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PANDEMIC FEES

Students were not refunded for residence costs during pandemic-related residence closures.



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ANDREW YANG

news

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Was it worth it? UW communi-

Alicia Wang
News Editor

With the pandemic nearing its two-year anniversary, members of the University of Waterloo community are questioning whether the university could have done a better job regarding fees charged to students during the pandemic.

Anil Gupta, a UW alumnus whose son is a first-year engineering student, emphasized the importance of bringing the issue to light. “I’m a proud University of Waterloo graduate, and the university changed my life for the better in every way possible, and I think what’s going on particularly with the residency situation is not right,” he said.

Following a previous interview with the *Waterloo Region Record*, Gupta explained his perspective to *Imprint* on why UW students should be refunded.

“When you’re in [traditional] residency, the meal plan is mandatory, and the university’s response to the *Record*’s reach-out was that [during lockdown,] half of the students left and half stayed, which means there’s much less food costs they’re incurring... so there’s a direct financial benefit [to housing] by students not being present which they’re not gaining,” he said.

Gupta also noted that fewer students in residences would mean lower utility expenses incurred by housing, another financial benefit not passed on to students.

According to the university’s statement of operations for the 2019–2020 fiscal year and the 2020–2021 fiscal year, expenses for “supplies and other,” “minor repairs and renovations” and “equipment, maintenance and rentals” decreased by a total of \$48,839 from 2019 to 2021. Over the same period, salary expenses increased by a total of \$94,299.

“Students are already mentally, financially, emotionally stressed from the pandemic and the university should not be adding to that,” Gupta said.

In response to a request to verify these numbers, UW said, “We expended significant resources to support a quality student experience.

This includes salaries, maintaining the University’s physical and online infrastructure and systems, and providing student academic, wellness and financial support.

New and additional investments have been made in areas, such as IT systems infra-

structure and additional staff to develop online courses and provide student support.”

Gupta pointed out that Queen’s University (QU) was able to partially refund students who chose to delay their return to residence, giving those who filled out the “Return to Residence” form weekly adjustments of \$340 until in-person instruction began on Feb. 28. According to QU’s consolidated statement of operations for the 2019–2020 fiscal year and the 2020–2021 fiscal year, expenses for supplies and services decreased by \$31,372 while salary expenses increased by \$49,795. *Imprint* was unable to verify these numbers with QU. Gupta also expressed disappointment with what he found to be the administration’s indifference regarding the lack of refunds given to students, especially given what he considered to be the university’s responsibility to the community. He stated, “What really bothered me was how the director of housing made the comparison to off-campus landlords, saying that they’re under no obligation to return money so why should we? But the University of Waterloo is a publicly funded institution, and housing is presumably a part of their funding, so to make a comparison between a public institution — between a public good and a private good — is just not right...”

When you’re a publicly funded institution, you have a moral obligation to consider the public good.”

Gupta attempted to reach out first to the director of housing Glen Wepler, then to the Office of the President, to facilitate discussion regarding the matter of potentially refunding residence fees but was unable to connect with either party in the way he wanted to.

In his emails, Gupta also attempted to address the initial lack of a vaccine mandate in UW residences, which, while eventually instated on July 22, 2021, was introduced after residence vaccine mandates from schools like the University of Toronto and Western University, who instituted their mandates on June 8, 2021, and May 27, 2021, respectively. In response to *Imprint*’s request for a statement concerning the lack of refunds, as well as Gupta’s unfruitful attempts to facilitate meaningful discussion with the director of housing and the Office of the President, the university gave a statement saying, “Though we don’t track exactly where our residents are, we estimate that more than 50 per

cent moved in to our accommodations in early January and that number steadily rose to normal occupancy levels today... Unlike other housing providers such as private landlords, we offer students the ability to cancel their contracts with us at their convenience.”

The statement failed to mention that students cancelling their contracts would be charged a \$500 cancellation fee. Students were also not able to delay their move-ins for a partial refund.

The university’s claim that students could cancel contracts “at their convenience” also made an impression on Gupta.

“To me, this is disingenuous because many students are from other cities or are international, so where are they supposed to go when the university can, on two weeks’ notice, tell them they have to come back?”

The de facto choice is residency, so [UW] should not be saying they’re being generous by allowing students to break their contract,” he said.

Students have expressed similar discontent with fees from the university during the pandemic. Many are frustrated by fees that, in normal times, could be considered mildly annoying, but in the unique situation of the pandemic, have become particularly irritating.

Justin Chhay, a first-year computer engineering student, expressed his frustrations with costly course materials.

“For our first-year physics course, we paid \$100 for access to a platform called TopHat that we don’t even use anyways, just cause that was bundled with access to another platform we use for testing. A lot of people ... tried to get the access code by itself, but





ty questions pandemic-era fees

couldn't because the company pretty much bundled it [with Tophat]," he explained.

"I'm pretty sure there's a rule that if it's for marks or worth a certain percentage, professors have to offer an alternative to the materials if it's over a certain price point, but ... charging absurd amounts of money for bundled platforms and textbooks which we didn't even use much of is my main issue. I think it was just very overpriced, and it was mandatory too because when we asked our professor, she said the companies said you had to buy the bundle, so it was all around messy," he added.

Takudzwa Mudzongo, an international fourth-year biochemistry student, was also frustrated by what she viewed as a disconnect between costly courses and the quality of education she ended up receiving.

"I'm paying \$3,000 per course, so that's

a lot of money to get the same pre-recorded lectures that are dumped on us at the beginning of the semester with just an office hour here or there. You think they'd at least reduce the course [fees] to half, but they didn't... they always talk about overhead costs, that they need to maintain buildings, but even then, when there's less traffic, there should be less to keep up with, so for sure I think [tuition] should be less," she said.

First-year computer engineering student Kevin Nguyen acknowledged the differences in the overall university experience caused by remote learning but also recognized the difficulty in making change. Of the experience he had gotten so far, Nguyen said, "It's not as easy to meet people and make friends... it's not as easy to learn material and get to know your professors or even to know your TAs."

"If there was a petition or some sort of mechanism [through which] we could ask the administration to change, then I feel like a lot of students would have something to say because a lot of students feel like... they're just being subjected to all these rules and costs they have to bear and there's no way out of it. When you think about making change in the administration, it's a continuous process and you have to always be engaged, and that's not easy," he added.

Gupta's experiences reflected a similar difficulty with change in the administration. He said, "When I was in discussions with the director of housing at the University of Waterloo, I asked, 'What's the governance for this decision?' 'Have you consulted with faculty? With student groups?' and there was no answer, which leads me to believe it was sort of the di-

rector making the decision on his own, or with a limited decision-making circle."

Imprint was unable to receive confirmation or denial from WUSA that they had not heard from the director of housing regarding the decision to not offer refunds to students.

Regarding tuition fees, all aforementioned UW community members recognized the potential difficulty in decreasing tuition for students, citing a lack of precedent and other factors aside from the quality of education that could contribute to the decision. Though UW has given students a one-time partial compensation for pandemic-induced fees, nevertheless, when reflecting on not just tuition and course fees, but also on the additional pandemic-induced issues students continue to face, Chhay said, "The extra costs add up."



ANDREW YANG




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Athlete Spotlight: Jeanette Huang

Safia Ahmed
Sports & Health Editor

Jeanette Huang is a second-year electrical engineering student and is a member of the UW fencing club. She recently competed at the Ontario University Athletes (OUA) fencing competition and the Ontario Provincials Championship this weekend.

Huang started fencing in high school at a sport's introduction day event at SHAD (an annual STEAM summer enrichment program) where she tried the sport for the first time. She also had a friend that already fenced at a national level who offered her guidance on where to start.

For people unfamiliar with fencing, fencing is a sport with three disciplines — foil, épée and sabre — where points are scored through making contact with the opponent using the weapon. The UW fencing club uses a mixture of all three disciplines.

Huang describes the sport as “physical chess,” explaining that “it is very much a mental game because you are always looking for people to slip up so that you can attack them.”

She emphasizes that the sport is very safe.

“We have to wear multiple lay-

ers of protective clothing and have to wear masks. The masks also must pass a certain level of protection.”

Huang joined the UW fencing

club in first year, after she started to research fencing at UW during quarantine in 2020, while still in high school. She emailed the coach to ask for more infor-

mation and was later added to a Facebook group.

Members of the UW fencing club, many of whom are not competitive athletes, attend practice

three times a week.

“Usually, we have three practices that are open [for everyone], Tuesday, Thursdays, and Sunday. It's not just people who are looking to compete but also people who are looking to fence recreationally... so we are all mixed together.”

In these practice sessions, the team focuses on footwork, blade work, and other minor skills before they start fencing other people electronically.

“Because it's such a fast sport we need to be hooked up to an electronic system to look up the scoring. It is especially useful for those touches that happen at the same time. [These touches] have a very small window, usually in milliseconds which is used to determine the scoring.”

According to Huang, balancing the requirements of her athletic schedule with her engineering workload has definitely taught her time management skills, but she enjoys it despite the busyness.

“I originally thought it was going to be [difficult to manage with school]. But if anything, fencing gives me the opportunity to fill up my time and I like to stay busy,” she said.

Huang encourages everyone to try out fencing. If you would like to learn more about the UW Fencing Club please visit www.uwaterloofofencing.ca.



COURTESY JEANETTE HUANG

imprint
THIS WEEK IN ATHLETICS
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ATHLETES OF THE WEEK
 WATERLOO WARRIORS

HANNAH BLAIR
 TRACK & FIELD
 KINESIOLOGY

IMMANUEL ONYEMAH
 TRACK AND FIELD
 ARTS

Recipe: Nutty Granola Topping

By Ingrid Au

This topping is a sweet, nutty and crunchy granola that goes perfectly with your yogurt or smoothie bowl — ideal for the warmer weather coming our way. It's the topping to have when you need a crunch element with your snack.

Tools:

- Sheet pan and mixing bowl
- Food processor or fork
- Brownie pan or container

Ingredients:

- 1 cup of oats
- ½ cup of nuts or seeds (or both! But it should still equate to ½ cup)
- ¼ cup of chia seeds
- ½ cup of coconut shreds
- ¼ cup of coconut oil
- 6-8 large dates (aim for about ½ cup, however the size of dates vary)
- *Optional:* dried fruits eg; cranberry, gooseberry etc.

Instructions:

- Preheat the oven to 350 F.
- Combine the oats, coconut oil and nuts or seeds of your choice. Evenly spread the mixture on a sheet pan and toast. After the first 15 minutes, stir and let it toast for another 15 minutes or until golden brown. It is important to note that different ovens have different heat settings, please be extra attentive to the mixture in the oven. Once done, remove from the sheet pan to allow them to cool.
- Mash the dates into a paste consistency using a food processor or fork — if using a fork, I recommended first cutting the dates into smaller pieces for easier mashing. Combine the date paste and the cooled oat mixture, then add the coconut shreds, chia seeds and any dried fruits or toppings you want.

- Spread the mixture in a brownie pan or container and store it in the refrigerator for 10-15 minutes to solidify. Once solidified, you can break them into small chunks (about the size of a thumb) or cut them into bars to make granola bars.

This can become your to-go granola topping to put on a crumble, ice cream, smoothie bowl or yogurt. It is a topping that is friendly with almost anything you need a sweet crunch with. The granola can also be eaten alone to get a great source of fat and fibre. The fat is from coconut oil, nuts and seeds. The fibre from the oats and chia seeds. It is truly a two-in-one situation.

Hope you enjoy it!

Recipe: Acid & Salt Salad Topping

By Ingrid Au

This week will be packed with acid, salt and a fresh flavour. It's a simple topping that can go on salads, pasta and I might even go as far as to say on a piece of bread (like bruschetta). Or have it as a dip with some chips — anything goes with it!

Ingredients:

- ½ cup of olives
- 1 cup of cherry tomatoes
- ½ cup of feta
- 2-3 anchovies (size varies — should equate to less than ¼ cup once melted in a pan)
- ½ of a red onion (size varies — should equate to about ½ cup once thinly sliced)
- Approx. ½ cup of balsamic vinegar (I recommended going with your intuition according to how many anchovies you used — the ratio should be 2 tbsp of vinegar to 1 tbsp of melted anchovy oil)
- *Optional:* dried red pepper flakes

Instructions:

- Begin by melting your anchovies in a pan on medium-low heat (this should take less than two minutes). Combine the melted anchovy oil with balsamic vinegar — this will be the mixture you can drizzle on your topping or meal of choice.
- Thinly slice your onions and either finely or roughly chop your olives. Keep the cherry tomatoes whole. Combine your feta, onions and olives in a bowl and serve.

It's easy to prepare if you need something to go with a bland carb or salad. The topping provides an acidic and savoury kick to every bite. Sometimes I just eat it as it is with some chickpeas and cucumbers thrown in there. So, try this topping the next time you crave something light and fresh!

INGRID AU

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Artist Spotlight: Trevor Sinke

Sharanya Karkera
Head Designer

For some, Drama starts as an elective and stays an elective. While for others, it becomes a possibility, a future, a dream. This is what happened with 4B Theatre and Performance student Trevor Sinke, who performs his swan song as Mustard in *Mustard* this week before bidding adieu to the university stage and setting out into the world to spread his wings theatrically.

The beginning of Sinke's tryst with theatre can be traced back to when his high school drama teacher asked him to stand in for another actor who'd dropped out of an upcoming production. He was only part of the ensemble and had no lines, but the brief time he spent on stage was enough to get him hooked.

Sinke became a regular enrollee in the drama club after that and as the years progressed, his involvement and responsibilities with production did too. By his fourth year, he'd struck a double-whammy — playing the lead in an original co-written story, *Annabel Lee*.

"The lights beaming down on you [feels] like the sun is two feet away shining down on your face. I love being able to tell a story to an audience — I get a lot of joy from that. And being on stage and acting with other people [is] such a fascinating dynamic because we've done so much work to get to this point and to finally see it come to fruition and be a full production is satisfying. It's fulfilling to be in that moment and create memories, not only for myself but for everybody who's watching," he said.

Finales are always defining, and for Sinke, his final high school performance cemented his interest in acting. "I knew that I wanted to do it when I was part of the ensemble, but getting an actual full speaking role with a lot of time on stage, I felt an energy I wanted to keep pursuing. That's sort of why I knew I wanted to

become a performer," he said.

Every block of stone has a statue inside it and it is the task of the sculptor to discover it. It's a similar process in acting — time and experience teach you things no textbook can. Sinke's first performance at UW, in Fall 2018, was *Tomorrow Love*. It was his first taste of an actual full-scale production with large budgets and dedicated departments for every aspect of the show. Sinke's last performance at UW is *Mustard* where he embodies an imaginary friend who has overstayed his welcome. From *Tomorrow Love* to *Mustard*, Sinke has chipped away at role after role to maximize his potential.

It's easy to imagine actors just launching into character on stage. But there are several processes involved in portraying a character on stage, telling a story, and doing it justice. One of these is scaffolding — treating the character like a person you're getting to know. Finding out the details about them, from their age to the features of their childhood.

"You have to invest research into the background of a character, investigate the experiences that have made them into the person they are. For instance, for *Mustard*, you have to explore what experiences he's had as an imaginary person. Did he first exist when he was given to Thai? What is his relationship with Thai? What has he learned? ...It flushes out the character and deepens the connection from them to me and my ability to portray them, to have those experiences at the back of my mind, to be true to whom they are based on [and] what I know about them," Sinke said.

The next is the invisible line that distinguishes the actor from the character, the person from the actor. The line beyond which the actor's problems aren't those of his personal life, but those of the character he's embodying.

"Imagine there's an invisible line at the entrance. Before that line is

you and all of your problems and all of your worries, and all of the things that are stressing you out. Inhale and visualize [them]. As you exhale, step over the line and forget about them. You enter into the space as who you are in the world of the play," he explains.

Every role comes with its challenges, and *Mustard*'s wasn't any different. Sinke had to return to being a child after being an adult, being immature after being mature, being uninhibited, having one face.

"When we go do things in the real world, we often think about what other people think of [us], and that affects how [we] approach things. Whereas with children and with *Mustard*, he doesn't care — it's not even something he thinks about. He just is *Mustard*. There's no second face he puts on for different people. Removing [those faces] and staying as one true face was a difficult and really informative process," he said.

"I'm grateful to be playing *Mustard* because I understand him and I think my emotional parallels with [him] will offer the ability for the audience to find the emotions of not connecting with others, having too much fun when you're not supposed to or being scared [of] something that's not scary," he added.

What does he hope the audience will feel watching him play *Mustard*? Joy. Love. That they will recognize a friendly little imaginary dude who loves everything, and can't keep that love to himself. Recognize his struggle to find connection, to leave, and to let go. Recognize that everyone in the world just wants to feel loved, connected and like they belong.

To watch Sinke's swan song, you can buy tickets to *Mustard*, running from March 23-26 at the Theatre of the Arts.

Tickets are priced at \$15 for General Public, \$10 for Students and Seniors and \$5 via eyeGO. You can get your tickets at the box office by calling 519-888-4908 or visiting the box office website.



COURTESY TREVOR SINKE

Oscar Predictions 2022

Abhiraj Lamba
Arts & Life Editor

The 2022 awards season is almost over. After the Golden Globes, Critics Choice Awards, the BAFTAs and the various Guild Awards, it is time for the main attraction of the awards season — the Academy Awards. With just four days until the Oscars, here are Imprint's predictions for 11 Oscar categories.

Best Picture: **The Power of the Dog**

The Power of the Dog not only led the Oscars this year with 12 nominations, but it also won all major best picture awards this year (including BAFTAs and Critics' Choice) except the Producers Guild of America (PGA) award. While it was the frontrunner for most of the season, the PGAs made it clear that this race is a toss-up.

A major contender to upset this prediction would be CODA, which won the PGA for best picture as well as the Screen Actors Guild (SAG) Award for best performance by an ensemble. The PGA is the only award other than the Oscar that uses a preferential ballot voting system, which could explain a CODA upset in this category.

Fun fact: The Power of the Dog is the first film directed by a woman to receive over 10 Oscar nominations. Either victory in this category (The Power of the Dog or CODA) would only be the second time a woman-directed film would win the best picture Oscar.

Best Director: **Jane Campion for The Power of the Dog**

Jane Campion has been dominating the awards season this year. Similar to Chloe Zhao's victory last year, the Oscar for direct-

ing this year is practically locked in.

Fun fact: This year, Campion became the first woman to receive a second Oscar nomination for directing.

Best Actor in a Leading Role: **Will Smith in King Richard**

Will Smith has managed to snag every best actor award this season, and given his amazing performance as Richard Williams in King Richard, it's not surprising. There is no reason to believe that he will not continue this streak and take home the Oscar.

Best Actress in a Leading Role: **Jessica Chastain in The Eyes of Tammy Faye**

Despite Kristen Stewart being the fan favourite in this category, the race for the Oscar is between Jessica Chastain and Nicole Kidman. Interestingly, there was no overlap between the BAFTAs and the Oscars for this category this year — the first time in history — making this prediction fairly hard. Chastain won the SAG and the Critics Choice this year while Kidman won the Golden Globe. Both gave memorable but very different performances, with Chastain's likely to beat Kidman's in the eyes of the Academy voters.

Best Actor in a Supporting Role: **Troy Kotsur in CODA**

Troy Kotsur gave one of the most memorable performances

across all four acting categories this year.

His name was being thrown around as the frontrunner for this award before the nominations even came out and as expected, he swept all best supporting actor awards this season, almost guaranteeing his Oscar victory.

Fun fact: Kotsur is the first male deaf actor to be nominated for an acting Oscar, and the second overall. If he wins, he will be the first deaf actor to win an acting Oscar. Interestingly, the first deaf actor to be nominated was his CODA co-star Marlee Matlin.

Best Actress in Supporting Role: **Ariana DeBose in West Side Story**

Ariana DeBose was part of the ensemble for Hamilton just a few years ago, and now she is an Academy Award-nominated actress, leading the 2022 race. Although many categories seem to be locked in going into the Oscars weekend, an upset in this category would be particularly surprising.

Best Original Screenplay: **Paul Thomas Anderson for Licorice Pizza**

The writing awards have been the most interesting races this year. The Original Screenplay race was led by Paul Thomas Anderson's Licorice Pizza and Kenneth Branagh's Belfast. Branagh took home the Critics' Choice and the Golden Globe this year while Anderson won the BAFTA. Given the

fact that a British film like Belfast would have had an edge at the BAFTAs, I think Anderson will be taking this one home.

Best Adapted Screenplay: **Sian Heder for CODA**

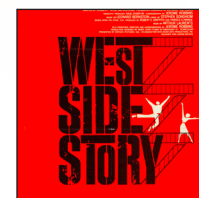
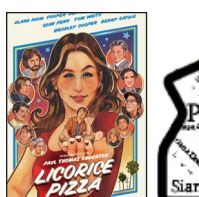
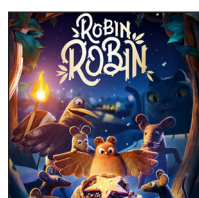
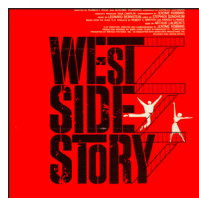
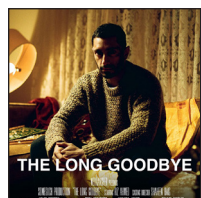
Much like the best picture race, the Adapted Screenplay also comes down to CODA and The Power of the Dog. Sian Heder won this year's BAFTA, while Campion won the Critics Choice. In a race this closely contested, it is hard to avoid letting personal opinions influence the prediction. Heder has done a fantastic job adapting the french film La Famille Bélier. The switch between ASL and English in the screenplay has been communicated well using different font modifiers, as well as parentheses, making it very easy for the reader to visualise the writer's intent. I believe that Heder will be taking home the Academy Award for best adapted screenplay this year.

Best Animated Feature Film: **Encanto**

Encanto is not only one of the best animated films this year but also one of the most popular ones. It is likely to win the best animated feature Oscar, with the only possible upset being The Mitchells vs. the Machines.

Best Live Action Short Film: **The Long Goodbye / Best Animated Short Film: **Robin Robin****

Given that the Oscar precursors aren't very helpful at indicating the short film frontrunners, this prediction is largely based on personal opinion as well as observations regarding which short films have been able to remain in the conversation leading up to Oscars weekend.



St. Patrick's Day

Alicia Wang
News Editor

For this year's St. Patrick's Day, in anticipation of large street parties, police fenced off Ezra Avenue, hoping to prevent the disruptive event from occurring.

In an email titled "Celebrating St. Patrick's Day Safely" sent out to UW students by Chris Read, associate provost, Read encouraged students to avoid street parties that sometimes became dangerous and often put a strain on both the city's and UW's resources. Read also stated that the university did not condone the street parties.

However, neither the shutdown nor the verbal warnings were enough to deter attendees from simply moving the party to Marshall St. and other locations. *Imprint* spoke with several students walking along the streets in the evening, who had come not just from UW and WLU, but other colleges and cities in Ontario as well.



"It was honestly overwhelming, I was in the middle and I had to get out, I couldn't breathe. You're shoulder to shoulder and it's so muddy, I saw so many people fall in the mud, it was crazy."

SOPHIA, BBA STUDENT AT LAURIER



"I feel like everyone's been done with COVID for the past two years so they're like, 'This is our year to have fun.'"

DINO AND LARS, STUDENTS AT RYERSON UNIVERSITY

in Waterloo 2022



“It’s quieter this year. I, years ago, did [security] over on Ezra St. and the party kept going until like 10, 11 at night but this is absolutely crazy, there’s nothing.”

DIANE, SECURITY GUARD



“We’re going to Phil’s cause it’s St. Paddy’s, and we’re all from Europeso we all celebrate St. Paddy’s Day.”

INTERNATIONAL EXCHANGE STUDENT



How nature can help improve our health

Felicia Daryonoputri
Assistant Science & Tech Editor

Conversations surrounding health and the natural environment have become increasingly common in recent years as the COVID-19 pandemic and the climate crisis have taken the limelight in mainstream media. But the connection between the two is rarely in everyday discourse, even though it should be.

“Our health is determined by stress, income, education, secure employment, early childhood years, and all those other things, which is about 80 percent of our health,” said Dr. Susan Elliott, a medical geographer and professor at the University of Waterloo.

As the climate crisis progresses, the social and environmental determinants of health become more evident. The CDC noted that it is expected for existing health threats to intensify and new ones to emerge due to the changing climate. This includes respiratory diseases, food and water-borne illnesses, as well as threats to mental health.

“So if that’s the case, then we should start thinking in a different way about how we respond to ill health issues,” Elliott said.

It was recently announced that physicians in Canada can now prescribe patients a free pass to Canada’s national parks under the PaRx program, the first of its kind within Canada. On their website, it was noted that in 2019, nature prescriptions were named the top eight global wellness trends.

“I really like the turn towards recognizing that our lifestyle actually has quite a big impact on our mental health,” said Dr. Christine Purdon, a professor and director of clinical training at the University of Waterloo, with an interest in anxiety and its cognitive manifestations. “And so I think the idea of going for a walk accomplishes a couple of goals: it gets us out of our house, off our phone, in nature and exercising.”

Research has shown that walking (in nature) can bring a wide range of benefits, from improving cognitive function to lowering the risks of heart disease and stroke.

“Our brains include very old structures over which newer structures have evolved,” Purdon said. “I think there’s probably something very primal about our relationship with nature, that being in a calm natural environment is just a nat-

ural, very visceral, very ancient source of soothing for us.”

Aside from medical prescriptions, there are other smaller-scale steps that individuals can take to improve their physical and mental wellbeing through nature. Purdon discussed the options of walking meetings, which have been associated with an improvement in creativity and brainstorming.

Elliott also talked about the various co-benefits of staying active while also becoming more environmentally conscious. “Ride your bike or some other form of active transportation. And there are co-benefits, it reduces air quality issues and also keeps [you] healthy.”

However, many individuals may still be reluctant to go outside due to a lack of accommodations. To address this reluctance, universities and government bodies worldwide should invest more in infrastructures that will encourage outdoor activities and exercise.

“We could do things like creating more welcoming green spaces on campus. Right now there are a few places to kind of go sit [at the university], but you’re sitting in concrete, looking at concrete. It’s not quite the same,” Purdon said. “Planting more trees, using space more creatively [and] creating outdoor classroom environments,” are some of Purdon’s suggestions.

In larger urban cities, green walls have been popularly implemented to expand green space while also accommodating a growing population. They help purify the air, regulate temperatures, provide a rainwater buffer and increase biodiversity.

“[They have] huge impacts and you can grow vegetables there, [they] can become a source of food as well,”

Elliott said.

At UW, Environment 3 (EV3) features a two-storey living wall, along with solar panels, constructed wetlands and numerous other environmental features.

Nature has been shown to be a core determinant of our health, highlighting the im-

portance for individuals to be connected to the natural world to maintain a healthy lifestyle. Beyond that, incorporating green space is a key factor when building large urban areas.

“Have empathy for the natural world, as opposed to feeling like it’s something we need to control and manage,” Purdon said.





SUSTAINABLE DEVELOPMENT GOALS

Green entrepreneurship review: **UN Sustainable Development Goals**

Jason Singh Sidhu
Reporter

The third event of the University of Waterloo's "Green Entrepreneurship Workshop Series," hosted in partnership with the Commission for Environmental Cooperation, was held on March 17. The focus of this event was the connection between entrepreneurship and the UN's Sustainable Development Goals.

The host of this session was Jon Beale, manager of Sustainable Development Solutions Network (SDSN) Canada. Beale has various unique experiences within community and economic development roles — from working with farmer cooperatives in Zambia to climate change research with Indigenous communities in Labrador.

The first speaker was Brock Dickinson, Entrepreneur-in-Residence at UW's Faculty of Environment. Dickinson's presentation was about how entrepreneurship and the

UN Sustainable Development Goals (SDGs) go hand in hand. Dickinson talked about how entrepreneurs are able to address many "technical" SDGs such as goals six, seven and 13 through innovation in their products and ideas

Dickinson also spoke about Joseph Schumpeter, a political economist, whose theory of creative destruction asserts that businesses are constantly failing while new businesses are being created or renewed to replace those that have failed. In

today's world, Dickinson stated that the old businesses that we currently have could be replaced by new and greener models and ideas, leading to a more sustainable world.

Going beyond technical goals, Dickinson also talked about "non-technical" goals — goals that technology can't exactly solve such as SDG five, gender equality. He explained that the solution to these types of goals is the sharing of knowledge in a knowledge economy — an economic system in which the production of goods and

17 GOALS TO TRANSFORM OUR WORLD



The Sustainable Development Goals (SDGs) are a collection of 17 interlinked goals that were adopted by the United Nations (UN) in 2015 as a universal call to action to promote social, economic and environmental sustainability. The SDGs are part of the UN commitment to end poverty, protect the planet and ensure peace and prosperity for all by 2030.

services is based on activities that focus on knowledge, leading to innovation.

Later in the presentation, Dickinson brought up Niccolo Machiavelli, an Italian diplomat, who believed that entrepreneurs are those who understand that there is little difference between obstacle and opportunity and are able to use both to their advantage. Dickinson related this ideology to the SDGs, how they are global challenges we need to address but also have an opportunity associated with them to better the world.

Dickinson used the Fisher River Cree Nation as an example of this ideology in practice. He described how the community used to face several major challenges, including high emissions into the atmosphere, vast unemployment, lack of educational infrastructure and energy dependence on fossil fuels. While the community initially looked at these problems as challenges, when they realized the opportunities within and were able to overcome the issues. Now, the community has overcome

every single one of these problems and is currently helping other communities become more sustainable.

The second guest speaker was Brad Ives, Founder and CEO of Credo ESG Solutions. Ives started off his presentation with a quick recap of his life, being “just a small-town kid from the woods” who became a Wall Street lawyer. Ives then got involved in money management, where he saw an opportunity to get into cleantech investing and decided to embrace his environmental roots. He teamed up with a childhood friend and sold renewable energy to Exxon — one of the world’s largest publicly traded international oil and gas companies. He then founded Credo ESG Solutions, which provides advisory and full range forward-thinking Environmental, Social, and Governance (ESG) solutions to investment firms and their portfolio companies.

Ives then spoke about SDGs in relation to renewable energy projects. He talked about his Baton Rouge project, which involved

supplying renewable energy to Exxon, and mentioned how that project helped work towards SDGs seven, eight, nine and various others as well.

Ives ended his presentation with the idea that private capital can make changes very quickly compared to the government. He also emphasized that implementing SDGs in corporate activities leads to better and more valuable business.

The third speaker was Katie Turner, a local impact investment consultant from Waterloo. Turner’s main focus was women in entrepreneurship and how women entrepreneurs’ role is critical. According to Turner, the climate crisis has disproportionately affected women. However, women climate entrepreneurs are now leaders in addressing climate change, highlighting how gender is a critical part of any effective climate solution.

Turner spoke about how the integration of gender and climate can jump-start climate action, build environmental resilience

and unlock huge untapped opportunities. She talked about how women entrepreneurs are disrespected by people around them for no reason and are unable to have their suggestions or ideas heard. She added that it is much harder for women to get financial support, leading to some women even being asked to offer sexual favours in exchange for financial backing.

Turner also talked about the need for more visible role models and mentors for women climate entrepreneurs. She also highlighted the Private Financing Advisory Network organization, which focuses on supporting climate entrepreneurs and climate enterprises regardless of gender.

To conclude her presentation, Turner spoke on the importance of gender equality in climate action. She stated that women comprise 51 per cent of the population and if they aren’t adequately considered, then we’re missing out on a lot. It’s important to understand that women climate entrepreneurs are a critical part of SDG acceleration.

NEXT UP: CHAMPIONING INDIGENOUS YOUTH STARTUPS

AT 3:00 PM TO 4:30 PM EST ON MARCH 24, 2022

REGISTER AT WWW.CEC.ORG/EVENTS/GREEN-ENTREPRENEURSHIP-WORKSHOP-SERIES-2/

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

Next scheduled board of directors meeting:
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**opinion****HAVE YOUR SAY**

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

The art of letter writing

JEWEL HANKEY-TELESFORD

During that pivotal second Thursday of March 2020, I was living my metropolitan dream in Toronto. To mimic a cliché, it was as if in an instant the city slipped with such delicate ease into a manic frenzy of pandemic-related fear, especially visible from the empty aisles of every grocery store. Within one week, I had relocated to my parent's house, shifted my internship at Queen's Park online and said goodbye to my roommates after a chaotic three days in which the six of us left the city.

One of my roommates was a French girl named Juliette on foreign exchange at the University of Toronto. She was soft-spoken and perpetually shy, yet part of a bumbling sorority, and seemingly always with one foot out of our bright blue Cabbagetown apartment door.

By the time of her sudden departure back to France, an unexplainable camaraderie had developed between us, perhaps from the jarring halt of our experience together or from the overwhelmingly gloomy notion that things would never be the same again. A trauma bond of sorts.

We were in tears as we loaded her suitcases into a taxi headed for the airport and I slipped some hand sanitizer in her pocket as we hugged goodbye.

In the age of social media and instant communication, I was not worried about losing touch, but melancholy that our friendship would inevitably fade. Relation-

ships no longer supported by proximity quickly become awkward as topics evaporate, life moves too fast to provide context, and memory serves as the only paradoxical reminder of a time no longer accessible.

So, we decided we would write letters to each other. She left me her address, and we tried our hardest not to message each other as we waited for the mail to arrive.

I wrote my first letter to Juliette sitting in candlelight, listening to an Alice Coltrane record, with a fountain pen in one hand, and a London Fog in the other. Once the letter was written, I slipped the carefully folded deckle-edged sheets into a handmade gray envelope, which I wrapped in twine and stamped with a cerulean blue wax seal embossed with a hummingbird.

Through our correspondence, Juliette's otherwise shy nature faded, and we bonded even more by vividly detailing our lives and thoughts.

Social media may provide a certain level of anonymity, but in handwritten letters, there is nowhere to hide; and yet, no better place to disappear. To write by hand is an act of intimate honesty.

On a particularly tough day, my slanted and sloppy handwriting gives away my mood as much as the letters in which my words sit pristinely next to each other. Yet, there is a certain freedom in knowing that by the time I receive Juliette's response, I will simply have forgotten what I wrote and

cannot judge myself for a moment that has passed, or one that I cannot scroll upwards on my phone to see.

Each time I write to Juliette my mind races ahead of my pen and the pages fill themselves with all the various details of my life I wait to share with her. Since our exchange began, I've become more present in my daily life as details I would often ignore are now instrumental to my recounts, since the underlying context established through instant communication is no longer present.

Every weekday morning, I awake with restless excitement at the prospect of her letter being delivered. By now, I have frequented the post office enough that the woman at the counter remembers me and provides me with welcome details about her children.

I fundamentally believe that the joy of corresponding through handwritten letters should be experienced at least once by each person who has lost touch with non-digital communication.

Write to your loved ones. Show them that you've taken the time to think of them, share with them occurrences that in other contexts would feel arbitrary, and give them a reason to check their mail for more than bills, advertisements, or impulse online purchases.

Arabella Hareem Abid
 4A English Literature and Political Science

Coloured consciousness: Imbedded racism in migrant and asylum policies

The Russian invasion of Ukraine has unveiled important issues in our global society regarding our attitudes about refugees, race and inequalities within crisis response.

In our hyper-globalized world, it is extremely unlikely that any part of the world can remain insulated from the effects of erupting conflicts — be it an active and on-going invasion, or a large migration of people seeking safety. However, countries and societies must be open to self-introspection and always look out for discrepancies in refugee reception response — whether intentional or inadvertent.

Let's look at the case of refugees. According to UNHCR's Operational Data portal, more than 2,969,600 have fled Ukraine into neighboring countries like Poland, Slovakia, Hungary, Romania and Moldova. The United Kingdom is another popular choice, and the U.K government has already launched a 'Homes for Ukraine' program, which provides local families with government payouts to host Ukrainian refugees in their homes. In this accelerated scheme, Ukrainian refugees are welcome to stay and work in the U.K for up to three

years, with unrestricted access to health, education and welfare.

Similarly, Canada has launched specialized programs to assist Ukrainian refugees. Immigration, Refugees and Citizenship Canada (IRCC) implemented the Canada-Ukraine Authorization for Emergency Travel program, which welcomes Ukrainians to stay in Canada for two years, and there is no limit to the number of Ukrainians who can apply. Additionally, the Canadian government has introduced a special accelerated family reunification sponsorship program for providing permanent residency to fleeing Ukrainians. Work permits and priority work permit renewal have been opened to Ukrainian visitors, workers and students.

Even companies like Airbnb have reported a surge in new sign-ups, as about 21,500 new hosts (including Canadians, Americans and Europeans) have signed up to offer temporary housing for up to 100,000 refugees. In the last two months alone, about 6,100 Ukrainians have been accepted by Canada.

On one hand, countries need to be lauded for their commitment to adapting their refugee intake policies to accommodate those fleeing war and atrocities. On the other

hand, the garish discrepancies in countries' response to refugees does not sit right — namely in the case of the Syrian refugee crisis and the Afghan refugee crisis.

In fact, Western immigration policy has rarely ever adapted with such fervor for any African, South Asian and Middle Eastern refugees, many of whom are routinely turned away at borders. Western governments, media and societies have demonstrated an empathy gap based on notions of racial sameness and otherness.

When the Harvard-educated Bulgarian Prime Minister Kiril Petkov said about the Ukrainian refugees that "these people are educated and intelligent people," unlike the previous wave of refugees that he had seen with "unclear pasts [and] identities, possibly terrorists," the writing was clear on the wall. When an Al Jazeera TV (which is funded by the Qatari government) presenter said that Ukrainian refugees "look like any European family that you would live next door to," it revealed deep-rooted biases and prejudices that have underpinned migration policy and anti-migration sentiments for racialized refugees and peoples of color fleeing war and conflict.

In the same vein, when Afghan refugees were fleeing their country following the Taliban takeover, or Syrians were fleeing the horrors of the civil war, the reaction of host governments ranged from lukewarm, half-hearted, to even openly hostile, as in the case of a Hungarian reporter who kicked migrants while filming.

In the case of Afghan refugees, many are still navigating red tape in trying to escape the country. There is no official process in place to expedite applications on a priority basis, as is present in the case of Ukrainians. Similarly, in the last seven years, Syrian refugees have experienced violence and serious human rights violations across European borders as they tried to flee to safety. Europe has toughened migration and asylum policies since the Syrian crisis, and many Afghans are paying the price.

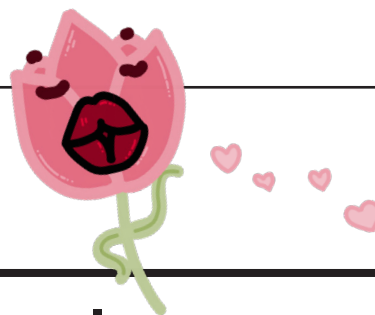
The treatment of Ukrainian refugees has confirmed the embedded racism in migrant and asylum policies in the western world — something the developing world has alleged for a long time. But empathy must not come at the cost of color, creed, or language. Everyone needs to do their part in ensuring a conscionable response.

Noor Mirza & Sidney Davidson
MA Global Governance, Balsillie School of
International Affairs &
MA History, University of Waterloo





distractions



Q: HOW DO FLOWERS KISS?

A: WITH THEIR TWO-LIPS!

Imprint crosswords

Floral Feels



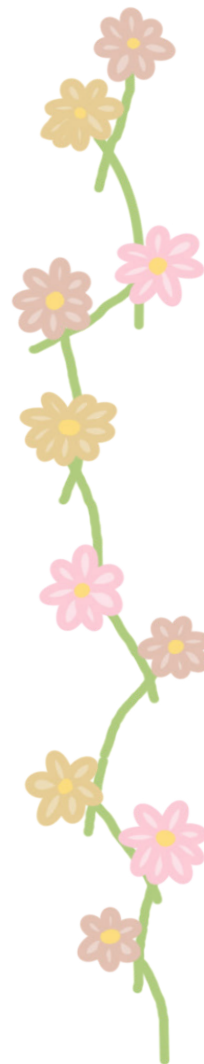
ANNIE ZHANG

Across

1. Lasting beauty, happy life, promptness
2. Honesty, truth, forgiveness
3. Wild card & warning change
5. Absent friends & thoughts of a friend
7. Widely cultivated for tea, "You're a wonderful friend"
8. Irresistible & perfect love
10. "King of Flowers", bashfulness, honour
11. Open heart, strong bonds, ardent attachment
12. Purity of the heart & rebirth
15. Protection from evil, fascination, gracious
16. Unity, peace, also a Greek nymph

Down

4. Luxury, refinement, wisdom
6. "Take care of yourself for me" & love in Greek mythology
9. Remembrance, strength, "little sword" in Latin
11. Innocence, purity, keeping a secret between friends
13. Eloquence & Greek rainbow goddess
14. "Thank you for understanding" & deep heartfelt emotion
15. Spiritual attainment, good luck, the ancient Greek myth of Apollo and Clytie
17. Positive emotion, passion, as well as despaired love
18. "You're lovely" & symbol of secret love
19. Faithfulness, modesty, delicate love
20. Indifference & "whatever flower"
21. Overlap in tough conditions & swept away by love



LAST WEEK'S ANSWERS

