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WARM HANDS, WARM HEART

WarmWorkers Waterloo and WarmWorkers Laurier are constantly collaborating and working to help the KW homeless community.



MOVEMBER IS BACK

Men growing moustaches to show their support for men's health. P6

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Warm hands, warm heart

WarmWorkers Waterloo warming the world, one hand at a time

Charlotte Hings
Managing Editor

Sukhjeet Kahlon has always strived to get involved in social causes, but volunteering with WarmWorkers has gotten her to see the world and homelessness through a different lens.

"I'm understanding and learning that these individuals are no different than anyone else and it's not really them-and-us, it's us all," she said.

Kahlon was one of the dedicated volunteers at WarmWorkers Waterloo's 2018 outreach event at Kitchener City Hall on Nov. 7. WarmWorkers Waterloo and WarmWorkers Laurier collaborate and work to help the KW homeless community.

Homelessness in the KW community is as prevalent as the stigma that surrounds it. An 'us-them' mentality exists, but the reality is that homeless individuals are no different from everyone else.

"A lot of the time, the stigma around homelessness says that it's their fault, but that's not always the case. Often, they ran into a situation that anyone could have run into," the third year Sociology major at Laurier, and the president of WarmWorkers Laurier, said.

Their outreach events are organized once a semester, where they distribute food and other necessities to members of the KW homeless community while also offering support by simply listening to what they



WarmWorkers volunteers (left to right) Alessandra Urtuna, Ian Fraser, Jeffrey Li, Kayla Han, Nehem Dube, and Luca Maltesta speaking to members of the homeless community last Wednesday.

have to say.

"There was an individual that has a master's degree, he was going to go to Harvard, but he went to Laurier on scholarship and everything, but then he got [...] a bad head injury that caused serious damage and then from there, it was a trickling effect," Kahlon recounted a story she heard from a home-

less individual at the 2018 outreach event.

WarmWorkers is a Toronto-based charity that is focused on ending the cycle of homelessness by bringing homeless people from a cycle of dependency to a cycle of self-sufficiency.

Their motto is 'give a man a fish, feed him for a day, teach a man to fish and feed him

for a lifetime.' The fall semester outreach event is focused on distributing items necessary for getting through the cold winter months like hats, gloves, mittens, and blankets.

The WarmWorkers spring outreach event typically runs in March, and is geared toward making up for the gap in food donations, as most of the community's food donations to local food banks and other organizations happen around Thanksgiving.

It's important to remember that those living on the streets have very different priorities. It's impossible to focus on finding a job or a source of income when one's basic human needs are not being met.

"As a community, we need to come together and help pick them up so that they can grow from there," Kahlon said.

The charity was founded by two brothers from Toronto who decided to start by simply walking up to a homeless person, sitting with them and asking, 'How's your day going?'

From there, the charity grew to have chapters at the University of Toronto, McMaster, Laurier, and Waterloo.

"It's just as simple as that, to brighten up someone's day and make them feel better," Kahlon said. "Just know that everybody is going through something that you know nothing about, so we should all just come together and help each other out."

For more information, or to get involved with WarmWorkers, visit their website <http://www.warmworkers.com/>

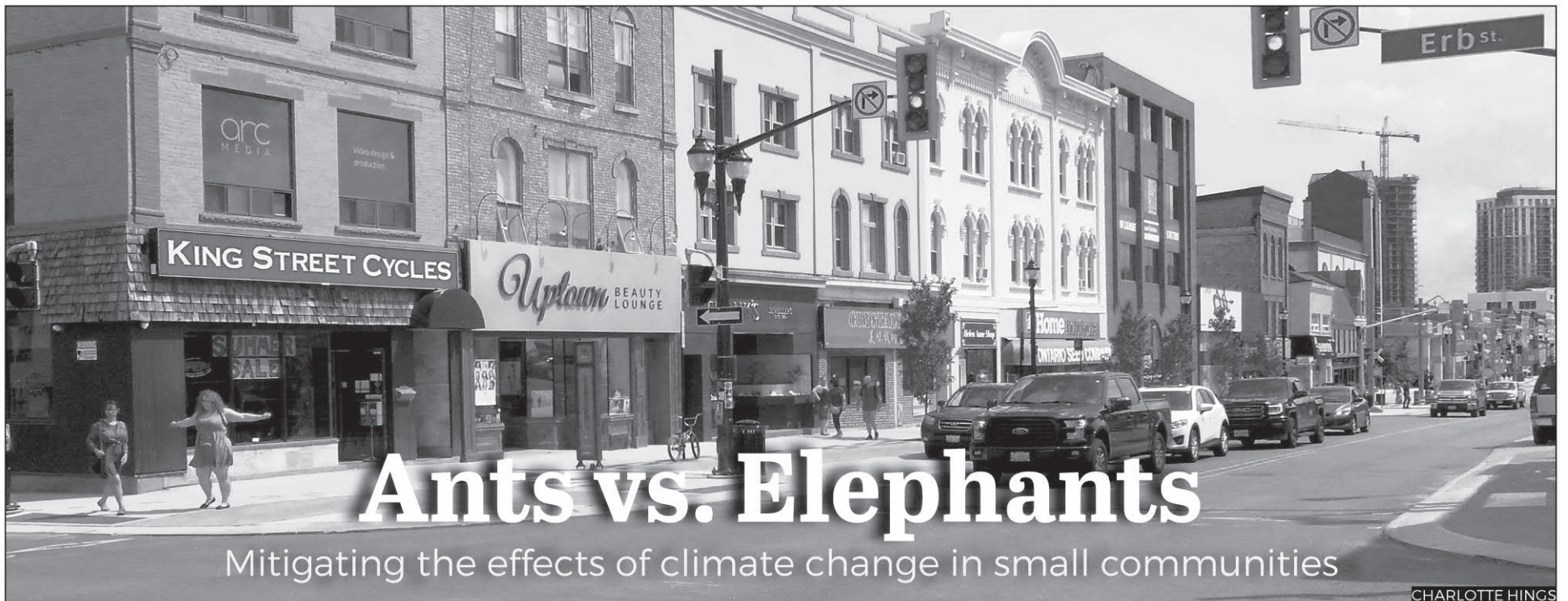


WarmWorkers volunteers (left to right) Alessandra Urtuna and Kayla Han distributing food and other necessities at Kitchener City Hall.



Ian Fraser, Kayla Han, and Nehem Dube distributing warm winter clothing to help those in need prepare for the cold winter months.

PHOTOS CHARLOTTE HINGS



Small scale operations were found useful because of their agility and adaptability.

Harleen Kaur Dhillon
Editorial Assistant

Too Small to Fail.

How do we protect Canadian communities from floods?

A report published in early November by Dr. Blair Feltmate and Anna Fluder of Intact Centre for Climate Change Adaptation at UW hopes to help.

The report focuses on methods of mitigating the effects of floods on a small, community level.

The report offers two recommendations: the need to engage

local stakeholders throughout a project's life-cycle, to build ongoing understanding and support for the project, and the need to ensure vigilance in monitoring a project, enabling appropriate and timely changes in course correction.

Partnering and community engagement and monitoring and adjusting were determined as key points in the lifecycle of a community project.

Small scale operations were found useful because of their agility and adaptability.

The failure of large-scale operations can be catastrophic, a small-scale project helps to mitigate ef-

fects of floods with less risk.

These conclusions are also important for insurance payouts and damages.

"In recent years we have seen a dramatic rise in insurable losses related to extreme weather events in Canada, and we have seen insurance payouts average \$1.8 billion over the past nine years, up from an average of \$400 million just a decade prior," Feltmate said.

"The increase in costs is due in part to flooding, and this new report identifies some practical mitigation measures municipalities and NGOs can take to limit the impacts of bigger storms that we

expect to see in coming years."

The report based its conclusions on the findings of 11 separate projects across Canada from 2012-2017 that ranged in purpose from education to implementation and education.

Each project demonstrated flexibility.

"Collaborative approaches to reducing flood risk [can] be easily replicated thus they are scalable in communities across the country. If future projects are deployed on scale, the additive benefits could materially reduce the costs of flooding at the provincial and federal levels," the report states.

Flexibility is also important because different communities have vastly different ecosystems, all of which hold equal importance in the health and resilience of a community.

The report quoted Timothy Lane, Deputy Governor of the Bank of Canada, saying: "Climate systems, like economic systems, are complicated: the forces at work can interact in unforeseen ways, so there are some significant unknowns.

But these unknowns are all the more reason to act, especially if they imply even a small risk of a truly catastrophic outcome."

POLICE BRIEFS

Waterloo Regional Police charged three men for break and enter in Cambridge last month. On November 8, three people were arrested for the break-ins on October 31 when three homes were broken into on Townline Road. In one incident, the homeowner found the suspect's vehicle in the driveway. He confronted the driver and three males ran from his house and fled in the vehicle. Police believe the vehicle was stolen from the Peel Region. Members of the Waterloo Regional Police Service's break enter and auto theft unit began an investigation with Peel Regional Police. Three males were arrested during an incident in Brampton. On November 8 Police charged three Brampton males, ages 27, 36 and 22, with

break, enter and commit, disguise with intent and possession of stolen property under \$5,000.

A man was found seriously injured in Kitchener last Thursday. Waterloo Regional Police are investigating a suspected assault that happened the afternoon on November 8, near King Street East and Benton Street in Kitchener. A man was found in the area in distress and taken to hospital with serious injuries.

A man was robbed at a knifepoint at Fairview Park Mall. Waterloo Regional Police responded to a report of a robbery in the parking lot at Fairview Park Mall on Fairway Drive South in Kitchener on November 10. A male victim had attended the parking lot to buy an iPhone X from an online ad. The victim

was approached by a man who brandished a knife and stole money from him. The male fled in a motor vehicle. Police were able to locate the vehicle in Waterloo. A 37-year-old Cambridge man and a 30-year-old Waterloo woman were arrested.

A Royal Canadian Poppy Fund box was stolen from a Tim Hortons just before Remembrance Day. On November 10, 2018, at around 5:10 p.m., Police responded to a report of a theft at the Tim Hortons on Courtland Road East in Kitchener. A male in the restaurant, distracted employees and took the Poppy Fund box and left the store and fled in a silver Jeep Liberty SUV. Anyone with information is asked to call police at 519-570-9777 or Crime Stoppers at 1-800-222-8477.

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St-Paul's Lori Campbell wins Battle of the Books with *Halfbreed*

An important read for Canadians wanting to learn more about Indigenous history

Harleen Kaur Dhillon
Editorial Assistant

Lori Campbell, Director of St. Paul's Waterloo Indigenous Student Centre, believes it's important to learn from the experiences of ancestors.

"[Through her memoir *Maria Campbell*] shares Canadian history. She tells us in a very personal way, her story, a story of so many people who have been made to keep silent," she said.

On Oct. 15, Campbell defended her aunt, Maria Campbell's 1973 biography, *Halfbreed*, at the Waterloo Reads Battle of the Books.

The annual Battle of the Books is held every year in October since 2013 at the WPL, and includes special guests and local celebrities. All of the invitees defend a book that they think is important for others

to read, and attendees vote on the argument that won them over the best.

Campbell emphasized the importance of recognizing the resistance of Indigenous people that started long before this generation was born.

"*Halfbreed* is a book that offers insight into the circumstances of the Metis peoples, more particularly women, and the important role they hold in the history of Canada. She talked about things that were uncomfortable, but they were the truth," she said.

Campbell took home the first place trophy. The second and third places went, respectively, to R.S. Johnson, a local radio personality and Lynn Macauley, Initiative Co-ordinator with the Homelessness and Housing Umbrella Group.

They defended Stephen Fry's *Mythos* and Katherina Vermette's

The Break, respectively. Campbell is proud of her win and her choice of book. *Halfbreed* is still painfully relevant, and an important read for Canadians wanting to learn more about the Indigenous history of Turtle Island.

Although *Halfbreed* covers many difficult issues, Campbell said that the main idea is not bitterness. The focus of the story is the strength and perseverance of Indigenous peoples.

"This is not a story about trauma, victimization and pain, but rather it is about resilience and the undeniable strength of Indigenous peoples," Campbell said.

Campbell also talked about the importance of continued resilience, and not losing oneself to bitterness.

"[*Maria Campbell*] offers us insight into the situation of the Metis peoples in Canada and in particular, the hatred and racism that they have experienced," Campbell said. "But she also says, 'I am not bitter. I have passed that stage. I only want to say: This is what it was like; this is what it is still like. I know that poverty is not ours alone. Your people have it too, but in those earlier days you at least had dreams, you had a tomorrow. For me, the win is just a proud moment. I know that I championed my auntie's book well, but I also



Lori Campbell at the Waterloo Public Library.

feel strongly that *Maria Campbell's* story is a story that all Canadians should be interested in," Campbell said. "I had fun, but also tremendous pride."

Halfbreed has been published

in eight countries and in four languages. *Maria Campbell* also has numerous awards including, the Order of Canada, the Pierre Elliott Trudeau Foundation Fellowship, and the Vanier Award.



Lori Campbell at St-Paul's University.



Lori Campbell shows off the book she defended, *Halfbreed*, and her award for winning Battle of the Books.

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Tebey returns home for concert

Harleen Kaur Dhillon
Editorial Assistant

Canada's own country rockstar returned to Kitchener for a concert. Tebey Solomon Ottoh, a country-pop singer-songwriter and performer arrived in the Centre in the Square in Kitchener on Nov. 12 and performed alongside other artists for Tim Hick's Get Loud tour.

The concert also included artists Tim Hicks and Madeline Merlo. Tebey introduced some of his new songs, but interspersed them with classics that fans would recognize and be able to sing along with.

"[There was] a lot of energy! I rarely stand still on stage. I truly give the audience everything I have every night. [...] I've been releasing music for a while now, and have been lucky enough to have quite a few radio hits. It's always great when you can play songs people know and can sing along to," Ottoh said.

Ottoh has had many chart-toppers over the years, including Somewhere in the Country and Wake Me Up (most played country songs in Canada 2013 and 2014 respectively). One of the most loved songs was the 2004 single We Shook Hands (Man to Man), which became a Top 5 hit.



Tebey Solomon Ottoh, a country-pop singer-songwriter and performer.

Some of Ottoh's new songs include Denim on Denim, Who's Gonna Love You, and Alone Together. Each song has a unique perspective and musical elements, with changes in melody, tone, and mood.

"Every song is inspired in a different way. Sometimes it comes from a phrase, or a melodic idea, or even a groove. I just try and write the best songs possible," Tebey said. "I grew up listening to all different kinds of music. And to this day I'm a fan of all genres. I love experimenting when I'm writing songs or working on a new album. I don't think music should be put inside a box and confined to a certain genre," he said.

Ottoh is back recently from a hiatus in his career.

What was initially thought to be just a break, turned out to be a much-needed respite to deal with depression and anxiety. In a Facebook post, he opened up about his struggles within the music industry and the mental toll it was taking on him.

"The music business is just that, a business. Making music is the fun part," he said. "The rest of it can be very stressful and draining (if I'm honest). [...] Sometimes you just need a break from things in life, and for me it was a much-needed break from the music industry. But now I'm back and couldn't be happier," Ottoh said.

Where do you want to park your bike?

Victoria Gray
Executive Editor

The City of Waterloo wants to know about your bike.

As cycling popularity rises in the region, the city wants to give residents more and better options when it comes to how they get around on and where they park their bicycle in the tri-city area.

Kathryn Broadbelt, the city's active transportation program coordinator hopes to get a better idea of what residents would like to see in the city by launching a survey aimed at cyclists.

"The City of Waterloo is looking to expand our bicycle parking network over the next couple of years. In order to understand where residents would like to see additional/new bicycle parking we have created a survey to gather the public's opinions," she said in an email.

She said gathering student's opinion is very important because the city includes such a large number of students.

"Students at the University of Waterloo are a large part of the population in Waterloo, and a large part of the cycling community," she said.

The survey will help determine if people

would like to see bicycle parking near transit stops, trails, or in Uptown Waterloo.

It will also help the city find out where and how people are using their bikes in the city.

The city of Waterloo's website says the city demonstrates their commitment to cycling through planning, building, and maintaining bicycle facilities, trails, and laneways with the Region of Waterloo.

The city was recognized as a gold Bicycle Friendly Community by the Share the Road Cycling Coalition this year and is the first mid-sized city in Ontario to achieve that designation.

Toronto and Ottawa have also achieved the gold standard but they are larger cities. Waterloo wants to keep bikes top of mind.

The website says there are 42 communities in Ontario that are recognized as bike-friendly (31 bronze level, eight silver level and three gold), representing 70 per cent of Ontario's population.

"Waterloo was recognized for its commitment to designing complete streets and connecting people throughout the community," the website states.

The city's transportation master plan totes active transportation as a key piece in developing a more sustainable transportation system for Waterloo and they have an

active transportation committee that advises council.

Connecting the city's bicycle/walking trails was a key election issue and mayor

Dave Jaworsky said he intends to continue working toward connecting those trails.

To take the survey visit www.surveymonkey.com/r/T9ZQYRV



Bicycles - a more sustainable transportation system for Waterloo.

CHARLOTTE HINGS

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Nick's take on: the meaning of Movember

Nick Owens
Science and Tech editor

November is the month where men grow moustaches. But, there is more to this time of year than simply growing a bit of goofy looking facial hair. Here's a brief overview of why this is an important month to "miss a spot" while shaving.

RAISING FUNDS

One of the first parts of Movember is the fact that it helps raise money for prostate and testicular cancer. All cancers are different and cost a lot of money to develop treatments for. Furthermore, as is stated on the Movember foundation's website, "Guys facing prostate cancer and testicular cancer face an uphill battle before, during, and

after treatment." the Movember Canada website accounts. Donations made to the Movember foundation help men through these times as well as help with initiatives to spread awareness of these issues.

SPREADING AWARENESS

One important factor of Movember is that it spreads awareness about the preventative measures for the issues at hand. One area in particular that evidently needs more awareness is testicular cancer. According to surveys conducted by Forum Research, most men don't even know that they can regularly check themselves for testicular cancer. Regular self-examination for any irregularities can give you an early warning of testicular cancer.

There are many forms of testicular cancer that can be treated if caught early. The longer you wait, the more dangerous it

becomes and the more aggressive treatment is required. So, it's very important to spread awareness that you can check yourself to catch it early and avoid developing a more dangerous affliction.

Prostate cancer is another matter. It's recommended that you talk with your doctor at 50 years old about prostate cancer and the potential for being tested. However, like many other forms of cancer, prostate cancer can be linked to genetics.

So, if anyone in your family has ever been diagnosed with prostate cancer, it's important to start having this conversation early, around 45. Doing so could save your life.

RELIEVING STIGMA

This part of Movember is arguably the most important. According to recent surveys, men are less likely to talk about

health issues than women and are about twice as likely as women to put off seeing a doctor. While researching this article, I came across a case where someone once had a scare with testicular cancer but had put off going to the doctor because they felt awkward about it.

Luckily, his results were negative but, had he had worse issues, the extra time that he took before seeing a doctor could have led to permanent health issues or even death. The idea of having your prostate or testicles examined may seem like an awkward subject but both are very important to ensure that these issues are caught early. Any stigma around these issues should end immediately.

ABOUT MENTAL HEALTH

Mental health is a serious topic that affects both men and women alike but men feel less willing to reach out to friends or family involving issues of mental health. Suicide, in any form, is always a tragedy. If you are having mental health issues, it's important to reach out for help.

Even if the conversation about the mental health issues affecting men starts in November, it should last all year. If men were more willing to reach out about depression, anxiety, or any other issues of mental health, suicide would decrease. So, if you or anyone that you know is having trouble, start the conversation now.

Get out there and grow those 'staches, gents. Go to Movember.com to make a donation or join a Movember team. If you can't make a donation, simply become a part of the conversation. Having open conversations about men's health and about mental health can go a long way to prevent these issues from getting worse.



COURTESY OF WONDERHOWTO.COM

Men across Canada are growing moustaches to show their support for men's health.

Running low on \$? Work with the city
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Discovering the darkness

Growth of black holes explained by a University of Waterloo astrophysicist



COURTESY OF NASA.GOV

A conceptual image of the plasma disks that rotate around a black hole.

Harleen Kaur Dhillon
Editorial Assistant

Over a decade of work finally came to fruition for Avery Broderick, who works to unravel the mysteries of the universe.

Broderick, an associate faculty member at UW and the Perimeter Institute for Theoretical Physics, found evidence for his theory about black holes this October. Using the state-of-the-art technology of the GRAVITY Collaboration, Broderick was able to find evidence for how black holes grow and consume the matter around them.

In 2005, Broderick and his colleague Avi Loeb, theorized that flares from black holes were caused by two phenomena: the bending of light around the black hole and the generation of hot spots by magnetic reconfigurations. GRAVITY was able to detect the emissions of such flares from the black hole Sagittarius A* (Sgr A*), and scientists were able to see where it was growing.

"Black holes are gravitational masters of their domain, and anything that drifts too close will be blended into a superheated disk of plasma surrounding them," Bro-

derick said. "The matter trapped in the black hole's growing retinue then flows towards the event horizon — the point at which no light can escape — and consumed by the black hole via mechanisms that aren't yet fully understood."

The flares in question were observed earlier this year by the European Southern Observatory's Very Large Telescope in Chile, but could not be completely resolved. GRAVITY detected the emissions of the hotspots around the supermassive black hole.

"We believed [that] if flare timescales were close to orbital timescales around a black hole, they could actually represent bright features that were embedded within the accretion disk and help us understand the behaviour and growth of black holes," Broderick said.

Broderick hopes that this increased understanding of black holes can help further understanding of the nature of gravity.

"The lives of black holes have become substantially more clear today. My hope is that the same features seen by GRAVITY will be imaged in the near future, allowing us to unlock the nature of gravity. I'm optimistic that we won't have long to wait," he said.

**WEDNESDAY
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PHOTOS COURTESY ELIZABETH LAM

UW alumni creates Viral Beauty film featuring YouTube stars

Stills from *Viral Beauty*, starring Casey Killoran as main character, Marsha Day, an average individual that is thrown into the viral world of YouTube (above and below).

Maddie Lee
Reporter

Waterloo alumni and siblings Elizabeth and David Lam have been working with a team for the past three years to produce and release the feature length film, *Viral Beauty*.

The film touches on issues of cyberbullying, body image, diversity, and the effects fame has on both creators and consumers. These topics were conveyed using a fictional plot of an apparently average individual, Marsha Day, through her day-to-day activities as she goes from barista to virtual celebrity over the course of a few months.

To fully demonstrate the highs and lows of Marsha's journey, a variety of visual techniques were used by the producers including mock blog pages, YouTube video snippets, phone camera roll videos, and traditional acting scenes.

At its roots the film can be described as heightened realism, however, the producers made sure to incorporate real YouTubers as actors who played themselves in this fictional world. The YouTubers gave commentary on Marsha's online presence, which gave an authenticity to the film, as audience members may be familiar with the influencers featured, who were, for the most part, behaving as they would on their typical platform.

The writer of the film, Elizabeth Lam, was able to provide further insight into the pro-

duction process of *Viral Beauty*. Elizabeth graduated from University of Waterloo with a Bachelor of Computer Science and director David Lam from NYU after studying acting. Elizabeth expressed that she had always had an interest in both tech and the arts. She had written various short film scripts to develop her skills before taking on the project of a full-length feature film.

Originating from one of Elizabeth's short films, *Viral Beauty* got its start when the two siblings were together for the holidays in 2015. With their combined skill set, the duo was able to move forward with the project and continued to flesh out the script and production logistics through the greater part of 2015.

Despite numerous drafts of the script, the plot of a struggling protagonist looking for love online stayed consistent. This topic was chosen based on Elizabeth's history as a consumer of digital media and her exposure to the dangers of online communication.

To further develop the nuances of the film, the production team did extensive research into the lives of digital influencers. This included reaching out directly to notable online celebrities, including Perez Hilton, an American video blogger with an estimated net worth of over \$45 million.

Elizabeth conveyed that bringing in both influencers and traditional actors created a large cast and crew, and dealing with this number of individuals proved to be the most difficult part of the production process. The style of simulating a virtual envi-



***Viral Beauty* touches on issues of cyberbullying, body image, diversity, and the effects that fame has on both creators and consumers.**

ronment, which the film took on, meant the editing process was extensive. Each actor had various opinion segments which had to be cut and edited cohesively.

Another stylistic aspect of the film is the over-exaggeration of reactions by actors to various events in the film. The characters demonstrated immense feelings of joy, sadness, and anger. Elizabeth stated that this approach was taken to develop a sense of heightened realism in the film and to effectively convey the various themes in the script. These themes were chosen specifically to aid in conveying a cautionary tale with which many consumers are familiar. Hav-

ing a virtual presence makes one susceptible to security and privacy threats. The negative events that transpire through the film depict the severity of some of these threats.

Elizabeth hopes that *Viral Beauty* can continue to gain traction from the media so that these messages can reach a wider audience. She expressed that the film can appeal to many different audiences as it has many levels of complexity, specifically surrounding diversity of age, gender, sexuality, and opinions.

Information on *Viral Beauty* can be found on Amazon, Google Play, YouTube, and <http://www.viralbeautymovie.com/>



JULIA LUMINI

Bust casting at The Glow Centre for UW Women's Centre's Love Your Body Week (LYBW).

Harleen Kaur Dhillon & Charlotte Hings
Editorial Assistant & Managing Editor

Riley Cooper couldn't see the beauty in her body until she saw her body as others see it. "I feel like I have a lot of like body issues and people around me are always trying to get me to love myself. But I never could really believe it until this experience of just being in touch with not just your body but like the beauty in my body and how unique it is. I love the idea of using your body for art and seeing the beauty in it," the first-year urban planning student said.

Cooper went to one of the many events that were a part of UW Women's Centre's Love Your Body Week (LYBW) which took place over the week of Nov. 5 to Nov. 9. These events all dedicated to promote body positivity and loving your body.

The events included a Women in Arts Panel, Bust Casting, Felt Vulva craft night, and discussions about body politics and sex education. All of the events provided community and support for all participants.

"I feel like it was a very good experience

to just hear about women who are actually in art talk about their experience," Batt Batsaikhan, an Honours Science student, who attended the Women in Arts Panel, said.

"Even in my field, I can see the similarities of what they experienced with myself as well. Which I think is good, as a general like feminist thing, it's good. It's not just about arts, it's about women."

WOMEN IN ARTS PANEL

A panel of artists and curators from the UW community came together in the QNC to discuss topics ranging from the nature of art versus craft to the position of women in the art world to the colonization of museums and art. In addition, panelists spoke to the barriers they have faced to reaching success in the art world. Finally, they had some advice for budding artists in the room.

"There's so many ways to get your art out there. One of the most important things to do is to trouble things in systems," Joan Coutu, a faculty member in the Fine Arts Department of UW, said.

"I think a lot of people [...] are all waiting for the moment that you are just fed up with everything and you're not going to do anymore," Soheila Esfahani, a Fine Arts graduate from and Studies in Islam lecturer in UW, said. "But I think that's the moment that you should rise and [...] participate and persist rather than stepping back all the time."

BUST CASTING

The Glow Centre saw nearly 50 young women come in and apply plaster to their chests to create a cast of their breasts. A discussion about the stigmatization and experience of having breasts preceded the plastering. A safe space ensured that none of the women were sexualized and that everyone enjoyed themselves.

"I think for me it was really refresh-

ing to hear a group of women talk so honestly about barriers in the art world because I think oftentimes, at least in my studies in fine arts in high school and in university, it's something that isn't necessarily as talked about in the classroom as much. I think creating events like this where there's a space to openly talk about these things and address the issues that are going on is a really positive thing," Jazlyn Pels, an Honours Science student said.

THE SEX ED. YOU WISH YOU'D HAD

The goal of this event was to destigmatize the topic of sex by debunking the most common sex myths with a game of Sex Myths Kahoot, a hands-on demo about how to make your own dental dam, and a Q&A session that allowed important sexual health questions to be discussed in a safe environment.

BODY POLITICS

"One girl in the fifth grade told me that she posted on Instagram, a picture of her manicure, because she was really excited about it and someone told her that her fingers were fat, and then she shut down her instagram," Amanda Raffoul, a PhD Candidate in the School of Public Health and Health Systems, recounted.

Girls growing up under the influence of societal norms and values, are taught to equate their self-worth to the state of their bodies. They must be slender and small. The less space they take up, the more they will matter. "Among the general population there is an assumption that fat is bad, thin is good, in not only appearance-based senses, but also in a health related sense," Raffoul said. This perception of obesity undermines a lot of the complex, physiological causes of obesity, that have nothing to do with personal character. The way obesity and

Sewed felt vulvas (right) and a bouquet of hearts from Women in Arts Panel (below).



CHARLOTTE HINGS



DOMINIKA PIOSIK



JULIA LUMINI

Bust casting (right).

weight are portrayed in society has tremendous influence on the policies that work to tackle the issues. "We just keep telling kids in schools that they need to eat their vegetables[...] and we don't provide anything to address that complexity," said Raffoul.

FELT VULVAS

A small gathering of participants in the Women's Centre worked to create vulvas out of felt on Friday. Everyone unleashed their creative sides with clever sewing and stylistic talents. The common goal of making the vulvas allowed for open discussion on various topics among the participants as well as an opportunity for learning new skills.

"I like that it's a little community where you feel safe and it's all just like women supporting women," Batsaikhan said.



JULIA LUMINI



JULIA LUMINI



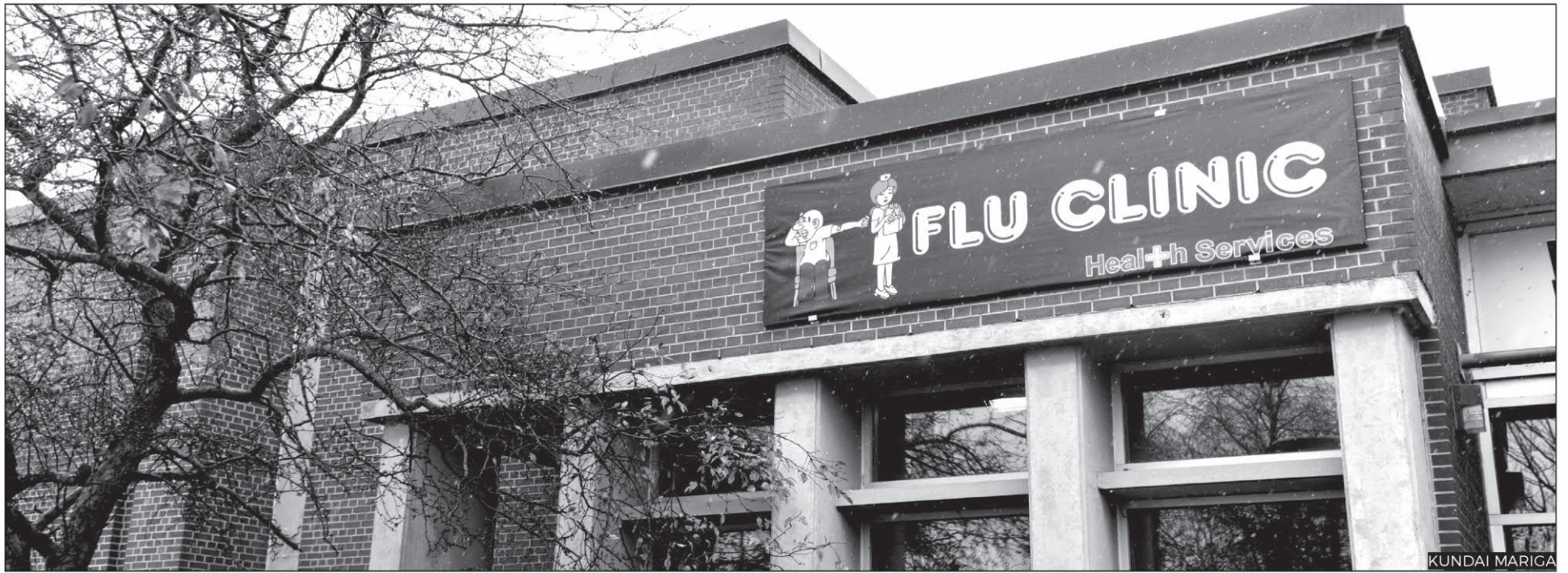
DOMINIKA PIOSIK

sports & health



WRITE FOR SPORTS
 Want to go to UW games for Imprint?
 You'll be able to talk to players, coaches and fans!
 For more info email sports@uwimprint.ca.

How to stop post-vaccine arm soreness



KUNDAI MARIGA

A Flu Clinic sign outside Student Life Centre. If you missed the flu shot clinics in the SLC, flu shots are available at many pharmacies and walk-in clinics in the community.

Lawrentina D'Souza
 Reporter

It's flu season, and whether you're getting vaccinated at Health Services or off campus, it's apparent that what's good for our health isn't necessarily the most painless thing. It turns out that the post-vaccine swelling and pain commonly experienced after getting a shot has a name; Shoulder Injury Related to Vaccine Administration (SIRVA).

Dr. Sherilyn Houle, Dr. Kelly Grindrod, and Ashley Bancsi at the University of Waterloo have been looking into ways to minimize the effects of SIRVA which include:

1. Wearing a sleeveless or 'easy arm access,' shirt to avoid pulling the shirt down for a vaccination – which in fact causes the needle to go into the shoulder rather than the arm
2. Correct posture – such as placing your hand on your hip, to relax the arm at the site of injection

tion

3. Ensuring that both parties (administrator and recipient) are seated or standing for the vaccination since the height and angle difference increases risk of SIRVA.

These University of Waterloo researchers, aided by University of Waterloo alumnus Adrian Poon, have also designed an infographic for health professionals to ensure that vaccination administration is as efficient and painless as possible.

SIRVA is usually caused by:

1. Short needles injecting under the skin rather than into muscle.
2. Long needles injecting into bone or nerves.
3. Injecting patients' nerves when the needle is too low or sideways.
4. Injecting patients' shoulder joints when the needle is too high.

Although some discomfort and limited arm motion following vaccinations is normal, SIRVA pain usually lasts more than two days, typically months, and will not go away with the help of com-

mon painkillers such as Tylenol or Advil. As rare as it is, it is usually diagnosed by a doctor with an ultrasound and treated with physiotherapy and steroid medication.

It's often difficult to keep on top of eating well, sleeping regularly, and exercising when students are busy with university and work. If you choose to get vaccinated – both to protect yourself and the less immune in the community – make sure to make it as painless a process as possible with the above SIRVA knowledge and tips.

THIS WEEK IN ATHLETICS AND RECREATION

im print



W HOCKEY
 NOVEMBER 16
 VS WINDSOR
 7:00 PM
 CIF ARENA



M HOCKEY
 NOVEMBER 17
 VS LAKEHEAD
 7:00 PM
 CIF ARENA

REAL WARRIORS WEAR PINK

3-ON-3 INDOOR SOCCER TOURNAMENT
 SATURDAY, NOVEMBER 24, 2018
 CIF GYM / \$45 PER TEAM

Domino's

ATHLETES OF THE WEEK

NOLAN SPENCER
 VOLLEYBALL

CLAIRE GAGNE
 VOLLEYBALL



Warriors' football future is bright

PHOTOS COURTESY UNIVERSITY OF WATERLOO

Tre Ford, Waterloo Warriors football player was named the Ontario University Athletics' (OUA) most valuable player. Tre, in action against Carleton Ravens.

Syed Naqvi
Sports Editor

Tre Ford has been named the Ontario University Athletics' (OUA) MVP and he adds this top individual to an already growing trophy cabinet, which also includes the OUA's top freshman he received last year.

In achieving this accolade, Ford joins an exclusive list of previous Warriors, which includes Tom Chartier, Jarret Smith and Mike Bradley.

The overwhelming empirical evidence at hand suggests that Ford was indeed the best player in OUA Football this season. He completed a total of 27 touchdown passes, the highest in OUA for this season. He covered a total distance of 2822 yards in passing yards, another high for the season. Not only that, his pass completion percentage of 74.1 is the new OUA single-season record. On top of all this, he had the fewest interceptions (2) amongst qualified passers. And despite being in the quarterback position, Ford covered a total of 641 yards whilst rushing.

Moving away from the cumulative season statistics, his statistics in separate games were as impressive as his statistics for the season, if not more. He set multiple records in Warriors football history. The first of which was that when he completed 25 out of 28 passes for 463 yards and 6 touchdowns, and additionally he completed 58 yards and a touchdown on the ground. It only took him a few weeks to break his own records as he completed 472 yards and contributed to three touchdowns with his immaculate passing. And he delivered this game-defining performance against Laurier Golden

Hawks, in the process leading Warriors to historic win – for the first time in 15 years – in the battle of Waterloo.

If we look at OUA football history in general, then, in terms of passing, Ford's season with Warriors will undoubtedly go down as one of the best seasons. He formed a prodigious partnership with Tyler Ternowski as both of them combined for a total of 14 touchdowns. And if one was to look at the key factor which helped Warriors to a first post-season since 2003, it will be this combination of Ford and Ternowski. In fact, not only that, Ford also helps make his teammates better, as six members, including Ford and Ternowski, of the Warriors earned OUA all-star selections.

Warriors did not just have Ford selected for MVP, but Ford passed his mantle as the rookie of the year to another Warrior, Jack Hinsperger. Hinsperger, a first-year linebacker, has impressed since joining the Warriors football team. Hinsperger came to Warriors with a lot of excitement surrounding his defensive ability, and he has lived up to his billing. He had the second highest tackles on the team, with 4.6 tackles, 2.5 sacks and one fumble recovery per game. And given the fact that he missed games due to injury, those are some impressive statistics indeed. It took just two games to announce his arrival on the big stage as in his second game with the Warriors against Toronto Varsity Blues, he led the team with 5.5 tackles and had 1.5 sacks.

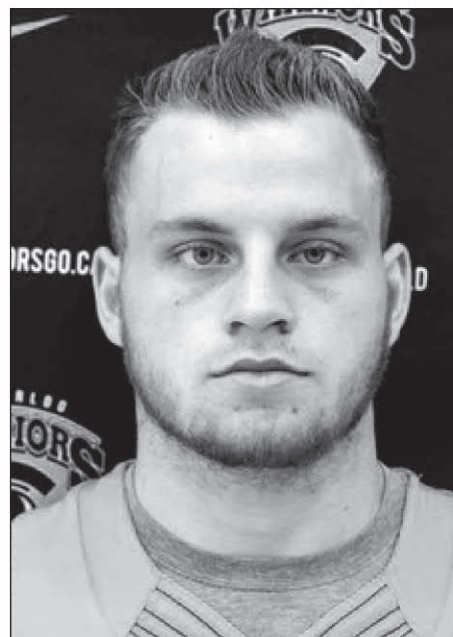
In week six of the season against York, he injured himself and subsequently missed the last two games in regular season. He returned in the playoff loss against Guelph and he proved to be one of the best players in that game as he contributed 8 tack-

les in the post-season game of his career. In winning the Norm Marshall (rookie of the season) trophy, he joins the elite list of Warriors who have won this accolade. Other athletes in that list include Jordan Verdone and Ford.

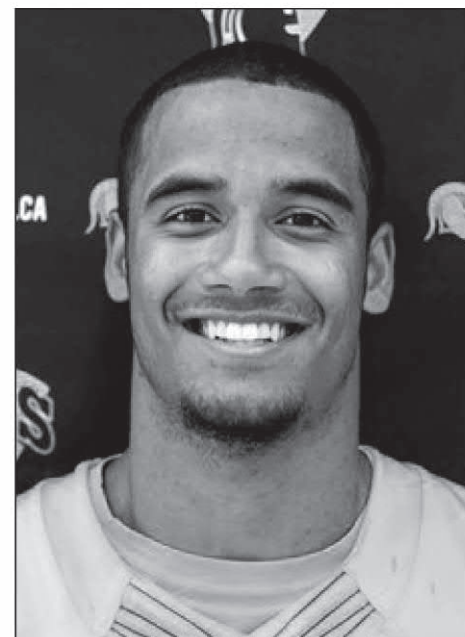
Hinsperger has been a revelation this season for the Warriors and he follows in the footsteps of Ford with the potential to become a future superstar for the Warriors. And the acquisition of both these powerhouses speaks volumes about the effectiveness of Warriors' recruitment program. It does not matter if Warriors did not win the championship this season, because, if anything, the fact that University of Waterloo

has become such an attractive destination for young promising athletes means that Warriors are building a formidable team for the future. And that team will be capable of achieving greatness and defining an era.

The immediate next step for both these stars are national accolades, as by virtue of their provincial awards, Ford is nominated for Hec Crighton Trophy and Hinsperger is nominated for the Peter Gorman Trophy. If Ford is able to attain the Hec Crighton Trophy, given to the nation's most outstanding player, he will become the first Warrior in history to get that accolade. On Nov. 24th, we can potentially see both these precocious talents getting recognition for their talents.



Warriors football player Jack Hinsperger.



Warriors football player Tre Ford.

imprint

Wednesday, November 14, 2018 | Vol. 41, No. 17
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Next scheduled post-mortem meeting:

Wednesday, Nov. 14 at 3 p.m.
 Imprint Office, SLC 0137

Next scheduled board of directors meeting:

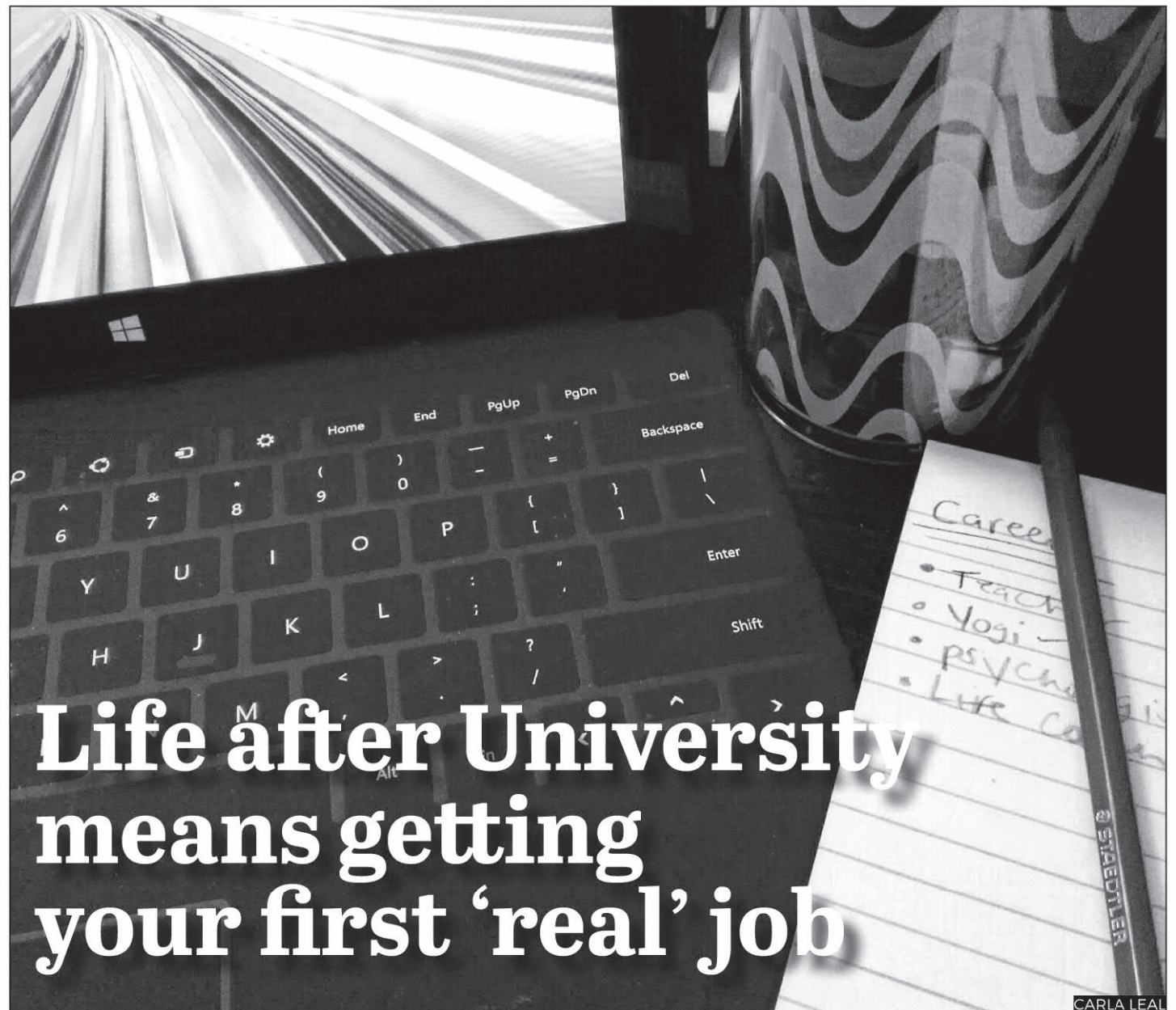
Thursday, Nov. 15 at 5:30 p.m.

opinion



HAVE YOUR SAY

Submit your letter to the editor or your community editorial to opinion@uwimprint.ca. Find more opinions at uwimprint.ca.



CARLA LEAL

Planning your career action plan gives you insight on

Life after University is getting closer. Here are a few things to consider before getting started with career planning.

ASK YOURSELF SOME QUESTIONS FIRST:

What are the key skills that you gained through your degree? What are you good at? What are your career goals? Personal development goals? Do you want job passion? Or money? From here, create your career action plan.

CAREER OPTIONS:

You will have to research the career options available to you in your field of study. Read the job descriptions and required qualifications for each position. Look before you leap; job satisfaction is important, and you don't want to waste your time applying for jobs you are not qualified for.

CREDENTIALS:

Now it is time to get your cover letter and resume up to date. Tailor them to fit each position for which you are applying. Include skills and key words mentioned in the job posting. This is a time consuming process indeed. A great cover letter and resume will allow you to stand out. Remember your fellow alum are also searching for jobs.

BE PROACTIVE:

As mentioned, job hunting is an unavoidable, necessary evil. Dive into newspapers, ads, job sites, social media pages, and network through friends and family. Happy hunting.

INTERVIEW PROCESS:

Hooray! You landed an interview! Now what? Before heading into an interview, research the company, and know the specifics of the position you applied for. During the

interview, make sure to engage the interviewer by asking questions. Interviews provide practice if nothing else. Rejection is inevitable in this process. On to the next one.

BE OPEN TO OPTIONS:

Wait! It will be so enticing to accept the first job offer you receive. Don't sell yourself short. Make sure this position allows for job satisfaction, will enable you to attain your career goals, and pay the bills each month.

START AT THE BOTTOM:

Now you are here; the newest member of the team. You will most likely work your way from the ground up. Short term pain for long term gain. Focus on career development, and dive into any training opportunities that come your way. It will be worth it!

LC
 Submitted

A five star rating, please

Falling into a state of dependency on external validation

The world of Lacie Pound in the Black Mirror episode, *Nosedive*, turns today's well known app, Yelp into reality. In this world, every interaction is rated from one to five stars, and a great socioeconomic status depends on the highest possible one. Us. Like many of us, Lacie longs to live a comfortable life with luxuries: a house in the right neighbourhood, a picturesque boyfriend and an invitation to all the lavish events. The pressure to gain a rating high enough to unlock this dream leads to hours spent practicing smiles in the mirror, manufacturing the perfect social timeline, and flashing her best manners at everyone she meets. Hate the idea? Too bad, it's where we're headed.

Today, there is a way for us to feel constantly connected to everything that happens around the world. From the most recent international news to the most recent memes on our favourite platforms, "boredom" is merely a choice now. I almost feel like I'm betraying the true meaning of the word as our standard for what is classified as boredom these days seems so inaccurate. Boredom somehow appears the moment there are no new Snapchats to respond to, no more Instagram pictures to scroll through, or no new Tinder profiles to swipe on.

This overwhelmingly tapped in

network manifests in us a common fear of being fundamentally boring, of lacking value in comparison to others. When the classic term "The Simple Life" is heard it's now interpreted as "The Boring Life". As absurd as it sounds to link this inner belief to social media, it's true. It's because we begin to project our expectations of our technology onto ourselves. The message we begin to tell ourselves is, "if I cannot entertain [Insert Person here], then they will discover that I am boring and not worth their time".

Then this belief begins to claw its way into our beliefs towards relationships and connections with others. In order to avoid unboxing the insecurities of never being complex enough as an individual, we turn to a duct tape solution of making our outward appearance stimulating enough so that the world will forgive us for our internal shortcomings. We become dependent on external validation of our worth.

The scale for value begins to be weighed in the number of likes we receive. There is now a need to edit and filter our lives through the lens of a camera to portray what we believe will be the most pleasing to the world.

By falling into a state of dependency on external validation, it seems safer to engage in media content that focuses on the visu-



Still from Netflix episode *Nosedive*.

COURTESY NETFLIX

al, rather than the person behind the photos. This has made for the perfect incubator for gamified dating apps. They allow us to create a visual driven profile to search for "connections".

Turning to these apps can often continue the vicious thought cycle of worrying we lack depth, deciding our outward appearance should be our most entertaining component, turning to outward validation, and beginning to believe we were right when we re-

ceive the expected response. It's this cycle that has led to the creation of "hookup culture", where engaging in a flirty, surface level way is much more appealing than the thought of having to be real with someone.

After comparing Lacie's world to my own, I was eerily disturbed. The premise of the episode was not twisted or unreal, it was the exact opposite. It gave a glimpse into our own end destination. Simply receiving some likes on a

photo won't be enough. We'll begin to desperately rely on these outward ratings to make it through the day, being utterly destroyed by a drop in rating. It is this future that shows how social media, when used how the western world does, leads to a toxic self talk that teaches people they are lacking something important and unavoidably boring.

Anonymous
Submitted

Students' passion in University

Waterloo students try to do too much and get burnt out.

When I was in university every student had their thing, but I feel like myself, and the people I knew had one or two volunteer positions on their plate, while most of the Waterloo students I know have three and four volunteer commitments on top of jobs and hefty academic responsibilities.

It seems like most students are burned out by this point in the semester and not performing well. At student newspapers I wrote for and eventually managed as a student, people were lined up and fighting over articles, topics, column inches and event tickets every week, but here, I have emails and students stopping by to express an interest in writing, but articles don't come in.

We have a core group of extraordinarily dedicated volunteers who I value and appre-



Ariel view of Waterloo campus.

ciate more than words can express because without them there wouldn't be a paper.

I want more passionate volunteers to take this paper to the next level. I want to see people in the Imprint office arguing over politics at the university, provincial legislation that affects young people and events the university should or shouldn't be hosting.

I want passion in my newsroom. I want to see, hear and feel the next generation caring about their future. I want to see young minds trying to make a difference in the community. I want to fuel that fire, but I feel a lot of apathy. I wish I knew how to turn that around. I don't want to say it's because this generation is lazy. I know that's not true.

I don't want to say it's because you don't care. I know that's not true.

Is it because there is just too much to do

and too much to care about? It seems people want to reach out and they want to try, but is it just to put on their resume? Or do they really want to write, expose the truth and tell the community about the things they need to know and just not have the time or the will to do it.

I'd like answers. Tell me why it's so hard for students to commit to a cause that demands they make an effort.

Tell me why young people don't vote, why so many know so little about our civic system, and why so few are doing the real work to make real change in a society so many of you seem so discontent in.

Email me your answers and your frustrations at editor@uwimprint.ca.

Victoria Gray
Executive Editor

campus bulletin

WHAT'S HAPPENING AROUND TOWN

Submit your 30-word announcement or upcoming event to ads@uwimprint.ca for free.

upcoming events

Wednesday, November 14 to 17 Theatre and Performance

program presents Fall term production "Tomorrow Love" at the Theatre of the Arts in Modern Languages, UW. For more info/tickets 519-888-4908 or Janelle at jrainville@uwaterloo.ca.

Saturday, November 17 & 18 Grand Philharmonic Choir and Mark Vuorinen, Artistic Director presents "Considering Matthew Shepard" at Humanities Theatre, UW. Nov 17 performance at 7:30 p.m. and Nov 18 performance at 3 p.m. First performance in Canada. For info/tickets 519-888-4908 or www.centreinthesquare.com or www.grandphilchoir.com.

Wednesday, November 21 Walter Bean Public Lecture (free) - "On the State of Freshwater Fish and Fisheries: Finding a Future for the Forgotten," from 7 to 8:30 p.m., Humanities Theatre, Hagey Hall, with speaker Dr. Steven Cooke. Register at www.waterloo.imodules.com/tdwalter-bean.

Friday, November 23 Gamelan Ensemble Concert at Humanities Theatre, UW, at 7:30 p.m. Free admission. For more

info 519-885-0220, ext 24226 or music@uwaterloo.ca.

Friday, November 23 & 24 Booklovers - find treasures at the Elora Festival Singers Christmas Book Sale from 3 to 8 p.m. on Friday and 10 a.m. to 2 p.m. on Saturday.

Cash only event. Admission and parking are free at the EFS Book Depot, 380 St. Andrews Street, W., Fergus (side entrance).

Saturday, November 24 UW Choir Concert "Musik's Empire" at First United Church, 16 William Street, Waterloo at 7:30 p.m. For more info/tickets www.uwaterloo.ca/music or 519-885-0220, ext 24226.

Thursday, November 29 Orchestra UWaterloo "Telling the Story" at Humanities Theatre, UW, at 7:30 p.m. Free admission. For more info music@uwaterloo.ca or 519-885-0220, ext 24226.

Saturday, December 8 Galaxy of Gifts - a fundraiser for Lutherwood Foundation at Luther Village on the Park - Great Hall, 141 Father David Bauer Drive, Waterloo. Over 50 tables of handcrafted items, jewelry and more! Free admission; door prizes; BBQ food and refreshments. For more info 519-783-3710.

WINTER TERM 2019 JOBS *imprint*

UW WORK STUDY

VOLUNTEER BOARD COORDINATOR ASSISTANT

January 7 start Monday to Friday, part-time; \$14.00/hour.

Highly organized with excellent verbal and written skills, along with group management. Assisting the Executive Editor and Advertising and Production Manager with social recruiting events, *Imprint* training workshops, volunteer team spirit, appreciation luncheon, etc.

For further information on job description or applying for this job, please email cover letter and resume to editor@uwimprint.ca or drop in to the office, SLCO137.

BOARD ASSISTANT

January 7 start Monday to Friday, 10 hours/week; \$14.00/hour.

Assisting the Executive Editor, Advertising and Production Manager and the Board of Directors with ongoing projects such as databases, committee participation, website upkeep for Board minutes, research and other jobs as required.

For further information on job description or applying for this job, please email cover letter and resume to ads@uwimprint.ca or drop in to the office, SLCO137.

SALES ASSISTANT

January 7 start Monday to Friday, part-time; \$14.00/hour.

Assisting the Advertising and Production Manager with existing and new cold-call sales, for the purpose of advertisers promoting their business in *Imprint* to the UW community and the general public in Waterloo, Kitchener, Cambridge and Stratford.

For further information on job description or applying for this job, please email cover letter and resume to ads@uwimprint.ca or drop in to the office, SLCO137.

service directory

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Buy your ad for 1 month at \$99 and get 1 month free!

Contact ads@uwimprint.ca.

GENERAL SERVICES

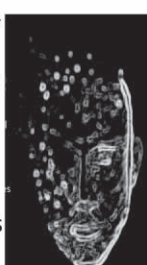
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VOLUNTEERING

SECTION EDITORS for News, Opinion, Science, Distractions, Arts & Sports.

Other positions available; are Head Designer, Graphics Editor, Copy Editor, Video Editor, and Satellite Campus Editor.

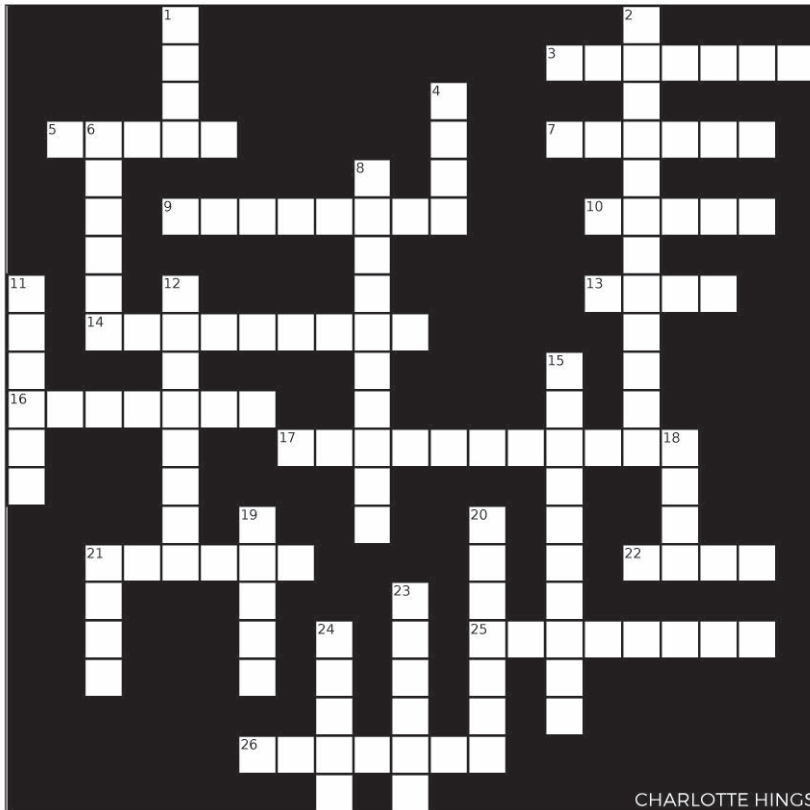
Apply to editor@uwimprint.ca with cover letter/resume/portfolio samples.

distractions



EVERYBUNNY IS SOMEBUNNY; NEVER ABOVE YOU, NEVER BELOW YOU!

The First Snow!



CHARLOTTE HINGS

Across

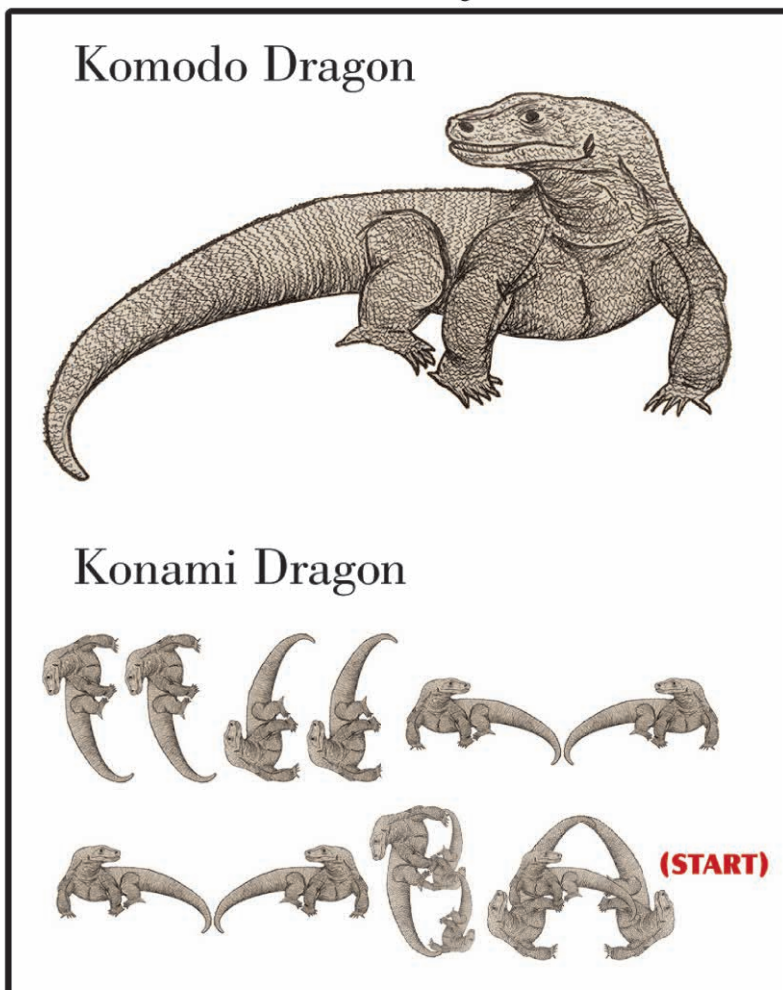
- 3. Taking a day off because of snow
- 5. A home made of ice and [22 across]
- 7. Winter team sport popular in Canada
- 9. A storm with a lot of [21 down] and snow
- 10. The Great White _____
- 13. Worn outside to keep the body warm
- 14. Special footwear to trek through snow
- 16. Sponge Bob sings an ode to this place with Penny, Chip and Napkin

- 17. Records temperature
- 21. The coldest season of the year
- 22. Brings the white to White Christmas
- 25. What the sidewalks and roads become when it snows
- 26. Keeps fingers warm in two separate sections

Down

- 1. Degrees celsius when water turns to ice
- 2. Hot beverage
- 4. Used to describe low temperature
- 6. Keep each individual finger toasty warm
- 8. The main unit of temperature used in the United States
- 11. Downhill or cross-country
- 12. Used to go down a snowy hill while sitting down
- 15. A winter sport
- 18. Liquid precipitation
- 19. A better place to be (where it's warm and sunny)
- 20. A unit of temperature
- 21. The movement of air through space
- 23. Used to warm indoor spaces
- 24. Warm footwear worn in the winter time

The Konami Dragon



@nojokesjustfeels

By Peter Neathway



"Merry Christmas" said the neighbour

BY TIMM BISHOP

Sudoku

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

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

COURTESY WEBSUDOKU

Solution to last week's crossword:



How are we doing?

Imprint Reader Survey, Fall 2018

Complete this survey online at uwimprint.ca!

Drop this page off at Imprint (SLC 0137) or at the Turnkey desk for a chance to win \$200 K167 Tiesto Headphones.

Winner to be announced Dec. 17 online at uwimprint.ca and over social media.

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

1 2 3 4 5
 Never Sometimes Always

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

1 2 3 4 5
 Poor Sometimes Excellent

Question 3: On a scale of 1 (never) to 5 (always) how likely are you to read the following sections?

News	Opinion	Features	Arts	Science	Sports	Distractions

Question 4: Rate this statement: "Imprint keeps me adequately informed on campus issues."

1 2 3 4 5
 Strongly Disagree Neutral Strongly Agree

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

News	Opinion	Features	Arts	Science	Sports	Distractions

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

1 2 3 4 5
 Never A few times a month Monthly Weekly Daily

Question 7: Where do you read Imprint most? Circle one.

◆ Print edition ◆ Online

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

1 2 3 4 5
 Never A few times a month Monthly Weekly Daily

Question 9: What's your favourite part of Imprint?

.....

Question 10: What's Imprint missing that you'd like to add?

.....

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

.....

(Optional for prize)

NAME:

E-MAIL:

YEAR & MAJOR:

PHONE NUMBER:

Want to Volunteer? Bring this to SLC 0137.

What would you like to do at Imprint?

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

Other (_____)

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

Yes () No ()

Name: _____

Program: _____

Email: _____

Section preferences: News () Opinion ()

Features () A&E () Science () Sports ()

Comics and Distraction () Photo ()