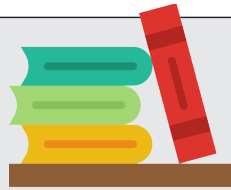




p4

**OCTOBER EVENTS**  
Things to do in the region this month



**LIBRARY 101**  
UW Library services available to all students P5

**CITY COUNCIL** P2  
UW student running in municipal elections

**RISING PRICES** P5  
How inflation is affecting students

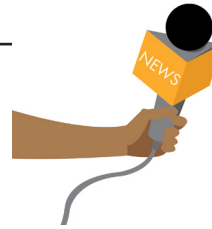
**CYCLING IN WATERLOO** P9  
Why waterloo needs better cycling infrastructure



# UW celebrates National Truth and Reconciliation Day

## WRITE FOR NEWS

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# UW student running for City Council

Abhiraj Lamba  
Managing Editor

Matthew Schwarze, a fourth-year mathematics student, is running to represent Ward 6 in the upcoming city council elections that will be held on Oct. 24. He has been involved in student government since 2019, first as a WUSA Councillor and then as the 2021-22 VP Operations and Finance. He is currently a Director on the WUSA Board.

Schwarze said that he initially wasn't sure about running as a student, but seeing that no other candidate had stepped up until July, he decided to register. "I think that the current city council has done a lot of really good progress, and set us in a lot of good directions. And, of course, there's always things that I'd like to see done differently or things done more of, but I thought that we were going in a pretty good direction," he said. "I was afraid that with half of city council retiring this year, we were going to see it go possibly in a significantly different direction in just a couple months, and the council might look very different. So when no one else stepped forward to run and I sort of saw that I could provide a lot, making sure that we keep up with our sort of progressive movement, I put my name forward. For a number of weeks, I was still the only candidate, and it was only just near the right the end of the deadline, three more candidates stepped up."

If elected, Schwarze's main priorities would be affordable & high-quality housing, a robust active transit network and climate action & sustainability.

When it comes to housing in particular, Schwarze believes that the biggest issue the city needs to look at is zoning reform. "The zoning rules that we have in place and the zoning regulations prevent and make it illegal to build a lot of different kinds of affordable housing," he said.

Schwarze stated that he would support more non-profit housing and cooperative housing in the city.

Talking about student housing specifically, Schwarze said, "Student housing matters to everybody, because what we're increasingly seeing now, after the pandemic, and after a number of student units have been converted to housing for other purposes, [is that] there is now not enough student housing to go around. There is a deficit and we have students that are going without housing. Right now, even."

Schwarze explained that the lack of student housing is not only affecting students

but also the community at large. "Students are now moving out of the student areas which we best fit because it's really easy to get to school and access to, you know, potential jobs or access to social opportunities, but moving out into the community and taking up affordable housing spots elsewhere throughout Waterloo and Kitchener," he said.

Additionally, Schwarze said that he would like to see more permanent bike lanes being put up throughout the city, so that there is a strong network and people feel comfortable getting anywhere in the city quickly, no matter their preferred mode of transport. "I don't blame somebody trying to bike down Columbia, down toward Westmount. I don't blame them for not feeling comfortable back in there. It's a scary street [with] really fast traffic, and you've just got a painted line to protect you."

Schwarze is an advocate for creating walkable communities in the city, so that everyone has access to a small grocery store or coffee shop, or other amenities within a walkable distance.

Ensuring that the city keeps up with their sustainability commitments is another one of Schwarze's campaign priorities. "We have these really great plans going up to 2030 and 2050, but it's going to take constant work to meet the interim milestones in order to meet those long term commitments and governments have a tendency to approve long term phenomenal sounding visions, and then not do what it takes to get there and that's what I want to make sure it's done."

Schwarze sees his priorities as a "living document." He does not intend on removing anything from them, but is trying to add more information and points based on the interactions he has with the people of the ward. "There's so many great people that live in the ward. A lot of very diverse groups, and it's been really great [meeting them]. The reception has been really phenomenal. I really appreciate it kind everybody's been a lot of people are excited about the same issues that I am and I really appreciate getting to talk with them on their doorstep about it. I had one woman, have me sit down with her for a couple of minutes, at a little table she had on her doorstep. And we chatted about the issues and what her views were on it. And it really has been nothing but lovely. It has changed a lot of some of my perspective on issues. Rather than changing the sort of broad strokes parts of it, it's given me new perspectives on two different angles — the issues that I thought were important to people and what they were finding were priorities for them."

Schwarze iterated the absolute vitality of

students voting in the upcoming elections.

"There's a lot of rough reputations that young people get for not voting and being less engaged in politics, especially local level politics, municipal politics, that you know, doesn't have the discipline to get as much attention as federal provincial. All elections do, but it's the municipal government, the city government that has a greater impact on your day to day life than any other

level, and it's the city government that's best empowered to solve a lot of issues that are really important to us," Schwarze said.

*Matthew Schwarze is a member of the Waterloo Undergraduate Student Association's board of directors, the organization responsible for the publishing of Imprint. Imprint is editorially independent from WUSA. Neither WUSA nor Schwarze had any authority over the direction of this article.*



CATHERINE DONG

# UW walks for reconciliation

Alicia Wang  
Editorial Assistant

For National Truth and Reconciliation Day, members of the University of Waterloo community gathered with Indigenous community members for a walk down Ring Road in solidarity with Indigenous peoples.

Senior members of both the Indigenous and UW communities gave opening remarks to a crowd of about 200, many wearing orange shirts. Those present included Elder Myeengun Henry, the faculty of health's Indigenous Knowledge Keeper, UW President Vivek Goel, as well as Elder Jean Becker, UW's associate vice-president of Indigenous relations, and Elder William (Bill) Woodworth, the elder in residence for both UW main campus' faculty of engineering and UW's school of architecture in Cambridge.

Henry began the event by acknowledging the troubling but necessary nature of reflecting on the past, stating, "Today we will be thinking about something that is uncomfortable not just in Indigenous societies but in society in general."

Henry illustrated the plight many Indigenous people faced of being unable to find somewhere they belonged, having become isolated from their home communities and feeling unwanted in urban settings. "When you have time on your hands and pain in your heart, what do you turn to?" he asked the crowd, taking the opportunity to explain the long-term impact the residential schools have had on Indigenous communities, which sometimes came in the form of alcoholism to cope.

Henry ended his remarks on a hopeful note, stating, "Maybe we have to talk about the residential schools, and the poverty, and the suicide rates, but that's not where the story has to end."

Following Henry's words, Goel gave a few remarks and emphasized the importance of learning from different perspectives to prevent the mistakes of the past from repeating themselves. He reminded the audience of the various roles, including the architects, engineers, teachers, nurses and police required in the building and running of residential schools, stating that these

background characters were "doing what their society constructed as right."

"All those professions I named, where did they learn? They learned in schools, and colleges, and universities, and they learned only from a certain perspective, and that's why as we look forward, it's so important that we include all perspectives, and in particular, [that] we include, and learn about, our Indigenous cultures, our Indigenous ways of

ing, 'Where's the Indigenous content?' That makes me so happy, and I'm so grateful to all of you for coming and sharing this day with us."

Woodworth, whose native name is Raweno:kwas, meaning "he dips the words", began his remarks by thanking the three previous speakers, and echoing Goel's point of the importance of listening to different perspectives.

Woodworth then spoke of a unanimous vote by the Six Nations to restore the Mohawk Institute Residential School to its original condition in 1909, to be opened as a museum of cultural genocide. "This is a step toward reconciliation...it's about time we walked together," he said.

After the remarks, the elders led the walk down Ring Road. During the walk, Waterloo Mayor Dave Jaworsky praised the university's commitment to reconciliation, stating, "What

I wanted to do is come here to honour the changes under Jean and Vivek and others that are coming to the school because I think that's so necessary and something we haven't seen since the founding of the university, and to see such a dramatic change being made is wonderful."

Jaworsky also described similar efforts made by the city to pursue anti-racism and inclusion initiatives, including the hiring of a diversity, equity and inclusion team with Indigenous initiatives advocate Brian Hill, from the Oneida of the Thames First Nation. "There's lots of opportunities for staff to do different learnings...and I think if we stop hiding our history, embrace our history, and learn it correctly...we'll know what to do going forward."

Multiple students in the crowd expressed hope that the university would keep its promise. Arsema Teke, a third-year arts and business student, stated, "I respect [the university's promises for reconciliation] and I really hope they follow through with it."

Nadine Vanbreda, a first-year arts student, also expressed the importance of showing support for reconciliation. "It's good to learn the next steps from people who know what the next steps should be... and so I really hope they're not empty promises, cause that's happened a whole lot."

Both Vanbreda and Ruby Hong, a third-year environment and business student, reflected on the educational potential of the event, with Hong stating, "This is a very new culture for me, and it's good to learn about it."



VIA ANDY EVERSON

knowing," he stated.

Goel concluded his remarks by asking the audience to think about "moving forward, learning from the past and building a future without the same sorts of mistakes."

Becker then expressed her happiness at the support the reconciliation movement has received. "I've been told that in some of our faculties, our students are coming and say-



## What to do in Waterloo this October

Oz Gulsayin  
Reporter

October is here, and so is midterm season — but hopefully you can find a time to enjoy the season; whether it be classic fall activities such as apple picking, walking around the park to see the autumn colours, or checking out some of the events happening in the region this month.

### OKTOBERFEST

KW Region boasts of a rich history of Germanic culture due to many German-speaking immigrants moving to the area back in the 1800s, so much so that Kitchener used to be called Berlin.

Thus, it is no surprise that the largest Oktoberfest outside of Germany is held right here in KW. This year, the festival will run from Sept. 23 to Oct. 15. Some highlights include:

**Willkommen Platz (Oct. 6-9):** There will be a German market at King Street in Downtown Kitchener with local vendors, authentic German cuisine and live entertainment. Official keg tapping will also take place here on Friday, Oct. 7 at noon.

**Festhallen:** Many different venues will be offering Oktoberfest nights featuring Bavarian cuisine, beer and polka music. Price and dates vary with venue. Full list at [oktoberfest.ca/festhallen](http://oktoberfest.ca/festhallen).

**Thanksgiving Parade (Oct. 10):** The parade will start at the corner of Weber Street and Frederick Street at 8:30 a.m., and make its way through Weber Street before finishing at Bridgeport Plaza at 10 a.m. You can view the parade at any point along the route.

If interested, find the full list of events and details at [oktoberfest.ca](http://oktoberfest.ca).

### HALLOWEEN

**Homer Watson Spirit Market and Psychic Sessions (Oct. 14):** Homer Watson



VIA OKTOBERFEST



VIA THEMUSEUM



VIA OKTOBERFEST

House and Gallery will be having a Spirit Market with spirit-themed vendors from 12-4 p.m. The market will be followed by psychic and medium sessions from 4-10 p.m., \$75 per session and you must book a timeslot in advance. For more information, visit [homerwatson.on.ca/upcoming-events/spirit-season/](http://homerwatson.on.ca/upcoming-events/spirit-season/).

**Bingemans Screampark: (October 1, 7-9, 13-16, 20-23, 27-30):** “The most terrifying haunted attraction” is back with six different haunted houses: The Lot, Soulless Swamp, Devil’s Hallows, The Slaughter Shed, Cannibal Carnival and the Blood Bar. One ticket includes entry to all, tickets cost \$37.95 - \$42.95.

### FOR THE CINEPHILES

Princess Cinemas will have interactive screenings of the cult classic Rocky Horror Picture Show. Dress up, bring your props and get ready to do the time warp. For dates and times, check [princesscinemas.com](http://princesscinemas.com).

Over in Kitchener, Apollo Cinema will be having their “Apolloween” event throughout the month featuring classic horror movies such as Saw, The Shining, Poltergeist (with real paranormal investigators), and many more. For those interested, check out their full schedule at [apollocinema.ca](http://apollocinema.ca).

### OTHER EVENTS

**An Evening with Fran Lebowitz (Oct. 22):** Join the author and social commentator Fran Lebowitz for a talk and Q&A at THEMUSEUM. Her latest project Pretend It’s a City, directed by Martin Scorsese, came out on Netflix last year. Student tickets are \$25 and general tickets are \$50. Find tickets at [themuseum.ca/events/an-evening-with-fran-lebowitz/](http://themuseum.ca/events/an-evening-with-fran-lebowitz/).

**Bryan Adams (Oct. 11):** Canadian musician Bryan Adams will play at the Kitchener Memorial Auditorium Complex on Tuesday, Oct. 11 as a part of the “So Happy It Hurts” tour. Tickets are \$20-\$115. Tickets are sold on [kwtickets.eventue.net](http://kwtickets.eventue.net).

Add these events  
to your calendar  
for a fun month!



**Friday**

Willkommen Platz  
12pm

**Monday**

Thanksgiving Parade  
8:30am

**Weekend**

Bingemans Scream Park  
8pm - 10pm

# The cost of inflation: Can students afford it?

Emma Mihajlovic  
Reporter

Inflation has been on a rapid incline since May 2020, and has significantly impacted students, who have to think about paying for housing, books, transit fares and tuition. With tuition and rent costs skyrocketing, some students are forced to choose between affording the basics of living and digging themselves into a hole of debt to receive an education. In some circumstances, people are forced to delay their education in order to be able to survive. Not all students have the privilege of affording a healthy sustainable life along with their education. Many have struggled with money, and rising prices due to inflation are exacerbating these struggles.

Students often do not have the time to work between studying, extracurriculars, co-op search, classes, etc., and if they do, it is often a physically and mentally exhausting minimum wage job. Some students are on scholarships and have to maintain a certain GPA, which adds an extra layer of financial stress. Many students also rely on co-op jobs to financially support themselves and their education, however the gap between what different students are earning can be really high. While some students earn up to \$60/hour, others earn as

low as minimum wage.

Nancy Farenga, a second year legal studies and sociology student, said that she has been aware of inflation and has noticed it recently because of the media, as well as through her own experiences buying gas, groceries, paying for tuition, everyday needs, and even the little things like buying a coffee. Farenga noted that a lot of these expenses have boiled over because she is

now living away from home. She stated that inflation has caused her to be more conscious of her spending habits and how often she drives. However, it has also made her work more, resulting in increased stress when it comes to schoolwork.

In Ontario alone, approximately 358,669 students need to take loans to support their education every year. Due to inflation, the interest on these loans increases, while the amount you can ask for is decreasing.

For instance, the Ontario Student Assistant Program (OSAP) has lowered their funding by \$400M since 2020.

There are some things you can do to ease the blow and stretch your dollar. Whenever possible, you can cook for yourself instead of eating out, keep a monthly budget to track your finances, or get a flexible part-time job that fits with your course schedule.

## A guide to Waterloo's library resources

Nadia Khan  
Assistant Arts & Life Editor

Imprint sat down with Tanya Snyder, Communications Manager of UWaterloo's Library, for a complete rundown on the various scholarly resources that UW's libraries have to offer. So if you're unsure of where to begin research for your next assignment or simply want to learn more about what tools you have access to as a student, look no further.

### Your WatCard

"The number one thing just for new undergraduate students is your WatCard is your library card," Snyder stressed.

When you're headed to a library on campus, your WatCard functions as the library card you'd use to check out books or other items. And if you're working remotely, your WatIAM account credentials are what will grant you access to the wealth of databases on the library website. "You already have it in your pocket and that can unlock so much for you."

### ONLINE RESOURCES

Once successfully logged into the library website on your WatIAM account, you can now access the virtual databases that are particularly tailored for each discipline. Whether you're studying history or kinesiology, there are unique research guides and E-journals with information geared to your needs. "[While] first and foremost people think of the books," Snyder

stresses that "the library is so much more than that in this day and age."

You also have access to RefWorks, a handy citation management tool. In case you're still feeling lost or unsure of where to begin an assignment, you can email or text UW's online library at any time for additional remote support at libaskus@uwaterloo.ca and (519)-900-5417, respectively. For more hands-on assistance, the library website additionally offers Ask Us, a digital chat tool with a real person on the other end who will answer your questions in real-time.

### IN-PERSON RESOURCES

The two main libraries on campus, Dana Porter and the Davis Centre (the former geared to humanities and the latter the sciences), also offer a wide breadth of in-person resources that make them worth the visit.

Students can check out the library's in-person book journal collection and popular archives like the Kitchen-Waterloo Record Photographic Negative Collection. For a more interactive experience, students can attend grad student workshops for inside tips on how to set up their research strategy, partake in a fun scavenger hunt, or even just chat with the library circulation staff themselves who can lead you in the right direction.

If you require individual assistance or expertise for a niche research project, subject librarians — whom Snyder described as the most underutilized tool that people don't realize — are also available for both in-person and virtual consultations. "Everyone at the library truly loves to help students and make their lives easier."



CANDICE LUO



## The stuff on your teeth when you wake up

Nicole Howes  
Science & Technology Editor

**M**icrobes are everywhere, but did you know that there could be over 500 species of microorganisms on your teeth at any given time?

Microbes in your body are essential as they are the drivers of your digestive system, protect you against infection and make nutrients available for our bodies.

Biofilms are communities of microorganisms attached to a surface. Over 95 per cent of bacteria live in biofilms as this environment provides protection, nourishment and a stable habitat. Some common examples of biofilms include slime on bath tiles or pond scum.

“The majority of microbes on the planet exist in biofilms, and you have more microbial cells in your body than human cells. Naturally they exist in healthy and beneficial ways such as in the gut microbiome and its impact on our digestion... however

biofilms can be negative if they are growing on knee or hip implants as they will treat that as a substrate,” said Dr. Laura Hug, a UW professor under the faculty of science and Canada Research Chair in Environmental Microbiology.

### Why are there microbes on my teeth?

When you wake up in the morning or finish eating, you can usually feel a layer of white slimy stuff on your teeth known as dental plaque. This is formed from the interaction of bacteria in your mouth with sugary or starchy foods. Biofilm usually grows back within 24 hours of removal through brushing and flossing.

Some common microbes found in teeth biofilm include *Streptococcus mutans* and other anaerobes (bacteria that can grow without oxygen), such as *Fusobacteria* and *Actinobacteria*. These are acid-producing bacteria which, through the breakdown of carbohydrates in the food you eat, produce lactic acid, aspartic acid, etc., contributing to the acidic environment in your mouth.

The first step to the creation of these biofilms is attachment to a surface by bacteria. Teeth provide a stable habitat as there is a constant intake of nutrients from the food we eat. To adhere to the tooth’s surface, most bacteria use structures known as fimbriae — proteins surrounding the bacteria to help it stick. The second maturation step can then be seen as microbes begin to create an adhesive matrix on the surface, allowing cells to connect and produce a multilayer biofilm. This matrix is composed of a mixture of protein, DNA and sugars. Once they mature, cells can then spread from the biofilm layers to form new biofilms in different locations.

“If they aren’t attached to your teeth they are just going to get swallowed so that attachment component for anything as high flow as your mouth is really important, if they were not associated with biofilm they would lose the ability to stay in your mouth and migrate into your stomach... if microbes are in that biofilm there can be transfer of resources and it will add protection from dedication if you breathe through your mouth for example,” Hug added.

### Biofilm pros and cons

“In your mouths, the microbes that are there are not actively doing any harm but they create a state of inflammation in the gums thus creating an immune response in your body producing irritation and swelling,” Hug said.

However, the biofilm on your teeth can act as a barrier against harmful oral bacteria. They do this through sequestering the oral bacteria, trapping it in sealed compartments within the matrix.

“You don’t want your mouth to be an incubation zone for something pathogenic that you’re then swallowing or pushing up into your nasal cavity and migrating to create an active infection,” Hug added.

Thus, brushing and flossing regularly gets rid of the biofilm and oral bacteria trapped within, which would otherwise turn into unwanted plaque if left uncleaned. The fluoride in drinking water has also been shown to help protect teeth against oral bacteria and help wash away biofilm regularly.

THE 2022 HAGEY LECTURE

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### WOMEN'S HOCKEY

SATURDAY, OCTOBER 22  
2:30 PM  
CIF ARENA



### MEN'S & WOMEN'S BASKETBALL

SATURDAY, NOVEMBER 12  
(W) 6:00 PM, (M) 8:00 PM  
CARL TOTZKE COURT (PAC)



### MEN'S & WOMEN'S VOLLEYBALL

SATURDAY, NOVEMBER 18  
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TOTZKE COURT (PAC)



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# sports & health



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## Recipe: Tomato & Salmon

By Ingrid Au

As we approach reading week, I am assuming work is piling up and the last thing on your mind is what's for dinner. So why not throw everything in a pan and be done with it? Every little tedious thing about cooking should be the last thing on your mind. This dish is quick and easy, I can promise you that.

**Tools:**

- Lasagna pan
- Measuring cup or bowl

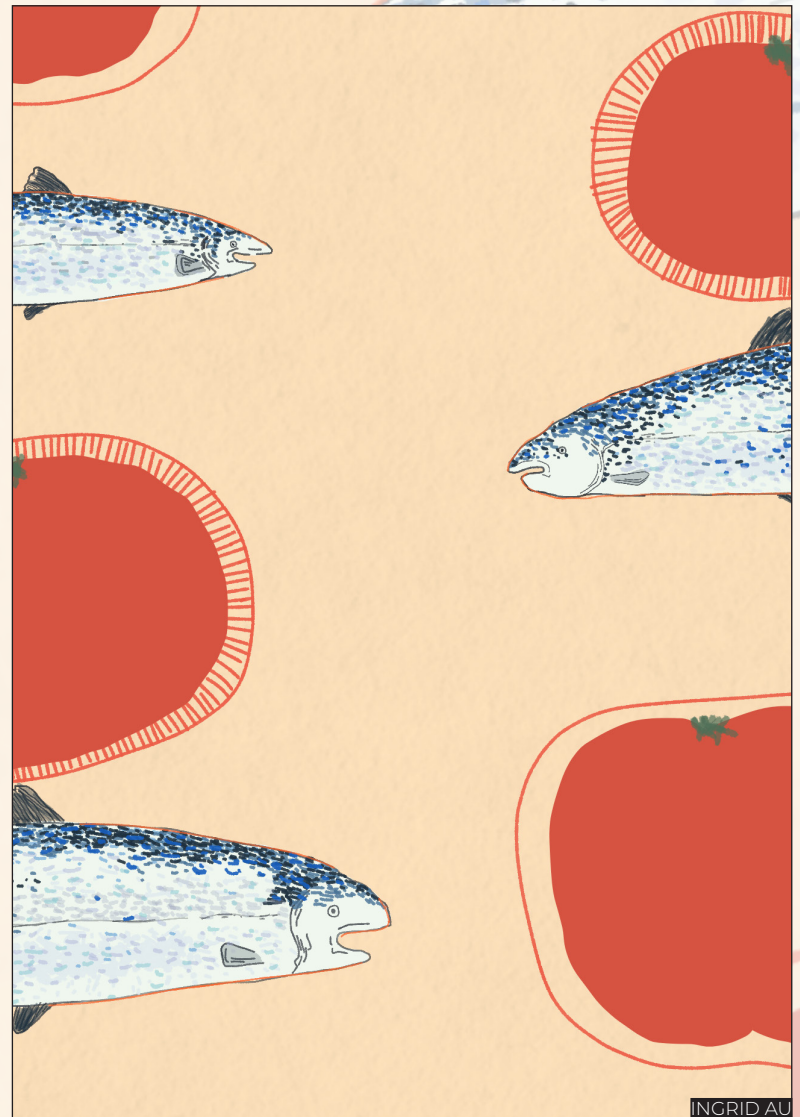
**Ingredients:**

- 1 can of peeled tomatoes
- 1/3 tube of tomato paste
- 1-2 salmon fillets (sizes may vary)
- 1-2 tbsp of olive oil (depending on how fatty your salmon is)
- 1-2 garlic cloves
- 1 shallot/onion (sliced)
- Black pepper
- Thyme (dried or fresh)
- 2 tsp of salt
- 1 tsp of sugar

**Instructions:**

- In a lasagna pan, combine olive oil, garlic, sliced onions/shallots and salmon fillet. Make sure the aromatics are evenly spaced.
- Place the pan in the oven at 350 F for about 30 minutes or until the onions are caramelized and the garlic is softened.
- Combine the tomatoes from the can, tomato paste, thyme, salt, and sugar in a measuring cup or bowl.
- Pour the mixture into the pan and return the salmon into the oven for another 15-20 minutes or until the salmon has golden edges. Once it is done, top the dish with black pepper.

See? Quick and easy. This dish could be made in bulk and you can adjust the measurements accordingly — which is perfect for meal prep. Pair the salmon with risotto, quinoa, rice or pasta of your choice! This dish has the healthy fats from the salmon to keep you satiated and the nutrients from the tomatoes. It is the ideal college dish made healthy! Enjoy!



INGRID AU

im print

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WATERLOO WARRIORS

THIS WEEK IN ATHLETICS



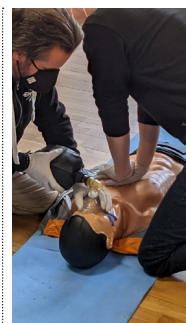
**FOOTBALL**

OCT. 6 | 6:00 PM  
 WARRIOR FIELD  
 VS LAURIER



WARRIORS NAISMITH CLASSIC

OCTOBER 13 - 15  
 CARL TOTZKE COURT (PAC)



EMERGENCY FIRST AID COURSE

OCTOBER 22  
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ATHLETES OF THE WEEK

WATERLOO WARRIORS




**CLAUDIA HEENEY**  
 CROSS COUNTRY  
 KINESIOLOGY

**KEVIN ESPIRO**  
 SOCCER  
 HONOURS SCIENCE



**imprint**

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#### Next scheduled post-mortem/pitch meeting:

Oct. 5 at 6:30 pm in SLC 0137

Imprint acknowledges that the University of Waterloo is situated on the traditional territories of the Attawandaron (Neutral), Anishnaabeg, and Haudenosaunee Peoples. The University of Waterloo is situated on the Haldimand Tract, land promised to Six Nations, which includes six miles on each side of the Grand River. Therefore, Imprint recognizes and respects this land that it is situated upon.



#### HAVE YOUR SAY

Submit your letter to the editor or your community editorial to [managingeditor@uwimprint.ca](mailto:managingeditor@uwimprint.ca). Find more opinions at [uwimprint.ca](http://uwimprint.ca)

# opinions

## Why Waterloo should further improve its cycling infrastructure

For most university students, the idea of commuting to school by car is nothing but a daydream. Barring the costs of buying and owning a vehicle, the limited parking on campus and its price per term are enough to dissuade most. Gas prices over the previous summer have definitely not helped this dilemma. This leaves a number of commute options: carpooling, taking transit, walking and biking. Whether you live too far to walk or you just hate waiting for the bus, cycling your way to class is both practical and affordable for many students.

According to statistics from the national census, biking is a more popular form of transportation surrounding the city's two universities compared to the rest of the Waterloo Region. If you take a look at bike parking spaces on campus throughout the day, at least during this time of year, you can see there is clearly a healthy number of bike commuters on campus. This means that there is not only a population of students compelled to bike to school, but also sufficient bike infrastructure and safe road conditions for these students to get there. However, that does not mean the current infrastructure is as conducive to cycling as it could be.

The University of Waterloo's campus has plenty of bike parking locations. Some parking types are more sturdy and easier to use than others, but they all serve their purpose nonetheless. There is also a dedicated bike storage which students can pay a fee to store their bikes in. The City of Waterloo itself provides bike parking in Uptown as well as at all community centres. However, most shopping plazas, including University Shops, Bridgeport, University Commons, and Westmount Place, do not provide any bike parking. This makes it difficult for students to safely leave their bikes while running errands or going out with friends.

In terms of bike lanes, paths, and trails, the Kitchener-Waterloo Region has an impressive amount of infrastructure compared to bigger cities in the province. Looking specifically at the City of Waterloo, Uptown is the best serviced area in terms of protected bike lanes. These lanes span King Street from just past Erb all the way to Columbia. There are connecting lanes on Columbia from King until the intersection with CIF, as well as on a small portion of Erb, and on University until Seagram. These lanes offer a safe way for bike commuters to get around and are well placed near WLU, UW and Uptown. The lanes on Columbia and Erb continue as unprotected ones well



MELISSA HUGHES

past Westmount and Fischer-Hallman. While the city's official map claims there is an unprotected bike lane on Westmount between University and Columbia, it is not actually physically present on most of the street, and even when it is present, it is nothing but a poorly labelled shoulder.

The protected bike lanes provided are an excellent service to ensure bike commuters feel safe while riding, however their reach is very limited. These lanes should not only wrap around both WLU and UW, but also the surrounding areas where most students live, such as on Westmount, the rest of University, Columbia and Erb. A cycling advocacy group called CycleWR in the Waterloo Region conducted a survey earlier this year on perceived risks of bike infrastructure. The key takeaways were that most respondents perceived cycle tracks and multi-use paths to be significantly safer than unprotected bike lanes. This is possibly because not only is there no barrier with vehicle traffic, but they face more severe issues during the winter. Snow clearance of the roads often creates snowbanks in the bike lanes forcing cyclists into the road, or off it completely. When the road has snow on it, the lanes are hard to identify, making it more dangerous for cyclists, as cars might drive in bike lanes unintentionally.

Improving the bike infrastructure in the city is a joint effort that must be made between the region, the city and businesses. More bike parking in shopping hubs will allow for students to choose biking as a form of transit for shopping. Better cycling lanes will encourage more hesitant riders and those who ride only outside of the winter to bike more often. A study in Europe published by the Proceedings of the National Academy of Sciences in 2021 found that cities that added bike lanes increased bike ridership by up to 48 per cent. These lanes will also improve travel time and reduce the risk of accidents. Researchers from the University of Colorado studied data from 12 U.S. cities and found that protected lanes not only had the greatest ridership, but also had significantly lower fatality rates from 38 per cent to 75 per cent less.

Better infrastructure not only offers more convenience to commuters, but also helps improve community health and reduce greenhouse gas emissions. As of the 2016 census, the City of Waterloo's rate of commuters by bike was barely higher than the national average, showing there is much untapped potential left. In the region's upcoming plan to upgrade infrastructure, cycling infrastructure surrounding students' lifestyles should be a top priority.

Yasseen Mobada  
2 A Planning



# My roommates posed a health hazard



VIA FLICKR/MIKE MCCUNE

Almost everyone has a bad roommate story — it seems like it's an inevitable part of student housing. This is just one story; a story from a close friend of mine, but you can find countless more. Chances are if you ask the person beside you, they will have a story about how hard it is to find housing, let alone quality housing. Along with worrying about midterms, finals, a part-time job, co-op applications, personal issues and other commitments, students also have to worry about finding a suitable living space.

The experience my friend went through during this year's move-in season was something out of a bad science fiction movie.

While she knew some of her roommates before the move-in date, the new roommates she encountered were unexpected to say the least. Right as she walked through the door, she could tell something was wrong.

Corners of the house were crowded with her new roommates' friends and they seemed to have left the food they had eaten in disarray. The counters and floors were not any better, stained and grimy along with the walls and ceiling. The unit could be likened more to a hive — fit for insects, not humans. The sad part is, it seems like even bees take better care of their living space. To say the least, the place was a complete mess.

And it wasn't as if they had just a few friends over. The place was completely packed with individuals she had never seen

before. It almost seemed like a party was going on, except for the fact that everyone seemed to have made themselves comfortable, like they had been living there all this time. How long had her new roommates and their friends been residing there, like this, in such a crowded, unsanitary way?

And how did the landlords of the building not notice this? This state of living couldn't be safe or sanitary in any way. And yet, this was where she was expected to live.

Her friends that she had decided to live with were also horrified with the condition of the apartment. They would've gotten out of there immediately and found a new place but they couldn't because of the dire Waterloo housing situation.

The apartment buildings and houses near campus were essentially all packed. There just wasn't enough space for everybody. There still isn't.

There was no escape from this situation. They could either stick it out and live there, or go back home and spend hours commuting to school everyday. Or even worse, take a semester off.

They were trapped. They thought they could stick it out. I mean, how bad could it be? It's surely better than the other two alternatives of commuting and dropping out, right?

The first thing they thought to do was confront their new roommates about this mess, but how could they?

These individuals weren't capable of human skills like empathy and communica-

tion — because they weren't human. Their new roommates were roaches. And I don't mean that figuratively.

They were **cockroaches**.

My friend didn't know this when they decided to lease the place but apparently this building had a cockroach infestation. And now their space — the place they were supposed to eat, study and relax in — had been **enc-roached** upon by these things.

Their landlord did provide fumigation and a very mediocre cleaning service. But it didn't do much to fix the issue. They were on their own.

The first night was a complete nightmare, there were roaches still crawling up their walls and dropping from the ceilings. The girls pulled an all-nighter because they couldn't sleep from the paranoia.

That was the last straw. From the lack of support provided to the failed fumigation, they all collectively decided that they would not under any circumstances live there. Even if it meant commuting and sacrificing the quality of their education.

No one should be expected to live in such a state, especially students with enough on their plate to worry about. But this is the reality for students at UW and other surrounding schools in the KW area.

So, to answer the question you may all still have, what happened to the girls moving into the roach house?

Were they able to at least, *at least*, get out of their lease? Yes. Kind of. They could get

out of the lease *if* they were able to find someone else to take it over.

My friend was able to find a place close to campus, residing with her relatives. Her roommates however, were not so lucky. They had to commute a couple hours a day for a good two weeks before they were able to find a house. A house that already has five other people living in it and that is miles away from campus.

Now back to the question: were these girls able to find someone to take over their lease? They did!

They managed to find a group of students to take over their unit. These individuals were fully aware of the infestation situation. They even looked at the place and still decided to take it.

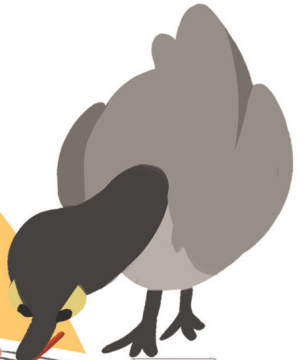
But honestly, who can blame them? Students are so desperate to find accommodation that even unsanitary living standards are overlooked. The standard is now to just have a roof over your head.

Now, even though everything *sort of* worked out, I hate to think about the people who are still looking for places or the people who are roped into taking places that lack quality of living. I do hope companies and landlords will stop taking advantage of students, or at the very least provide safe accommodations, but no one can count on that.

Mitra Sethna  
2A Arts and Business



PHOTO/VIDEO



PROOFREADING



GRAPHICS

# Volunteer at *im*print

Email  
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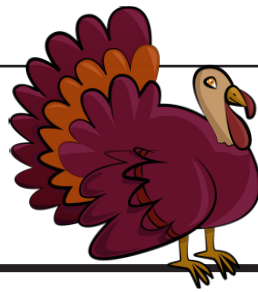


REPORTING



LAYOUT/WEB

# distractions



**Q: WHERE DID MR. GOOSE BUY HIS BUS TICKET HOME FOR READING WEEK?**

**A: AT THE TURKEY DESK**

ANISHA KARKERA

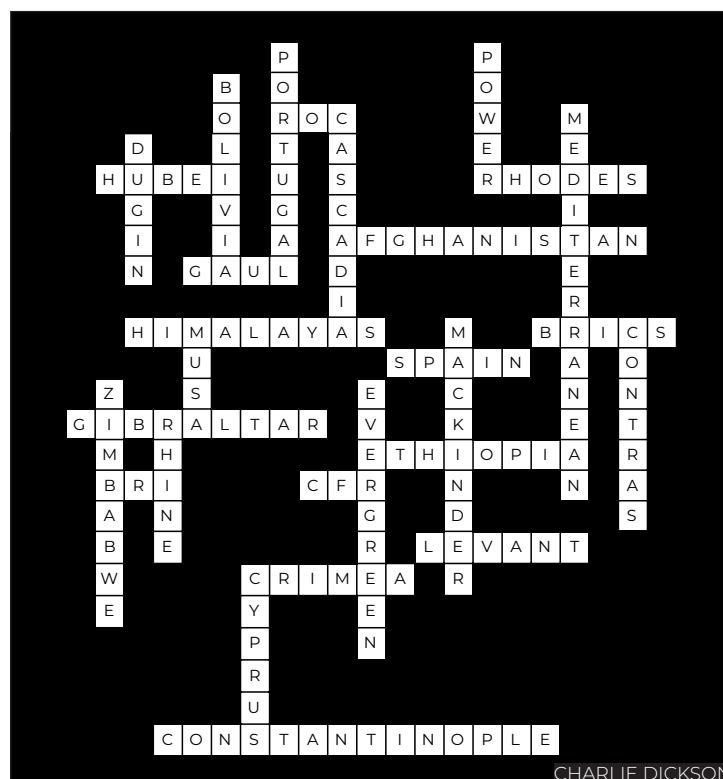
## Imprint Sudoku

Level: Tough

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5		3	4				2	
2			9				8	5
	5		8				1	
	1	8			7			2
	7			3		8		6
		7	1					
		9		4		3	5	1

JOHAN ALANT

### LAST WEEK'S ANSWERS



CHARLIE DICKSON

Correction: The correct answer for 19 Down is Evergiven, however the crossword was designed with the answer as Evergreen.

