SEVENTH ANNUAL TACOFEST
THEMUSEUM held its annual Tacofest, a fundraiser for Community Support Connections — Meals on Wheels and More. P6

DROPBIKE
UW joins pilot project for Dropbike, an affordable bike sharing program. P4

LORI CAMPBELL RUNS FOR NDP P2
Lori Campbell from St. Paul’s seeks federal NDP nomination for Waterloo riding.

FORD SNUBS PROFS P3
New provincial legislation forces retired professors to collect pension without income.

OUR PLANET, OUR FUTURE P5
Students skip school to raise awareness for climate change.

Waterloo Region celebrates Pride Month. P6

COURTESY THOMAS REID
Iran tensions spark fears of possible military conflict

International worries that a war might break out between Iran and the U.S. have steadily increased since Iran pulled out of the nuclear deal.

The U.S. military discounted the confusion shown by a British general about such a threat.

Although President Donald Trump denied a report that the administration plans to send more than 100,000 troops to counter Iran if required, he proceeded to stir controversy by saying, “Would I do that? Absolutely.”

As tensions rise, Jeremy Hunt, British Foreign Secretary, said his nation was concerned about the likelihood of accidental conflict “with an escalation that is unintended really on either side”.

Dr. Bessma Momani, a professor at the University of Waterloo and Senior Fellow at the Centre for International Governance Innovation (GCI), said in an interview with CTV last week that even though neither party wants to initiate any sort of military conflict, knowing that Trump is the sort of man who wakes up in the morning, and immediately starts reacting on Twitter to the latest news, the chances of some hawkish group from either side being provoked and taking matters into their own hands is a possibility.

The general’s remark shed light on the international skepticism over the American military buildup in the Middle East since the 2003 invasion of Iraq that was based on false intelligence.

Meanwhile, U.S. officials have still not publicly backed up their assertion of an increased Iranian threat with any evidence.

The Iran nuclear deal was an agreement made between Iran and the permanent members of the UN security council, along with the European Union so Iran would redesign, convert, and reduce its nuclear facilities.

They would also have to accept the Additional Protocol in order to lift all nuclear-related economic sanctions, freeing up tens of billions of dollars in oil revenue.

In 2018, America withdrew from the deal, and exactly one year later, on May 8, Iran’s President Hassan Rouhani presented Europe with an ultimatum: They will have 60 days to either follow the Trump administration out of the deal or resume oil trade with Iran to save the agreement, violating U.S. sanctions.

If Europe does not comply to the latter option, Iran will resume their high level uranium enrichment program. During the interview with Dr. Momani, she noted that the Iranian government clearly does not want to negotiate with the Trump administration at this point, so they must wait for a new administration to come into office.

Lori Campbell seeks federal NDP nomination

Lori Campbell, an Indigenous Studies instructor at St. Paul’s University College, announced her intention to seek the federal NDP nomination for the Waterloo riding.

Campbell is currently the director of the Shatitsirótha’ Waterloo Indigenous Student Centre, and the former UW director of Indigenous Initiatives. She was also a former Aboriginal resource officer.

Campbell will be formally seeking nomination the first week of July. She is passionate about the Waterloo community, and is inspired by the community to represent the Waterloo riding on the national level.

Campbell lives in Waterloo with her partner, Katherine, and they are both proud to call it their home.

“One thing that is amazing and ... it’s clear that people in Waterloo care about social justice, environmental protection, climate change, and human rights,” Campbell said. “I share their passion and I am proud to seek the nomination of a party that prioritizes these principles. As an NDP MP, I will be committed to fighting for these principles and working hard to make sure the voice of our community is heard on Parliament Hill.”

Campbell is Nitāpihtākosisān, Métis: Nēhiyaw (Cree) and Scottish, from the Treaty 6 territory in northern Saskatchewan, but has become a familiar face to many community groups in Waterloo. She has also received a Leading Women, Leading Girls, Building Communities award for her community leadership.

Dr. Richard Myers, principal of St. Paul’s University College, praised Campbell’s exceptional leadership and advocacy.

“Lori is an exceptionally gifted advocate ... She combines a commanding personal presence and a mastery of her material with a warm smile and a down-to-earth manner,” he said.

Campbell is an experienced instructor and community service worker. She has held leadership positions in post-secondary curriculum development, community housing, and victim services.

She currently serves on the Board of the Council for Community Based Research and the Renison University College Truth and Reconciliation Working Group.

For more information, to donate, or get involved in Lori Campbell’s Campaign, email CampbellforNDP@gmail.com.
UWAFT - the team to watch!

Asad Bhatti
Project manager, UWAFT

The University of Waterloo Alternative Fuels Team (UWAFT) was in Atlanta Georgia participating in year 1 EMC competition earlier this month, competing against 11 other universities from the U.S. and Canada. This year, UWAFT placed fifth overall, won 7 awards including “Team to Watch,” and hauled in $8,000 in prize money.

Pushing the frontier of the transition to sustainable fuels has been the cornerstone of UWAFT.

The student team consists of over 50 active undergraduate students. Engaging in research and development, of the cutting edge in automotive legwork.

The mission statement for the current year-long competition EcoCar Mobility Challenge (EMC) that UWAFT is taking part in states, “Producing the next generation of engineers ... who will be prepared to address the nation’s future energy and transportation challenges.”

This statement also defines UWAFT’s early years to hydrogen fuel cells and now to fully capable hybrid vehicles. Check us out at the SDC in E5 - we’re always looking to expand our team. All technical and non-technical disciplines are welcomed to join!

Ford government snubs professors

Jenn Jaeger
Editorial Assistant

The Ford Government passed legislation on May 29 that can stop university and college professors from receiving full salaries and pensions simultaneously, known as double dipping.

“There is evidence that double-dipping by professors increased dramatically over the past decade. Higher Education Strategy Associates recently estimated spending on faculty over $5 is $1.5 billion higher now than it was 15 years ago.

Over the last several years, the number of faculty members 40 or under has fallen from 22 per cent to 15 per cent,” Randy Pettapiece, M.P.P. for Perth-Wellington, said.

Omnibus Finance Minister Vic Fedeli’s budget bill changed 61 pieces of legislation, including one that enables universities to reduce salaries of retired employees, who are also receiving a pension to as little as zero.

“The potential opportunity for more young professionals to obtain tenure at our post-secondary institutions is a positive goal of the budget bill,” Pettapiece said. “Budget 2019 presents a responsible plan back to balance, while protecting what matters most — our frontline teachers and professors… We are proposing modern and forward thinking ideas, which will lead to good jobs for graduates.”

But Pettapiece was unable to provide evidence of this assertion.

The government stopped forcing retirement in 2006, but still forces pension at 71. Pettapiece said.

“Once you’re wired as a professor, it’s hard to turn that off,” he said.

Jaeger said the real concern is the trend towards employing contract, contingent faculty who have the same education, number of publications as FT/tenured faculty.

“But it is so much cheaper since we are paid so much less and our pensions are so much less,” Jaeger said. “This is the model that enables higher education to operate currently [with] more contract faculty, teaching more and more courses and much less investment in hiring full-time tenure track.”

LeDrew feels this legislation is a disservice to experienced professors. He believes for himself and for most other professors, it is not about the money.

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The UWAFT team placed fifth overall in the EMC competition winning $8,000 in prize money.
A pilot project by Dropbike, a company providing an affordable and convenient bike sharing program, is replacing the Community Access Bikeshare (CAB), which was not financially viable.

The smartphone-based Dropbike system solves are financially viable. Bikes are kept at several hubs around the city and are easy to see because of the bright orange bicycle racks.

Users can unlock the bikes by scanning the QR code through the Dropbike app, Drop Mobility, available on both iOS and Android. Riders pay $1 an hour until returning the bike to one of the hubs or locking it up to any other bike rack or pole and snapping a quick photo to confirm that the bike is safely stored.

The app has mixed responses. It has a rating of 3.4 stars on iOS and 1.9 on Android. “We don’t have any revenue generated for the university. They [DropBike] are entirely self-sufficient revenue-wise, from either their investors or the revenue they get from the service. It makes it a fairly scaleable program which is something that’s harder to do when you have more expensive docking stations that need to be in place,” Mat Thijsen, UW’s sustainability manager said.

This system is possible because all hardware, including a GPS tracker, is kept in the bikes themselves. Riders can lock up a bike to their convenience, rather than being restricted to using the hubs. To find a ride, users can view a map on the app that includes all bike locations and grab the nearest one, or take a bike from any of the hubs in which bikes are returned regularly to by employees.

UW has joined the program with three hubs, one at the Davis Center (DC), Science Teaching Complex (STC), and Douglas Wright Engineering (DWE), but plans to expand up to 15 hubs and 100 bikes around campus over the summer are in the works.

Thijssen also mentioned that bike sharing is important for solving the first and last mile problem. “The first and last mile problem is the idea that if the bus or any transit service gets you to a certain destination and you live or work a little bit further than that, how do you get from the bus stop to where is that you actually need to go?” Thijsen said. “These types of micro mobility solutions can help solve that by giving you smaller scale transportation options to make that more accessible.”

The pilot will end in either October or November, dependent on weather.

The Feds want a new style and your input

The Federation of Students will rebrand with a new name and logo by Fall 2019

For 20 years, the UW’s student union has served the student population under the name, Federation of Students known as, the Feds. This year, Feds members decided rebranding is necessary to continue serving students. “There is a lot of ambiguity with the name Federation of Students, and while it reflects the time when we were formed, that connection is no longer obvious,” Michael Beauchemin wrote in his announcement on June 7.

“Our name should clearly reflect what we are and who we serve, two challenges we often have to overcome with the Feds brand,” he wrote.

Feds may officially be known as the Waterloo Undergraduate Student Association (WUSA), one of the potential new names. A full name change will be launched in Fall 2019, along with a new logo. This change accompanies a long-term vision for student centered decision-making.

Feds plan to introduce themselves to the first years with their new name and logo, in Orientation Week. Beauchemin said in his announcement the goal is to connect with students and to better reflect their needs and wants.

“This rebrand is about more than just a visual change: the goal is to better reflect what you want to see from us through a brand that connects with students in a more meaningful way,” he wrote.

“We are also taking this as an opportunity to align our brand with a long term vision for the organization that puts students front and center in decision-making,” he wrote.

Consultations with students concerning the name change and logo are ongoing. Focus groups will happen in Spring 2019. Online forums are available. For information visit www.feds.ca. Contact Michael Beauchemin at pres@feds.ca.
Campus Question
See what students think about current issues

This week: What do you do in your everyday life to be more environmentally mindful?

“The way I can be more environmentally mindful is putting more emphasis on buying less packaged food. By going to more bulk sale stores and bringing my own containers.”

Evan Cooper, 2B Economics

“So as a student on campus, I would research more on how to manage my waste because that is an area I am not extremely knowledgeable in. I see the recycling bins, but I am not always sure where to put what in terms of what specific containers and materials are put where. That’s how I would go about it in addition to trying to use less plastic coffee cups.”

Sophia Badakshan, 2B Science and Business

“What I try to do is to keep the lights off in rooms that I am not in. I also try not to leave the water taps running for any time that I am not washing dishes or using water. I just try to cut out as much waste as I can in my daily life.”

Smit Parikh, 2B Science and Business

“Being a residence life don at Claudette Miller Hall there is all kinds of ways I can be environmentally friendly right out of the comfort of my own home. CMH has a green reusable container program which is a really good initiative. CMH also has great garbage, recycling, and composting initiatives all over residence that can help our students living in res-life to be more eco-friendly!”

Clementina D’Souza, 2B Economics

Looking forward: our planet, our future

Youth, parents, university students, and passionate community members gathered in Uptown Waterloo Town Square to take part in the second global climate protest.

Similar strikes took place in at least 90 cities across Canada and more than 150 countries worldwide. The strikes were youth-focused, but everyone was welcome.

“We’re in a crisis. We need to send a bold message to the government because the government is not acting,” Beth Eden said.

The KW strike was held from 12:30 p.m. to 1:30 p.m. on May 21 to encourage students to skip school and work to protest climate inaction. There were speeches and performances by locals and a march around Uptown Waterloo. Protesters held banners and shouted chants such as “No more coal, no more oil. Leave the carbon in the soil,” and “Our planet, our future.”

After the march, protesters laid down on the ground in Town Square for two minutes of silent reflection. Organizers traced the outlines of their fallen bodies with chalk to symbolize what the future will look like.

This fight for a livable future highlights how climate change is a global crisis and drastic changes need to be taken now in order to address it before it is too late.

Micaela Yawney, is an Environment, Resources, and Sustainability student and representative for Plan E Canada (an organization that works to engage youth in climate action), was protesting because she is inspired by youth taking action. She said that youth are the next generation of leaders and “the power of our future is in their hands... we are here, we are not silent, and you need to listen to us,” Yawney said.

Eden, an Environment and Business student, was protesting because she believes the government needs to be made aware that youth care about the future of the planet.

She believes that individual consumers have a responsibility to act and so the public needs to be made aware of the issues surrounding climate change too.

A main theme of the strike was that one person can make a huge difference in the world, because Greta Thunberg, a Swedish schoolgirl, did. The recent global climate movement was inspired by Greta, who began speaking out about the need for climate change action in 2018, at the age of 15.

Climate protests in KW are held on the first Friday of every month.

Micaela Yawney (left) and Beth Eden (right) at the Uptown Waterloo Climate Protest.
Despite the pouring rain, Brie Treviranus aka George Swooney — who is featured on the front page of this issue — arrived to perform at the tri-Pride Live Music festival to a crowd of hundreds of Pride supporters and celebrators.

Treviranus was among the many performers that presented their talents and participated in tri-Pride festivities over the 10-day tri-Pride period, which started on May 22 and culminated with a Pride March and picnic on Sunday, June 2.

Events took place all over the tri-city area and the March went from Kitchener City Hall to Victoria Park.

Among the celebrators was Leanne Mendonsa, coordinator of the Glow Centre for Sexual and Gender Diversity. Mendonsa attended her first-ever Pride March this year. Although she will go to Toronto Pride as well, she believes it is important for smaller cities to celebrate Pride as well.

“I think it builds this pretty strong sense of community...I didn’t think so many people would show up, but it was a huge turnout and it’s so wild to me to realize that within this [region], there are so many people that support the queer community,” Mendonsa said.

Like Mendonsa, Ami Kemp appreciates the need for Pride celebrations in smaller cities. Kemp is a graduate from the University of Guelph and, after a brief stay in Toronto, has recently moved back to Waterloo Region.

“I think there should be a Pride everywhere, to be honest with you, it doesn’t matter how small — it could be a village, town, city, doesn’t matter, right, there’ll always be a percentage of the population who wants to be and show themselves and be visible,” she said.

Kemp is President of A.S. Kemp Group Ltd. and owner of some local businesses, including Uptown Beauty Lounge and A.S. Kemp Environmental Engineering Operations and Project Management company.

Kemp has not missed any Pride events in her community in over a decade.

She also hopes to introduce safe-space stickers for her businesses, something she finds lacking in Waterloo Region.

“I’m big on education, so every little bit [counts],” Kemp said. “[The Parade], for instance, is an education for some people, some people may walk by and be like, ‘what’s that person [doing]...?’”.

In addition to being celebratory, tri-Pride is very family-friendly and inclusive.

Mendonsa said that the fun atmosphere involving people of all ages, stages, abilities and identities was a welcome surprise.

“There were so many kids around [at the Music Festival] and there were so many younglings just there, just talking to us and getting to know us, and people walking around with flags,” she said. “It was super, super family friendly. Everyone’s bringing their kids, and everyone’s bringing their pets, and it was basically just a party. It felt like you were at a little carnival like thing and everyone’s just coming around, I think it was really cozy.”

Kemp also strongly believes in the importance of inclusivity. For her, if a person is kind, they are worth her respect.

“It goes beyond LGBT+ — if you’re a human being and you’re not an asshole, you’re fine by me,” she said.

Tri-Pride events also included events over the two-week period, including a yoga session, a dance party, a comedy night, and many other opportunities for LGBT+ people and supporters to mingle.

Toronto Pride 2019 takes place on June 23rd. The Glow Centre will be marching — to join and for more information, email glow@glow.feds.ca or visit https://feds.ca/events/glow-goes-toronto-pride-2019-0.
UW student awarded pharmacy student of the year

Naushin Hooda is the first UW student to win this award since 2016.

Nick Owens
Science and Tech Editor

Waterloo’s own Naushin Hooda has been awarded the 2019 Student of the Year award by the Ontario Pharmacist’s Association. Imprint interviewed Hooda to find out more about her experience.

Q: So, for starters, how did you feel about winning the award?

A: Absolutely. Probably the highlight of my pharmacy undergraduate career has been being the president of the Society of Pharmacy Students. The society is the pharmacy student council and as the president I essentially acted as the lead [voice] between student and faculty. That involved addressing any student concerns, arranging funding for conference leaves, and in general, just working with faculty and staff to make sure that the services on our campus are just as good as being on the main campus. [The school of Pharmacy is on] a satellite campus which means that certain resources that are available at the main university aren’t always accessible to our students. So, bridging that gap was a large part of my role. That’s... what my responsibilities were with the society of pharmacy students.

My other highlight was creating a student chapter of a national organisation called CAPHO, which is the Canadian Association of Pharmacy and Oncology. It’s the national pharmacy-oncology group of pharmacists, and pharmacy associates and technicians. It was the first oncology student chapter to be created in Canada. Prior to that, they had numerous meetings and internal discussions of how to reach out to students [but] this was the first time that they had been reached out [to] by a student.

Developing the club on campus essentially allowed our students to access their resources a lot better and benefitted... the organisation because they now had a greater student voice. Since then, we’ve done a lot of great things. For the past two years, we’ve done the night walk in Kitchener which has raised over four thousand dollars in support of the cause and this is the first time that the walk had been in the Kitchener area. So it was definitely a time that our students were able to interact with our community, specifically those who had been touched either personally or have a family member with leukemia... [That] reflected well on our students [who] we wanted to put ourselves out there... We’ve also held a number of educational seminars and brought some industry professionals to the school as well, further connecting the students to them...

I’ve also been involved with CAPSI, the Canadian Association of Pharmacy students and Interns, on a local level. [With them, I have] developed presentations for students to go out to local elementary schools and teach about various pharmacy topics. I was also involved in the opening of the science to business network at the University of Waterloo which is a network of industry professionals across Canada. So, adding Waterloo as a piece of that puzzle was definitely a memorable moment for me as well.

Q: So it seems like a lot of where your skills lie is being able to bridge the gap between the School of Pharmacy and different areas, whether it be the main campus university, the Waterloo community or with other schools.

A: Absolutely.

Q: You mentioned earlier that it feels good to be well represented at the school. Do you think that winning this award could draw more interest towards Waterloo’s School of Pharmacy?

A: I think that the University of Waterloo School of Pharmacy does that in itself. It’s a very innovative program. It has a co-op program, unlike other schools in Canada that don’t have [the co-op program] inside of their pharmacy program. So I think that [our program] already attracts a great group of students and does a good job in ensuring that the curriculum is innovative and current to practice.

If anything, I think that this award encourages other students in the program to get more involved in the school. I’ve always been a vocal advocate about involvement and taking on leadership roles at the school... If you want a school to function well, you need great students and... I think that, if anything, that’s what I hope [this award] has done.

Q: Currently, you’re doing your rounds in northern Ontario. [To let people know a bit more about the pharmacy program], would you like talk a bit more about what that is about?

A: Sure. When pharmacy students reach their fourth year of pharmacy school, we go on a six month clinical placement in one of sixteen regions. The region that I was most excited about and that I’m currently doing is the Manitoulin Island placement which is a longitudinal six month rotation at the Manitoulin Health Centre in Little Current, Ontario. It’s a northern community where the majority of the populations is First Nations which... is different form patient populations that you would have in more metropolitan areas such as Toronto.

The placement is at a hospital and a family health team and... I rotate between different areas, getting exposed to different therapeutic topics and different patient groups, and then I also go off sight to the First Nations sites themselves. [This includes] Wikwemikong,... White Fish River, and various others to provide services to individuals who may to be able to reach the centre itself. It’s a terrific placement and has provided me with a lot of clinical experience that I think will be very relevant when I return back to practice.

Q: Is there anything else that you would like to add?

A: I would like to [talk] about the Ontario Pharmacist’s Association who was the administrator of the award. It is a national advocacy group that represents pharmacy. That includes the pharmacists as well as the pharmacy students. [I would like to say] that it’s because of groups like the Ontario Pharmacist’s Association that pharmacists continue to excel in their careers and continue to be able to do more for patients. I think that, moving forward, having strong leaders in pharmacy [is] what builds that association and allows them to do the work that they do. It’s been a great recognition. They’ve had a great conference in Toronto this year, joint with the Canadian Pharmacist’s Association. That was a terrific conference in itself.

I hope that, in the future, we get more involvement from Waterloo and from the surrounding areas including Kitchener where our school is located.
Women’s hockey gets a boost

With the recruitment season in full swing, Waterloo Warriors are wasting no time in getting the best athletes for their various sports programs.

This past week, the Warriors field hockey program announced the addition of Hannah Cook and Taylor Goodhue to their ranks. Cook, someone who is a natural leader, as evidenced by her role in the Ontario West U18 Provincial team, is being brought in to strengthen the forward and midfield. Simultaneously, the experience she gained at Resurrection CSS and Cobras Field Hockey Club will prove to be invaluable for her when she dons the black and gold of the Warriors.

Coach Steph Snyder is quite excited about the prospect of Cook joining the team and said, “As a high-level goal scorer, Hannah was a top priority during the recruiting process over the past year. Her ability to manipulate situations within the attacking third to recruit goal scoring opportunities is going to greatly contribute to our offence. We expect Hannah to jump in and play big minutes in the forward line with the ability to take shifts in a central midfield position as well.”

Goodhue comes to the Warriors from Parkside C1 – a team which is usually one of the underdogs at the tournaments. However, utilizing the talents of Goodhue in midfield the team surprised everyone at the OFSAA championship and won a silver medal in their maiden appearance. Goodhue, as a result of her accomplishments was named to the Ontario U18 Indoor Provincial team.

Head Coach Maria Leahy was full of praise for Goodhue and said, “Taylor is an all-around athlete having come to field hockey after many years of rep soccer. With the similarities in strategy, Taylor’s vision and play-making ability is far beyond her years of experience.”

With Cook and Goodhue set to join the team this Fall, it seems like the hard work of the recruitment team as well as the coaching staff is finally starting to bear fruit. Plus, the Warriors fans can look forward to the dazzling displays on the pitch, all thanks to the talent that is currently being accumulated for the new season.

Warriors start golf season with 4th place

While other sports are still busy preparing for the upcoming season, the Warriors Golf team is in full swing.

The team recently participated at the 2019 Canadian University/College Championship. The 2019 Canadian University/College Championship took place last week at the Firerock Golf and Country Club and the Warriors were up to the task as the women’s team finished at the 4th position. The men’s team settled for the 6th position.

The top six in the Women’s division was comprised of UBC, Laval, Victoria, Waterloo, Montreal and Western respectively. Given the fact that Waterloo does not have an year round schedule for golf, the women had their work cut out for them and it is quite impressive that they managed to achieve the 4th position.

Elanna Lachaine-DeMarchi was the best player amongst the Warriors as she finished with a score of 14-over. Following her were, Laura Wessielus, Claire Konning and Arrington Bard with scores of +42, +46 and +51 respectively. UBC was again dominant on the men’s side as they took the first place.

Western did considerably better than their female counter-parts as they took the second place and the team from Victoria finished in the identical spot as their women’s team.

Warriors completed the top six and Tyler Turchanski was the best player on the team as he had a score of 3-under. He was followed by Devin Bartlett, Tyler Cormier and Sam Kreze with scores of +3, +9 and +10 respectively.

Although neither of the Warriors teams finished on the podium, there is still plenty to look forward to for the next season. The new golf season is just beginning and there will be many more opportunities for the Warriors to win silverware for their teams.
The world’s best medicine

As a result of two decades of research, an exquisite drug was discovered recently. From coughs to heart attacks, this drug could preserve your health, maintain fitness, and enhance beauty for many years. On the whole, it could drive hospitals and parlors out of business. Luckily, it costs zero dollars but unfortunately, demands a lot of self-discipline. Let me give you an example to help you guess what it is: the Guinness Book of World Records allows skydiving from a height of 25,000 feet without a parachute but does not permit attempting sleep control due to extreme mental harm associated with it. The medicine I am talking about is eight hours of peaceful sleep every night.

Sleep is divided into two parts: NREM (Non-Retinal Eye Movement) and REM (Retinal Eye Movement). During the NREM part of sleep, daily happenings — including people we meet, places we visit, and jokes we hear — are transferred from the limited temporary memory to the infinite permanent memory of our brain. Unless this transfer happens regularly, it is overwritten. Thus, not sleeping for days and trying to catch up on it, e.g. during exams and then hibernating later, does not work. If you had difficulty in recalling anyone’s name you met just once or twice recently, you possibly suffer from a lack of sleep.

REM is where the content transferred to the permanent memory is processed and linked to previously stored information. In other words, they cause our dreams. Through dreams, they organize our memories — similar to the defragmentation feature in windows. Recently, I saw a couple of my dead relatives walking in my room. Game of Thrones followers can guess who. The Night King’s army attacked Winterfell the previous day.

If REM duration is inadequate, we are most likely to blank out — similar to an old computer that often hangs or blue screens. If you could remember blanking out for a moment or two in any class occasionally, it could be due to your poor sleep pattern. Imagine the consequences of blanking out while driving.

Let us wrap it up by sharing how we could fix our current sleep cycle.
1. Turn off your phone and other digital screens at least 15 minutes before going to sleep.
2. Reduce coffee and alcohol consumption, and stick to a low-calorie dinner.
3. After dinner, listen to soft music or read a book for a while.
4. Keep an alarm to sleep and not to wake up — humans are the only species known to disturb their own sleep.
5. If nothing works, consult a doctor.

It is practically impossible for us to enjoy the same quality of sleep with aging. Poor sleep pattern would drastically affect our rational thinking, memory, and will leave us helpless in our 60s. So, let’s prolong and celebrate our precious youth by respecting our body. After all, YOLO.

Nivas Ramachandiran
Ph.D. Student, Department of Mechanical and Mechatronics Engineering

Affirmations of identity

Statements about the self, “I am” statements, influence identity and ego which is your mental sense of self which might be determined based on your self-talk as well as your actions.

James Clear had a suggestion about changing habits through identity in his book Atomic Habits. He explained that each decision you make is a vote towards who you perceive yourself to be. Your identity might naturally shift after you’ve successfully installed a new set of habits, but as this piece will outline, you can also start installing the habits or qualities with affirmations.

A lot of people use affirmations in different ways but one of the strongest ways to use affirmations is to use “I am” statements. Over time, you can shift your identifications to more positive alignments by repeating identity affirmations in a heartfelt way. These affirmations can actually transform your experience from moment to moment because, as the fifth century Greek rhetorician Gorgias suggested, words can be like drugs.

One powerful affirmation is “I am the pure spirit.” This is easily the most powerful affirmation because it liberates us from the limitations of our bodies and minds. By actualizing this affirmation with Self-Realization (freemeditation.com), we can shift our conscious experience from mere mental beliefs to absolute experience of spirit, which is a reflection of God Almighty. The spirit only witnesses silently, that’s why it’s unnecessary to get Self-Realization, because it enables us to stop thinking and enter into the deep peace and silence within ourselves. This silence can be a fortress of protection, because you learn not to react to outside forces, and you transcend the mind.

Another affirmation of key importance is, “I am not guilty.” Guilt ruins joyful experience. It’s completely pointless to allow ourselves to hold on to guilt after we’ve made mistakes. It doesn’t change anything other than our emotions towards ourselves and can contribute to low self-esteem, eventually turning into an inferiority complex in extreme cases. I’m not suggesting we should be completely shameless and without morality, just that guilt doesn’t solve any problems and it is not necessary for us to have a fully functioning conscience.

One more key affirmation is, “I am completely satisfied.” The thing about wants, according to economics, is that they’re never satiable; people always want more. That’s another beauty of finding spirit in our daily experience, once we have spirit we have joy and peace, because spirit is love-consciousness and that feels like enough no matter what else is going on outside. Everything else becomes a bonus that we can live with or without and not mind either way. It’s great to be ambitious to a point, but eventually enough has to be enough. If what you’ve been indulging in was what you really needed, you’d have been satisfied when you got it, you wouldn’t need more.

Try these affirmations throughout your day, or better yet, while sitting silently eyes closed with your hands open on your lap. Say or think them in a sincere manner and repeat them as you feel. See for yourself how these seeds of awareness can help change you.

Dylan Wilson
Arts & Life Editor
CONSIDER THIS:

5 ants are resting on a flat 1 metre long plank. Each ant faces either left or right (or north or south if you prefer), and all the ants lie in the same line. Each ant moves at a rate of one metre per minute, and if two ants moving in opposite directions collide, they will instantly swap directions and continue moving. When an ant reaches the edge of the log, it will fall off.

The question is this: Without knowing where the ants are on the log or which direction they’re facing, what is the minimum amount of time you can wait to be completely certain that every single ant is off the log?

This puzzle is brought to you by the UW Puzzles and Brain teasers Club, who meet every Friday at 6 p.m. in QNC 1507.

HINT: Think carefully about what happens when ants collide. The answer does not depend on the number of ants.

Solution to last issue’s crossword:

The set of objects corresponds to the names of the planets in the solar system. Each planet is named after a Roman god, with the exception of Earth, and the words in the set correspond to those deities’ chief roles. Pluto is god of the dead, but Pluto is no longer a planet, so it no longer belongs.

Alternative Facts

How good are you at spotting fake news?
One of these headlines is false; check the next page for the answer!

1. Snail meat popularity soars
2. Fossilized dinosaur poop worth more than gold in Brazil
3. ION planned to running this month

Last week’s alternative fact: North Korean stray cats are rounded up and sent south.

Who’s the punchline?

By Timi

SOLUTION TO LAST ISSUE’S PUZZLE

The set of objects corresponds to the names of the planets in the solar system. Each planet is named after a Roman god, with the exception of Earth, and the words in the set correspond to those deities’ chief roles. Pluto is god of the dead, but Pluto is no longer a planet, so it no longer belongs.

WHO’S THE PUNCHLINE?
SUDOKU

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

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(Courtesy Websudoku.com)

THE UW CLOUD

WHAT IS SOMETHING THAT MAKES YOU FEEL GOOD (ONE WORD)?

Submit your answer to: distractions@uwimprint.ca to have your answer featured in the UW Cloud in the next issue!

WHAT’S HAPPENING AROUND TOWN

Submit your 50-word announcement or upcoming event to ads@uwimprint.ca for free.

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

HOUSING

ATTENTION Mandarin speakers - Free apartment for Mandarin speakers in exchange for helping our family learn Mandarin and some child care. Offering full private apartment near Cambridge. Contact Melanie.Blass@gmail.com.

HELP AVAILABLE

Resume help available - 7+ years of experience as an Employment Advisor at the post-secondary level assisting students realize their employment goals. Rates vary depending on needs. Please inquire at vivadjina@gmail.com.

Volunteer positions available at Imprint are...

- News Editor
- Assistant News Editor
- Photo Editor
- Copy Editor(s)
- Video
- Graphics
- Opinion

Email editor@uwimprint.ca for more information.
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.

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<th>4</th>
<th>5</th>
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<td>Never</td>
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<td>Neutral</td>
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<td>Always</td>
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**Question 2:** On a scale of 1 to 5 (1 being poor and 5 being excellent) Rate your impression of Imprint. Circle one.

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<td>Poor</td>
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<td>Neutral</td>
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<td>Excellent</td>
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**Question 3:** On a scale of 0 (never) to 5 (always) how likely are you to read the following sections?

<table>
<thead>
<tr>
<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.”

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<tbody>
<tr>
<td>Strongly Disagree</td>
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<tr>
<td>Neutral</td>
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<tr>
<td>Strongly Agree</td>
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</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>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:** .................................................................

**Question 6:** On a scale of 1 to 5 (1 being never and 5 being always) How often do you visit uwimprint.ca? Circle one.

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<th>5</th>
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<tbody>
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<td>Never</td>
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<td>A few times a month</td>
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<td>Monthly</td>
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<tr>
<td>via social media</td>
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<td>Daily</td>
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**Question 7:** Where do you get Imprint news? Circle one.

- Print edition
- Online

**Question 8:** How often do you notice our ads/coupons?

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<td>Never</td>
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**Question 9:** What’s your favourite part of Imprint?

..........................................................................................

**Question 10:** What’s Imprint missing that you’d like to see?

..........................................................................................

**Question 11:** How can we improve our social media posts?

..........................................................................................

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

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

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

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

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

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