Thousands of tree species remain unknown. P8
To best contextualize UW’s sustainability efforts, it is important to compare the university’s initiatives to those in place at similar institutions, including other universities across Canada and the United States.

In some cases, these comparisons are quite simple, such as looking at whether universities have committed to divesting from fossil fuels, and when they made these commitments. In other cases, the UW website notes that direct comparisons can be difficult “given the different size, climate patterns, teaching and research focuses, and other factors that would influence a campus’ energy and carbon intensity.”

“I’ll caution that it’s sometimes difficult to compare apples to apples across institutions based on their size and what type of institution they are. You know, Waterloo is very STEM heavy with a lot of lab environments that are much more energy intensive and therefore more emissions intensive currently, than some of our peers. But regardless, we’re seeing other progressive institutions making important commitments, also aligning with those science-based targets. And I think it’s critical that we do likewise,” said Mathew Thijssen, UW’s Director of Sustainability.

Nevertheless, Thijssen acknowledges the importance of recognizing the initiatives that are being undertaken by other universities, both as an acknowledgement of what has been achieved and as inspiration for future efforts.

“I think it’s really important to reflect on the sector as a whole. We see a lot of our institutional peers making meaningful and aggressive climate, and waste and other kind of ancillary targets and commitments. And so I think it’s important that we do likewise,” he said.

**STARS Framework**

The Sustainability Tracking, Assessment and Ranking System (STARS) rates 680 higher education institutions, primarily in North America. STARS, which encompasses long-term sustainability goals for these institutions, is designed with achieving long-term sustainability goals in mind. The system works to provide a framework for understanding sustainability in higher education institutions, create incentives, build more sustainable global campuses, facilitate information sharing among institutions and enable meaningful comparisons over time.

Intuitions can earn points towards a bronze, silver, gold, or platinum rating, or the reporter designation. To earn points, a set of credits, or categories, must be analyzed, including an institution’s academics, engagement, operations, planning and administration, and innovation and leadership. Ratings are determined based on the percentage of points earned in each of the categories.

Thijssen mentioned the value of the STARS framework in helping UW identify and execute their sustainability goals, including the five foundational actions that guide the university’s approach to sustainability.

“We use the STARS framework because it’s been used by so many campuses, to understand what are the things that are important that we need to pay attention to as a campus, and again, that helped us hone in on not only those five, but also a number of other topic areas that are connected to them,” Thijssen said.

UW has held a silver rating since they first participated in the STARS program in 2018, achieving a score of 53.92 in 2021. The university plans to achieve a gold rating by 2025, which would mean achieving a score of 65.

**SDG Impact Rankings**

In April 2021, the Times Higher Education Impact Rankings rated universities around the world on their contributions toward achieving the United Nations Sustainable Development Goals (SDGs). The Impact Rankings are based on...
a series of more than 100 metrics and over 200 measurements capturing these contributions.

Seven Canadian universities were among the top 50 globally and 15 were in the top 100. Queen’s University, the highest-ranked Canadian school, was fifth overall and in the top 10 for five specific goals, including an eighth-place finish for SDG 11: Sustainable Cities and Communities. The University of Toronto was 34th overall. UW tied for 99th with Lakehead university and did not make the top 10 list for any individual goal.

**Sustainability Funds**

Many Canadian universities have programs to fund climate and sustainability projects that are proposed throughout the year. At UW, the Sustainability Action Fund (SAF) provides over $100,000 annually to support initiatives suggested by students, staff and faculty. Applications to the SAF can request between $2,000 to $15,000 in funding per project, with proposals reviewed and approved by the President’s Advisory Committee on Environmental Sustainability.

The largest comparable fund in Canada is McGill’s Sustainability Projects Fund, which has an estimated yearly total of $1,000,000, supported by a student fee of $0.55 per credit to be collected from undergraduate and graduate students, matched, dollar-to-dollar, by the university.

**Pension and Endowment Investment**

As of December 2021, just 10 Canadian universities have announced full or partial divestment from fossil fuels. UW, which was the eighth Canadian school to divest, has now committed to reducing the carbon footprint of its pension and endowment investment portfolios by 50 per cent by the year 2050 and achieving full carbon neutrality by 2040.

- February 2017 – Université Laval
- November 2017 – Université du Québec à Montréal
- November 2019 – Concordia University
- December 2019 – University of British Columbia
- April 2020 – University of Guelph
- November 2020 – Lakehead University
- February 2021 – University of Victoria
- June 2021 – University of Waterloo
- October 2021 – University of Toronto
- November 2021 – Simon Fraser University

**SWR Pledging Partners**

UW is a Bronze Pledging Partner with Sustainable Waterloo Region (SWR), based on a commitment to 60 per cent waste diversion by 2026 and 35 per cent absolute GHG reduction. As of January 2022, there were seven Gold and seven Silver Pledging Partners in the region, and 10 Bronze Pledging Partners including UW, Laurier and Conestoga College.

In June 2021, UW also received the Sustainability Breakthrough Award from SWR, which recognizes an organization that has overcome substantial barriers in their path to sustainability. UW was acknowledged for establishing short and medium-term greenhouse gas emission reduction targets and developing their Shift: Neutral Climate and Energy Action Plan.
Are masks a thing of the past?

Students weigh in on the province’s controversial decision to lift COVID-19 mandates

Meadow Funkenhauser
Reporter

Ontario’s Chief Medical Officer announced on March 9 the decision to phase out all COVID-19 restrictions and policies currently in place throughout the province by April 27.

The Ford government’s timeline began on March 14 with the end of mandatory vaccination policies, followed by the removal of mandatory mask mandates on March 21.

The lifting of the mask mandate allows the province to shift back to a pre-pandemic state, meaning businesses will no longer be required to screen for COVID-19, nor will they require a COVID-19 safety plan. Many Canadians have been calling for this reduction of preventative measures as demonstrated by the recent freedom convoy protests. However, some students have expressed concerns about the ramifications that lifting these mandates may have on their education. In a voluntary survey of 11 students for this article, respondents were divided over whether they wanted the university to require masks through the spring term. However, even students who stated that they agreed with the lifting of the mask mandate, expressed concerns over the possibility of students exhibiting COVID-19 like symptoms, failing to wear masks and distance themselves from their classmates.

The University of Waterloo has introduced numerous initiatives to protect student health over the past two years. Some of these safety measures have differed from government recommendations, such as the university stating that contrary to the Provincial Roadmap to Reopening Plan, access to campus will be limited to fully vaccinated individuals until the end of the Winter 2022 term. Additionally, masking is still required in all indoor spaces and encouraged outdoors when students are unable to keep a safe distance from their peers.

As the university eases their requirements and aligns more closely with the Roadmap to Reopening come May 1, students worry that there may be serious repercussions.

Students have voiced concerns that lifting the mask mandate may lead to outbreaks on campus and increase the risk of being exposed to the virus while in class. With classes going fully in-person, and the university currently unwilling to require professors to provide remote learning options, contracting COVID-19 could make it very difficult for students to continue their studies. Second-year accounting and financial management student Hanna Wei stated that she feels nervous about “unvaccinated students spreading COVID” around campus during the spring term when the university drops the masking and vaccine requirements.

Sophie Valletteau, a second-year environment and business student, expressed fear of “harassment towards students who still want to wear a mask voluntarily” despite wanting the university to drop the mask mandates for the spring 2022 term.

With all of the fear and uncertainty surrounding the pandemic, students are divided in terms of how they want the university to respond.

Second-year physics student Ariana Kolenda feels that mandates should be lifted on campus for the Spring 2022 term and has no concerns about the effects this could have on student life. Though opinions differ on whether the university’s plan to lift mandates come May 1 is the right approach, students have displayed a mutual understanding that those who choose to protect themselves by wearing masks past this point should have their decisions met with respect and should not face harassment from their peers for their choice.
Province extends tuition freeze for Ontario residents

Alicia Wang & Suhani Saigal
News Editor & Editorial Assistant

On Mar. 23, 2022, the government of Ontario announced that tuition fees for Ontario residents attending post-secondary institutions in the province will not rise in the 2022–2023 academic year.

This decision is an extension of the freeze first announced for the 2020–2021 and then extended for the 2021–2022 academic years.

Prior to the freezes, the province reduced tuition fees by 10 per cent for the 2019–20 academic year.

According to a survey conducted by the Ontario Undergraduate Student Alliance (OUSA) in 2020, 61 per cent of students were concerned about having enough money to complete their education.

“Although we are pleased that domestic tuition will not be increased this coming year, we are worried there is still not enough support for students that demonstrate financial need,” Eunice Oladejo, OUSA President and VP External Affairs for the University Student Council at Western University, said in a press release.

“The COVID-19 pandemic has highlighted key gaps within student financial aid and, unfortunately, this tuition framework fails to address some of these gaps.”

Many students already work throughout the academic year or during summers to help cover the cost of their tuition.

However, provincial lockdowns during the pandemic had a particularly strong impact on many students, with employment rates among students aged 20 to 24 falling from 52.5 per cent to 28.9 per cent between April 2020 and February 2021.

Additionally, 61 per cent of post-secondary students reported feeling anxious that they would use up their savings in dealing with additional issues caused by the pandemic.

The federal government attempted to bridge gaps in financial aid during the pandemic with programs like the Canada Emergency Student Benefit (CESB).

The CESB aimed to cover students who did not qualify for the Canada Emergency Response Benefit (CERB). CESB provided weekly payments of $1,250 for 16 weeks, $2,000 for students with disabilities or dependents.

Despite this higher coverage, stringent eligibility requirements, including one stating students must have been prevented from working due to the pandemic, rather than simply unable to find work, left students falling through the cracks.

International and out-of-province students face a compounded set of obstacles, as the freeze does not apply to out-of-province or international students, nor are international students eligible for OSAP financial aid.

International tuition revenue increased by 152 per cent between the 2016–17 and 2019–20 academic years, while domestic fee revenue dropped by 3 per cent.

A 2021 report from the Auditor General also found that Ontario’s public college fee revenue was increasingly reliant on international students.

“As a result of the tuition freeze not applying to out-of-province or international students, and as neither are eligible for OSAP, the former may experience increased fees as a result, though this risk is heightened for international students, who pay significantly higher tuition compared to their domestic counterparts,” OUSA said in the same press release.

“The 2019–20 tuition reduction as well as the 2020–21 and 2021–22 tuition freezes, which were not supplemented by an increase in operating grants, placed an increased reliance on raising international student fees and recruiting more international students.”

In the 2021–22 academic year, the average cost of tuition per year in Ontario for international students was $42,185, while the cost for domestic students remained $7,938.

“Post-secondary institutions rely on student tuition, particularly international tuition, to fund their operating budgets as student contributions continue to outpace government contributions,” said Nathan R. G. Barnett, OUSA Steering Committee Member and Vice President of University Affairs at Trent Durham Student Association.

“It’s clear that Ontario post-secondary generally needs higher investments from the province to not only better support student affordability, but also strengthen operating grants to institutions so they can continue to provide high-quality education.”

Previous Imprint articles have also addressed this issue, finding that the 2019–2020 academic year was the last year that grants were a larger revenue stream for the university than tuition fees; then standing at 45.1 per cent and 44.4 per cent respectively of operating revenue.

Though the province announced funding earlier this month meant for UW, Wilfrid Laurier University and Conestoga College to modernize infrastructure, the Ford government has not yet released any plans to increase grants to supplement universities’ loss in revenue from domestic tuition or take similar steps to alleviate financial burdens placed on students by the cost of post-secondary education.

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Percentage increase in average tuition fees for Canadian full-time students, by province and level of study, 2021-2022
Fashion for Change presents ‘The Academy Awards’

Nicola Rose
Managing Editor

Fashion for Change (FC), a non-profit organization led by university students in Waterloo, is presenting its annual charity fashion show to raise money for the Food Bank of Waterloo Region.

The FC team comprises more than 80 students from the University of Waterloo and Wilfrid Laurier University, including around 40 models and dancers who show off outfits created by the design team, clothing donated by sponsors and even pieces from their own closets.

“This year [the theme] is FC presents the Academy Awards, so every single scene is based on an Oscar-nominated or Oscar-winning movie,” said FC president Vanessa Tang.

Since its founding in 2010, FC has raised more than $110,000. Proceeds from the show initially went to WE Charity, an international development charity and youth empowerment movement, but are now directed to local organizations.

“Last year, we supported Family & Children Services and this year, we’re supporting the Food Bank of Waterloo Region. [Moving forward], we’re just going to keep switching between different charities within the community within Ontario,” Tang said.

“We thought our contribution could make a bigger difference with a local charity here. And not only that, but students would also feel a lot more connected [to] the difference they would be able to make within the city of Waterloo,” she explained.

Tang encouraged students to attend the 2022 show and join the team in future years, saying, “I really hope that other people are able to eventually have the same experience as well.”

Pre-pandemic, the show’s audience reached over 700 people. This year, FC is presenting a limited in-person viewing on April 1, and livestreaming the show for virtual attendees on April 3.

Tickets for both viewings are available through the @fashionforchange Instagram account.

What to do in Waterloo this April

Erin Froud
Reporter

Classes are wrapping up, days are longer, the weather is (hopefully) getting warmer and COVID restrictions are lifting — it’s a great time to attend concerts at Centre in the Square and Maxfild’s, a comedy show at Rusty Nail or check out a variety of other events happening in the Kitchener-Waterloo area this April.

Dawg’s Got Talent
Short Finger Brewing Co., 20 Hurst Ave, Kitchener, ON N2G 2Z7 Saturday, April 2, 2 p.m. to 6 p.m.

Presented by the Humane Society of Kitchener Waterloo & Stratford Perth, in partnership with Dog Friendly KW and Short Finger Brewing Co., this dog talent show is a great opportunity to have a beer, see some talented pups and support the Humane Society. Spectator tickets are $11.62 on Eventbrite. Moreover, if you have a talented dog who would like to participate, there are 20 spots available for you to enter your dog in the show. The participation fee is $20 per dog.

Wicked Problems: The Ethics of Action for Peace, Rights, and Justice Book Talk
Tuesday, April 5, 6:30 p.m. (Online)

This book launch, presented by Carter School Lenkin Genocide Prevention Program and The Center for Peacemaking Practice, is described as “a panel of the books’ [Wicked Problems] contributors discussing the trade-offs, dilemmas, and compromises they encounter in their daily work as conflict resolution practitioners, peacebuilders, advocates, organizers, and activists.” The event is co-sponsored by the Peace and Conflict Studies Program at Conrad Grebel University College and will feature UW’s own Reina Neufeldt, Associate Professor of Peace and Conflict Studies and other experts in the field. The event is free to attend, and you can register on Eventbrite.

Jesus Christ Superstar: Sing-along at the Apollo Cinema
Apollo Cinema, 141 Ontario St. N, Kitchener, ON N2H 4Y5 April 14, 7 p.m.

This sing-along showing of the 1973 film Jesus Christ Superstar — set to a catchy rock score — is looking for arts writers! For more information, email arts@uwimprint.ca.

www.uwimprint.ca
Keep up with the latest trends on campus and community news online.

Saturday April 2nd | 2-6 pm | Short Finger Brewing Co

Dawg’s Got Talent
In support of The Humane Society of Kitchener Waterloo & Stratford Perth

Wicked Problems
The Ethics of Action for Peace, Rights, and Justice

Jesus Christ Superstar
The Original Motion Picture Soundtrack

Tickets are $10.60 and can be purchased online or at the Apollo Cinema website.
Places to save money in KW

St. Jacobs Farmer's Market
At St. Jacobs's, you will be able to purchase produce and fresh food with great deals. It's not just about the delicious food, it's also about the excitement of discovering the abundance of things to see, taste and smell locally. Additionally, you can buy ready-to-eat foods such as fresh apple fritters and buy unique and retro items within the market.

Kitchener's Farmer's Market
This Saturday marketplace has plenty of food you need such as meat, fruit, dairy products and more. They also have a variety of interesting attractions for visitors to explore. From fun festivals to live music, Kitchener's Farmer’s Market is a culturally diverse location where businesses can expand and visitors can enjoy themselves.

Fresh Co.
Since 2010, Fresh Co. has been committed to lowering food prices. They continuously look for methods to ensure you can be healthy well regardless of budget. If you can’t find an item in-store, Fresh Co will give you a rain check voucher. You can bring your flier and they will price match for you. If you're not happy with an item you bought, they will refund your money and replace it. Fresh Co. also provides Locked and Low pricing on select items, so you always know how much they will cost.

Value Village
Value Village is the place where you can buy clothes at a very cheap price with a minimum of $2. There is a high selection of t-shirts, jeans, shoes, jackets and formal dresses and suits. There is also a wide selection of houseware, books and movies and more available at Value Village. You can also save additional money by joining the super savers club and they will inform you of upcoming events and deals.

Marshalls
This discount shop provides selections of brand name, designer and other high-quality styles at prices that are generally 20 – 60 per cent off. There’s a combination of brand, fashion, price and quality for clothing. The good part is unlike most stores, they don’t use promotions, specials or coupons. That way, you won’t have to worry about missing a special event.

Costco
Costco has high-quality foods, clothing, electronics and kitchen supplies that can give you great and cheap deals in contrast to other stores with similar items. Costco also includes verified phone services, high-quality brands, warranties and repairs. You can get everything by using a membership, which you can share with guests each trip.

Worth a Second Look
This retail shop gives low-cost old furniture and miscellaneous houseware items to the community while keeping reusable goods out of landfills and creating job opportunities. They offer a large selection of items at rock-bottom prices, offer pick-up and delivery options, a fix-it facility and assembling bundles. Worth a Second Look also accepts donations that can be dropped out during opening hours.

Claudia Tavara-Tello
Reporter

With inflation at levels not seen since the early 1990s, one thing that is on many people’s minds is how they can save money. Here’s Imprint’s guide to how to not exceed your budget, with places to get your essentials at a low price and where to find great deals in the region.
Over 9,000 tree species still unknown

Nicole Howes  
Science & Tech Editor

While there are currently about 64,000 known tree species, a study published in Proceedings of the National Academy of Sciences predicts there are over 9,000 species still unknown.

To predict this, a team of researchers used global databases from a project called TreeChange and the Global Forest Biodiversity Initiative. Then, by using artificial intelligence, the total number of species both known and unknown was found to be just over 73,000, leaving roughly 9,000 tree species a mystery.

This is no surprise to Dr. Steve Murphy, a UW professor under the Faculty of Environment and head of the Conservation and Restoration Ecology (CaRE) research group.

“Taxonomy is a second thought to people, it has improved with environmental DNA technology and DNA fingerprinting, a lot more goes into what the trees do in terms of ecosystems, etc.,” Murphy said.

However, discovering new species of trees is an essential step in research and can give rise to new medicinal or material purposes.

“The fundamental curiosity is what drives science... it also gives you an idea of how much diversity and specialization there may be and what kind of potential there is for adaptation,” Murphy added.

Many of these unknown species are said to be from tropical and subtropical forests located in South America, Asia, Oceania and Africa. Thus, the way land is managed across continents will directly affect the potential to identify thousands of undiscovered species.

Cataloging these new species could potentially give rise to more focused protection and conservation efforts.

“They could start getting into things like legal projections that are based upon the identity of species for endangered species regulations, whether or not the government enforces that is the problem...this is one of the reasons why there is an imperative to try to figure out where these things are because they are probably disappearing faster than we catalogue them,” Murphy said.

As a student, there are few opportunities to make an impact on conservation efforts on a global scale.

However, Murphy says voting for a government with environmental priorities can create change.

“The biggest thing you want to be able to do is to see you’re going to have to have a concerted, larger-scale government effort and for that, you have to exercise political power...what you want to do is ensure you have a government that will take it seriously both at home and also look at exerting pressure elsewhere,” Murphy said.

In addition to voting in governments that prioritize conservation and sustainability, students can donate to or volunteer with local conservation authorities.

“One of the take-home messages for the public concerning our study is there’s a lot we still need to learn about nature and the planet, and much of what we don’t know is pretty critical for our ability to maintain and sustain human life, and the function of nature,” said co-senior author Peter Reich, a professor and director of the Institute for Global Change Biology at the University of Michigan in an article by CBC News.

Currently, Reich and his colleagues are working towards mapping tree species diversity.

“There’s a lot we still need to learn about nature and the planet, and much of what we don’t know is pretty critical for our ability to maintain and sustain human life, and the function of nature.”

Peter Reich, Professor & Director of the Institute for Global Change Biology at the University of Michigan
Antarctica is melting with black carbon emissions

Tourism is accelerating snowmelt in one of our last “unpolluted” continents

Alessia Czerwinski
Reporter

The growing human presence in Antarctica, mainly for tourism and research, is accelerating snowmelt according to a study published in the peer-reviewed journal Nature Communications. This amounts to bad news for a planet already dealing with the repercussions of global warming. The study calculated how black carbon pollution reduced the albedo of the snow, which is the measure of how efficiently a surface reflects solar light.

Black carbon is a particulate matter component and short-lived airborne particle that has been associated with global warming and harmful health impacts. Due to its dangerous effects, black carbon emissions have received some attention from the Government of Canada, which produces a yearly report on the country’s emissions.

According to the 2021 Black Carbon Inventory Report, the main source of black carbon pollution originates from the burning of fossil fuels, which can come from the Ore and Mineral Industries, Oil and Gas Industry, and fuel use both within what they call “Transportation and Mobile Equipment” and “Commercial/Residential/Institutional.” Reducing black carbon emissions is especially important in polar regions like the Arctic and Antarctica, which are particularly vulnerable to its effects.

Black carbon has accumulated in areas frequented by visitors and researchers in Antarctica. Because of its low albedo, even small concentrations of the pollutant can have a large impact on melting. Every summer, an additional 23 mm of water equivalent snow melts on the Antarctic Peninsula in black carbon-affected areas.

What is unfolding in Antarctica has far-reaching consequences. Black carbon has accumulated in areas frequented by visitors and researchers in Antarctica. Because of its low albedo, even small concentrations of the pollutant can have a large impact on melting. Every summer, an additional 23 mm of water equivalent snow melts on the Antarctic Peninsula in black carbon-affected areas.

What is unfolding in Antarctica has far-reaching consequences. Antarctica is a vast, white continent that reflects a large portion of the sun’s energy back up into space. The loss of ice and snow cover increases the rise of ocean and land temperatures, which leads to additional melting, creating a vicious cycle.

According to Marilyn Raphael, a geography professor and director at UCLA’s Institute of the Environment and Sustainability, Antarctica’s sea ice is critical for maintaining atmospheric circulation. These changes in atmospheric circulation affect the global climate.

Additionally, Antarctic species are struggling with habitat loss as the climate warms and sea ice melts. For example, researchers have recently noticed a startling drop in penguin colonies as their main source of food (krill) grows harder to come by. The Nature Communications study predicts that this is only going to worsen if black carbon emissions do not decrease.

As Antarctica remains one of the last “unpolluted” continents, it is important for us to strive for it to remain that way. Mitigating black carbon pollution and its impacts is a necessary and arduous process. Some researchers have suggested setting a limit to tourism allowed in the region and to push for renewable energy sourced over diesel. Transitioning Antarctica’s modes of transportation to hybrid or fully electric models is also heavily encouraged by scientists.
Green entrepreneurship workshop: Championing Indigenous Youth Startups

Jason Singh Sidhu
Reporter

The fourth event of the University of Waterloo’s “Green Entrepreneurship Workshop Series,” hosted in partnership with the Commission for Environmental Cooperation, was held on March 24. The focus of this event was “Championing Indigenous Youth Startups.”

The workshop was hosted by Heather Garrick, Green Innovation Program Developer at UW. Garrick has extensive experience in the field of sustainability. She was previously the Head of Sustainable Development at Satellite Applications Catapult, a network of UK technology and innovation companies, where she led various cutting-edge, satellite-enabled projects and initiatives related to conserving biodiversity and sustainable land use.

Jacob Crane, Indigenous Entrepreneurship Program Manager at St. Paul’s University College, was the first speaker of the event. Crane created a virtual support program for Indigenous Entrepreneurs at St. Paul’s, which he described as offering Indigenous grounded economies and how they are diverse knowledge systems that use a decolonial approach to think about entrepreneurship. He then spoke about the transition to territorial knowledge economies.

The second speaker of the event was Ryan Planche, a PhD student and researcher at Wilfrid Laurier University. Planche explained Indigenous grounded economies and how they are diverse knowledge systems that use a decolonial approach to think about entrepreneurship. He then spoke about the transition to territorial knowledge economies.

Additionally, Planche discussed opportunities for Indigenous youth within these knowledge economies. He gave an example of Nipatufuq, a magazine for Inuvialuit youth that provides a platform for the youth to have their opinions heard and connect with their culture. He also highlighted Inspire NWT, a support program for young Indigenous entrepreneurs. He emphasized how this is all a part of the transition to a knowledge-based economy.

In terms of entrepreneurship opportunities specifically, Planche spoke about how Indigenous youth can get involved in entrepreneurship through youth leadership initiatives, research partnerships, skills training and community-based learning.

The third speaker of the event was Dalí Nolasco Cruz, Coordinator of the Terra Madre Indigenous Network. Cruz spoke about her experience with the Network and also at Mopampa, a network of social and solidarity economy companies owned by Indigenous women.

To begin, Cruz presented a video about Mopampa, which detailed the struggles faced by the community of Chile Serrano producers when founding Mopampa. In the video, Cruz mentioned that men were usually the ones to do business, but now, they’re working for a change where women are also able to participate.

Cruz talked about how women are facing discrimination simply due to their gender. She mentioned that women are often deemed poor because they don’t own any land and that, throughout the whole world, only one per cent of land belongs to women. Mopampa was created to visualize this problem and ensure women could finally have a right to the land that they have been denied. Mopampa gave Cruz opportunities she would have otherwise never even thought of, such as visiting another country and sending their goods across the world to consumers. She said that her team is very proud of what they have accomplished and they feel like somebody actually recognizes and appreciates their work.

Additionally, Cruz spoke about how her mother has been through a lot and how her mother now views her work as a path to improve the lives of other women and prevent them from living through the same violence that she experienced. She spoke about the dream of Mopampa, which is to sell a lot of salsa, and make a profit so that the future generations of women in their families can continue the business.

To conclude her presentation, Cruz talked about how Mopampa isn’t there to only generate wealth. They also want to protect the whole system through their Indigenous roots. They want to protect biodiversity, local economies and women’s rights and freedoms.
Last week, the Warriors squash team competed at the OUA championship, hosted by Brock University at White Oaks Resort in the Niagara-on-the-Lake area.

The team played riveting games all throughout the championship, being undefeated for the first three matches they played.

The team played five matches over the weekend (March 11-13th), winning 6-11 over the Guelph Gryphons, 5-2 over the McMaster Marauders, and 4-3 over the Western Mustangs before reaching the semifinals. They went on to win the semifinals against the Toronto Varsity Blues with a score of 4-3. The championship ended with Queen’s Gaels winning Gold with a tough game of 7-0 in the medal match, securing their seventh straight OUA title.

Leading the way was Khaaliqa Nimji, a third-year Recreation and Sports Business student. Nimji, a Kenyan squash player who has represented Kenya at the 2010, 2014 and 2018 Commonwealth Games, was named one of the OUA All-Stars during the weekend.

“I feel very honoured to have been chosen as an OUA All-Star. It was completely unexpected,” Nimji said.

Nimji stated winning the match against the Western Mustangs was very rewarding. “My favourite part was definitely my match against Western. It was a very tough game. I was down 2-1 in games but managed to push through and win it 3-2. That was the game that took us to the semi-finals. The support from the team was phenomenal. I came off that court absolutely knackered but pleased with the way I had played. I sat down and didn’t get up for a good 15-20 minutes, just completely overwhelmed with exhaustion.”

Regarding her reaction to the team winning silver, she stated, “I couldn’t be any more proud of the team. Every single one of them played their hearts out. I was so happy to have won silver with the girls! Having worked so hard from the start of the season, we deserved it. We had some very tough games but we all played our best and pushed through which was amazing.”

The women’s championship ended with the Western Mustangs securing bronze in their match against the Toronto Blues.

On the other hand, the Waterloo men’s team won bronze at the OUA championship. They played five games, winning 7-0 to the Brock Badgers and 7-0 to the McMaster Marauders. They eventually lost to the Western Mustangs in the semifinals with a score of 7-0. However, the team ended the tournament on a high note, securing bronze in their match against the Guelph Gryphons with a score of 7-0 along with Cameron Seth, a graduate student in the Maths faculty, also being named an OUA All-Star.

The men’s championship ended with the Western Mustangs winning gold and the Toronto Blues securing silver.
Recipe: Homemade Hummus
By Eduardo Matzumiya, Head Copyeditor

What do you do when your mom arrives at your door for the holidays carrying, amongst other things, four pounds of raw chickpeas? Well, rest assured, you’ll be eating a lot of chickpeas for the next few days. Thankfully, my sister loves chickpeas and has a number of back pocket recipes she uses for them. This one just happens to be her favourite—because why pay $7 for 500 grams of flavourless gunk at the grocery store when you can easily make something much more tasty and abundant for the same price.

**Tools:**
- Blender or food processor (unless you want to spend hours grinding by hand)

**Ingredients:**
- ½ tsp of ground cumin
- 1 tsp of ground coriander seeds
- 1/8 tsp of cayenne pepper
- 1/2 tsp of paprika
- Optional: 1/2 tsp of sumac (makes it extra tangy)

**Instructions:**
1. Preheat your air fryer or oven to 360°F and roast your bell pepper slices — first at 360°F for 10 minutes, then finish at 370°F for 5 minutes. In a pan, cook the onion and garlic for 2 minutes on low heat, then add all the dry spices and continue cooking for 1 minute on low heat.
2. Add your cooked chickpeas to the pan, mix, add your roasted peppers, then cook on medium-low heat until the mix starts hissing and a bright, lemony smell fills the room. Let the mixture cool for a bit before moving to the next step.
3. To a blender, add some of your cooked mixture from the pan alongside the Tahini and lemon juice. Blend the mixture in batches, making sure the blender does not get stuck or overheat. Add half a tablespoon of olive oil in between batches until all the oil has been added. Also add water and stir as you go to keep the mixture silky and homogenous. And just like that, you’re done!

As for how to enjoy this treat, my sister recommends a classic avocado toast with hummus, chia seeds, red pepper flakes, and a cooked egg as toppings. A satisfying brunch that always tastes fresh and is very easy to scale up to yield multiple servings as needed. Or you can just grab a pack of crackers and dip to your heart’s content. Enjoy!

Recipe: Caramelized Shallot Pasta
By Ingrid Au

With exam season approaching, the last thing we need is a big fuss in our kitchen. So I promise this recipe will be the easiest and most delicious. Fun fact — this was the first dish I made when I began to dabble in cooking. Something about its simplicity yet intense and complex flavours compelled everyone to go for seconds every time I made it. This is Alison Roman’s caramelized shallot pasta.

**Ingredients (shallot paste):**
- ¼ cup olive oil
- 6-8 large shallots, thinly sliced
- 4 garlic cloves, thinly sliced
- Salt and black pepper
- Dried red pepper flakes
- 12 anchovies
- 1 whole tube of tomato paste (Yes. One whole tube)

**Instructions:**
1. Slice your shallots and garlic, then start by adding only the shallots to the pan with olive oil. Cook the shallots for 15-20 minutes on medium-high heat until softened and golden. Halfway through the 15-minute mark, add the garlic.
2. Once caramelized, add the tomato paste, salt, pepper, red pepper flakes and anchovies. Add more olive oil if needed, just make sure you add the olive oil after the anchovies since the fillets release oils too.
3. Cook for another 2-3 minutes at medium-low heat until the paste darkens, at which point it has caramelized. The caramelization of the tomato paste is essential to avoid an overwhelmingly acidic taste. Set the paste aside to cool and store it in a container.

**Ingredients (pasta):**
- Pasta of choice (I recommend noodle shapes eg. Bucatini, rather than bite-size eg. Penne)
- Fresh parsley and basil (finely chopped)
- 1 garlic clove (finely chopped or grated)
- Salt

**Instructions:**
1. Cook your pasta in salted water until al dente. Reserve a cup of pasta water.
2. In a large pan, add the shallots and garlic. Cook until soft and golden. Add the tomato paste, shallots, sauce, and a little pasta water. Stir until well combined. Add the pasta and toss until coated.
3. Serve hot with a sprinkle of fresh herbs and pepper. Enjoy!
Rediscover your love of reading

Like many voracious young readers, my childhood and early teens were consumed by books. I read constantly, devouring anything and everything that came my way. In fact, I read so much my parents once suggested I take a reading break for a few days.

But as I neared the end of high school and my schedule became busier, I found myself reading less and less. By the time I began university, I was chafing to finish more than a few books outside of school each term — not something I’m proud to admit as an English major and the Managing Editor of a newspaper.

Over the past year, I’ve slowly worked my way back to (semi) regular reading and set myself a lofty goal of finishing 100 books in 2022. To be completely transparent, I don’t plan on reaching that goal. I don’t know if I could. However, it is motivating me to read a whole lot more, and I won’t be too surprised if I’ve made it through 50 books (a clear record in my adult life) by the time December rolls around.

So, as someone who has successfully rekindled their love of reading, here’s my advice for how to get back to your bookworm status.

Firstly, and perhaps most importantly, you need to make time for reading. It might not be easy to get back into the habit of reading for hours before you fall asleep (and you might not be able to spare quite that much space in your schedule) but commit to reading regularly. Set a goal of 15 minutes or 30 pages a day, or one book a week or month — whatever you feel is reasonable. And don’t be afraid to adjust your goal when you get a better sense of what works for you.

Second of all, commit to it. Don’t force yourself to finish something you hate, but give your books a real chance. If they don’t hook you right away, try another chapter. If you can’t pick up one of the novels I’m currently working my way through and dive back into a good story.

So, that’s my next tip: read things that you enjoy. It sounds obvious, but I think sometimes we get caught up in the mindset of what we should read, and don’t spend enough time actually reading what we like to read.

Of course, finding what you like to read can be a whole other challenge. If you haven’t read regularly in a long time, how do you know what your taste is? Where do you start?

A somewhat common (and, in my view, excellent) piece of advice is to try revisiting the content you loved back when you read more. Maybe re-read your favourite book or try another book by the same author. Maybe see whether any newer works in the same genre seem interesting. From there, you can start to identify which aspects of those books (if any) still appeal to you, and choose to either continue reading what you used to love or try exploring something new.

However, if it’s been quite some time since you last read (say, for example, you were in elementary school) or you’re pretty sure your taste has changed, you can try reading something adjacent to what you once enjoyed. For example, if you loved the Nancy Drew mysteries or the Mysterious Benedict Society series, maybe consider adult mystery books. If you devoured the Percy Jackson books, try books for older readers that incorporate mythology or explore magical realism more broadly. If you loved Alex Rider, Cherub and Artemis Fowl, try crime novels. If you loved YA fantasy, try adult fantasy. You get the gist.

On the flip side, you may want to broaden your taste. Or, you may realize you just don’t enjoy what you used to and need to discover something new. In that case, I suggest you try reading everything and narrowing it down from there. You can check the NYT Best Sellers lists (overall and genre-specific) or the Goodreads Choice Awards to see what other readers love.

Good reading!
The Oscars alienate their audience in a bid to appeal to the mainstream

Every year when the Oscar nominations roll out, public discourse around the ceremony fills up with a barrage of some people asking, “Who cares?” while other people express outrage about the Academy of Motion Picture Arts and Sciences’ supposed snubbing of “popular” films.

Even former Oscars host Jimmy Kimmel expressed his disappointment that Spider-Man: No Way Home was not nominated for Best Picture, saying, “The biggest snub today, in my opinion — and I’m actually even angry about this, I’m kind of embarrassed to say — is the unforgivable omission of Spider-Man: No Way Home.”

Widespread apathy and criticism toward the awards, along with declining ratings, has not gone unnoticed by the Academy, who have made attempts at reaching out to a wider audience. For the 2019 ceremony, they considered adding a ‘Popular Film’ category. The Academy also tried to shorten the ceremony by announcing that four categories — cinematography, live-action short film, film editing and makeup and hairstyling — would be awarded during commercial breaks. However, after facing backlash for both these decisions, they decided not to go ahead with either one.

Three years later, we are back to square one. This year, the Academy introduced two fan-voted ‘categories’, the Oscars Fan Favorite and the Oscars Cheer Moment, where audience members could use Twitter or the Oscars Fan Favorite website to vote (up to 20 times a day) for their favourite film of last year and for their favourite movie ‘cheer moment’ of all time. The most popular films in both categories were announced during the live telecast.

The biggest problem with this is that the Oscars are meant to honour the best in cinema. While some of the more artistic films, like Power of the Dog, Belfast or Licorice Pizza may not always appeal to a mainstream audience, these movies tend to be the ones that actually push the boundaries of the art form. The Oscars are not the People’s Choice Awards, or any other fan-voted award, knows how fanbases mobilise on social media to support the films their favourite stars are in.

However, taking some extra time to recognize these fan favourites, while tacky, would have been forgivable, had this not been accompanied by a decision the Academy took this year to shorten the ceremony. This year, eight categories — animated short film, documentary short subject, film editing, live-action short film, makeup and hairstyling, original score, production design and sound — were removed from the Oscars’ live broadcast. These categories were instead awarded in a taped ceremony before the live one, with edited clips of the acceptance speeches broadcast during the live show.

While there is certainly a section of the Oscars audience that may not care much about these categories, the core audience of the Oscars is film lovers. People who love and care about cinema as an art form understand that it takes many people across multiple departments to bring these stories to life. With that knowledge, it is hard to see the Academy’s decision to sideline eight categories as anything but disdain for the art form.

According to the Hollywood Reporter, this was a decision the Academy came to after being pressured by ABC, which holds the broadcasting rights of the ceremony until 2028. It is shameful that companies like ABC (and its parent company Disney) are in the film and media business and still disrespect the medium in this manner. However, the Academy’s choice to bow down to these demands signifies that they believe it is more important to telecast the ceremony than to properly and respectfully honour the best of cinema. The Academy should have refused to negotiate on this matter.

Furthermore, what does this decision communicate to their viewership? The fact that the Academy seems to think more than a third of the Oscars are not deserving of a live telecast suggests that they are awarding these categories just as a formality, to tick a box. That attitude can make even their most loyal viewers question why they should care about awards that even the organisers only selectively care about.

Moreover, they had an in memoriam section which ended with them directing the viewers to their website to see the list of others who passed away last year. In other words, people who the Academy felt were not important enough to be honoured during the telecast. The theme of this year’s Oscars should have been “Some Matter More” rather than “Movie Lovers Unite.” That would have certainly been more honest.

Even seeing them pay tribute to 50 years of The Godfather trilogy did not incite the emotion that it should have. Any time that was being spent not presenting awards or for the Best Song nominee performances felt like a slap in the face of the eight excluded craft categories.

I don’t know if these moves will make the awards more appealing to those beyond the Oscars’ current viewership (I’m inclined to believe not). What I do know is that these moves will alienate their current base. It seems like a strange tactic to reach out to a new audience at the cost of their current one. Additionally, what should a viewer expect if these moves fail to give the Oscars a wider reach and high enough ratings? Will the Academy continue making these kinds of knee-jerk decisions until they have no audience left?

However, there were moments during the telecast which reminded cinephiles why we love the Oscars. Troy Kotsur, Jessica Chastain, Kevin Costner and Sian Heder among others gave amazing speeches reminding us about the importance of cinema and all that goes into making it.

Hopefully, the Academy heard what we did and realises that on one of the year’s biggest nights for cinema, fan service can take a back seat. Those who care about film — the “movie lovers” their theme referred to — don’t mind a longer show. One with all categories being honoured, awardees not being cut off in the middle of their speeches by music, a full length in memoriam segment and all the tributes, performances and comedy that the night demands.

Abhiraj Lamba
Arts & Life Editor
Volunteer at **imprint**

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distractions

Q: What do you call a self-care drink?
A: A priori-tea!

Imprint sudokus | Level: Moderate

Take Care Of Yourself Warriors

Have some relaxing “me” time tonight!