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Does climate change mean the end of the Winter Olympics as we know them?



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ANDREW YANG



UW redeploys employees to volunteer for Region of Waterloo

Alicia Wang
 News Editor

On Jan. 19, University of Waterloo faculty and staff received a message from Vivek Goel, president and vice-chancellor, formally asking UW employees to consider aiding high-need areas in the region of Waterloo currently strained by Omicron. Faculty and staff can choose to either be temporarily redeployed or to volunteer on personal time.

The high-need areas outlined in the message include environmental services, food services, virtual visits to residents in long-term and retirement facilities, patient experience assistants, and emergency child care services for emergency workers.

Potential jobs include mopping and cleaning, responding to patient calls, providing patients with

refreshments, sanitizing high-touch areas, garbage disposal, and preparing food portions or individual cutlery sets.

In an email interview with Charmaine Dean, vice-president of research and international, when asked what the response to the initiative had been like so far, Dean did not give a direct answer, instead stating that “the initial response has been what we expected: University of Waterloo staff are stepping up to learn how they can support.”

Imprint reached out to UW’s university colleges and its marketing and undergraduate team and found that as of Feb. 4, no employees have openly decided to participate in the redeployment initiative.

The university will pay regular salaries for those who work during work hours for up to five weeks in these high-need areas.

However, not all staff are el-

igible for official redeployment — employees whose jobs keep campus operating, such as campus housing, food services, campus security, janitorial services and those in plant operations, will not be eligible for the paid deployment, though the university encourages them to volunteer in their spare time.

Co-op students are also not eligible for paid redeployment.

When asked how else the university has responded to similar requests for aid by the region, Dean listed various initiatives the university had taken up throughout the pandemic, such as emptying labs to provide supplies to the region, repurposing labs to produce face shields and researching new tools and methods such as a machine learning-based approach to classify any future COVID-19-like viruses within hours. The university also hosted on-campus testing and vaccination clinics.

To produce face shields, 3D printers in the Multi-Scale Additive Manufacturing Laboratory (MSAM) were used to manufacture roughly 50 to 60 polymeric headbands and bottom reinforcements per day.

Ehsan Toyserkani, research director of the MSAM lab, stated that “one of the main benefits of our lab is that we can fully appreciate 3D technologies and how they can be deployed to develop, design and produce medical components.”

UW has previously supported the community through initia-

tives including donating to local organizations like the United Way and partnering with the City of Kitchener to develop downtown Kitchener’s Health Sciences district into an “Innovation Arena” featuring product development labs, collaborative office spaces and housing UW’s entrepreneurship program, Velocity.

The university directed *Imprint* toward a 2015 Community Impact Report, which they acknowledged was “a bit dated,” but “reflects of the scope of ways in which we continue to connect with the community.”



UW joins Academics without Borders

Noah Stolee
 Reporter

On Jan. 26, the University of Waterloo announced that it is joining universities and colleges across Canada in the Academics Without Borders (AWB) Network.

The Network connects faculty and researchers in Canadian institutions with universities and colleges in low- and middle-income countries. The goal is to help drive systemic change, which AWB seeks to do by strengthening higher education in these countries. Professor Ian Rowlands, the head of Waterloo International, spoke to *Imprint* about this partnership. “As we are now a member, we’re delighted to be able to publicize the opportunities that AWB, through its global network,

has cultivated and developed in partnership with its connections around the world,” Rowlands said.

Rowlands emphasized that although the focus is on Canadian institutions helping institutions in lower- and middle-income countries, he also sees UW’s membership as a place for UW staff and faculty to gain experiences and perspectives to bring back to UW. He related the initiative back to his own international experiences through the Association of Commonwealth Universities (ACU), saying, “When individuals have an outbound experience — so, in this case, helping with capacity building, be that curriculum development, be that academic management, in educational institutions in the Global South — yes, they will help those universities there, but my own experience ... is that

then affects your own worldview and your own understanding of [how] the world works.”

The available volunteer opportunities are determined by AWB’s partner institutions in developing countries. This means the institutions that will be receiving the help can recognize their own needs and propose their own plans to address them, ensuring the volunteer work done through AWB has a local focus and addresses the needs of schools as they see them.

Greg Moran, executive director of AWB, has spent his career in higher education, including being a professor and provost emeritus at Western University, as well as being provost and chief academic officer at Aga Khan University in Nairobi, Kenya. In an interview with *Imprint*, Moran said, “I really believe in the importance of high-

er education informing the kinds of societies that most of us like to live in, the ones which are healthy, have a sense of shared prosperity and stability.”

By strengthening colleges and universities in lower- and middle-income countries, access to improved higher education isn’t restricted to those who can afford to travel internationally, said Moran. There are also many intangible benefits to developing cities and countries that have a university or college. “It has spin-off impacts on the community,” Moran observed. “Just simply being there is important to the functioning and the wealth of the community.”

When asked what the benefit of the Network is, Moran said it is both symbolic and practical. Symbolically, it shows that the member institutions see global

development as part of their mission, whereas on a practical level, universities and colleges who are members of AWB’s Network get access to volunteer opportunities before anyone else, and staff and faculty in member institutions are able to propose projects to AWB twice a year, a privilege usually reserved for the institutions who will be benefiting from said projects. Moran concluded the interview by stating, “We’re thrilled to have Waterloo come to join the network because it’s one of the finest universities and most innovative universities in the country, and we think that they’re going to be really good partners ... it’s going to be a good relationship and I think a great benefit to both Waterloo and to us at Academics Without Borders, and most importantly to our partners all over the world.”

SASC releases strategic plan

Maahir Sheikh
Reporter

The Sexual Assault Support Centre (SASC) of Waterloo Region has released their strategic plan for 2022 to 2025. The Support Centre provides important community resources to Waterloo students such as free and confidential counseling for those who have experienced sexual violence. The new plan outlines five strategic directions for the organization and identifies potential challenges and opportunities in the upcoming years. The plan was formulated by incorporating input from a broad range of stakeholders ranging from donors, volunteers and clients to community partners, employees and board members.

The Support Centre was founded in 1989 by local women, many of whom experienced sexual violence themselves, in an effort to address the decade-long absence of community resources for survivors of sexual violence in the Waterloo Region. During its first two months of operation, the Support Centre was entirely volunteer-run, relying on 25 volunteers. It was only thanks to a \$50,000 grant from Sun Life Financial that the Support Centre was able to secure office space and hire an employee.

Currently, the Support Centre offers survivors access to a 24-hour support line, counseling and advocacy services, support groups, a broad range of workshops, legal advocacy and a family court support program. In addition, those experiencing sexual exploitation or those who are at risk can access the Support Centre's anti-human trafficking program. The Support Centre also provides education services to schools, professionals and the broader community in an effort to promote social change through education.

The five strategic directions that will guide the Support Centre through 2022 to 2025 are: reducing wait time for survivors seeking support, supporting the wellbeing of employees, curating programs to address the specific intersectional needs of survivors, expanding fundraising capabilities and investing in long term solutions to gender-based violence. The strategic plan will be updated on an annual basis to address any changes in environmental factors.

While the plan itself details several challenges the Support Centre is expected to face, executive director Sara Casselman emphasized that the main obstacle for the organization is the lack of necessary funds to provide services that are becoming increasingly in demand. She explained, "With COVID, survivors are feeling more isolated and needing more support than ever. We actually saw a 362 per cent increase in participants in our support groups. I think the big-

"The truth is, when issues are highlighted in the community people tend to respond. While we would really like ... sexual violence to be something that is on the agenda for everyone all the time, sometimes, when really challenging things happen, it forces [the public to pay attention]. I think that is the nature of how the world is, when something bad or something really significant is in the news it draws attention to it."

SARA CASSELMAN,
EXECUTIVE DIRECTOR

gest impact of Covid ...[is that] people don't have access to the same supports they used to have. We've seen a 62 per cent increase ... in requests for individual counseling for survivors of sexual violence."

The Support Centre has experienced tremendous growth over the past four years. Through fundraising efforts, the Support Centre's operating budget increased 187 per cent from 2017 to 2021. During that same time period, the number of full-time employees nearly tripled, growing from 11 people to 30. Casselman acknowledged how impressive this growth was, yet stressed that it is not enough. "We still had 169 survivors on our waiting list for support [as of last month]. So our Centre has grown but the demand for support has grown faster than us. Six [or] seven years ago if we had 40 survivors on our waiting list ... we would have felt that that was a crisis [and] would have looked at every kind of way to try and get support for those waiting."

Casselmann went on to add, "There's been a cultural shift in recent years where survivors who maybe [have been] used to suffering without support are reaching out. Right now we have some people that have been waiting almost a year to get into counseling. Things are always shifting and changing, we're always adapting and trying to meet the need in our community. I think we will have grown enough when we're at a point where a survivor calls in for support and they can access it right away, without waiting lists. That's what we're continuing to do, to try and grow until survivors can readily and easily access support."

When asked about the consistency of fundraising, Casselman said, "The truth is, when issues are highlighted in the community people tend to respond. While we would really like ... sexual violence to be

something that is on the agenda for everyone all the time, sometimes, when really challenging things happen, it forces [the public to pay attention]. I think that is the nature of how the world is, when something

bad or something really significant is in the news it draws attention to it."

Casselmann highlighted the important impact of the MeToo movement. Coined by Tarana Burke and popularized by Alyssa Milano, #MeToo opened the doors for survivors to share their stories of abuse. "When the metoo movement hit ... all those pieces together created a cultural shift where it was more in people's minds and more survivors were reaching out for support than ever before. The last number of years have been fairly transformational in terms of sexual violence being more on the hearts and minds of folks in our communities. The resources have't necessarily caught up [to the demand for support]."

Casselmann explained that the Support Centre must devote energy to fundraising out of necessity, which takes away focus from survivors. She added "if we were just able to focus on supporting survivors and creating social change we would be more effective. I believe that sexual assault centres and domestic violence shelters should be funded like an essential service in our community." In the interim, the Support Centre continues to rely on the goodwill of private benefactors.



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Will the Winter Olympics be possible with climate change?

According to a recent study, only **one** of the past 21 cities would be able to hold Winter Olympics in the future if emissions continue on their present course.

Alessia Czerwinski
Reporter

Led by the University of Waterloo, an international team of researchers conducted a study on the impacts of climate change on the Winter Olympics. According to the report, of the 21 cities that have previously hosted the Winter Olympics, only Sapporo, Japan would be able to guarantee safe conditions by the end of the 21st century if global greenhouse gas emissions are not drastically decreased. If the Paris Climate Agreement emission objectives are met, the number of climate-reliable host cities increases to eight.

“Snow sports are at risk, and are a major part of the Winter Olympics,” said Daniel Scott, a professor of Geography and Environmental Management at UW who specialises in sustainable tourism.

The adverse effects of climate change



have already left their mark on the Winter Olympics. Snow-making for the games began in 1980. Due to snow losses from unseasonable weather in 2010, Vancouver had to import snow from outside the city with helicopters and trucks to their games.

February’s Beijing Olympics will use almost entirely synthetic snow, which will place significant stress on the already drought-stricken and water-scarce area. According to a recent report by the Sport Ecology Group at Loughborough University in England and the Protect Our Winters environmental group, China may require approximately 49 million gallons of chemically treated water. This is not only an intensive demand for energy and water, but it also produces a surface that could become unpredictable and possibly unsafe. Chemically treated snow, according to Rosie Brennan, a US Olympic cross-country skier, behaves differently than natural snow — it is physically tougher and turns to ice sooner.

“Most athletes perform on machine-made snow and have for years. It’s rare that you have a natural snowpack. From a competition perspective, snow-making is often a good thing in terms of reliability,” Scott said.

Sören Ronge, a campaigner at Protect Our Winters Europe, spoke about the impacts of climate change at the Olympics, stating that many places will have to renounce winter sports in the future if no effort is made to mitigate climate change. Ronge noted that lower-altitude resorts will be the first to experience the effects, and several have already had to close.

Scott provides a more optimistic point of view. “Lots of things are being done far better than they were even in the 1990s. We’re getting better. Could they do more? Like most countries, the games could do more, but they are headed in the right direction...There are a lot of things that are not as sustainable as they could be, but you must give credit for efforts being made.”

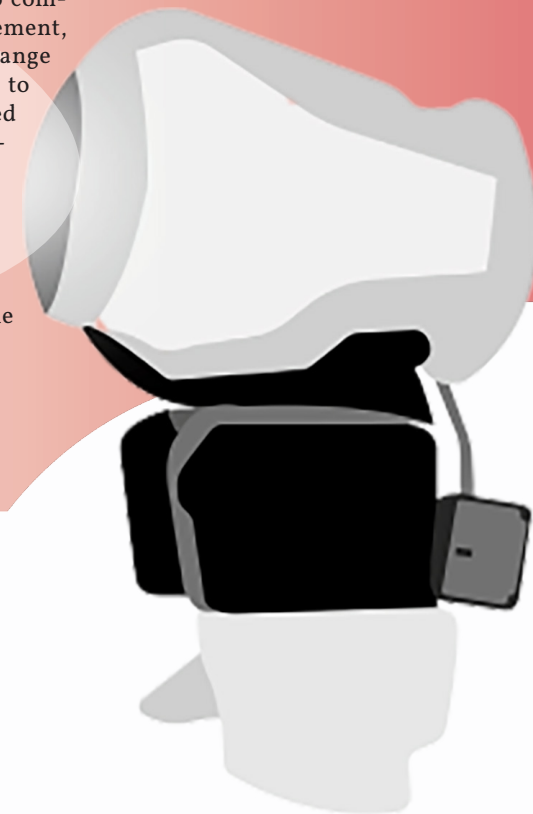
One major international effort to combat climate change is the Paris Agreement, an international treaty on climate change that seeks to limit global warming to below two degrees Celsius, compared to pre-industrial levels. The Paris Agreement aims must be met in order to safeguard snow sports as we know them and ensure that the Winter Olympics may be held in locations across the world.

When asked about the future of the

Winter Olympics, Scott said, “We’re already seeing how the games have made changes to weather-proof themselves. Snowmaking is part of that. What we’ve seen more recently is increasing distances from the big host cities and the mountain venues that host the snow sports. That will probably continue.”

While the existence of the games is not yet at risk, the way they are organised and where they take place will be affected over the coming decades in order to incorporate weather changes and sustainability needs.

“We have to have as balanced a view as we can, based on the evidence that’s out there, and give credit and criticisms where they’re due,” Scott said.



UW opens new aquatic threats research facility

Nicola Rose
Managing Editor

The University of Waterloo has opened a new facility to study the impact of climate change and other stressors on aquatic organisms. The development of the Waterloo Aquatic Threats in Environmental Research (WATER) facility was a two-year, \$5.2 million project undertaken by the Faculty of Science that will enable researchers at the university to examine the health of aquatic ecosystems.

“Fish are great indices of the health of our river systems. If we know the fish we study

are not doing well, it could suggest that there are impacts on water quality. We rely on our river systems around here for our drinking water and for other usages. So it’s really good to monitor how well the fish are doing to give us an indication of how healthy and clean our rivers are,” said Paul Craig, an associate biology professor and one of the lead researchers at the facility.

By studying smaller, bottom-dwelling fish called darters, researchers at the WATER facility can identify threats to organisms that are farmed and fished for food. “Darters provide a good indicator of the health of the river because they feed into the complex food web of the river. And if we see any impacts on those fish species, we can infer that there might be impacts on larger fish species — ones that we might find more economically or socially relevant, like rainbow trout or brook trout or lake trout,” Craig explained.

Craig, whose research focuses on the impact of human activity and changing climates on aquatic species, is one of six UW researchers involved in the lab, along with Brian Dixon, Barb Katzenback, Rebecca Rooney, Mark Servos and Heidi Swanson, all of whom are professors in the Department of Biology.

The WATER facility will also provide opportunities for students to be involved in leading aquatic research. “It would be fantastic to have students in there, particularly undergraduates, because I think that’s where you’re really going to

develop relationships with undergrads that may be interested in doing grad work in [areas related to] climate change,” Craig said. He explained that this term, he is bringing his fourth-year students for a tour of the lab, adding, “hopefully over the coming years we can develop that more into students actually doing laboratory work.”

The lab itself is impressive. One of the largest aquatic test facilities in the province, it has technology that allows researchers to study a range of issues, as the impacts of disease agents, contaminants and changing water temperatures, which is important considering that climate change is expected to increase water temperatures over the coming years.

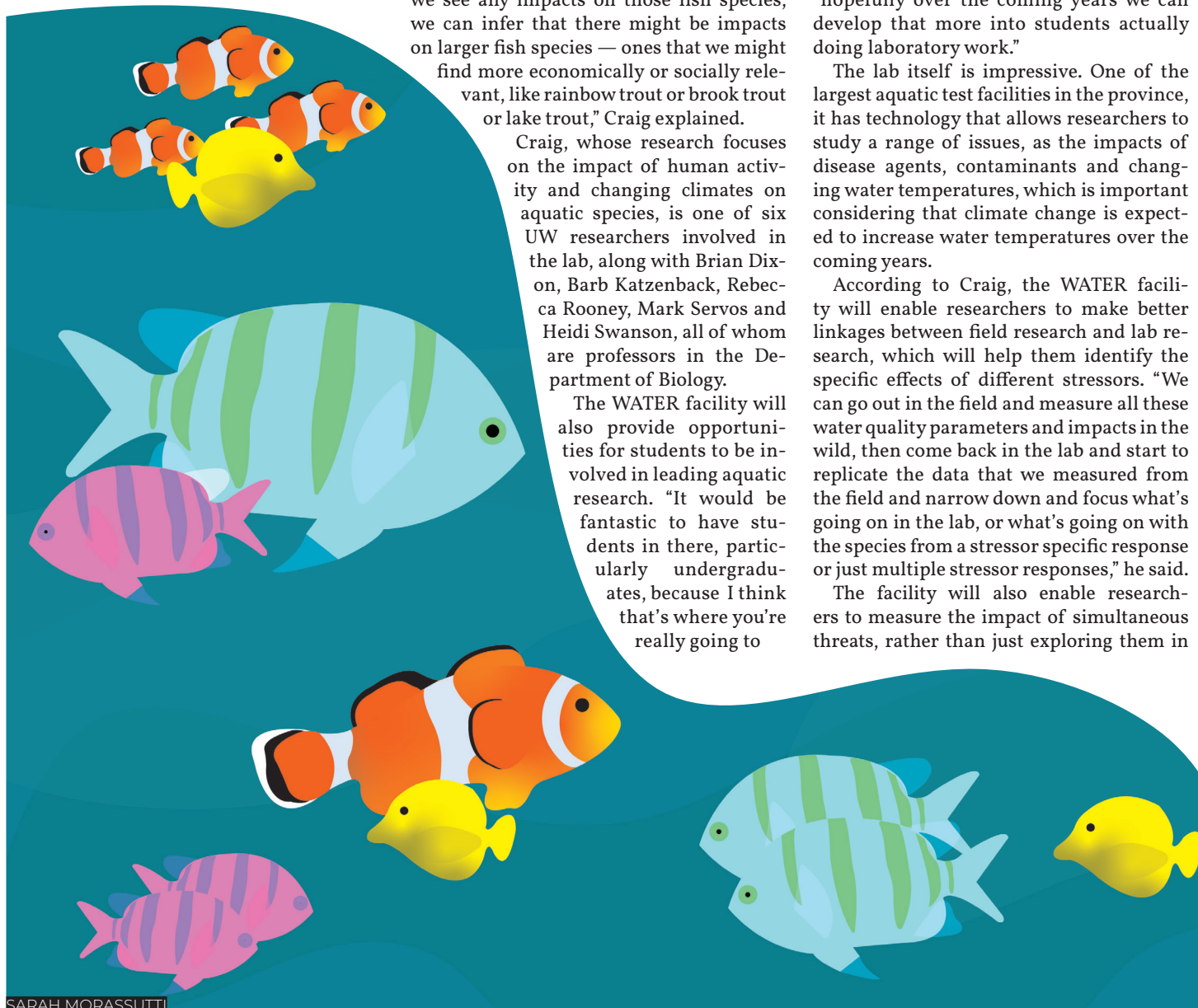
According to Craig, the WATER facility will enable researchers to make better linkages between field research and lab research, which will help them identify the specific effects of different stressors. “We can go out in the field and measure all these water quality parameters and impacts in the wild, then come back in the lab and start to replicate the data that we measured from the field and narrow down and focus what’s going on in the lab, or what’s going on with the species from a stressor specific response or just multiple stressor responses,” he said.

The facility will also enable researchers to measure the impact of simultaneous threats, rather than just exploring them in

isolation, and even allow them to examine their multi-generational effects. “Some of the equipment [will allow us] to do multi-factor exposures on a daily cycle and a weekly cycle... We can [also] expose the parents to a given stressor then take that stressor away and track the subsequent generations that come out of that original breed or breeding adults that were stressed [and see] how that is going to affect future generations,” Craig said.

“There is research out there that says ‘yeah, these effects linger, particularly when we’re looking at things like pharmaceuticals and contaminants in the environment,’” he explained. “Never ever put any kind of medical waste down toilets, because that’s a big issue. Get rid of any pharmaceuticals you no longer need by taking them back to your pharmacy,” he said, emphasizing the detrimental effects of medical waste like antidepressants and other prescription drugs on aquatic ecosystems — effects that have been studied by researchers like Servos, one of the researchers involved with the lab.

As for other ways students can minimize their impact on aquatic environments and help combat the consequences of human-induced climate change? “Be conscious of your water usage. We want to conserve water, that’s a big one,” Craig said. The WATER facility reduces water usage by 90 per cent compared to the system that was previously used in aquatic research at the university. “And get involved with organizations in the region that help clean up the rivers,” Craig added, emphasizing the importance of large-scale efforts in reducing harmful human effects on the environment.





Celebrate Valentine's Day at home

Darrel Adedayo
Reporter

As we move deeper into February, a new atmosphere enters the air – heart-shaped chocolates are on the front display of every grocery store, the pungent scent of roses wafts through the dying winter and subtle instrumentals arouse peaceful intimacy. That's right, Valentine's Day is coming. Now, despite the cozy atmosphere that is associated with this time of the year, one worrying thought – which is different from decades prior – must be lingering on everyone's mind: how can one enjoy Valentine's Day under COVID safety protocols? To assist in achieving a romantic holiday even under these peculiar circumstances, here are five ways to celebrate Valentine's Day at home.

Create a Scrapbook Together

Creating a scrapbook is the perfect way to spend time with your significant other. By dedicating your time to an activity that intends to preserve and present the history of your relationship, you can reflect on the times you've shared together in quarantine.

Additionally, you can compile a playlist of your favourite songs and listen along as you craft the scrapbook together.

To add an element of surprise and mystery to the event, you can each preselect photos, poems and quotes that you would like to add, then reveal them to one another throughout the night. Lastly, if you've already made plenty of scrapbooks and don't find them interesting, try switching the theme of the scrapbook. For example, you can make a 15th-century love-themed scrapbook. These were particularly relevant in England and were a compendium of recipes, letters, poems and quotes. What made these so unique was the contents of the scrapbook always pertained to the artist's interests. So whether you and your partner are into westerns or horror, you can make a scrapbook under that aesthetic and style. The options when crafting a scrapbook are endless, and with enough creativity, you can easily work away the hours.

Love Themed Baking

Much like creating a scrapbook, love-themed baking is a great way to bond with your partner for hours. With the easy contortion of dough, this is the perfect opportunity

to mould pastries into hearts, quotes, special dates, roses and anything else that pertains to Valentine's Day. Furthermore, the process of baking can be made into a revelatory experience by having both of you share family recipes. This can transcend the activity of baking and provide a gateway to knowing more about each other's backgrounds. If neither of you knows how to bake, there are many collections of Valentine's Day dessert recipes online that you and your significant other can learn together.

Movie Night

Lately, Netflix has been releasing an abundance of content, much of which can be used to create the perfect night in with your partner. Grab some cozy blankets, light the room with scented candles and compile a list of shows or movies that can keep you and your partner enthralled. If you're looking into a movie that fits the holiday, I recommend *The Notebook*. But, if you and your partner are reminiscing about the gloomy days of October even in the season of love, then *All of Us are Dead* or *The House* might be up your alley. The options are endless and with the right planning, you can be up all night.

Have a Spa Day

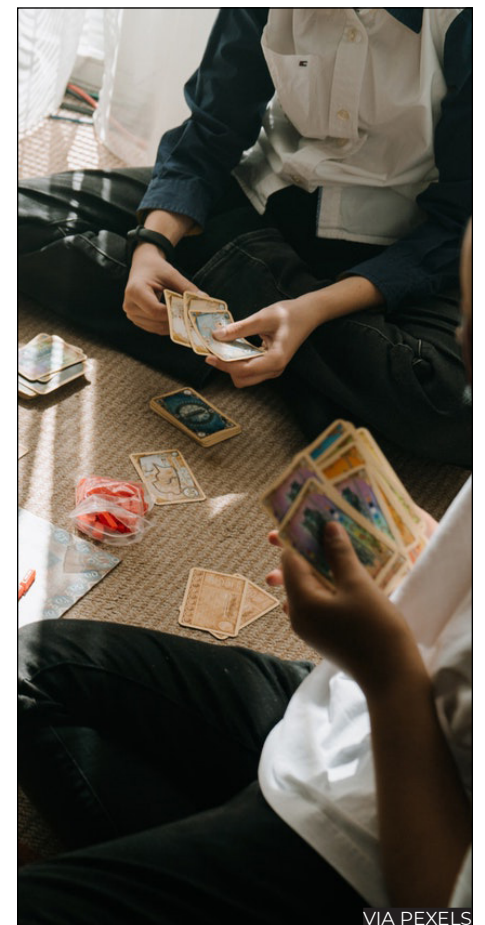
Those who are hoping to just relax after midterms and can't be bothered to do any strenuous Valentine's Day preparation might be inclined to have a simple spa day. All that's needed is a hot tub with a bath bomb and some scented candles, while you lay down with a facial mask applied. In the background, you can have soft instrumental music playing along with a tray of hot tea and your favourite sweets by your side. After you have all these materials, you should be free to relax for hours on end.

Board Game Olympics

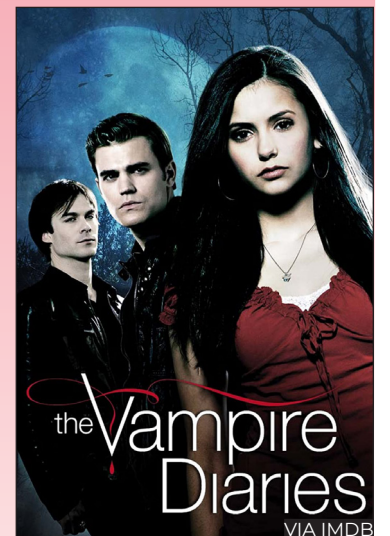
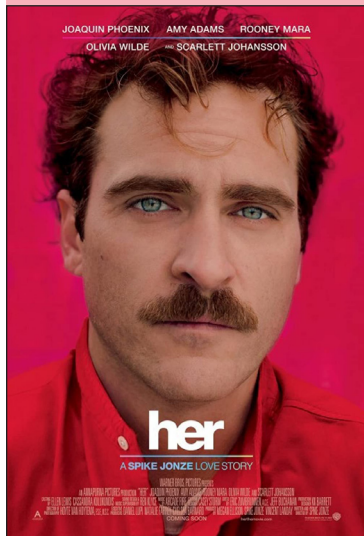
If you and your partner are in the competitive spirit, then perhaps you could create a tournament for yourselves involving board games. Sit down, have an array of board games like *Scrabble*, *Monopoly*, or two-person *D&D* and play sets of games with each board, tallying each win, then at the end count up the scores to see who won.

Or, if neither of you have board games, a good alternative would be to download new multiplayer mobile games or have a tournament of your favourite video game.

Happy Valentine's Day, Warriors!



Imprint's romantic watchlist for Valentine's Day



Claudia Tavara-Tello
Reporter

Love is in the air. You'll know if, at times, you feel lighter than you usually are, your face feels flushed, and you seem like a completely different person than you were initially. Because Valentine's Day is coming, Imprint plans to make your date night the most perfect and fun evening! To this end, Imprint has selected a few books, movies and series that will fill you with love and joy.

Books

The Fault in Our Stars (John Green) – Sixteen-year-old Hazel Grace has been diagnosed with cancer and undergone a tumor-shrinking medical miracle that has extended her life by a few years. She meets Augustus Waters at a Cancer Support Group, and her life changes forever. Filled with insightful romance, humor, and drama, this award-winning novel has been adapted into an endearing film and pulls your heartstrings.

Warm Bodies (Isaac Marion) – “R” is no ordinary zombie. Unlike others of his kind, he rides airport escalators, listens to Frank Sinatra and collects various items. Then, “R” meets a young woman named Julie. Though she is initially a hostage, his new guest

made him protect her, rather than devour her. However, their bond will have unexpected consequences, and their bleak world will not change without a struggle. This is another novel that has been adapted into a film. If you like romance with a mixture of humor and comedy, then *Warm Bodies* is the choice for you.

Train Man (Nakano Hitori) – Loosely based on true events, the story centers on a bashful, nerdy man who constantly uses online message boards to seek romantic advice. One day, he saves a woman from a drunken man who tried to assault her on the train, and from here begins a new life for “train man.” *Train Man* is a light-hearted novel that shows that anything is possible.

Movies

Her (2013) – A lonely, introverted, and depressed man purchases a new operating system with an intelligent virtual assistant that can adapt and evolve. He meets “Samantha” and the two become friends. As time goes on, their relationship quickly develops into romantic love. *Her* is a different kind of romance that conveys a witty and soulful take on relationships in the digital age.

Let The Right One In (2008) – A young boy named Oskar, who is constantly bullied and lives with his mother, meets his new neigh-

bor Eli, a mysterious and moody girl. As the two slowly develop a strong bond, she reveals her dark secret to him, disclosing her involvement in a string of bloody murders. This film is a unique take on horror romance as it involves themes of sexual repression, parenthood and attachment in a disturbing yet marvellous tale.

The Princess Bride (1987) – A story about a beautiful maiden and her one true love. As a farmer-turned-pirate, he must track her down and save her after a long separation. To be reunited, they must defeat the dangers of the mythological realm of Florin. Based on the novel of the same name, *The Princess Bride* is a classic romantic fantasy filled with action, adventure and revenge that will keep you entertained.

D.E.B.S. (2004) – When Amy, a teenage crimefighter-in-training, literally bumps into one of the world's most-wanted criminal masterminds, sparks fly. Though she initially denies her attraction, Amy soon realizes there may be more important things than being the top student at her spy school. This fun, campy, lesbian rom-com is a perfect Valentine's Day watch.

Series

Sex Education (Netflix) – Otis is an awkward high-school student who gets advice

from his mother, who is a sex therapist. When his peers discover his home life, Otis teams up with a classmate to create an underground sex therapy clinic to address their classmates' issues. *Sex Education* is an insightful show that tackles themes of sexuality, sex and relationships in a comedic yet mature matter.

Darling in the Franxx (Crunchyroll) – In the distant future, monsters have pushed humanity to near-extinction. The remaining survivors reside in massive fortress cities where children are raised and trained in giant pilot mechas known as FranXX. Among them is a pilot named Hiro, who encounters a mysterious girl. This series has a coming-of-age story mixed with interesting philosophies, sci-fi, romance and stellar animation.

The Vampire Diaries (Available on multiple platforms) – Elena Gilbert is a teenage girl who has just lost her parents in a car accident and falls in love with Stefan Salvatore, a 162-year-old vampire. Things get complicated when his older brother returns and plans to revive his former lover, who looks exactly like Elena, resulting in a love triangle. For anyone who wants to relive their middle and high school nostalgia or has not experienced this gothic series, it is a must-watch.

When I Break Film

Abhiraj Lamba
Arts & Life Editor

When I Break is a short film written and directed by University of Waterloo engineering alumnus Vyom Malhotra. Malhotra started making films as a student at UW where he met most of his team, including the lead actor of When I Break, Siddharth Kumar, another UW engineering alumnus. This is their second short film together after their debut, Exam Day.

When I Break is about a man who feels stuck with where he is in life, and reaches a point where he breaks and decides to go out into the woods, away from everything. The film does a remarkable job of exploring the human need for escape. Kumar's performance as the protagonist, Neel, a man in need of clarity, was bold and authentic; his character was one many audience members will be able to connect with. The supporting cast gave memorable performances as well.

When I Break was a personal project for Malhotra. "When I was writing it, I often found myself fantasizing about doing

something like that. Going away from everything [and] everyone and living out in the woods. You know, living a simple kind of life. So that's kind of where the story came from," he said.

While this is a film that many will be able to relate to, it is mainly aimed at young people who are still trying to figure life out. "[The] audience is mostly younger men who find themselves in that position where things aren't making sense or they're going through

some sort of internal turmoil," Malhotra said.

Filmmaking, which started as something he just wanted to do for fun, has now become Malhotra's full-time pursuit. "We were just a bunch of students running around with a camera trying to shoot something," Malhotra said about his first short film, Exam Day. "But since I made that one, I really re-evaluated the place that filmmaking holds in my life. And I realized it's probably one of the most

important things to me, if not the most important." Since graduating in 2021, he has been working on writing and making films full time.

When I Break premiered for a limited audience at Princess Cinemas Waterloo on Feb. 6 and will have an online global premiere on Feb. 12. Those interested can register for the online premiere, which will be followed by a live Q&A with the cast and crew, on Eventbrite.

The next step for the team is to submit the film to some carefully

selected film festivals. Malhotra admitted that they have taken an unconventional approach here. "With most short films the approach they take is they go to festivals first and they wait till they get a response back from them, which can take a year. The whole process can take two years as well and then they release their film wherever they want to release it. They either find a distributor who will distribute the film for them or they release it themselves somewhere online," he explained.

"The reason they do that is because a lot of film festivals will not accept entries that have already premiered somewhere, but our approach is different. Our main objective is not film festivals or to get laurels. Our main objective is to get it out there in front of as many people as possible and film festivals for us are secondary," he continued.

The team will also be sharing behind-the-scenes content and artwork on their official Instagram @whenibreakfilm. Overall, this movie is a must-watch for anyone who has ever wanted an escape or has faced doubts about where they are in life.



Updates to UW Library operations

Pratyusha Varma
Arts & Life Assistant Editor

After more than a month of reduced hours and limited capacity due to public health guidelines, UW Libraries are returning to regular operations as of Feb. 7. However, due to ongoing COVID-19 concerns, the libraries will continue to have set guidelines, including requiring visitors to socially distance and wear masks during their visit.

The most significant changes this week are the extended evening and weekend hours at Dana Porter (DP) and the Davis Center (DC) Library. DP will be open from 8 a.m. to 11 p.m. on weekdays and 11 a.m. to 11 p.m. on weekends, and DC will be open from 8 a.m. to 12 a.m. on weekdays and 11 a.m. to 12 a.m. on weekends. Students will also now have access to book stacks in these libraries. Tanya Snyder, communications manager for the Library, noted that this

means, "all floors of the libraries will be open to patrons, including additional study spaces [for students]." As per the new update on the Library website, digital access

to their collection via HathiTrust will end and the library will now continue book pick up and mail services. Additionally, access to printers, computers and library

help desks will continue to remain open in both DC and DP. Students have access to bookable single and group study rooms in both spaces as well.

Continuing with a hybrid model for support, Snyder stated that one-on-one consultations with librarians will be available primarily online, along with Special Collections & Archives and Geospatial Centre support. Students will have access to some support in person, by appointment. In addition to this, students will continue to have access to the Libraries' 'Ask Us' feature, which includes support by email, chat and text.

When asked about the Library's contingency plan in case of remote learning and operations, Snyder said, "the Library has pivoted a number of times over the last two years of the pandemic and have solid plans in place to respond to any changes in the public health situation while also maintaining safe, equitable and consistent access to resources and services." The Library website is regularly updated with the latest information and news on their operations.



sports & health



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Healthy eating at UW

Safia Ahmed
Sports Editor

WHealthy eating as a student can be difficult. Students are probably familiar with the term “Freshman 15,” referring to the significant weight gain often experienced by students in their first year of university. This phenomenon is usually caused by, amongst other things, the convenience of fast food, lack of time needed to cook and lack of cooking skills. However, healthy eating is important for more reasons than weight maintenance. Healthy eating provides a myriad of benefits such as reducing the risk of chronic illnesses, boosting immunity, strengthening bones, improving your mood and more.

Numerous studies have also noted that excessive consumption of junk food can make you feel more tired. A study done by a UCLA professor in 2014 performed an experiment where two groups of rats were put on two different diets, a healthy diet, and a heavily processed (junk food) diet. Over the course of six months, the rats consuming junk food experienced obesity and excessive fatigue. So what can you do about it? Well, here is a list of healthy eating options at UW:

The Market – Claudette Miller Hall (On-campus)

Convenience: 5/5 (on-campus, accepts WatCard, open until 10:30 p.m.)

Healthiness: 4.5/5 (depends on what you buy, though overall there are excellent options).

Cost: 4/5 (a tad expensive especially for produce, however, if you have a meal plan it

makes up for it).

One of the most popular residence eating options is The Market located on the first floor of Claudette Miller Hall (165 University Ave W). The Market is one of the largest dining areas located within residence buildings and boasts a variety of healthy menu items, such as the largest salad & fruit bar on campus, burrito bowls, sandwiches and more. If you are amongst those who cook their own meals, The Market also carries fresh produce and is a great option for those that have a meal plan or looking for a meal close by.

St. Jerome's Cafeteria (On-campus)

Convenience: 4.5/5 (on campus and accepts WatCard, however, dinner closes early).

Healthiness: 4.5/5 (all meals are fresh and there are a variety of options to choose from).

Cost: 4.5/5 (Comparatively cheaper than other on-campus residences. Accepts SJ meal plans).

Another on-campus option is the St. Jerome's cafeteria. The SJ Cafeteria is relatively cheaper than many other food services options located on campus. However, unlike other restaurants in the area, St. Jeromes finishes dinner at 7 p.m., so if late-night dinners are your thing, this might not be a good option for you.

Try a salad at Freshii. (Off-campus)

Convenience: 3.5/5 (located on the Wilfrid Laurier campus, a 10-15 minute walk from UW).

Healthiness: 5/5 (the menu contains an in-depth nutrition sheet for all their items on their website).

Cost: 4/5 (the average bowl/salad at

Freshii costs \$10-15 depending on add-ins such as eggs, tofu, or chicken).

While the Market has a huge salad bar, there are many options to choose from when it comes to healthy salad options nearby campus. Freshii (255 King St N), a healthy fast food restaurant, prides itself on offering superfood smoothies, fruit bowls, bowls, wraps, frozen yogurt and more. It's a great option for those looking for healthy options but also want variety in their diet.

Try a poke box (Off-campus)

Convenience: 3.5/5 (located on the Laurier campus, a 10-15 minute walk from UW).

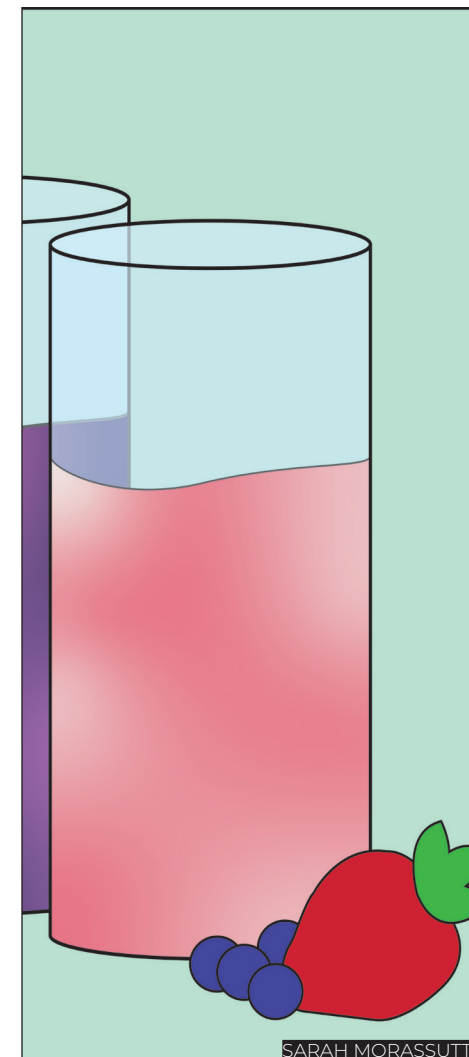
Healthiness: 4.5/5 (most ingredients are fresh and healthy, however, additional sauces may add unnecessary calories, fat, sugar and salt).

Cost: 4/5 (the average bowl/salad at The Poke Box costs \$10-15).

With over 600 google reviews and an overall rating of 4.5 stars, The Poke Box (located at 255 King St N #3) is a student favourite. Poke, a native Hawaiian dish, is a type of salad similar to sushi, served with raw fish, sauce and other veggies. The Poke Box is located next to the Freshii near Laurier and is a great way to eat healthily but also expand your taste buds.

As midterms are slowly approaching and New Year's resolutions begin to fade, it is natural to feel overwhelmed. However, it is still important to take care of your physical and mental health. If you are struggling with healthy eating and would like some tips or healthy recipes, UW's Guide to Healthy Eating is worth checking out. Hopefully, these places are a great place to start if you are struggling with healthy eating.

If you would like to send in your own tips/tricks or recommendations for healthy eating at UW, we would love to hear them at sports@uwimprint.ca



SARAH MORASSUTTI

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



VOLLEYBALL

FEBRUARY 12 | TOTZKE COURT
(W) 1:00 PM (M) 3:00 PM

VS GUELPH

THINK PINK



EMPLOYEE DAY



W HOCKEY

FEBRUARY 12 | CIF ARENA
7:00 PM

VS GUELPH

Canadian Cancer Society, RBC
THINK PINK
GLOW IN THE DARK ZUMBA
FEBRUARY 17 | 6:00 PM
PAC STUDIO 3 / FREE EVENT
*DONATIONS ACCEPTED
REGISTER NOW! WARRIOR.UWATERLOO.CA

WARRIOR INSIDER

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 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

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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

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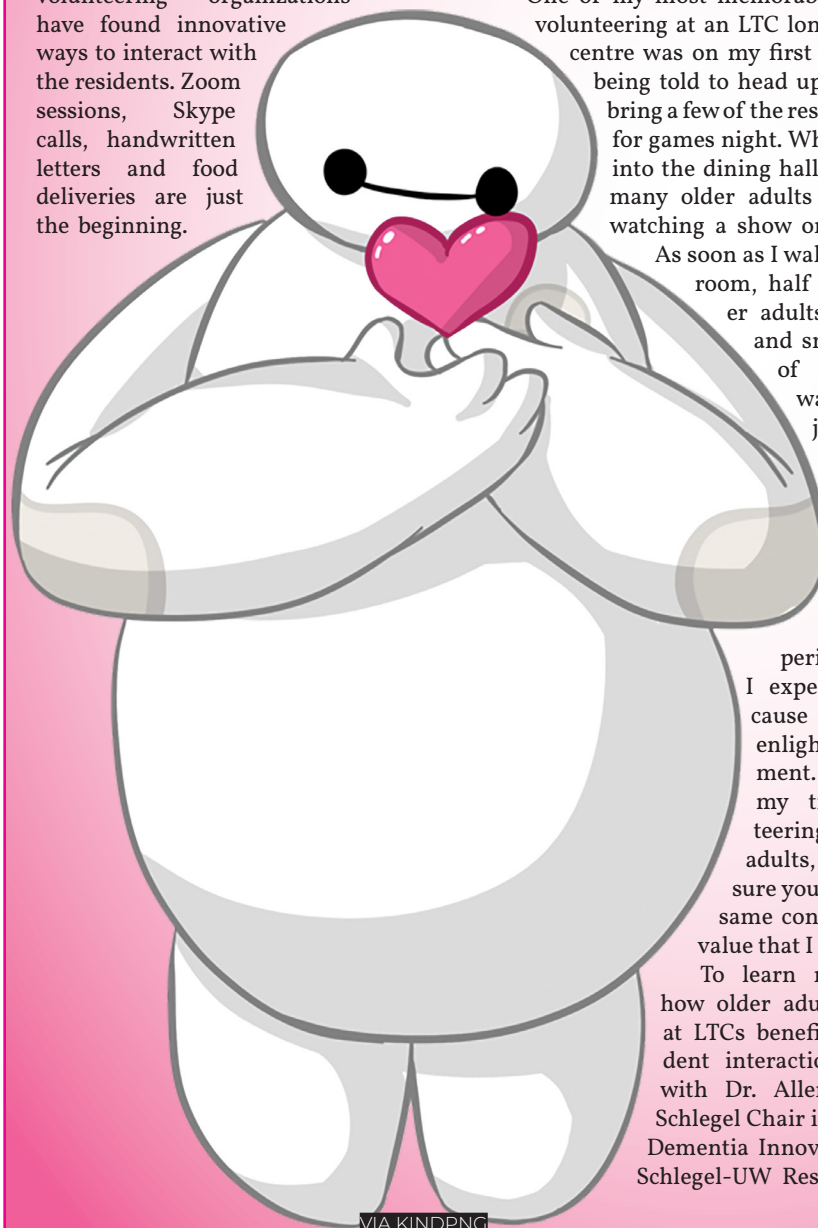
opinion

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Why students should volunteer at long-term care homes

University students and older adult residents in long-term care centres (LTCs) can develop a special bond. Students can learn from the stories and experiences shared by older adults, while older adults can benefit greatly from interaction with younger students. Students have the opportunity to volunteer at LTCs to play music, assist with board game evenings and even just visit a resident for a nice conversation. Social distancing due to COVID-19 has had a devastating impact on older adults at both LTCs and nursing homes. As a result, students and volunteering organizations have found innovative ways to interact with the residents. Zoom sessions, Skype calls, handwritten letters and food deliveries are just the beginning.



Before the pandemic, I was volunteering at an LTC in Waterloo. I assisted with board game night by bringing residents down to the community centre, while also explaining rules and encouraging them to get involved. I found that this experience was a nice break from the stress I felt from my academic studies, and that the LTC was greatly benefiting from me and the rest of the volunteers. Simply being there was the most important part of being a volunteer. Showing the older adults that I was there for them and that I want to talk to them and hear their stories made them smile.

One of my most memorable moments volunteering at an LTC long-term care centre was on my first day. I recall being told to head up to call and bring a few of the residents down for games night. When I walked into the dining hall, there were many older adults sitting and watching a show on television.

As soon as I walked into the room, half of the older adults looked up and smiled, a few of them even waved. The joy I saw on their faces is something I will never forget. I hope you get to experience what I experienced because it was an enlightening moment. I have loved my time volunteering with older adults, and I am sure you will feel the same connection and value that I felt.

To learn more about how older adult residents at LTCs benefit from student interaction, I spoke with Dr. Allen Power, a Schlegel Chair in Aging and Dementia Innovation at the Schlegel-UW Research Insti-

tute of Aging. He has spent time using his passion for music to create a new vision of elderhood and a better future for the ageing population. Drawing on his experiences working with older adults, Power told me that students can be very impactful volunteers at LTCs. It is a mutually beneficial opportunity. Many volunteer programs have been put on pause due to COVID-19, and without these programs, older adults are not only suffering physically, but they are also finding it difficult to mentally cope with these circumstances. As these programs are transitioning to online mediums, Power said that "technology can help to promote social independence among older adults." This is an opportunity for them to learn and grow.

Not only can student volunteers support the mental health of older adults through conversations, but student volunteers can also potentially reduce the need for antipsychotics. Power said that people need proactive support to boost well-being, which focuses on both physical and the mental aspects. Boosting well-being through volunteer interaction can essentially reduce the need for antipsychotics.

COVID-19 has become a significant barrier for older adults at LTCs, limiting opportunities for them to interact with the outside world. If you are a student and find yourself looking for something to do over the next few months, call an LTC and ask them how you can help. Write letters and connect with residents via Skype calls. This may seem like it's not much for you, but a nice conversation with a resident will go a long way for both you and the resident. When in-person volunteering opens up, give them an hour a week, volunteer during board game night or visit a resident and show them a skill. You could read a book to them, play an instrument or just have a talk. As a student, you will play a big role in our society's future, while older adults have valuable advice and experiences for you to learn and benefit from.

Mohad Nasir
 4B, Health Studies



distractions



Q: WHAT DO YOU CALL TWO BIRDS IN LOVE?

A: TWEETHEARTS!

Imprint sudokus

Level: Difficult

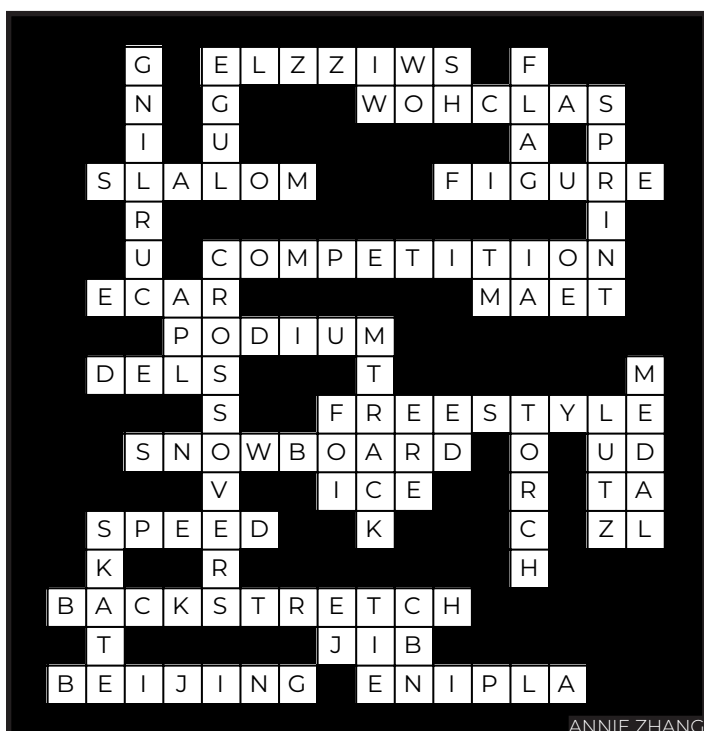
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JOHAN ALANT



ANNIE ZHANG

LAST WEEK'S ANSWERS



ANNIE ZHANG

UW Valentine's Day Pick Up Lines

You've heard of B1 and B2, right?
But have you heard B-mine?

Are you a student loan?
Cause you have MY interest!

Hey, what's your sine?
It must be $\pi/2$ cause
you're the 1 for me.

Are you CHEM 266?
Cause you're something
I definitely can't pass!

**Have I seen you around
campus before?**
That's weird because
I'd never PAS you by.

Are you QNC 1102?
Cause I'll Q-N-C you
tomorrow!

ANNIE ZHANG