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SEX OFFENDER IN AREA

Police are warning students about a convicted sex offender who is highly likely to re-offend now living in the community.



FAKE EMERGENCY

UW prof sent email to students apologising for the "COVID-19 fake emergency." p4

POLICE BRUTALITY P2

The Somali community is coming together after one of their own was killed by police

GREAT LAKES DAMAGE P6

A new model is giving scientists a better view of how damaged the Great Lakes are.

SHUT DOWNS P8

Find out what is still shut down in and around town.

UW's Sam Dugan is trying to keep people safe on the slopes. p5



COURTESY YOUTUBE



UW PhD candidate says body cameras worn by police are harmful to marginalized communities

Vanessa Hu
Reporter

In the wake of the Black Lives Matter movement and calls for police forces to address police brutality, body-worn cameras (BWCs) are often brought up as an objective tool to hold officers accountable.

In Canada, the deaths of Regis Korchinski-Paquets, Allan Adam, Chantel Moore, and many others have raised concerns about police violence and racism. A petition that was created in response calling for “Toronto police to wear and turn on body cameras” has already garnered over 100,000 signatures.

The Toronto Police Services Board has since approved the purchase of 2,350 BWCs for police officers, a plan that will cost \$34.1 million over five years. However, some say that there is not enough justification for the expensive technology and question their ability to address racial discrimination in police activity.

“Fundamentally—emphatically—they are not an appropriate solution,” Krystle Shore, a PhD candidate in the Department of Sociology and Legal Studies at UW, said. Shore’s research interests include policing and specifically, the use of police surveillance technologies.

Shore calls BWCs a “taken-for-granted police reform that allows politicians and police organizations to seem like they are



GINA HSU

engaging in meaningful reform,” while failing to address systemic issues.

This is the first issue many have with BWCs – they do not confront the root issue of racism and militarized policing, and only address individual police officers and individual cases.

“The implementation of body-cams is a reactionary, singular reform that targets individual behaviour,” Shore said.

Additionally, Shore refutes Deputy Chief

Shawna Coxon’s press conference statement that BWCs are “objective” tools that can “record what is happening in the moment on both sides,” pointing to the fact that the resulting footage is often blurry and can be manipulated. Additionally, police can deliberately pick and choose to release the sections that support their claims.

“At the end of the day... we need to remember that body-cams are a police surveillance tool, and that police surveillance

disproportionately targets and criminalizes marginalized communities,” Shore said.

Furthermore, even the argument that BWCs can improve citizens’ confidence in police is questionable. In a study conducted by the Center for Evidence-Based Crime Policy at George Mason University, researchers found that BWCs did not have a consistent or significant effect on officer behaviour or community trust in many departments. To be fair, there are a lot of conflicting results on the efficacy of BWCs when studies and surveys have been done.

To that, Shore responds that “much of this research is methodologically flawed and lacking important social contexts,” and points to her own report on the shortcomings of such research. Finally, it is debatable whether the cost of this expensive technology is justifiable.

Many argue a better solution is to spend those public funds on services that address the systemic causes of discrimination. Movements such as “Defund the Police” call for the reallocation of funds from the police to social services such as free transit, social housing, and shelters for victims of abuse.

Shore says the solution is to listen to what the communities experiencing systemic police violence are asking for: “Advocacy groups like Black Lives Matter have been very vocal about what they want, including calls to defund police and direct public resources to community initiatives that address root causes of inequality.”

Police Briefs

A motor vehicle and an LRT collided in the area of Caroline St. S and William St. W in Waterloo on Sept. 21, 2020 around 9:05 am. The vehicle hit the door of the LRT while taking a right onto William St. W as the LRT was moving southbound. No physical injuries were reported. However, a 40-year-old Kitchener female has been charged with Turn – Not in Safety under the Highway Traffic Act.

As the result of an altercation in Uptown Waterloo, WRPS responded to a 24-year old injured male in the area of Fairway Rd. N in Kitchener on Sept. 19 at 5:30 am. The male sustained non-life-threatening injuries from stab wounds while it is believed that the incident was targeted. Anyone with information is encouraged to call police at 519-570-9777 ext. 4499 or Crime Stoppers at 1-800-222-8477.

The WRPS has charged a 36-year-old with several offences including possession of stolen property, obstruct police, drive disqualified, and fraud after conducting a seat belt offence on September 19, 2020. The incident happened near Valleyview Rd. and Windale Crescent. The male was seen operating a rental truck and gave stolen identification when stopped, indicating that it was used to rent the truck.

A 64-year-old male pedestrian sustained non-life threatening injuries after being involved in a collision with a Nissan near University Ave. E and Auburn Drive on Sept. 17, 2020 at approximately 5:40 p.m. The pedestrian was airlifted to a hospital outside the Waterloo region.

No charges have been filed yet and the investigation is ongoing. The driver of the Nissan suffered no injuries.

UW Professor calls COVID-19 a fake emergency, public health disagrees

Neha Lakshman
Assistant News Editor

Michael Palmer, an associate professor at UW, strongly believes that Canadians are blowing the global pandemic out of proportion. He referred to the pandemic as “fake COVID emergency” in the course outline that was distributed amongst his students on Sept. 5. The German-born associate professor of chemistry has a board certification in medical microbiology, attained from training under Sucharit Bhakdi, who is a renowned immunologist and bacteriologist.

On being asked why he has referred to the pandemic as a fake emergency Palmer stated, “The impression of a real emergency is created with flawed statistics... current COVID “case” bookkeeping does not use such a strict definition.”

Palmer further defended his opinion.

“The ultimate test for deciding whether or not COVID-19 genuinely causes deaths that would not otherwise occur is to look for an absolute increase in total mortality of all causes,” Palmer said. “Some such excess mortality occurs during each flu season, but it could in principle occur at any time if some unusually virulent pathogen were

making the rounds. This number has not increased since the COVID pandemic “struck”, which further supports the contention of a false alarm.”

On being questioned as to what would make COVID-19 a serious emergency; Palmer stated, “I can think of no plausible scenario in which COVID-19 would turn into a serious emergency.”

Dr. Hsiu-Li Wang from Public Health had differing opinions from Palmer.

“COVID-19 has had impacts within our own community and when not adequately addressed, has overwhelmed healthcare systems and caused high death tolls in other countries,” Wang said. “This is why we appreciate all the steps that our community has taken to date, and why we are asking everyone to continue to practice the recommended public health measures to help each other.”

When asked if his opinion impacted students, Palmer said, “They have not told me. I would like to reassure them though that I will not penalize anyone for disagreeing with me robustly and openly. When I speak my mind, I hope to encourage those who disagree with me to do likewise, and to try to prove me wrong.”

Palmer’s opinions are not endorsed by UW.



COURTESY MICHAEL PALMER

Michael Palmer is an Associate Professor of Chemistry at UW.

WRPS issues alert after releasing high-risk offender

Suhani Saigal
Managing Editor

Hayan Yassin, convicted in 2011 of sexual assault with a weapon, forcible confinement, sexual assault causing bodily harm, and kidnapping, was released on Sept. 14, 2020.

The Waterloo Regional Police Service (WRPS) has issued a public alert concerning Yassin’s release, as they believe he poses a high risk to reoffend or breach his terms.

Yassin was released in 2018 on parole but his parole was revoked and he was put back in custody after he violated several of his terms.

As of Sept. 14, 2020, Yassin is residing in Kitchener at a place approved by the Correctional Service of Canada.

Yassin is not allowed to leave his house from 10 p.m. to 6 a.m. except for work purposes and with the parole supervisor’s writ-

ten agreement and permission. He is not allowed to enter establishments that serve alcohol, consume alcohol or drugs, be in or near UW and WLU campuses, and access pornography or sexually explicit material.

In addition to that, Yassin must give an account of any attempts he makes to initiate intimate sexual or non-sexual relationships with females as well as any changes in those relationships.

He is also required to ask for permission before using any dating websites, services, or mobile applications.

The Correctional Service of Canada along with the WRPS are monitoring the terms of Yassin’s release. They urge the community to report any incidents wherein Yassin is seen breaching his terms by calling 911, without approaching him.

The WRPS has also notified victims of his release. This public safety warning has been issued under the authority of Regulation 265/98 of the Police Services Act.



COURTESY WRPS

Hayan Yassin was released in the community on Sept. 14, 2020 and is believed to be at high-risk to reoffend.

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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



Somali community voices concerns over police brutality by the WRPS

Mahnan Omar
Reporter

On Jul. 5, of this year, Abdisalam Omer, an unarmed Black man belonging to the Somali Canadian community, was brutally beaten by officers from the Waterloo Regional Police Service (WRPS). The police aggressively pulled Omer out of his vehicle with weapons ready at hand.

Soon more officers arrived at the scene, armed with guns. Omer, who was violently beaten by police, is said to suffer from mental health challenges. Witnesses who knew Omer tried calming him, but they were told to remain silent by police.

Police say that the arrest escalated as they

believed the victim was carrying a gun and that there had been an indication of "violence." The police did not find any weapon following the arrest.

The incident took place around 1 a.m. on the corner of Victoria St South and Westmount Rd in Kitchener, as shown by the footage of Omer's violent arrest.

Alarmed by the incident, on Aug. 27th, the Somali Canadian Association decided to meet with officers from the WRPS at the Victoria Hills Community Gym, where they voiced their concerns regarding over-policing against the Somali community and this latest incident of police brutality. The meeting had approximately 50 attendees and was co-moderated by Fadima Musse, president of the Somali Canadian Association and Ciann Wilson, professor at Wilfrid

Laurier University. Members of the police that attended included Chief Bryan Larkin, Superintendent John Goodman, and Deputy Chiefs Mark Crowell and Shirley Hilton.

The WRPS tried to assure the community members that the incident and the officers involved would be investigated by the Peel Regional Police. They added that WRPS remains committed to improving equity and diversity within their organization.

However, members of the Somali Canadian Association remain unsatisfied.

"Meeting with the Somali Canadian Association of the Waterloo Region has further informed us of some of the challenges and barriers the Somali Community has been experiencing, and for us to find ways to better support this community in the future," Constable André Johnson said.

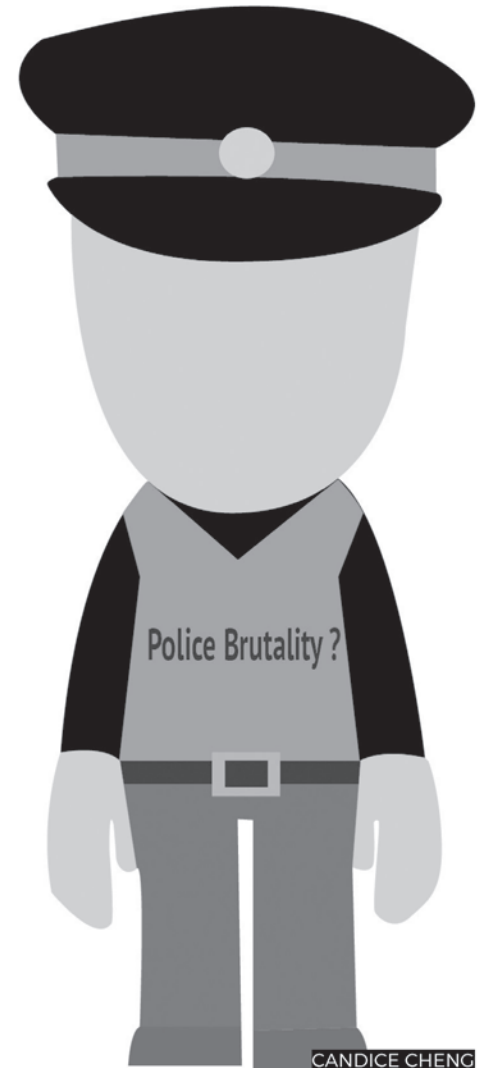
"Our Equity, Inclusion and Diversity Strategic Plan, launched earlier this year, is aimed at transformational, organizational and cultural change across the Police Service."

The Peel Regional Police Service itself is under investigation for the shooting of two unarmed men, Ejaz Choudry and D'Andre Campbell.

Choudry and Campbell, both, belonged to minority communities and suffered from mental health conditions.

The incident that occurred in early July remains an ongoing investigation.

"We are subject to the timelines of the investigation by Peel Regional Police, and at this time, have no indication when it will be complete," Johnson said.



CANDICE CHENG



COURTESY YOUTUBE

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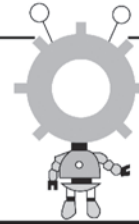
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Runner-up's announced for the James Dyson Award

Ramal Rana
Science editor

The James Dyson Award (JDA) is an international award presented to talented design engineering students and recent graduates. Engineers from across the world present their designs for projects that address everyday problems.

On Sept. 17, 2020, the Canadian national winner and the two runners-up for the award were announced. One of the two runners-up is Sam Dugan, a Mechatronics student at UW. The other is a team of UW alumni, which includes Ishan Mishra, Holden Beggs, Zhen Le Cao, Fernando J. Pena Cantu and Alisha Bhanji, all recent Nanotech Engineering graduates. The winning team was from the University of British Columbia (UBC).

The team from UBC won based on their design for an Attentiv Catheter – a device that enables more efficient monitoring of IV injection and prevents problems that may arise. Dugan, one of the runners-up, created a device called SmartPatrol, which monitors blind spots on skiing terrain and places on the terrain where injury is common. Dugan is a passionate skier himself, and was inspired to create the device when he faced such problems himself.

“The SmartPatrol algorithm watches for any hazards that are present in the specified zone. Once a new hazard – skier, rider, or object – enters the zone, the algorithm tracks the hazard until it is safely beyond the specified zone. These hazards [range] from something large like a snowmobile to small hazards such as a BIC lighter,” Dugan said.

SmartPatrol acts like a traffic light and alerts the skier of such places as they are skiing. The light turns red when it is unsafe to complete a landing.

“The riders know that if the light is red, then the feature or area is not safe and that they should wait,” Dugan said.

Without SmartPatrol, skiers would have to use intuition and guesswork to determine if the landing is safe or not, which is not so easy to do with the speeds they are going at.

“Riders are hitting these jumps at speeds of more than 70 km an hour without being able to see whether there is a hazard waiting for them on the other side,” Dugan said.

Even with experienced skiers it is difficult to anticipate if another skier might be on the landing zone due to broken equip-

ment or injury. With SmartPatrol, it is safe for both the oncoming skier and the one on the landing zone.

“Riders can now approach jumps confidently knowing that there are no hazards waiting for them on the other side of the jump. When they do fall, they have the piece of mind knowing that everyone uphill knows that they are still on the landing,” Dugan said.

SmartPatrol has come a long way, having had its first minimum variable product test on the hill at Mount St. Louis Moonstone.

It started as a simple device, with duct tape stuck onto it for waterproofing. Now it has LTE, a removable battery, and collects statistics on any incidents it observes. It is also much faster with the new upgrades, using computer vision to analyse the terrain and accidents happening in real time. Dugan is anticipating the release of SmartPatrol Generation 3 by the next season, with all the aforementioned upgrades.

“[SmartPatrol] is being released with LTE connectivity alongside our new and improved web access portal to make more data available to the resorts,” Dugan said. “Currently the only alternative method of getting the real-time monitoring that the SmartPatrol provides is by placing staff members on each jump.”

Dugan mentioned that this device, although currently aimed towards monitoring skiing hazards, could be used to monitor other recreational sports.

“The SmartPatrol is currently being primarily marketed towards ski resorts for monitoring ski jumps in terrain parks, but development is also underway to adapt this system to snow tubing parks,” he said.

Other recreational sports that could be made safer by SmartPatrol include snow tubing, downhill bike trails, waterslides, golf courses, and snowmobile trail systems. Based on how the sport is played some changes to the software will be made, but overall SmartPatrol will not undergo a lot of changes.

This technology can also use new Artificial Intelligence (AI) to improve sports monitoring and create newer AI algorithms.

“We have ambitious plans on how we can use better AI to help the SmartPatrol provide more value to the ski resorts. This platform is a great system for developing these new algorithms,” Dugan said.

Creating SmartPatrol was no easy feat – Dugan faced a number of difficulties when creating an algorithm and when figuring out

what materials to use that could withstand unpleasant and rough conditions, such as find batteries that could survive and work efficiently at temperatures as low as -30 degrees celsius. Dugan and his team had to pick individual batteries and create a battery pack themselves.

On a similar note, another UW team that was also announced as Canadian runner-up designed a phone camera lens that addresses the real technological problem of zooming in. Scope is a lens that uses liquid crystals in a lens to prevent pixelation in the event of zooming while taking a picture.

“Our novel lenses allow for real continuous zoom, as opposed to the current solution which degrades the optical quality,” Alisha Bhanji, Chief Engineering Officer at Scope, said. “One of our lenses should be able to do what three of Apple’s current lenses do. This means that it takes up less space, requires less battery power and processing strength. This can allow for zoom with video and faster FPS (frames per second), which is currently very limited.”

Using liquid crystal in the lens allowed the team to create a lens that is tunable, meaning that changes in voltage can change the properties of the lens to the desired setting, while the lens itself remains small enough to fit in a smartphone.

“Here’s an analogy. Think of your glasses. When your eyesight gets stronger or weaker, you need to get a new prescription. The reason behind that is because the lenses in

your glasses have a fixed optical power... we’re building lenses that don’t suffer from this limitation. With just an applied voltage, our lenses are able to change their behaviour. With our designs, we’d be able to leverage this property to be able to zoom without any moving parts, and therefore no natural loss in image quality,” Ishan Mishra, Chief Business Officer at Scope, said.

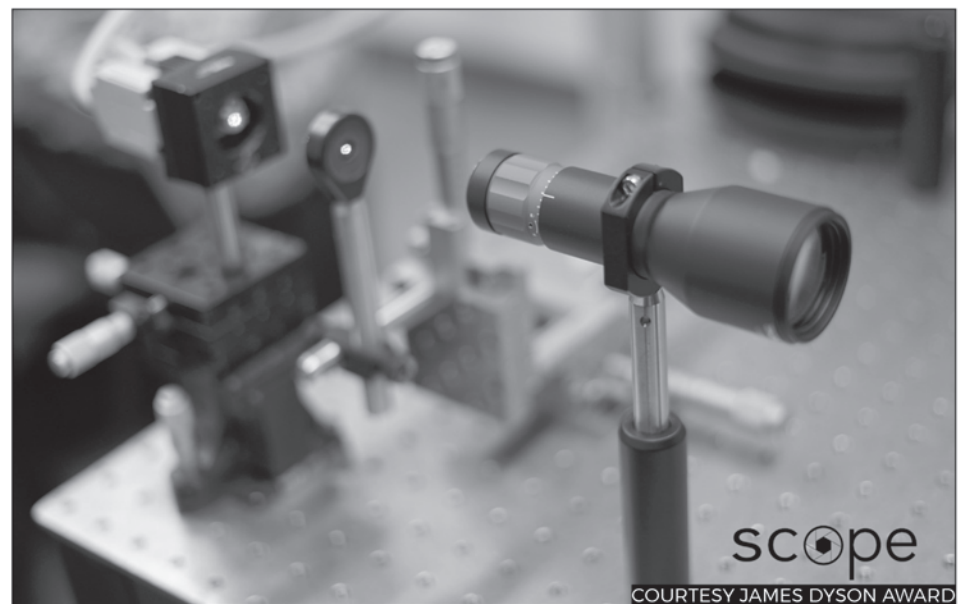
Once implemented in a smartphone, this lens will have no difference in the function of zooming in – you will still be pinching the screen.

“To the user, there won’t be any difference except for better photos,” Zhenle Cao, Chief Research Officer at Scope, said.

The creators of Scope developed their own Multiphysics module from scratch. A Multiphysics module is software that can be used to simulate designs in 2D and 3D. However, most Multiphysics modules like COMSOL cannot simulate liquid crystals.

“Our in-house multiphysics module can simulate the optics of liquid crystals, which is relatively difficult and isn’t available in most Multiphysics tools such as COMSOL. Our own module has let us model liquid crystal lenses with complex optical profiles, while also being able to solve optimization problems quickly. This is a lifesaver, as it means we are able to quickly iterate through designs at minimal cost and minimal risk,” Fernando Peña Cantú, Chief Technical Officer at Scope, said.

Read the rest of this story at uwimprint.ca



COURTESY JAMES DYSON AWARD

The Canadian runner-up team from UW created Scope, a phone camera lens that addresses the real technological problem of zooming in.

UW scientists develop model to assess economic impact of climate change on the Canadian Great Lakes

Felicia Daryonoputri
Assistant Science Editor

The Canadian Great Lakes Basin is one of the largest freshwater reservoirs in the world and is a critical factor in Canada's economy. However, like everything else, it is also threatened by the effects of the changing climate.

This motivated two UW researchers, Jorge Andres Garcia Hernandez, postdoctoral fellow and professor Roy Brouwer, to develop a model that relates changes in water availability with the economy.

Their findings were posted in an article titled "A multiregional input-output optimization model to assess impacts of water supply disruptions under climate change on the Great Lakes economy" published in August 2020 on Economics Systems Research.

"We developed a model that tells the best possible allocation of water resources to economic activities in case of water supply reduction in the Great Lakes," Hernandez said. "This water allocation takes into ac-

count the economic value of the different economic activities, as well as the trade flows among the regions that compose the Great Lakes."

The model that they implemented involves creating different scenarios using the available data in order to evaluate how changes in the water supply may affect the economy.

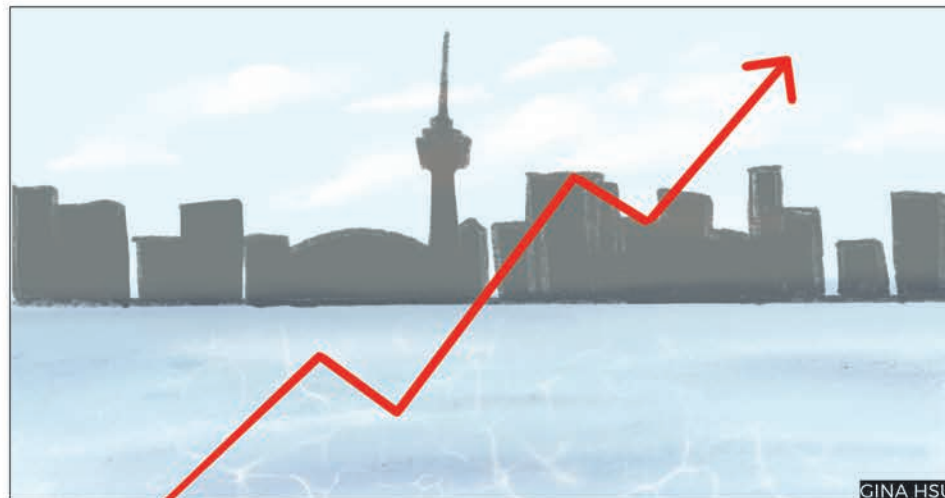
"We gradually decrease water all the way to zero, as an extreme case just to see how the province responds," Hernandez said.

There are many factors that may affect water availability in the Great Lakes.

"Using the Water Availability Index, the Great Lakes [are] already experiencing severe water stress [during the] month of August," Hernandez said.

It is important to note that the water in the Great Lakes is considered non-renewable, or at the very least, renewable at a low rate.

Aside from the increasing demand and stagnant supply, there is also the threat of high levels of algal bloom. This is caused by rising precipitation rates, which increases nutrient runoff into the Lakes, producing



algal blooms and contaminating the water. Although it has not been implemented, this model has the potential to help governments with policy-making and further research. Their findings can act as the first step towards mitigating the potential effects of climate change on water basins.

"I think it would be useful in the design of sustainable water extraction policies," Her-

nandez said.

The quantification of water reduction can assist in decision-making processes as it gives economic value, allowing further assessments to be conducted, such as the cost-benefit analysis.

"If we have the data, it could easily be translated to other regions," Hernandez said.

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Around the world in 100 days

Get ready to explore Bangkok, Thailand from the comfort of your home *

Danica Halum
Reporter

When you think Bangkok, your appetite should instantly amp up. This has to be one of the best places in the world to have a food trip. As you walk the streets of Thailand's capital, you are often bombarded with the alluring aromas of street food.

If you observe closely, Bangkok is a juxtaposition between the peaceful and the hectic. While the traffic can drive some people insane, many are able to keep up and experience this colorful city. The constant hustle and bustle here will keep you wanting to explore more of what this city has to offer and try out new things.

Chatuchak Market / This is one of the largest markets in the world where you can find almost anything, from traditional souvenirs to hawker stalls to street food, and even fake designer goods if you're into that. This area is filled with so many trinkets, which can easily be more expensive than usual, so be cautious. Nonetheless, try your hand at bartering and see how low you can go.

Take note, this should be more of a place to explore rather than a place to actually shop at.

Chao Phraya River / This river, which cuts through the city of Bangkok, offers a lovely view of the city away from the crowded and congested streets. You can take a boat along the river, which is one of the best ways to get around, depending on your destination. The best times to ride would be at sunset or at night, when you can appreciate the city lights.

The Grand Palace / Admire the gilded structures of the Buddhist temples here at the Grand Palace. Within each temple, you'll find that they are all elaborately embellished. You'll also notice that monks are practicing quietly in some areas.

As with all other destinations, please be aware of the cultural norms and remain respectful.



DANICA HALUM

With that said, observe the tranquility and avoid being the boisterous tourist.

The list of foods to eat in Bangkok is endless. If you ate one dish at one place, it could taste completely different at another place, despite it being the same dish. The cooks here are playful with their recipes and their variations are exciting.

Many Thai recipes, if you try to cook them traditionally, have quite an extensive list of ingredients, which all work harmoniously. This inevitably packs some serious punch to your taste buds.

Panang Curry / Out of all the variations of curry around the globe, this is one of my personal favorites. What sets apart Thai curries are their prominent use

of coconut milk, which provides a richer taste. Panang curry is a type of red curry that mixes in fresh herbs – including kaffir lime leaves, lemongrass and galangal to name a few. Oftentimes, you can choose the type of meat or any other protein you might want in your dish.

Mango Sticky Rice / As the name suggests, this dessert consists of glutinous rice mixed with a coconut and pandan syrup, which is then topped with freshly sliced mangoes. The slight tanginess of the mango beautifully accentuates the dish, while the sweetness from both the rice and the mango itself balance each other.

This simple dessert can be found almost anywhere, meaning you can finish every meal with it,

if you really wanted to.

Thinking of Thai cuisine can certainly stir up some aggressive cravings. You could have food trips consisting of merely strolling around and frequently grabbing small bites of street food without having absolutely filling meals. However, be careful about where you buy the food from, lest you may risk an upset stomach or food poisoning, which is probably the worst thing that could happen when you've dedicated yourself to just eating.

Bangkok is a lively place with so many things to experience — from the food to the places to the nightlife, and maybe to that one forgetful morning — it's a place you definitely want to add to your bucket list.

This is no silly goose. It knows the best way to achieve fair working conditions for teaching assistants, research assistants, and instructors is to form a strong local union.

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The outside: to go or not to go?

Bringing you nine failsafe ways to revel in the great outdoors while staying safe.

Nanjiba Showkat
Reporter

Ever since the beginning of the lockdown, one illness that has spread throughout the world just as rapidly and intensely as COVID-19 is paranoia. While an entirely justifiable response to the pandemic, it is critical to remember to take care of our mental health and have some fun to counter the monotony of being shut in. There are definitely plenty of ways to do this without the fear of becoming infected, including outdoor activities as well.

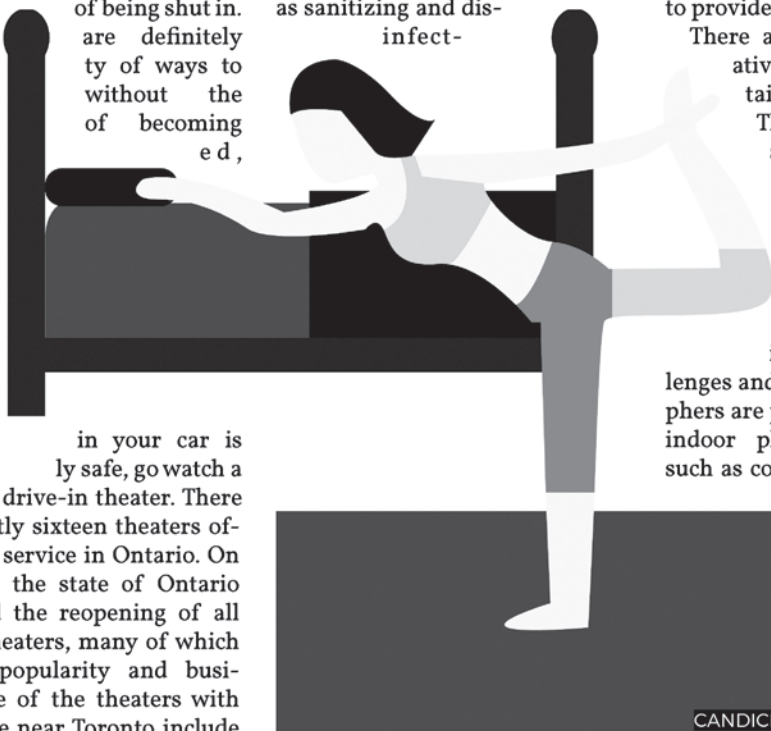
Being in your car is completely safe, go watch a movie at a drive-in theater. There are currently sixteen theaters offering this service in Ontario. On May 30th, the state of Ontario announced the reopening of all of these theaters, many of which had lost popularity and business. Some of the theaters with best service near Toronto include Port Hope Drive In, 5 Drive-in Oakville, Stardust Newmarket, Starlite Hamilton, and The Mustang Drive-In. Many local bands have also decided to hold drive-in concerts, so you might want to check up on your faves' schedules.

You could also always go on a drive to refresh your mind when you cannot bear to stay stuck indoors any longer.

For something more physical, health professors and infectious disease specialists have said that their top choice would be cycling. Cycling can provide good exercise and exposure to fresh air, while simultaneously reducing stress and anxiety that builds up from being inside too long. It can also help

build up your immunity against the virus. However, don't forget to wear a mask and only ride solo or in a small group.

Maybe try camping or a hike. Such activities are still permissible as long as you remember to only do them in small groups consisting of people you live with or have daily exposure to. Also remember to stay as far away as possible from any other camping groups you may encounter, and to maintain hygienic habits such as sanitizing and disinfect-



CANDICE CHENG

ing during the outing.

Another failsafe way to interact with friends and family living elsewhere is through an outdoor picnic that maintains ample social distancing. Bring your own food and sit far enough apart to prevent any possibility of transmission – no physical contact at all, but close enough to be able to talk and hang out. Doctors have been saying since the beginning of the pandemic how important it is to have human interactions, so don't isolate yourself.

If you want to satiate the urge to travel, there are various virtual tour services available online to help you. Some of the most fa-

mous museums from around the world, such as The British Museum in London, National Gallery of Art in DC, Van Gogh Museum in Amsterdam, Guggenheim Museum in New York, and several others are offering tours. Aquariums, parks, and zoos also have such services due to the pandemic, and you can find several options online. Many famous tourist attractions such as The Great Wall of China, Eiffel Tower, Disney World, and Universal Studios have also begun to provide virtual tours.

There are many fun and creative ways you can entertain yourself at home. The obvious ones include adopting a new hobby, but how about something more challenging? Several people from around the world have decided to take part in various innovative indoor challenges and viral trends. Photographers are participating in creative indoor photography challenges such as constructing scenic travel

photos with illusions created using props from home, crazy dress-up self portraits, and split-second sculptures.

There are others who are trying out new recipes and giving it their own creative flair, such as with the Dalgona coffee trend. Writers, artists, performers, everyone has challenges to take part in.

Understandably times are tough right now, and it seems hopeless that the world will right itself anytime soon. Which is why it is imperative that we do not allow paranoia or monotony to take over our physical and mental health. It could be something you are familiar with or a completely new field you want to try, whatever has you exercising creativity, being active, and most importantly, having fun.

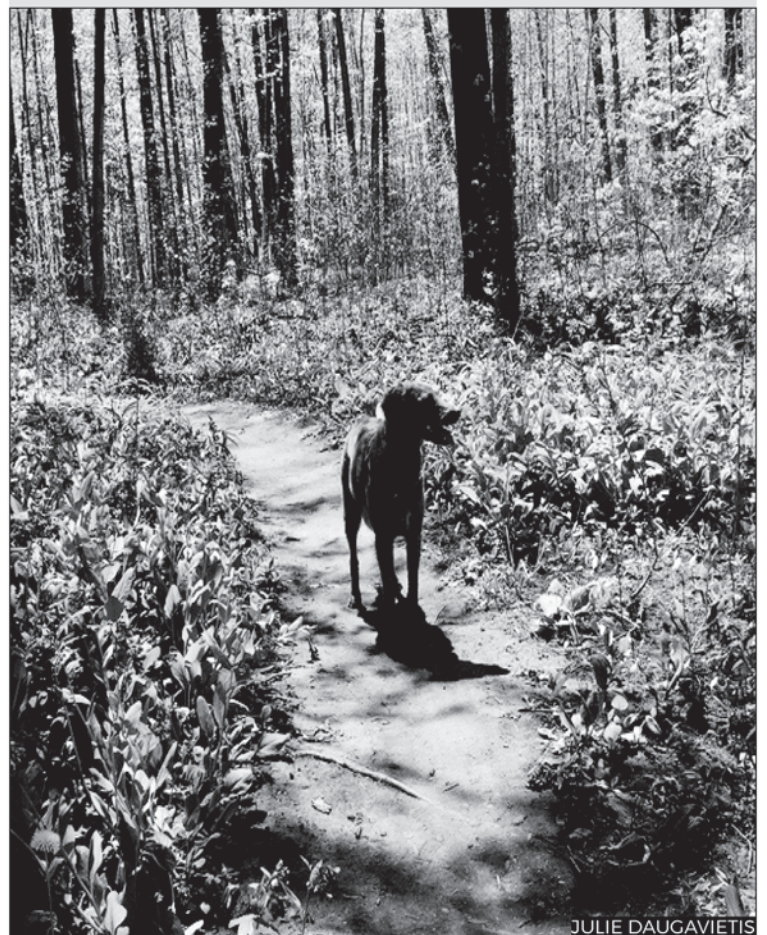
Stories from home

In a time where we're questioning the faith behind humanity, Imprint brings you stories that try to capture the core of humanity: happiness. Stories to give you hope, one person, one story at a time. In our physically distanced world, you never know who you might feel closer to.

We got our dog Ruby about three and a half years ago, when I was almost done high school—I think my parents wanted something to look after when my brother and I left for university. And Ruby's definitely filled that void, because she's so pampered and spoiled. During quarantine, my family has been working full-time, so we've all been using her as an excuse to get out of the house—she's been getting three, sometimes even four walks a day! I used to rely on coffee shops and libraries to get away, but since March I've been exploring with Ruby, looking for new routes and undiscovered locations. I've found a lot of cool places—different rivers, streams,

and really beautiful trails. My favourite would have to be this place I found under an overpass that has a bunch of plants and a stream running below it. I like to go there and sit by the river with Ruby. Even when I was away at university, she's always been something I look forward to seeing when I get home. I think she really helps all of us to stay sane, and even though we walk her individually sometimes to get away from the family, we also take her on a lot of hikes together as a family. She's definitely been good for bringing my family closer, and keeping us feeling positive throughout.

Julie Daugavietis, 3A



JULIE DAUGAVIETIS

sports & health



WRITE FOR SPORTS
Want to go to UW games for *Imprint*?
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Stay active through COVID-19

Abby Zinman
Reporter

Maddie Lanka worried she couldn't stay fit through the pandemic, but UW Athletics gave her some relief. "I was so happy when I realized that the UW fitness centre is open, so one of the things I've been doing to keep healthy is going there. It's great for getting fit, and also beneficial for your mental health," the first-year student said.

Among first-year students at UW, fear of the Freshman Fifteen is prominent, which is the belief that university students gain 15 pounds in their first year.

As COVID-19 regulations prevent stu-

dents from leaving their homes, worries of becoming unfit and unhealthy are skyrocketing here in Waterloo. UW offers a wide range of opportunities that allow students to avoid the Freshman Fifteen.

The solutions to remaining healthy are easy and clear – you just have to seek them out. All you have to do is book an appointment a few days in advance on the UW Warriors website and voilà – you now have a free 45-minute gym session with all the equipment you could ask for.

Students can also book a lane in the pool for a nice swim, time with friends on a basketball or badminton court, or attend various classes, from High-Intensity Interval Training (HIIT) to yoga. Just check out ath-

letics.uwaterloo.ca and you'll see that the possibilities for physical fitness are endless.

"I have also been making efforts to eat better by keeping some healthy snacks in my room instead of chips and chocolate," Lanka said. "The combination of a better diet and frequent gym visits is definitely effective."

If you don't love the gym and prefer to exercise outdoors, talking a walk or hike while the weather is still nice. Bring some friends along and take a stroll through campus. Since classes are online, a walk is a wonderful way to explore UW and a nice break from doing work. What's more, you can do some geese-watching while you're out.

Better yet, try a hike – Iron Horse Trail is a

beautiful 5.5 km trail that lies conveniently close to campus, you can learn more about it over at ontariotrails.on.ca. You'll be reaching your step count goal while enjoying the fresh air.

Finally, let's not forget there is still a virus going around, and preventing the spread of COVID-19 is essential.

As fourth-year student Matthew Koristka suggests safe socializing and activity.

"Right now, wearing masks, social distancing from others, and frequently sanitizing your hands are the best ways to keep yourself and others healthy. Remember, you can still have a great time with friends when you're six feet apart, and wearing a mask is just so easy and effective," he said.

Fight caution fatigue and stay alert

Julie Daugavieyis
Sports Editor

As the fall term begins and classes start up again, many students are planning to move back to Waterloo.

While it is great to be coming back, students should beware of "caution fatigue" – a term coined by Jacqueline Gollan, a professor at the Northwestern University Feinberg School of Medicine.

Gollan said, caution fatigue is a psychiatric phenomenon where people begin to show low motivation or energy to comply with safety guidelines.

With the reopening of the province, it

may feel like it is safe to resume life as normal, but COVID-19 remains a threat, despite case numbers going down.

After many months of pandemic uncertainty, caution fatigue is especially susceptible to occurrence.

The phenomenon occurs when the brain stops recognizing something as a threat due to its being constantly exposed to it.

It can cause the illusionment that there isn't really a threat at all, and can lead to decreased sensitivity to warnings.

Gollan told WebMD that "the constant state of being alert for threats can activate a stress hormone called cortisol, and that can affect our health and our brain function. So when we're subjected to high levels of stress, we start to desensitize to that stress.

And then we begin to pay less attention to risky situations."

Caution fatigue also exists outside of global pandemic settings.

For example, when an alarm goes off and you don't react because you've heard it before.

Students may be especially susceptible to caution fatigue with fall classes starting.

While it may be tempting to fall back into your normal UW routine, safety should not be ignored.

Even if it may feel standard to crowd into the bookstore to get your copy of the course notes, or power through mild symptoms like coughing or colds, try to remember that even though they are invisible, droplets still spread, and safety guidelines exist to pro-

tect everyone.

The World Health Organization iterates that the best way to prevent the spread is effective social distancing and hygiene. You should always wear a mask when indoors and outside of your home, practice good hand washing and respiratory hygiene, and avoid coming within six feet of people – not in your circle – when it can be helped.

Most importantly, take care of yourself. Caution fatigue affects your psychology, so looking after your mental health is important.

While it is imperative to follow safety guidelines, make sure to relieve stress by spending time outside, virtually connecting with friends and family, and making time for things you enjoy.



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imprint

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Next scheduled post-mortem meeting:
 Virtual due to Covid-19

Next scheduled board of directors meeting:
 Virtual due to Covid-19

opinion

HAVE YOUR SAY

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

UW opening residences

With the announcement of a hybrid term – of both in-person and online classes – this fall, Waterloo Residences has decided to open up all residences to incoming domestic and international first-year students.

When thousands from all over the world flock to one small city, the probability of them contracting COVID-19 during their travel is high, and so is the possibility of the virus' proliferation. The students' arrival is not something citizens of the region of Waterloo would look forward to because of the constantly declining number of COVID-19 cases in the area. While this increases exposure risk, it is important to acknowledge that students gathering here is inevitable, considering the existence of two renowned universities in the area.

Having said that, Waterloo Residences has taken the prospect of 'virus proliferation' into consideration and has implemented a myriad of safety measures. Only 40 people will be allowed into the in-residence cafeteria at a time, and self-serving counters will be closed to reduce physical contact. Touchless faucets have been introduced in most public washrooms, disinfectant wipe dispensers have been installed at conve-

nient locations across campus, and plexiglass shields have been installed at the front desk of each residence. Each residence room is to be a single room with reduced furniture to encourage social distancing, while doors and elevators throughout campus have been made foot-operated using levers and buttons to reduce physical contact while attending classes. Study areas have also been separated using plexiglass.

The hybrid system implies fewer in-person classes. This could allow for schedules where different sections of a class can be called in to class in unbounded groups to ensure social distancing in classrooms and labs.

I believe that while there will be an inflow of new students, the risk only really exists for a couple of weeks after they arrive. If students self-isolate on campus, sanitary measures put in place by UW reassures me that spreading of the virus will be contained. The incoming students are neither putting themselves nor others at risk by choosing to stay in Waterloo Residences.

Rohit Kaushik
 3A Computer Science



UW has taken many precautionary steps in residence buildings in order to contain the spread of COVID-19. COURTESY UW

Professor calls the pandemic a “fake emergency”

Since when does “academic freedom” allow slow academic stupidity and ignorance?

The University of Waterloo's chemistry professor, Michael Palmer, is inaccurate and

wrong in labelling this current COVID-19 pandemic a “fake emergency.”

As stated in legislation in Ontario and various by-laws, as well as Public Health

laws, rules, and regulations, COVID-19 is a REAL emergency by common and legal definitions.

Professor Palmer should get his head out of the ivory tower that reaches the clouds of chemistry and see that more than 120 deaths to date, in the Waterloo Region, are NOT a “fake emergency.”

Until sanctions are imposed on Professor Palmer, I will not be making any donations to UW, will dissuade anyone from attending or applying to any faculty, and will actively dissuade high fee-paying international students from applying.

I know that many people rely on Maclean's magazine University Rankings annual edition to help select a university to which to apply, and I will write to their team to urge them to include a “stupid academic freedom” rubric in their next surveys.

Richard Phillips
 Cambridge, ON



TAY MIRANDA

campus bulletin

WHAT'S HAPPENING AROUND TOWN

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

upcoming events

September 2020

For all of UpTown Waterloo Fall 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.

Savour in Stratford — Saturday morning Market from 7 a.m. to 12 p.m. at the Rotary Complex, and more, www.visitstratford.com.

Wednesday, September 23

KW Chamber Music Society presents Penderecki Quartet performing "Beethoven's Razumovsky" at First United Church in Waterloo at 8 p.m. Masks and social distancing will be in effect. No refreshments; washrooms will be open. Tickets can be purchased at ticketscene.ca.

ongoing

WEDNESDAYS

September to November at 12:30 p.m.

Conrad Grebel University College presents Noon Hour Concerts @ Home. Enjoy weekly noon hour recitals by professional musicians from the comfort of home. Free / no registration required. grebel.ca/music/events.

volunteering

Your student newspaper, **Imprint**, is looking for volunteers for Fall term. Email editor@uwimprint.ca for more information.

Bereaved Families of Ontario - Mid-western 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.

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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, SLCo137.

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 recruiting, Imprint training workshops, volunteer team spirit, appreciation, 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, SLCo137.

Position available upon funding.

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.

distractions



Q. WHAT FALLS OFTEN BUT NEVER GETS HURT?

A : RAIN

Sudoku

EASY

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

HARD

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

COURTESY WEBSUDOKU

SORRY TO HEAR ABOUT YOU AND KEVIN.

I KNEW IT WAS OVER WHEN HE RETURNED MY BOOK WITH A COFFEE STAIN ON THE COVER.



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