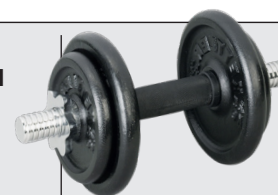


**p4**

**SMART SCHEDULING SOLUTION**

Algorithm created by UW student helps optimize operating room efficiency.



**MOVE YOUR MIND**

UW program provides personalized fitness support. P9

**STAY ON TOP OF SCHOOL P6**

Strategies for balancing academics, work, extracurriculars and self-care.

**ORDER OF CANADA P5**

UW professor honoured for exceptional contributions to the nation.

**RECIPE P9**

Learn how to make delectable spicy and tangy pickles.

# Rental scam targets student subletters. P3

**RENTAL  
ACCOMMODATIONS**



# Remote learning extended until February

Nicola Rose  
Managing Editor

On Jan. 17, the University of Waterloo announced an extension to the current remote learning and working arrangements until at least Feb. 7.

The announcement was initially sent to the UW community in a message titled “Confirming our return to in-person learning and work in February,” by Vivek Goel, President and Vice-Chancellor, and James W. E. Rush, Vice-President, Academic and Provost.

Until the current restrictions are removed, most teaching and learning will remain online. Essential in-person learning activities are allowed to continue, with safety measures like masking and capacity limits in place. Additionally, campus recreation facilities are closed and food services on campus are takeout only.

Community members interested in knowing more about the return to in-person activity can attend a President’s Forum event on Wed. Feb 2 at 1:30 pm. Registration is required.

Matthew Bilopavlovic, a fourth-year honours physics student, called the extension “disappointing but not surprising.”

Abigail Constable, a third-year liberal studies student, expressed a similar sentiment. “I fully expected this. I chose all online courses because I didn’t want to deal with the will they/won’t they mess. It’s pretty obvious that this was coming,” she said.

The Jan. 17 announcement from UW acknowledged the challenges associated with frequently changing recommendations and restrictions. “We know that the uncertainty brought by the latest wave of COVID-19 is disruptive and that many of us are keen to know when we can get back to more in-person learning and working,” the message read.

Accordingly, the university promised to provide at least 14 days’ notice before resuming in-person activity and encouraged students to prepare to be in the region by the reopening date.

While UW initially planned to return to pre-pandemic levels of in-person instruction for the Winter 2022 term, rising COVID-19 cases across the province resulted in increasing restrictions beginning near the end of the Fall 2021 term.

Due to the highly infectious nature of the most recent wave of the pandemic, which has been largely attributed to the Omicron variant, the university began to reduce in-person activity. On Dec. 16 2021 the university announced that the upcoming academic term would begin primarily online, with an expected return to in-person learning and working on Jan. 24, 2022.

Shortly thereafter, the Ontario government announced the implementation of a modified version of Step Two of the Roadmap to Reopen, which began on Jan. 5 and will remain in effect until at least Jan. 26.

Among the many restrictions in place under the modified Step Two are capacity limits for social and retail environments and mandatory remote work whenever possible.

In accordance with provincial requirements and recommendations from public health officials, UW extended the remote period, first until Jan. 27 and now until at least early February.

While the UW population of students and employees has a high rate of vaccination and is therefore well protected against severe illness from COVID-19, the extension announcement addressed the ongoing

strain to the health system due to the pandemic as well as an increased impact that is predicted to follow the current wave.

“We need to continue to do our part to limit the pressure on our community and the local health system by continuing to limit in-person contact,” the message read.

UW students, some of whom have not been on campus for almost two years, have conveyed similar attitudes. “I understand why these restrictions are necessary, but it doesn’t make them easier to manage,” said Zofia Washington, a fourth-year science psychology student. “I hope the community comes together to help reduce the spread.”

To help return to in-person experiences as soon as possible, the university recommends getting booster doses of the vaccine, which are available to all Ontario residents 18 years of age and older who received their second dose of the vaccine at least three months (84 days) ago.

According to the National Advisory Committee on Immunization (NACI), if you received an mRNA vaccine (Pfizer or Moderna) for your second dose, you can safely take either Moderna or Pfizer for your third dose. Due to similarities in the technology between the two mRNA options, vaccine mixing has been approved by public health departments across Canada, the United States and several other countries.

UW’s vaccine centre is open to all UW students, employees and family members of students and employees. To book an appointment at the centre, call 519-888-4096.

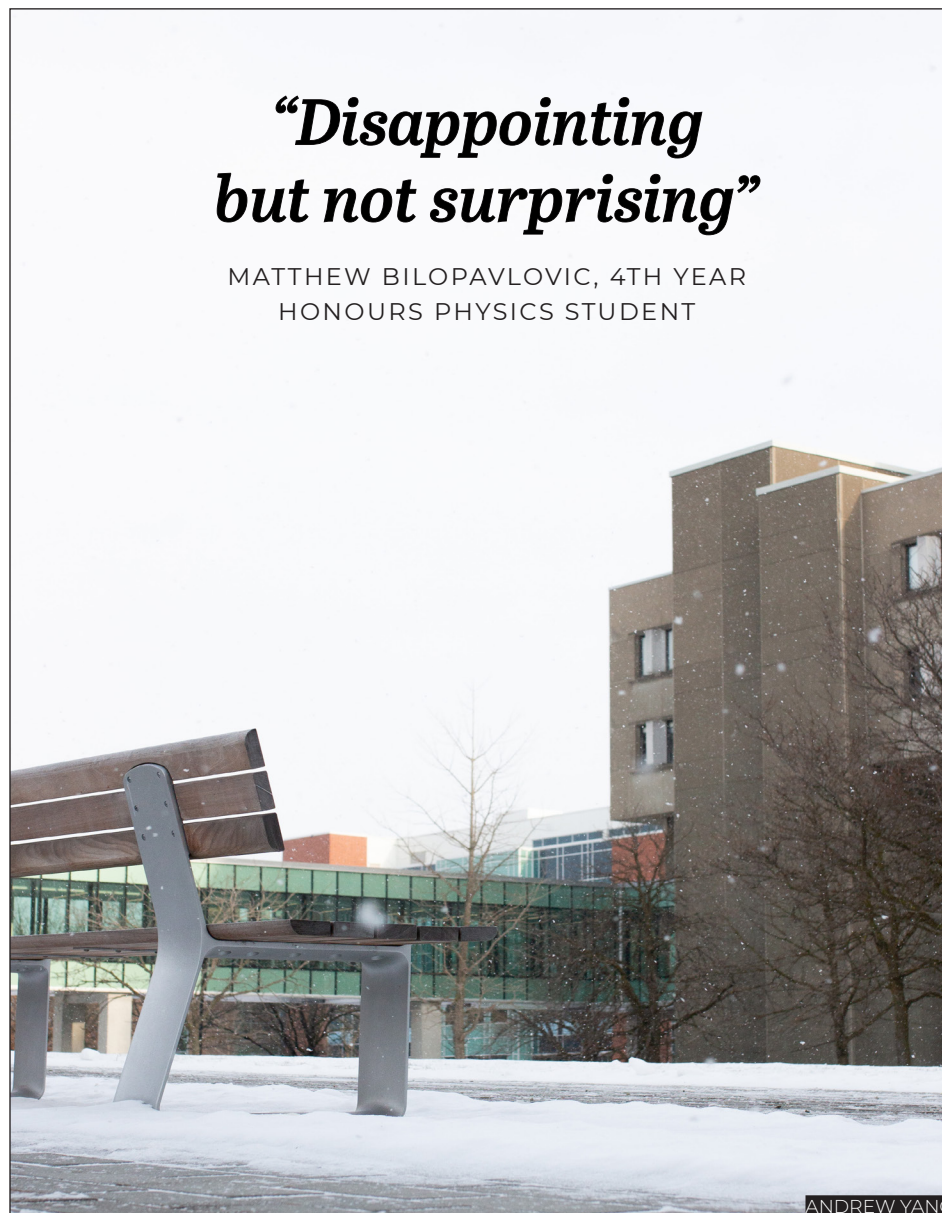
You can also visit the City of Waterloo website to book an appointment at a regional vaccination clinic or check availability at pharmacies near you, or you can check online resources that help people find available shots, such as Vaccine Ontario and Vaccine Hunters.

In addition to vaccination, the university recommends wearing well-fitting masks with multiple layers including an effective filter layer. Information about effective masks is available through the Public Health Agency of Canada.

Lastly, the university encourages people to remain vigilant and follow public health guidelines. While eligibility for PCR testing is now limited, all Ontarians have access to a self-assessment tool through the government website that provides advice for how to proceed if you have a suspected exposure or are showing symptoms.

*“Disappointing  
but not surprising”*

MATTHEW BILOPAVLOVIC, 4TH YEAR  
HONOURS PHYSICS STUDENT



ANDREW YANG

# Students scammed out of deposit when searching for sublet housing

Megan Ali  
Reporter

Over the past month on Reddit, University of Waterloo students reported paying deposits for sublet agreements that turned out to be scams. The police are investigating after six people signed leases and paid deposits before discovering that the rental was not legitimate.

Police had listed 130 Columbia St. W and 365 Albert St. as locations that were being fraudulently advertised as available for rent between October and November of 2021. According to the police, an unknown suspect or suspects posted the apartments and connected with the victims on social media. In addition, over the past few weeks, students have stated in a Reddit post about the

topic that there have been fraudulent listings for 161 Elgin Crescent as well.

One victim of a scam, who asked to remain unnamed, explained that the landlord had avoided meeting in person and had given personal information that could not be verified — for example, claiming to work at a company that said this person was not an employee. The victim also warned that there are more factors to consider beyond just losing the deposit money, such as having to worry about potential identity theft in the future.

“The deposit was low enough that I was okay with losing that amount if I got a place,” they explained. “What I didn’t account on [sic] was the information I gave him — my date of birth, my driver’s license. I think dealing with the fallout from that was a little more stressful, rather than just

the money.”

For students looking for housing, the COVID-19 pandemic poses serious challenges. Since many of the interactions are virtual and often long-distance, it can be difficult to arrange an in-person viewing of the unit before coming to any agreement. This makes it all the more important to exercise caution before paying deposits or signing leases.

Since the start of the pandemic, the Waterloo Regional Police Service has issued several public warnings about rental scams. In one warning, the police noted that “While rental scams can happen to anyone, typically, rental frauds increase while younger individuals and students are looking for accommodation or subletting their current accommodations.” Another warning shares advice for avoiding rental scams.

To help with the search for housing, UW offers student classifieds and off-campus housing listings. The university also provides information on tenant rights and dealing with leases, including information about how much money landlords are allowed to ask for as a deposit before the tenant moves in.

UW has acknowledged the influx of housing scams and has included extra tips to keep students safe during the housing search.

For more information, visit UW’s off-campus housing website or send an email to [housing@uwaterloo.ca](mailto:housing@uwaterloo.ca) with any specific questions.

Anyone with information about rental scams in the area should contact the police or Crime Stoppers.

**“The deposit was low enough that I was okay with losing that amount if I got a place,” they explained. “What I didn’t account on [sic] was the information I gave him — my date of birth, my driver’s license. I think dealing with the fallout from that was a little more stressful, rather than just the money”**

ANONYMOUS VICTIM  
OF A SCAM

#### Important Tips:

- Know your rights and options for recourse under the Residential Tenancies Act (RTA).
- Pick roommates thoughtfully and discuss expectations ahead of time.
- Read everything carefully before you sign — especially your lease.
- Never sign a lease before you (or someone you trust) see the unit in person.
- Landlords cannot ask for more than one month’s rent (+ a key deposit) as a security deposit.
- Ask your landlord for a receipt for any payments you make to them.
- If you live with your landlord or a member of their immediate family, you are a boarder, not a tenant, and are not protected by the Residential Tenancies Act. Reach out to off-campus housing: [OCH@uwaterloo.ca](mailto:OCH@uwaterloo.ca) with questions at any point.





## UW inspires creator of smart scheduling feature used by 400 hospitals

Nicole Howes  
Science Editor

Natasha Rozario, a 4A computer science student at the University of Waterloo, recently created a “smart scheduling feature” using machine learning to optimize operating room efficiency. Her feature is now applied in approximately 400 hospitals.

The project started through reading the newspaper and a dinner table conversation. Recognizing the backlog of surgeries due to the pandemic, Rozario knew there had to be a better way to combat this problem.

“Surgeries are currently being booked using the mean of the past 10 case times as the new booking time and I just thought this kind of inefficient. If you have one case that takes a really long time then that mean is skewed for the next 10 cases,” Rozario said.

Thus, she created a machine learning algorithm in Python, which uses a software suite created by Google, to analyze three years worth of data, with the option for each surgeon to input their own historical data to get scheduling times more specif-

ic to their practice. Rozario’s algorithm then produces schedules based on all the data, resulting in the least amount of time over or under.

With this

algorithm, she was able to demonstrate a 20 percent reduction in overtime and frequencies and also half a million dollars from just nursing. Rozario’s visioned into action through Picis, a company that is creating room booking software, where she is a consultant during her co-op term. She worked with Picis to implement her algorithm called the “smart scheduling” feature. The newest release of her product is currently implemented in approximately 400 hospitals.

Rozario credits Waterloo for pushing her to pursue this project as she feels the entrepreneurial spirit and competitiveness surrounding her inspired her to find new opportunities and

solutions for problems she confronted in the world.

“I think Waterloo has really helped to give me the drive to even pursue this project in the first place...I didn’t understand that as a 19-year-old you can make impacts like this...I would have done this as sort of a fun proof concept, like, ‘oh it’s fine we can actually optimize this,’ but we can write the paper, publish it, and get the results out there I definitely would not be able to do that without Waterloo.”

Like many other students, Rozario felt overwhelmed in her first year, experiencing poster syndrome comparing herself to successful 4th

years. By making use of resources such as clubs like Women in Computer Science and Coffee & Code she was able to attend workshops and develop new skills.

“I was part of like Women in Computer Science and they had so many workshops... but they also had people from Google come critique your resume...I would say my first year experience was very positive because there’s so many clubs that were trying to help you get work experience to get a good co-op to then go on and pursue your passions,” she said.

While Rozario is now the fourth-year student she used to look up to, she doesn’t necessarily see herself as a role model. “It is difficult to see myself that way because in my head I have no idea what I’m doing and the future is completely unknown, but I encouraged even one person to consider technology or to pursue how to solve these real-world problems then I would consider that success,” she said.

Rozario is currently working to finish her degree and has her sights set on graduate school.

To new students she says, “I would just encourage anyone who has an interest in computer science to try pursuing it. I think there is a stereotype of the type of person that goes into computer science but really I think that technology should be democratized and this is power that should be wielded by everyone.”

SARAH MORASSUTTI



COURTESY NATASHA ROZARIO

Natasha Rozario is the creator of the smart scheduling feature presently applied in approximately 400 hospitals.

“Surgeries are currently being booked using the mean of the past 10 case times as the new booking time and I just thought this kind of inefficient. If you have one case that takes a really long time then that mean is skewed for the next 10 cases”

NATASHA ROZARIO, CREATOR OF THE SMART SCHEDULING FEATURE

# UW researcher finds benefits of caffeine on road safety

**Felicia Daryonoputri**  
Assistant Science Editor

Researchers from the University of Waterloo in Canada and the University of Granada in Spain found that the consumption of caffeine increases alertness and improves accurate detection of moving targets. The results of this study were published in a 2021 paper titled “Effects of caffeine ingestion on dynamic visual acuity.”

The UW researcher, Kristine Dalton, is an associate professor at the School of Optometry and Vision Science. Her research focuses on areas such as vision enhancement and working with athletes with vision impairments to help develop sport-specific classification systems for para-athletes.

The study involved 21 participants who were given either a placebo or caffeine (4 mg/kg) before undergoing an assessment that measured dynamic visual acuity, which is the ability to recognize small details in moving conditions.

“The task, the dynamic visual acuity task, is one that we developed here in Waterloo and we built it in my

lab,” Dalton said.

The test was initially developed to compare athletes to video game players and non-athletes who do not regularly play video games. Initial results found that athletes outperformed both other groups, which came as a surprise to the researchers since video game players visualize constant moving components, like athletes.

“When you go to an eye exam, it’s just the black letters on the white chart at the end of the room, it’s stationary and everyone does quite well in that if you see well. But, it’s hard to differentiate athletes from that, so the dynamic test was developed with moving letters,” Dalton said.

“My colleagues in Spain decided to investigate whether or not caffeine changes the ability to perform on that task. They found that after caffeine intake, performance on that dynamic visual acuity test improved. So people got faster and

actually saw smaller details from moving objects,” she continued.

However, the research did not explore the reason behind these differences in performance. The researchers are unsure whether the differences are related to an improvement in the information collection system, a faster muscle response or if the brain’s visual processing is working better.

“That’s a really interesting question to try to explore and understand because if we can un-

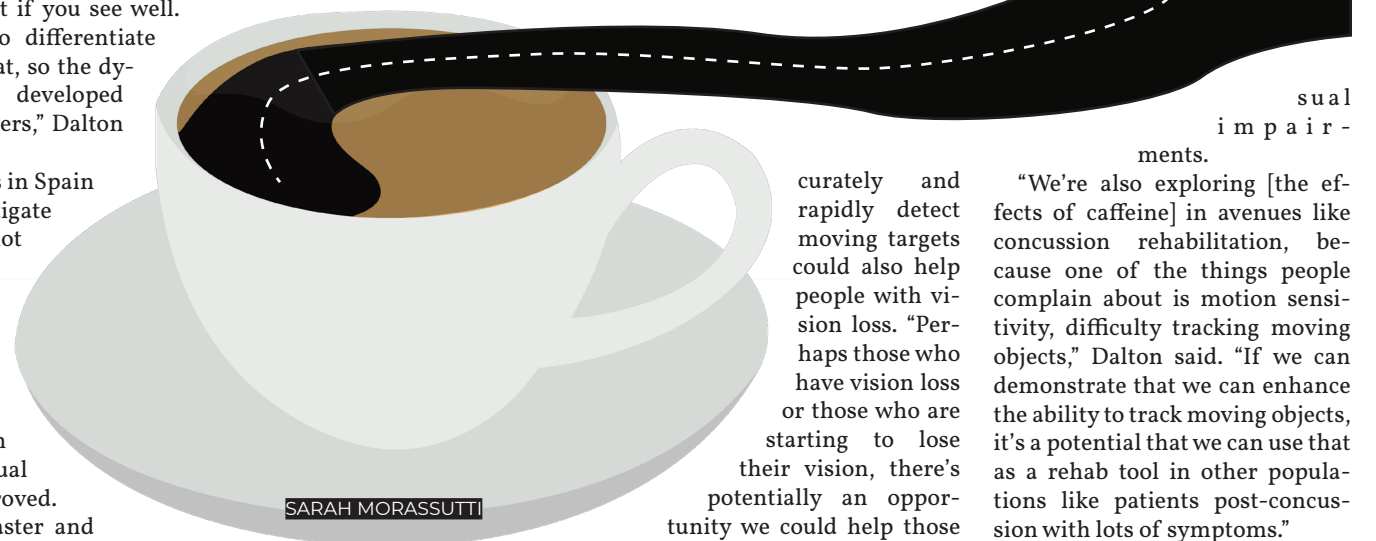
derstand what’s changing, we can start to develop training or methods to enhance that for people,” Dalton said.

The results of this research have also shown that caffeine intake can increase the day-to-day quality of life for many individuals, especially in regards to driving and road safety. “If we could improve people’s ability to see moving objects, we could make people safer on the road,” Dalton said.

She added that the benefits of caffeine on the ability to ac-

curately and rapidly detect moving targets could also help people with vision loss or those who are starting to lose their vision, there’s potentially an opportunity we could help those people learn a skill that could keep them safer on the roads, they might keep their licenses longer and keep their independence longer, which can be really important as well.”

Furthermore, the results of this study opened doors to the research of new potential rehabilitation methods for concussion victims and people with vi-



visual impairments.

“We’re also exploring [the effects of caffeine] in avenues like concussion rehabilitation, because one of the things people complain about is motion sensitivity, difficulty tracking moving objects,” Dalton said. “If we can demonstrate that we can enhance the ability to track moving objects, it’s a potential that we can use that as a rehab tool in other populations like patients post-concussion with lots of symptoms.”

# Psychology professor appointed to the Order of Canada

**Suhani Saigal**  
Editorial Assistant

Geoffrey Fong, a professor in the Department of Psychology cross-appointed to the School of Public Health Sciences at UW, has been appointed to be an officer 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.

As the founder and chief principal investigator of the International Tobacco Control Policy Evaluation Project (ITC project), Fong leads a team of over 150 researchers across 31 countries. He received recognition for his research on improving risk mes-

saging on tobacco products and for his role in reducing the global tobacco epidemic.

“I am humbled and honoured to receive this recognition, which I think of more as a tribute to our extraordinary research team at the University of Waterloo and our global research team, who have worked tirelessly to use our research to combat the number one preventable cause of death in Canada and the world,” Fong said in a press release.

His work examines the effectiveness of tobacco control policies of the first-ever World Health Organization treaty, the Framework Convention on Tobacco Control, which calls upon Canada and 180 other



countries to implement measures such as large graphic warnings, smoke-free laws, higher tobacco taxes, anti-smoking campaigns and limits on advertising and packaging.

Fong’s accomplishments were acknowledged by Vivek Goel, president and vice-chancellor of UW. “Geoffrey Fong’s work has resulted in many lives being saved around the world by demonstrating the significant role government policies play in reducing health risks,” Goel said in a press release.

Fong is the recipient of the Governor General’s Innovation Award and has distinctions from the Canadian Cancer Society, the American Cancer Society, the Canadian Institutes of Health Research and the World Health Organization. In addi-

tion to being a fellow of the Royal Society of Canada, the Canadian Academy of Health Sciences and the Association for Psychological Science, he is also a Clarivate Analytics Highly Cited Researcher and has received Waterloo’s Distinguished Teaching Award.

Her Excellency the Right Honourable Mary May Simon, Governor General of Canada, announced 135 new appointments to the Order of Canada on Dec. 29, 2021.

Rick Haldenby, a professor and former director of the UW School of Architecture, was appointed to be a member of the Order of Canada in the same announcement as Fong.

Fong and Haldenby will receive their insignias at a ceremony at Rideau Hall.



## How to survive the school term

Abhiraj Lamba  
Arts & Life Editor

As we begin a new term, it can be difficult to get back into the correct rhythm for school or work. With only 24 hours in a day and work, academics, extracurriculars and personal lives to balance, surviving a term is no easy feat.

While everyone has a different way to deal with the stress of school, here are some tried-and-true strategies that could work for you.

### Plan Ahead

Planning ahead helps make sure that you're prepared for what's to come. Figure out as many of your current and potential commitments for the term as you can. What courses are you taking? Do you have, or are planning to get, a part-time job? What clubs and societies are you working with this term?

Wherever possible, think about how much time a week, on average, you want to dedicate to each of these activities, keeping in mind that you

would want to leave some time for self-care as well (more on that later).

Knowing how much time you should be spending on all your commitments helps you ensure you're balancing them all. Of course, it is important to remember that plans change. You may find new activities over the course of the term and may drop other commitments, but it is good to have a general idea of what to expect.

### Develop a Routine

Every day is different, and it is always exciting to see what a new day brings. That said, developing a general weekday routine can be a great way to manage a school term.

While a routine may seem to suggest a sense of monotony, it takes away the need to plan what you need to do each day. Moreover, if you have a similar schedule to follow every day, it may be easier to stick to it for a longer period (almost four months, for example).

Along with a daily routine, it might also be a good idea to develop a weekly routine. Think about what you would like to do on each day of the week. This would serve a similar purpose as a daily routine but would allow you to dedicate some time to all your coursework and activities.

Most importantly, having a routine doesn't mean that it is set in stone, so if there are days you can't stick to it, no big deal. However, it's nice to know what you would like your average day to be like.

### Self-Care

With so much to do in a term, you need to pace yourself. If you work too much at the beginning of the term, you may not have the energy or motivation to put in any work towards the end. Burnouts are very real parts of university life, and to avoid them you have to take care of yourself.

Self-care means different things to different people. Whatever it means to you, do it. Watch a movie, listen to music, go out with friends, have some wine. Spend time doing things that you enjoy and take your mind off all the work you have to do.

It is often very easy to forget that even though we are students, we are also human beings who need to take care of ourselves, and nothing is as important as

our mental and physical health.

### Understand your needs and what works best for you

The most important thing to survive a term is to remember that every individual is different and has different needs. Your friends may have really rigid schedules that they follow to make sure they are managing all their work and activities, while you can't seem to create a similar routine that helps you succeed. Just because something works for them doesn't mean that's what would work for you.

Figuring out your needs and goals is the best way to survive your school term. It is extremely important to determine what works best for you. Maybe schedules aren't your thing, so what do you do to manage your time? Maybe your goals for the term are different than most students, so how do you accordingly adjust your plans?



# Interesting electives to take this term

Pratyusha Varma  
Assistant Arts Editor

If you, like me, are looking for an elective to switch into -two weeks into the term, you've come to the right place! With the add period deadline slowly approaching, now might be the best time to make your decision. I went ahead and did the homework for you- including all courses available this term and their FLOW ratings. Here are some of the courses I thought provided a different perspective than the majority of us might be used to in required courses, and some of them sound like a blast to be in.

These courses are also offered regularly through the year so make sure to check the schedule of classes out if you're hoping to take them in later terms.



## ANTH 241: Food as Culture

Another anthropology recommendation is ANTH 241, for all our food lovers. This course explores how the collection of food has shaped our biology and forms of social organization. It also examines this topic through the lenses of politics, economy and colonialism, amongst other things.



## ENGL 108A: The Superhero

Are you obsessed with superheroes? Have you always wondered what makes them so cool? This course examines the hero, from ancient characters like Gilgamesh to modern comic book superheroes in books and films. What makes ENGL 108A even better, you ask? It has a 73 per cent rating for easiness and solid reviews.



## GSJ 201: Gender and Social Justice in Popular Culture

This course examines gender, race, ethnicity, sexual identity, religion, class and other aspects of people's identities, including the advantages and disadvantages that people experience by virtue of these identities. The course also questions how popular culture can address these inequalities and whether popular culture is more often a boon or a bane.



## ANTH 100: Introduction to Anthropology

If you're curious about how humans have thrived in a diversity of cultures through time, this is the perfect course for you. It's meant to provide an overview of what anthropology is and it has a 73 per cent 'Easy' rating on UW Flow. It's also been liked by 71 per cent of the students that have recently taken the course.



## COMM 101: Introduction to Financial Markets

If you're looking to understand the basics of financial decision-making (and who doesn't need this), you should consider taking COMM 101. The course only has a 50 per cent rating for easiness on Flow but has a higher usefulness rating, so it's probably doing something right.



## ENGL 108P: Popular Potter

This one is for all the Harry Potter fanatics. The course explores critical theories and cultural studies to examine the phenomenon that is Harry Potter. ENGL 108P has been liked by 88 per cent of the students who have enjoyed the historical and literary context that the course places the Rowling series in.



## THPERF 102: Introduction to Performance

This is a workshop course that introduces students to the different aspects of performing in formal and informal settings through various activities and performances. What's more, students don't need any previous performance experience.

If you'd like to look for other options, visit the Course Selection Offerings List at <https://classes.uwaterloo.ca>.

Imprint is looking for...

# ARTS & LIFE WRITERS

Write movie or play reviews, interview artists in the KW region, create playlists for our readers or share your artistic process in From Idea to Creation!

Reach out to  
[arts@uwimprint.ca](mailto:arts@uwimprint.ca)

# 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](mailto:sports@uwimprint.ca).

## Artist Spotlight: Devon Miller-Junk

Nicola Rose  
Managing Editor

Devon Miller-Junk is a fourth-year computer engineering student and one of the captains of the UW men's varsity swim team. He swims freestyle and breaststroke and is also a Fundraising Manager on the team's Fundraising Committee.

Miller-Junk began swimming at the age of 11 when his family moved from Canada to Puerto Rico for his father's job. Previously, Miller-Junk had tried several sports, his favourite of which was hockey. However, in a warmer climate, hockey was no longer an option, so he turned to swimming to fulfill his athletic aspirations.

In the 10 years since he began swimming competitively, Miller-Junk has grown significantly, both as an athlete and as a student. Among the many qualities he's gained from his swimming career thus far, Miller-Junk highlighted time management and organizational skills. "Swimming is a sport where you just have to put in the hours," he said. "It really shows up in the results, who has been putting in those hours and putting in a lot of effort into those hours."

Members of UW's varsity swim team, more than half of whom are engineering students, usually attend 15 to 20 hours of team practice each week, on top of which many complete hours of additional fitness training independently. "Not only are we in the pool that many hours but we come out exhausted and we need to make sure we're getting enough sleep at night and that we're taking the proper time and effort

to recover from all of that practice," Miller-Junk explained. "So being able to fit in those sort of academically grueling schedules with the intense swimming schedule is pretty difficult and to me just gives you an opportunity to get better at those time management skills."

Swimming has also improved Miller-Junk's resourcefulness — an attribute that has benefitted him as an engineering student and as a software engineering intern in multiple co-op roles. "Swimming, I think, really taught me to find different ways to improve. You can try harder in practice, but once you really start feeling the heat, you start recognizing how to try to work smarter in practice. You

can figure out a bunch of different ways to improve in the pool and outside of the pool. Especially with the different COVID-19 lockdowns, you can figure out different ways to improve even if you can't get in the pool," he said.

In his three-and-a-half years on the team, Miller-Junk has grown into an exceptional leader. In fall 2021, he was selected as one of the captains for the Warriors swim team. "I think of being captain as an opportunity to help serve my team in more ways than just in the pool.

As a member of the varsity

swim team, I can

swim well

and I can

motivate

everyone

around

me to

also

swim

well —

we try

to al-

ways

push

each

other

in the

pool.

Being a

captain al-

lows me to

not

only do that in the

pool but also gives me more opportunities to help people succeed in the pool through other means," he said, offering the example of helping students access academic support and resources for their overall well-being.

He also highlighted the community-oriented aspects of the role. "[As captain I can] make bonding activities and opportunities for the team, so that we can become a more close-knit group and get to know each other better and support each other better." One excellent example is through team resume critiques and interview practice, where senior students coach younger swimmers through the co-op application process.

Miller-Junk's time on the team has reinforced the value of teamwork in his mind. "It taught me that even the most individual sport like swimming is still really group reliant, or that it's helpful to be in a team setting. And so even if you're struggling with something you think you should do alone, it's really not. Everyone's there to help you out. If you make that sort of group effort it'll work out better."

The team dynamic proved invaluable during the pandemic, as the athletes constantly had to adjust to new situations, with some periods when, thanks to regular testing, vaccine mandates and capacity limits, they were able to swim, and other periods when pools were entirely inaccessible. "Our team adapted really well," Miller-Junk said proudly. "We had outdoor running groups during the summer and Zoom dryland sessions. And when we had the opportunity to swim we tried to make the most of it. It's really been a team effort to try to keep each other in shape and keep each other motivated."



COURTESY DEVON MILLER-JUNK

**imprint**  
**THIS WEEK IN ATHLETICS**  
GO GOLD GO BLACK GO GOLD GO BLACK  
WATERLOO WARRIORS

## WARRIOR RECREATION

### FREE ONLINE FITNESS

#### MONDAYS

Barre  
12:00 pm

Yoga  
6:00 pm

#### TUESDAYS

Zumba  
6:00 pm

#### WEDNESDAYS

Warrior Workout  
6:00 pm

#### THURSDAYS

Yoga  
12:00 pm

Boxing &  
Fitness Basics  
6:00 pm

REGISTER ONLINE AT [WARRIOR.UWATERLOO.CA](http://WARRIOR.UWATERLOO.CA)

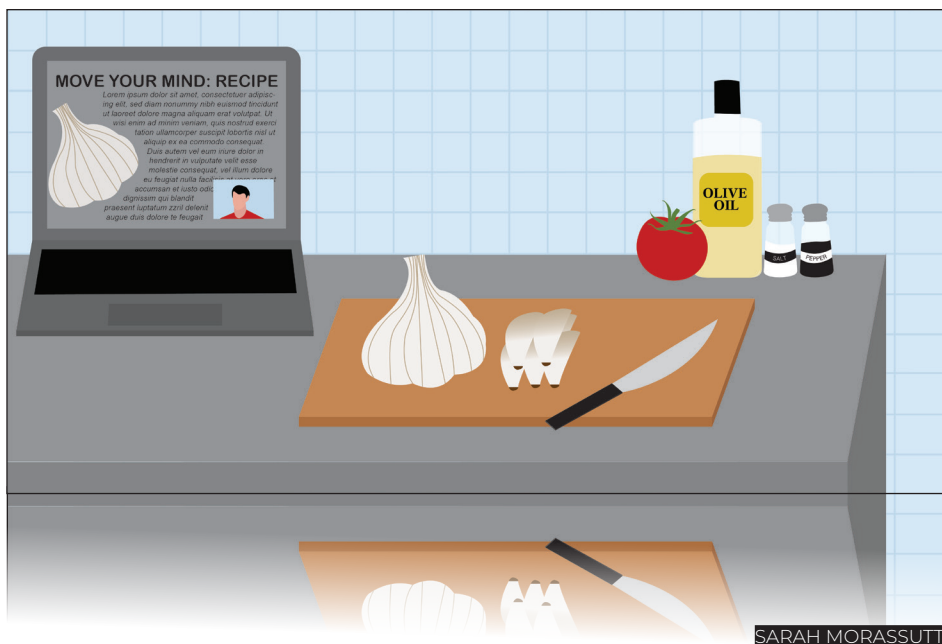


### WARRIOR INSIDER

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# The Move Your Mind fitness program



Safia Ahmed  
Sports and Health Editor

During the past year, fitness and health videos have become increasingly popular due to the recurring lockdowns and gym closures. Fitness transformations and home workouts are topping the charts on platforms such as YouTube, TikTok and more.

With the amount of content currently being produced, it's natural to feel overwhelmed. It can feel especially isolating for beginners who are interested in getting fit but feel that they do not have the appropriate resources. Newcomers to the fitness world may be unsure about where to start their fitness journey, how to perform exercises correctly and how to eat healthily. For those who feel they need guidance to achieve their fitness goals, UW provides a great program called Move Your Mind.

Move Your Mind was founded to provide students with equal opportunities for physical activity and help them take ownership of their fitness journeys. Their mission statement on the UW website states, "Move Your Mind aims to help students experience the physical, emotional, mental, and cognitive benefits of physical activity by helping to break down barriers preventing participation."

The program works by pairing every participant with a peer volunteer to encourage, motivate and hold the student accountable towards their fitness goals. This program can be extra beneficial to those who are new to Waterloo and are open to making new friends and finding workout buddies. Move Your Mind encourages a sense of community while also providing ongoing coaching and mentoring throughout the term. The program also offers virtual try-it sessions weekly for those not on campus as well as weekly

shared resources such as recipes, coaching tips and at-home workouts.

Move Your Mind is different from other wellness initiatives on campus because it's tailored to fit the needs and goals of the student. "I think what makes Move Your Mind unique is just the way that we approach every student that might interact with us... no two students who come through the doors at Move Your Mind or PAC or CIF are [going to] be the same. So we always start from scratch," said Kristen Leal, group fitness and instructional coordinator.

The core of the Move Your Mind program relies on finding physical activities that the student enjoys so that their workout regime is sustainable. After all, a student is much more likely to continue a workout routine long-term if they enjoy it. While the program is mostly composed of students referred by school faculty, students can apply for the program directly by filling out the referral form on the UW website. Move Your Mind is open to all UW students and there is no cost to be involved in the program, however, certain fitness activities may have registration costs.

If healthy living is already embedded in your lifestyle and you would like to encourage others to achieve the same, Move Your Mind is always looking for volunteers. Volunteers help participants in the program to try out new activities (instructional classes, clubs, intramurals), keep them motivated and help them reach their fitness goals. Volunteers are required to commit to a minimum of six hours per term. If interested, email [athcpwel@uwaterloo.ca](mailto:athcpwel@uwaterloo.ca).

With Winter 2022 only beginning, it can be easy to get caught up in school work and forget about taking care of yourself. At the end of the day, it is never too late to start exercising and integrating physical activity into your lifestyle.

## Recipe: Spicy & Tangy Pickles

By Ingrid Au

Some of us love pickles, but if pickles aren't for you, then check back in for another recipe next week, because this week celebrates pickles. For some reason, pickles feel like a very controversial food. Some people love them and some view the act of submerging a crispy and fresh vegetable in a tangy, spicy, garlicky brine as a hate crime. I can shamelessly eat an entire jar in one sitting. But hey, there are people who like pickled eggs, and you should be glad that I (along with many others) are not part of that small demographic.

### Ingredients:

- 5-6 cucumbers (can vary depending on the size of jar and pickles)
- 3-4 tbsp of salt
- 2 tbsp of sugar
- 3 cups of white vinegar
- 4 cups of water (if too acidic, continue to dilute with water)
- 1-3 thinly sliced chilli peppers (can vary depending on size and desired level of spice)
- 4-5 cloves of garlic, finely chopped
- Chopped dill sprigs (optional, but highly recommended)

### Preparation:

Wash the cucumbers with cold water and pat dry (I do not recommend chemical produce wash solutions).

Sanitize the mason jar by submerging the jar in boiling water for 10 minutes. Let the mason jar sit and cool (do not run a very hot glass under cold water) and once cooled, pat dry any remaining moisture. Wash the lid with soap and pat dry. Be diligent around the rim of the jar and inside the lid corners as there are tiny gaps that could still contain moisture.

### Instructions:

- Cut cucumbers into desired shapes or leave them uncut. Personally, I cut them into vertical halves so that the insides can absorb the brine better.
- Combine the vinegar, water, salt, sugar, garlic, peppers, and dill.
- Using a fork or pair of chopsticks (avoid using your hands, if so, wear gloves), tightly pack the cucumbers in the jar and pour in the brine.
- Leave the pickles to marinate for a minimum of 24 hours.
- The pickles can be stored for up to a month in the refrigerator (unopened). Once opened, the pickles can only last for a week. Discard the pickles if any of the following appears:
  - Foul smell
  - Mould
  - Dulled and abnormal colour in the brine or vegetable
  - Bulged lid/ bubbling around the surface
  - Change in texture/ consistency

Please make sure you pay careful attention to the spoilage signs above and make sure to eat them within a week of opening the jar! Enjoy!



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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

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

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# Why are gyms closing yet again?

One thing you have probably heard at least once during these early days of 2022 is "New year, new me." The New Year is seen as a time for a fresh start — a time for people to reflect on what went wrong and what went well as well as an opportunity for people to figure out how they can further improve themselves in the coming year.

A 2020 study by researchers from universities in Sweden and the UK found that the most popular new year's resolutions involve physical health and weight loss. You may have heard your friends say they want to "get big" or "hit the gym" this year. Exercise and physical activity can improve physical, mental and emotional well-being. Not to forget, for us UW students, exercise can be a much-needed opportunity to get away from the everyday stresses of a busy academic schedule.

While this is all great, the majority of us who were looking forward to a "new me" in 2022 (myself included), tuned into CP24 just three days into the new year to see Premier Doug Ford announcing that gyms are closing down until at least Jan. 26 due to the rising cases of COVID-19 in the province.

No more working out at PAC. No more late-night soccer games with my friends at the new indoor fields at CIF. Considering we are in the coldest months of the year, exercising outside is a challenge. I had big fitness goals for the 2022 year, but just a few days in, they are being put on hold.

Over the last two years, we have had the chance to learn so much about the COVID-19 virus itself. Vaccines, social distancing, masks, capacity limits and sanitization have all been proven to be effective methods of reducing the spread of the virus. We have learned that quarantining after contracting the virus can also limit the spread. CIF and PAC only accept students who are fully vaccinated and both gyms have implemented social distancing measures, mask mandates, and capacity limits. Additionally, UW spent the first year of the pandemic improving ventilation systems across campus — an important measure for reducing the risk of COVID-19 transmission indoors.

Many people have pondered why gyms continue to be closed after a sudden rise of cases even with all of these practices in place. Some have insisted that going to the gym is a "coping mechanism" for what has gone on during the pandemic.

Furthermore, a 2020 study at a fitness center in Oslo, Norway found that with good hygiene and physical distancing, there was no increased risk of COVID-19.

To add to this, the Centre for Disease Control and Prevention has made it clear that COVID-19 is most severe for older adults and people with multiple or severe health conditions. Most students are younger adults, who generally have the lowest cases of long-term medical conditions. With the right measures in place, it is highly unlikely CIF and PAC gym-users will contract a severe case of

COVID-19. For students or faculty members who do have additional health concerns, double masking and continued sanitization of gym equipment can further reduce the spread of COVID-19. With all of this information, it is obvious to me that gyms and fitness centers should open ASAP.

Online classes, not being able to see our friends in person and gym closures have been difficult for UW students. Not only have these factors impacted our physical health, but they have also worsened our mental health. Opening CIF and PAC would allow students to continue to engage in consistent physical activity and also provide opportunities for students to take breaks from their classes, which would improve mental well-being. These gyms are such an important part of the student experience and student wellness here at UW. It is becoming clearer that with the right measures in place, CIF and PAC won't significantly increase the spread of the virus. So then why are these vital student facilities closed?

We are two years into this pandemic. So much research has been done to prevent and limit the spread of the virus, but we are living the same way we were when the pandemic began. It is time for CIF, PAC and fitness centers across the province to open up.

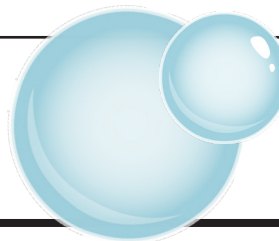
Mohad Nasir  
 3B Health Studies



SARAH MORASSUTTI



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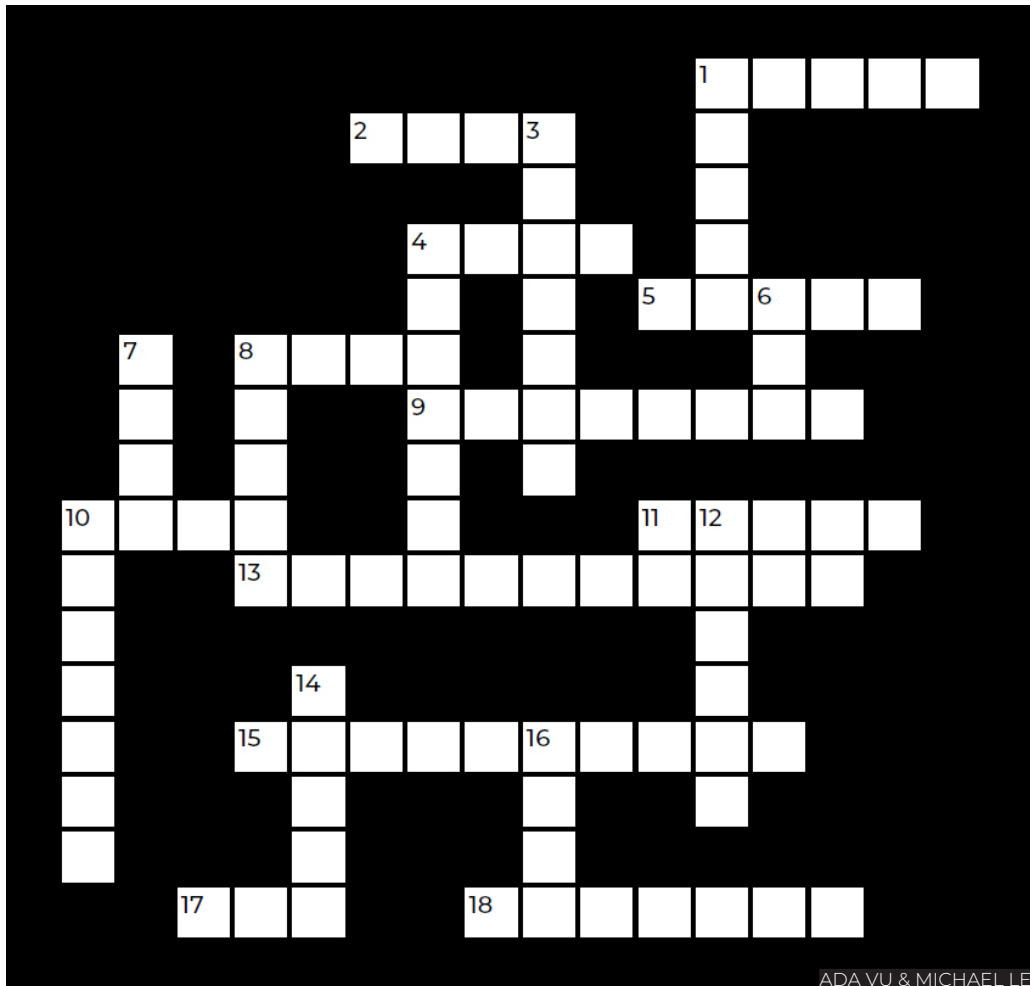


**BUBBLE 1: HEY BUDDY, ARE YOU OKAY?**

**BUBBLE 2: NO, I FEEL LIKE I MIGHT BURST INTO TEARS!**

## Imprint crosswords

## Bubble Tea



ADA VU & MICHAEL LE

### Across

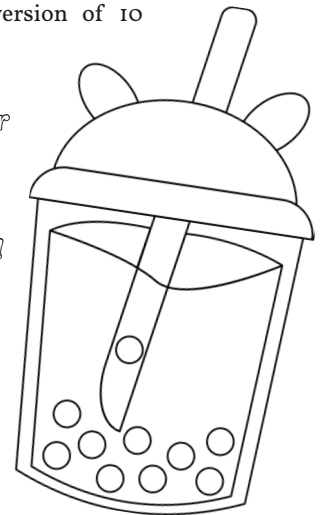
1. The Boba Challenge; eyes closed and punch this through the drink
2. White stuff on top of drink
4. Bubble tea is generally consumed at this temperature
5. What you need on a hot summer day
8. Styled terracotta figurines to sprout these and after a few days, it'll look like animal fur or hair
9. Where to try Royal No. 9
10. Starchy purple ingredient
11. To soak tea leaves
15. Local bubble tea location with really long lines
17. A richer version of 1 down
19. The opposite of 4 across
20. "What's \_\_\_\_\_" - Jack Harlow, a type of boba

### Down

1. Order options: 0%, 25%, 50% or 75% less of this ingredient
3. The two main ingredients of bubble tea
4. Wait in line here in DC after class
6. Order options: regular, less, none
7. Nickname for bubble tea
8. Located at Lester and University
10. Starch ingredient extracted from cassava, interchangeable with "pearls"
12. Country of origin
16. You can get this type of tea as opposed to 3 down
18. Smaller version of 10 down

What's your bubble tea order?

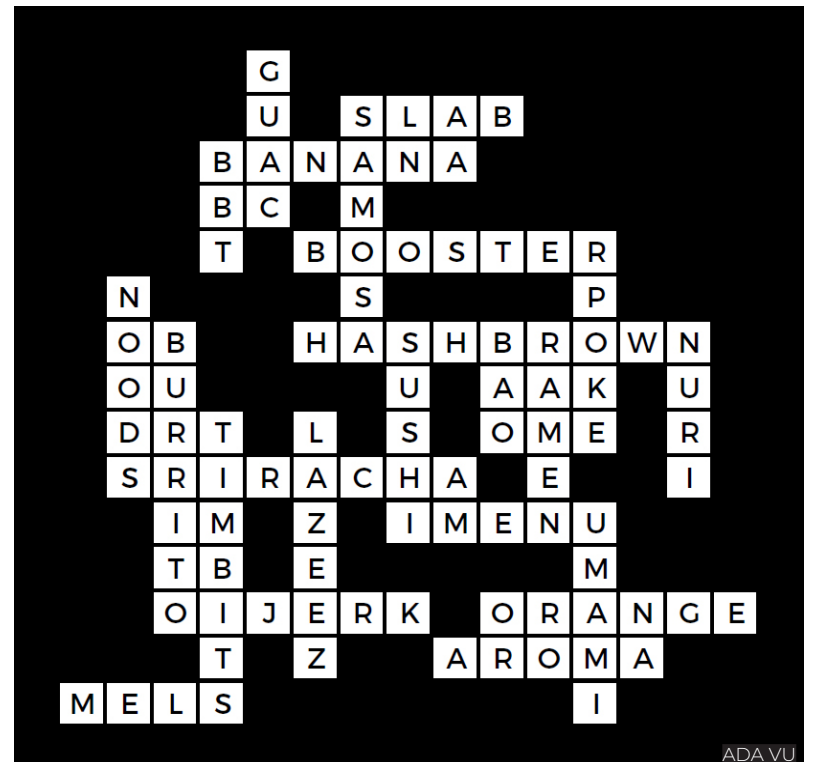
Colour me!



### LAST WEEK'S ANSWERS



ANNIE ZHANG



ADA VU