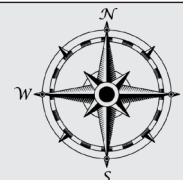


**im
print**

p6

LOCKDOWN FITNESS GUIDE
Virtual and outdoor workout options
available to students.



NAVIGATING QUEST
Design review of UW's student
information system. P10

UNZIPPED REVIEW P9
Immerse yourself in the world of
The Rolling Stones.

YUCATAN PENINSULA P4
Interconnected landscapes and the
worsening climate crisis.

RESIDENCE RESTRICTIONS P2
New restrictions in place due to the recent
surge in COVID-19 cases.

Students react to delayed in-person learning. P6





Omicron variant brings new residence restrictions

Alicia Wang
News Editor

On Dec. 31, University of Waterloo students living in residence received a memo from Campus Housing detailing new restrictions in response to the increasing presence of the Omicron variant across the province.

The new changes included the closure of seating spaces at the Claudette Miller Hall, Village 1 and Ron Eydt Village eateries, now open for takeout only, as well as the closure of all study and lounge spaces. Additionally, the only outside guests allowed are now limited to move-in companions.

At the start of the fall term, restrictions mostly revolved around limiting social gatherings, with capacity limits on eatery seating, gathering places like floor lounges and events. These regulations allowed UW to promote social distancing and in doing so, keep COVID numbers down.

The recent changes more closely reflect the restrictions that were in place during the spring 2021 term, where due to the province's stay-at-home orders, classes almost exclusively took place online and both eatery dining spaces and gym facilities were also closed. As the province moved through the Roadmap to Reopen plan throughout the Spring term, these restrictions were mitigated and then lifted, only to be brought back with the rise in COVID-19 cases and the spread of the Omicron variant.

The memo took note of the fact that the new measures exceeded what was required of the university, after the Ford government's recent announcement that the

province would move back into a modified Step Two of the Roadmap to Reopen plan. Prior to the winter break, the university had notified students of a return to an online learning format until January 24. However, due to the announcement, online learning has now been extended to at least January 27 to align with the Ford government's requirements.

The Ford government's move back to a modified Step Two includes the reduction of social gathering limits to five people indoors and 10 people

place for 21 days.

Leyla Koc, a 1B arts and business student living on campus, pointed out the perceived gaps in logic when it came to closures of common areas like lounges. "[Lounges being closed] makes no sense because these are the people we share a bathroom with," she said, also noting that many students end up congregating in student dorms regardless of restrictions.

Another student living on campus, 1B science student Andrea Zecca, addressed issues that can inadvertently rise as a result of sweeping changes that do not

my friend in V1's lounge is connected to his kitchen, so he can't do his dishes. They've basically trapped us in our rooms."

During the past month, the province, and subsequently, the Kitchener-Waterloo region, has undergone several adjustments in terms of restrictions placed on gatherings and capacity limits. Despite having moved into Step Three early due to vaccination rates hitting target levels earlier than expected, the alarmingly high transmissibility rate of Omicron, which helped it become the most prominent variant of

COVID-19, forced the province to move backwards in the Roadmap to Reopen plan.

Despite the general displeasure with

the new restrictions, administrators in the Kitchener-Waterloo Region have repeatedly emphasized the importance of residents continuing to follow the restrictions and remaining alert to prevent further spread of Omicron. At a briefing on Dec. 31, chief administrator Bruce Lauckner stated that "We are asking yet again for everyone to do their part, and I know that's a tough message to deliver."

The message was underscored in an emergency council meeting held on Jan. 4, where Dr. Hsiu-Li Wang, Waterloo's medical officer of health, stated that due

to surging case numbers, "Even if only one per cent of those who are infected require hospital care, the sheer number of those is projected to overwhelm the

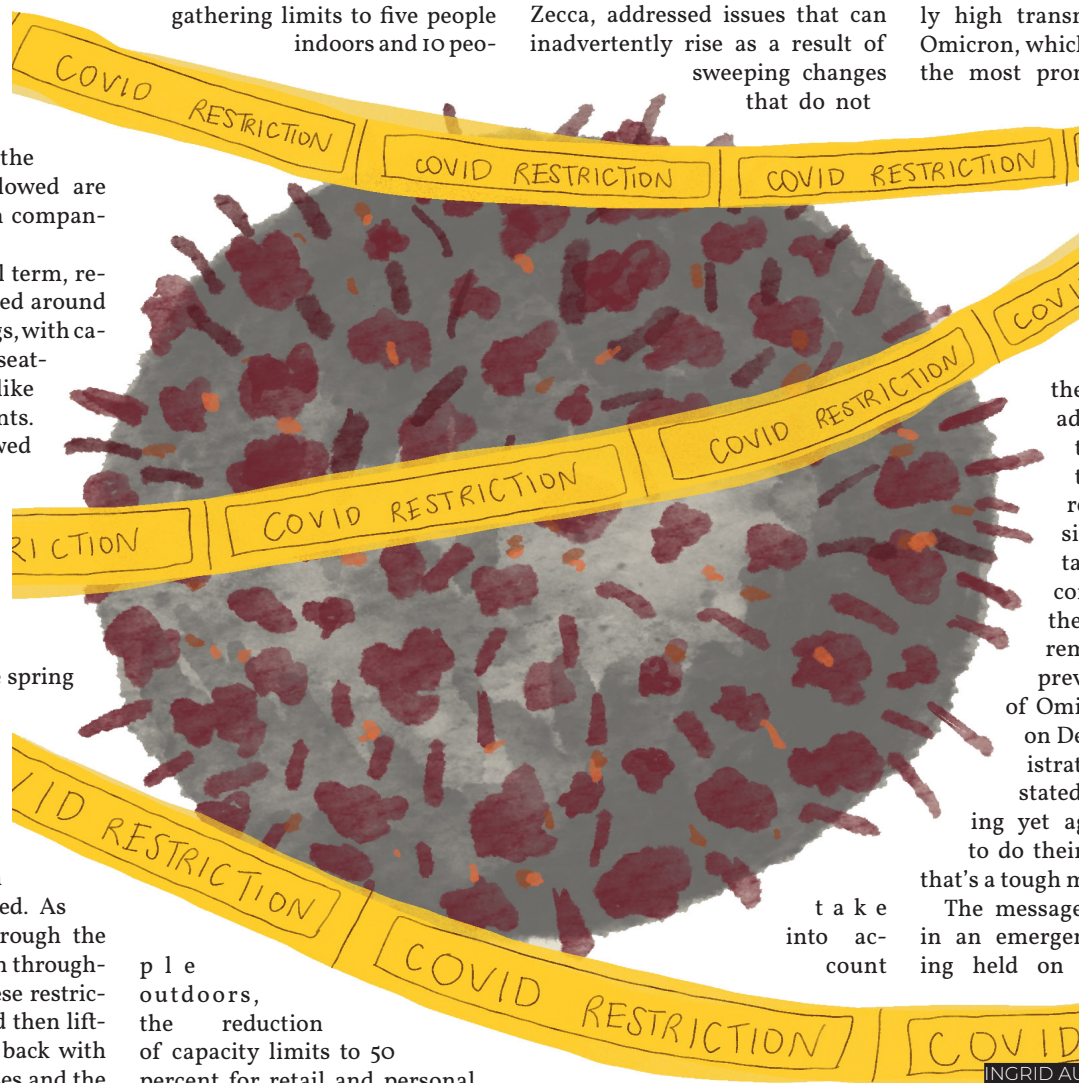
healthcare system in January."

The Campus Housing memo also included COVID-related resources for students, including a COVID test booking form (however, the form is not currently accepting submissions) as well as a health and safety guide regarding disclosure protocols.

As of Jan. 4, there are 51 people hospitalized for COVID-19 in the KW region, with 487 new cases and a total of 3,864 active cases. Those who are eligible are encouraged to get their first, second or booster shots and can visit provincial booking sites, regional booking sites or look into participating pharmacies.

"I think that [the restrictions] are unfair because there are important things people need access to... my friend in V1's lounge is connected to his kitchen, so he can't do his dishes. They've basically trapped us in our rooms."

ANDREA ZECCA,
SCIENCE STUDENT AT
UNIVERSITY OF WATERLOO



take
into ac-
count

ple
outdoors,
the reduction
of capacity limits to 50
percent for retail and personal
care services and the closure of
indoor dining as well as gyms and
theatres. It also mandates the closing
of indoor meeting and event
spaces.

The changes are slated to be in

in-
dividual discrep-
ancies in housing arrangements.
"I think that [the restrictions] are
unfair because there are important
things people need access to...

UW students react to postponed in-person learning

Jansher Saeed
Assistant News Editor

After nearly two years of online learning, UW students were expecting an in-person return starting Jan. 5. That was until an announcement from UW stated that in-person courses would be delayed until Jan. 27 as a preemptive response to the surge of COVID-19 cases linked to the Omicron variant.

While some students expressed their disappointment with the extended online-learning period, others were pleased with the decision.

“At first, [I] was a bit disappointed as [I] was looking forward to finally having in-person classes, but obviously with everything going on, there isn’t much us or the university can do,” Simran Dhillon, 3A management engineering, said.

Dhillon noted how online learning is a great option for students who have contracted COVID-19 to continue their learning virtually without missing any classes. She also mentioned that both systems of learning have their respective benefits.

“In-person I feel there is more exposure and you can easily ask your classmates for any questions during a lecture. Online classes give you the opportunity to learn at your own pace and in case you fall behind you have all the material, with recorded lectures uploaded online.” Dhillon said.

On the other hand, some students see more drawbacks to online school, from finding it harder to communicate with teachers and classmates to having limited access to essential learning resources.

“The first month of school being online makes me feel as if the constant cycle of online classes due to the pandemic is repeating once again. In the first month of school you usually have access to many resources and face-to-face time with professors and other students and being online means missing out on those opportunities,” Habiba Zafar, 3A biology and business, said.

Zafar mentioned that a big challenge with online learning is a lack

of motivation. Physical class and university settings create a sense of accountability and encourage motivation when students see their peers working around them to their best, Zafar said.

Another major disadvantage of online learning is its impact on mental health and well-being. With less face-to-face interaction, it can be difficult to feel connected with the campus community.

“One of the biggest challenges I feel like I’ve faced during remote learning is the lack of communication and feeling of community. Even if you’re in synchronous lectures with your camera on, everything is through a screen and you don’t get that same sense of connection with your friends, classmates and instructors as you do

with in-person classes,” Claire Shen, 3A applied health sciences, said.

Shen also offered a solution that has personally helped her maintain a sense of community while learning remotely — reaching out to classmates through group chats, emailing professors and making sure to keep communication constant.

For some, the challenge with online learning comes with creating their own schedule, balancing school, work and a personal life during a pandemic.

“Online learning sure has its challenges, for me it’s trying to structure my day so that I get all of my lessons done but still have time to do other things. Depending on the course/prof the organisation of the materials is not al-

ways easy to follow along with,” Landyn Gestic, 3B math and administration, said.

While the pandemic has created many challenges, especially those concerning quality and delivery of learning, UW encourages us to use this time to rest, rejuvenate, reflect.

“We will continue to work closely with public health officials over the winter break and if these temporary measures for the winter term need to be changed or be extended, we will let you know as soon as possible,” Vivek Goel, President and Vice-Chancellor UW, and James W.E. Rush, Vice-President, Academic and Provost, said in a notice sent to undergraduate students regarding an online Winter term on Dec. 16.

“We will continue to work closely with public health officials over the winter break and if these temporary measures for the winter term need to be changed or be extended, we will let you know as soon as possible”

VIVEK GOEL, PRESIDENT AND VICE-CHANCELLOR OF UNIVERSITY OF WATERLOO





The interconnectivity of the Yucatan Peninsula

Hayley Austin
Reporter

University of Waterloo graduate student Aaron Coutino's research is revealing the interconnectedness of the Yucatan Peninsula.

The Yucatan Peninsula is located in the narrowest point of Mexico, separating the Atlantic Ocean, including the Gulf of Mexico and the Caribbean Sea, from the Pacific Ocean. "The Yucatan Peninsula is very special in that it is built on limestone bedrock. Limestone is very porous and so that causes a karstic environment," Coutino said, comparing the ground to swiss cheese, with many holes that easily dissolve. "That's how you end up with massive cave systems underground and cave structures throughout the Peninsula."

Coutino, whose masters and PhD are in the Faculty of Math, placed sensors in bodies of water throughout the Yucatan that were assumed to be isolated from the regional aquifer and collected data

on the daily fluctuations of water levels and salinization. At all these locations, tidal oscillations were detected. Coutino's research found that "there are connections throughout the entire Peninsula." Cave passages and fracture zones in the limestone were allowing for much further inland impacts of tides. "If you went to one side of the Peninsula and you made a massive tidal wave, the idea is that the wave would propagate through the entire peninsula and come out the entire side," he explained.

When it comes to the worsening climate crisis, Coutino said, "we're seeing how a lot of problems are being exacerbated," especially with the increased frequency of severe storms as well as the gradual rise of sea levels. Along with these environmental consequences, the climate crisis could result in a potential loss in tourism, which is a major source of revenue for the Yucatan.

"As sea level rises due to climate change, it will also rise the level of some inland waters. This could have implications for flooding

or for how groundwater pollution moves around," noted Marek Stastna, a professor of applied mathematics and Coutino's supervisor on the project.

"Within Mexico, waste management practices are not the best — people pump waste into the lower aquifer to make it go away, so a lot of chicken and pork farm effluent gets flushed down into the aquifer based on the assumption that it will flow out to sea," Coutino said.

However, everything is connected and so as effluent, or waste water, is pumped out, it is not going out to just the sea. "When a heavy rainfall, such as with a hurricane comes through the peninsula, it can mix the entire water column," Coutino said. "Normally there's seawater and freshwater flowing in and out, but when these storms come along, drinking supplies go salty as the water column is mixed."

Coutino explained that this has huge implications for waste management. "Most of the time, effluents are pumped into lower seawater and are then mixed in a hurricane and the whole drinking

"The Yucatan is such a cool landscape with few rivers and most freshwater in massive cave systems, and the climate is very different from our own, yet is not so far as to be totally alien"

MAREK STASTNA,
A PROFESSOR OF APPLIED
MATHEMATICS AT THE
UNIVERSITY OF WATERLOO &
A CO-AUTHOR ON THE STUDY

water supply may be polluted."

He was inspired to pursue research in the Yucatan Peninsula by Stastna, who said, "the Yucatan is such a cool landscape with few rivers and most freshwater in massive cave systems, and the climate is very different from our own, yet is not so far as to be totally alien."

When he began his research, a sedimentologist was looking at and analyzing the sediment within the existing cave systems in the Peninsula working to reconstruct the area's past climate. Coutino was brought in to complement the project in terms of providing expertise in both hydrology and mathematical analyses.

Coutino's research is applicable to other areas with similar bedrock conditions as well. Places around the world like Florida, Croatia, the island of Crete and areas of China along the lower plains are particularly porous. However, the "Yucatan Peninsula is particularly special in that it is the most porous of these regions in that there are no naturally flowing rivers, as all rainfall goes directly into the ground," Coutino said.

Coutino has since moved on to working in aerospace engineering and is not planning on continuing any research in the Yucatan Peninsula, but many others are. One study is currently placing water dopplers and measuring velocity and other parameters to start investigating water column responses. Another student at UW may be looking at paleoclimates from the past ice age to the present and tracking how these changed overtime.

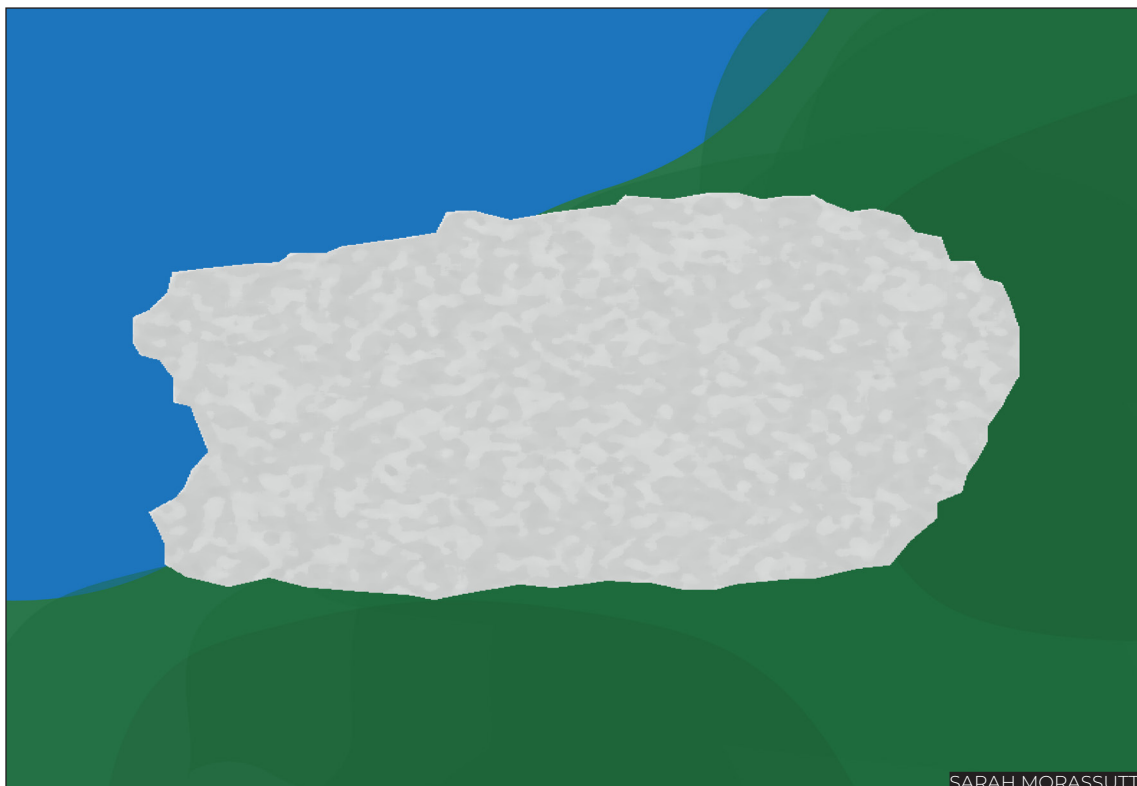
"It was odd to say the least," Coutino said, "to do a project of this caliber in the Faculty of Math." Coutino went himself and did the fieldwork, travelling to the Yucatan Peninsula and placing the sensors — an experience not many students in the faculty have.

"It was a real pleasure to be involved with research in the field, being a mathematician by background, especially research that involves so many interesting people in the Yucatan," Stastna said.

"That opportunity changes your perspective, being in the environment allows you to learn in a different way and pick up knowledge that you wouldn't have had the chance to learn otherwise," Coutino said.

"That opportunity changes your perspective, being in the environment allows you to learn in a different way and pick up knowledge that you wouldn't have had the chance to learn otherwise"

AARON COUTINO,
A RECENT PHD GRADUATE IN
APPLIED MATHEMATICS



SARAH MORASSUTTI

Yuko AI: skincare company founded by UW grad students

Nicola Rose
Managing Editor

Yuko AI, a skincare company co-founded by graduate students at the University of Waterloo, seeks to make expert skincare advice accessible to the masses. The company connects people with dermatologists and medical institutions through its app, mySkinRoutine, simplifying and speeding up what is often a slow and difficult process to access skincare help.

The CEO, Jean Vianney, completed his MASc in mechanical and mechatronics engineering at UW. He co-founded the company with Sajith Rajapaksa, an MSc student studying computer vision at the University of Toronto (U of T). The team also includes two graduate students from UW's Conrad School of Entrepreneurship and Business, Alyssa Mariano and Bernice Ebata, as well as Dr. Apurva Aditi, a dermatologist.

According to Vianney, the potential for AI solutions in healthcare is immense. He explained how

YukoAI uses artificial intelligence “to augment human experts, [enabling them] to do their job a little bit faster and in a structured way.”

“Our vision is not to replace human experts. We really believe, especially for health care, that humans will always be in the loop,” he said. “What the power of AI can do, [for example], is if there's a process that takes 15 minutes, AI can help [healthcare workers] do it in five minutes. And that's what Yuko AI is doing.”

mySkinRoutine users are instructed to upload three photos of their bare face — one from the right, one from the centre and one from the left — and answer a few basic questions about their skin type, such as what products they use and how sensitive their skin is. This information is sent securely to Yuko AI's partner experts, including dermatologists and medical institutions, who assess the user's skin

condition and provide recommendations for the individual's needs.

Within a couple days, users “can view a very detailed [review of their] skin conditions, very detailed diagnostics from an expert and then see recommended products. We also provide a link to just click and buy those products from

“From our understanding and our research, especially in Toronto, if you want to see a dermatologist, it's a process that involves you getting a referral from your family doctor and then waiting two months on the waiting list. When you finally get to see a dermatologist, they only see you for five minutes,” Vianney explained.

“It's an experience I've gone through,” he added. “That process isn't really good from my view, so we want to improve it. Now, you only take two minutes to take selfies and answer a few questions. You wait a little bit, you receive your results and then you review them and buy those products. We do this to make the process of getting skincare help really easy.”

According to Vianney, the app is still at a very early stage. “Currently, we have a minimum viable product. We released a beta on October 23 [2021],” he said. As of Jan. 9, the company has had 170 downloads,

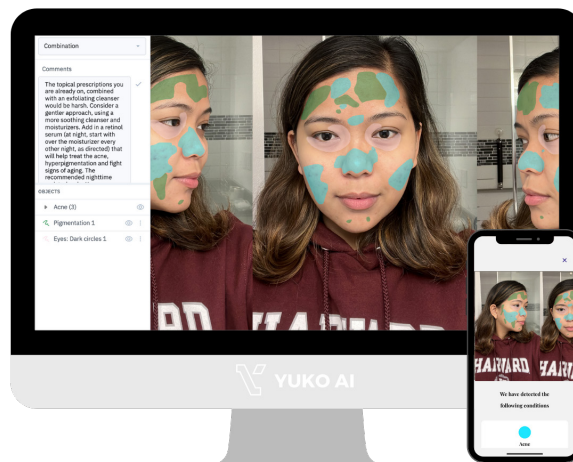
75 of whom have submitted their information for review.

“We do provide a way for people who are unhappy about the recommended products, or the service itself, to write back to us within the app. And also they can ask any follow-up questions to experts,” Vianney said.

In the future, Yuko AI hopes to develop a system where users can rate the service they receive and other users can review those ratings to select who they want to receive service from. Vianney said the company would like to create “a community where people can share and talk about their experiences.”

Eventually, the company would like to further expand its services. For example, Vianney mentioned that the company is considering partnering with skincare spas and dermatologists to earn money through commissions and referrals. “At the end of the day, we know the limits of our technology is that we can't give anybody prescriptions, we only recommend over-the-counter products.

Read the full article online at uw-imprint.ca.



COURTESY OF YUKO AI

the [product's] site,” Vianney said.

Yuko AI's founders were inspired to use their AI expertise to solve a problem they had found within the healthcare system.

UW architecture professor appointed to the Order of Canada

Suhani Saigal
Reporter

Rick Haldenby, a professor and former director of the University of Waterloo's School of Architecture, has been appointed as a member of the Order of Canada.

The Order of Canada recognizes people in all sectors of Canadian society for outstanding achievement, dedication to the community, and service to the country.

Haldenby received recognition for his efforts toward the advancement of architectural education in Canada as well as his contribution toward the conservation of industrial and mid-century buildings.

“My appointment to the Order of Canada came as a complete surprise. I had never thought it

possible. At the same time, I am aware that I have had opportunities because of who I am and where and when I was born,” Haldenby said in an interview with Imprint. “I loved school. I also loved architecture. I built my first building in the backyard when I was seven years old. I traveled at every opportunity. I came to study architecture at Waterloo when both I and the school were very young.”

Haldenby's accomplishments were acknowledged by Vivek Goel, president and vice-chancellor of UW.

“Through his important work in the community and in architecture education, Rick Haldenby shapes our landscape in ways that both honour history and that will

benefit society for generations to come,” Goel said in a press release.

has also received the Distinguished Teacher Award for his excellence in teaching.

“After graduating I spent a year traveling alone by bicycle from Greece to England, living on almost nothing. While I was in Greece I was asked to apply for a teaching position at the school from which I had just graduated. Months later, in the south of France, I found out I had a job. I have been in it ever since,” Haldenby said. “I have spent the last four decades sharing my passions for architecture, for cities, for art and building an institution that helped

lead lives of initiative, passion, engagement and generosity.”

An expert in Mediterranean archaeology, Haldenby is the founder of Waterloo's Rome program and has conducted archaeological work in Italy, Malta and Tunisia.

“We gave them a School in which they are supported in thinking and working independently; a School in which their work is their own. We gave them the opportunity to work in the best architectural firms around the world,” Haldenby said. “We made certain that every student had the opportunity to spend a term in Rome, perhaps the richest architectural environment in the world. We gave them a building in Cambridge that celebrates the power of landscape, of design and of community.”

Read the full article online at uw-imprint.ca.



SARAH MORASSUTTI

Haldenby is a teacher in the area of Iconography Theme and

students discover who they really are, be successful architects and

sports & health



WRITE FOR SPORTS

Want to go to UW games for *Imprint*?
You'll be able to talk to players, coaches, and fans!
For more info, email sports@uwimprint.ca.

A lockdown guide to fitness for students

Safia Ahmed
Sports and Health Editor

The recent COVID restrictions and gym closures have left students across the province searching for methods to stay fit. While UW has released a statement to resume in-person activities on Jan. 27, provincial guidelines will dictate any potential re-openings. In the meantime, here's a list of ways to stay fit during the current lockdown:

1. Visit Local Parks

On warmer days, exercising outdoors is a great way to stay fit and breathe fresh air. There are plenty of parks around Waterloo such as Waterloo Park, Clair Lake Park, Alexandra Park and more. Depending on the type of exercise you plan to do, little to no equipment is needed. Running is a common way many UW students stay fit. The only equipment required is yourself, a pair of running shoes and maybe some headphones.

If running isn't your jam, there are plenty of other exercises you can do outdoors such as jump rope, yoga, biking or simply walking around the area. "Waterloo is a pretty bikeable city. There are many bike lanes around the city and local trails. I would recommend biking to stay fit as it's a great cardio workout but also good

for the environment," said Hamna Rashid, a first-year environmental engineering student.

2. Go Outdoor Skating (open during lockdown)

If you own a pair of ice skates, Waterloo Public Square offers free outdoor skating. Unfortunately, they do not provide rental skates at this time. However, you can find inexpensive ice skates at thrift stores or on Kijiji. The rink is open daily from 10:00 am to 10:00 pm, weather dependent, and is located at 75 King Street South. Using Grand River Transit, Waterloo Public Square is less than a 10-minute bus ride from the University of Waterloo.

Ice skating is an especially great option for students as admission is completely free and it is an amazing workout. Not only is ice skating good for cardio, but it is also easy on the joints and can improve balance and coordination. Please note, the rink is only open for recreational skating and no hockey pucks or hockey sticks are allowed on the ice. Masks are required and other COVID-19 regulations, such as capacity limits, are in place.

3. Join UW's FREE Online Fitness Classes + 12 Week Program.

UW currently offers many fitness classes online until January 27th, such as yoga, Zumba, spin, core/flexibility and a variety of



SARAH MORASSUTTI

high-intensity interval training (HIIT) classes. Access to these classes is dependent on registration through the UW Recreation website and is free of charge, as long as you are a UW student.

These classes are often held live and are a great chance to meet like-minded students interested in getting fit. However, if you feel uncomfortable attending live ses-

sions, recorded fitness workouts are also available. All live and archived sessions are held through UW Recreation's Vimeo platform.

If you do not know where to start when it comes to home-workouts, the school also offers a 12-week program home workout plan for the Winter 2022 term. This program includes progressive exercises for all levels with limited to

no equipment needed.

Regardless of where you are on your fitness journey, there are many cheap indoor/outdoor options in the Waterloo area. Fitness and health are excellent subjects for New Year's resolutions and also important life-long commitments, so it's important to find workouts you enjoy, even when things are more closed down.



FIRST AID COURSES



**EMERGENCY FIRST AID
(EFA) W/CPR-B, AED**
February 12 (\$70)

**STANDARD FIRST AID
(SFA) W/CPR-C, AED- FULL COURSE**
February 5-6 (\$120)

RESERVE ONLINE AT
WARRIOR.UWATERLOO.CA

WARRIOR INSIDER

Stay up to date with Warrior Rec programs, events, job opportunities, tips and tricks on how to stay well, facility information and more. Visit gowarriorsgo.ca/warriorsinsider to sign up for our newsletter.

UW research examines nutrition and healthy living

The relationship between protein supplements, exercise and a healthy lifestyle

Ramal Rana
Reporter

Exercise and science have always had a deep-rooted connection to each other. Science can be used to form educated opinions on how to improve health. One example is the research into which supplements benefit our overall health, especially in conjunction with exercise. Jennifer Wilkinson, a kinesiology PhD candidate at UW working with professor Michaela C. Devries-Aboud, highlighted the importance of good nutrition combined with exercise, emphasizing that both are necessary for a healthy lifestyle.

“When you start to exercise you start to break down whatever you’ve stored, but you can also start breaking down muscle in a way that is designed to improve muscle mass provided you eat properly to be able to build that muscle,” Wilkinson said.

Aboud is a researcher from the department of kinesiology and health sciences at the University of Waterloo. She and Wilkinson are working on determining how the supplements TRIM 7 and MUSCLE 5 induce high-quality weight loss when combined with aerobic and resistance training. MUSCLE 5 helps increase muscle mass and TRIM 7 is designed to temporarily increase metabolism and antioxidants.

“High-quality weight loss is essentially reducing someone’s detrimental adipose tissue, so the fat tissue that we have stored primarily around our gut... while preserving and possibly increasing your skeletal muscle mass,” Wilkinson said.

Skeletal muscle is an essential component of weight loss both due to its high metabolic activity and its major role as a glucose deposit. These tissues improve insulin sensitivity, which makes increasing muscle mass while reducing fat mass an ideal weight loss strategy.

“What we see in typical weight loss is a reduction of body mass, but it doesn’t preserve muscle mass,” Wilkinson said, “which doesn’t improve our insulin sensitivity, so if you were insulin resistant in an obese state, weight loss would not improve insulin sensitivity.”

Aboud chose to engage the participants of her study in aerobic and resistance training exercises in combination with the supplements. These specific regimes were selected due to the improved insulin sensi-

tivity that results from aerobic exercise and the muscle preservation from resistance training. However, Wilkinson noted that there is a difference in the impact of these exercises between sexes — the impact is greater in men.

“Aerobic training has been shown to improve insulin sensitivity and glucose handling, specifically in men,” Wilkinson said. “But it has been shown to improve insulin sensitivity somewhat in women, and [in] resistance training there is some insulin sensitizing effect, but it was primarily chosen for the muscle mass component.”

Women have historically been excluded from similar scientific studies, therefore this study is also a platform through which the different impacts of these supplements on men and women could be observed.

The study, which involved equal numbers of men and women, assigned participants to

specific groups based on their fitness levels and skeletal muscle mass. Based on their groups, the men and women consumed the same supplements, with dosages altered based on their food intake. Wilkinson explained that because women are theoretically

smaller than men, they typically consume less food.

This study is also impacted by the age of the participants. As women grow older, they go through menopause, and these hormonal changes must be taken into account. “Once you’ve hit the menopausal stage you have very little levels of estrogen or progesterone, you then are more similar to males than you were when you were menstruating,” Wilkinson said, adding that the estrogen influences many of the measures they examine to determine the impact of the study.

Additionally, age often results in a loss of muscle mass and an increase in weight, because changes in body composition make it easier for people to increase their adipose tissue mass. It also becomes more difficult for skeletal muscle to increase in size and respond to insulin. “The older you are, the less likely you are to respond,” Wilkinson said.

This study can be used as a preventative measure for diseases such as cardiovascular disease, diabetes and sarcopenia. “For preventative measures, we know that if you are becoming insulin resistant, you are getting into the prediabetic state and diabetes is a very prevalent condition,” Wilkinson said. “The idea is that if you can improve your insulin sensitivity before you get to a diabetic state then you are preventing diabetes in a

“High-quality weight loss is essentially reducing someone’s detrimental adipose tissue, so the fat tissue that we have stored primarily around our gut...”

JENNIFER WILKINSON, KINESIOLOGY
PHD CANDIDATE AT UW

Recipe: Coconut Chocolate Balls

By Ingrid Au

New year, new me, as they say, and I am sure at least half of us (yes, including me) have set a New Year’s resolution to eat healthier. However, with healthy eating, here is a kind reminder that you can still indulge in the foods you love. This recipe is perfect for such indulgences and will leave you guilt-free but satisfied. Inspired by fashion blogger Aimee Song’s Coconut Chocolate Balls, this will be your go-to snack to satisfy any chocolate cravings.

Tools:

Food processor (alternative: fork, knife, spoon and spatula)

Ingredients: *measurements may vary depending on the size of your dates

- 1 cup of cacao powder
- ½ cup of coconut oil
- ½ -¾ cup of mashed Medjool dates (10-15 dates)
- ½ -¾ cup of thick coconut shreds
- ½ cup of chopped dark chocolate

Optional ingredients:

- Small-sized seeds e.g., hemp, chia, flax seeds
- Dried fruit e.g., cranberries, gooseberries, mangoes

Instructions:

1. If you do not have a food processor, slice and smash the Medjool dates into a semi-paste. Combine the cacao powder, coconut oil and dates. Then, fold in the coconut shreds and dark chocolate. Make sure the coconut shreds are thick enough to provide a good texture and chew. Optionally, you can mix in small seeds and dried fruits to spice up your chocolate balls.
2. If you have a food processor, process the dates, cacao powder and coconut oil into a paste. Then, manually fold in the coconut shreds, dark chocolate and any optional ingredients.
3. Proceed to roll the paste into balls and cover with coconut shreds.

Altered to fit what I believe creates the perfect coconut chocolate balls, this recipe provides antioxidants from dark chocolate, healthy fats from coconut shreds, uses dates instead of sugar and has many more benefits. It is a comfortable start to “eating healthy.”

Remember to take it slow and don’t eliminate all the indulgences you love. If eating a chocolate bar induces a greater feeling of happiness than eating this recipe, allow yourself to indulge every now and then. This recipe is chocolate with a healthy twist, but if it is not your cup of tea, don’t feel pressured to adapt this recipe for the sake of being “healthy.”

In 2022, we should promise ourselves to redefine “healthy eating.” It should be a balance of loving and caring about your mental and physical health. Make sure you also eat enough healthy and satiating meals to induce greater nutrients for your body!

For Aimee Song’s original recipe, visit songofstyle.com.



INGRID AU



Review: UNZIPPED — The Rolling Stones exhibition



COURTESY ROLLING STONES

The Rolling Stones featured in carious posters and artwork on display.

Nicola Rose
Managing Editor

The Museum in Kitchener is currently hosting UNZIPPED, an interactive, multi-media exploration of The Rolling Stones. UNZIPPED, which is the world's biggest exhibition on the band, features more than 300 objects from The Stones' personal collection, including lyric drafts, diary excerpts, old setlists and more.

Overall, UNZIPPED is an exceptional tribute to the lives and works of The Rolling Stones. The exhibition provides a phenomenal viewing experience that immerses visitors in the world of The Stones. For both newcomers and old fans, it's a must-see.

Toward the beginning of the exhibition, a map chronicles the band's presence across the globe, highlighting the location of their concerts each year since 1963. This display sets the scene for the rest of UNZIPPED, which details The Stones' widespread success in England, where they originated, and around the world.

In some ways, UNZIPPED tells the story of popular culture over the last 60 years, exploring The Stones' influence on music, art, fashion and film.

The Stones have long been considered fashion icons, and their influence on stage wear cannot be overstated. Before The Stones, most musical groups dressed formally, sporting suits — often matching ones — and buttoned-up shirts. When The Stones emerged, they quickly began to challenge the boundaries of fashion and performance with extravagant stage outfits that took influence from historical eras and often involved pieces initially designed for women. As guitarist Keith Richards wrote in his 2010 autobiography *Life*, "I started to become a fashion icon for wearing my old lady's clothes."

A quote from vocalist Mick Jagger displayed above images of The Stones' early looks — the aforementioned matching suits — explains: "The images you project are really important. Musicians always like to talk that it's only about the music. It isn't, of course. It's about what you wear, what you look like, what your attitudes are — all of

these things."

David Marskell, CEO of TheMuseum, noted that the three costumes sections are among the most popular sections of the exhibition. Another popular section is the recreated Edith Grove flat — the home of several Stones members between August, 1962 and September, 1963.

The Edith Grove display, which was recreated from the memories of Richards, Jagger and late drummer Charlie Watts, illustrates what Richards described as a "pigsty," with unmade beds, stacks of dirty dishes and discarded

items spilling off every surface. A spread of fake mold in the upper corner of one of the bedrooms demonstrates the exhibition's impressive attention to detail.

Throughout the exhibition, visitors can see other elements of the Stones' personal lives, such as early lyric drafts and diary excerpts, as well as works from artists like Andy Warhol, Alexander McQueen and Martin Scorsese. "The insurance is huge," Marskell admitted, as we passed a row of stunning Warhol originals.

The exhibition highlights the revolutionary nature of the band, from their rebellious approach to fashion to their comments on politics and pop culture over the past 60 years. Marskell explained that The Stones' subversiveness was one reason he wanted to bring UNZIPPED to TheMuseum. "If you look at our mission statement, it begins with 'To scan the globe for fresh cultural content and use it to stage experiences that stimulate transformative connections for our audiences,'" he said. "It's that transformative piece for the younger audience, that they come through here and may see that their parents'

or grandparents' Rolling Stones in a different light."

TheMuseum has also strived to connect the exhibition to the local community through a "Festival Strategy," which involves a selection of partner events in the region. In a press release on Oct. 19, 2021, Marskell said, "Our festival strategy goes beyond celebrating the life and times of The Rolling Stones. It is celebrating the history of rock music and its intersection with other aspects of our lives, as we experience them today."

In the same release, Marskell asserted that UNZIPPED could play a crucial role in revitalizing the arts and culture sector of the local economy, a sentiment he has since reinforced several times.

Additionally, in an interview with Imprint, he emphasized that TheMuseum worked with the community to bring UNZIPPED to life, saying "We started to build up the festival around the community because we wanted to share the audience, bring tourists, collaborate with whomever would collaborate with us and share that audience with hotels, bars and restaurants. We wanted to help reboot that sector and our local economy."

The exhibition itself also pays tribute to the local music scene, with a section dedicated to local artists and venues. Performances in the region by internationally renowned artists like Lady Gaga, Kiss, Steppenwolfe and Rush, among others, are highlighted. So, too, is the work of Mel Brown, an American guitarist and major influence to The Stones who spent much of his life in Kitchener. "I find it kind of cool that people look around and then they come across this exhibit that has nothing to do with The Rolling Stones. But before the grand finale, they get to see cool moments of music in the region," Marskell said.

Unfortunately, the recent surge in COVID-19 cases, due to the highly infectious Omicron variant, has paused the exhibition. As of Jan. 5, Ontario has returned to a modified version of Step Two in the provincial opening plan, and museums are closed until at least Jan. 26. Several festival events, such as Sticky Lyrics — a panel discussion on popular songs of the past that are more controversial today — have been postponed.

However, TheMuseum has implemented several virtual initiatives. People can vote on their favourite Stones costumes online and visit TheMuseum's gift shop online or in person. TheMuseum also posts regular updates on their Twitter (@THEMUSEUM) and Instagram (@themuseumkitchener) accounts.

What to do in Waterloo this January

Erin Froud
Reporter

With the return to Step Two of the province's reopening plan, getting out of the house or even just breaking up the winter monotony this month is a difficult task — however, it is not impossible. Luckily, between outdoor and online activities, there are still a few events occurring this January that you can attend.

Ice Skating - Waterloo Public Square

Waterloo Public Square
75 King St S, Waterloo
Daily, 10 a.m. to 10 p.m.

An annual staple, the skating rink in Uptown Waterloo is still open to all for the Winter. Though the rink can be closed due to poor weather and capacity is limited to 10 people, it is a lovely way to spend a clear winter afternoon.

If you don't own skates, McPhail's Cycle and Sport, located at 98 King Street North, offers rentals and is open from 9 a.m. to 6 p.m. Monday through Friday and 9 a.m. to 5 p.m. on Saturdays. As an added

treat, Uptown Tunes has created a special Skating Mix for you to listen to on the ice. It features local artists and is available to access through QR codes throughout Waterloo Public Square.

The Great Winterloo Race
Waterloo Public Library – Main Library
35 Albert Street, ON, N2L 5E2
Saturday, Jan. 23, 11 a.m. to 4 p.m.

As part of Waterloo's over-all Winterloo celebration, the Waterloo Public Library is hosting a scavenger hunt for all ages. Beginning at the Main Library, participants will find clues and riddles



SARAH MORASSUTTI

all around Uptown in a fun, Wintery, outdoor romp. Registration opened on Jan. 10. All registrants will receive an email detailing the COVID-19 safety procedures for the event.

PJ-Friendly Writing Groups

Jan. 10 – March 30
Mondays 2 p.m. to 4 p.m.
Wednesdays 10 a.m. to 12 p.m.

Hosted by UW's Writing and Communication Centre, these groups are low-stakes and no-obligation ways to meet other students, brainstorm ideas for assignments, write and celebrate your writing accomplishments. Weekly writing sessions are facilitated by peer tutors on Mic-

rosoft Teams, along with check-ins throughout the week to provide motivation and resources. These meetings are an excellent opportunity to give and receive academic support as we navigate another month of online school.

How Cities Fail Women – Building Equitable Cities Speaker Series

Monday, Jan. 31, 12 p.m. to 1 p.m.
Hosted by the City of Kitchener, in partnership with Feminist Shift, YWCA Cambridge and YW Kitchener Waterloo, this virtual webinar features Leslie Kern, the author of *Feminist City: Claiming Space in a Man-Made World*. "How Cities Fail Women" discusses how city planning has long failed to acknowledge gender differences in the ways people live in and use urban environments. The webinar will also "address best and emerging innovative practices for improving safety from gender-based violence in our cities." The webinar is the first in a "Building Equitable Cities Speaker Series," which will continue throughout 2022. Pre-registration for the Zoom call is required and can be found on the City of Kitchener website.

Imprint's January 2022 watch-and-read list to keep you warm

Claudia Tavara-Tello
Reporter

January can be a bummer. Often, you feel bored with little to no options to spend your time in the winter, and most of the places you wanted to be are either closed or far away from you. While it can be difficult to face yet another month at home, there are various forms of entertainment to help you relax and enjoy your time. Here are a few upcoming books, movies, series and video games that will keep you warm this January.

BOOKS

The Maid (Nita Prose): Molly is a hotel maid who lacks social skills and often misinterprets people's intentions. One day, she discovers that Charles Black, an infamous and wealthy guest of the hotel, is

dead. She goes on to face a number of unexpected encounters in her quest to find the true killer.

A Flicker in the Dark (Stacy Willingham): When Chloe was 12, six teenage girls went missing in her small town. Her father confessed to the crimes and was sentenced to life in prison, leaving her family to struggle with the truth and figure out how to move forward. 20 years later, Chloe is now a psychotherapist and is preparing for her wedding. However, when several teenage girls go missing, she begins to notice parallels from her past. Is she just seeing things, or is something more sinister at play? Who is to blame, and will Chloe find the perpetrator?

Reminders of Him (Colleen Hoover): Kenna Rowan comes to town after serving five years in jail from a fatal mistake, wanting to reconcile with her daughter. Un-

fortunately, no matter how much she proves herself, everyone is determined to keep her out — except Ledger Ward, the local bar owner, who has a few remaining connections to Kenna's daughter. Despite the pressures of everyone around them, the two form a bond. As their relationship develops, so does the possible risk of the townspeople losing faith in them. Kenna must find a way to atone for her past and build a brighter future for herself.

MOVIES

Scream (2022) (Matt Bettinelli-Olpin, Tyler Gillett): Twenty-five years after a string of gruesome murderers in Woodsboro, a new killer takes over and is targeting a new group of teens in an attempt to resurrect secrets from the town's murderous past. The film features a slew of talented new cast members along with a cast reunion

from the first film.

Belle (Mamoru Hosoda): After joining a magnificent virtual world, a student becomes an adored singer. She quickly finds herself on a mission to discover the identity of a mysterious beast on the run from vicious vigilantes. Belle is the seventh animated film by Mamoru Hosoda, the director behind several well-known anime films, including *The Girl Who Leapt Through Time* and *Summer Wars*.

Morbis (Daniel Espinosa): A biochemist attempts to cure a rare blood condition he is facing. However, his experiment goes awry, and he unwittingly infects himself with a form of vampirism. *Morbis* is a standalone Marvel film that focuses on a character from the Spider-Man comics.

TV-SERIES

Peacemaker (Crave): Based on

the character from DC Comics, the series takes place after 2021's *The Suicide Squad*, with John Cena reprising his role as the anti-hero. Unlike the film, *Peacemaker* focuses more on the character's backstory and the missions he partakes in to achieve peace.

Fraggle Rock: Back to the Rock (Apple TV+): From the hardheaded Gobo to the adventurous Red, these lovable small creatures will have more adventures with meaningful morals and issues, including prejudice and social conflict.

The Book of Boba Fett (Disney+): In this spin-off to the *Star Wars* franchise, everyone's favourite armoured bounty hunter returns as he seeks to make a name for himself in the galaxy's underworld. With mercenary Fennec Shand on his side, they will have to take over a territory that was once controlled by Jabba the Hutt.

imprint

Wednesday, January 12, 2022 | Vol. 44, No.17
 Student Life Centre, Rm 0137
 University of Waterloo
 Waterloo, Ontario N2L 3G1
 P: 519.888.4048 | F: 519.884.7800
 uwimprint.ca

Publisher: Andres Fuentes
 Executive Editor: Vacant
 editor@uwimprint.ca
 Editorial Assistant: Vacant
 Sales Rep: Vacant
 Distribution: Vacant
 Volunteer Co-ordinator: Vacant

Editorial Staff
 Managing Editor: Nicola Rose
 Creative Director: Jia Chen

News Editor: Alicia Wang
 Assistant News Editor: Jansher Saeed
 Arts & Life Editor: Abhiraj Lamba
 Assistant Arts & Life Editor: Pratyusha Varma
 Science & Technology Editor: Nicole Howes
 Assistant Science & Tech Editor: Felicia Rose
 Sports Editor: Safia Ahmed
 Satellite Campus Editor: Vacant
 Opinions Editor: Charlie Dickson
 Distractions Editor: Annie Zhang
 Head Designer: Sharanya Karkera
 Assistant Head Designer: Mahnoor Irfan
 Photo Editor: Andrew Yang
 Assistant Photo Editor: Vacant
 Graphics Editor: Sarah Morassutti
 Assistant Graphics Editor: Vacant
 Copy Editor: Eduardo Matzumiya
 Assistant Copy Editor: Vacant
 Video Editor: Andrew Yang
 Intern: Vacant

Production Staff
 Ada Vu, Ahlam Ibrahim, Amy Wang, Ingrid Au,
 Keerthikah Jegatheesan, Nathan Kin Ning Lee,
 Thenuka Suvendran

Imprint is the official student newspaper of the University of Waterloo. It is an editorially independent newspaper published by the Federation of Students, University of Waterloo, carrying on business as the Waterloo Undergraduate Student Association ("WUSA"), a corporation without share capital. Imprint is a member of the Ontario Community Newspaper Association (OCNA). Content is provided for general information, education and entertainment purposes only, and does not necessarily reflect the views of the Editorial Committee, WUSA, staff or advertisers. We welcome editorial submissions, articles, letters, photos and graphics ("Submissions") for publication in any edition of Imprint, subject to terms and conditions for Submissions, which are available upon request. Imprint does not guarantee that Submissions will be published. Imprint reserves the right to approve and edit any Submissions to be published. A Submission will not be published if it is determined to be libelous or in contravention of Imprint's policies, code of ethics and journalistic standards. Imprint may reproduce content, including Submissions, commercially in any format or medium. Imprint disclaims direct and indirect liability for reliance on or use of its content. Imprint is published every Friday during fall and winter terms, and every second Friday during the spring term. Imprint reserves the right to screen, edit and refuse advertising. One copy per customer. Imprint ISSN 0706-7580. Imprint CDN Pub Mail Product Sales Agreement no. 40065122.

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

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

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



opinion



HAVE YOUR SAY

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

A difficult quest

Using Quest is like playing a passive-aggressive Monty Hall problem. What's behind the *Grades* door? The *Class Schedule* door? *Enroll*? *Academics*? *Course Selection*? What if I told you that half of the buttons on the Quest homepage lead to the same place? Case in point: clicking on *Enroll* brings you to your class schedule because *My Class Schedule* is a sub-component of the *Enroll* tab. "Congratulations, the same prize is behind every door!"

I want to discuss some of the design issues with Quest, and I highly suggest opening up Quest so you can follow along. I'll start with the worst design decision of them all: the *Student Center Homepage*

uses the same bubble icon design language of Apple products, which sounds like a petty criticism on paper but is genuinely frustrating. The 'bubbles' have equal visual importance, yet lead to pages that are organized hierarchically. So, even though *My Class Schedule* and *Enroll* are weighted equally on the homepage, ta-da! *My Class Schedule* becomes a surprise sub-component of the *Enroll* tab. Similarly, *Grades* brings you to a sub-tab in the *Academics* section, but don't get too comfortable because *Financial Aid* refuses to bring you to a sub-tab in the *Finances* section. These Schrödinger's Cat-style relationships between sections make it hard to build a mental map of the site.

Quest is where students select classes, so finding a class on Quest should be simple. How do you do it? You're certainly not going to use the *Search for Classes* feature since it's not visible on Quest's homepage. It's like they're hiding it because they know it's criminally confusing — just look at it! Instead, you need to intuit that the correct search tool is the *Course Selection Offerings - Subject* tab under the *Course Selection* (Undergrad only) section, even though that section is for selecting, not searching. The cherry on top is typing in those four-digit term codes that Quest never explains.

Maybe Quest is so bad because nobody could figure out how to find a design class.

Another thing that bugs me is that there is more information in the external *Schedule of Classes* (classes.uwaterloo.ca) than internally on Quest. The primary function of Quest is to sign up for courses, so naturally, it should be the place with the most infor-



SARAH MORASSUTTI

of the *Course Selection* Period, the *Course Selection* page tells you to "consult the 'Important Dates' link on the Registrar's website" without providing the link to the Registrar's website when it's making a direct reference to it.

Speaking of links, the 'bubble' you click on the Quest homepage changes what links can be found in the left-hand panel. If you click on *Class Schedule* from the homepage, for example, the left-hand panel will be filled with links to internal and external pages that pertain to the scheduling of classes. The only way to change the information shown in the left-hand panel is to navigate back out to the homepage and select a different 'app icon,' even though you can navigate between sections without using the homepage.

And what's the deal with the secret homepage? I was playing around with a conspicuous drop-down menu that loiters at the top of every page, next to your name. One of the options in the drop-down leads to a page called *Student Center*, which looks like a low-tech version of Quest's homepage, except it's designed better because items are grouped sensibly. Finding this page is so unintuitive that it kind of feels like an Easter Egg, or a reward for putting up with Quest for so long.

You might know what every button in Quest does, and I congratulate you. But put yourself in the position of first-year students (or students who started during the pandemic when it was harder to get guidance or peer help, like me). It's all so confusing. None of the text explanations help, and often there aren't any explanations at all. Searching for courses is unintuitive, and selecting them is even worse. It's all ugly. Why can't we have nice things?! I'm almost in my third year, and I still procrastinate signing up for classes because I don't want to deal with the headache.

UW boasts that it's an innovative university, and honestly, despite all my criticisms, I'm not going to disagree with that. You have to be innovative to enroll at UW because only innovative students can figure out how to navigate the enrollment process.

mation about courses.

Also, the external *Schedule of Classes* looks like someone in 1986 made the first draft of a table and then died.

But Quest's sins are only just beginning to pile up. *Add*, *Drop*, *Swap* and *Edit* are all separate tabs in the *Enroll* section, even though it doesn't make sense to give such low-level actions dedicated pages. You wouldn't have an entirely separate pop-up menu in *PowerPoint* to add a new slide. There should either be one dedicated page for all these actions, or clickable buttons on your selected courses that read *Drop*, *Swap* and *Edit*, perhaps with an option to *Add* classes as you search for them.

By the way, I honestly can't figure out what the *Edit* tab does — is it for switching between different class sections? The words "preferences," "edit," "modify" and "update" are all used, so trying to figure out the *Edit* page's purpose is an exercise in figuring out what these words might have in common (rather than reading something that says "edit course sections").

Maybe the person who designed Quest forgot to *Edit*. Maybe they forgot there were *Delete Progress* and *Retire* tabs, too.

Get ready, this one's impressively bad: When you click on *Exam Information*, it takes you to a list of your classes, not to information about your exams. But don't worry! Every class in that list has an identical link underneath, which brings you to the same external webpage that still isn't the exam schedule.

The left-hand panel usually has links to external webpages, but when you're outside

Noah Stolee
 2B English



WATERLOO
WARRIORS

GO BACK GO

 wloowarriors
  wloowarriors
 waterloowarriors
  wloorec

ATHLETICS & RECREATION

THE BENEFITS OF MOVEMENT
GET MOVING!



Stay active with Healthy Warriors at Home programs:

- » Online Fitness Classes
- » Move Your Mind
- » Health Webinars
- » Personalized Nutrition
- » Home Workout Program
- » Personal Training Consult
- » Brain Breaks

Visit gowarriorsgo.ca/winter2022 for more information and updates.

VARSETY

Free admission for students with a tap WatCard.

- » Reserve your ticket in advance for games this season at gowarriorsgo.ca/tickets

Varsity games will resume no earlier than Thursday, January 27 under provincial directives.

FACILITY UPDATES

- » The CIF and PAC are currently closed and will not re-open earlier than Thursday, January 27 under provincial directives.

Visit gowarriorsgo.ca/winter2022 for more information and updates as they become available.



WORK WITH THE WARRIORS

- » Find work you are passionate about
- » Build experience and develop skills
- » Work around your school schedule with flexible work hours

Visit gowarriorsgo.ca/jobs

THINK PINK

#WARRIORS CARE



JANUARY 15 - FEBRUARY 12, 2022
GOWARRIORSGO.CA/THINKPINK

WARRIORS INSIDER

EMAIL NEWSLETTER

Stay up to date with Rec programs, events, job opportunities, tips and tricks on how to stay well, facility information and more!
To sign up, visit gowarriorsgo.ca/warriorsinsider

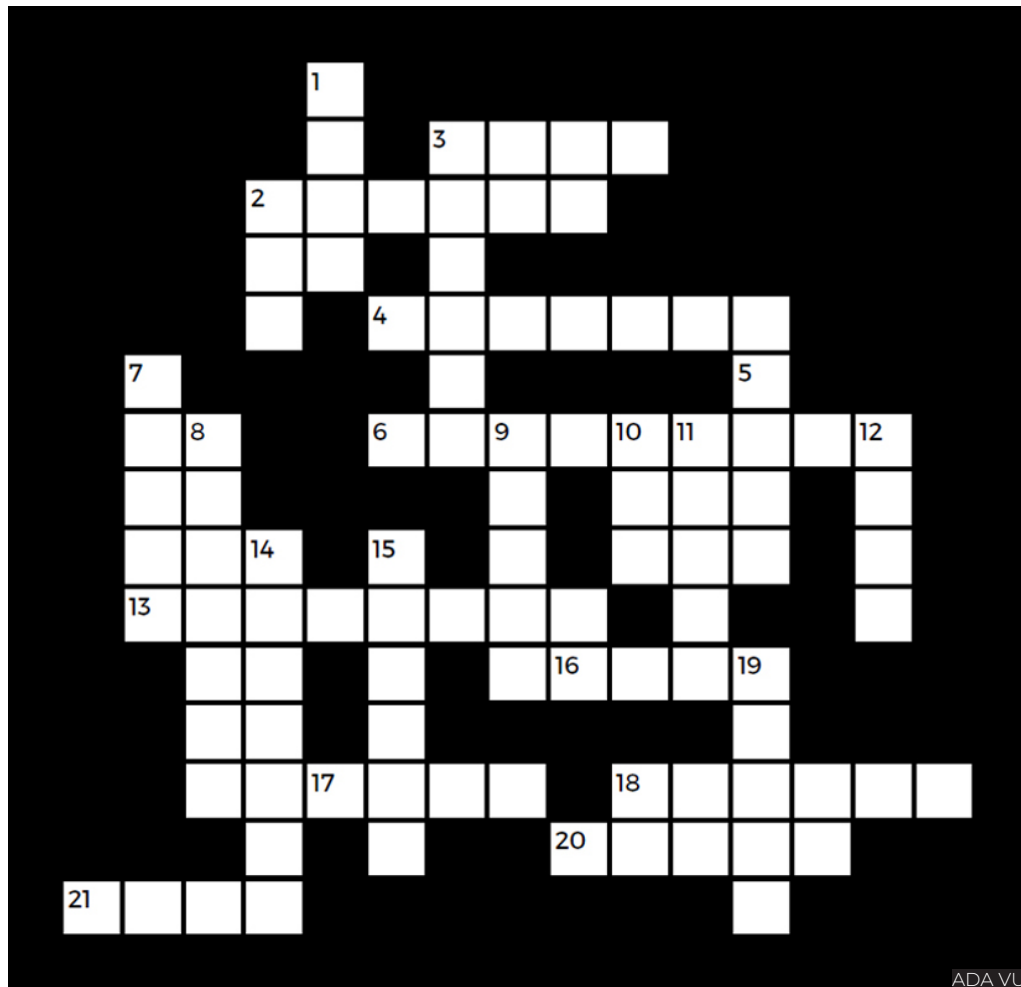
distractions



Q: WHAT DID AN OVERWORKED BOBA SAY TO HIS COWORKER?

A: WELL, THAT'S THE LAST STRAW! I QUIT!

Imprint crosswords | Foods



ADA VU

Across

2. You can turn its peel into vegan pulled pork
3. Local ice cream cake
4. Third shot or smoothie
6. A fried delicacy at CMH and VI cafeteria for brekkie
13. Spicy, comes out of iconic green nozzle
16. "What's on the ____ today?"
17. Someone who is mean or preserved meat
18. "...you glad I didn't say banana?"
20. Fragrance, scent; something you won't be able to sense if you catch COVID-19
21. Retro style restaurant, popular breakfast spot for UW students

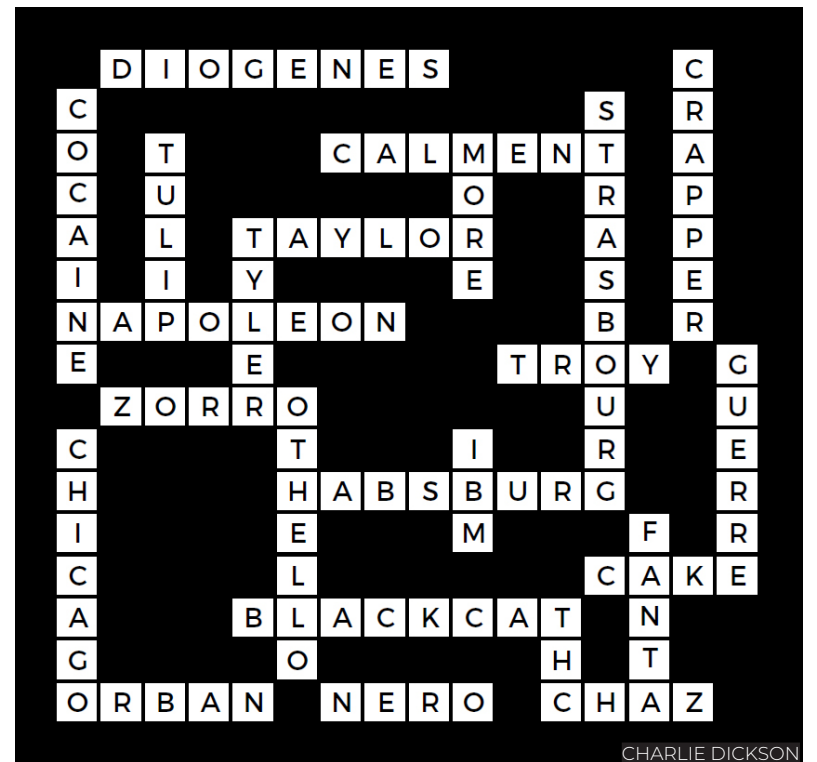
Down

1. Dip best eaten before it turns brown, shortened form
2. Drink with big straw, acronym
3. Yummy triangle with filling, not pizza slice, not tortilla chip
5. ____ bowl or ball or mon
7. Featured in the Lady and the Tramp Kiss Scene, slang
8. Popular option at Chipotle
9. Local spot called Ken, not Barbie's
10. Title of short film played in theatres with The Incredibles 2
11. A staple dorm food for university students
12. ...village, local, not actually a village
14. You can taste Chocolate White Fudge, Sour Cream Chocolate Chip, and Birthday Cake Waffle thanks to Biebs
15. Local shawarma, tastes good for the first 5 bites
19. Pleasant savoury taste

LAST ISSUE'S ANSWERS



ANNIE ZHANG



CHARLIE DICKSON