All aboard the LRT! It’s ready to ride. P2
A
fter five years of construction, the ION Light Rail Transit (LRT) official launch date was confirmed for Jun. 21, 2019.

“There were times I thought this day may not come,” Tom Galloway, chair of the planning and works committee said.

The Grand Opening Ceremony will commence at 10:30 a.m., just an hour and a half shy of missing the spring launch promised last November. During the following 11 days the region will allow free transit on the LRT, Mobility Plus, ION buses, and Grand River Transit (GRT) buses.

The train will make travel between Kitchener and Waterloo easier than ever for those who rely on public transit.

“I’ve never been to Fairview Mall since I don’t have a car, so if they have the LRT then I will definitely consider going to [these],” Chen Jin, a UW student said.

Most of the work left consists of fine-tuning the electric and computing systems on the trains, as well as performing 600 kilometers (or about three days) of testing per train to ensure the vehicles are safe.

“When these vehicles come they still need a lot of attention, a lot of work, a lot of modifications,” Galloway said.

The LRT runs between Conestoga and Fairview with stops at the University of Waterloo, Wilfrid Laurier, Kitchener City Hall, and more hot spots around the Waterloo region. Passengers can expect to see a train at each stop every eight minutes during the morning and afternoon rush hour, and every 10–15 minutes for the rest of the day.

According to the Region of Waterloo website, each vehicle has 60 seats and can comfortably hold 200 standing people. To ensure ease of transfer between different transit services without extra cost, the LRT will accept the GRT EasyGo Fare Card as payment for service. The trains take approximately 46 minutes to travel from end to end.

The Waterloo Region plans to continue with phase two of the LRT, extending the railway from its current end at Fairway all the way to the Ainslie Street Terminal in Cambridge. This extension to the LRT will replace the existing Bus Rapid Transit (BRT) system connecting Kitchener to Cambridge. Plans for phase two have undergone many public consultations in Cambridge due to concerns of the original plan to run the route through a residential area in Preston, but the Region has recently proposed a new route running parallel to Highway 8 to solve the concerns.

Police Briefs

Waterloo Regional Police continue to investigate a body found in the river near Grand Avenue South and St. Andrews Street in Cambridge.

On May 25, at around 1:30 a.m., a 52-year-old man was pulled from the river. He was pronounced deceased at the scene. Police say there is no indication of foul play, but the investigation is ongoing.

Police would like to speak with anyone who has information about this incident, particularly a female with brown hair, who was last seen in the area riding a bicycle.

Anyone with information is encouraged to call 519-570-9777 ext. 14449 or Crime Stoppers at 1-800-222-8477.

Waterloo Regional Police are asking for the public’s help to locate a man they believe started a fire at the Grant River Hotel. Kevin Robertson, 36, from Cambridge, is wanted by police for the criminal code charge of arson - endanger life. The charge is for a recent fire at the Grant River Hotel in Cambridge on May 10. The fire caused about $500,000 in damage to the property. Robertson is described as 5’7 and 175 pounds with brown hair.

Anyone with information is asked to call police at 519-570-9777 ext. 2299 or Crime

stoppers at 1-800-222-8477.

Kevin Robertson is wanted by the WRP.

Waterloo Regional Police arrested a man after he assaulted a security guard.

Police responded to the Kitchener Market on King Street East in Kitchener, on May 25, at 11:55 a.m., after a report of an assault. A man who was acting aggressively was asked to leave the premise by security. The male assaulted the security guard, before fleeing on foot. Police located him shortly after. The 39-year-old man was arrested and charged with assault and resist arrest.

Waterloo Regional Police arrested a Cambridge man for impaired and dangerous driving after a single vehicle collision. Police responded to Franklin Boulevard in Cambridge on May 24, at 12:25 a.m., after a report of a single motor vehicle collision. The vehicle was traveling south on Franklin Boulevard when it lost control, crossed the center median and struck a pole. Witnesses saw the driver fleeing the vehicle. Officers chased the driver and located him. The 26-year-old male driver was arrested and charged with several offences including impaired operation by alcohol, and dangerous drive. As part of the investigation, police also seized suspected cannabis from the vehicle.

Three males were sent to hospital, one with serious injuries, after a single vehicle collision in Woolwich. Waterloo Regional Police responded to the area of Katherine Street North near Tribe Road in Woolwich Township on Saturday, May 25, at 2:45 p.m. A black Pontiac Grand Prix was travelling North on Katherine Street North. When it lost control, crossed over the center line, struck a hydro pole and went into the ditch, before landing on its roof in a farm field. There were three males in the vehicle at the time of the incident. The driver, a 24-year-old Kitchener male and one of the passengers, a 21-year-old Kitchener male, suffered minor injuries and were transported to a nearby hospital. The other passenger, a 19-year-old Kitchener male, was transported by air ambulance to a Toronto hospital with serious injuries. The road was closed for several hours while police and emergency crews were on scene.

Anyone who witnessed the incident is encouraged to contact Traffic Services at 519-570-9777 ext. 8791.

A man was pulled from the water in Victoria Park on Saturday and remains in serious condition. Waterloo Regional Police responded to Victoria Park in Kitchener after a report of a male in distress in the water. Police arrived and located a male floating face down in the water on Saturday May 25, at 6:25 p.m. Officers pulled him to shore and performed CPR. The male, a 53-year-old resident of Kitchener, was transported to hospital where he remains in serious condition. The incident is not considered suspicious.
YUVA: building global connections

Harleen Kaur Dhillon
Managing Editor

Poopty Sardar has been a part of Prerana Anti-Trafficking, a non-governmental organization (NGO) in Mumbai, since she was seven years old. Six years later, she has developed an unbreakable bond with the NGO and the people who work there.

“I want to be a dance and singing teacher in the future,” she said. “I’m thinking that when I get older and am working and I get any pay, I’ll give half of my income to Prerana.”

Sardar is one of the many children who visited Canada as part of the YUVA Arts Project, founded by Tamara Menon.

Over the course of two weeks, they participated in events and workshops meant to support their self-confidence and identity-building.

The two-week expedition was conducted with many community partners, including Reception House, Healing of the Seven Generations, and MT Space. They brought together Prerana youth with newcomer and Indigenous youth, to provide a valuable learning experience.

“We want to work on definitely self-worth, I think, realizing there’s other youth across the world who are also dealing with struggles, dealing with issues of displacement,” Olivia Maveal, project coordinator for YUVA Arts Project, said. “[We want them] to feel that they’re worthy and that they don’t have to fall into a lot of those patterns of ending up in the sex trade or things like that. Also, we’ve been working on identity.”

Menon is a third-year Music Therapy student at Wilfrid Laurier University, and was a volunteer with Prerana for many years while she lived in India. Menon said, although her family was initially apprehensive of her work in the Red Light District of Mumbai, they became completely supportive after meeting some of the children in Prerana.

“A lot family and friends were not okay with it… and there have been challenges like for the family as well to accept this work of mine,” she said. “But I think, as they got to come and be part of these performances that the youth used to put up, they came and met the kids, they saw their performances, they had conversations with them, they realized that this was much-needed and then they started supporting me.”

Vaishali Karande, an outreach coordinator for Prerana, accompanied the children from India to Canada. Karande enjoys working with children, and urges people to understand that they are no different from children born and raised in “nicer” areas of cities.

“People think that area is dangerous, but they are like us, same to same, so nothing happens. We have such a rapport, a relationship with them, that I have never been scared,” she said. “So we say that you should spend time with us and with our children and see the Red Light area. Nothing is different, they are the same as us and if you talk to them even once, you will forget about the sorrow and the pain.”

Although the future is uncertain, YUVA Arts Project volunteers hope similar initiatives and events will follow in the future.

“We haven’t fully figured if we want to do the exact same project every year, but we obviously are interested in working with marginalized groups,” Maveal said. “We definitely have been talking about ways that we can keep this going… we haven’t fully confirmed what we want to do but we definitely want to keep it going.”

“Quotes from Sardar and Karande have been translated from Hindi.

Beer coming to corner stores

Staff Report
Imprint

The Ford government is taking steps to allow beer sales in convenience stores.

The Conservatives introduced a bill in the Ontario Legislature on May 27 that will terminate Ontario’s contract with the Beer Store, which does not allow the sale of beer in corner stores across the province.

Finance Minister Vic Fedeli said the system in place is a monopoly that is giving Ontarians and business owners a bad deal.

“The province’s current beer distribution system is owned by three global giants who were handed a sweetheart deal by the previous government, who are more interested in protecting profits than convenience or choice for average people,” Fedeli told the Legislature on Monday.

The announcement follows negotiations between Ford’s government and the Beer Store over the Premier’s promise during the election campaign to allow beer and wine sales in corner stores. He has said expansion to more grocery stores, as well as retailers will open up competition.

In 2015, the Liberals ratified the contract between The Beer Store, three major breweries, and the province that was scheduled to last until 2025. That contact allowed the Liberals to expand into grocery stores, but it limited the number and type of retailers that can sell alcohol in the province.

Ford’s promise to allow more than 11,000 convenience stores to sell beer and wine would have directly breached the contract.

Violating the contract would leave taxpayers on the hook for stiff penalties and any breach could cost taxpayers hundreds of millions of dollars.

President John Nock the United Food and Commercial Workers local that represents Beer Store employees said the government’s decision could cost thousands of jobs.

“We will fight this government and this premier to keep our jobs and to save the taxpayers the billions Ford is willing to pay to put beer in corner stores,” Nock said in a statement.

The Tories have also announced a number of loosened alcohol restrictions, including allowing alcohol served in restaurants and at sporting events at 9 a.m., seven days a week, letting people consume booze in parks, and legalizing tailgating parties near sports events.

“Nobody regrets buying quality

Campus Pizza
519-747-9888

OPEN UNTIL 5AM. 7 DAYS A WEEK

160 University Ave. W., Waterloo (University Shop Plaza)

EVEryDAY STUDENT SPECIAL:

Large 1-TOPPING PIZZA - $7.99*

Huge selection of toppings to choose from!
Try adding a side of wings, fries or garlic bread/cheese.
UW professors discuss race

Professor Christopher Taylor from History and Professor Kimberly Lopez from Recreation and Leisure talk race with Imprint.

Classified

Classified

Upcoming events

Friday, June 14
Gamelan Ensemble Concert - UWaterloo Balinese Gamelan Ensemble performs outdoors at 7 p.m. at Waterloo Town Square, 75 King Street, S., Waterloo. Rain location will be Conrad Grebel Great Hall, UW. Check website for updates. www.uwaterloo.ca/music or call 519-885-0220, ext 24226.

Classified

Classified

Classified

Classified

Classified

Classified

Classified

Classified

Classified

Classified

Classified

Classified

Classified

Classified

Classified

Classified

Classified

Classified

Classified


**Tarrifs on steel lifted**

**Talking about recent information from faulty surtaxes**

Harkirat Sunner  
**Reporter**

The year-long feud with Donald Trump is finally over. On Friday, May 17, it was announced that the tariffs imposed on steel and aluminum will be lifted by both the U.S. as well as Canada. Prime Minister Justin Trudeau referred to this as “pure good news” as it refacilitates the synergetic trade relations between Canada and the U.S.

Throughout the first half of 2018, Donald Trump imposed a number of tariffs in various countries including Canada, Mexico, China, and others. The original tariffs: 25 per cent on Canadian steel and ten per cent on Canadian aluminum, were announced by the U.S. on May 31, 2018, Canada retaliated with similar surtaxes on U.S. steel, aluminum, and over 70 other U.S. products.

These tariffs were introduced as an effort to “bring jobs and industry back onto American shores”. Trump has also referred to the tariffs numerous times on social media, stating that he is “a Tariff Man” and that “Tariffs are the greatest!”.

News of these tariffs being lifted brought a lot of hope to Canadian businessmen. “It’s everything we’ve always asked for,” Jean Simard, a spokesperson for the Aluminum Association of Canada said.

The association also emphasized the importance of protecting domestic suppliers from cheaper foreign supplies flooding the market. U.S. imposed tariffs were meant to protect local suppliers from foreign steel entering into the U.S. via Canada.

Over the last year, financial markets were heavily impacted by these tariffs. Speculation surround them and their sustainability.

With the new deal, Trump plans to strengthen trade relations with Canada. Investors have more reason to be hopeful for the Canadian economy in the near future.

The year-long feud with Donald Trump is finally over. On Friday, May 17, it was announced that the tariffs imposed on steel and aluminum will be lifted by both the U.S. as well as Canada. Prime Minister Justin Trudeau referred to this as “pure good news” as it refacilitates the synergetic trade relations between Canada and the U.S.

Throughout the first half of 2018, Donald Trump imposed a number of tariffs in various countries including Canada, Mexico, China, and others. The original tariffs: 25 per cent on Canadian steel and ten per cent on Canadian aluminum, were announced by the U.S. on May 31, 2018, Canada retaliated with similar surtaxes on U.S. steel, aluminum, and over 70 other U.S. products.

These tariffs were introduced as an effort to “bring jobs and industry back onto American shores”. Trump has also referred to the tariffs numerous times on social media, stating that he is “a Tariff Man” and that “Tariffs are the greatest!”.

News of these tariffs being lifted brought a lot of hope to Canadian businessmen. “It’s everything we’ve always asked for,” Jean Simard, a spokesperson for the Aluminum Association of Canada said.

The association also emphasized the importance of protecting domestic suppliers from cheaper foreign supplies flooding the market. U.S. imposed tariffs were meant to protect local suppliers from foreign steel entering into the U.S. via Canada.

Over the last year, financial markets were heavily impacted by these tariffs. Speculation surround them and their sustainability.

With the new deal, Trump plans to strengthen trade relations with Canada. Investors have more reason to be hopeful for the Canadian economy in the near future.

"I'm only a second year student so I've not attended a lot of clubs. But I did join the Language and Culture exchange club last term. I had some good moments there. It made my university life less boring. I actually one of the tutors there so it gave me a lot of experience with tutoring.”

"A club within the school that has changed and affected my life in a way is the RAISE club. I felt like I was being represented to the university campus. Although there are many ethnic groups, for example BASE and the African Association Group and so on, I felt like those were still very narrow in the people that participate but RAISE is so open to so many different cultures and different attitudes that I really felt represented by that group.”

"I haven't really gotten into a club that fits me. I find it's really hard to find one. I've tried different options, obviously. One issue I find is I couldn't find a good information source for me to consolidate all kinds of clubs, because every single club has different places to put their schedule, and it's really hard to find them. For some clubs I've tried to talk to them and I just find I don't really fit into their groups. I mean, you have to find where you fit best, and it's a really tough thing to do.”

President Trump and Prime Minister Trudeau lift the tariffs imposed on steel.
Tracing lineage: the art of family trees

Zach Fishman
Intern Reporter

In 1950, Lorraine Roth, an Amish and Mennonite genealogist, discovered an inconsistency in her family’s understanding of their ancestry when recording the Brenneman family tree which followed her mother’s maiden name. “They always thought Jacob Brenneman was married to a woman named Magdalena. In fact, when Lorraine went and did some research, she discovered that the woman’s name was Lydia Leonard, and Leonard is an Irish name. So this Amish family discovered that they had this Irish ancestor,” Laureen Harder-Gissing, Archivist and Librarian of the Milton Good Library at Conrad Grebel University College, said.

Roth’s family tree is on display among many others at Grebel’s new exhibit, Growing Family: Design and Desire in Mennonite Genealogy. The exhibit is free to visit and open for self-guided tours until May 2021. The exhibit includes over a dozen different Mennonite family trees, as well as different charts and artworks that represent family histories.

Harder-Gissing was inspired to create the exhibit after noticing the number of people that would stop and closely inspect the family tree she had hung outside her office previously. “There’s something about [family trees] that’s really appealing to people, that can really draw you in, even if you don’t know the family,” Harder-Gissing said. “We live in a time that is so future-oriented, it’s hard to even imagine the past.”

Family lineage can be hard to trace. Some people may live with a partner without getting married, children can be adopted, and some people may die without having children. Some people have gone to the lengths to create greater, more complex archives for these extra-familial relationships. These are community family trees, where a genealogist will track not only their own family, but every family that lived in a chosen village or county and combine all the relations in one database.

One goal of the exhibit is to inspire other artists to take the idea of family and community trees a step further. “It would be interesting to see—and I’ve never seen it—but I wonder what would happen if we drew friend trees,” Harder-Gissing said. “What I’m hoping that my exhibit does is stimulate and inspire people who are more artistic than I am to come and take a look at what we have here and think about some of those things, and think about how would you do that? How would you draw a tree of friends?”

Guided tours upon a request to Harder-Gissing at the email address lharderg@uwaterloo.ca in advance.

MFA theses review

Jen Jeager
Editorial Assistant

It’s display is of pure imagination such as the second display of Master of Fine Arts (MFA) theses at the East Campus Hall Art Gallery (called ‘uwag’) that show us the human mind is capable of real creativity. The Art Gallery showed the second round of MFA theses from May 2 to 18. Gallery 1 displayed MFA candidate Zahra Baseri’s thesis titled Tell All The Truth But Tell It Slant; and Gallery 2 displayed Paula McLean’s thesis, To Catch A Glimpse of Things.

The faint scent of gasoline greeted guests in Gallery 1. There were three installments: various drawings lined up along the back wall, large pieces of paper draped over containers of an oil-like substance, and a metal box with designs such as the chemical make-up of oil carved out and made visible on the wall by a light inside the box.

Baseri’s summary of the work depicts it as a collection of “images, objects and spaces that subtly speak to the collective phenomenological experience of a shared melancholia that those who self-identify as Iranian are undergoing.” It brings light to “the problematic nature of binary power dynamics” and “addresses complex issues of the oppressive ruling system in Iran that continually and deliberately produces socio-political turmoil as a way to control its citizens.”

It forces the viewer to see the inconsistency between the story we think we know when we use oil and the story of the people who are directly impacted by oil extraction and production.

In Gallery 2, McLean’s artwork used distorted images, especially distorted photocopies, to form the paintings, drawings, and sculptures in the exhibition. “I am constantly removing distinct shapes from the distortions and translating them into different forms... I want the work to speak to the way the mind attempts to select and arrange distinct memories from lived experience,” McLean said.

This speaks to the uniqueness and messiness of human perception, how our minds analyze, prioritize, and erase aspects of our own experience in order to attempt to understand the world around us.

The exhibition is free and open to everyone. The next MFA theses exhibitions are next year.

For more information about these other exhibitions happening throughout the year visit http://uwag.uwaterloo.ca/

Stratford Theatre

Jen Jeager
Editorial Assistant

Stratford, Ontario is a short distance from the familiar confines of the UW. You may know it as the town that gave the world Justin Bieber, but Stratford residents and frequent tourists know it for the Stratford Shakespearean Festival that features on classic musicals, as well as modern and Shakespearean plays since the 1950s.

The theatre’s season is just beginning, so there’s plenty of time to make a trip there this summer.

A musical with a lot of buzz around it this season is Billy Elliot.

Based in the mid-1980s, the musical depicts an eleven-year old boy named Billy Elliot (played by Nolan Dubuc) who breaks free from his small village in England, his prescribed future in mining, and stereotypes of masculinity to pursue his talent for dance.

Billy Elliot will make you laugh, cry, and dance in your seat. When it is over, you will probably be left wondering how an eleven-year old is way more talented than you are. Word travels by mouth in Stratford, and the word is that Billy Elliot is the best musical ever put on at the Stratford Festival.

This is with full knowledge that Rocky Horror was a massive success and that the cast and crew of Stratford’s 2011 production of Jesus Christ Superstar continued the show on Broadway in New York.

Billy Elliot has been showing since Apr. 16 and even before its official opening date on May 28, was extended to show on stage at the Stratford Festival Theatre until Nov. 3, 2019.

This musical features music from Elton John and was made into a feature film in 2000, but 19 years later, it has been reimagined by Stratford’s genius, superstar director-choreographer Donna Feore. Feore has choreographed some of the Stratford Festival’s most successful musicals in her 25-year career there, including Fiddler on the Roof, Guys and Dolls, A Chorus Line, The Sound of Music, and most recently, The Rocky Horror Picture Show in 2018 which was the longest running musical in the Festival’s history.

Donna Feore is also director-choreographer for Little Shop of Horrors this season. The Stratford Festival offers $20-$40 tickets for anyone under the age of 29, all you need to do is sign up for free to become a Play On member.

Stratford is accessible by direct Festival bus, Via Rail, a short drive, or a long walk. Visit the Stratford Festival website to see what else is playing this season.

Imprint is looking for arts writers! For more information, email art@uwimprint.ca.

Visit the Stratford Festival website to see what else is playing this season.
science & tech

UW research shows breakthrough in Alzheimer’s treatment

A breakthrough in Alzheimer’s treatment by Professor Nekkar, could signal the end of Alzheimer’s disease.

In a previous study, Nekkar discovered that fluoxetine and paroxetine both show promise in slowing the advancement of Alzheimer’s disease and dementia. Both of these medications are common antidepressants used for different mood disorders.

A primary cause of Alzheimer’s disease is the buildup of plaque in a person’s brain. Plaque blocks out the signals between nerve cells, leading to the symptoms characteristic with the disease. Nekkar’s research showed that using these medications early enough helps to prevent the proteins that cause these plaques from binding to the brain, prolonging the onset of symptoms by up to three years.

The chemical structures of these antidepressants are being analyzed to create a blueprint for future drugs with even higher rates of success. The end goal is something to both cure and prevent Alzheimer’s disease.

Nekkar is collaborating with researchers from the University of Bordeaux in France. At UW, another partnership is happening between the department of Mechanical and Mechatronics Engineering and the School of Pharmacy. Connections between the two have provided access to better modelling techniques and screening. Combined, all of these could lead to a day where Alzheimer’s disease is a thing of the past.

Continued production of illegal CFCs

Increase in ozone-depleting emissions traced to China’s eastern provinces

A new source of Chlorofluorocarbons (CFCs), a banned substance, has been traced back to China’s eastern provinces.

CFC, a substance that was discovered in the 1930s was originally used as a refrigerant and has also been used in the manufacturing of foam insulation.

However, CFCs produce substances that break down ozone, causing depletion (holes) in the ozone layer. For this reason, they have been banned internationally since 1996.

The environmental effect of this ban has already become evident, with trends showing that the breakdown of the ozone layer lessened.

However, in the past six years, the rate of depletion levels of CFC in the atmosphere has reduced.

A class of chlorofluorocarbons, CFC-11, is cheaper to use than its alternatives, so several companies ignore the environmental regulations and use it.

However, as previously stated, these emissions have made a hugely negative impact on the world.

As a greenhouse gas, CFCs are also 5,000 times as potent as carbon dioxide. The government of China addresses companies in the eastern provinces using these substances as “rogue manufacturers” and is taking action to prevent their continued use.

However, the problem is not limited to the eastern provinces as other provinces and other countries around the world are also responsible for these emissions. This is due to the low monitoring of these substances in other countries. Therefore, the CFC emissions can only be detected after they have migrated to other regions.

Going forward, this could also have indications of the measurement of emissions as a whole. CFCs have been banned for more than twenty years, but greenhouse gas emissions are a continued problem worldwide. Without being able to identify the source of illegal emissions, it may become difficult to track the progress of climate initiatives worldwide.
Warriors snap up two more gems

Recruitment for the new season went smoothly in the Warriors' Women's Soccer Team. Ahead of the 2019 season two more big names joined the Warriors squad: Sophia Kozmewski of Brampton, Ont. and Charlotte Hall of Port Moody, B.C.

Kozmewski discovered her calling as a soccer player at a young age. She dedicated herself to the sport from the age of 4 and began her career on the Brams United. She is currently plying her trade at Rush Canada.

Kozmewski is she is the captain of her high school team. She has also played multiple undefeated seasons and her team won the Region of Peel Secondary School Athletic Championship in 2015.

As a centre back she led her team and ensured their defensive solidity to guarantee team championships. The strategy succeeded at the Umbro showcase and her team entered the semi-finals of the Indoor Ontario Cup.

"I'm very excited to see Sophia play. She is a very physical presence and will definitely develop into one of the leaders of our program," John O'Brien, Head Coach, said.

"It has been a goal of mine to play at the university level and I am honoured to further my athletic and academic journey as a Warrior," Kozmewski said.

Hall played further up the field in her role as the attacking midfielder. In modern soccer the role of an attacking midfielder is more important than ever, with all the attacks of the team flowing through that key playmaker. Hall took over the role seamlessly and displayed considerable leadership qualities as he team captain in her senior year. In 2017 Hall's West Coast Metro Team won the Rainier Valley Slammers Tournament in Seattle and in 2018, Hall received West Coast Auto Group Football Club's Alan Blair Award.

"Hall ... is very talented and has great size. [She] will compete for a starting spot at midfield," O'Brien said.

"I cannot wait to join the Warriors and put on the black and gold. The program is becoming one of the more elite in the province and I look forward to contributing anyway I can," Hall said.

With these two additions Warriors recruitment, it's only a matter of time before Warriors stake their claim as the best Women's soccer team in Canada.

Warrior pride lives in Tre Ford

Tre Ford continues his impressive streak in the CFL.

Ford will participate in the CFL's Quarterback Internship Program for the second year straight. His hosts this time will be Hamilton Tiger-Cats.

The CFL Quarterback Internship was initiated in 2010 and since then its participation was mandated for all the teams in the CFL.

The program provides an ideal platform for the budding quarterbacks of Canada to hone skills such as positional awareness and vision. Simultaneously the quarterbacks also participate in practice drills and team meetings.

Ford had prodigious performances in the 2018 season and has penchant for racking up unbelievable statistics. He is leading U Sports in touchdown passes (27), and is leading the OUA in both passing yards (2,822) and completion percentage (74.1%).

He also has the fewest interceptions among all qualified passers (two). He disproved his status as a single-dimensional athlete by rushing for 641 yards. This record-breaking season has let Ford stake his claim as the best quarterback in CFL.

Not only was Ford busy shattering OUA records, but he also crushed various school records. He broke the record of most passing yards in a single twice in 2018: once against win over Windsor and then, in one of the most clutch performances of the season, against Laurier.

Ford was also recognized for his feats: he bagged the 2018 OUA's MVP award and also won the 2019 Totzke Trophy as Waterloo Warriors' male athlete of the year.

O'Brien, Head Coach, said.

"It has been a goal of mine to play at the university level and I am honoured to further my athletic and academic journey as a Warrior," Kozmewski said.

Hall played further up the field in her role as the attacking midfielder. In modern soccer the role of an attacking midfielder is more important than ever, with all the attacks of the team flowing through that key playmaker. Hall took over the role seamlessly and displayed considerable leadership qualities as he team captain in her senior year. In 2017 Hall's West Coast Metro Team won the Rainier Valley Slammers Tournament in Seattle and in 2018, Hall received West Coast Auto Group Football Club's Alan Blair Award.

"Hall is very talented and has great size. [She] will compete for a starting spot at midfield," O'Brien said.

"I cannot wait to join the Warriors and put on the black and gold. The program is becoming one of the more elite in the province and I look forward to contributing anyway I can," Hall said.

With these two additions Warriors recruitment, it's only a matter of time before Warriors stake their claim as the best Women's soccer team in Canada.
Opinion

Meditation and gratitude

S
pirituality is the most practical thing. Spirituality is a very ambiguous term, it means a lot of different things to different people. Let’s, for the sake of this article, define spirituality as meditation, introspection and gratitude.

Meditation could be dismissed as stag

nification or escapism, but many believe true meditation means becoming one with with your spirit, which they’d say is who you really are. It’s not about running away from what you need to succeed, whether it be graph-outer experience with a vividness and alive-ness from within. From my own experience, there’s a sharpness to life after a good med-itation. Like if someone turned down the ambient sound and you were really listening for the first time.

A new study from the University of Der-by in the U.K. has suggested that meditating on emptiness, or you could say, reaching thoughtlessness awareness, might be better than mindfulness. From my own experi-

ence, the state of thoughtlessness awareness is a cure all for problems of the mind. If you’re able to stop thinking, to stop reacting to the outside world and to your own mind, then you can enter at any moment a place within yourself that is peaceful, content and even joyful. This state can be elusive, but there’s a technique called Sahaja Yoga that can help even first time practitioners or children achieve this beautiful inner silence. You can find out more at: www.freedemeditation.com or Free Meditation TV on YouTube.

Introspection is a completely logical prac-
tise as well. We are with ourselves our whole lives, we might as well know ourselves as best we can. This is a living relationship; the better you know your needs and desires, thoughts and issues, the better you can love the other person. From my own experience, there’s a sharpness to life after a good med-itation. Like if someone turned down the ambient sound and you were really listening for the first time.

Finally, gratitude. Perception influences life so much. By shifting our focus we alter our reality. Heartfelt gratitude is one key to filling our lives with more joyful moments. Studies have shown that the effects of a gratitude practice spread not just to psycho-

logical health (things life self-esteem, em-
pathy, mental fortitude) but also to physical aspects (increased likelihood to workout, better sleep patterns) and even increase the likelihood of expanding our friend group (through practices like saying thank you, sending thank you messages). I find that just counting my blessings, or shifting my attention to what good fortune I have, even in small, small things, really makes me more peaceful and satisfied. And when I feel more complete in myself, I’m better able to give love to my friends, family, and passersby.

The beautiful thing about these practices is that they can be scaled to any schedule! Benefits of spirituality can manifest incre-

mentally with just a moment or two of prac-
tise. So ask yourself this week: What am I doing about my spirituality?

Dylan Wilson
Arts & Life Editor
SHAKING MY GLASSES OFF BECAUSE I DON'T WANT TO SEE THE AMOUNT OF WORK I HAVE TO DO!

GRUMPY CAT DIED ON MAY 14 AT AGE SEVEN FOLLOWING COMPLICATIONS OF A URINARY TRACT INFECTION. OVER THE YEARS SHE HELPED MANY IMPRINT READERS SMILE, AND WILL BE SORELY MISSED. R.I.P. GRUMPY CAT.

SUDOKU
Enter numbers into the blank spaces so that each row, column, and box contains the numbers 1 to 9.

COURTESY WEBSUDOKU.COM

THE UW CLOUD
SUM UP YOUR MORNING IN ONE WORD.

SUMmit your answer to: Distractions@uwimprint.ca TO HAVE YOUR ANSWER FEATURED IN THE FIRST EVER UW CLOUD IN THE NEXT ISSUE!

With apologies to KC Green: backcomics.com
Crosswordless

Across
1. Agreement
5. Unceasingly
9. To be included in an email but not directly addressed (abbrv.)
13. ____ Gobi
14. Zero
15. In better shape
16. Scraping sound
17. U.S. payroll tax
18. Black
19. The study of insects and crustaceans
22. Month before May
23. Large Lego
24. The study of the constituents of matter
30. The fourth caliph, born the Kaaba in Mecca
31. Goddess of dawn
32. Prevents employment discrimination
33. Old cloth
34. Canadian security market
35. Donkey
37. Complain
39. 2013 Spike Jonze film
41. What Rockband lacks
42. Short brew
43. What faculty contains clues 19 and 24 across
48. Sharp points
49. Matrix protagonist
50. Coordinate system in the 1600s
56. Minor film role
57. “____ of Dogs”
58. Murdered
59. Cattle
60. Mix
61. Site for artisans
62. Raunchy pictures and dirty talking
63. Cooking measurement (abbrv.)
64. Doesn’t stand

Down
1. Lead into legal or trooper
2. Wing-like
3. Price
4. Mr. Peanut wears one
5. Emphasizing
6. Digital telephony
7. Conceals
8. Get informed
9. Rear train car
10. Wooden shoe
11. Wee
12. Arid
15. No doubt
20. A small, affordable computer
21. Love interest of Hamlet
24. Winter jacket
25. In the style of
26. Correct
27. Smoked salmon
28. A type of compound
29. Classic game consoles
34. Theon Greyjoy was one
35. The Walking Dead is a TV series on it
36. Gyroscopes
38. Imitate
40. Bruce Springsteen band
41. Helps out
42. Short brew
43. What faculty contains clues 19 and 24 across
48. Sharp points
49. Matrix protagonist
50. Coordinate system in the 1600s
56. Minor film role
57. “____ of Dogs”
58. Murdered
59. Cattle
60. Mix
61. Site for artisans
62. Raunchy pictures and dirty talking
63. Cooking measurement (abbrv.)
64. Doesn’t stand

Solution to last issue’s crossword:

Alternative Facts

How good are you at spotting fake news? One of these headlines are false, check our next edition for the answer!

1. French authorities warn LED lights are dangerous
2. Berlin’s deal for dogs is a huge success
3. North Korean stray cats are rounded up and sent south.

FOR A HINT, SEE BELOW.

This puzzle is brought to you by the UW PUZZLES & BRAINTEASERS CLUB, who meet every Friday at 6 p.m. in QNC 1507.

OBSERVE THE FOLLOWING SET OF WORDS:
SPEED, BEAUTY, HOME, WAR, RULER, FEAST, SKY, OCEAN, DEAD

This set of words bears a special significance. Each word alludes to something in an analogous set. Furthermore, while the word “Dead” once belonged, it no longer does. What is the significance behind each word— that is to say, what are they representing? Why are these words in this set together, and why does “dead” no longer belong? For a hint, see below.

Puzzles & Brain teasers

“I’m still waiting for all these May flowers everyone keeps talking about…”

NOTE: THERE ARE NO RELATIONSHIPS BETWEEN THE WORDS IN THIS SET, EXCEPT IN THE ANALOGOUS SET.

HINT: THERE ARE NO RELATIONSHIPS BETWEEN THE WORDS IN THIS SET, EXCEPT IN THE ANALOGOUS SET.

This puzzle is brought to you by the UW PUZZLES & BRAINTEASERS CLUB, who meet every Friday at 6 p.m. in QNC 1507.

OBSERVE THE FOLLOWING SET OF WORDS:
SPEED, BEAUTY, HOME, WAR, RULER, FEAST, SKY, OCEAN, DEAD

This set of words bears a special significance. Each word alludes to something in an analogous set. Furthermore, while the word “Dead” once belonged, it no longer does. What is the significance behind each word—that is to say, what are they representing? Why are these words in this set together, and why does “Dead” no longer belong? For a hint, see below.

Puzzles & Brain teasers

“I’m still waiting for all these May flowers everyone keeps talking about…”

NOTE: THERE ARE NO RELATIONSHIPS BETWEEN THE WORDS IN THIS SET, EXCEPT IN THE ANALOGOUS SET.

HINT: THERE ARE NO RELATIONSHIPS BETWEEN THE WORDS IN THIS SET, EXCEPT IN THE ANALOGOUS SET.
**How are we doing?**

**Imprint Reader Survey, Spring 2019**

Drop this page off at Imprint (SLC 0137) or at the Turnkey desk for a chance to win a $50 Amazon gift card.

Winner to be announced July 10 online at uwimprint.ca and over social media.

---

**Question 1:** On a scale of 1 to 5 (1 being never and 5 being always) How often do you read Imprint? Circle one.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Never</td>
<td>Neutral</td>
<td>Always</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Question 2:** On a scale of 1 to 5 (1 being poor and 5 being excellent) Rate your impression of Imprint. Circle one.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Poor</td>
<td>Neutral</td>
<td>Excellent</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Question 3:** On a scale of 0 (never) to 5 (always) how likely are you to read the following sections?

<table>
<thead>
<tr>
<th>Section</th>
<th>News</th>
<th>Opinion</th>
<th>Features</th>
<th>Arts</th>
<th>Science</th>
<th>Sports</th>
<th>Distractions</th>
</tr>
</thead>
</table>

**Question 4:** Rate this statement: “Imprint keeps me adequately informed on campus issues.”

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Strongly Disagree</td>
<td>Neutral</td>
<td>Strongly Agree</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Question 5:** Rate your satisfaction with Imprint sections from 1 to 5 (1 being very dissatisfied and 5 very satisfied)

<table>
<thead>
<tr>
<th>Section</th>
<th>News</th>
<th>Opinion</th>
<th>Features</th>
<th>Arts</th>
<th>Science</th>
<th>Sports</th>
<th>Distractions</th>
</tr>
</thead>
</table>

---

(Optional for prize)

**NAME:** .................................................................

**E-MAIL:** .................................................................

**YEAR & MAJOR:** .................................................................

**PHONE NUMBER:** .................................................................

---

**Name:** .................................................................

**Program:** .................................................................

**Email:** .................................................................

**Section preferences:** News ( ) Opinion ( ) Features ( ) A&E ( ) Science ( ) Sports ( ) Comics and Distraction( ) Photo ( )

---

**What would you like to do at Imprint?**

Write ( ) Proofread ( ) Take photos ( ) Edit sections ( ) Other ( ___________________________ )

---

**Do you want updates with Imprint’s mailing or story list?**

Yes ( ) No ( )

---

**Complete this survey online at uwimprint.ca!**