



p4

OPIOID CRISIS

Drug overdoses are on the rise throughout Canada. Learn about the Region of Waterloo's plan to fix the problem.



UW SHAD

Helping youth broaden their horizons and get involved. P2

DE-STRESS WITH YOGA P11
Lean how yoga can keep you balanced while you study.

PADDLEBOARDING P9
Paddling to raise awareness about the importance of water.

CLASH WITH PROF. P13
An open letter to a professor who doesn't understand

Keeping it Frsh on campus p3.



VICTORIA GRAY

SHAD-dering boundaries

Sarah Givlin
Intern Reporter

SHAD's program is leading young, bright minds to discover the ideas of the future.

SHAD is an award winning Canadian enrichment program for high school students and provides programming focused on the fields of STEAM (science, technology, engineering, arts, and mathematics).

SHAD is carried out at 16 universities throughout Canada, and aims to open up a broad future for students.

Mesgna Mesgna, a student involved in SHAD, spoke about the program and what he got out of it.

Mesgna is from Winnipeg, MB and is one of many students who travelled across Canada to participate in SHAD.

"We are all from different cities, we all have different high school experiences, we are all in different programs, but a lot of the things we are learning here—they aren't things that we get the chance to expand on in high school. These things enrich us in something much more," Mesgna said. "This program isn't challenging in the

sense that it is hard, but it is challenging in the sense that it is inspiring us to consider the different ways to think or look at something."

SHAD encourages its teen participants to explore different potential careers and possibly look at a subject in a different light.

"I knew after this school year, from all the work we did with computers, that I wanted to do something in computer science. But, since I have enrolled in [the] business program in SHAD, I would like to do something that connects computers and business," Mesgna said.

Mesgna doesn't stop with just business and tech. He also coaches a basketball league and acted in a play last year.

From these past experiences Mesgna wants to broaden his exposure of the arts world and maybe even write and direct a play of his own.

"We had a music night the other day and there are so many people who can play instruments; it has really inspired me to try that aspect of arts. I never thought that would be interesting but everyone here is really inspiring," Mesgna said.

Mesgna has been working on

getting to know everyone at SHAD in hopes that he will learn something new from each person.

"Listening to a lot of other people's stories and seeing what they have to bring to the table, it really inspires you to do things that you never thought to do or never thought you could do," Mesgna said.

With SHAD's emphasis on experiential learning, these students are also able to get involved in solving problems we may face in the future.

They solve projects and activities in a stimulating environment, where they learn from professors, business leaders, entrepreneurs, and innovators.

"This is a beginning of a new chapter. I really believe that if you put 100 per cent of your time and energy into everything you will be setting yourself up for greatness," Mesgna said. "Remember to always make the best out of every situation because even if it's not what you wanted, the amount of experience and opportunities you can get out of it is unbelievable."

For more information about how you can get involved with SHAD, contact SHAD's program manager, Kim Bouche, at kabouche@uwaterloo.ca.



SHAD participants broaden their understanding of many disciplines.

Police briefs

The Waterloo Regional Police Service is asking for the public's assistance in locating Arvind Ravi, 21. Arvind left his home in Waterloo on September 6, and may have gone to the St. Catharines and Niagara Falls area.

He has not been heard from since and his family and friends are concerned for his well-being. Arvind is about five feet, five inches tall, 161 pounds with black hair and brown eyes. Arvind recently shaved his beard.

Anyone with information is asked to contact police at 519-570-9777 ext. 6399 or Crime Stoppers at 1-800-222-8477.

Waterloo Regional Police responded to a robbery in the area of Westmount Road and Westcourt Place in Waterloo on Sept. 7, 2018, at approximately 10:40 p.m.

A male was approached by two other males who asked him for directions.

When the male victim produced his cell phone to check for the location of the requested address, the two males struck the victim and took his phone. The victim sustained minor injuries. The two males fled in an older model green or turquoise car.

Anyone with information is

asked to call police at 519-570-9777 ext. 6399 or Crime Stoppers at 1-800-222-8477.

Waterloo Regional Police responded to a residence on King Street North in Waterloo on September 6, after an assault was reported to have occurred at a house party.

During the incident, a fire alarm was pulled and, as a result, the building evacuated.

One male was arrested in connection to the incident.

Anyone with information is asked to call police at 519-570-9777 ext. 6399 or Crime Stoppers

at 1-800-222-8477.

Waterloo Regional Police arrested a 34-year-old male in connection to the CIBC bank robbery in August.

He was charged with robbery with firearm, disguise with intent, breach probation, breach court order and multiple controlled drugs and substances offences.

Police responded to a CIBC bank, at 245 Strasburg Road in Kitchener, after a robbery on Aug. 17.

A male entered the bank and demanded cash.

No one was injured during the robbery.

Corrections

The August 29 issue of Imprint: Pg 4: it incorrectly stated The Bike Centre opened earlier this year, but it opened in 1995.

Pg. 19: Savannah Richardson's title was incorrectly stated as the VP of social life, it is Vice President Student Life.

Pg. 9: In a piece submitted by Feds, the Fall Break Referendum was scheduled for September 19 and 20. It has since been changed to October 3 and 4.

Pg. 7: the prices for GO bus tickets were stated incorrectly. Please check uwaterloo.ca/student-life-centre/node/9/go-transit for the correct prices.

Veg out at UW's new vegan restaurant

Victoria Gray
Executive Editor

Andrea Bale wants to do her part to help create a sustainable environment and part of that is eating less meat.

"I'm trying to [eat vegan] more and more," the sustainability engagement coordinator at the University of Waterloo said. "Since stepping into this position I've made a conscious effort to eat less meat because of some of the things I've learned [about the meat industry and the environment]."

Bale attended the launch of Frsh, a new all-vegan restaurant in the Applied Health Sciences Building on Aug. 28 and said the restaurant is truly unique.

The restaurant officially opened Sept. 4. It offers custom made rice or quinoa bowls, hot burritos, sandwiches, salads, wraps, smoothies and fresh squeezed juices as well as a soup of the day.

Amanda Leibeck, marketing and communications coordinator for Food Services said as many ingredients as possible are sourced locally and everything is as fresh as possible.

"If it grows locally or we can source it locally, we will, but obviously things like avocados aren't local," she said.

Liebeck said Food Services has tossed around the idea of an all-vegan menu for a few years, but there wasn't a space available to implement it, until now.

"The demand for vegan and vegetarian food options have increased and about 35 per cent have shown interest in wanting to

try vegan foods," Liebeck said.

Annette Carroll, Food Services financial coordinator tried one of the restaurant's flat breads and said she's waited with excitement for the restaurant to open. In her opinion, it's an important option to have available on campus.

"Some people want to feel comfortable about what they are eating and some people are concerned about contamination and health and nutrition," she said.

Frsh accepts Watcard flex dollars, cash, Interac, and offers a 50 per cent discount for students on a meal plan.

Gord Cooledge, executive chef at UW said although he is not vegan he has a lot of experience creating vegan dishes.

He spent six years in Africa and was instrumental in opening the first vegetarian restaurant at McMaster University in 2002.

He said there is a concern about sustainability and one way to create a sustainable environment is to eat less meat and he's keen to help offer that option to students.

"It's been a long-time passion project," he said. "We consulted with the animal rights society on campus and implemented changes to the menu at their suggestion."

Andrew Scheifele, a senior safety officer at UW, who is healthy conscious, said he's happy everyone has access to something they may enjoy.

"It's fantastic," he said. "I'm so excited this option is available to the campus community."

Frsh is open Monday to Friday from 11 a.m. to 2:30 p.m. and closed on Saturdays and Sundays.

For more information visit uwaterloo.ca/food-services/.



Gord Cooledge, UW Food Services executive chef with a Frsh salad bowl at the soft opening on Aug. 28.



Andrea Bale, UW sustainability engagement coordinator is trying to eat less meat to reduce her environmental footprint.

"Nobody Regrets Buying Quality"

Campus Pizza

519-747-9888

OPEN TILL 5AM 7 DAYS A WEEK

WE ACCEPT WAT CARD

VISA MasterCard AMERICAN EXPRESS

www.campuspizza.ca

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

EVERYDAY STUDENT SPECIAL

Large 1-TOPPING PIZZA - \$7.99!

BRING IN AD OR SHOW ID * Gluten Free & Whole Wheat doughs available!

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

Waterloo fighting the opioid crisis

Diego Duran
Reporter

Opioid-related deaths have been on the rise in the Waterloo region.

Rising almost 270 per cent from 2015 to 2017, this year is on track to becoming one of the highest years to date. With such an increase, the region has begun to act and revamp their approach to this ongoing crisis.

The effects of the opioid crisis have been on the rise in the Waterloo region with a reported 23 opioid related deaths in 2015, 38 in 2016, and 85 in 2017. The Region's Paramedic Services have also seen a 304 per cent increase in the number of opioid-related overdose calls, with calls concentrated in Central Kitchener, Central-South Kitchener, and South Cambridge. With such a rise, the Waterloo Region's opioid-related death rate has surpassed the average for the province of Ontario.

The Waterloo Region Integrated Drug Strategy Special Committee, in conjunction with public health officials and stakeholders, is leading the new Opioid Response Plan, with the Committee working hard to address issues such as substance abuse since 2012.

The current Response Plan is designed on a four-pillar approach with a 'fifth pillar,' that incorporates all the previous ideas into an integrated plan. The four pillars are categorized as Prevention, Harm Reduction, Recovery and Rehabilitation, and Enforcement and Justice with an overall goal of preventing, reducing, or eliminating negative opioid use.

The new Response Plan focuses on revising and adding new strategies to the current

one.

In the Prevention pillar, the committee proposed a youth engagement strategy similar to the Youth in Iceland approach. Like the Youth in Iceland approach, the Prevention pillar uses a youth engagement strategy that takes a community and evidence-based approach to bring youth and families in the region together while removing participation barriers and creating more engagement opportunities.

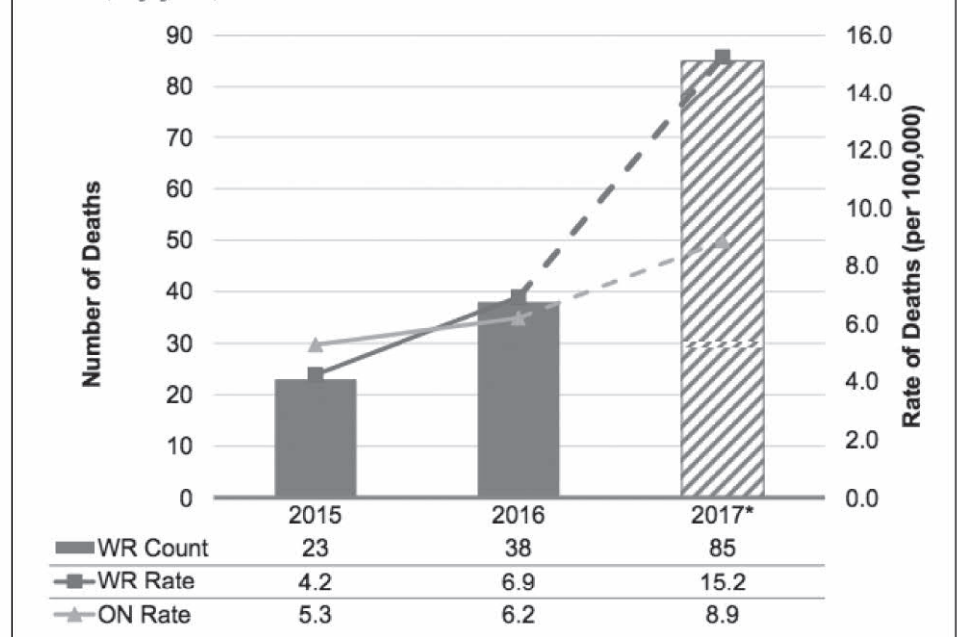
Another proposed strategy of the pillar was to further expand caregiver and youth substance use education and awareness strategies, focusing on empowerment among all age groups. This strategy aims to empower children, youth, and young adults to make healthy decisions not just in the midst of peer pressure, but also in the rapidly changing culture of substance use. This strategy involves many different mediums to convey the message of empowerment through better educating parents, embedding these issues in the elementary and high school curriculum, and delivering key messages to venues such as colleges, universities, arenas, and bars.

In the Harm Reduction pillar, the committee proposed establishing a designated location where individuals may use substances under the care of trained staff. These locations would be located in areas identified as being in higher need. Here, services would be easily accessible in an attempt to lower the overdose death rate.

In the Recovery and Rehabilitation pillar, the committee proposed to expand the already-implemented Rapid Access Addiction Medicine Clinics. These clinics are available to anyone seeking help in combating substance use addictions.

The expansion of these clinics in the re-

Figure 1. Opioid-Related Deaths and Death Rates, Waterloo Region and Ontario, by year, 2015-2017*



*Note: Death data for August to December, 2017 is considered preliminary and subject to change as remaining cases are closed by the Office of the Chief Coroner of Ontario. The data includes both confirmed and probable cases. Probable cases are those for which the investigation to determine cause of death is ongoing.

gion are to extend operational hours, create more clinics around the region, and to further integrate these services in the overall range of care. Another proposed strategy is to introduce opioid replacement therapy in residential treatment. This strategy will allow for treatments that replace illegal off-label opioids with longer lasting medications under medical supervision, cutting down the effects of withdrawal.

In the Enforcement and Justice pillar, the committee proposed to implement the LEAD strategy—designed around the model already established in the state of Seattle. LEAD stands for Law Enforcement Assisted Diversion, however there is a lack of resources to implement this strategy into the community.

Finally, in the Integration pillar, the committee has proposed five new strategies with the first being a seamless care pathway. This strategy focuses on a seamless pathway of care from entry to care after treatment and even includes incarceration.

The goal is to make the healthcare pathway as easy as possible in each pillar. This strategy highlights on the needs of the community.

The second strategy takes on an educational approach to reduce the stigma accompanied with substance abuse. A client's journey to recovery is heavily dependent on their first interactions with their primary healthcare provider.

In order to keep sparking a client's motivation to recovery, this strategy focuses on lowering the stigma among healthcare

providers and better equipping them with the proper tools needed to handle a person suffering with substance abuse.

The third strategy focuses on a community anti-stigma communication. Like the Bell Let's Talk campaign, this strategy focuses on opening up the community to talk about these issues in an inclusive de-stigmatizing view.

The fourth strategy is a Social and Corporate Impact Investment strategy. Here, the need for funding by the community or corporations can aid to solve issues such as the opioid response.

The fifth and final strategy for handling the opioid crisis is better pain management through knowledge and services. This strategy emphasizes the need to find better approaches to deal with pain, across all pillars. Education is needed by healthcare providers to better understand alternative options to deal with pain and addiction.

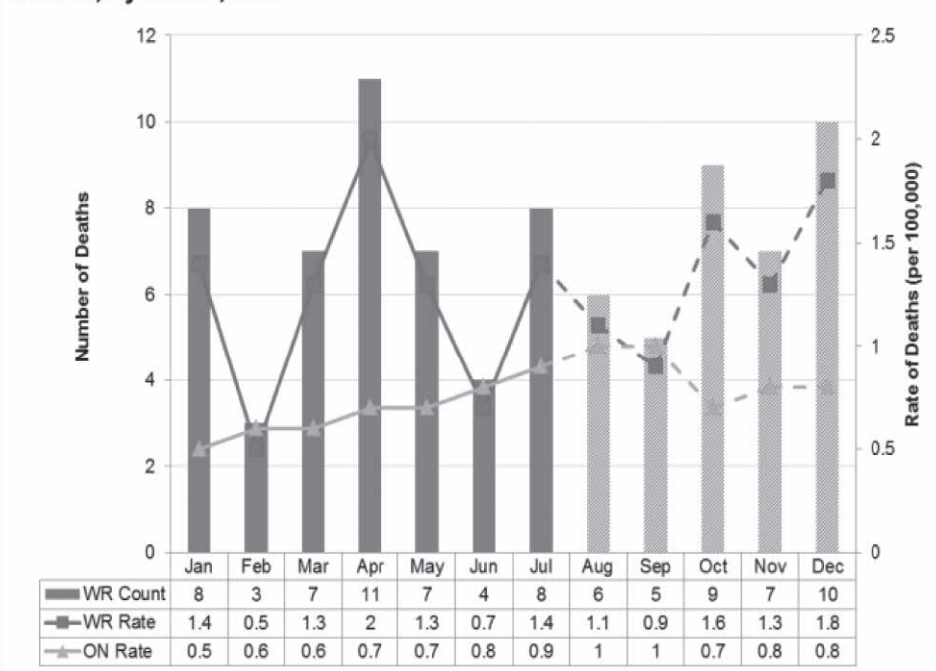
As of February 2018, the Committee has been working diligently to create this new response plan.

The Plan was completed and integrated into the region in June 2018, but throughout the summer months the committee has reviewed the new and existing strategies to prioritize a small number of strategies to focus on in the coming year.

This new response plan serves to be a living document that can be changed in response to the community's needs.

Monthly meetings will be held by the committee to report and review any progress of the plan.

Figure 2. Opioid-Related Deaths and Death Rates, Waterloo Region and Ontario, by month, 2017*



WATERLOO REGION DRUG STRATEGY

Keep mental health on the radar

Lubaba Hoque
Reporter

First years can look forward to PASS kits in their orientation bags.

The University of Waterloo (UW) purchased 7,100 PASS kits from Panic Anxiety Stress Support Incorporated (PASS Inc.) founded by UWaterloo Alumni, Tina Chan.

For first year students, mental wellness is a big issue. PASS kits are essentially boxes filled with items to help alleviate stress and anxiety.

"So, [it's] the first aid kit for mental health for all the incoming first year students for Fall 2018," she said.

Coming to university might be their first time away from home or away from their support network.

"It's really difficult to re-establish all these social networks again for good mental health," Chan said. "Everyone is at risk of loneliness and even mood disorder symptoms... When someone is in that state of mental weakness, it's always nice to have guidance. And what I want to do with the product is give that guidance."

The PASS Kit was developed from Chan's own personal experiences.

"The transition from high school to university can be very, very difficult as it was for me and that's what inspired the product down the road," Chan said.

Drawing from her personal experiences, Chan explained the importance of building connections.

"One of the greatest resources that I've tapped into for mental health is just reaching out to the people around you. Like classmates being supportive, and your TA's should be trained to help guide you toward

the good mental health resources on campus as well."

The bottom line, Chan explained, is to promote mental wellness.

"I think mental health and mental wellness affects us all. We all experience dips, we all experience highs," Chan said. "I think the conversation that we want to have is mental health management. Just management of symptoms, like on a day to day, doesn't have to be a mental illness, it doesn't have to be extreme mental wellness... I think everyone can benefit from getting the skills to manage their mental health symptoms."

One of the most prominent items in the box are the Re+Minder Cards. They provide easy to read information on mental health advice. These flashcards are based on cognitive behavioural therapy literature. One side of the card provides condensed information, a method to remedy or self-reflect, while the backside provides a thorough explanation of the theory behind exercise.

"It's essentially challenging the things that you're experiencing and asking you to reframe it, and also giving some guidance into what you should do to help alleviate those symptoms," Chan said.

Students can also expect customized faculty specific cards.

The items in the box are meant to support students in alleviating stress and anxiety symptoms by tackling environmental disturbances.

"If you have your earplugs and your sleeping mask to block of light and noise," Chan said. "And then we also have chewing gum as well as a stress relief star which is to encourage blood flow when you're tensing and releasing muscles and better blood flow lessens anxiety symptoms."

Along with the customized cards, stu-



RIAMARIE PANACHIKAL

PASS kits were given out to first years to help them get a handle on the resources available to them when they need it most.

dents can also expect customized stress relief star in UWaterloo colours of black and gold.

PASS Inc. started right here at UW. The start-up was founded in 2016 when Chan was part of the St. Paul's greenhouse incubator after which she moved to the Velocity Garage. Chan wanted to improve the pool of resources students had access to.

"At the time, the idea was also the first aid kit for mental health because a lot of students coming into university," Chan said. "The tools that they were given at the time, we felt that it wasn't sufficient to deal with what they needed to deal with which was

incoming anxiety symptoms, maybe panic attacks late at night," Chan said. "So, we want to provide some straight forward resources."

The production of these kits were completed in partnership with KW Habilitation. There were approximately 7,100 kits produced. This was achieved in partnership with KW Habilitation, which resulted in creating multiple temporary jobs.

"Everyone here today is getting paid minimum wage plus vacation pay for about 70 hours of work over two weeks," Chan said. "So, they're doing something for us and we're benefitting from their hard work."

Single and Sexy in Kitchener-Waterloo

Abigail Constable
Reporter

The third and final showing of Single and Sexy, a small-cast performance for orientation audiences, on Sept. 5 in the Physical Activities Complex.

Students streamed into the PAC by the dozens at 7 p.m. on Wednesday.

Most audience members were skeptical first-years who fully intended to leave within the first few minutes.

As the seven performers bounced ener-

getically onto the stage, a palpable optimism fell over the crowd.

The show was formatted in the style of popular sketch shows (MADtv, Key & Peele, etc.) that never lost the viewer's attention.

It was a clever play that used music and comedy to present important information on sexual health, consent, mental health, campus safety, sexual orientation and many other relevant topics.

Overall, this 30-year tradition was a smashing success that left students buzzing with excitement and a playbill filled with campus resources.

ABIGAIL CONSTABLE

Experience religion in today's world

Harleen Kaur Dhillon
Staff Reporter

University is a microcosm of the 'real' world, where we meet people of all faiths, ethnicities, and worldviews.

To explore these different worldviews and how to experience God in today's world, the 38th World Religions Conference (WRC) will take place in the University of Waterloo's Humanities Theatre on Sunday Sept. 16 from 12:30 p.m. to 6 p.m.

Phil Allt, Guelph city councillor, will act as moderator and will be joined by representatives of nine faiths and philosophies – including Christianity, Buddhism, Humanism, and Indigenous traditions.

Nearly 700 delegates from varied backgrounds are expected to attend the panel and the Q+A session which will follow. Dinner will also be provided.

Local, provincial, and national leaders will attend to represent, "Canada's virtues of multi-culturalism, tolerance, [and] acceptance," a press release provided to Imprint stated. President Hamdullahpur is also expected to make an appearance.

This year's WRC was primarily organized

and sponsored by the Ahmadiyya Muslim Jama'at and funded by various faith groups around the region.

The conference has been hosted by the University of Waterloo for nearly two decades.

The WRC has been promoting respect and harmony among different factions of society since 1981.

WRC Event Coordinator Nabeel Rana has been with WRC for 20 years.

"It's an ongoing process [...] we try to bring to light the commonalities we have [...] rather than divisions [...] and] we have come a long way," Rana said.

Since coming to Waterloo, the WRC has gained lots of local support and has grown to be one of the largest multi-faith events in Canada.

Rana said his experience in Waterloo is diverse.

"[There was an] active ramp up process when [WRC] moved to Waterloo, where we had more diversity present already in the University," he said.

WRC invites you and your unique opinions, and join hundreds of others to discuss how to experience God in today's world.

Register online at worldreligionsconference.ca

Experiencing
GOD
in Today's World



www.WorldReligionsConference.org

Sept 16, 2018, University of Waterloo

SUBMITTED PHOTO

Ever wondered about Christianity, Buddhism, Humanism, or Indigenous faiths? This conference can shed some light on the questions you may have about those religions' points of views.



SUBMITTED PHOTO

Emiko's Mini Convention 2018, Waterloo Region's longest running fan-run anime, gaming, and comic convention are getting ready for their annual event. Weekend passes are currently going for \$5 online. The convention will hit The Accelerator Centre at 44 Gaukel Street in Kitchener, ON on Saturday November Nov. 3, 2018 at 10:00 a.m. and run until Sunday Nov. 4 at 5:00 p.m. For more information or to buy passes, visit their website at www.go2emc.ca/facebook.

To contact the event's organizers, email info@go2emc.ca



at

im
print

editor@uwimprint.ca

News Editor; Assistant News Editor; Distractions Editor; Satellite Campus Editor; Assistant Head Designer; Photo Editor; Assistant Photo Editor; Graphics Editor; Assistant Graphic Editor; Video Editor

arts & life

WRITE FOR ARTS AND LIFE
Imprint is looking for arts writers! For more
information email arts@uwimprint.ca



WWW.UWIMPRINT.CA
Keep up with the latest trends in campus
and community news online.



Assemble the ensembles!

UW music ensemble auditions for Fall 2018 have begun

COURTESY JEN KONKLE

Faith Rahman
Arts & Life Editor

As another fall term begins, so do auditions for UW's musical ensembles.

Throughout campus and over three terms, certain staff and faculty members along with approximately 500 students of all faculties, both graduate and undergraduate, congregate weekly to create music. According to Mark Vuorinen, the University of Waterloo chamber choir director and assistant professor of music

at Conrad Grebel University College, ensembles are, "an interesting mix of people in a room where you might not come across the same group [...] anywhere else." It's the tangible embodiment of music yet again bringing people together.

The ensembles' musical genres are as diverse as its members. They include vocal choirs, which cover tunes from the renaissance right up until the present day, and instrumental groups, which explore the fabric of music from symphony, to jazz, to gamelan, which is traditionally Balinese. Ultimately, each group would be prepared to perform at an end-of-term

concert, but as they are still in their early stages, auditions are open until the end of this week.

Vuorinen notes that not only would the learning facilitated by the rehearsal process while simultaneously earning an academic credit from an ensemble be rewarding, but it is the aspect of camaraderie that he believes draws participants.

"Music is everything I do in my life, it's my life's work," Vuorinen said. "For me, these ensembles are really an opportunity to bring together students in a way that focuses our attention on creating something that none of us can do on our own."



COURTESY AUREY DRAKE

Shuttershock photo contest

There is beauty in everything and everyone. Imprint editors challenge every student to take a photograph of something beautiful, inspiring, humbling, or exciting for **a chance to win school supplies, a backpack, UW and Imprint swag, and much more!**

Submissions may be sent to editor@uwimprint.ca until **Sept. 31**. Photos (both edited and unedited) should be accompanied by a description on why you chose it and must not contain nudity or explicit content. Photos will appear on www.uwimprint.ca and Imprint's Facebook page where students can vote for their favourites for two weeks. **First, second, and third place winners will be selected on Oct. 20.**

Poem: Do not be complacent

Maggie Chang
Contributor

Have you ever taken a moment to think about the role academia plays in today's society?

It's responsibility
Your responsibility

Because despite what you might think Academia and morality must not, cannot be separate

It's easy
To be complacent
But with what we face in present day
We need to say do not go complacent into that good night

What if I told you
Academia's role is integral in the hulking rolling machine of war
The drones in the air to the bug killers in stores
It wouldn't be there
Without us

It's called the military-industrial-academic complex
Coined by U.S. President Eisenhower for his farewell address we were warned to beware
To take care of the complex problems of the world and not just the ones in the lab

Did you know DDT came from the academy?
The military needed to stop their greatest foe in tropical zones: the

mosquito

And then industry created a war in your home against pests

To keep you buying chemical death
And let us not forget the complex interplay

Of the racist way people were dehumanized as rodents, and cockroaches and other insects

So what does that say about culture today and the thousands of chemicals we use to wage war against bugs?

And "no clear military applications" is not enough

Arthur Galston was running experiments to make soy plants grow faster

That chemical he found was co-opted and plastered all over the forests of Vietnam

Yes, Agent Orange was a perversion of academic research

It does not have to have "direct connections" to hurt

And hurt it did
From undue birth defects to cancer
In both citizens and veterans

But you see, the great part of this story is that

Galston did not let it lie
Horrified his work was bastardized in this way

He spoke out
And now he is remembered as one of the world's greatest bioethicists

So, can you see

The academy cannot choose political neutrality simply because it is not convenient

The academy is a moral authority
And its politics have justified harm, and even genocide

We have an obligation to recognize and right past wrongs
Besides, what is the value of knowledge without values?

With power comes responsibility, so we must steer toward morality

Because we argue for science and evidence-based approaches

And so, it should follow that we
Have a responsibility to peace

We all know war is destructive but recall how it is costly in all the ways that count

From mental health to cancer rates
Nothing is the same after the war machine comes through

And then there's the matter of climate change

The world's biggest emitter of greenhouse gases is the U.S. Military

And this, is an issue of equity
Because climate change disproportionately hurts the poor and the Global South

Militaries are holding a gun to the mouth of those who barely contributed to the problem

It's not much different in Canada either

There is no government body whose carbon emissions are higher than the Department of National Defence

We need one per cent of the World's GDP to stop catastrophic climate change
We currently spend just over two

percent on militaries

Why do we spend more money on war than stability?

What's more is that since 1995, government accountability offices have said the U.S. military is at high risk for financial mismanagement

People don't know where all that money is going

And neither do universities
Right here at Waterloo

After some digging and sleuthing we found

The university does not track how much research money comes from militaries

We need to question why we allow war at all

Other ways to resolve conflict
How to be brave, brighter days, stop focusing on afraid

We do not need militaries to be happy
Costa Rica bravely demilitarized while the rest of the world was still reeling from World War Two

They are number one on the Happy Planet Index

We do not need militaries for innovative technology

Because guess who is leading the world in renewable energy?
Yes, it is Costa Rica

So let's rethink our partnerships and
Make systems for good

Ask should I as much and can I
Hold these truths close and know that in darkness the truth dies

And in complacency
Academia lies still



WRITE STORIES THAT MATTER!
Become a science & tech reporter!
Contact science@uwimprint.ca
if you're interested, or for more information.

Water Watchers unite to save spring

Paddleboarders take to Lake Ontario to raise money for Greenbelt expansion

Harleen Kaur Dhillon
Staff Reporter

We don't think of ourselves as victims of exploitation, but that is the reality we face.

Nestle has brought the problem to our home by continuing to extract Guelph's groundwater two years after the expiration of its permit, forcing the residents to limit their water usage.

Nestle's permit at Aberfoyle expired two years ago, when Ontario was facing a drought, yet they continued to illegally extract water for bottling.

Now, Guelph's residents are forced to limit their water usage to counteract Nestle's unsustainable cash-grab.

"Guelph is the largest city in Canada to rely 100% on groundwater for its drinking water [...] We can no longer afford to allow our community's drinking water to be extracted by Nestle and shipped out of our watershed for enormous profits," Arlene Slocombe, Executive Director of the Wellington Water Watchers (WWW) said.

Why government allows Nestle's illegal extraction of water is a mystery.

There is additional concern about discussions about dismantling the Greenbelt, which would put our water resources in fur-

ther danger.

Concerned citizens took to Lake Ontario to raise awareness and funds for WWW's work on Greenbelt expansion. Christoph Kesting, a conservationist and experienced paddle-boarder, joined many others who paddle-boarded 52 km across the lake on the weekend of July 28th.

"Freshwater is the most protectible thing in the [universe] but in Canada, we take it so much for granted that we forget the ecological systems it takes to keep it clean, pure, and plentiful," Kesting said.

Kesting, Slocombe, and so many others devote their time and money to the protection of our water systems. Today, the threats to our water are reversible through the expansion of the Greenbelt and the combined effort to stop Nestle's exploitation of our resources for their added profit.

"Two thirds of the public support phasing out permits to bottle water in Ontario," said Rob Case, Chairperson of WWW. It is clear that Ontarians are against big business exploitation of regional resources, but even after two years and countless displays of resistance, our water resources remain in danger.

To find out more about the WWW's Greenbelt Expansion initiative, visit wellingtonwaterwatchers.ca/campaign/growing-the-greenbelt.



COURTESY WELLINGTON WATER WATCHERS



COURTESY WELLINGTON WATER WATCHERS

Christoph Kesting paddle-boarding on Lake Ontario for Wellington Water Watchers' Greenbelt Expansion project.



UNIVERSITY OF WATERLOO

PRESIDENT'S COMMUNITY IMPACT AWARDS

WHO WILL YOU RECOGNIZE?

Launched in 2017, the President's Community Impact Awards celebrate great community leaders and the impact they create through volunteerism, philanthropy, or engagement.

Nominate an individual or a team in the Community Leader or University Champion category who embody our spirit of innovation and contribute to making Waterloo Region strong and prosperous.

NOMINATIONS NOW OPEN

The deadline for nominations is October 1, 2018.

uwaterloo.ca/president/presidents-community-impact-awards

Cutting edge research in Waterloo

Sarah Givlin
Intern Reporter

The University of Waterloo constantly has different trials and studies going on.

HOW PHYSICAL ACTIVITY EFFECTS MCI AND DEMENTIA PATIENTS

This is a blind trial that compares centre based activities with home based ones. People chosen for the centre based activities will attend a physical activity program with other patients while the home based one will adhere to a physical schedule and will receive monthly check up calls.

Laura Middleton is the assistant professor who is conducting this study.

They will be putting people in different atmospheres which allow a determination of how different locations affect motivation

and progress. Each activity and level of involvement is tracked and allows a better understanding of how people with these diseases interpret each exercise and what they like or dislike.

This study also allows them to determine what moving and exercise does for the brain in these patients.

THE EFFECTS ON HOW MOTION SICKNESS IS DEVELOPED IN CHILDREN AND ADULTS

The effects are studied while putting adults and children through real and virtual reality experiences. This is run by Michael Barnett-Cowan, an associate professor at UW.

All of our senses are connected with how we perceive reality.

This study focuses on how we perceive movement, coordination, decision making and object recognition.

They put people through real life and vir-

tual simulations to see how senses affect motion sickness.

"TALK TREATMENT"

Talk Treatment is an intervention based study that welcomes people with social anxiety to talk about their thoughts, feelings, social situations and memories.

This study is conducted by Professor David Moscovitch and is set up by postdoctoral fellow Mia Romano. During the study, individuals complete separate interviews, questionnaires, and computer exercises related to group sessions and how they felt in group.

EXPLORING WEIGHT MANAGEMENT IN HUMANS AND HOW DIET AND EXERCISE DIFFER BETWEEN PEOPLE WITH LOW BONE DENSITY.

Created by UW professor Lora Giangregorio, this study aims to reduce injury and

increase safe physical activity for people with low bone density.

Scans like bone and neuro scans are performed to enhance the look at medical imaging in this field.

This study is put into practice through government and non profits through community organizations.

Physiotherapists and kinesiologists are also able to go through a two-day workshop to assess the right exercise put in place for each participant.

The effects on people's balance after neurosurgery is conducted by Bill McIlroy. Bill McIlroy is a professor and department chair at UW who developed this study to see how the brain can recover after injuries such as strokes.

This study shows how neurological injuries affect balance in everyday life.

Check back to the Science and Technology section for more information about ongoing studies at UW.

Ready for the Cut?

Waterloo Region continues sustainability

Harleen Kaur Dhillon
Staff Reporter

While the provincial government tries to set us back to the 20th century, Waterloo Region continues its trudge into the future. Despite provincial cuts on renewable energy, Waterloo Region will continue to work towards sustainability.

The Energy Management Plan outlined in February is still in effect as the Region adapts to the new conditions set by Doug Ford's government.

Region of Waterloo committed \$20,000 to the implementation of the Community Energy Investment Strategy (CEIS) for 2018-2019. In addition, \$25 000 were offered for 2020-2022, but this sum is subject to reconfirmation. A manager has also been hired for three years to oversee the project.

This is a combined effort of the Region, as well as six local municipalities and the regional energy utilities. The four goals of the strategy are: to improve energy usage in buildings, to transition to low-carbon transportation, enhance local energy generation, and support innovative energy investments.

In July of this year, Doug Ford's Progressive Conservatives cancelled 758 Green Energy Project contracts, with Greg Rickford, Minister of Energy, Mines, and Northern Development claiming they were, "unnecessary and wasteful."

All of the contracts cancelled had not reached development milestones. By can-

celling projects in the early stage, the government hopes to maximize savings, \$790 million in savings, to be exact. Both supporters and opponents of this decision have expressed doubt at this claim.

Fraser Institute's Senior Policy Analyst Ashley Stedman and Associate Director of Nature Studies Elmira Aliakbari stated in an article that, "cancelling the contracts [...] will help prevent future price increases [but] it likely won't reduce electricity prices anytime soon."

The reason being since all of the projects were in early stages, their cancellation won't change much.

Robert Gibson, Professor in the Environment Faculty at UW and Sustainability Researcher thought that there will be no future gains at all.

"[It] is short sighted, as is the broader suite of decisions to dismantle efforts to mitigate climate change. That agenda plays the politics of immediate advantage to the detriment of future interests, including [future generations]," he said.

It may seem as if years worth of work in environmental sustainability is being undone, but in an article on CBC News, Kate Bueckert quoted Brian May, MP in Cambridge.

"It's going to be difficult for [the provincial government], to kind of go backwards and not follow us forward," he said.

The Region of Waterloo, and other regions will continue to move forward to a more sustainable society.

Hep-A outbreak

Hepatitis A cases draw Region's attention

Nick Owens
Science & Tech editor

The Region of Waterloo has issued a public advisory regarding the recent increase in Hepatitis A cases. According to the Region, there have been 19 cases already reported this year, an increase of 13 cases from the usual annual reported cases. Hepatitis A is a virus that causes inflammation of the liver and can be transmitted through close contact between people. Untreated, the virus can lead to further issues, including liver failure. As such, this advisor encourages residents of Waterloo to be increase awareness of the Hepatitis A Virus as well as to practice preventative measures while in at risk areas.

Many things can cause transfer of the virus from one person to another. Hepatitis is contagious weeks before any symptoms start to show and can be passed on through more than just physical contact. For instance, a person with Hepatitis A may expose a surface to the virus via bodily fluids (stool, blood, etc.). An uninfected person who comes into contact with one of these surfaces. Properly disinfecting these surfaces with a solution of liquid bleach can prevent the spread from one person to another. Those who are infected with the virus are not recommended to prepare food.

As with most maladies, a good preventative measure against the Hepatitis A virus is with the vaccine. Statistically, the vaccine, is a very effective in stopping the virus

from spreading. Most doctors advise to receive the vaccine before traveling to an area where the virus is more common (a similar practice to the one used for measles and malaria). Furthermore, those most at risk are able to receive a free vaccine even with out health cards. As posted on the Region of Waterloo website, these groups include:

- individuals who use drugs (including marijuana)
- Men who have sex with men
- individuals with chronic liver conditions

Anybody who belongs to one of these groups can receive these vaccines from Monday to Friday 9 a.m. to 11:30 a.m. at either 99 Regina Street, Waterloo or 150 Main Street, Cambridge.

An important note about vaccination is that even after being exposed to the virus, receiving a vaccine immediately can greatly decrease a person's risk of contracting the virus. Therefore, if exposed, it is important to seek medical attention immediately.

The Waterloo Region is not alone in this outbreak. According to the Center for Disease Control (CDC), an United States run government agency, multiple states are reporting outbreaks of the own. This includes both Michigan and Ohio (two states which border Southern Ontario). As such, it is important to be aware of the risks associated with Hepatitis A, even while traveling to regions that may not be expected to be of any risk.

For more information visit regionofwaterloo.ca/en/health-and-wellness/hepatitis.aspx

sports & health



WRITE FOR SPORTS AND HEALTH
Get up close and personal with Warriors! Imprint is looking for sports writers, sports photographers and more. Email editor@uwimprint.ca.

A Real keeper joins Imprint

Syed Naqvi
Sports and Health Editor

Imprint as the name suggests is all about making your mark. And for 40 long years, Imprint, your go-to for all the news on campus, has constantly made its mark on this prestigious university.

Joining the editorial team of this change-inducing newspaper has been nothing short of terrific for me.

However, before I go any further, I am Syed Naqvi and I will be your Sports Editor for Imprint for this Fall Term.

I am a second year student pursuing a Bachelors of Mathematics in Financial Analysis and Risk Management. Just like

its name, the program itself is also long and complicated.

Despite having a relentless schedule, Netflix takes up most of my weekdays and all of my weekends, but that is the inevitable consequence of being a movie buff.

Also, like all sane people, I am a sports aficionado, with soccer being my specialty and Real Madrid C.F. my favourite team. For me, Real Madrid is *el mejor de equipo del historia* (spanish for The best team in history) and this affection for Real Madrid dates back 8 years to when I first started watching soccer properly, and 8 years later my bond with mi Madrid is stronger than ever.

At this point, there is a good chance that you might be bored to death reading about me. So without further ado, let's look at the

things that you can expect from me as your sports editor. One of the core reasons as to why I joined the editorial team at Imprint is so that I can make my mark at the University of Waterloo using the medium that most suits me: writing. Therefore, in addition to your weekly sports news, I will be contributing a weekly column, which will incorporate my personal take in the realm of sports. Moreover, I am a huge fan of numbers; my intended program can vouch for that. Hence, from now on you will see a sports section with a renewed focus on statistics and sports analytics.

All in all, I am extremely excited to be your sports editor for this term and as always, I am looking forward to your feedback. You can email me at sports@uwimprint.ca.



VICTORIA GRAY

Destress with yoga at UW

Sarah Givlin
Intern Reporter

Whether you are running around, stressed about tests and exams or if you just need to unwind, yoga will be able to relieve the stress in your body.

Destress with yoga on any weekday from September to December at PAC. Yoga will relax your body and allow you to release any negative energy you are feeling. Yoga is a great way to meet new people while relaxing your muscles. cess to yoga and other fitness classes for the whole term. There are

many physical benefits of yoga including a balanced metabolism, improved circulatory and cardiac systems, and weight reduction. However, there are also mental benefits such as: increased concentration, a more positive outlook on life, and improved mental clarity. Richard Ruiqiang has been a yoga instructor at UW for 3 years, and he was able to shine a little light on the classes. Yoga allows you to explore your abilities without pushing your limits. Yoga has proven to relieve stress, improve health, heal aches and pains and keep an able-body.

"Don't be concerned too much about ability, just come out and see how it goes," Ruiqiang said.

Cramming for tests and exams will often take a toll on your body without you realizing and your mental and physical health can easily decline. Even doing yoga once a week can be beneficial. The relief you will feel by just taking a few hours to relax and focus on only one thing will enable a clear and open mind. After yoga, you will be able to retain information more easily and quickly, allowing for a potential increase in grades. If you need some calming and are looking to improve your mental health then a De-Stress Yoga class may be right for you. This type of class allows for a calm atmosphere where you can refocus. Looking to get toned and improve your physical health? A Pow-

er or Cirque Yoga class is for you. Should you want the best of both worlds, take the Yan-Ying class. The first half is high intensity and the second half is slower paced and more relaxing. These classes will teach skillful positions in a fun and encouraging environment.

"We emphasize that all our classes are open to everyone, whether you are a beginner yogi or an experienced yogi", Ruiqiang said. "Come out and try, our instructors make each class beneficial to all yogis."

PAC offers a Shoe Tag bundle that costs only \$55+HST for unlimited access to yoga and other fitness classes for the whole term. For more information visit UW athletics.

**THIS WEEK IN
ATHLETICS AND
RECREATION**

im
print



MEN'S RUGBY

SEPTEMBER 15 / 4:00 PM
VS TRENT
CIF RUGBY FIELD

TENNIS

SEPTEMBER 15
VS MCMASTER
10:00 AM
WATERLOO TENNIS CLUB

SOCCER

SEPTEMBER 15
VS WESTERN
(W) 12:00 PM (M) 2:15 PM
WARRIOR FIELD

FIELD HOCKEY

SEPTEMBER 15
VS GUELPH
6:15 PM
WARRIOR FIELD

ATHLETICS AND RECREATION OPEN HOUSE

SEPTEMBER 12
SLC GREAT HALL
9:30 AM - 2:00 PM



You could win
\$100 from
Boston Pizzal!

FREE DANCE AND MARTIAL ARTS CLASSES

SEPTEMBER 17-20
gowarriorsgo.ca/freerec

ATHLETES OF THE WEEK

MITCH VORALEK
RUGBY

MORGAN BERG
SOCCER

imprint

Wednesday, September 12, 2018 | Vol. 41, No. 8
 Student Life Centre, Rm 0137
 University of Waterloo
 Waterloo, Ontario N2L 3G1
 P: 519.888.4048 | F: 519.884.7800
 uwimprint.ca

CEO: Andres Fuentes
 Executive Editor: Victoria Gray
 editor@uwimprint.ca
 Advertising & Production Manager: Laurie Tigert-Dumas
 ads@uwimprint.ca
 Editorial Assistant: Harleen Dhillon
 Sales Associate: Rahul Tiwari
 Sales/Marketing Assistant: Angela Balasubramaniam
 Sales/Marketing Assistant: Chantale Madakadze
 Distribution: Alistair MacLellan
 Volunteer Co-ordinator: Kundai Mariga
 Board Admin Assistant: Haosen Cheng

Board of Directors
 www.imprintpublications.ca | board@uwimprint.ca
 Chair: Verity Martin, chair@uwimprint.ca
 Treasurer: Nikhar Dhindra, treasurer@uwimprint.ca
 Secretary: Joe Giuffre, secretary@uwimprint.ca
 Member-at-large: Ben Paul
 Member-at-large: Jacky Brule
 Advisory Member: Lucas Dunlop
 Advisory Member: Vacant
 Advisory Member: Vacant

Editorial Staff
 Managing Editor: Asad Malik
 Creative Director: Vidhi Shah

News Editor: Vacant
 Assistant News Editor: Vacant
 Arts & Life Editor: Faith Raman
 Science & Technology Editor: Nick Owen
 Sports Editor: Syed Naqvi
 Satellite Campus Editor: Vacant
 Opinions Editor: Carla legal
 Distractions Editor: Vacant
 Head Designer: Gina Hsu
 Assistant Head Designer: Vacant
 Photo Editor: Alice Sandiford
 Assistant Photo Editor: Vacant
 Graphics Editor: Vacant
 Assistant Graphics Editor: Vacant
 Copy Editor: Anoja Parameswaran
 Assistant Copy Editor: Ashley Nicolas
 Video Editor: Vacant

Production Staff
 Lubaba Hoque, Alice Sandiford, Edward L.

Imprint is the official student newspaper of the University of Waterloo. It is an editorially independent newspaper published by Imprint Publications, Waterloo, a corporation without share capital. Imprint is a member of the Ontario Community Newspaper Association (OCNA). Editorial submissions may be considered for publication in any edition of Imprint. Imprint may also reproduce the material commercially in any format or medium as part of the newspaper database: Web site or any other product derived from the newspaper. Those submitting editorial content, including articles, letters, photos and graphics, will grant Imprint first publication rights of their submitted material, and as such, agree not to submit the same work to any other publication or group until such time as the material has been distributed in an issue of Imprint, or Imprint declares their intent not to publish the material. The full text of this agreement is available upon request. Imprint does not guarantee to publish articles, photographs, letters or advertising. Material may not be published, at the discretion of Imprint, if that material is deemed to be libelous or in contravention with Imprint's policies with reference to our code of ethics and journalistic standards. Imprint reserves the right to edit, condense or reject any contribution. Imprint is published every Friday during fall and winter terms; and every second Friday during the spring term. Imprint reserves the right to screen, edit and refuse advertising. One copy per customer. Imprint ISSN 0706-7380. Imprint CDN Pub Mail Product Sales Agreement no. 40965122.

Next scheduled post-mortem meeting:
 19th September, 2018 (Time: 5 pm)

Next scheduled board of directors meeting:
 TBA

opinion

HAVE YOUR SAY

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

Grains in Ancient Egypt

Although many studies have shown that a low-carb diet can help with weight loss, a recent report published in *Lancet* by researchers from Brigham and Women's Hospital in Boston has shown that extreme avoidance of such foods could also shorten your life.

I think the ancient Egyptians would wholeheartedly agree!

Whenever I encounter current studies about different food types and how they affect our overall well-being and longevity as a species, I can't help thinking about my birth country and how ancient Egyptians dealt with nutrition and health.

Ancient Egypt was the first developed society to turn subsistence agriculture into a viable and sustainable industry.

Millennia ago, its leaders established what was then a unique social concept; they believed that a government has the duty and responsibility of ensuring that the people under its jurisdiction are fed.

Having sufficient food was deemed a basic human right. Thus it became a matter of national security to efficiently manage the waters of the Nile River, not only when its seasonal flood was abundant for irrigating crops grown near its banks, but also during those years when floodwaters were low due to less snowmelt or less rain from its source in the southern mountains.

Ancient Egyptians developed sophisticated water catchment and storage systems as well as simple but durable mechanisms to bring Nile water to remote areas. Water was never taken for granted.

Biblical and Qur'anic stories tell of Joseph, the Hebrew boy who survived near-death experiences to become a trusted court advisor in Egypt. He was appointed by Pharaoh as his minister of food supply and demand, whose job was to uphold the mandate that no person in Egypt should starve.

Under Joseph's tenure, the excess from years of abundant grain harvests was safely stored to be used in times of need. And when surrounding nations, like ancient Israel, Canaan, Jordan, and others experienced severe drought and famine, Egypt sent food aid to alleviate their suffering. In the Biblical - Qur'anic account Joseph's own brothers, who had once tried to have him killed, received food from him. Even up to the era of Roman occupation, Egypt's advanced systems of food cultivation, storage and distribution allowed it to supply Nile-grown grains to remote corners of the Roman Empire.

Some of these grains, such as wheat, oats and millet are still familiar to us today, although in hybridized and often genetically-modified forms. Others, like spelt and sorghum, were long forgotten or ignored and are gradually being re-evaluated and appreciated in cuisine. But for the most part, 21st century people – including Egyptians – know far too little about ancient grains as beneficial sources of fiber, protein, manganese, magnesium and other small but important elements.

To benefit from these vital nutrients, my ancestors perfected methods of making both raised and unleavened (flat) breads from locally ground flours. In areas where dry firewood for ovens was difficult to find, they used the sun's intense dry heat to bake thin pita-like breads on flat stones or rooftops.

In her book *Ancient Grains*, Kim Lutz includes more than 75 "delicious recipes for optimal health" using these long-forgotten grains. Hers is just one of many helpful books where we can regain lost knowledge about beneficial "carbs."

In addition to their skill at growing many hardy and nutritious grains, ancient Egyptians built a thriving wine and a beer indus-

try that survives to this day.

But my ancient ancestors didn't live, as they say, "by bread alone."

Fresh fruits and vegetables were also a significant part of their diet – especially garlic and onion, which predominated in Egyptian cooking. For sweetener, they would use wild honey.

Legumes such as lentils and fava beans were protein-rich staples, to which they occasionally added fresh or dried beef, as well as hunting wild birds and fish for both food and sport. By and large, however, their normal diets tended far more toward vegetarian choices than ours do today.

With such a balanced, additive-free and moderate diet, it is not surprising that ancient Egyptians considered a trim and fit body as a sign of beauty and perfection in both men and women, even more so for the gods. When their sculptors created figures to represent evil or sinfulness, they would portray a heavy and lazily-seated man with a prominent belly.

Today, too many Egyptians look like those statues and too few look like their ancient ancestors. Instead, their diets (and arteries!) have become clogged with excessive amounts of salt, fat and sugar, making Egypt the most obese nation on the entire African continent and among the world's top 10 in the frequency of diabetes.

With such an enlightened past history of food production and dietary practices, it makes me sad that my fellow Egyptians seem to have abandoned their great legacy of mindful agriculture and nutrition.

I hope many will read this brief article and hit "re-set" on their food habits, before it is too late.

Professor Elmasry

Emeritus Professor of Computer Engineering

Newspapers need support

Student newspapers and newspapers in general need your support to thrive and to continue to fulfill their watchdog function in society.

That may not sound necessary to many, but who watches the watcher?

Journalists do.

In the current political climate, right wing rich men rule the roost and have no regard for the law or, in some cases, the people they are charged with representing and it's local journalists and newspapers who are trying to hold them accountable for their actions

and keep them honest.

It's not working right now and I think that's because people have lost faith in newspapers and the journalists who work tirelessly to keep you informed, to keep you safe and to help educate you on issues affecting your community.

Most of all, journalists who work at community newspapers are part of the community; we live, work, and play in the same places you do. We care.

The world has given the media a bad name; given reporters a bad name, but we

are doing our jobs. We report the truth to the best of our abilities.

I have never been told what to write or how to write it.

"Fake news", is a concept that came about from Internet hoaxes and is now used to subvert journalists' efforts to expose corruption.

Don't buy into it. Read your local paper. Support your local paper.

Victoria Gray
Executive editor

ME; Another Experience

Asad Ullah Malik
Managing Editor

Welcome to the University of Waterloo. You all are the chosen ones from a large pool of candidates just like how cream is centrifuged from milk.

The new academic year holds plenty of activities and opportunities for you.

Waterloo is a beautiful city and has many attractions for someone who is new to Canada, like me.

Last week an opportunity presented itself to me, 'Managing Editor,' at Imprint, the official newspaper of University of Waterloo.

Having an editorial background from high school did make the decision to accept the job a little easier.

Currently, I am enrolled in the Master of

Engineering in Civil Engineering program at the Department of Civil and Environmental Engineering.

Being an International Graduate Student, one does have a considerable course-load and coming to new country does seem overwhelming. However, life is all about juggling tasks, prioritization and new experiences.

This job does require a certain level of maturity, fun, and time. I hope I will be able to positively contribute to Imprint by adding my own flavor to it.

I am a Civil Engineer by profession and, having spent a considerable amount of my life abroad working in the Precast Construction Industry in the Middle East, it has certainly given me a lot of exposure, which I will try to bring to Imprint as well.

I have managed teams comprising of 33 people who belonged to various backgrounds and countries in the past. Mem-

bers have their own requirements and until every member of the team is on the same page, the team won't progress and the result will not be as productive as it should be.

Just as it's a new academic year we are also a brand new team at Imprint.

We hope that the newspaper progresses forward for which we have planned some very interesting articles this Fall term and we aspire to keep our readers engaged.

So, read, expand your horizons, and learn new things every week with Imprint.

I would finish by saying that just be lively, pace yourselves, don't lose passion, be pro-active, explore eat well, have a hobby, make friends, socialize with many, have fun, and last but not least, don't procrastinate.

If you have any suggestions or ideas, email me at managingeditor@uwimprint.ca.



Open letter to professor who won't budge for mental health issues

Perhaps you've been here a few times before.

A student shows up at your office the day before the final exam asking to defer it. She needs just a little more time to prepare. It was a difficult term—she had a messy break-up, or a difficult roommate. Perhaps you suspect she drank her way through the term and is trying to take the easy way out by asking to have the final exam be worth 100 per cent of her mark. After all, she didn't complete a single assignment or even write the midterm.

Maybe that's what you saw today when I met with you in your office. Maybe that's why you were so firm and unyielding in your resolute, "I don't do that. I've never heard of anyone doing that."

I break easily. For 22 years I have been broken and put back together more times than I can count. Sometimes I am able to gather the pieces and glue them back together myself. Usually, it is a team effort. You see, I have bipolar disorder.

I was a bright-eyed, 18 year old, first year engineering student when it struck. It slowly but surely dismantled my life. I fought and clawed my way through the courses I could, all the time working through getting the right diagnosis, the right medication, and trying my best to keep myself alive. I succeeded and I failed. I left university without a degree and no hope of ever completing one.

I took the torment and battle scars and found a way forward. I created a simple life for myself—my own apartment, a job in which I am my own boss, a few close friends, and decided to dedicate myself to

breaking down the stigma that faces everyone with a mental illness diagnosis. I speak to high school classes about my experiences. I educate them about how common mental illness is, that it is no different from physical illness, and how they can support those they in their lives who are struggling. And because I know that statistically speaking one in four of the people I talk to are battling a mental illness themselves, I let them know there is hope.

Some days I deliver that message with conviction. Other days it's delivered with a clenched jaw and eyes red from crying in my car on the way to the school.

You see, no matter how much I know about my illness, no matter how hard I dedicate myself to all the elements needed to maintain stability—handfuls of medication taken daily, a strict sleep schedule, regular medical appointments, no alcohol—I still break from time to time.

And when I know I'm in a depressive episode (the medications are great at controlling mania, so I only get depressed now), I usually just buckle up and do my best to ride out the storm. Some storms last longer than others. Mine usually last about a month. Though, really, there is no "usually" with an illness like this.

I started taking courses again last fall. It's been exciting and stressful. I've completed three so far, each one taking me a step closer to earning my degree and reclaiming a dream I thought bipolar disorder had taken from me.

But a storm hit this May. I didn't know how long it would last or how bad it would be. When I started to come out of the other

side, it had been close to three months.

It was bad. I am not exaggerating when I say that I was fighting for my life. I wasn't in the hospital hooked up to life support; there is no such thing for mental illness. I wasn't battling something quantifiable, like heart disease or kidney failure. I can't show you scans or blood tests to prove this to you. I wish I could hand you a piece of paper to prove my situation. But I can't. So, when this happens in my life, I have to lay myself bare—how I felt, how long I felt it, how it impacted my life, how serious was I about my intentions to kill myself. And I usually have to tell several people, several times. Every time, ripping the wound back open. I hardly imagine that if someone with ulcerative colitis had a flare up they would have to describe again and again, in uncomfortable detail, what was happening in their body in order to be believed.

But I did emerge, alive. And as always, I had created quite a mess. I don't tend to communicate with, well, anyone that I don't absolutely need to during such episodes. I lie my way out of work and family engagements, feigning a bad cold or claiming that I'm having car trouble, always with short texts or emails. I'm afraid if I speak to someone on the phone, I will betray myself.

So, when the clouds lift, they reveal a lot of people inconvenienced, upset and let down, a lot of tasks neglected, and no clear path to putting things right. All I can do is take one step at a time and try to piece things back together. It's a lot of work. Especially when I am just start to feel human again.

So, two and a half weeks ago, I started to teach myself the content from your course. I

worked very hard on it. I hired a tutor, which I paid for myself. (Fun fact—you can be too poor/financially unstable to receive OSAP.) And I started to feel confident with the material.

I just needed a bit more time. Just a week. Which would have given me a total of three and a half weeks to learn an entire term's worth of material. But I knew I could do it. After such a long time in such a self-loathing, dark place, when I feel confident about something so early after coming out of it, it's genuine.

I was even enjoying the content.

That was my mindset when I met with you today. I came, binder in hand, ready to show you my work, my progress, my dedication to doing well in your course. But you dismissed me, diminished me. Questioned why I even took the course, if I didn't "need" it. Told me that there was nothing you could do, I needed to talk to someone else. I was a mere irritation that you didn't have time for.

This isn't over, Professor. I've slayed bigger dragons than your cold indifference. I've conquered bigger mountains than a second year chemistry course.

When my own life, or that of another person, is on the line, I don't have a choice but to fight. And I may get nowhere. I may end up with a failing mark on my transcript. But I hope that the next time you sit across from a student, broken and trying to put the pieces back together, asking for a little leniency, maybe some compassion, you will meet them where they are and offer a way forward and not a dead end.

CM
Student needing help

campus bulletin

WHAT'S HAPPENING AROUND TOWN

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

upcoming events

September 2018

For all of UpTown Waterloo Fall activities visit www.uptownwaterloobia.com.

Savour in Stratford - Saturday morning Market from 7 a.m. to 12 p.m. at the Rotary Complex ; and more! www.visitstratford.com.

Saturday, October 13

Kitchener Zombie Walk X 2018 from at 12 to 5 p.m. at The Accelerator Centre, 44 Gaukel Street, Kitchener, Ontario Dress up like a zombie and go for a walk for only the cost of a non-perishable

food item. Website: www.kitchener-zombiewalk.com/facebook. Contact information: info@kitchenerzombiewalk.com.

Saturday, November 3

Emiko's Mini Convention 2018 at 10 a.m. to Sunday, November 4 at 5 p.m. at The Accelerator Centre, 44 Gaukel Street, Kitchener, Ontario. Waterloo Region's longest running fan-run Anime, Gaming and Comic Convention are getting ready for our annual event this November. Weekend passes are available online.

Website: www.go2emc.ca/facebook Contact information: info@go2emc.ca.

volunteering

KNOTWEED CUTTING - Hoping to eradicate this invasive species from our parks and stream banks, the Laurel Creek Citizens Working Group (volunteers with the City of Waterloo) has been cutting at a couple of sites in the Westvale Park area of the city. Help from interested students and citizens would be welcomed. Snacks, gloves and loppers/pruners are provided. Please bring your own water bottle Thursday, September 20 from 5 to 7 p.m. More info : www.waterloo.ca/en/living/laurel-creekcitizensworkinggroup.asp.

Bereaved Families of Ontario - Mid-

western Region, The Family Centre, 65 Hanson Ave., Suite 1042, Kitchener. We currently have a number of exciting volunteer opportunities. For more info, jaime@bfomidwest.org or 519-603-0196.

help needed

NOT JUST TOURISTS — We are a humanitarian organization that pack medical supplies and bring them to developing countries. We are in need of volunteers, donors and travelers. For more information, please visit www.notjusttourists.com.



FALL TERM 2018 JOB MANAGING EDITOR

Sept 4 start ; Monday to Friday, 12 hours/week ; \$14/hr.

Strong communication and leadership skills. Creative, detail-orientated. Knows how to use MAC/PC computers, along with Microsoft Office and Adobe Creative Suite, including InDesign and Photoshop.

For further information on job description or applying for this job, please email cover letter/resume/portfolio samples to editor@uwimprint.ca or drop in to the office, SLC0137.



OPPORTUNITIES

IMPRINT

Editorial Staff: News Editor, Assistant News Editor, Distractions Editor, Satellite Campus Editor, Assistant Head Designer, Photo Editor, Assistant Photo Editor, Graphics Editor, Assistant Graphic Editor, Assistant Copy Editor, Video Editor

QUETZAL

Editor positions: Photography Editor, Fine Arts Editor, Poetry & Prose Editor

WJES

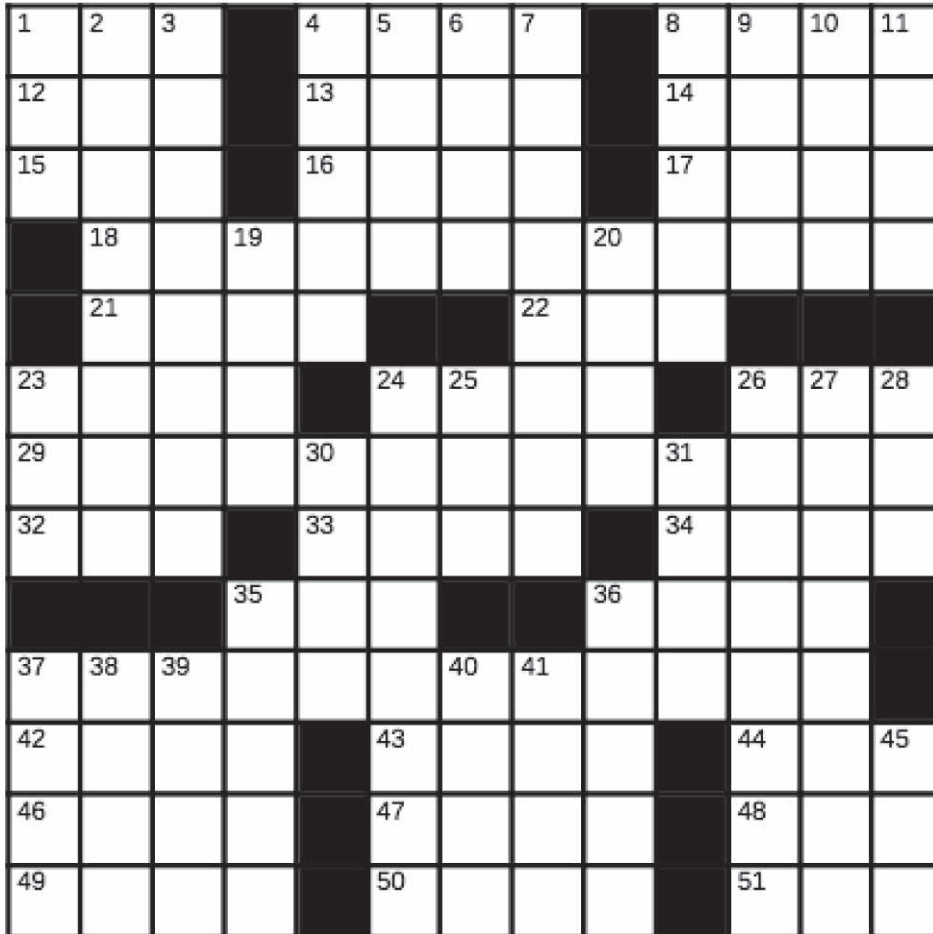
Contributing writers: strong writing background/ journalism experience and knowledge of Journal's focus.

distractions



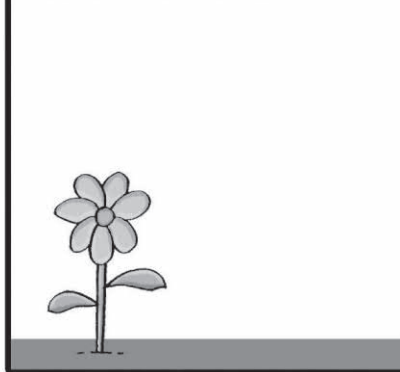
Q: Why did the coffee file a police report?

A: It got mugged.

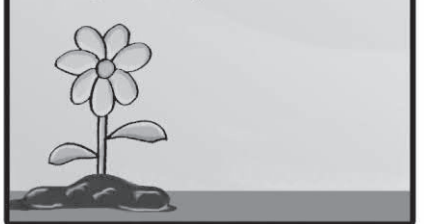


NO JOKES, JUST FEELS BY PETER NEATHWAY

STEP 1: BE A PLANT



STEP 2: ABSORB SUNLIGHT (AND AN ALIEN SYMBIOTE THAT HAS RECENTLY ATTACHED TO A SUPERHERO, WHO STILL MOURNS THE LOSS OF HIS UNCLE)



STEP 3: ADD WATER AND NUTRIENTS



IDEA BY NICHOLAS RABBETTS

@NOTOKEJUSTFEELS 16

Across

1. Polar helper
4. A-lister
8. God intro
12. Pub
13. Cracker spread
14. Invasion attack
15. "Seeya!"
16. Greek god of love
17. Emerald ____
18. Term starters
21. Cookie Brand: Famous ____
22. Abet
23. Kuwait locale
24. Broadcasts
26. Location for 39-Down
29. Location for events to do with 18 and 37 across
32. Sew a cuff
33. School group
34. Terminal board data
35. Monetary math program

36. Epochs
37. Good day to find something to do
42. Angel's ring
43. Interstellar robot
44. HQ
46. Hokkaido people
47. Fencer's blade
48. Before, to a sonneteer
49. "Shucks!"
50. Sunrise
51. Hibernation location

Down

1. Not flow
2. Destroy completely, say
3. Like WinZip or Adobe Reader
4. Tech details
5. Tropical root vegetable
6. Indivisible unit
7. Dissertation requirement
8. Raisins or prunes, e.g.

9. Let up
10. Half-and-half half
11. Bad day for Caesar
19. Cargo
20. "A word to the ____"
23. Wildfire signal
24. Like many a Disney classic
25. "____ show time!"
26. Affixed, like a garage
27. Comfort
28. Married title
30. Marks no one wants to see
31. Emperor during the Great Fire of Rome
35. Around
36. German city home to the biggest board game convention
37. Derogatory name for a jock-type
38. 51-across for a monster
39. It parallels the radius
40. California wine valley
41. 24-down, often
45. London's silenced clock: Big ____

Sudoku

Enter the numbers 1-9 into the grid so each 3x3 box, row, and column contain only one of each number.

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

Easy

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

Hard

COURTESY WEBSUDOKU

LAWS OF ATTRACTION: FREE FOOD BY *Timi Beck*



Miss your dad? Here's some dad jokes!

What do you call a Mexican who has lost his car? Carlos!

I would avoid the sushi if I was you. It's a little fishy.

What do you call a fake noodle? An Impasta.

You know, people say they pick their nose, but I feel like I was just born with mine.

Want to hear a joke about paper? Nevermind it's tearable.

Did you hear about the restaurant on the moon? Great food, no atmosphere.

Q: Why did the cookie cry? A: Because his father was a wafer so long!

How does a penguin build it's house? Igloos it together.

**YOU COULD
BE HERE**

Interested in having your comics or puzzles featured in the newspaper? Distractions is looking for contributors for the fall term!

Email: distractions@uwimprint.ca or editor@uwimprint.ca