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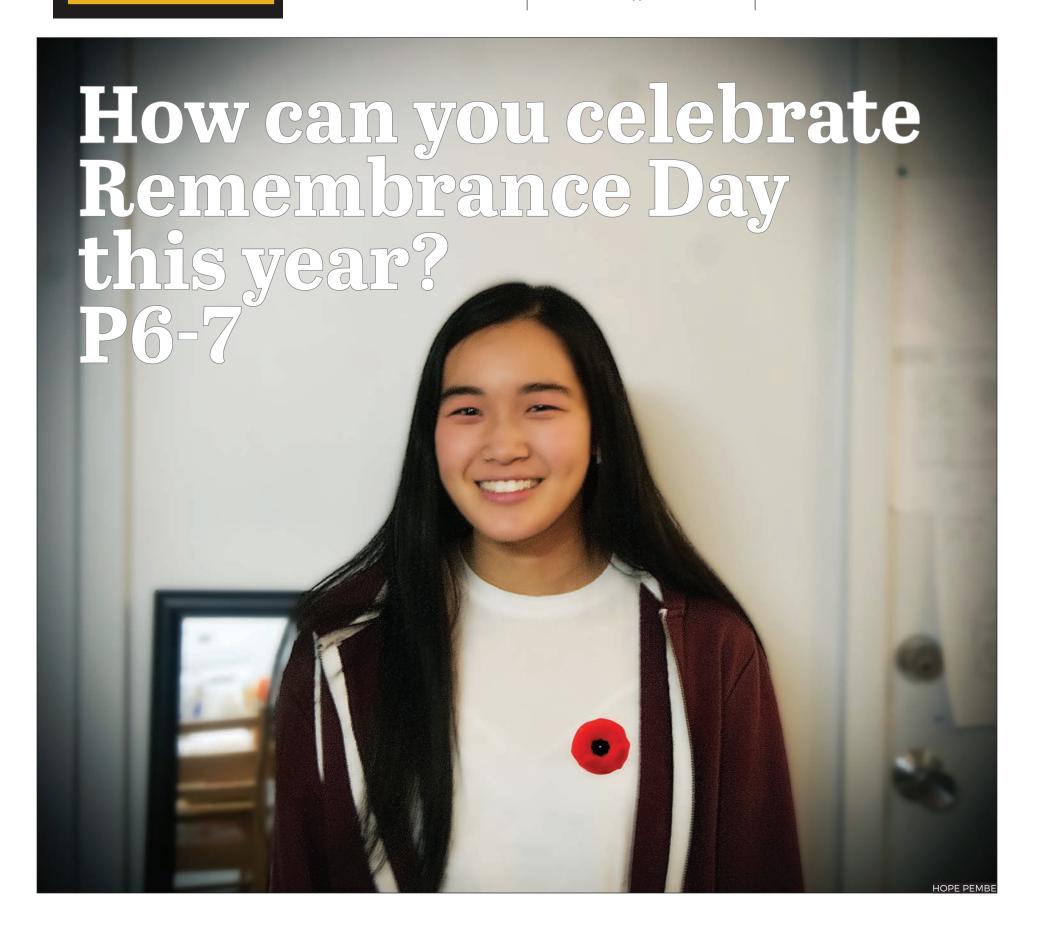
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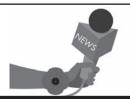
Take a stroll through Seoul, South Korea.



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The legendary Pink Tie lives on

Ryon Jones

Media Communications Officer, Faculty of Math

A lmost as mysteriously as it disappeared 36 years ago, UW's Faculty of Mathematics' giant 85-foot Pink Tie has made a return.

The unofficial symbol for the faculty, the Pink Tie, first appeared outside the Mathematics and Computer Building, officially opened in 1968. According to the Legend of the Pink Tie, the tie was the subject of sabotage and was eventually nicked in 1984, by an organization calling itself The 'Tie Liberation Organization.'

"A gentleman reached out via our general info email address and said he found what appears to be a very large pink tie in his father's basement," Rose Penner, a manager in Waterloo's Mathematics Society Office, said. "His father, who lived in London, passed away, and he had no idea how long the Pink Tie had been in the basement."

However, the email sender's brother, speaking under terms of anonymity, provided a bit more clarity on how the Pink Tie ended up in his family's possession.

"My time at Waterloo was in the mid-tolate '80s when the second and then the third Pink Ties were in use on the Math and Computer building," read an email reply.

The second tie referenced in the email was a 40-foot by II-foot replacement that was promptly purchased by the Mathematics Society after the first Pink Tie vanished. This second tie survived for less than two years before it was defaced with paint by a group dubbed 'The Engineers'.

A third Pink Tie was put into use in 1989, displayed on the MC building during the Faculty's orientation week.

"The Engineers never lost interest in the tie, and had even successfully "tie-napped" the third Pink Tie," the Waterloo alumnus revealed. "This time, rather than damaging it, they kept it entertained, bringing it to certain social events and sending notes every few weeks. After a couple of months, it was returned unharmed."

Following the tie's return, the Faculty of Mathematics students established a Tie Guard, which kept 24-hour watch during Orientation Week. The Tie Guard is now a permanent fixture every Orientation Week and has evolved into a central information point for incoming math students.

The third tie lasted more than 20 years until heavy rain and a windstorm destroyed it in 2010.

"It was during these years that I was contacted by an individual who had stored the original cloth Pink Tie from the early days," the Waterloo alumnus further disclosed. The damage to the tie, however, could not be repaired, and there were questions about whether the original tie could be preserved or should be cut into small souvenirs and handed out to students.

"Because preservation was in question, I held onto the tie at the time. It went into storage at my parents' house, always intending to return it when conditions were favourable for preserving it as best as possible. In the past couple of years, my brother became the best conduit to return the original tie to Waterloo," the alumnus said.

In 2011 the Faculty unveiled a fourth Pink Tie, which is displayed in the Mathematics 3 building each Orientation Week.

The Faculty of Mathematics Orientation team intends to display the original Pink Tie and incorporate it into future orientation events. Students and alumni are encouraged to submit fun ideas of how they would like to see this done.



The Pink Tie first appeared outside MC in 1968.

WRPS release racial-based data on their use-of-force reports

Jansher Saeed Editorial Assistant

Waterloo Regional Police (WRPS) released a bi-annual use-of-force report that documents police officers' use of physical force when responding to a call of service.

New to the report this year is racial-data collected from all 200 use-of-force instances between January and June 2020 in the Waterloo Region.

"The incorporation of race-based data is aligned with the WRPS commitment to the principles of transparency and accountability, and the WRPS Equity, Inclusion & Diversity (EID) Strategic Plan (2019-2022).

Future reports will allow for consistent comparisons that will be encompassed in a comprehensive WRPS Race-Based Data Collection Strategy.

It will help address the existence of systemic issues and race-based disproportionality," the WRPS said, during their report meeting on Oct. 14.

In 161 out of a total of 200 use-of-force calls, the officers perceived the subject as white, representing 80.5 per cent of the total cases, while white people account for nearly 80 percent of the region's population.

In contrast, Black people accounted for 16 per cent of all instances in the first half of this year, while representing only three per cent of the region's population, thus Black people are over-represented in the use-offorce reports – more than five times their population in the region.

Overrepresentation of Black people in police encounters is not an issue unique to the Waterloo Region.

Instead, it points toward issues as to how communities are policed and the institution of policing itself.

Focused attention toward police brutality was recently ignited last summer, after George Floyd, a Black man, was murdered by officers of the Minneapolis police department.

Since then, a significant outcry for police defunding and reform has emerged worldwide.

Kathy Hogarth, an associate professor at the School of Social Work at Renison University College, said the most interesting aspect of the use-of-force report may be that the racial-based data was even released.

"We have a bad system, so when we're talking about systemic change, let's go back to the roots.

Police were created as a tool to manage Black and Indigenous bodies," Hogarth said to CTV News Kitchener.

Although this data may encourage police reforms and provide valuable insight into the institution's flaws, the WRPS notes the

limited scope of the "perception of subject race" data in its current state.

"Given that this is the first time that 'perception of subject race' has been incorporated into this bi-annual report, the ability to conduct a detailed comparative or trend analysis on the single measure of perceived race is currently limited," WRPS said in their Oct. 14 report meeting.

Each of the reports was reviewed, and reporting officers' actions are analyzed by platoon staff sergeants, followed by the Divisional, Branch, or Unit Inspector.

Finally, the Training and Education Unit examines all cases service-wide for consistency.

According to the WRPS, in all reports analyzed during this period, officers utilized good judgment and de-escalation techniques when required.

Intervention methods were found to comply with regulation and procedure.

UW to build a health facility valued at \$35 million in Kitchener

Jansher Saeed Editorial Assistant

ith a focus on developing its Health Sciences Campus, UW recently proposed transforming a vacant warehouse on Joseph Street in Kitchener into a 90,000 square-foot innovative health facility valued at \$35 million.

"This opportunity to develop our Health Sciences Campus represents a significant milestone, not just for the University of Waterloo and Velocity, but for the city and region. Together, we are expanding our contribution to one of the global economy's most important sectors. And together, our citizens stand to benefit as well from emerg-

ing health innovations," Feridun Hamdullahpur, President and Vice-Chancellor of UW, said.

Dubbed the Innovation Arena, the centre will become the newest addition to the region's Innovation District, which includes Google's expanding Canadian engineering headquarters, unicorn retail innovator Faire, and the existing health-focused UW and McMaster University health campuses.

After a proposal at a Kitchener council meeting on Nov. 2, 2020, the city council voted upon a proposed contribution of up to \$8.5 million, or 25 per cent, of the capital costs to the project. As part of the agreement, UW will be leasing out 5,000 square feet of the facility's space to the city for \$1 for use by the Waterloo Region Small Business Centre to support health-related companies growing their business.

According to the proposal UW submitted to Kitchener city council, the 90,000 square foot vacant warehouse UW is looking to repurpose is already owned by the university's Health Sciences Campus.

The facility will focus on health innovation, medical technology, and deep science on the UW Health Sciences campus, located in Kitchener's downtown innovation district. The proposed facility will also become the new home of UW's Velocity program. Velocity, which has received over \$1 billion in investments and launched over 300 startups, is Canada's most productive incubator. The relocation would expand the incubator's current size of 36,000 square feet.

The facility will also focus on providing multi-use biosafety, clinical, instrumentation, product development. and wet lab space for small and medium-sized enterprises, entrepreneurs, and innovators. Co-location with various health-related and interdisciplinary researchers from UW's main campus is also planned.

"With a focus of technology and innovation-based solutions to health challenges, the proposed facility would be unique in Canada," Hamdullahpur stated in the pro-

For the continuation of this project, the university is highly dependent on its municipal partners to help fund the proposal. The project is in its early stages and is slated for completion in 2023.

Waterloo Warbirds announce a flyover on Remembrance Day

Genevre Mae Villar News Editor

In honour of the thousands of Ca-Inadians who dedicated their lives to serving our nation, the Waterloo Warbirds will be up in the air on Nov. 11, 2020, weather permitting.

The president of the Waterloo Warbirds, Derek Hammond, said, "if it is operational, we will have it in the air."

The Waterloo Warbirds plan to fly over all nine cenotaphs in Guelph and the Waterloo Region. In addition to flying over these cenotaphs, they will be overflying Mount View Cemetery in Cambridge, Mount Hope in Kitchener-Waterloo, and Woodlawn in Guelph, all of which have significant war memorials and are the final resting place of service members.

Waterloo Warbirds operate five historical aircraft - one WWII trainer (Harvard Mk IIb) and four jet trainers (MiG-15, de Havilland Vampire, Canadair CT-133 Silver Star, and an Aero Vodochody L-29 Delfin).

Their flight is expected to occur between 10:30 a.m. and 11:15 a.m. on Nov. II, 2020. The specific route was released after press time.



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 ASSOCIATIO

UW launches Racial Equity Board Games Showcase

Tashfin Salam Orna Reporter

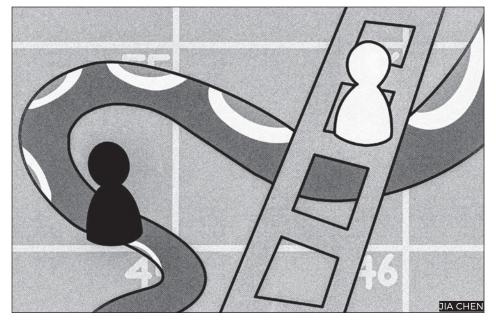
The University of Waterloo announced the launch of a Racial Equity Board Games Showcase scheduled to begin around mid-April 2021, according to Kitchener Today.

The initiative comes from a partnership between three UW groups: the Research, Equity, Diversity and Inclusion (REDI) Council, the Games Institute, and the Council for Responsible Innovation and Technol-

A panel discussion was held on Oct. 21, 2020, featuring several games and race studies researchers, including Drs. Kishonna Gray, Lai-Tze Fan, and Aynur Kadir.

The panel session focused primarily on promoting awareness and informing interested participants about the strategies and logistics involved in designing racial equity-themed board games.

In an interview with Kitchener Today, Neil



Randall, Executive Director at UW's Games Institute, Chair of the CRIT, and a key organizing member for the showcase, said: "...we began to realize that games can be a way to help people understand intricacies and sensitivities of these issues [surrounding concerns of equity and racism]."

Game submissions will begin in February

2021 and will be evaluated by games studies and anti-racism scholars.

Design prototypes for board games can be submitted virtually and the medium of board game chosen is "approachable" as proficiency in programming languages won't be required.

"In mid-April, we will have an online remote showcase where we celebrate these submissions," Randall said.

Randall hopes that the designs address issues that will educate the players.

"I want to see something that addresses one or two key issues [on racial injustice] ...and find out how through playing this game... they can understand those issues more fully," Randall said.

UW is undertaking this initiative following the school's commitment and ongoing efforts to combat issues of systemic racism and racial inequity.

"As long as we are working with the communities who are most affected - the cultures most affected - we can possibly make a change that way - and that's what we're hoping to do," Randall said.



Region of Waterloo lends its skies to AirMatrix for drone testing

Neha Lakshman Mandenganam Assistant News Editor

irMatrix, a tech startup based in Toron-Ato, aims to map out road infrastructure for cities and businesses to use drones more safely in the future. Alexandra McCalla, the co-founder of AirMatrix, has been working on the project with her colleagues for the past two years. They had the opportunity to flight test the drone in a live environment this October in the Waterloo region. The Region of Waterloo has put out a notice on their official website regarding drone activity in the region. McCalla said the AirMatrix team is working with Transport Canada on the drone project and have several other flight tests scheduled in the region for early November.

"As a municipality known for supporting the start-up community, the Region of Waterloo is pleased to be supporting the work of AirMatrix," Laura Philippe, Communications Co-ordinator at the Region of Waterloo, said.

When asked if there have been any com-

plaints amongst the population of Waterloo regarding the drone activity, Philippe stated that there are no reported public disturbances to date. According to Philippe, the region of Waterloo is an ideal environment for drone testing for multiple reasons.

"Waterloo Region's blend of urban and rural areas, as well as our proximity to the hinterland of Waterloo International Airport, all make us an ideal environment for this testing."

Philippe has also confirmed that the Region of Waterloo is not actively building a grid in the skies for drone testing as the region is not mandated to do so yet.

The results from previous drone testing done by AirMatrix have not been formally released to the Waterloo region yet.

"The Region is interested in hearing outcomes relating to drone usage in proximity to our regional airport and learnings about the use in rural and urban areas. The outcome of this work will help shape the drone ecosystem in our country in the future, which is why supporting a neighbouring start-up made sense for the Region," Philippe explained.

science & tech



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Know more than you know

Kartikey Sinha Reporter

nowing more than you learned is every student's dream before a test. That sounds impossible, right?



Ilia Sucholutsky, Vice President Research at StratumAI and PhD student at UW

"But it turns out, it is indeed possible," Ilia Sucholutsky, Vice President Research at StratumAI, and a PhD student at UW said. In the context of machine learning, "...it is possible to learn from less than one example per class," Sucholutsky said.

Sucholutsky's recent research paper is titled 'Less Than One'-Shot Learning. The paper examines an extreme form of few-shot

"There's another regime that scientists haven't previously noticed. They proposed the idea of few shot learning, one-shot learning, and zero-shot learning. We're exploring something that's hidden between one-shot learning and zero-shot learning. We're saying that you can design examples for machine learning models that are so efficient that you need less of the examples than the total classes," Sucholutsky said.

How does 'Less Than One'-shot learning work?

"Soft labels are typically used as outputs of a classification model. But now we're saying what if the input was also to look like that," Sucholutsky said. "We started examining whether we can create these soft label points that can train machine learning models even though there are fewer examples than classes."

"Previously, we used hard labels to refer to a certain image or an object," Sucholutsky said. "For example, we would [hard] label the digit '3' as three."

"But what we can also agree on is that the digit '3' [visually] has more similarities with the digit '8' as compared to the digit '7'."

"The underlying idea of less than one shot learning is that we can try and quantify this connection so that the machine learning algorithm can learn better from it." Sucholutsky said.

"For example, for the image of a handwritten digit '3', I tell the neural network that the digit in the image is 70 per cent the digit '3' and 15 per cent the digit '8'. This is a soft-label distribution over the different classes. At that point, the neural network or any machine learning algorithm can start learning the features within the image that are shared between various classes."

"Previous authors have shown that for the MNIST handwritten digit dataset, they could train models to achieve over a 90 per cent performance using just one synthetic example per class. They classified all 10 digits using one image per digit." He said.

"What we found was that with our soft label dataset distillation, we could actually go below one image per digit. We found that we could design 5 synthetic images, give them these special soft-labels, and just with these five images, we can achieve above 90% performance for the handwritten digit classification," Sucholutsky continued.

Sucholutsky said theoretically that it is possible to have these optimal synthetic examples that allow machine learning models to learn this low-shot way that we described. But the question is how to actually design these synthetic models?" Ilia is currently exploring this very question in his follow-up paper.

Sucholutsky is positive about the real world applications.

"In general, these [applications] include areas where you're doing some kind of classification tasks, where there's a large number of classes, and where there are few examples per class available. Some of these applications can include character recognition, object detection, language modelling, text classification (sentiment analysis), image captioning, and even recommendation engines."

"People talk a lot about 'big data.' But most people don't have 'big data.' It's really hard and expensive to gather big data. We need to get our machine learning models to work well with small data, as it does with big data," he said.

"Another interesting one for me, which is less seen in the real world, but will have a big impact is neural architecture search. Currently, neural architecture is extremely computer intensive. But with few shot learning, one shot learning, or less than one shot learning, the cost is massively reduced."

New locally developed app helps prevent users from losing their phones

Reporter

new app, developed by a Allw student, tracks its user's movements, ensuring cell phone users no longer have to worry about losing their phones.

"Chaperone extracts the owner's moving pattern and determines if the owner is about to leave the device unattended," UW said in a release.

The genius behind Chaperone is UW Ph.D. student Jiayi Chen, who after nearly losing his own phone invented an app to make sure it would never happen again.

"I was in a restaurant and after I finished my meal, I left without taking my phone. I was out the door and heading toward the bus stop when a waiter ran out and said, 'hey, you forgot your phone.'"

"I was lucky, but it got me thinking. What if a smartphone could detect whether it's about to become unattended and then could alert the owner while the device was still within reach?"

Jiayi made his idea a reality with the creation of Chaperone, which uses a sonar method known as "active acoustic sensing" to detect the cell phone user's movements and monitor their distance from the

A press release by UW further explained the technology, stating that "when Chaperone is installed on an Android phone, it uses the device's speakers to emit an inaudible high-frequency acoustic signal. It then detects the echo of that signal - its reflection from the phone's owner as well as other people and nearby objects - using its microphone. Based on the changes in the reflected signals, Chaperone can distinguish nearby moving people from static objects."

Although the idea of an alarm going off whenever you move away from your phone may seem unreasonable, the Chaperone app is capable of adapting to its environment. A visit to the library, for example, will result in a gentle ringtone alert from the app.

Chaperone has been shown to work effectively in most cases. The app was able to successfully detect a user's movements away from their phone 93 per cent of the time in test trials.

Currently, Chaperone has only been developed to be compatible with Android phones and is not available on Apple devices.



Remembrance Day Lest we forget

emembrance Day is celebrated every year on Nov. 11 to commemorate those who have sacrificed their lives to protect Canada. Canadian citizens gather in public spaces and observe a moment of silence at the eleventh hour of the eleventh day of the eleventh month.

The Royal Canadian Legion plans and coordinates activities for Remembrance Day across Canada including the National Ceremony and the Poppy Campaign.

How is the National Remembrance Service going to be conducted this year?

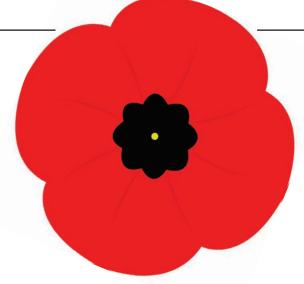
ue to COVID-19 and social distancing guidelines, in-person attendance is dis-Couraged. The Ceremony will be live streamed on the Royal Canadian Legion's Facebook page as well as be broadcasted by CBC, Global, and CTV.

The Ceremony is scheduled to begin at 10:45 am on Nov. 11.

Ceremony Program Schedule:

- Arrival of Dignitaries
- O Canada
- Last Post
- (II:00 am) Two Minutes of Silence
- Lament
- Rouse 6.
- Act of Remembrance

- 8. Prayers
- Placing of Wreaths
- 10. Benediction
- II. God Save the Queen
- 12. Dignitaries depart and ceremony concludes



What is the Poppy Campaign?

 ${f F}$ rom the last Friday of October to Nov. 11, people across the country wear a Poppy as a pledge to honour Canada's Veterans as well as those who sacrificed their lives for our safety and freedom. The Poppy need not be purchased as it is distributed freely but donations to the Poppy Trust are accepted.

The Digital Poppy can be found at www.mypoppy.ca. This website accepts donations too.

What can you do to honour veterans?

- Become a Legion member to support Veterans year-round
- Make a donation to the Legion's Poppy Trust Fund at any Legion Branch
- Say "thank you" to a Veteran
- Wear a Poppy
- Honour a fallen Veteran on the Legion's Wall of Honour and Remembrance
- Plant poppy seeds or grow a garden of Remembrance
- Visit a cenotaph
- Invite a Legion Branch to make a presentation at a school or community group



What is happening in the KW Region for Remembrance Day?

Kitchener: At the cenotaph in Memorial Park, a service will be held that only 25 people can attend. Social distancing measures will be enforced and buffet food will not be served at the legion. The legion has a maximum occupancy of 50 inside and on the patio.

Waterloo: A small wreath-laying ceremony will be held at the Waterloo cenotaph at 10:45 a.m. A few local dignitaries and legion members will be present and some outdoor space has been reserved for onlookers to watch while following social distancing guidelines.

How do you wear a Poppy?

 \mathbf{T} he Poppy should be worn on the left side over the heart without using a pin that obstructs the Poppy. It should be worn during the Remembrance period, i. e., from the last Friday of October to Nov. II. The Poppy can be worn at funerals of Veterans, and for any commemorative event such as a memorial service, or the anniversary of the Battle of Vimy Ridge. However, wearing the Poppy at any other time to commemorate Veterans is also not considered inappropriate.

The Poppy, once removed, should be stored carefully or disposed respectfully. Some people choose to place their Poppy on the cenotaph or on a wreath as a sign of respect at the end of the ceremony. The Legion asks anyone who finds a Poppy that has fallen to the ground to pick it up and brush it off so that it can be kept or disposed respectfully.

In Flanders Fields

By: Lieutenant Colonel John McCrae

In Flanders Fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below. We are the Dead. Short days ago We lived, felt dawn, saw sunset glow, Loved, and were loved, and now we lie In Flanders fields.

Take up our quarrel with the foe: To you from failing hands we throw The torch, be yours to hold it high. If ye break faith with us who die We shall not sleep, though poppies grow In Flanders fields.



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A PLACE AND TASTE COLUMN

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Danica Halum Reporter

hether it is the countless K-dramas you've binged, the endless list of songs by BTS you've jammed to, or the number of times you've enjoyed KBBQ, nothing beats a firsthand experience with the vibrant culture of South Korea. The city of Seoul epitomizes almost everything you can find in this innovative nation. The city is incredibly advanced with its technology and yet fully retains its old traditions. Like with many of South Korea's neighboring countries, this is one of the best places globally to explore via food, especially with Korea's distinct flavors. Even if the destinations may not leave a lasting impact on you, the varieties of food certainly will.

The Palaces | There are five grand palaces in the city of Seoul: Changdeokgung, Deoksugung, Changgyeonggung, Gyeonghuigung, and Gyeongbokgung. You can easily spot them with their high fortresses and colorful ornate gateways. The largest of the five is Gyeongbokgung, which served as the main palace for an early dynasty. Within the palace's premises, you'll find two museums

on the rich history of South Korea's royalty and its traditions. While there is a lot to discover in Gyeongbokgung, do visit the other palaces, like Changdeokgung and Deoksugung to witness the changing of the guards and the magnificent Zen gardens. Together these palaces are a series of homages to the nation's past that are sure to stun any of its visitors.

Namdaemun Market | The largest traditional market in Seoul sells a wide variety of items, from street food to accessories to local handicrafts. Because of its vast size and its wide array of items, there are countless things that will definitely pique your curiosity.

You can also try your hand at bargaining, which is quite entertaining in itself depending on who you're dealing with.

Myeongdong | For a taste of the pop culture in Korea, Myeongdong is the place to be, where you can buy into some of Korea's extraordinary beauty trends and grab some street food while you're at it. The area is popular with the youth, but maybe grandpa's willing to tag along and try on that snail face mask

Dongdaemun / If Namdaemun and Myeongdong still don't cut it for you, head to



The Gyeongbokgung Palace is also more commonly known as the Northern Palace.

the Dongdaemun district where there are a whopping 26 malls. You'll definitely get in some serious cardio should you decide to explore all of them in one day, and your wallet may also be significantly lighter. This district is recognized for both its retail and design. Within the district, the Dongdaemun Design Plaza is a sight to behold with its standout fluid metallic structures, ideal for the gram.

Namsan Park / Contrary to the dense bustling nature of Seoul's shopping areas, the verdant greenery of Nam mountain, which towers over the city, is refreshing. Here, you can escape into the park's botanical gardens and lush vegetation. At the end of your climb, you're rewarded with magnificent views of the city and the iconic Seoul tower.

Before you embark on the most epic food trip in Seoul, it's best to be acquainted with your tolerance towards spice first. One of the most quintessential ingredients in Korean cuisine is gochugaru (red pepper), which is then used in gochujang (a red chili paste). These then give the dish a reddish color. Beware of the many pitfalls with Korean dishes, particularly those that take on this com-

mon deceitful color, which can prove to be either harmless or downright lethal.

Tteokbokki / This fun street snack consists of chewy stir-fried rice cakes cut into thick cylindrical shapes that are then tossed in a red sauce. This dish scores highly with the unique and honestly entertaining texture from the rice cake mixed in with the sharp, sweet and spicy sauce. If you're erring on the side of caution with the spice levels, congrats, you're in for a treat because this is probably one of the most tolerable dishes out there

Bingsu/If you decide to be a little adventurous with Korean cuisine and find your mouth ablaze, ignited by the spices, rush to the nearest bingsu place. This shaved ice dessert will surely help in cooling things down. With a variety of toppings to choose from, this cold dessert is fun, versatile and certainly sweet.

From the grand palaces and excessive shopping to the lovely long walks and traumatized taste buds, an experience in the city of Seoul is likely to be memorable. The blend of the new and the old keeps things exciting in South Korea's capital, giving its visitors an entertaining memory.



The Changgyeonggung Palace in the heart of city, is a must-visit in Seoul.

sports & health



Music can impact emotions, stress, and mental health powerfully

Abby Rudy-Froese *Reporter*

any of the habits associated with good mental health involve creating or listening to music. Good mental health is often achieved through a combination of several habits including a healthy diet, exercise, connection with others and expressing emotions in constructive ways. Of the many benefits music has on mental health, the most noticeable is the release of stress and emotions.

UW Music student Cameron Slipp said, "Playing music has always been a method of stress relief for me. I often find myself noodling away on the piano when I'm stressed – and I've been doing that a lot, lately, because of the pandemic."



Cameron Slipp, a UW music student.

"Music acts as a creative outlet for our emotions, which we often bottle up inside of us," Kayla Burmaster, a Music and Psychology student, said. "Music can regulate our emotions. It activates the neocortex of the brain, which helps calm us and reduce impulsivity."

Anita Chen, a Math student with a minor in Music, explained how over the past few months she has improvised and composed a song on the piano to reflect, depict, and let out her pandemic-related emotions.

"I feel like I am channeling the nuances, conflicts, and states of my emotion into music. Those activities help me to express my feelings beyond words and ultimately make me more resilient," Chen explained.

Chen and Slipp aren't the only Waterloo students who use their emotions to inspire the music they create. "For some, it's easier to express feelings by writing song lyrics or expressing it through the elemental components of the music," Burmaster said. "Music is often written about people's personal experiences and it helps people feel less lonely when they find a song with lyrics that really resonate with their personal situation."

Music can make a listener feel a multitude of different emotions based on the composer's intent. Burmaster explained further, "Music is proven to reduce stress. However, if you choose to listen to the theme of the popular game-based learning platform Kahoot, you may experience an increase of stress, as the music was specifically designed to create tension."

"The way that music emotionally reso-

nates with me varies depending on both my mood and the music," Slipp added. "Music can make me feel calm, but it can also make me feel stressed. Music can make me feel connected, but it can also make me feel alone. I think part of the beauty of music is its power to embody and amplify any emotions."

The Conrad Grebel University College Music Department at UW is mindful of the connection between music and mental health. While music ensembles can not be in person this term, the new virtual format provides students with the opportunity to let out their emotions, connect with others, and create music together, all of which will help improve student mental health.

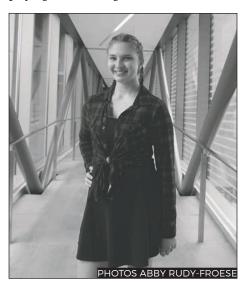
Additionally, UW's Thrive program brings attention to the importance of building positive mental health. Thrive week is held the first week of November and includes events about simple mindful cooking, managing stress as a university student, and "Noondaagochige," a virtual Noon Hour Concert presented by Grebel. On Nov. 4, 2020, saxophonist Olivia Shortt will share her new music pieces as well as those of artists she has met over the past few years.

Though it will not occur during Thrive week, Grebel will also release a Noon Hour Concert on Nov. 25, called "Music for Self-Isolation." Guitarist Mariette Stephenson will play several pieces by composer Frank Horvat. While at home during the pandemic, Horvat was struggling to figure out how to share his music because people can not come together in person and play

music. He came up with a solution and has written 31 solos and duets for every type of musician to enjoy in their own home. Both Horvat and Stephenson, though performing and playing alone, are using their music to build community and stay connected with others.

"The pandemic makes me realize how music-making can contribute to my resiliency," Chen said.

All of these musicians have become more resilient and improved their mental health by overcoming challenges and negative emotions posed by the pandemic by simply playing and listening to music.



Music and psychology student, Kayla Burmaster, uses music to reduce stress.





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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.

Meritocracy in Canada

n October last year, CNN nominated "The Meritocracy Trap" by Daniel Markovits as its Book of the Week. I finally got a chance to read it after completing my Spring 2020 study term. In his book, Markovits presents an argument that undermines the seemingly virtuous meritocratic social arrangement. The book is very persuasively written and Markovits asserts his thesis by demonstrating how meritocracy has the same defect it was intended to remedy. In his discussion, Markovits exclusively

uses American case studies and statistics. Following his analysis, I thought it was worth writing about whether there is also a Meritocracy Trap in Canada.

Meritocracy is a system where people who show higher levels of ability deserve higher rewards and socio-economic status than those who show lower levels of ability. This is very much the practice around the developed world. Meritocracy was intended to replace the aristocracy, which was a system where wealth and status were passed down by birthright. Meritocracy seems fair, right?

Markovits explains Meritocracy's flaw in his book. The smartest people earn the best (and highest paying) jobs in the country; since they are rich, their children, obviously have access to the best schools (e.g. private school). Those children receive elite education and training from a young age and they usually end up "smarter" than their middleand lower-income counterparts. Since the children are smart, like their parents, they also earn the best (and highest paying) jobs in the country. Hence, wealth is indirectly passed down by birth as it was in Aristocracy. Markovits concludes that Meritocracy fails to serve its purpose. In the US, this phenomenon is amplified due to the disparity between university reputations. Alumni from elite universities (e.g. the Ivey League) end up earning much more than alumni from non-elite universities (e.g. state Uni-

Fortunately, in Canada, the difference between university reputations is not large

enough to create such disparities in salaries. Almost all universities are state-funded. It is not uncommon to find graduates of UofT (the top-ranked university in Canada, overall) earning similar salaries to alumni from other Canadian universities. Admittedly, alumni from some Canadian universities have it easier when looking for a job when fresh out of university. However, finding a job easily in Canada does not necessarily translate to having higher salaries. Further, no university in Canada has its alumni dominating the most prestigious jobs in the country. The top Canadian law firms have lawyers coming from all law schools and graduates from all Canadian med schools usually end up with the similar salaries if their specialization is the same. In the US, graduating from Harvard University or other high-ranking schools almost guarantees a path to an elite job; the top jobs are disproportionately filled with alumni of topranked universities.

Overall, due to the narrow spectrum of university "eliteness" in Canada at the moment, the effects of The Meritocracy Trap are felt to a much smaller degree than in the

Muhammad Saifuddin Hashmi 4B, Civil Engineering

THE MERITOCRACY TRAP

How America's Foundational Myth
Feeds Inequality, Dismantles
the Middle Class, and Devours the Elite

DANIEL MARKOVITS

COURTESY AMAZON

New COVID-19 guidelines

Pear Editor,

I write in response to the new guidelines effective November 9th which make not following COVID-19 safety precautions a Policy 71 non-academic offense.

These measures are unduly punitive and harm students and staff by creating an atmosphere of suspicion and hostility. To this point, the guidelines encourage discrimination and hardship for those with an illness or disability for who wearing a face covering is not possible.

The release reads: "If you witness a student in violation of COVID-19 mandatory safety precautions in a common indoor space..., you may respectfully remind the student of the precautions if you feel comfortable doing so."

Yet, the same release states that those

with a medical need for exemption are "not required to disclose the medical grounds for their exemption." Only a verification form is required if requested by an instructor or Police Services; certainly not fellow students.

It is unfortunate that the University has chosen this punitive path, which may end up making some students feel less safe on campus.

This is especially true as I reflect on the vast majority of students and staff who continue to be diligent in following every safety precaution.



Devan Munn 3A, Arts

campus bulletin

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upcoming events

November 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.

Friday, November 27 **Virtual 2020 Tree of Bright Stars**

memorial event presented by Bereaved Families of Ontario-Midwestern Region is now being organized. RSVP by November 16. Personalized ornaments will be available as well. For more info call 519-603-0196 or admin@bfomidwest.

Sunday, November 29

KW Chamber Music Society presents "Jung Tsai and KWS Colleagues" at 3 p.m. For more info/tickets - www.ticketscene.ca/kwcms.

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/

volunteering

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

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

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Annual General Meeting! Thursday, November 26, 2020 @ 5 p.m. Microsoft Teams (link to be found at imprint publications.ca)

APPROVAL OF THE AGENDA

Motion: Resolved, the membership approves the agenda for this meeting.

APPOVAL OF THE MINUTES

Motion: Resolved, the membership approves the minutes for the 2020 AGM.

BOARD MESSAGE

APPROVAL OF THE AUDIT

Motion: Resolved, the membership accepts the audit.

RATIFICATION OF BYLAW CHANGES

Motion: Resolved, the membership accepts the new bylaw changes.

APPROVAL OF FEE INCREASE

Motion: Resolved, the membership accepts the new fee increase.

RATIFICATION OF THE ASSET PURCHASE AGREEMENT

Motion: Resolved, by membership.

DISSOLUTION OF IMPRINT PUBLICATIONS

Motion: Resolved, by membership.



distractions



THE POPPY TRADITION BEGAN WHEN THE NOTICEABLE RED FLOWER WAS SEEN GROWING OVER THE GRAVES OF SOLDIERS.

Play Down, Across, and 6 Feet Apart



Across

- 2. Poke tuna
- 5. Largest U.S. retailer of the
- Beatles' meter maid
- Actress Anderson
- 9. Reflex test site
- 10. Nanny __
- 15. What the big hand indicates 11. Female Rabbit
- 17. Smooth and glossy
- 19. Coffee-making portmanteau
- 20. Museum display
- 21. Party drink in a bowl
- 22. Track event
- 24. Contribution to the discus-
- 25. Largest fast-food chain in China
- 26. Indian yogurt drink
- 28. Their blades remove water
- 31. Before, in poetry
- 32. Online journal

Down

- Social distancing accessory
- Sap provider
- Dracula after a hearty meal? (4,5)
- Beethoven's 'Für __'
- "The Rise of Skywalker" heroine
- 12. 'Jeopardy!' host
- 13. Broadway destination
- 14. Perfect place
- 16. Pack of cards
- 18. Hybrid instrument played by Prince and Lady Gaga
- 23. Fish that swims backwards
- 27. Displeases James Bond, at the bar?
- 28. Apple co-founder's nickname
- 29. Diving acronym
- 30. Former Starbucks tea





ON NOVEMBER 11, WE REMEMBER.

PLEASE TAKE A MOMENT OF SILENCE AT 11AM TO REMEMBER THOSE WHO HAVE DIED IN WAR.

SOLUTION TO "HAPPY SPOOKTOBER"

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SOLUTION TO "TREK THROUGH TIME"

