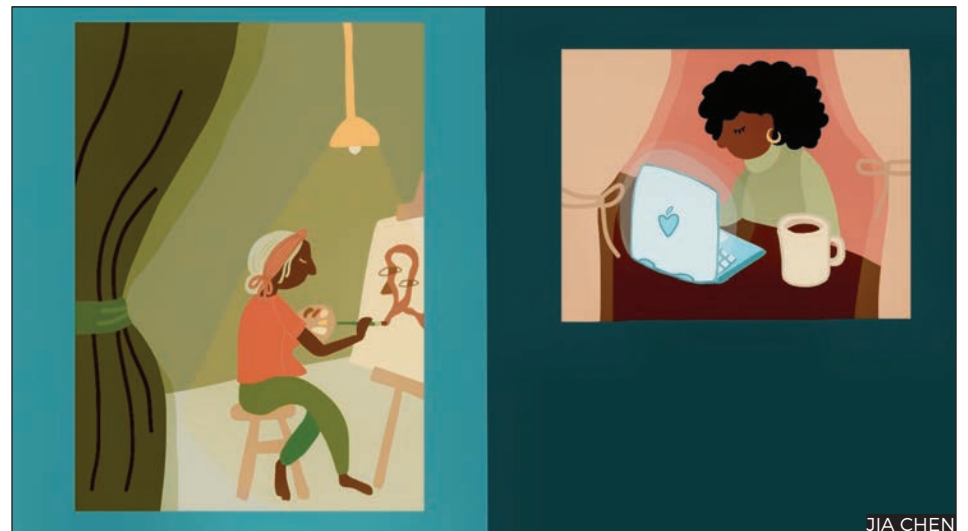
my house and watch movies. It allowed me to feel comfortable and much more sociable with the people I cared for most.

I think about the future and want to start researching my Master's thesis. When I was finishing a Visual Arts major, I decided to look for Universities that have a master's degree in film-related courses. Also, I emailed the graduate coordinators and asked them questions about a particular master's degree. There's also the need to work during hard times.

In my case, I am searching for a job such

as being a cashier at a grocery store or an assistant at a pharmacy. While it's not the best position for my career, I wanted to improve my skills and work experience and most importantly to be productive during the pandemic. Being productive by doing various activities at home, outside and with people who are currently living with you will help ease off negativity and stress during the pandemic.

Claudia Tavera-Tello



# FALL TERM 2020 JOBS

## HOURLY PAID JOBS

### CREATIVE DIRECTOR

**Sept 14 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

**Sept 14 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.

### 1 MARKETING SALES REPS

**Sept 14 start ; Monday to Friday ; \$14.00/hour**

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

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



## 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

**Sept 14 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

**Sept 14 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

**Sept 14 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

**Sept 14 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

**Sept 14 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.**

A big congratulations to our  
2020 *Imprint* graduates:

**Anoja Parameswaran & Josh Goldschmidt**



We'll miss all the late nights of working to finish the paper, all the laughs that we've shared over the years, and most of all we'll miss the two of you. Thank you for all your hard work and best wishes for your next adventure.

From everyone at the *Imprint* team