Women’s hockey continues hot streak P8
More mental health coverage for students

Vidyut Chuwalewala
Assistant News Editor

Beginning Jan. 1, 2020, students at UW will have access to EmpowerMe, a student assistance program in addition to an expansion in the existing mental health coverage to support campus wellness at UW.

The Waterloo Undergraduate Student Association (WUSA) worked with the UW Campus Wellness and StudentCare to re-evaluate the insurance coverage offered to students furthering recommendations from the President’s Advisory Committee on Student Mental Health (PAC-SMH) which is composed of WUSA and GSA presidents and students elected or appointed by WUSA and GSA.

The Health Plan Oversight Committee voted unanimously on Nov. 25 to expand student health coverage.

This comes as a welcome addition to the existing mental health support offered by the university following an outcry for greater coverage.

The expansion of coverage will include doubling the annual coverage limits for mental health services under the health plan to 80 per cent coverage for mental health practitioners to a new total of $800.00 per year.

This will expand the scope of allowed mental health practitioners covered under the health plan to include psychologists, registered social workers, psychotherapists, and clinical counsellors to eliminate referral requirement from a medical doctor to have your psychological treatment covered by the health plan.

The entire process of the final selection and addition to the health plan was an effort by the WUSA/GSA joint Health Plan Oversight Committee, under the leadership of Seneca Velling, Vice President, Operations & Finance for WUSA.

“The addition of the SAP by WUSA/GSA achieves a seminal goal as part of UW, WUSA, and GSA’s collective efforts to address mental health on campus,” said Velling.

The addition of EmpowerMe, a Student Assistance Program (SAP), is a confidential student assistance program that will be available throughout the year at all times to further support on campus.

It is a counselling service that helps you connect with counsellors, psychologists, health professionals, and life coaches.

The SAP will provide telecommunication based and in-person support that will work in addition to the UW campus wellness and was selected after several considerations that included value-for-money, total costs, service levels, and integration with campus wellness and into the health plan.

“The outcome we hope to see in a term or two is a back-and-forth referral system that is wholly integrated into the STEP care model, whereby students seeing counsellors through the SAP can be referred into Campus Wellness’ system when they need more dedicated care and Campus Wellness can refer out to the SAP.

In turn, this will allow Counselling Services to better meet demand and seek support,” Velling said.

The student will have access to support in over 200 languages for issues relating to relationships, depression, anxiety, stress, and crisis, among others.

“The expansion of health plan coverage will not immediately allow for reduced wait times and increase service levels by Counselling Services, but in the long-term, the hope is that it will,” added Velling.

WUSA hopes to increase off-campus opportunities making on-campus options less inundated so that they can focus and provide supportive care to cases that require immediate help without compromising short-term needs of many students.

“By reducing barriers to make claims against the plan, WUSA/GSA have effectively opened a business opportunity for external mental healthcare practitioners which creates market demand, driving those same practitioners to the KW Region,” said Velling.

Since the SAP operates on an uncapped model which ensures that students receive all the support they need whilst working with the extended health plan, which will cover off-campus care broadening the scope to registered healthcare practitioners without requiring an MD referral, Velling said that it should seriously support students needs here.

Moreover, all part-time and full-time students at the university will have access to the program at no extra cost from the coming term as the student bodies work to have the program completely integrated with UW campus wellness over the next few terms.
The third of three reports has been released by the Ontario Undergraduate Student Alliance (OUSA), highlighting the results of the Ontario Post-Secondary Student Survey 2017 (OPSSS). Over 8,000 undergraduate and professional students from OUSA’s eight member schools responded to the survey.

The report, Quality Results from the 2017 Ontario Post-Secondary Student Survey, discusses accessibility, affordability, and the quality of teaching, learning, online courses, experiential learning, and course evaluations, as well as students’ overall experience at some of Ontario’s post-secondary institutions.

According to the results, students wish to have more employment opportunities, as well as support services. “Students really care about the quality of their post-secondary education,” Eddy Avila, OUSA Executive Director said in a press release.

More than half of the students believe that their course evaluations are not valued, and survey results have shown that they want improved teaching quality and campus infrastructure.

Less than one-third of the respondents complained about their institution’s disengagement from municipal issues.

The OPSSS is deemed important to facilitate systemic changes.
UW allows international students to stay on campus over break

Anicka Bakos
Reporter

This Christmas, UW’s international students will again be allowed to spend their holidays on campus.

For years, UW policy mandated international students living in UW residences to either go home for the holidays, arrange to stay with friends, or rent short-term accommodations from landlords in Waterloo region.

Last year, following the lead of other Ontario universities, UW allowed international students to stay in residence over the Christmas holidays. Kyra Chisholm was involved in the planning of last year’s December International Student Stay Program.

“The university, and by extension, Waterloo residences, has experienced consistent growth in our international student population in recent years and is always looking for ways to ensure that students who come to our campus from another country have a positive experience, academic and beyond,” she said. “The decision was driven by feedback from international students and those that support them, which highlighted that providing winter break accommodations on-campus would greatly improve the experience of students who are already far away from home.”

International students were placed in four-bedroom suite-style units at UW Place with a Don on each floor, where they had access to full kitchens, dishes, and cooking utensils to cook their own meals.

Students were responsible for shopping for their own food.

“It was akin to the suite style residence experience,” Chisholm said.

She added that UW Place is in close proximity to both Uptown Waterloo and the University Plaza.

Over the winter holidays, international students had an opportunity to participate in a wide range of activities from ice skating to making ginger bread houses to movie nights.

There were events planned for the students over the break.

“There were DIY decorations and an opportunity to walk through the Waterloo Park lights display... paint nights, wellness activities, tobogganing, and games nights. There was programming planned every day over the break,” Chisholm said.

She said all events and activities last year were planned by the Residence Life Dons, in collaboration with International Student Experience Leaders from the Student Support Office, and stressed that the residence life staff included all students by having both. According to Chisholm, last year’s December International Student Stay Program was coordinated by a cross-functional team that included representatives from Waterloo Residences Facilities, Residence Life, and Occupancy & Marketing Services teams.

Chisholm said that information from other Ontario universities was shared with UW staff in order to assist them in the planning and development of last year’s December International Student Stay Program, noting that the UW program is very similar to the one available at Trent University.

Chisholm said international students chose to participate last year. UW Housing anticipates that even more students will register to take part this year.

All eligible students living in Waterloo Residences will have received a formal email invitation from Waterloo Residences staff and eligible students living in any of the University Colleges are asked to reach out directly to their University College to receive sign up information for the program.

Chisholm said participants of the 2018 December International Student Stay Program had a chance to complete an anonymous feedback survey by UW Housing after the break and give staff their recommendations on how the program could be improved.

Fossil free open letter

Vidyut Chuwalewala
Assistant News Editor

An open letter from Fossil Free UW to the university acknowledged that UW has decided on adopting the UN’s Principles of Responsible Investments (UNPRI) but expressed distress over James Schlege’s remarks painting large fossil fuel companies as big clean energy producers. Schlege, the UW Finance and Investment Chair, also mentioned the issue was too complex for people to understand, according to Fossil Free UW.

The letter was written in the hope that the university, with its new strategic plan, places greater importance on sustainability and the climate issue.

The letter suggested three first steps: study the UNPRI’s climate prioritization, research into climate risk, and consider transition risks.

“Adopting the recommendations of the United Nation’s Principles of Responsible Investment (UNPRI) is a significant positive step in updating our investment practices,” Matthew Grant, Director of UW Media Relations, said.

The letter stated Dennis Huber, UW VP Administration and Finance, told a Fossil Free UW members that the UW did not sign the UNPRI because of the climate crisis as it could call some other issue their priority in ten years.

“With respect to the practicality of divestment, Dennis Huber, Vice-President, Administration and Finance, also reported that, under current management, divestment would not be possible,” the letter said.

Grant said UW is making sustainability and taking action on climate change a priority. Responsible investing is only one aspect of their initiative, he said.

Adding an environmental, social and governance lens to our investment approach and as a signatory to the UNPRI, complements the University’s commitment to supporting social and environmental scholarship and research, Grant said.

Fossil Free UW emphasized that if UW does not do their part in preventing the climate crisis, it will become destructive. They urge UW to divest from fossil fuels and invest strategically after signing the UNPRI.

“Many of the 135 universities across the planet that are divesting are doing so because of the financial risk that fossil fuel companies pose. In this context, it is fiduciary negligence for the University to continue ignoring the radical and pervasive effects of climate change on economies in general, and fossil fuel stocks in particular,” the letter stated. “The University’s strategic plan includes significant input from the Sustainability Office and the Faculty of Environment to entrench sustainability and climate change into the document,” Grant said.
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Campus Question
What are you doing over the holidays?

Andrew Francey, 4A
Physics

"Just pick up some shifts and make that 'ginger-bread.'"

Kian Drew, 3A
Science

"I’m going home to spend the holidays with my family."

Mahan Surhyo, 1A
Public Health

"I don’t really have anything planned. I’m going home to spend time with my family, we might go to Boston for a little bit."

Suijie Tan, 3A
Math

"Find a part-time job and get some money. I just spent a lot on Black Friday so I think that is my first priority."

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Women’s hockey topples Rams but falls to Blues after late goal

Varun Venkataramanan
Sports Editor

Fresh off earning their first top-ten ranking in over a decade, the Warriors’ women’s hockey team looked to continue their success and increase their lead atop the OUA standings. However, it wouldn’t be easy, as both of their next two matchups would be against fellow top-five teams in the OUA, the Ryerson Rams and University of Toronto Varsity Blues.

The women took care of business against Ryerson, earning a decisive 3-0 win at home, but dropped a difficult 2-1 decision to Toronto on the road. The split drops the Warriors to third in the OUA, behind York and Toronto. UW entered their Nov. 28 matchup against Ryerson hot after taking down Toronto 5-0 the previous weekend. The Warriors clogged the neutral zone and used their cycle to generate chances against Toronto, and this game showcased much of the same from the team.

The Warriors’ Taytum Clairmont opened the scoring midway through the game, stripping a defenceman at the blue line to go in all alone against Ryerson goaltender Rachel Seeley. The country’s leading scorer then reached deep into her bag of tricks, pulling the puck through her legs to misdirect Seeley before roofing the puck top-shelf to give UW the lead.

The score stayed the same until five minutes into the third period when Elizabeth Lenardon scored her first OUA goal on the rush. Lenardon added another later in the period assisted by Krystin Lawrence, who earned her 100th OUA point on the marker. Mikayla Schnarr earned the shutout for the Warriors, stopping 29 shots along the way, including a couple stellar glove saves.

Two days later, UW travelled to Toronto to take on the Blues in a rematch of the last weekend’s matchup. Toronto was hungry for revenge, not wanting to be embarrassed in front of their home fans by their rivals.

Warriors’ coach Shaun Reagan tapped Schnarr for the start following her back-to-back shutouts. The Blues set the tone with physical play, as captain Stephanie Ayres took an early hooking penalty to put UW on the power play. However, the Warriors were unable to capitalize, and shortly after killing the penalty, the Blues opened the scoring when Cristine Chao’s one-timer took a deflection.

UW put the clamps on in the second period, holding Toronto to only three shots and earning the lion’s share of possession. Unfortunately, their zone time only led to seven shots on Toronto’s Erieca Fryer, who turned away UW to preserve her team’s lead.

The Warriors finally solved Fryer in the third period when Krystin Lawrence finished off a counter-attack to tie the game 1-1. However, Chao netted her second of the game with five minutes to go, giving Toronto the one-goal lead and leaving UW scrambling for the equalizer. The Warriors kept Toronto deep in their own zone and peppered the Blues’ goal with shots from all angles, but Fryer stood tall, clinching the 2-1 victory for her side.

Schnarr stopped 26 shots in the loss. Lawrence’s goal was her eighth of the season, moving her to third place in the OUA. Clairmont and Lawrence hold the top-two spots in the OUA scoring race heading into the winter break, with 19 and 16 points respectively.

The Warriors will have the next few weeks off for some well-deserved rest. They will open 2020 at home on Jan. 3 against the Windsor Lancers.
Raptors’ recap: 2010s reflections

Dashawn Stephens  
Sports Reporter

With the holidays around the corner, the Toronto Raptors have continued to turn heads with their play, as impressive wins over Philadelphia and Utah moved the Raptors to the second seed in the Eastern Conference.

With the end of 2020’s nearing, let us not only dive into some new insights from the team’s play, but also take a moment to reflect on the journey the franchise has been on.

Defensive Legitimacy

As the Raptors continue their winning ways, they also continue to uphold their reputation of shutting down all-stars. The Raptors have proven that they aren’t in dire need of additional defensive production. With that being said, if Gasol can continue to have elite defensive performances, especially against top-tier superstars, he has a place on this team.

The legitimacy of the Raptors’ defence has been confirmed. Through 19 games, Toronto has held all 2019 NBA All-Stars they’ve faced to just 12.4 points per game, about 15 points less than their usual output.

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A Christmas Game—Finally!

A tradition since 1947, the NBA’s annual Christmas Day games have been a showcase for the league’s top talent.

In the 25-year history of the Raptors franchise, they’ve only participated in a single Christmas day game, a 102-94 loss to the New York Knicks in 2001. That game was played on the road in Madison Square Garden, and despite success over the past decade, the Raptors haven’t found themselves back.

However, that changes this year. This year marks the first time ever that Scotiabank Arena will host a Christmas Day game. The Raptors will take on the Boston Celtics on Dec. 25. This is much deserved, as Toronto has proven itself to be one of the best basketball cities in the world for nearly a decade. With 2019 being a year of “firsts” for the Toronto Raptors, it’s only fitting that they end the year with a Christmas Day game.

Decade in Review

As 2019 comes to a close, so too does the decade. The 2010’s were an amazing time period for the Raptors and is easily the most successful decade in the history of the young franchise. The narrative of the Toronto Raptors in the 2010’s truly inspiring and is worth diving into.

Do you remember how the decade began? It was quite a long time ago, but we can’t forget that Chris Bosh was once the face of the North.

However, seven months into the decade, after leading the team to a 40–42 record in the prior season, Bosh decided to leave the North and head south, specifically to South Beach, to become a member of the Miami Heat.

Without Bosh, the Raptors became the doormat of the NBA. With no stars, cold weather, and an underwhelming front office, it was hard ever imagining basketball success returning to Canada.

The rebuild was supposed to be long, however, only four seasons later, the Toronto Raptors finished third in the Eastern conference and back in the playoff picture. The new core of fifth-year star DeMar DeRozan and journeyman Kyle Lowry had unexpectedly risen the Raptors to prominence, and would continue to do so for many years.

But after getting over the hump of rebuilding, the Raptors encountered the hump of finding playoff success. After being edged-out by the Nets in seven and swept by the Wizards in back-to-back years, the Raptors would run into LeBron James and the Cleveland Cavaliers in the playoffs for three straight years, resulting in the birth of ‘LeBron’.

The playoff failures forced Masai Ujiri to take the biggest gamble in NBA history. Ujiri traded away franchise star DeMar DeRozan for a question mark in Kawhi Leonard. This move, accompanied by good drafting and player development, led to the Raptors finishing the decade as the NBA Champions.

The Toronto Raptors have an all-time record of 917-1022 (.475). However, in the 2010’s, the Raptors put up an overall record of 400-322 (.554).

A 55 per cent-win percentage accompanied by five division championships, six straight playoff appearances, one Conference Championship, one NBA Finals appearance, and one NBA Championship, make the Toronto Raptors one of the most successful teams of the decade.

Entering the 2020’s with a solid young core, you can probably list 45 or more reasons why Raptors fans can be excited for the future of this team.

Coming Full Circle

During the 2010’s, aside from the Raptors finding success, the ramifications of the Carter Effect were on full display, as fans witnessed an outburst of young Canadian talent making it to the NBA. One of the brightest moments in the 2019 NBA Draft was when Anthony Bennett became the first Canadian to ever be drafted first-overall. Despite his disappointing career, it was still a bright moment for Canadian basketball.

Andrew Wiggins followed up the next year, as he became the second Canadian to ever go first overall. The 2019 NBA Draft saw six Canadians drafted, a record for Canadian basketball. Another four were signed to NBA rosters. With a record 16 player currently on NBA rosters, showing that basketball has truly come full circle in the Canada.

When the Raptors took on the Knicks, this was on full display as a quarter of the league’s Canadians were on the floor: Toronto’s Chris Boucher and Oshae Brissett, as well as New York’s R.J. Barrett and Iglesias Brazdeikis.

With players such as Boucher, Barrett, Wiggins, and Kitchener’s Jamal Murray at the forefront, the future for Canadian basketball is bright. The Carter Effect has proven to be successful and Canadian basketball now has enough momentum to carry its own weight. Only time will tell, but rest assured, Canadian basketball is entering the 2020’s in a good place.
Food Review: Gol’s Lanzhou Noodle

Cyrus Fiori
Reporter

Hey food fans. This week, my colleagues catalyzed my latest food adventure. They pulled me aside one day with haughty expressions on their faces.

“You claim to be a reviewer of restaurants, yet you have seen but a measly slice of what Waterloo has to offer,” they cackled.

“How could you ever dream of becoming UW’s greatest restaurant reviewer?”

Spurned by their saucy comments, I retorted

“I think I’ve set reasonable goals.”

“Gol’s?” they cried. “What a fantastic idea! We should go!”

And so, I journeyed to meet my homophonic savior, Gol’s Lanzhou Noodle, near the east edge of UW’s campus. Immediately upon entering the establishment, I was taken by the décor. Paper lanterns shone bright upon entering the establishment, I was taken by the décor. Paper lanterns shone bright.

One unique feature of Gol’s is that it has two entrances; one in the front and one in the back. While this peculiarity is a strong source of affection amongst their customers, your wait time to be seated strongly depends on which one you enter and at what instant in time. If you see falls through the back entrance of Gol’s, does anyone hear? Probably only if a table is available.

Unfortunately, the chairs were low-backed and no coat racks were available. As a result, my lengthy winter coat was grounded. It wasn’t a serious problem as its ego had been getting too big as of late.

I ordered the regular size spicy Traditional LanZhou Hand-pull Beef Noodle soup for $9.99. Now came the difficult part: the slices of nearly cooked beef are added to the soup just before serving where they undergo their final metamorphosis. If the timing is off, this can lead to the delivery of beef that is still pink and chewy. Gol’s beef was finished from the get-go, bucking out of the chute with intense beefy flavor and supreme tenderness.

The soup’s broth was hearty, although a bit salty for my taste. The greens were incredibly fresh, providing fantastic crunch and a splash of refreshment. While appearing to be bathed in chilli, the broth offered a very accessible level of spice. Unfortunately, this left the broth’s flavour profile solidly planar.

The noodles (or “noods” as the young’uns have dubbed them) stole the show and my heart. They were full bodied and luxurious long, like the well-conditioned hair of a platinum blonde Rapunzel.

Throughout my dining experience, servers stole across the restaurant, furiously filling water glasses. They had exceptional napkin optics, supplying them at the precise instant they were required. They also provided fantastic re-heatable containers with which to take leftovers home.

Overall, their brilliant ambiance, superior food quality, and exceptionally reasonable prices have earned Gol’s its legendary reputation, an absolute must-dine experience. Be sure to treat yourself and your mother when she comes to visit.

Until next time, stay hungry food fans.

Indigenous reads for your holiday break

Katie Turriff, 4B Planning

Part of an ongoing series by the Indigenous Student Association

This was a very beautiful book that follows the cycles of a year through each season from the author’s personal stories and memories. The stories come from a lifelong journey of learning traditional knowledge, ceremony, and the Ojibwe experience. Always going back to Mino Bimaadiziwin (the living of the good life).

The Right To Be Cold—Sheila Watt-Cloutier, suggested by Abryna Bulford

A very informational and interesting read about the author’s personal stories and triumphs against issues of Indigenous rights, cultural decimation, environmental crisis, and personal identity. An evocative read that dives into the history of persecution of Inuit people as well as the culture that has survived. I very much enjoyed learning about the author’s experiences and the detailed ways that colonial society actively harms Inuit ways of living.

From all of us to all of you, we sincerely hope you enjoy your break.
**Christmas Services**

**CHRISTMAS SUNDAY**
Sunday, December 22 at 9:30 a.m. & 6:30 p.m.

**CHRISTMAS EVE CANDLELIGHT**
Tuesday, December 24 at 7:00 p.m.

**SUNDAY WORSHIP**
Sunday, December 29 at 10:30 a.m. & 6:30 p.m.

**NEW YEAR’S EVE CELEBRATION**
Tuesday, December 31 at 7 p.m.

**International Gospel Centre**
35 Charles Street, E., Kitchener
www.gospelcentre.net

**St. Matthews Lutheran Church**
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**DECEMBER 5**
Christkindl Market ~ A Festival of German Christmas
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**DECEMBER 7**
Christmas Fantasy - Opening
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Ken Seiling Waterloo Region Museum at 10 Huron Road

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With the holiday season fast approaching, many people are looking forward to heading home to spend time with family and friends, and eating all kinds of good food. Personally, I love the holidays because of all the tasty treats there are. As an avid cannabis user, I enjoy desserts with a little something special to them. So, whether you need a gift for that special someone, a recipe to bring to your next potluck, or just something to get you through seeing your relatives, these delicious chocolate cannabis cookies have you covered.

The first step is making cannabis butter. I use the 'crockpot method' as it's easy to make, it's strong, and it does not make your kitchen smell like cannabis if you put your crockpot in your garage! I prefer thicker, chewier cookies try replacing the some of the butter with shortening. I recommend using recipes involving chocolate to mask said taste.

To begin making cannabis butter you will need to de-carboxylate your cannabis in order to activate the THC, CBD, and other cannabinoids.

1-ounce dried cannabis, ground | 1 lb butter | 1 ¼ cup packed brown sugar | 2 teaspoons vanilla extract | 2 eggs
1 ½ cup cannabutter, softened | 1 cup granulated sugar | ¾ cup chocolate chips | 1 cup pecan halves, coarsely chopped

Instructions

1. Preheat oven to 350°F. Lightly grease or line baking trays with parchment paper.
2. Mix butter, sugar, vanilla, and eggs in a large bowl until smooth.
3. Fold in chocolate chips and pecans.
4. Scoop out about 1 tablespoon of cookie dough, placing on prepared baking trays, leaving around 3 inches of space between each, pressing each cookie to flatten slightly.
5. Bake 12 to 14 minutes or until firm in the center; remove from oven and cool.

Makes around 3 dozen medium cookies.

Author’s Notes

Cannabis butter can be used as a replacement in most baking recipes calling for butter; this could mean cakes, brownies, muffins. However, the taste of cannabis is quite strong, so 1 recommended using recipes involving chocolate to mask said taste. As mentioned, the above recipe makes rather potent cannabis cookies, so I do not recommend consuming all at once, especially if you are not a frequent cannabis consumm-er.

Additionally, when baking you can dilute the potency of your cookies by using some cannabis butter and some regular butter; perhaps a 50/50 mixture. Lastly, cannabis butter tends to make cookie flours during baking; if you prefer thicker, chewier cookie try replacing some of the butter with shortening. I recommend using recipes involving chocolate to mask said taste.

With over 100 colourful and fun displays to see, there is nothing like taking an evening walk in the snow. Admission is free, so and as you stroll through Waterloo Park, you can warm up with a hot cup of coffee or apple cider or enjoy a refreshing drink of water. Service will be open from 6:30 p.m. – 9:00 p.m. every Friday and Saturday night in December plus Christmas Eve and New Year’s Eve until midnight to serve up drinks. (Hot Cocoa, Hot Apple Cider & Bottled Water for just $2.00 each, only.)

1. Wonders of Winter Christmas Light Display in Waterloo Park
2. 100s Style Horse-Drawn Trolley Rides
3. Photo Frame Portraits in Waterloo Park
4. Let It Be Christmas Holiday Concert
5. Tukte Tales Comedy Show
6. New Year’s Eve Celebration in Uptown Waterloo - free!
7. Star Gazing Event at Waterloo Public Library
8. Hike and Hot Chocolate Event at Waterloo Public Library
9. Hike and Hot Chocolate Event at Waterloo Public Library
10. Hike and Hot Chocolate Event at Waterloo Public Library
11. Hike and Hot Chocolate Event at Waterloo Public Library
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Teaching STEM skills (to kids)

Jansher Saeed
Editorial Assistant

F ormer colleagues, Naveed Ali and Haris Syed partner to bring Code Ninjas, founded by entrepreneur and programmer David Graham, to its first Waterloo location this December, as coding and programming become integral to the development of technologies.

They hope Code Ninjas will help provide youth today with opportunities in developing skills for a future of competitive job markets.

“What are they going to be doing when they get to my age?” Ali, Director of Business at Grand River Hospital, asks. “These days, one degree just is not enough, so I wanted to give them a bit of a head start in life,” he says. Code Ninjas will open their first Waterloo location in the Laurelwood Shopping Centre later this winter.

The service will offer free 30-minute coding sessions for future students to try before they decide to sign up for the program. For the session and the remainder of the program, parents and students will be asked to set STEM - science, technology, engineering or math related goals.

The Waterloo location for Code Ninjas will also offer special events, including game nights and camps for students to interact socially and explore STEM more immersively. One of these events is to train a programmable drone.

“Go up for five seconds, hover for five seconds, do a backflip, then draw a triangle and a circle,” Ali said. “We’re going to teach kids how to program these drones rather than just fly them with a remote.”

Founded in 2016, Code Ninjas is a coding franchise aimed towards investing in STEM and coding related programs for youth.

Students aged 7-14 are introduced to video-game design, coding, robotics and numerous problem-solving opportunities.

The name Code Ninjas stems from their dojo-style teaching program designed to award students with specific coloured belts for their achievement in coding, similar to martial arts.

“The world is moving to digitization and coding is one of the important parts of our functioning. Therefore, it is important for children to have access to STEM-related skills early on in their life, especially in a world centred around technological development,” Ali, founder of Code Ninjas.

Especially in this day and age – we’re in tech town Waterloo,” said Ali. “I think kids who do not participate in something like this, I wouldn’t know they’re going to be left behind, but they’re going to miss out on a lot.”

While coding is not necessarily every one’s “cup of tea,” Code Ninjas says there are students who will find great value from this program.

“Not everybody is going to enjoy this, but there are some kids who are really going to roll with it,” Haris Syed, former GRH colleague says.

With their new Waterloo location setup underway, Ali and Syed both plan to open a Kitchener location sometime in 2020.

“It’s coding, math, analytical problem solving, communication, logic, teamwork and fun,” Syed said.

No child or pet left behind

Heather Gillespie
Reporter

Mostafa Alizadeh and Hajar Abedr, graduate students at UW, created a sensor that uses radar technology and artificial intelligence (AI) to detect whether a pet or child has been left in a car.

According to a research paper by University of Toronto and SickKids Hospital, there have been six reported child deaths in Canada since 2013 due to children being left in hot cars.

That’s almost one per year. This occurrence of child deaths is much greater in the U.S. and is an ongoing issue worldwide.

Often, when individuals have a set routine, automatic processing occurs, where the person does not consciously pay attention to what they are doing.

An example is when someone leaves the house and drives to work, even though their intention was to go the other way to the store. Their brain is on ‘auto-pilot’ and is used to taking the same route so that, when they are not consciously thinking about it, they take that route regardless of their planned destination.

It is nearly impossible to be thinking about one’s intended plans and the actions required at all times. Leaving a child or pet in the car, as terrible as that can be, is a product of how the brain naturally functions, and generally not due to a lack of conscience.

This device is designed to provide a cue to the driver and bring their thoughts and awareness back to the task they are completing and out of this ‘auto-pilot’ mode.

The inexpensive $300 device is connected to the electronic system within the vehicle and runs on the car’s battery. It is designed to affix to the car’s ceiling or rearview mirror and has 100 per cent accuracy in detecting objects, people, and animals within the car.

Using radar technology, signals are emitted and reflected back to the device; the AI system then analyzes the reflected signals and determines whether to sound an alarm or not.

Due to the system using AI and radar technology, not cameras, it is able to maintain the driver and passenger’s privacy.

This also allows the sensor to be all encompassing, meaning it can ‘see’ past objects in order to detect life-forms.

Dr. George Shaker, a professor in the UW Engineering department and project supervisor, explains this by saying, “Unlike cameras, this device […] doesn’t have any blind spots because radar can penetrate seats, for instance, to determine if there is an infant in a rear-facing car seat.”

Whether the individual absentmindedly forgets or intentionally leaves their child or pet in the car can result in serious harm or death – especially in extreme weather conditions.

The sensor not only sounds an alarm to alert the driver, but anyone in the vicinity of the vehicle, it also inhibits the ability to lock the vehicle.

If the driver intentionally leaves the child or pet alone in the car, the device also alerts passersby that there is an issue, and this, coupled with the driver’s inability to lock the car doors, would make the driver less likely to walk away from the vehicle.

“It’s embarrassing for them to leave a car in this state, [because] everybody in the parking lot will hear,” Dr. Shaker stated.

This technology can be further researched, and possibly used to monitor the vital signs of drivers for indications of fatigue, distraction, impairment, illness or other issues.
Weed is coming to you

Rissalie Mouajou & David Yin
Reporters

On Nov. 6th, the Ontario government said they would amend provincial regulations to allow private online recreational cannabis sales, paving the way for Waterloo’s Verda.

Verda Innovations is the first legal cannabis delivery app in Canada. Verda claims to calculate the cheapest delivery route to customers and uses face recognition technology to ensure users are of age.

As of now, Verda cannot operate in provinces such as British Columbia and Ontario because of the monopolization of the industry by the government.

Prior to the provincial government’s decision to change regulations, the Ontario Cannabis Store (OCS) ran all cannabis deliveries online in Ontario.

“We began thinking of our business after Justin Trudeau announced that he was going to legalize weed,” Evan Adcock, co-founder and CEO, said. “Our mission is to make legal cannabis more convenient and more accessible than the illicit market.”

“The illicit cannabis industry is worth billions of dollars, mainly because customers value how much they save by purchasing illegal weed. We want to shrink the size of the criminal market by offering convenience to our customers, making them willing to spend a little more,” Adcock said.

According to Statistics Canada, 29 per cent of cannabis users say they get their cannabis products from a legal source. Since its legalization, the average price of legal weed fell in the second quarter of 2019 from $10.65 to $10.25 per gram and black market weed went from $5.94 to $5.59 per gram. According to Ontario’s provincial public accounts released on Friday Oct. 15, the government lost $42 million selling cannabis in its last fiscal year.

Verda anticipates that partnering with the government could help convert the 71 per cent of illicit cannabis users to switch to legal purchasing methods.

Adcock claimed that the Ontario government has yet to give Verda a timeline for when this change in regulations will be put into effect.

“Because of certain regulations that are still in place, we won’t be able to show users in Ontario the full range of our business model,” he said. “They will be able to purchase their weed online but will have to pick up orders in store rather than have the weed delivered straight to their homes. This takes away from an important part of our app.”

Adcock started the company with Mackenzie Ferguson and Stephen Masseur. The company gained 2,500 users within the first month since launching in Saskatchewan.

He stated that although he was young, he did not encounter ageism in the profession.

Since the legal cannabis industry is young itself, the usual notion that a younger professional may not be fit for the business was not present. “That being said, we have been declined meetings and opportunities because investors do not agree with the work we do,” Adcock said. “We believe that with the exponential rate of change in today’s day and age, we will soon be able to execute our full model across all provinces, territories, and even states,” Adcock said. “When alcohol was decriminalized, it took several years for it to be as accessible as it is today. We are hoping for the same outcome with weed. It just sucks because even after all the work and dedication this entailed, I can’t even use my own app.”

UW makes quantum leap

Jansher Saeed
Editorial Assistant

Researchers have discovered a new method, cycle benchmarking, that allows researchers to assess the potential of scalability and compare quantum platforms against each other. The discovery could help establish universal standards in measuring the performance of quantum computers.

“This finding could go a long way toward establishing standards for performance and strengthen the effort to build a large-scale, practical quantum computer,” Joel Wallman, an assistant professor at UW’s Faculty of Mathematics and Institute for Quantum Computing, said.

This massive breakthrough emerges in a time where the competition towards reaching quantum computing supremacy is rapidly growing.

Cycle benchmarking plays a crucial role in helping push the development of quantum technologies and making them more accessible to potential markets.

“Cycle benchmarking is the first method for reliably checking if you are on the right track for scaling up the overall design of your quantum computer,” Wallman said. Powerhouse quantum computing companies such as Microsoft, IBM and Google have all made announcements regarding their leaps in quantum technology within the last three months.

“Thanks to Google’s recent achievement of quantum supremacy, we are now at the dawn of what I call the ‘quantum discovery era,’” Joseph Emerson, a faculty member at IQC, said.

“This means that error-prone quantum computers will deliver solutions to interesting computational problems, but the quality of their solutions can no longer be verified by high-performance computers.”

These breakthroughs are part of a higher chain of development in the close race towards quantum computing. Quantum computers are ultimately the most powerful form of computing available today. When compared to traditional computers, quantum computers can solve problems immensely faster.

This is because not only do they utilize a conventional zero and one binary code, quantum bits can also be both a zero and a one at once.

Companies with large data processing banks must implement technologies such as cycle benchmarking to help push their company’s future into one leveraging the benefits of quantum computing.
Mental health: where Canada falls short

Lately, Canada’s conversation around health care has become shallow and significantly more partisan, with a focus on big ticket and media-heavy items. Despite the same questions being asked, there has been a pattern of question-dodging over health care continues over months. For the sake of everyone, this conversation needs to change. Namely, this conversation must start with mental health, which, in my opinion, is equally as important as physical health and should be treated as such.

Just like there have been intense discussions about creating national pharmacare and dental programs, there should be a discussion of the same magnitude about creating a national mental health program, centered around access to psychotherapy.

Despite being an incredibly useful, important, and excruciatingly common type of care for many mental health difficulties—including PTSD, anxiety, depression, and OCD, among many others—counseling and psychotherapy is drastically forgotten in our Universal Health Care system.

It is important to realize that many mental wellness issues either a) don’t need prescription medication as treatment or b) can be improved with therapy alongside medication, yet as of right now; medication is distributed in an issue of Imprint, or Imprint declares their intention not to publish the material. The full text of this agreement does not guarantee

Unlike many psychiatrists, psychologists are not covered under OHIP. A single visit to a private psychologist in Canada can cost, on average, between $125 and $75. On the low end of things, an individual without insurance (and even many with insurance) who visits a therapist once a month—which is totally reasonable—can expect to spend more than $1,500 annually. Some institutions will provide similar services to people at no cost, such as schools and universities, and UW provides a handful. However, according to the UW website, the school currently makes an effort to see all clients within four months of a referral.

Honestly, that’s crazy. Sure, you could always take your referral and head to a private psychologist less than a week later, but many students can’t afford to pay $125 for a single counselling session.

This is extremely problematic for students and also for the school, as the university is chronically faced with a vast waitlist in comparison to a small amount of services available. This happens to a lesser degree at Health Services because, if there are wait times for a physical health appointment, students can head to any walk in clinic in town for free as an alternative.

We shouldn’t expect the university to build a massive mental health network because they are a school, not a government. We should expect, however, for the government to do their part in aiding both schools and students in enabling us to access the mental health care we need, outside of school. Publicly funded and available psychotherapy will not only reduce the wait times and backlog at UW Counselling Services, but will allow students from every institution to continue receiving mental health assistance when not on campus.

For many students, mental health care can end right after graduation. Those who leave campus after four or five years and move to work in another city face choosing between day-to-day necessities and visiting a therapist.

Not just students can benefit from psychotherapy coverage. Currently, Canada systematically discriminates against its whole low income population who, according to a 2015 Globe and Mail article, “are three times more likely to report poor to fair mental health yet are the least likely to be able to afford private psychotherapy”. Low income people who need structured, consistent, and professional therapy cannot get it. They are forced to sit on long wait lists for lower cost services, or visit a non-psychologically trained physician, where they are likely to receive prescription medication as a remedy. Talk about a huge flaw in our supposedly “universal” system.

So, how do we address this problem?

Some people might say, “Matt... be realistic. We can’t afford to pay for improved mental health services because of our huge provincial debt. There are other things to focus on first.”

Continued on page 18

The federal government needs to prioritize providing better access to publicly funded mental healthcare.
Okay, it’s true that we have accumulated a ton of debt as a province. But in my view (and I think this should start becoming a normalized perspective) people are the most important thing in any society. Certainly, we need to be fiscally logical to preserve for future generations, but people are also alive in the present and need help urgently. Thinking economically? Guess where 100 per cent of our GDP comes from.

That’s right—humans.

Luckily, this is where we can call on our good friend, Mr. Trudeau to take some burden off of the provinces, and this is where I can get angry at how our money is being used.

Like the aforementioned national pharmacare and dental care possibilities, the federal government is able to implement a program to cover therapy, and easily has the funds available to do so, at least for low-income people and families.

In their 2019 election platform, the federal Liberal government promised to provide a travel bursary of up to $2,000 so that families can more easily afford a once-in-a-lifetime trip to more national parks like Banff, Gros Morne, Forillon, and the Cape Breton Highlands, with a plan of providing this for 75,000 less privileged children and their families.

Don’t get me wrong, I love this initiative for what it is, but I also love BMWs, yet I have no plans of purchasing one anytime soon because I am choosing to spend responsibility on necessities like tuition and rent.

The government also needs to spend responsibility on necessities.

Canada’s natural beauty is awesome and I would love for everyone to experience it, but with huge campus wait times for counseling services, lives are becoming exponential more expensive, and approximately 11 people dying by suicide each day (according to the Public Health Agency of Canada), so national parks can wait.

Please don’t tell me we can’t afford to invest more in our mental health system, which should at least consider subsidizing psychotherapy.

The Experience Canada program, the Liberals’ camping initiative is, at a maximum, $2,000 x 75,000 families, we come out with $150 million.

At $125 per therapy session, $150 million could cover 1.2 million therapy sessions. That’s 16 visits a year for each of those 75,000 families. Obviously there will likely be more than 75,000 people and families needing cheaper access to psychotherapy, but my point here is to show that there is money available, and even partially subsidizing therapy costs is a start.

Those living in Canada need help with mental health, and the government should be providing better access to care, just as they do most other health services. Having experienced therapy for anxiety in the past, I can say that these types of services really do help, and for my family, paying for me to visit a psychologist was a cost, but a worthy one. Unfortunately, many can’t afford to make that decision.

The federal government should urgently be looking into helping those who live in Canada gain access to therapy services but unfortunately this hasn’t been in any serious political discourse in the history of our country.

We have the potential to immensely improve the lives of millions and to avoid doing so is unacceptable. It is time to change the conversation about mental health and provide what is needed.
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upcoming events

Friday, December 6
UpTown Waterloo BIA presents “Uptown Holiday Hop ‘N ’Shop” beginning at 8 a.m. All info at www.uptownwaterloobia.com.

UpTown Waterloo Tree Lighting Ceremony from 7 to 9 p.m. at Waterloo Public Square, 75 King Street, S., Waterloo.

Saturday, December 7
5th Annual Galaxy of Gifts fundraiser at Luther Village on the Park at 3 p.m. Over 65 vendors, baked goods, jewellery and more! Free admission to BBQ, silent auction, door prizes and hot apple cider. For more info 519-783-3710.

UpTown Waterloo Tree Lighting Ceremony from 7 to 9 p.m. at Waterloo Public Square, 75 King Street, S., Waterloo.

Sunday, December 8
Emmanuel United Church presents “Ian Foster & Nancy Hynes - an evening full of stories and songs” at 8 p.m. at 22 Bridgeport Road, W., Waterloo. 519-886-1471 or info@emmanueluc.ca.

KW Chamber Music presents “The Guelph MusicFest’s Festival Trio” at 8 p.m. at KW Chamber Music Society, 57 Young Street, W., Waterloo (walkable from campus). To reserve tickets/info contact jnarveso@uwaterloo.ca.

Monday, December 9
KW Chamber Music presents “Penderecki String Quartet - Beethoven’s Birthday!” at 8 p.m. at KW Chamber Music Society, 57 Young Street, W., Waterloo (walkable from campus). To reserve tickets/info contact jnarveso@uwaterloo.ca.

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<td>Tues 7 p.m., Wed/Thurs 12:10 p.m., Fri 8 a.m. Sat 5 p.m. Sun 9 &amp; 11 a.m.</td>
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Merry Christmas
12 Jokes of Christmas

Vishal Lilman

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Santa Claus rolling down a hill!

What do you call a bankrupt Santa?
St. Nickel-less!

Who is Santa’s favourite singer?
Elf-is Presley!

Is he that great of a singer?
No, but he’s pretty good at wrapping!

Why does Santa have 3 gardens?
So he can hoe-hoe-hoe!

What do you call people who are afraid of Santa?
Claustrophobic!

What’s King Warrior’s favourite Christmas carol?
Jungle Bells!

What kind of cars do elves drive?
A toy-Yoda!

How did the ornament get addicted to Christmas?
It was hooked on trees its entire life!

Why was Santa’s little helper feeling blue?
He had low elf-esteem!

What do you call an elf wearing earmuffs?
Anything you want! She can’t hear you!

What is hands down the best Christmas present?
A broken drum — it can’t be beat!
Indigenous loan words are all around us

Across
1. American intelligence agency abroad
3. Cylindrical beads strung together for storytelling purposes
6. "America’s First Department Store"
8. State of the Jazz
10. Chieftain in Mexico or the West Indies
13. The Burghers of ___ ___ by Auguste Rodin
14. Rideshare service
15. Sound file, for a CD
17. In the lowest estimate (two words)
21. Ibn-abu-Talib, The Lion of G-d
22. To grill over an open fire
24. Tornado
27. Tool for chopping
28. UW research group for improving care in aging populations
29. Messaging app competing with Kakao
31. The groove holding a gem in place
32. Bulgarian wizard with a thing for Emma Watson
33. A test of courage
34. A large gathering for socializing, dancing and singing.
35. American party deciding their newest leader (abridged)

Down
1. A meeting of supporters of a specific political party
2. Australian rapper who debuted her album The New Classic in 2014
3. Run the CSters Mentoring program in UW
4. Walking shoe made of soft leather
5. The largest shared universe in the film world
7. A grant to exercise certain rights
9. Below tilde
11. Quid pro ___
12. Canadian high-calorie cooking show on YouTube (abbrv.)
16. Cry
18. Every single one individually
19. Largest state in America
20. Men’s formal wear
23. Largest province in Canada
24. A member of the Montreal Canadiens
25. Snotty Nose ___ Kids
26. A shelter built of snow
27. Avoid
31. Muslim religious leader

Solutions to this week & last week’s crossword are on page 21! On behalf of Imprint, I’d like to thank you for reading our newspaper and engaging with us this Fall! JOSHUA GOLDSCHMIDT
A page entirely devoted to art for the sake of art. IMPRESSIONS

This page is created by UW students and serves as a speaker’s corner for the school’s creators.