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END OSAP CLAWBACKS

The Ontario Undergraduate Student Alliance is advocating for a stop to these clawbacks since May



A HYBRID OPINION

Why move to Waterloo for only one or two in-person courses? P10

CABINET SWITCH-UP P2

Waterloo MP Bardish Chagger loses her position as Minister of Diversity and Inclusion and Youth

HOCKEY AND AI P5

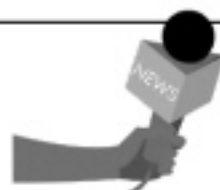
UW researchers develop AI technology to analyze hockey videos

THINGS TO DO IN NOVEMBER P7

Though Halloween is over and Christmas isn't until next month, there's still plenty to do in Waterloo



UW football wins Battle of Waterloo. P8



Waterloo MP loses cabinet position in federal government

Nicola Rose
Managing Editor

Waterloo Member of Parliament (MP) Bardish Chagger lost her position as Minister of Diversity and Inclusion and Youth in Prime Minister Justin Trudeau's recent cabinet shuffle.

Chagger's replacement is Ahmed Hussen, a Liberal MP from Mississauga, Ont. Hussen has previously served as Minister of Families, Children and Social Development and as Minister of Immigration, Citizenship and Refugees.

Chagger was first elected to the position of MP in 2015, the year Trudeau won his first election.



NANCY ZHANG, IMPRINT ARCHIVES

In 2019, after she was re-elected, she assumed the position of Minister of Diversity and Inclusion and Youth.

A University of Waterloo graduate, Chagger was initially interested in pursuing a career in nursing. However, over time, her volunteer

experience in politics as well as her personal experience as a child of immigrants solidified her interest in the political world and she chose to run.

Before her time in the role of Minister of Diversity and Inclusion and Youth, Chagger served as the Minister for Small Business and Tourism.

Trudeau's new cabinet is 50 per cent female and 50 per cent male, maintaining the prime minister's commitment to gender parity, which he established following his first election in 2015. Several women hold leading roles, including Toronto MP Chrystia Freeland, who will retain dual roles as Deputy Prime Minister and Minister of Finance.

According to Trudeau, "Canadians

need a strong and diverse cabinet to deliver on their priorities and keep Canada moving forward for everyone. This team will finish the fight against COVID-19, deliver on \$10-a-day child care, help Canadians find a home of their own, tackle the climate crisis, and continue to advance reconciliation with Indigenous peoples. Together, we will work tirelessly to build a better future for all Canadians."

This new cabinet expanded to 39 members, including the prime minister's office, though only 10 ministers from Trudeau's previous cabinet kept their positions.

Despite five of the seven ridings in Waterloo Region and Guelph electing Liberal MPs in the most recent election, the area no longer has a seat at the cabinet table.

Hit me with your next COVID-19 shot

Nicole Howes
News Editor

It's been over six months since many have received their second dose of the COVID-19 vaccine. Researchers are now coming to conclusions on whether a booster vaccine is needed in the next year and who needs a third dose now.

What is the difference between the COVID-19 booster and a third shot?

A third vaccine is needed for individuals that have not gained a strong enough immune response after receiving their two doses and thus the third dose is said to be an extension of the primary series. The National Advisory Committee on Immunization (NACI) has said this third dose is primarily being given to individuals in long-term care facilities and those that are immunocompromised.

On the other hand, the booster vaccine will be for individuals that

likely had a full immune response to their first two vaccines but studies have shown that with time the immunity and clinical protection of the vaccine has decreased over time. Most experts have said everyone will likely receive the booster shot during the next year. This booster shot is comparable to the tetanus vaccine where a booster shot is needed every 10 years.

Dr. Isaac Bogoch, an infectious disease specialist said to CBC News, "What you're starting to see is with just two doses of the vaccine people are more susceptible to reinfection and there's real evidence demonstrating that there is some waning after two doses, after a period of time anywhere between six to nine months."

When are these doses available?

Currently it is not yet known how long an effective immune response will last from the first two doses and studies are being conducted on the best time to give out the booster shot. However, the Northwest Ter-

ritories have announced individuals 18 or older are eligible for a booster shot while British Columbia has announced that seniors aged 70 and older, all Indigenous people aged 12 and older and health-care workers who had three or four weeks between their initial two doses will be eligible to receive the booster shot by the end of the 2021. Ontario has yet to make a statement on its plans for the booster shot but is said to be making announcements regarding the booster shot in the near future.

Ethics regarding the distribution of the booster vaccine

Canada is also facing ethical concerns and pressure by the World Health Organization (WHO) to distribute the vaccines allocated for the booster shot to developing countries instead. Many people in developing countries have not yet received their first dose and WHO has asked that developed countries help nations still struggling to administer the first set of vaccinations.

The term "vaccine equity" has

been used frequently as the vast majority of vaccines have been administered to high- and upper middle-income countries while most countries mainly in Africa have not reached the 10 per cent vaccination target set by WHO.

In response to WHO's pleas to dis-

tribute the vaccine overseas, Dr. Mike Ryan, head of the World Health Organization's health emergencies program, said "We're planning to hand out extra life-jackets to people who already have life-jackets, while we're leaving other people to drown without a single life-jacket."



SARAH MORASSUTTI

The 2021 President's forum: Shaping UW's future

Rebecca Butler
News Editor

Vivek Goel, president and vice-chancellor of the University of Waterloo, held a President's Forum last month to discuss how the university will adapt and change its approach to education in a post-pandemic world.

Over 900 people attended the virtual event, which featured Goel alongside a panel of UW's senior leaders. The event focused on several topics, including hybrid course models and new approaches to teaching based on lessons learned during the pandemic.

"As we start to come out the other side of this pandemic, Canada and the global community are looking at how we build back our economies and societies in a post-pandemic world. The learners we are educating today will play an important role in shaping this global post-pandemic recovery," Goel said.

Panelists included Jeff Casello, associate vice-president, graduate studies and postdoctoral affairs; David DeVidi, associate vice-president, academic; and Norah McRae, associate provost, co-operative and experiential education.

The forum began with DeVidi speaking about the first theme of the strategic plan: developing talent for a complex future.

"What society and our students need now will be different 10 years from today. We need to take action right now so that 10 years from now, we're the university that we need to be," DeVidi said.

He spoke of several projects that are currently underway in this area. DeVidi and his team are developing pilot projects for new styles of courses, such as cross-faculty interdisciplinary courses and student-led courses. Hybrid models such as the blended learning initiative, which integrates online and in-person content, will also continue to be explored post-pandemic.

"At the individual instructor level, a lot of them have learned the value of pre-packaged asynchronous materials, both for them and their students," DeVidi said. "[We are] available to try to transform more of these remote courses into an increased stock of fully online courses going forward. For the people who really liked what was happening during the pandemic, I think they'll find that the future of the University of Waterloo is more to their liking."

McRae then spoke about the impacts of the pandemic on co-op students. She highlighted ongoing efforts from the co-op department, including data analytics for employer engagement and the WE Accelerate



COURTESY UW

More than 900 people attended the virtual President's Forum held by UW president and vice-chancellor Vivek Goel in early-October, which featured a panel of UW's senior leaders.

program that helps first-year students gain experience. She also emphasized the importance of experiential learning to help build new skills in an ever-changing world of work.

"The World Economic Forum identified five key trends for the future of work: work from anywhere, work for all, work at will, work smarter and work for the planet," McRae said. "So when I think of those five categories, then, it behooves us to ensure that our students are able to work in those ways. We also employed data analytics to understand the needs of employers, so we were learning how to work smarter and really moving that into program development. So I think we have to train our students and help our students be able to work successfully under those conditions for the future."

DeVidi spoke about plans for an incubator space for faculty members that would support the development of novel ideas related to education.

"In the incubator, you can provide the supports that are needed to actually try out that idea — develop it, test drive it, validate it — and then the university can make a decision about it; is this something we want to

roll out more broadly? It can be anything from a new way of teaching in a classroom, like a new way of using virtual reality for teaching biology classes, to interdisciplinary courses. Or it could be something structural — what's next for life-long learning?"

DeVidi also discussed a survey that gathered the opinions of students and faculty about learning spaces on campus. He explained that the university will be updating a few classrooms per year to improve the spaces and provide more opportunities for interaction and collaboration.

"If you're going to come up with new ways of teaching and learning, new strategies for working effectively in the classroom, it probably isn't great if the vast majority of your classrooms have tables and chairs that are bolted into the floor. Every year, we look at a couple learning spaces that were identified as among Waterloo's most problematic. We're redesigning those and making them into flexible, active learning spaces that give instructors the option to teach in different kinds of ways."

The forum then moved to an operational update from James Rush, vice-president academic and provost.

Rush provided data on student activity for the fall 2021 term. There were 16,821 students taking part in at least one on-campus activity — roughly half of the usual amount. The Physical Activities Complex and Columbia Icefield (CIF) saw over 9,000 check-ins in the first week of the term, and over the month of September, there were 50,000 participants. Even with the increased number of students, university operations have been running smoothly.

As previously announced, the winter 2022 semester will return to pre-pandemic levels of in-person instruction. Rush stated that next steps for the leadership team include campus planning for the winter semester, reviews of the current restrictions on international travel for students and researchers, and adding employee and manager supports for post-pandemic operations.

"Based on the latest projections, I think we are in a very good place here in the Waterloo region and province of Ontario," Goel said. "As long as we and our community continue to maintain vigilance, I think we can continue to achieve the goals we have outlined."

OUSA advocating to end OSAP clawbacks by provincial government

Chidinma Umenwofor-Nweze
Reporter

In 2020, the Canadian government doubled its contribution to the Ontario Student Assistance Program (OSAP) with the promise to continue to invest this amount for two years. However, according to the Ontario Undergraduate Student Alliance (OUSA), it appears this investment has not trickled down to students, as the government of Ontario is using the increased funding to minimize its own contribution to OSAP.

In the 2021 Ontario budget, the provincial government announced its planned OSAP expenditure for the 2020-2021 year would be \$895 million, down from \$1.29 billion in the previous year. This amounts to a decrease of \$400 million.

Since May, OUSA has been advocating for a stop to this clawback by sending letters to Ross Romano, who at that time was serving as Ontario's minister of Colleges and Universities, and engaging leaders at all levels of government. They have also contacted the opposition critic for Colleges and Universities, Laura Mae Lindo, who sent a letter on behalf of OUSA.

However, none of these letters have been answered. WUSA vice-president education, Stephanie Ye-Mowe, is part of the OUSA team advocating for greater transparency from the provincial government. Ye-Mowe stated in an interview, "The minister has changed, but nothing has changed in terms of responsiveness."

Due to this lack of responsiveness, OUSA has begun a social media campaign, as well as a letter-writing campaign, to motivate students to write to their MPPs about the issue.

"There is the possibility this is a whole misunderstanding, but it's a pretty big accusation, and the fact that we've heard absolutely nothing from the ministry is definitely concerning," said Ye-Mowe.

Ye-Mowe said this issue could be resolved by clarification from



the Ontario government.

"There's still the possibility here that maybe less students enrolled, maybe they [students] just didn't have as much financial need."

It's worth noting that the provincial government has expanded eligibility for OSAP. Beginning in the 2020-2021 academic year, students in eligible programs at Indigenous Institutes and some micro-credential programs can apply for financial assistance through OSAP.

However, Ye-Mowe added that "there are multiple factors leading us to believe that Ontario has essentially used the additional funds that the federal government has given to the province (intended for the province to then distribute to

students) and have just taken this for themselves."

One of these factors is the discrepancy between student financial aid increases in other provinces and territories in comparison to Ontario.

"Other provinces have given it to students and in some cases have matched the additional funding so it's really telling that in Ontario they've decided to balance the budget on students' backs."

Ye-Mowe highlighted the time-sensitivity of this issue, and the need to have the issue addressed before the next budget is tabled, as the federal government has committed funding to OSAP for an additional two years.

"This year didn't quite pan out for students, but it means that if this isn't addressed, and we don't

get answers we're getting ripped off for another two years."

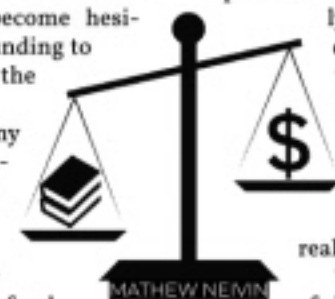
OUSA members say they worry that this clawback could set a bad precedent that could lead to decreased funding from the federal government in the future. Essentially, they said they fear a misappropriation of federal contributions will cause the federal government to become hesitant to increase funding to the provinces in the future.

There are many ways University of Waterloo students can get involved to help advocate for transparency and funding from the provincial government, including the letter-writing

campaign. Ye-Mowe suggests students should advocate for themselves in whichever way they feel most comfortable, be that memes on Reddit or raising awareness amongst their friends.

"I would ask students to inform other students and make a big splash about it, mobilizing people and having that energy really lie within the students and I do think this impacts them a lot. So showing that they care, getting other students to care, making noise, is what we really need right now."

The provincial and federal governments did not respond to *Imprint's* request for comment in time for publication.



MATHEW NEVIN



AI system to analyze hockey developed by VIP Lab

Nicola Rose
Managing Editor

Researchers at the University of Waterloo's Vision and Image Processing (VIP) Lab have developed a way to analyze videos of hockey games using artificial intelligence (AI)

The team responsible for the development includes Kanav Vats, a PhD student in systems design engineering, along with his doctoral supervisors, professors David Clausi and John Zelek, as well as postdoctoral fellow Mehrnaz Fani

Their AI system, which combines two deep-learning AI techniques, can identify hockey play-

ers by their sweater numbers with 90 per cent accuracy

Currently, sports commentators can struggle to quickly identify sports players because footage may be taken from a distance to show the broader progression of the game, and the speed of players and the cameras following them can increase motion blur

According to Vats, "the only major cue you have to identify a particular player in a hockey video is jersey number. Players on a team otherwise appear very similar because of their helmets and uniforms"

Members of the VIP Lab are working on player identification as well as other projects to

analyze player performance in partnership with Stathletes Inc., a company that provides industry-leading data and analytics about sports games and athletic performance. Their custom software tools track and record every aspect of hockey games

The VIP Lab, which is housed under the systems design engineering department, supports research related to visual processes. The lab is dedicated to "finding solutions for the outstanding problems in visual perception and processing," according to its website

Since its formation in 1980, the VIP Lab has supported research in a range of topics including vision

models, perception, image and signal processing, pattern recognition, machine learning and AI. Information about their current research topics and research demos is available online

For the hockey project, the research team trained AI algorithms to recognize sweater numbers in new images using a set of more than 54,000 images — the largest data set of its kind — from National Hockey League (NHL) games

They used an approach called multi-task learning, through which accuracy was boosted by representing multiple-digit numbers such as 12 as both a two-digit number and as two single digits — one and two — put together. With

multi-task learning, machines attempt to learn multiple tasks simultaneously, rather than independently learning each task

The team's research will likely simplify the responsibilities of people working to annotate hockey games, which is currently an arduous and time-consuming task. "As you can imagine, a person manually annotating a video of a full hockey game of three periods would take hours," Vats said. "Machine-learning systems can produce data from videos in a matter of minutes"

In the future, the researchers said they expect their technology could be transferred to other team sports, with modifications

UW researcher aims to prevent environmental disasters involving mine waste

Felicia Daryonoputri
Assistant Science Editor

Nahyan Rana, a second-year PhD student studying engineering geology at the University of Waterloo's Department of Earth and Environmental Science, is leading an international research project, CanBreach, which aims to prevent environmental disasters resulting from dam breaches

"The premise behind this project was to study mine waste dam failures specifically in order to be able to document all of the cases that have happened in history, to be able to map them out using satellite imagery, which is my expertise, and to be able to predict them using statistical methods," Rana said

After graduating from UW with an undergraduate degree in hydrogeology and a Master's in engineering geology, Rana said he was inspired to join this field of research after going on a trip to

the Peruvian Andes to study landslide disasters

"I had never even studied this engineered dams field before," Rana said. "So I went on a three-month, book purchasing and reading spree — I had to learn everything I could on this topic and I did"

The Canadian Tailings Dam Breach Research, or CanBreach, is an "integrated tailings dam breach research and technology development project." CanBreach is conducted remotely alongside five industrial partners and three Canadian universities, the University of Waterloo, the University of British Columbia and Queen's University

"I documented 63 tailings flow events then mapped them out, it's essentially a geospatial database," Rana said. "What I found is that since 1996, and this is in figure four of my paper, most of the catastrophic tailing dam failures resulted from heavy rainfall or inadequate management of the

drainage system"

Tailing flows are caused by landslides from mine waste dam failures, which mainly consist of toxic materials that are produced by old neural extractive operations

Rana's first-ever publication was a research article titled "Catastrophic mass flows resulting from tailing impoundment failures." According to Rana, its success was evident as it became one of the most-read pieces worldwide in *Engineering Geology* — the journal it was published in

"It has been helpful for both scholars as well as industrial practice," Rana said. "Mine waste practitioners or mining engineers can use my database to be able to map out potential paths of tailings flows when they are doing site assessments or site prediction assessments"

This is the first of three papers discussing the results of Rana's research, the rest of which he aims to publish by 2022

"The second paper is on com-

binning mine waste and water retention dams, and trying to see how many of them are there in the world. I'm mapping them right now," Rana said. "And [for] the third paper, I am using this new technique called InSAR, and it basically uses radar signals from satellites to detect millimetre changes on them"

Rana detailed how he is "collecting data on 10 tailings, mine

waste dams and water retention, dam failures since 2015," as well as how the data will be "summarized to see if we could have predicted these dam failures in advance using satellite monitoring"

According to Rana, the information gathered in this research has the ability to mitigate future potential disasters involving dam failures, potentially saving lives and repairation costs in the future

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UW Halloween Showcase 2021



COURTESY BENN MCGREGOR

Students in costume at a Halloween party hosted by a UW student.



COURTESY ARNAV GUPTA

Students enjoying cotton candy at MathSoc's Halloween celebrations. No pumpkin pi in sight.



COURTESY TYLER JING

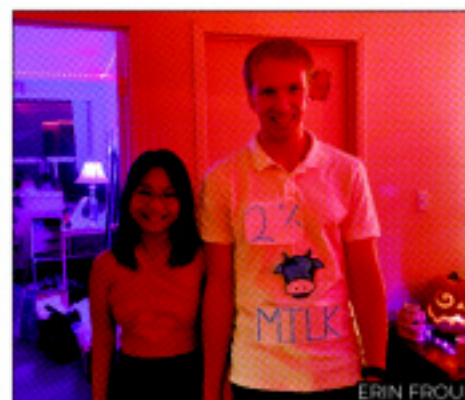
The Halloween 'spirit' was able to reach the UW residences as well — Village 1 Dons were all dressed up for spooky season.



COURTESY VANSH GANDHI

"Can we fix it?" "Yes, we can!"

Second-year computing and financial management student Nikunj Bansal dressed up as Bob the Builder.



ERIN FROUD

Grace Liu dressed up as Sriracha, but if you have a low spice tolerance don't worry...

She is accompanied by Devon Miller-Junk dressed as milk!



ERIN FROUD

"A land was full of wonder, mystery, and danger. Some say, to survive it, you need to be as mad as a hatter. Which, luckily, I am."

— Mad Hatter, Alice in Wonderland (Lewis Carroll)

UW student Abby Constable dressed up as the Mad Hatter.

What's Happening in November

Erin Froud
Assistant Arts and Life Editor

Thanksgiving and Halloween are over and Christmas season (technically) does not start until December — though the sound of Mariah Carey's "All I Want for Christmas is You" starting to pop up everywhere might make you think otherwise. So, with no festivities this month, you might be in need of some help breaking up the daily routine. Luckily, there are still plenty of things happening in Waterloo Region this November.

Rusty Nail Comedy

Fridays and Saturdays from 7:30 p.m. to 10:30 p.m.
The Crazy Canuck Kitchener
141 Ontario St. N, Kitchener, Ont.

Started by comedian Alex (stage name Sandy) MacFarlane in 2016, Rusty Nail Comedy has produced hundreds of comedy shows in the past five years with the philosophy that "Comedy will save the world" & "laughter is the best medicine."

Doors open at 7:30. Shows have an 8 p.m. start time and a new lineup each week. The Nov. 5 show will feature comedian Scott Faulconbridge and the Nov. 6 show will feature digital creator and comic Ernie Vicente. Tickets are \$22.23 and are available on EventBrite.

Burs of a Feather

Nov. 12, 13, 19, 20 at 8 p.m. and Nov. 14, 21 at 2 p.m.
Cambridge Arts Theatre
47 Water St. S, Cambridge, Ont.

Though a bit farther away in Cambridge, Burs of a Feather is a new play that offers theatre aficionados the chance to return to live theatre. Written and directed by Martin Smith, executive chair at the Cambridge Community Players Theatre, the play will be performed by the Cambridge Community Players. The play is "about three old high school friends who travel to a secluded cabin in the woods to spread the ashes of their dearly departed friend. Nothing goes as planned. Old tensions resurface, a mysterious squatter arrives and the urn disappears. A breezy, layered comedy about friendship, forgiveness and acceptance."

Student tickets are \$15 and available on the Cambridge Community Players website. The the-



atre's green room will be open an hour before the show for audiences to pre-order drinks for intermission. The green room will also be open after the show for audiences to meet the cast and crew.

It's a Christmas Market

Nov. 21 from 10 a.m. to 6 p.m.
Bingemans
425 Bingemans Centre Dr.
Kitchener, Ont.

Even if you are a staunch be-

liever that Christmas does not start until Dec. 1, early Christmas shopping in November is by now a common occurrence. Considering current supply chain issues and subsequent shipping delays being encountered by large companies (and the ever-present push to shop local), taking advantage of early local Christmas markets before everything is sold out is probably a good idea.

It's a Christmas Market in Kitchener hosts over 75 different

vendors in Marshall Hall at Bingemans. Please be prepared to show proof of vaccination at the door. Tickets for those 12 years of age and older are \$5 and can be purchased through EventBrite.

The Rolling Stones | UNZIPPED
Begins Nov. 30 10 a.m. to 10 p.m.
THEMUSEUM
10 King St. W, Kitchener, Ont.

The Rolling Stones | UNZIPPED is a travelling exhibition that has

been shown in Europe, the United States and Asia, and is now making its Canadian debut at Kitchener's THEMUSEUM.

According to THEMUSEUM's description, "The show boasts more than 300 original objects from the Stones' personal collection." The collection is the world's biggest exhibition on The Rolling Stones, including several three dimensional, immersive experiences, "rare audio fragments, video footage, personal diaries, iconic costumes, posters and album covers" and original work from artists such as Alexander McQueen and Martin Scorsese.

Tickets are available on THEMUSEUM's website. Admission is timed and good for two hours in the exhibition. Best value student tickets, available Mondays through Wednesdays, are \$24.99. Premium student tickets, only available Thursdays through Sundays, are \$32.99.

THEMUSEUM features exhibits for all ages and will host UNZIPPED for a limited time.

The NUMUS Orchestra: The Phantom of the Opera

Nov. 27 at 8 p.m.
KW Little Theatre
9 Princess St. E., Waterloo, Ont.

The NUMUS Orchestra will be performing a live soundtrack alongside "The Phantom of the Opera" — though not the Andrew Lloyd Weber version. "The Phantom of the Opera" (1925), starring Lon Chaney as the Phantom, is a classic silent film and is one of the original horror/monster movies.

The NUMUS Orchestra was founded in 1985 by composer Peter Hatch and strives to introduce Waterloo audiences to contemporary orchestral music. According to the orchestra's website, "The ensemble will play from an aleatoric score created and composed by NUMUS artistic director Kathryn Ladano, and the NUMUS orchestra members."

Tickets to the event are available on the NUMUS website and are "pay what you can afford," ranging from \$5 to \$40. The live performance will also be professionally recorded, and tickets to an encore presentation that will be live streamed on Dec. 11 at 8 p.m. are also available with the same pricing scheme.

sports & health



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Waterloo Warriors head to the playoffs

Andres Fuentes
Publisher

The Waterloo Warriors football team is headed to the playoffs after a much-needed win against the Wilfrid Laurier Golden Hawks on Oct 30

After getting the season off to a flying start with two straight wins, the Warriors came into the last game of the season on the back of three straight losses. Fittingly, in what's known as the Battle of Waterloo, their opponents were the cross-town rivals the Golden Hawks.

Laurier and Waterloo had already faced each other once this season on Sept 25, with the game being the Warrior's last win with a score of 36-12.

The Warriors got off to a quick start with Cole Crossett kicking a 16-yard field goal to put them up early in the game. Laurier responded with a touchdown later in the first quarter. The Warriors then retook the lead in the second quarter with Nicklas Sua running in the ball from two yards out.

It was a close game for three quarters. The Warriors had a narrow lead, 11-8 heading into the third quarter. Then the dam broke open and the Warriors went on a spree.

It was in the fourth quarter where the Warriors really did their damage, with Tre Ford completing three passes in quick succession for three touchdowns in a minute and 32 seconds — effectively ending the game and extending the Warriors' season. Crossett added another field goal to make the final score 36-8 and complete the season sweep of the Golden Hawks.

The Warriors now face the first-place West-

ern Mustangs this Saturday in London, Ont.

Men's soccer advances to playoffs

The Warriors' men's soccer team needed all six points going into their home and away games with the Brock Badgers to guarantee a playoff spot for the second time in three years. And with two narrow wins, 2-1 at Brock and 1-0 at home, they got the points they needed.

In the first game, the Warriors needed a late goal from substitute Sasha Dmitrovic who came on and scored in the 78th minute with what was almost his first touch of the game. The defence took over in the second game as Kevin Espiro put the Warriors up early with a penalty in the 16th minute.

"With the Brock weekend, we wanted to get over the line and we did with a two-one victory on Friday and then a one-nil victory at home," said head coach Mark Worton. "I just have to say we used Warriors' field as a good advantage and it was a bit of a fortress for us. Because we didn't lose any home games this year."

Making the playoffs isn't the only sign of progress for the team this season. The Warriors were able to take a point from number one seeded Guelph Gryphons for the first time in 19 games with a 2-2 draw at home earlier this year.

The Warriors now face Ryerson on Nov 3 for a shot at making the OUA Final Four. The Warriors enter the game as underdogs but Worton said he isn't worried.

"I honestly believe because of the confidence that we're feeling right now, we know we're in a game. We enter the game as underdogs. But I have a very good team with seven or eight staff come in and to be quite honest, I think one or two of them will be in the run-





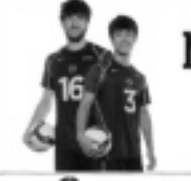
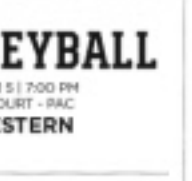


COURTESY UW ATHLETICS

ning for rookie of the year this year, just based on the performance thus far," said Worton.


No matter the result on Nov 3, Worton said he feels the program is making prog-


ress. This year, the team had set out a goal of playing in the OUA Final Four within the next five years. Now, they are one win away from being there in year one.

imprint
THIS WEEK IN ATHLETICS
WATERLOO WARRIORS
GOLD GO BLACK GO GOLD GO BLACK

HOME OPENER		M HOCKEY NOVEMBER 4 7:00 PM CF ARENA VS WINDSOR RESIDENCE DAY POP UP STORE		M HOCKEY NOVEMBER 5 7:00 PM CF ARENA VS GUELPH
		M VOLLEYBALL NOVEMBER 5 7:00 PM TOTZKE COURT - RAC VS WESTERN		FIRST AID STANDARD FIRST AID W/ CPR-C, AED NOVEMBER 20/21 \$120
		W HOCKEY NOVEMBER 6 7:00 PM CF ARENA VS LAURIER		WARRIOR INSIDER Stay up to date with the Warriors! gowarriorsgo.ca/warriorsinsider

ATHLETES OF THE WEEK


EMMA MACDONALD
SOCCER
BIOMEDICAL SCIENCE


MICHAEL REID
FOOTBALL
RECREATION & LEISURE

The connection between screen time & student GPAs

Khalid Safdar
Reporter

We are living through an era of advanced technology in which it is almost impossible for students to participate in their social, academic and professional communities without the use of the internet. With the rise of social media in particular, students' dependency on their phones has increased to the point where people are becoming addicted to modern technology.

While there are some positive aspects to modern technology, and many people use tech for important purposes, screen usage amongst students has begun to impact their physical health as well as their academic performance.

For many students, it is difficult to determine where to draw the line given that even necessary applications and platforms can be distracting and lead them to procrastinate.

Given the current social climate, the urge to stay online and connected is greater than ever before. From educational pursuits to doctors providing healthcare, everything has navigated itself to the realms of the digital world.

Emma Drager, a first-year life sciences student, noted that her screen usage is both productive and relaxed.

"It goes both ways — I am constantly on my laptop doing schoolwork [hopefully improving my Grade Point Average (GPA)], but then devices can lead to distraction, loss of focus, and enable procrastination," Drager said.

For many college students, the recent shift to a completely new system of online school has been unsettling and difficult. Many have missed deadlines, struggled to keep up with their classes, and felt as though they were underperforming academically. As a result, students have identified several ways in which the omnipresence of screens in their academic lives cause problems.

Kevin Liu Yu, a first-year science student, acknowledged the relationship between screen usage and GPA.

"I do believe that there might be a connection between these two since if we are talking about screen time; when it comes to social media and entertainment, yeah, by all means, it could impact a student's GPA," Yu said. "In cases like mine, I don't like studying on my laptop since first of all I don't like online textbooks and second, being on the computer or any device distracts me."

However, he also recognized the benefits screens provide to some students.

"Some people are more comfortable than others while reading a textbook or taking notes on their laptops or phones," Yu said.

A systematic review published in the Journal of the American Medical Association Pediatrics examined how screen-based activities affect academic performance in children and adolescents. The review reflected the

ideology of more than 480,000 participants and in a surprising turn of events, it found that screen time was not associated with poor academic performances at all. However, it concluded that simply socializing online was far better than watching television or playing video games, which did have an impact on GPA.

Armen Menkemnian, a first-year materials and nanoscience student, said he felt that there was a connection between screen time and GPAs, but it could be positive or negative.

"If you use screen time for social media and entertainment then most likely it will negatively impact your GPA but if you're studying or working then it has a positive impact," Menkemnian said.

For him, he said he finds screen time more entertaining because it helps him relax amidst his assignments and studying.

"Even though it may negatively impact my GPA, it helps me lose stress from school and will positively impact my mental health," Menkemnian said.

With the rise of the pandemic, mental health has become one of the most impacted and neglected factors in one's life. It is often deemed irrelevant, or simply not talked about. Although being so advanced in many aspects of life, mental health is still considered a taboo in many societies and is therefore not talked about. To be able to prioritize mental health over GPA is a tough step but sadly has become the new reality for many students.

Holden Beggs, a University of Waterloo alumnus and a Harvard graduate in engineering, said he believes that the way one makes their decisions does impact their future.

"I think it's less about how much screen time and more about how you prioritize [and use] screen time," Beggs said.

If one were binge watching a five-season TV show during midterm week, that would probably be far more detrimental than bingeing it the week after or spreading it over a month.

"I suspect it's more complex than more screen time equals lower GPA," Beggs added.

Although the connection between GPA and screen time is complex, staying in moderation does not have a deleterious impact and therefore, setting priorities and keeping them aligned with goals is the integral part.



Recipe: Coffee & Earl Grey Nut Butter

By Ingrid Au

Nuts have high amounts of fat and fat keeps you warm, which makes them absolute winter essentials. What better way to utilize their potential than in the form of nut butter? By adding it to your typical hot morning beverages, nut butter can pair perfectly with your breakfast components like toasts, waffles or oatmeal so go wild with it!

In terms of flavour, this recipe will only focus on coffee and earl grey as a guide on how to prepare the nut butter.

Let's talk about the type of nuts you can use for this recipe. Nuts with a high fat content will help incorporate your butter together. Nuts with a low fat content will result in a less creamy consistency, but this is easily fixed by adding about a tablespoon of coconut oil. The rule of thumb is the darker in colour and richer in flavour the nut is, the more compatible it will be with intense beverages like coffee. The lighter in colour and flavour the nut is, the more compatible it will be with lighter beverages like earl grey or matcha. Here are some nut recommendations:

- Cashews (for earl grey and other beverages like matcha)
- Almond (coffee, earl grey, matcha)
- Macadamia (earl grey, matcha)
- Pistachios (matcha)
- Hazelnuts (coffee)
- Walnuts (coffee)

Depending on the nuts you choose, it may require extra preparations. Please refer to instructions most suitable for your choice of nuts as specific instructions will not be included.

Tools

Food processor

Base

- Nut of your choice (preferably the ones above)
- 1 ½ tsp of vanilla extract
- A pinch of salt (do not add salt if you are using salted nuts from the grocery store)
- 2 tsp of honey or sugar (adjust according to desired sweetness)
- Optional — 1 tbsp of coconut oil, depending on your nut's fat content

Coffee

½ cup of strong brewed coffee (you will probably only use half of the amount, however, I strongly recommend making ½ cup just in case the consistency turns out to be too thick — then the other half will help you thin it out!)

Optional — 1 tsp of hot chocolate or cacao powder to enhance flavour

Earl grey

- 1-2 tea bags or 2-3 tbsp of loose tea leaves
- ½ cup of whole milk, heavy cream or any milk substitutes of your choice (you will probably only use half of the amount, however, I strongly recommend making ½ cup just in case the consistency turns out to be too thick — then the other half will help you thin it out!)
- Optional — ½ tsp of orange zest or dark chocolate for extra spice

Instructions

Preparing your beverage

If you are using other types of beverages, prepare it the way you usually would with the respective measurements above. For coffee, simply brew it and leave it to cool. For earl grey, steep your tea bag in milk at low to medium temperature on the stove until heated but not boiling, then let the tea infuse for 30 minutes. Leave aside to cool. For extra flavour, I recommend steeping loose leaves in heavy cream. If you are using loose leaves, make sure you have a strainer to strain the leaves.

Making the nut butter

If you do not have a food processor, you may use pre-made nut butter. Combine the nuts, vanilla extract, salt and honey or sugar and blend until somewhat smooth. Slowly add earl grey or coffee and continue to blend until smooth. At this point you can add your orange zest, dark chocolate or chocolate powder if desired.

If your nut butter consistency is too runny, add more nuts. If it's too thick, add more coffee or earl grey.

This nut butter is a jar of joy that sneaks up on you and gives you a warm hug, never knowing what gave you that moment of coziness. But it's there, and it will be there for a month in your fridge! When you run out, you'll find yourself making it again in the midst of a snowy winter — because coziness just doesn't feel right without it anymore.

imprint

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Next scheduled post-mortem meeting:
 Virtual due to COVID-19

Next scheduled board of directors meeting:
 Virtual due to COVID-19

Imprint acknowledges that the University of Waterloo is situated on the traditional territories of the Attawandaron (Neutral), Anishnaabeg, and Haudenosaunee Peoples. The University of Waterloo is situated on the Haldimand Tract, land promised to Six Nations, which includes six miles on each side of the Grand River. Therefore, Imprint recognizes and respects this land that it is situated upon.

UW INDIGENOUS STUDENT ASSOCIATION



opinion



HAVE YOUR SAY

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

Hybrid opinion on hybrid classes

To be online or in person, that is the question

This fall the University of Waterloo, along with other universities across Canada, implemented hybrid classes which saw the return of many more students from across the world to campus.

As someone who has been in Waterloo for the majority of the pandemic's worst phase, I have experienced classes under both the remote and hybrid models. I believe that there are inherent advantages to both models, however, I would personally like to see a complete return to in-person classes soon.

Since hybrid classes were introduced, staff at UW are required to maintain both in-person classes and online classes for those who are unable to make it to in-person lectures.

Consequently, there are certain course staff who tend to re-use video lecture materials from previous terms for the online teaching, and provide a more novel learning experience in-person. Logically, this makes sense to avoid spending extra time for lecture administration and focus on evaluation, assessment creation and oth-

er things. However, the content tends to become outdated, and in the case of staff changes, I find it preferable to have newer staff deliver a new lecture rather than using that of previous staff.

On the other hand, there are instances where course administration is entirely online. At that point, students end up coming to campus for a few courses only, while others, if not all, remain online. This is particularly inconvenient for students living in other cities, who have to move to Waterloo to take just one or two courses.

The university has also decided to open study areas on campus, which also encourages students to get out of the comfort of their room and be more productive in collective study environments. I believe that this helps encourage students to return to campus despite one or more courses being online.

International students end up having to pay incredibly high fees for online education which is less effective than in-person delivery. Some online courses have in-per-

son tutorials and discussions to supplement the online lectures.

This shows that the staff have recognized this to be an important issue that needed to be addressed. Having these hybrid classes, however, creates more work for course staff. Since the pandemic has reached a turning point, classes should be opened to near-full capacity and be made entirely in-person to re-establish the status quo for education.

Ultimately, having hybrid classes seems to be a compromise made in an attempt to go back to pre-pandemic times for education. However, there is a point where it becomes inconvenient for both students and staff and turns counter-productive to the goal of education itself. Therefore, I would like to see a return to in-person education to generate better overall and wholesome growth in students.

Rohit Kaushik
 Opinions Editor



VIA MYVIEWBOARD



ATHLETICS & RECREATION

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THE BENEFITS OF MOVEMENT
GET MOVING!



GET ACTIVE AT THE CIF OR PAC

- » CIF Fitness Centre
- » Clubs
- » Fitness Class Memberships
- » Open Recreation (Basketball, Badminton, Squash, Swim and more)
- » PAC Fitness Centre
- » Personal Training
- » Rock Climbing Memberships
- » Small Group Training visit gowarriorsgo.ca/fall2021

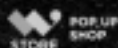
WARRIORS HOME OPENERS



HOCKEY

NOVEMBER 4 | 7:00 PM
CIF ARENA
VS WINDSOR

RESIDENCE DAY*



MEN'S VOLLEYBALL

NOVEMBER 5 | 7:00 PM
TOTZKE COURT - PAC
VS WESTERN



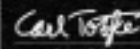
WOMEN'S HOCKEY

NOVEMBER 6 | 7:00 PM
CIF ARENA
VS LAURIER



BASKETBALL

NOVEMBER 10
(W) 6:00 PM (M) 8:00 PM
TOTZKE COURT - PAC
VS WINDSOR



DEDICATION CEREMONY



VOLLEYBALL

NOVEMBER 12
(W) 6:00 PM (M) 8:00 PM
TOTZKE COURT - PAC
VS WINDSOR

YOUTH VOLLEYBALL DAY

OWOR APPRECIATION DAY



"WE ARE ONE" GAME

FREE TICKETS FOR STUDENTS
GOWARRIORSGO.CA/TICKETS

WARRIORS INSIDER EMAIL NEWSLETTER

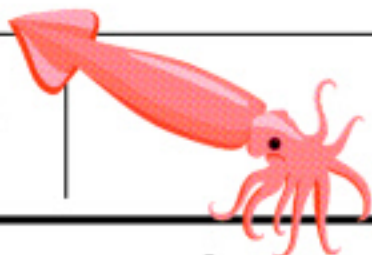
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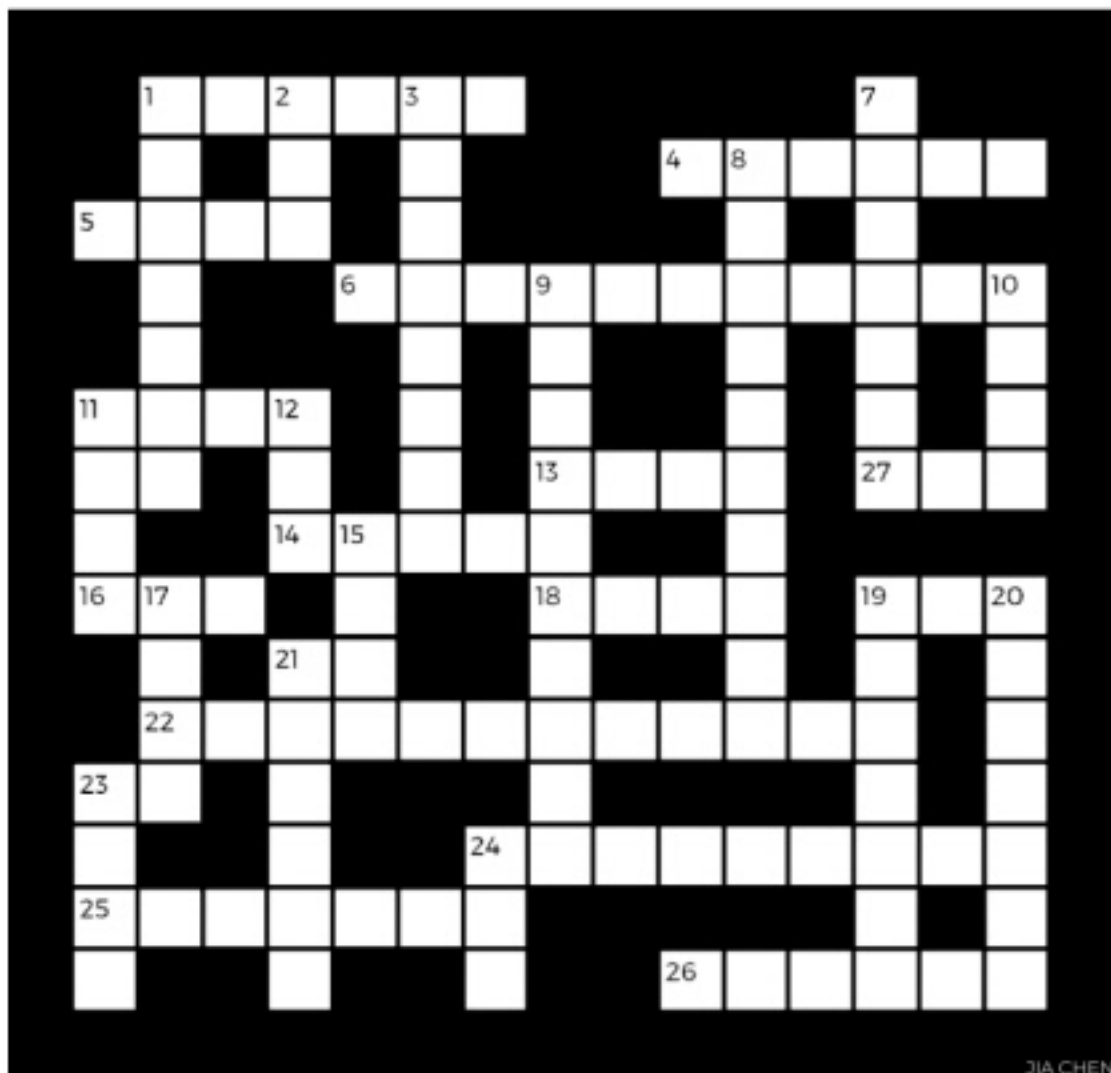
distractions



DID YOU KNOW...
THE COLOSSAL SQUID HAS THE LARGEST EYES
IN THE ANIMAL KINGDOM, ABOUT THE SIZE
OF A SOCCER BALL!

Imprint crosswords

Squid Game



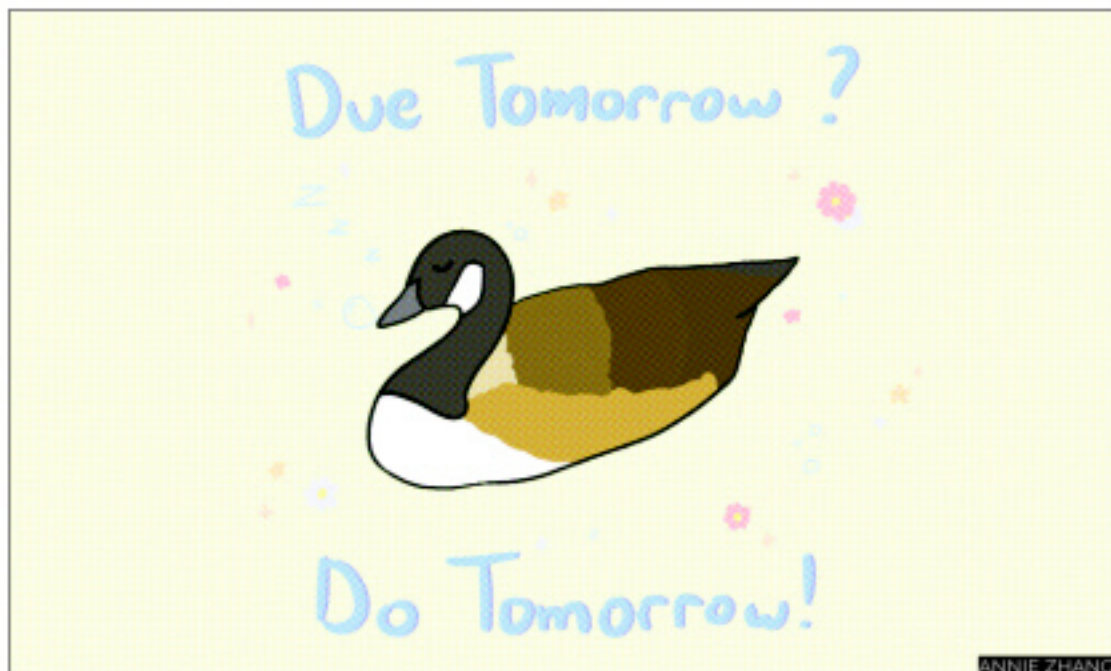
Across

- 1 Alcoholic beverage with lime and mint leaves
- 4 Most likely to be seen in athleisure, one of five in famous british girl group
- 5 Slang for food
- 6 Competition where audience can place bets
- 11 Standing near one looks suspicious in Among Us
- 13 Not a baby bump, a ____ belly
- 14 First initial precedes pop, drama, not japan
- 16 Similar to Q&A
- 18 While here you'd hear "OMG!", in Paris you'd hear "Oh mon ____!"
- 19 A single transparent sheet in animation
- 22 May advertise their goods by calling out to you as you walk by
- 24 Juicy is known for making these using velour
- 25 Make this viral treat by melting sugar with baking soda
- 26 Fictional ones include Strange and Who
- 27 This animal stars in an animated cooking movie for kids

Down

- 1 You're crazy if you lose them
- 2 Workaholics stay after five
- 3 Pull harder to win
- 7 Someone you shouldn't have trusted
- 8 Outdoor spot for children
- 9 Underwater person wearing appropriate gear
- 10 Also known as natural talent
- 11 Popular card brand, not the one with two overlapping circles
- 12 Latter half of a popular video sharing app
- 15 Fluid will do this after a pimple is popped
- 17 Must put on before you enter a building
- 19 What you'd call a cop who accepts bribes
- 20 Not heavier
- 21 Position obtained by leaning back while standing until you touch the floor
- 23 May these be in your favour
- 24 Type of water that doesn't require plastic

LAST WEEK'S ANSWERS



JIA CHEN

ANNIE ZHANG

SHARON LEE