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WRITE FOR NEWS

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Local Marble Slab forcibly shut down

Owner, employees locked out of store

Alicia Wang
Senior Editor

On June 19, Marble Slab franchise owner Andrea Schlegel-Parsons was locked out of her store by intruders from Marble Slab's head office, leaving the store and the jobs of the locations' employees hanging in the balance.

In a statement to CTV, Marble Slab Creamery stated that they plan to reopen the location in a few weeks.

Schlegel-Parsons said that at 8 a.m. last Monday, she was informed by the security company for the store that intruders had entered the premises. When she looked at the security footage, she saw that the intruders had ripped out the security system and cut the wires, and she arrived at the building to find that the locks had been changed as well.

Although Schlegel-Parsons is the only name on the lease, the people from the head office asserted that they had every right to be in the building, and said that they had hired a bailiff to break the locks and enter the building. "In order to maintain the peace, I agreed that the store would be locked until there was an order from a judge confirming that I am the tenant of that building," she said.

The head office has stationed security guards in front of the store, where Schlegel-Parsons along with several staff set up a booth last week to inform curious passersby of the situation.

Carolina Zamora, a political science student who works at the location, said that the closure has been quite stressful, as the student workers rely on their pay to cover things like tuition, rent, groceries and more. Zamora pointed out that one student is a full-time caretaker for her mother, while the international students who need the work hours to receive their permanent residency are also left hanging.

"By not having access to our jobs [with] literally two hours' notice ... we can't even apply for other jobs," Zamora said. Some of the staff have begun looking for other jobs, while other staff are staying and hoping that they can return to work soon.

Zamora described the additional time needed to raise awareness around the issue on top of her existing co-op and school schedules, stating that the situation had "definitely taken a toll on [her] schedule."

Despite the difficulties, Schlegel-Parsons emphasized recognition of her staff and their efforts to support her. "I am inspired



PAOLA CONDO

by my staff. So I just wanted to let you know how grateful I am for all of them," she said.

Schlegel-Parsons attributed the sudden shutdown to an association she began with other Marble Slab franchisees in an effort to improve "much broken communication" in the system and give franchisees' voices a place to be heard. Shortly after she began the association, an email was sent from head office stating that they would start up an advisory council, something Schlegel-Parsons believes was "in an effort to make the association less popular."

"I had asked them if the Advisory Council was going to be based on the best practices as per the Canadian Franchise Association, the CFA, and they said yes, but they never provided me proof," Schlegel-Parsons said, stating that the head office also never provided the terms of reference.

"In fact, through the association, it was disclosed that many of these members actually didn't meet the criteria for which the franchisors selected the franchisees," she said.

Despite it being within her legal rights to start the association, she described a string of retaliations from the head office, including additional inspections of the store in contrast to the norm of one annual inspection. Schlegel-Parsons also received a letter of default in September, claiming that she had failed to meet certain requirements in the franchise agreement. Despite putting forth several challenges in response to the defaults, Schlegel-Parsons never received a full response to her concerns.

One example she cited was that after being informed that she had failed to purchase mandatory products, she requested a comprehensive list of the items the store must have and where they could be purchased from, something that never arrived.

Another series of events that led to the shutout was incited by an ultimatum presented to Schlegel-Parsons in April. She said that the head office had told her that forming the association had put her in default of her agreement, and that she could

sign an agreement to sell the store in the fall under their terms (including indemnifying them and paying for their legal expenses incurred so far), or her franchise agreement would be terminated within seven days.

According to Schlegel-Parsons, the franchise agreement states that if there is an uncured default, the franchisee must receive 30 days' notice before the contract can be terminated. "There is no default against me because none of the accusations that they have accused me of [have] any validity," Schlegel-Parsons said. She emphasized her passion towards quality, and stated that she has won several best operator awards at previous franchisee conventions.

After the 30 days had passed with operations continuing as normal, Schlegel-Parsons and her lawyer determined that the head office's claims were null and void since they had not executed them. Schlegel-Parsons has also filed a small claim for the money she has spent dealing with the default accusations laid against her by the head office.

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ANDRES FUENTES

Abhoy Hriddo
Staff Writer

On May 30 at around 4 a.m., law enforcement agencies contacted the University of Waterloo to let them know suspicious network traffic that was observed. As per university procedures, special constable services called the manager of security operations. Chief Information Officer Gregory Smith described the attack.

“What we know is that the ability to get into our network was through our old email system which is Microsoft Exchange, we used to call it Connect. The vast majority, 99.9% plus of people, do not use this email system,” said Smith. “Once the attackers had access to that email server, then they were able to look at the user, decrypt the passwords that were on that server including a password with elevated access to our network. Once that password was taken, within the night of the 29th and the morning of the 30th they were able to access what’s called our domain, which we call Nexus.”

With a combination of partnerships with law enforcement agencies and proper procedures, the university was able to “shortly lock out the attack”. Due to their quick actions, students were unaffected by the attack, only having to reset their passwords.

“I’ve been lucky nothing personal

“Cybersecurity is everybody’s responsibility on campus. You’ve got to keep your Waterloo password up to date, meaning if you feel like your password has been stolen in a data dump from somewhere else, change that password, you need to use your two factor authentication that we have set up for you, [you] need to be careful what emails you click on. If something looks like phishing, don’t click on it. Keep your device up to date and patched.”

GREGORY SMITH
CHIEF INFORMATION OFFICER,
UNIVERSITY OF WATERLOO

of mine was directly attacked. The whole thing was a minor inconvenience though. I had to change my university password and I kept on using the old one when I log into services on campus and that’s been irritating. Other than that I’m just happy our personal student records and other information about the university is safe again,” said Raihan Abdul Vaheed, a third year computer science student.

Other students were worried about the safety of their data.

“Although it hasn’t impacted me in any way, it’s concerning nonetheless. I was lucky enough to avoid any attacks on my university account but others may have not been so fortunate. This raises serious concerns about the university’s digital infrastructure. I won’t really feel safe unless the university makes major revisions and improvements to their cyber security, and I’m sure this sentiment is shared by everyone else,” said Rakeen Raiyyan, a second year physics student.

Currently, UW has engaged a cyber security forensics firm. This firm will be looking into UW’s network to verify where the attackers were in the network and what they might have had access to. The university has a high degree of confidence that there is no ongoing intrusion in their network as the third party firm installed new intrusion detection software. Smith explained what the long term solutions would be.

“Cyber attacks are only growing in frequency and severity. Universities like the

University of Waterloo are targets just like every other large institution. It is a struggle to keep up with these typically well funded professional threat actors or hackers if you will,” Smith said. He continued, “So I think my job as the CIO is to reassure the community that cybersecurity is everybody’s responsibility on campus. You’ve got to keep your Waterloo password up to date, meaning if you feel like your password has been stolen in a data dump from somewhere else, change that password, you need to use your two factor authentication that we have set up for you, [you] need to be careful what emails you click on. If something looks like phishing, don’t click on it. Keep your device up to date and patched.”

Smith said that “[these] investments will not prevent the next attack ... there will be future incidents. And my responsibility is to limit the impact of [those instances] and to keep the university’s digital assets as safe as possible. But it is a treadmill, if I can say it that way. It’s you know, you’re always trying to look forward to what the next thing will be.”

Smith is currently working with the vice president of administration and finance as well as their audit and risk committee. A plan is in the works to address these cybersecurity threats, which involves increased investment and full support from the university senior administration.

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opinions

Animation: An *Elemental* Escapism

Do you remember the last time you sat and disassociated from the gazillion things swirling in the abyss we call a mind? Do you remember the last time you leaned back in your chair and gasped at a scene? The last time you were on the edge of your seat in anticipation of a scene? The last time you gave in to wonder and let yourself be absorbed into a world beyond ours? I'm almost at the end of my undergraduate degree, constantly oscillating between being too grown-up and not grown-up enough, yet the effect animated movies have on me today isn't much unlike the effect they had on me when I still needed my parents to take me to the movies. And it saddens me a little to know I just might be part of a dying breed: those who can be content with watching animated movies for the revelry of it all without dissecting and unfairly criticising it.

Last week, unlike the rest of our friends, my best friend and I spent our Sunday afternoon being happily sucked into the vivid, marvellously animated world of *Elemental*, Pixar's latest venture which was released in theatres on June 16. The film transports the viewer to Element City, home to the classical elements we all know, see, feel, and associate with (if you want to drag astrology into this) — fire, water, air, and earth. With chemistry being the basic premise of existence, there's one simple rule — elements don't mix. At least not without consequence. Cue an animated, romantic comedy-drama film between fire (Leah Lewis) and water (Mamoudou Athie) peppered with smoking-hot and cool (get it?) puns about them breaking the status quo, testing boundaries, and presenting complex real-world issues of race, immigration, masculinity, acceptance, and familial pressures into capsule-sized portions that can be digested easily. It's cute, it's colourful, it's captivating. Yet it wasn't a favourite among critics or at the box-office.

I do agree with some of the critiques — it is a tale as old as time where boy meets girl, they do a bunch of saving-the-world stuff, and they fall in love. It is slightly formulaic, with themes in the movie being obvious repeats of past productions (one might be

compelled to draw parallels to *Zootopia* and *Inside Out*). However, I can't say the criticisms were strong enough to keep me from recommending the movie to every second person I've spoken to in the past week. I do hate to report, only a single person took my suggestion and loved it. Like I said, dying breed.

Every third rom-com Hollywood churns out has the same mantra, every second franchise produced is formulaic. Take the *Fast and the Furious* series — *Fast X* was released on the same day as *Elemental*, and 10 movies into the franchise, the films continue to churn out the same basic premise of good-looking people with saviour complexes in fast cars and street chases. Yet *Fast X* is currently doing better than *Elemental* at the box office. It's a tested theory in Hollywood where if something works, you got to milk it — whether that's an animated or an action movie. So if *Fast X* can get away with recycled premises, why can't *Elemental*?

The storylines in *Elemental* and similar animated movies might have some loopholes, but at the end of the day, movies are about creating memorable experiences for audiences, and one can't deny that Pixar's (or DreamWorks' or Disney's) world-building is kaleidoscopic and bewitching. They create a cinematic experience that leaves one's heart warm and imagination soaring. In *Elemental*, the visual spectacle is beyond comparison — if you freeze-frame each scene, you'll see how director Peter Sohn has thought through each detail to ensure every element in the frame serves a purpose. It's not easy to animate fire and water, let alone shape them as characters and give them all sorts of expressions, but Sohn and his team, the purveyors of art-meets-technology-to-create-magic, do so seamlessly. I think that effort alone deserves high praise. Sure, that's the standard we've come to expect of movies from these motion picture companies, but it's a high standard to uphold, and deserves recognition when it's exceeded. Movies like *Coco*, *Inside Out* and *Elemental* have such staggering design ambition, that if you just suspend your belief and let yourself be whisked off on an adventure into the worlds they create, I promise you amazement and bedazzlement. Even if the story itself might be slightly lacking at times.

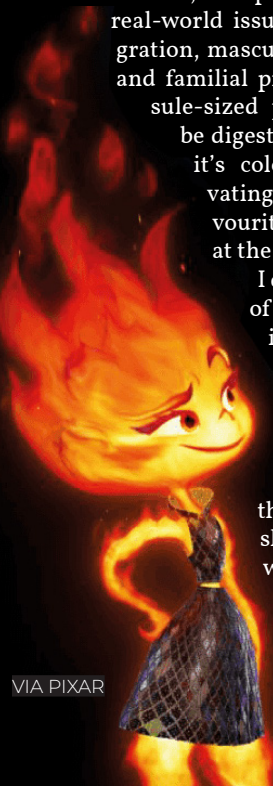
Beyond the visual spectacle, my favourite part about animated movies from Pixar is the delicacy with which they explore human emotions. The strength of Pixar's stories lies in helping audiences process deeply poignant and sometimes melancholic feelings about the world — sadness, belonging, insecurity and loss as well as address real-world issues like micro-aggressions and immigration. *Elemental* is no different, captur-

ing sedulously the little things about falling in love through its protagonists Ember Lumen and Wade Ripple — the tentativeness, the slow discoveries, the denial, the leaps in faith, the vulnerability, and the ultimate realisation. Unlike the blink-and-you-miss-the-pun pace of the movie, their story takes time to unfold, roping in the audience to fall in love with the characters as they fall in love with each other on the big screen. The relationship between Ember and her father, Bernie (Ronnie del Carmen), is also portrayed with the nuance and complexity father-daughter relationships deserve to be portrayed with, which on Father's Day, was even more heartwarming to watch. Like a matchmaker sealing a match, Thomas Newman's soundscape with its Indian classical-like interludes only hypnotises and accentuates the emotions in the scenes, making it hard to think about anything else other than the two elements falling in love on screen.

As a side note, I also have to appreciate Wade's emotional and vulnerable character. Hot-headed female leads typically just end up clashing with the male lead's ego, but like in real life, sometimes the men are the more emotionally mature ones, even if they are a minority. In a world of toxic masculinity, normalising the male protagonist's overly emotional display of emotions was refreshing, endearing even. Go figure, Pixar.

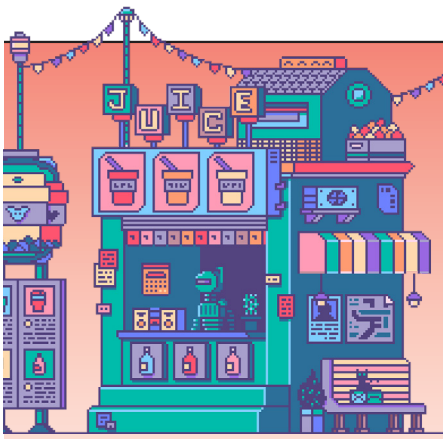
That's what animation does: it opens up your world to wonder and awe, stretches the limitations of the impossible, and creates a space for imagination to play. It's expressive and scintillating, vivid and inventive. Whether that's *Elemental*, or any other movie from Pixar's playbook. Despite this an animated movie has never won in any mainstream category of academy awards, regardless of nominations. Perhaps it's the false notion that animated movies are meant for children or a generic inability to suspend belief without dragging logic into the picture. Whatever it is, I think it's high time animated movies received their due, and I hope that in the future, we as a generation grow to cherish them more.

Sharanya Karkera
 Artistic Director



VIA PIXAR





What to do in July

Explore KW's summertime events, which range from art exhibits to coding activities



Andie Kaiser
Staff Writer

Neebing Indigenous Art Fair Embassy Room, Bingemans Conference Centre July 7 to 16

Returning to Bingemans this year is the Neebing Indigenous Art Fair, an event which showcases the works of Indigenous artists. The public will be able to purchase various products from the artists at the fair. Early bird tickets are available now until July 1, with various other ticket packages available later. Information and tickets are available at indigenoustr.ca.

Waterloo Code Quest Conestoga Mall

July 15, 10:00 a.m. to 4:00 p.m.

This STEM-inspired event is presented by the Waterloo Public Library and the City of Waterloo Museum. Interactive coding activities will be available at the drop-in event, with support provided by groups from institutions and organizations including UW, Wilfrid Laurier University, and Inksmith.

Moonrise Market Button Factory Arts, Waterloo July 15, 6:00 to 10:00 p.m.

If you're busy during the daytime, you might be interested in a night market. The Moonrise Market has local vendors, a live DJ, and door prizes. Admission is free, with donations accepted.

Rainbow Film Club:

But I'm A Cheerleader (Director's Cut)
Apollo Cinema
July 18, 7:00 p.m.

SPECTRUM and the Queer Night Out Waterloo Region have partnered with Apollo Cinema to present July's film for the Rainbow Film Club, which celebrates queer cinema classics. This month, the club is showing the 2020 director's cut of the 1999 rom-com *But I'm A Cheerleader*. Tickets are available at apollocinema.ca. For those interested, a discussion group regarding the film will also be held in the following week.

Sun Life Uptown Waterloo Jazz Festival Waterloo City Centre Lot July 21 to 23

The annual Sun Life Jazz Festival is back in Waterloo this summer, running for 3 days



in July. The festival will include a variety of jazz performers, family activities, and food vendors. Admission is free.

Wayback Festival Carl Zehr Square, Kitchener July 22, 12:00 p.m.

Partnering with Canada's Teen Jam, the Wayback Festival will showcase a day of throwback hits. In the afternoon at 1 to 3 p.m., young musicians from Canada will take to the stage and showcase their talent, with the winner being announced live. The evening event at 6 to 11 p.m. is a concert from Kim Mitchell and Sass Jordan. Admission is free.

A Discussion with Authors N. Whitlock & K. Kuitenbrouwer Waterloo Public Library, Eastside Branch

July 25, 7:00 to 8:00 p.m.

Presented in partnership with Words Worth Books, the Waterloo Public Library will host an evening of literary conversation with authors Nathan Whitlock and Kathryn Kuitenbrouwer. They will discuss their new books, *Lump* and *Wait Softly Brother*, respectively. The event is free, though registration is required, which can be done at wpl.ca.

Art Market Waterloo Public Square July 28, 5:00 to 9:00 p.m.

Create Waterloo is hosting a number of art markets this summer, including one in July. Shoppers will be able to explore a variety of different products made by local artists and creators, as well as enjoy live music between 7:00 and 9:00 p.m.

Grand River Flamenco Fest Kitchener Market July 29 to 30

The Grand River Flamenco Fest is a non-profit based in Waterloo which celebrates the art of flamenco. The festival's main weekend takes place on July 29 and 30, with the main concert occurring on July 29 featuring live flamenco performances and a flamenco market. Tickets for adults are \$30. The Flamenco Dance Sampler, occurring on July 30, will feature a flamenco dance sampler open to the public, for which admission will follow a pay-what-you-can policy. Subsequent workshops cost \$45 each. Ticket pricing and more event information is available at calujules.com/flamfest/.



Off Campus 101: Battle of the markets

Your guide to KW's farmers' markets



Alicia Wang, Andrew Yang
Senior Editor, Head Video Producer

ST. JACOBS FARMERS' MARKET

St Jacobs Farmers' Market, located at 878 Weber St. N., is Canada's largest year-round farmers' market with over 250 vendors. Dating back to 1952, the market grounds include the main two-story Market Building, which houses produce, eatery, and boutique stalls, as well as Peddler's Village and Market Tent, both of which house additional eatery, boutique, and artisanal stalls.

The market is open Thursdays from 8 a.m. to 3 p.m., Saturdays from 7 a.m. to 4 p.m., and from mid-June to Labour Day, on Tuesdays from 8 a.m. to 3 p.m. Aim to bring cash or prepare to potentially line up for the ATM, as only some vendors accept debit or credit.

St. Jacobs' combination of produce and various commercial offerings makes it a fun spot to visit on Saturday if you're looking for a break from campus. Seating space is also fairly easy to come by, with spots on both floors of the Market Building and in the outdoor section of the market. While it does get busy quickly — arriving before 10 a.m. is a good rule if you want to beat the crowds — the crowds do add a certain vibrancy, bolstered by the market's wide offerings. To get a better picture of what to expect, we broke down the specifics of transit, available produce, and entertainment and knick-knacks that you can find at St. Jacobs Farmers' Market.

Transit

In our experience, the market is easiest to reach by taking the 19A bus, which heads straight to St. Jacobs. Students can also choose to bike, which is roughly a 20-minute journey, and there is bike storage provided — just don't forget to bring your own lock!

Produce

St. Jacobs has many vendors with a pretty good range of produce. If you're looking specifically for local produce, however, be mindful: check what's currently in season by visiting <https://www.ontario.ca/food-land/page/availability-guide>, see if there are signs at the stalls denoting the origin of the produce there, look at how the produce is packaged (no stickers on the produce!), or simply ask the vendors. It was clear from the offerings that a few fruits and vegetables in particular were in season, particularly asparagus, strawberries, rhubarb, snow peas, and sweet potatoes. While prices ranged between vendors, they seemed overall cheaper than that of a grocery store like Sobeys — strawberries not so much, as a basket of strawberries ranged from \$6 to \$10, but a large onion cost about \$1.50, asparagus averaged \$3 per bunch, and sweet potatoes averaged \$3 a basket.

There are also several meat and cheese vendors, with prices for a striploin steak ranging from \$12 per steak to \$28.99/lb, chicken legs at \$5.75/lb, and a slice of brie cheese averaging \$5.50. In addition to produce, there were also several stalls selling baked goods, honey, teas, and more.

Food

The Market Building alone offers a wide variety of options including perogies, mini donuts, döner, freshly filled cannoli, Mexican street food including tacos, churros and empanadas, and the famous apple fritters, for which you can always expect a line out the door. However, the crowdedness of Market Building as well as the commonality of many of their offerings (after all, how many of us haven't had burgers, shawarma, pizza, and empanadas?) made the market feel as if it was missing out on some of its potential, even if on paper, the list of options goes on and on.

Entertainment and knick-knacks

In addition to its produce, St. Jacobs is known for its various boutique stores occupying the second floor of the Market Building, known as the Market Building Mezzanine, as well as the boutique and hobby stores which make up a large chunk of the vendors in Market Tent and Peddler's Village. The Market Building Mezzanine offers artisanal creations like moccasins, wall hooks, cushions, laser wood engravings, as well as knick-knacks like bath bombs, phone cases, garden decorations, and crystals. Offerings in Market Tent and Peddler's Village have a similarly wide variety, including kitchen appliances, sports memorabilia, and even vintage magazines and posters (a hidden gem in our opinion!). It's quite an experience to browse the stalls, and the range of what you can find is arguably one of St. Jacobs' main pulls.

Conclusion

What makes St. Jacobs stand out is its variety of vendors and special knick-knacks that you can't find anywhere else, and it doesn't hurt that the market is open three days a week in the summer. A quick walk around demonstrates not only its variety in commercial offerings, but in the people there — some tourists in search of said knick-knacks, some locals for whom this is clearly a valued community gathering spot. The market is conveniently near other big retailers like Walmart and Dollarama, and a neighbouring antique market also makes for an interesting addition to the day. Such a mix of activities is why St. Jacobs has become a classic Saturday spot for students, and a good spot to have on your radar.





KITCHENER MARKET

The Kitchener Market, located at 300 King St., is arguably the less well-known of the two. The market is smaller, with a larger community feel, and has less of a focus on tourists. Its proximity to Downtown Kitchener is one advantage that works in its favour, with its closeness to various other spots like restaurants, cafes, and the Kitchener Public Library making up for what, on paper, are fewer options than what is offered at St. Jacobs Farmers' Market.

The Kitchener Market is open Saturdays from 7 a.m. to 2 p.m. year-round, and is comprised of an outdoor market, where the majority of produce is sold, and a two-story building with additional vendors whose offerings include meat, cheese, baked goods, spirits, and crafts. It's a good idea to bring cash in order to avoid lines and additional fees at the ATM. The market features an elevator, accessible washrooms, and seating space in the second level.

Transit

The Kitchener Market can also be accessed fairly easily by taking the ION, which drops you off at Kitchener Market Station, a three-minute walk from the market. Another viable option is the 7 bus, which drops you off at King and Scott, a minute's walk away from the market. Cycling to Downtown Kitchener is also much more convenient with the Iron Horse Trail and newly improved bike lanes leading up to the market.

Produce

The produce available at the Kitchener Market is a slightly smaller selection, but what should be appreciated is the clarity of their labels and signage. A sign at the front of the market asks patrons to look for one of the signs listed at each stall, which denote the amount of produce grown by the vendor or if they are resellers. Many vendors also have signs clearly denoting the origin of their produce, an additional help if you're specifically looking for local produce.



Prices at the market occasionally felt slightly higher than those at St. Jacobs, with asparagus averaging \$3-4 a bunch, sweet potatoes ranging from \$4-6 per basket, and a small wheel of brie going for \$10. However, this felt offset by the Kitchener Market student discount, which was a pleasant surprise: at several vendors in the market, providing a valid student ID can get you 10% off your purchase.

Food

Food vendors at Kitchener Market can mainly be found on the upper floor of the main building, with a variety of baked goods available on the first floor. The options are numerically lower than those available at St. Jacobs, though the diversity is clear: El Salvadorian pupusas, Eastern European cabbage rolls, Mexican tamales, and Caribbean patties are all up for grabs. The seating is also very spaced out, giving you space away from the crowds on the lower floor.

Entertainment and knick-knacks

As mentioned previously, Kitchener Market's focus on produce means there are decidedly less stalls dedicated to non-produce options. However, this is mitigated by the fact that most people at the market are likely there purely to buy produce, and if you are indeed looking for something extra, good news — you're in the middle of Downtown Kitchener, which contrary to popular belief, does have interesting locations worth checking out, such as AURA-LA Pastries + Provisions, a 15-minute walk from the market.

Conclusion

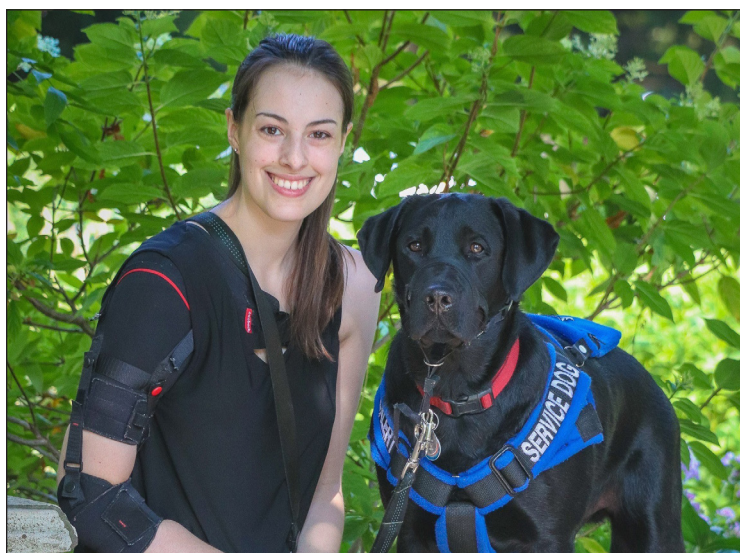
The relative lack of non-produce options makes for a much more food-focused experience at Kitchener Market. The lower number of vendors also allows for much more breathing space in the upper level of the main building, which you may find more to your liking if you're one for more open spaces. Prices did feel slightly higher than those at St. Jacobs, but the location and the change of pace it provides, in our opinion, are worth your consideration.





STEM with Disabilities: Addressing inaccessibility in STEM

Project aims to increase visibility for people with disabilities in STEM fields



Emma Collington and her service dog



Samantha Fowler



share your story

STEMWithDisabilities.com

a visibility project for people with disabilities in science, technology, engineering, and math

COURTESY OF EMMA COLLINGTON

Andie Kaiser
Staff Writer

Emma Collington, a molecular genetics PhD student, and Samantha Fowler, who holds a bachelor of science from UW, have teamed up to create STEM with Disabilities, a project which began after seeing a lack of representation in their field.

Collington says her own experiences served as inspiration for the project. "I have a genetic connective tissue disease that's really impacted my ability to participate in campus life," she said. "[I]nspiration for this project kind of comes from growing up with a disability — you don't have a whole lot of disabled role models."

Fowler has also completed a master's in science communication from Laurentian. While completing her undergraduate degree at UW, Fowler was diagnosed with generalized anxiety disorder, major depression disorder, and a panic disorder. She had also been living with an eating disorder. "There was this voice in my head that was like, 'Go ask for help, go ask for support,' but I didn't know what I could actually ask for," she said.

Collington and Fowler united to create STEM with Disabilities, a project which they hope will help others in similar situations. "I struggled a lot in my undergrad and I felt very alone. So I'm hoping this can help someone else who's feeling a little bit alone," Fowler explained.

Both addressed the idea of belonging on campus. "I wouldn't have said, you know, what [Fowler] and I went through as undergrads could have been called thriving," Collington said, to which Fowler added, "I would love to see that one day."

One goal of the project involves putting together a toolkit for students to refer to. "It could be in the form of lists [of various accommodations], tips, tricks, hacks — kind of like what we've got going on our website, but [which] could be distributed to accessibility or disability offices at universities," Collington explained.

Fowler noted that another goal would be "hosting an event for students with disabilities to connect with [each other], to listen to voices of people with disabilities and really find their space in STEM, and really emphasize that inclusion."

Currently, the two are focused on creating visibility when it comes to people with disabilities in STEM. "We want to highlight the everyday disabled scientist — people [for whom] some days are good, but there [are] other days that you just can't push through," Collington said. "We want to talk to people who make meaningful and impactful contributions to their field, but who may need a little bit of accommodation or different resources to be able to do that."

"Visibility of disabled scientists, disabled engineers, people with disabilities — we acknowledge that different people use different types of language," Fowler continued.

"But right now we just want to make them visible, because it's hard to [work on] advocacy or systemic change if people are not seeing the issue or seeing the amazing people who are doing things."

Both team members expressed their passion for fostering a space that is created by and for the disabled community. Collington noted that it's important to consider who the visibility is aimed at. "We're doing this for us, and for other people with disabilities, to make this supporting network," she said.

"One thing that I've really loved about doing this project is just seeing how possible and accessible the world can be," Fowler said. "We're listening to people — like a professor who has changed the height of his lab benches and his biology lab, [and] another professor who [has] standing desks at the back of lecture halls. It's possible to do so much."

Looking towards the future, the team hopes to do more advocacy work, aiming to create systemic change. Fowler considered some of these longer term goals: "How can we support better — as current and previous disabled students, and [through] the amazing connections of people we're talking to — how can we change the landscape of STEM to be more inclusive and work with people with disabilities, and students with disabilities, to help them thrive?"

The two also offered insight into how students and others can get involved in the project. "Send us a message, follow us on social media," Collington suggested. "We are

actively looking for people to profile, and we're being very generous in our definitions of what constitutes people in STEM. We want to talk to students, we want to talk to people already employed in the field."

Collington spoke about the profiling process: "One of my favorite things about doing these profiles of people, is [that] we ask them all these questions, and at no point do we ask them about their disability. That's nowhere in our list of anything, because that's not necessarily what we want it to be about. We want to talk about the amazing things they're doing."

"Be kind to yourself," Fowler continued. "We grow up in a society that is ableist, so we all — to different degrees — have ableist thoughts, have ableism ingrained in ourselves. Be okay asking for accommodations, be okay asking for small changes ... Interrogate your internalized ableism."

Collington questioned why support and accessibility are still so often missing and needing to be pushed for when there are so many people that would benefit from these services. "It would be really great if in conversations about disability on campus, we could move beyond this idea of visibility," she said. "We need to start talking about accessibility and disability in our everyday conversations because people don't realize that [they're] very close to disability. Everybody at some point in their lives will experience it."

For more information, visit stemwithdisabilities.com.

Get a handle on biking

Celebrating Bike Month in Waterloo

Bethany Helaine Pöltl
Reporter

June is Bike Month, which means celebrating biking and cycling initiatives, talking about the benefits of biking, and hopefully, going out for a bike ride.

"I enjoy cycling because it opens up the city to me. I get to turn my commute into an opportunity to get healthy, save money, and spend time outside," said Elizabeth Gloor-Bell, a UW masters of environment and business student. She typically commutes around Toronto. "My entire experience as a resident changed when I became a commuter cyclist, and the cycling community is a wonderful one to be a part of."

Bike Month began in Toronto in 1989 as Bike to Work Day and has since evolved to be observed across Canada. The Greater Toronto and Hamilton Area, as well as Guelph, hosts a multitude of events throughout June to bring together bikers and cyclists of all ages.

The Sustainability Office has been promoting biking on campus. "Bike Month is the Sustainability Office's annual celebration of all things cycling and active transport," said Michelle Angkasa, communications and outreach assistant at the UW Sustainability Office. "Throughout the month, we share tips and resources on how to incorporate cycling into your routine, whether that be by commuting to campus or exploring Waterloo Region. Biking, along with other forms of active transport such as walking, roller skating, and skateboarding, are great zero-carbon ways to get around."

On June 27, the Sustainability Office held the annual campus Bike Fair. Partners at the fair included Neuron Mobility, WUSA Bike Centre, the Waterloo Cycling Club (WCC), as well as King Street Cycles and Red Racoon Bike Rescue, both of which of-

fered free tune-up services.

Brent Doberstein, associate professor in the department of geography and environmental management, is an avid cyclist and member of the WCC.

"I've been involved in the [WCC] now for over 10 years. I first got back into cycling with the club as a way to improve my cardio fitness and soon got into long-distance endurance events called 'fondos,' and then racing. I was lucky enough to qualify for Team Canada in the 2013 Maccabiah Games, competing both in the Time Trial and Road Race events where let's just say, I did not come last," Doberstein shared.

Since then he has become more involved in building the WCC community, serving as a board member for over five years to help broaden the club's membership base to include more non-competitive cyclists and social cyclists.

"I help out as a ride leader on the intermediate-level road rides, and I help to build community by planning 'destination rides' and putting on post-ride recovery lunches," Doberstein said.

The UW Cycling Club is another place for all types of cyclists to come together including road bikers, commuters, mountain bikers, fixed gear riders, and cyclocross bikers.

Along with being a good form of physical exercise, there are several other benefits of biking. Biking reduces air pollution generated by other forms of transportation such as cars, along with reducing light and noise pollution also associated with driving, all of which contributes to a healthier environment.

Biking can also help improve mental health. Regular activity, like biking, helps release endorphins that relieve stress and reduce anxiety.

"I have always loved biking; not only is it fun, but it's also a lot quicker than walking," said Isabella Mills, an honors English student. "Biking to class and around Waterloo is great, especially with all the bike lanes across Waterloo! My favorite place to bike is the St. Jacobs Farmers' Market. There's even a bike path that takes you straight there."

"I'm such a champion of cycling because I think there's a 'style' and approach that fits everyone: there are physical and mental health benefits to all forms of cycling. There are riders in the WCC who have completed 600km single day rides and then there are those who find joy in cycling's slower, more social side: discovering new baker-

ies and coffee shops, or riding on farm lanes and singletrack trails with other like-minded cyclists," Doberstein said.

If you have a bike on campus and are looking to store it, there is a regular bike rack located at the entrance to all main buildings. There are also seven secure bike parking locations across campus. Located at RCH, EV1, NH, M3, E5, and E6, spaces in the bike lockers can be rented for \$10 a month plus tax. The bike cage located next to EV3 and ML is the seventh secure storage space also available for use through renting a space which is also \$10 a month plus tax. All bike storage spaces are available on a first come first serve basis, with names placed on a waitlist upon reaching full capacity.

Another on-campus bike resource is the WUSA Bike Centre, which operates out of the lower level of the SLC. This student-run service offers rental bikes, bike repairs, and holds bike auctions throughout the terms.

"I encourage all UW students to discover 'their cycling.' When I was a kid my friends and I would disappear on our bikes, and we would just ride around our community with no destination or goal in mind, and with a shaky sense of when we should go back home for dinner," Doberstein said. "What freedom! So anyone reading this ... just ride."



sports & health



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UW athletes talk training

How varsity athletes prepare during the off-season



Top: UW Women's Basketball Team huddled together during a game. Bottom: UW Cross Country USports Qualifying Team and male USports qualifier Adam Huras.

Nadia Khan
Staff Writer

For UW's varsity athletes, the summer off-season isn't for taking breaks — it's for getting into shape.

Matheus Mello, midfielder on the men's soccer team and 2B science and business student, says that the spring term is an especially grueling one "because it's such a short season, and it's like a lot of tactics, and a lot of physical work condensed into like a three-month period."

During the summer, many members of the university's men's soccer team play on a semi-professional team for League1 Ontario (L1O). Training for L1O, which has players from university teams as well as older non-university players, involves a similar kind of training to the regular Ontario University Athletics (OUA) season — especially since the men's soccer coaches take part in leading it. In what Mello describes as a "pretty intense training schedule," there are generally four training sessions a week, additional pre-season fitness requirements, as well as practical sessions.

Overall, the L1O season causes a greater physical toll for soccer players than the reg-

ular OUA season does. "The quality is even a bit higher because it's guys of all ages [and] a lot of ex-pros," Mello says.

For many runners, training also continues in the summer — even though it technically is the off-season for cross country. Hillary Clark, member of the cross country team and a 2A optometry student, explains why.

"For distance runners, we have three seasons throughout the year: cross country in the fall, indoor track in the winter, and then outdoor track in the summer," she says. In the fall, runners train for an eight-kilometer cross-country race with longer workouts and more mileage, whereas training in the summer is for shorter distance races. "Right now, I'm training for 1500s and 800s on the track," she says. "My training's a lot shorter and faster [than in the fall]."

Clark's average day during the spring term consists of work during the day and practice at 5 p.m. When she gets home, she'll do weights on her own, then make dinner. While the fall term is "a lot more difficult" since she has to balance studying for school, training in the spring still means that her nights "end

up being pretty late usually."

Even athletes who aren't training for any official league or race for the summer still often have to practice. Ethan Crawford, co-captain of the men's swim team and 3B nanotechnology engineering student, says that the spring term is an opportunity for swimmers to fine-tune skillsets they would otherwise have no time for during a regular season. "We can take more time to kind of focus on building techniques and working on the more fine-tuned stuff so that [we're] still staying in decently good shape — and then that way when the regular season rolls around, it's a lot easier to just put in more metres, more cardio, longer sets because you already fixed the little things throughout the off-season," he says.

The swim team's training regimen is similar to what they do during regular season, especially since UW has so many students on-campus in the summer due to the co-op structure. They swim six times a week, every morning Monday through Saturday. "We gym twice a week as a team and then once on our own," Crawford adds.

Jaime Newell, forward on the women's basketball team and 3A honours sociology student, says that staying in shape during the off-season is "definitely a bit of a grind" that prepares students for the intensive condition and fitness testing-filled pre-season of late August and early September. Training during the off-season

happens three times a week — usually on Mondays, Wednesdays, and Thursdays — and looks a little different from a regular season, in which practice takes place five days a week. It's a greater commitment than people often realize.

"It's not just show up, you work out your two hours, and you go home. For people who have injuries, you show forty-five minutes to an hour early so you can get taped and do your stretching and do your proper warm-up so you're able to play your best throughout that two hours of practice and afterwards, it's like you still do your cool-down, you take an ice bath. It's a lot longer process than, 'Oh, I practiced like two hours a day.'"

She also adds that for athletes, a lot of thinking goes behind factors like meal planning so they can stay fueled during practice and save time throughout the day. A go-to meal for her is chicken, rice, and broccoli, or anything she can prepare in big batches. "I eat a good two hours before practice... With the amount of running and cardio we do, you don't want to be feeling full and heavy and stuff like that, like it's just not a great feeling so even that takes time to figure out when you're gonna eat in the day," Newell says.

This schedule can admittedly lead to struggle. However, it is one that athletes like Newell feel is worth working through. "I feel like it's definitely a bit more difficult in-season like it's a lot, especially with school and Waterloo just being a highly academic institution, but I feel like everyone's mindset is [that] you're doing this for the team, [and] we all have a collective goal that we are looking forward to achieve so everyone is there to show up for each other."



Recipe: Quick Berry Crumble

By Ingrid Au

This month, we are celebrating the season of berries — strawberries, cherries, raspberries, and even their well known cousin, rhubarb. But since this recipe focuses on the hustle and bustle of life, when we just need a “pick up and go,” we will just be using berries. They are the easiest to yield to perfection, and you can use just one type or multiple types of berries — both ways are delish.

Tools:

- A small baking pan or an oven-safe glass bowl

Ingredients:

- Berries of your choice, e.g., strawberries, cherries, raspberries
- Granola clusters
- 1-2 tbsp of brown sugar; adjust depending on the sweetness of your berries
- 2 tsp of cornstarch
- ½ tsp of lemon juice
- A small pinch of salt

Instructions:

- i. In a small baking pan or, ideally, an oven-safe glass bowl, combine your berries and 1 tbsp of brown sugar.
- ii. Let the mixture sit for 5-10 minutes so that the sugar can withdraw some of the moisture from the berries, thus creating a more jammy consistency.
- iii. Once the mixture has set, mix in the cornstarch, salt, and lemon juice.
- iv. Top your berry mixture with the granola clusters — you can make your own granola clusters but to keep this recipe quick, we will go with store-bought granola.
- v. Sprinkle 1 tbsp of brown sugar on top of the granola and bake in the oven for 5-10 minutes at 375 F or until the crumble is golden brown.
- vi. Feel free to sprinkle more brown sugar on top for a sweet crunch and enjoy!

This berry delight is perfect for the upcoming sunny days, where you can enjoy it on a picnic, a beach day, or a day in the backyard with music and a book. It's the perfect snack, breakfast and/or dessert — truly, it is the ideal go-to for the summer. Hope you try it!



Fall 2023

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Q: WHAT'S SPIDER-MAN'S FAVOURITE PART OF A SONG?

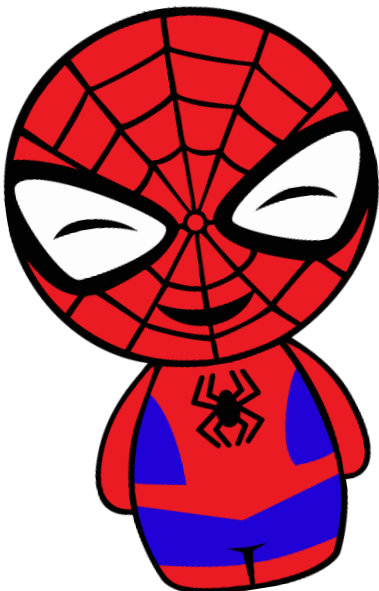
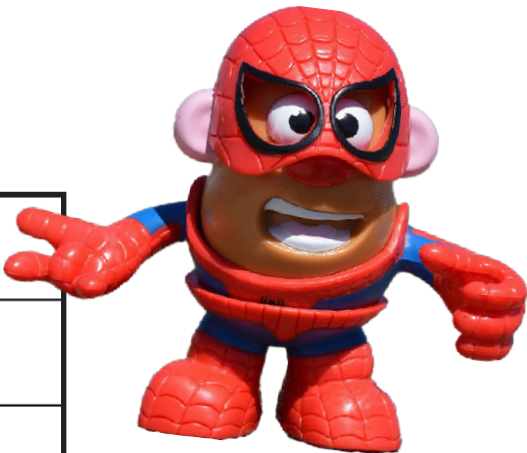
A: THE SPIDER-VERSE



Imprint Sudoku

Level: Tough

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



LAST WEEK'S ANSWERS

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

VIA PIXABAY

