



# Imprint

Your Stories, Your Voice

July 2024  
Volume 1 Issue 12



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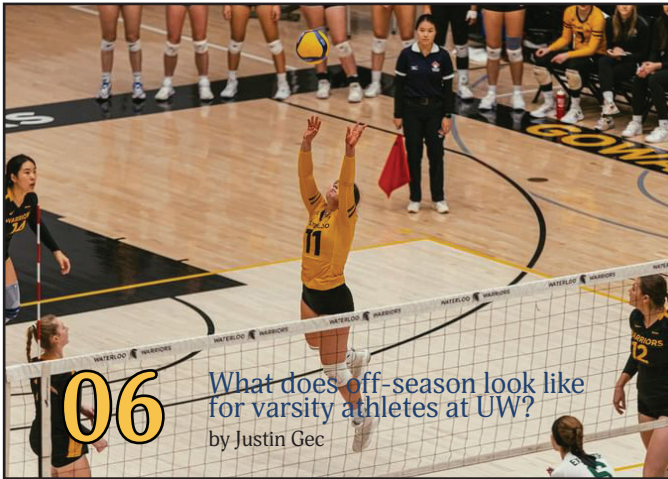
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# How UW students are navigating the rough job market

Veronica Reiner, Executive Editor

## The student experience

**S**mruti Sharma is a computer science major in her fourth year, minoring in statistics and economics. She decided to drop out of the co-op program in April after completing four different co-ops throughout her university career.

It was not an easy choice to make, as she wanted to graduate with her friends and explore opportunities in future co-op terms. With four co-op terms completed, she only had two more terms to complete. She was not happy with the job offers she received, and found the co-op search discouraging.

“The co-op search itself wasn’t very positive, per se,” Sharma noted. “The companies that were interesting — they had 1,200 or 1,300 applications. Bloomberg for example, they had over 100 people interviewing for one software position, which was ridiculous. Then the other companies, if there weren’t over 1,000 people applying, even then, it was still a long, tedious process.”

Throughout her university career, Sharma used WaterlooWorks, LinkedIn, Indeed, and personal connections to land co-op jobs. Her previous jobs have included working at Loblaws, Amazon, a consulting firm, and a fintech company. Her work included automation, data engineering, machine learning, and software engineering.

She added that the quality and quantity of jobs has also declined since she started her studies.

“What I’ve noticed is a lot of people are doing an external search or going back to their previous employers due to the quality of WaterlooWorks,” Sharma said. “That’s one thing I noticed — everyone’s just going back. No one is really happy with the jobs that they see.”

Many people she knows are following suit, including three of her past roommates, one majoring in psychology, another in computer science, and another in biomedical sciences.

Her current plan after graduation is to return full time at her previous company — Amazon in Vancouver — as a software developer.

Manaswinee Gupta is a computer science major in her third year. She began job searching for her fourth co-op term in the fall as of May 4. WaterlooWorks is her main job search tool, and she has applied to 50 jobs as of writing this article.

“It’s the first cycle, so I’m still using WaterlooWorks more, but as it progresses, I’ll probably shift to external applications,” she said.

The past co-op terms have included roles at Ford Motors as a software tester and an Android developer. She is now aiming to get a co-op in machine learning.

The job search experience has been mixed over the years. “The first time I was applying for co-op, it was so good. I got the job so easily, but then later on, it started getting worse,” Gupta said, adding that the search this term has been more positive so far, with better options.

“I feel like finding a job is fine — but getting into what you want is more difficult,” she said. “I have experience in Android development, so I think at this point, I can find an

# What is contributing to a rough job market?

Mikal Skuterad is a UW economics professor and director of the Canadian Labour Economics Forum. He noted that in recent months, the data is pointing to deteriorating labour market conditions for young people. This is evident more so when viewing statistics for falling employment rates, rather than the relatively steady unemployment rates.

The employment rate measures the percentage of people who are of working age (15 and older) and are employed. The unemployment rate measures the percentage of people within the labour force that do not have a job and are actively seeking employment.

“What those two things imply is that more and more young people are just not participating in markets. They’re sort of saying, ‘Well, I’m not going to work,’” Skuterad said.

A Labour Force Survey by Statistics Canada published in April 2024 noted that employment among youth aged 15 to 24 fell by 28,000 (-1 per cent) in March, continuing a trend that has seen virtually no net employment growth among youth since December 2022.

This data does not take into account the massive growth in the non-permanent resident population, Skuterad said. “There’s been this incredible growth, and most of that growth, by far, has been foreign students,” he said, adding that these students are unlikely to be sampled and represented in this data.

As of January 1 this year, Canada’s population reached 40,769,890, an increase of 1,271,872 people compared to January 1, 2023. This marked the highest population growth rate (3.2 per cent) in Canada

since 1957 (3.3 per cent). The majority of this growth (97.6 per cent) came from international migration.

As a result, domestic students seeking part-time jobs off-campus or those looking for summer jobs have to compete with foreign students for jobs, with more candidates competing for job vacancies.

“Anecdotally, I know people who run businesses in Kitchener-Waterloo who tell me that the absolute best employees, if you’re looking for low wage workers to do any kind of unskilled work — whether in a factory or cleaning dishes in a restaurant — the people you should be looking to fill those jobs are foreign students, which are from Conestoga College, not the University of Waterloo,” Skuterad said.

These workers have motivation to work hard so that they can get permanent residency in the country, he added. “We take that for granted because we’re permanent residents, but we’re so lucky to live in Canada. So understandably, other people in the world that come from poorer countries want to have that luck. So they come here and they’re willing to work really hard, and they know the pathway to permanent residency.”

The consequences of getting fired can be worse for foreign students, for example, losing their chance at permanent residency.

He added that there is an existing narrative about a labour shortage in Canada, but this does not appear to be the case when viewing labour statistics. “There’s a perception that businesses like to push that there’s not enough workers, but if you look at the data, it just doesn’t hold up,” Skuterad said.

The Centre for Career Development (CCD) supports undergraduate students, graduate students, post-doctoral fellows, and alumni in their career endeavours. They offer one-on-one appointments, available both virtual and in-person, as well as resume reviews, cover letter tailoring, workshops on online presence management, and career planning.

The CCD has seen an increased use over the past several years, with 25,201 student engagements in 2023, compared to 22,362 in 2022.

Stephanie Bailey is a career advisor at the CCD who started the role about a year-and-a-half ago. She noticed that students have been struggling to find work, and that it is a reflection of a dip in the economy.

“Since I started at CCD, ChatGPT came out of nowhere,” Bailey noted. “So these larger trends, I feel like, have created a sense of anxiety. There’s all these big changes, there’s a growing understanding of how the world of work has changed so dramatically from our parents’ generation, and that maybe some of the models of how to approach work no longer fit because of what we call a ‘VUCA’ world.”

The acronym VUCA — which stands for volatile, uncertain, complex, and ambiguous — is used to describe a new world of work that is constantly changing based on larger factors such as climate change, the rise of automation and artificial intelligence, globalization, and the rise of polarized social and political movements.

“The one thing we know for certain is that things will be uncertain,” Bailey said. “So how can you develop skills that will help you adapt to this incredibly volatile world of work? Part of that, so much, is about resiliency, anticipating roadblocks in your career and coming up with strategies on how to overcome them when they inevitably crop up.”

As Bailey said, the world of work will be evolving constantly in the coming years. According to a Future

of Jobs report in 2023 conducted by the World Economic Forum, by 2027, 83 million jobs are projected to be lost while 69 million are predicted to be created, leading to a 23 per cent labour market churn. The report also represented a reduction in employment of 14 million jobs.

Because of this, rather than focusing on titles, Bailey said, it can often be more valuable to focus on skills. This involves deciding which skills are important and learning to develop them. Soft, transferable skills that employers are looking for include communication, time management, teamwork, and collaboration as these skills are harder to teach.

“The good news is that [students] are already developing so many in [their] courses,” Bailey noted. “I think a lot of students who come in aren’t aware of how many skills they’re developing.”

The CCD employs certain metaphors that can reconceptualize how students view the job market. “In Canada, there’s this metaphor of the corporate ladder — you graduate and work your way up in this very linear process,” Bailey explained. “We encourage students to think about careers like sailing a boat.

“It’s about uncovering your purpose in life — what drives you? What problem do you want to solve in the world? A sailboat doesn’t go from point A to point B, it tacks back and forth with the winds. So you’re constantly changing direction, but you’re generally going towards this sense of purpose and a deeper sense of meaning in your life.”

Another skill that is important to develop in an uncertain job market is networking — a strong network will help a job seeker identify opportunities outside of job searching tools.

“I know students don’t love hearing that because networking is scary, but students are already doing it. Your classmates are your network. Your profs are your network,” Bailey explained. “You’re already passively networking. But it’s important to continue to cultivate those relationships.”

## A perspective from UW’s Centre for Career Development

# What does the off-season look like for varsity athletes at UW?

Justin Gec, Staff Writer

For many individuals who follow and have a passion for sport, it is common knowledge that the work athletes put in the off-season directly correlates to the success — or lack thereof — that athletes experience in the season. With this being the case, it naturally begs the question: what does a typical off-season look like for varsity athletes?

In attempting to gain an understanding of what a typical off-season looks like, I sat down with athletes across various sports and discussed their off-season protocol. I chatted with Kyle Dawdy, graduating varsity football team member; Kevin Zhang, a first-year sensation on the varsity swim team; and Nora Kotun, graduating member of the women's varsity volleyball team. The common thread amongst all athletes is that off-season protocol varies tremendously, even between individuals of the same team.

Being a member of the varsity football team myself, I understand the off-season routine and what is expected of us. Nonetheless, I was interested in how other team



UW Athletics Association



members spent their time off season.

For starters, Dawdy shared, “The off-season is a grind — the time commitments and the requirements for us players throughout the winter and summer term was the same, if not more strenuous than the demands in season. We are required to lift at least four times a week, and on top of that have on-field practice two times a week.

“Football is a unique sport in the sense that we have a very short season, we play eight regular season games, starting in the last week of August, and if you make it to the finals, the Vanier Cup is played in mid-November. In the best of cases, the season is just over three months.”

With a sport like football, where the off-season makes up just under three-fourths of the calendar year, it is safe to say that off-season training is crucial to the overall success of the season. This is why the off-season training is so strenuous — when you only have three months to make or break, it is an absolute requirement to put in the work off-season.

What’s interesting to note in this instance is that out of all varsity sports, the football season is the shortest. So, to gain a different understanding of what the typical off-season regiment may look like, I turned to a sport that has a much longer season — swimming. This is where I was surprised to find out that, in some cases, for some members of the swim team, like Kevin Zhang, their season is more or less 12 months long.

Not only is Zhang a member of the varsity swim team at UW, but he is also a member of the Canadian National Team. “The UW swim season usually starts around mid-September, and if you qualify for U Sports Nationals, the final competition is in March,” Zhang said.

Throughout the interview, Zhang emphasized that each swimmer’s off-season looks very different. “As soon as my swim season at UW finishes, I begin giving my attention and training toward training for Canadian nationals in July,” Zhang said. “This is not the case for all members of the team — some go home to take time off, some swim for a club team, and some may just swim recreationally, or not at all, really depends person to person.”

For an individual like Zhang, he is swimming and training 12 months out of the year, maybe having a few weeks off in between nationals and the start of the U Sports season. So, he doesn’t have an off-season. The adage “good work brings more work” especially holds true in this sense. Since Zhang is such a talented swimmer, he doesn’t get an off-season — he goes right from U Sports swimming to swimming on the National team.

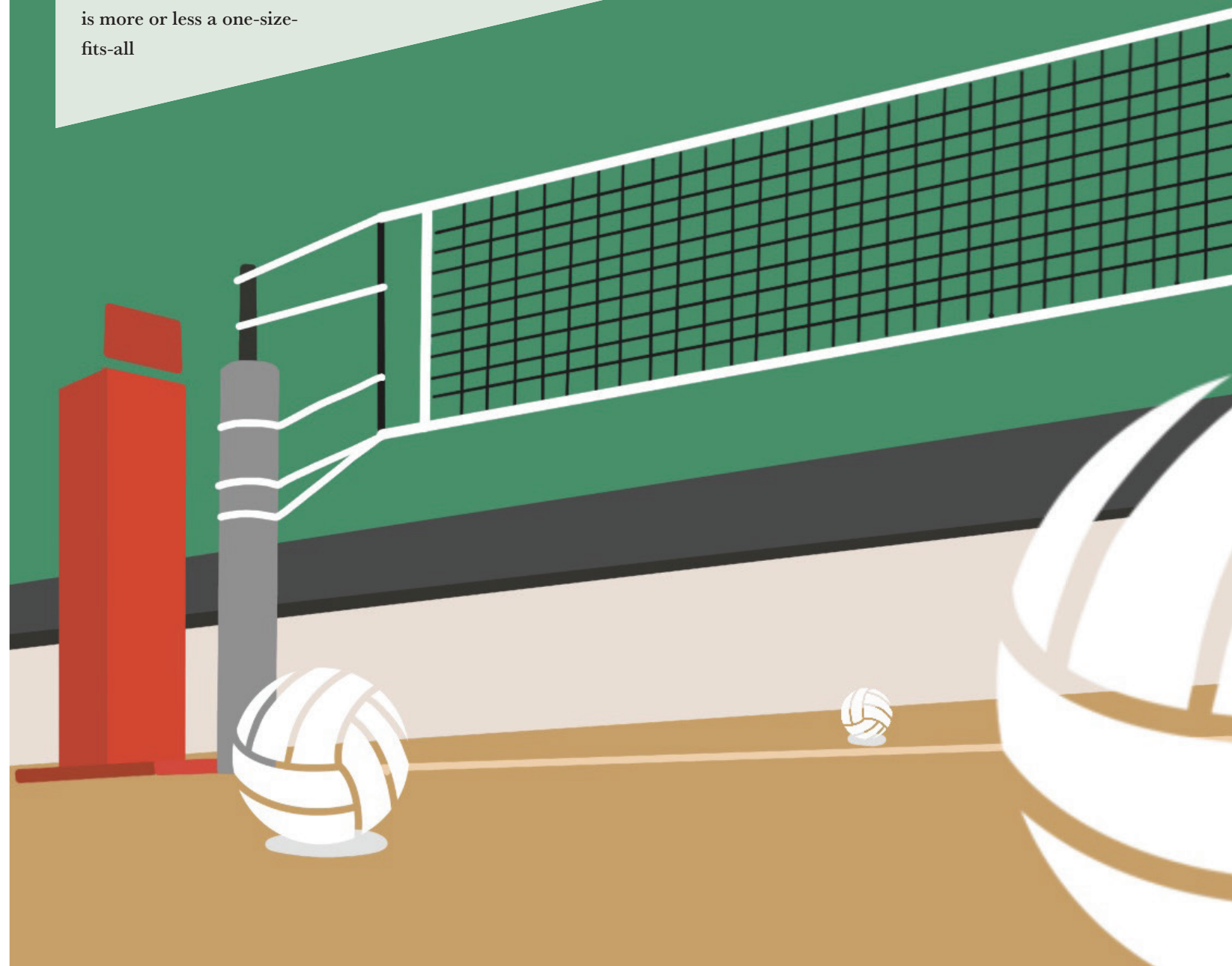
Finally, to wrap up my goal of understanding what the typical off-season looks like for varsity athletes at UW, I wanted to find a middle ground between football, being a short season and a team sport, and swimming, a long season that is an individual sport. I decided to interview a member of the varsity volleyball team.

The volleyball season unofficially begins near the beginning of the fall term. Mandatory training and pre-season games take place up until early November, then the actual season starts in November with nationals taking place mid-to-late March. I sat down with Nora Kotun, a member of the women's varsity volleyball team to gain insight on their off-season.

Kotun shared that every off-season, each team member is sent a workout program from the strength and conditioning department at UW for training. Each member of the team is expected to complete and track their off-season via these workouts. "This program is very generic and is more or less a one-size-fits-all

strength and conditional package," Kotun said. "Due to this, since our off-season is over the summer and a lot of girls aren't in classes, they go home and work with their trainers who provide a more personalized [strength and conditioning] plan." On top of this, Kotun added that many girls go home and play beach volleyball or play for various club teams during the off-season.

"Regardless of what you do in the off-season, all our coach is concerned about is that you come back in August ready to play. It is quite evident every August who put in the work and who did not." Naturally, this leads to the assumption that at least for the women's volleyball team, regardless of what you are doing in the off-season, you are expected to come back better than you were when the season ended.





Through these interviews, it became clear to me that there is no such thing as a typical off-season for all varsity athletes across different sports at UW. Moreover, what I was very surprised to find out is that even if athletes are competing on the same team playing the same sport, their off-seasons vary. Even as a member of the varsity football team, this is new knowledge to me. Our off-season is jam-packed with regimented times and mandatory sessions that all members of the team are required to attend, creating a very time-consuming and busy off-season. However, the same can't be said for other sports.

Coming into this, I had the goal of understanding what the typical off-season looks like for a varsity athlete. To be completely honest, the only answer that I can give with confidence is that it not only entirely depends on the sport, but it largely also depends on the athlete, regardless of competing on the same team or playing the same sport.

However, I would be remiss if I didn't share the one commonality amongst all athletes I interviewed: all athletes I discussed shared that regardless of what their off-season looks like or what they are expected or willing to do, they all take some sort of time away from their sport to reset and get their mind right for the next season. Being a varsity student athlete is no joke — taking the time to take care of your mental health is essential to finding success in not only varsity sport, but in anything.



# When we throw it out,

# where does it go?

## A journey of recycling, garbage, and waste

Bethany Helaine Pörtl, Contributor

**C**anadians throw away over three million tonnes of plastic waste every year, yet only nine per cent of that waste is recycled. Wait... what? What happens to the rest of it? Why and how do we recycle? Let's talk about it.

The other 91 per cent of recyclable material ends up in landfills, waste-to-energy facilities, or our natural spaces. Plastic waste takes up space on our shorelines, beside highways, and makes its way into forests. With the rise of microplastics, we find plastics in our food and ourselves, seemingly inescapable. With our personal health and environmental health on the line, what do we do?

From childhood, my mom taught me how to recycle, and since then, my designated household task has been emptying and sorting our little indoor recyclable bin into blue and gray boxes for pick up. I made recycling posters at school and my family picked up litter at the beach. Recycling has been a constant in my life as I'm sure it is in everyone's, one way or another.

In 2022 I worked for the UW Sustainability Office during a co-op term. Part of my job was 'boothing' at V1 in the cafeteria. If you've eaten at the V1 cafeteria, you're familiar with the long row of garbage, recycle, and organics bins lined up against one wall. This is where we stood, talking to students as they went to throw away their items, answering questions about what goes in what bin and getting people involved playing the Shift: Zero Waste Sorting Game. It was an interesting learning experience, and since then I've had many conver-

sations with students, faculty, and staff about their own personal experiences in recycling.

One common theme across all these conversations is that recycling looks different for everyone. Students from other cities, provinces, territories, and countries talk about having more or less efficient recycling systems than we do in Ontario. Different recycling systems outside of Ontario can be expected, however even within the province waste systems vary between and within communities.

The UW campus waste system and the Region of Waterloo system are two separately running systems, with different guidelines. First, we'll focus on campus. In the 2023 Environmental Sustainability Report, 28.2 per cent of waste was reported as diverted from landfills. The campus waste objective is: "By 2025, achieve a 60 per cent diversion rate; by 2035, become a zero-waste campus (90 per cent diversion rate)." Part of the effort to reduce waste and achieve this goal is the Shift: Zero campaign.

The Shift: Zero Waste Sorting Game was developed by Plant Operations and the Sustainability Office for the Shift: Zero campaign. It is a fun game that can be played on a computer or by downloading the app. In it you sort various items into different waste streams and build your own park. The Shift: Zero sorting guide is available on the UW Sustainability Office website. You can read it and learn more about what items go where and why things are recycled the way they are.

Four-stream waste sorting bins have been rolled out across campus throughout 2024. There are

designated bins for garbage, plastic recycle, paper recycle, and organics.

At some locations, there are also cardboard recycling bins provided.

Switching our focus from recycling to organics, I asked dozens of students the first word that comes to mind when I say “composting.” The most common answer was “stinky” followed closely by “worms.” In my composting experience, both are true.

Organics bins are available near every food retailer on campus and are maintained by Plant Operations. UW Campus Compost is a student led group that promotes composting on campus. You may have seen our compost cows, Ben and Jerry, located between the environment buildings and Modern Languages. As the previous operations director for Campus Compost, I can say adding organic materials to the cows and checking in on the compost process is very fun. Campus Compost provides compost bins for student lounges and student-run events, and usable compost is available for campus garden projects.

One of the challenges of composting on campus is what



## Think Reusable

### 1 Eco-mug

Save 20 cents on coffee or tea at all Food Services outlets across campus when you bring your own travel mug. At franchises on campus (Williams, Starbucks, Tim Hortons), save 10 cents when you bring your own mug.

### 2 Free store

If you have gently used items you want to donate, instead of throwing them out, take them to the Sustainability Office Free Store. You can shop items for free there too!

### 3 Replace it

Replace your plastic shampoo and conditioner bottles with shampoo and conditioner bars to eliminate plastic waste.

### 4 Repair it

The UW Repair Hub, run by 4RepairKW, is held in E7-1401. Think twice about throwing out damaged items, take them to this free workspace where you'll meet the repair community, find tools and support for DIY mechanical/electrical repairs, sewing and mending, knife sharpening, shoe/backpack repair, and more.



to do when you want to compost in your residence room. The UWP Organics Program is a pilot program that has been running for the last several years, providing students with small compost bins. Student volunteers collect these compost bins and participate in sustainability-focused team-building workshops. To get involved, connect with the Sustainability Office. If you live off campus, look into how you can compost your organic waste with a countertop compost bin and local organics pick up.

Now let's talk about the Region of Waterloo system.

“ Fun fact, the blue-box we are familiar with for plastic recyclables was launched as a pilot program in Kitchener in 1981. ”

— Bethany Helaine Pörtl

In 1983, the blue box was launched city-wide to 35,000 homes. A reported 75 per cent of homes participated in the first month. Waste diversion



and management in Waterloo region has undergone several changes since the 80s. The region reports that the Waterloo landfill will reach capacity in approximately 25 years. The site will hold approximately 15 million cubic meters of garbage when it is full. Located at 925 Erb St. W, this is the only landfill still operating in the Waterloo Region. At the site, there is also a public drop-off area, environmental education centre, and recycling sorting centre.

This past Earth Day, the theme was “Planet vs. Plastics.” According to earthday.org, Planet vs. Plastics “unites students, parents, businesses, governments, churches, unions, individuals, and non-governmental organizations in an unwavering commitment to call for the end of plastics for the sake of human and planetary health, demanding a 60 per cent reduction in the production of plastics by 2040 and an ultimate goal of building a plastic-free future for generations to come.”

The Government of Canada announced the Federal Plastics Registry on April 22, coinciding with Earth Day. “Canadians expect the Government of Canada to take action to reduce plastic waste and pollution, and we are delivering on our commitment. The Federal Plastics Registry is a practical tool that will help track plastics across the economy, inform future actions, and measure progress to reduce plastic waste and pollution,” said environment and climate change minister Steven Guilbeault in a statement. The registry requires all manufacturers of plastic resin, producers of plastic products, and service providers to report on the quantity and types of plastic they put out into the Canadian market and how that plastic moves through the economy each year. The goal is to help monitor progress over time

and provide Canadians data that help identify opportunities for further action to reduce plastic waste creation and pollution.

This registry fits in with the ongoing nationwide action plan on zero plastic waste. Canada’s zero plastic waste agenda is a collaborative framework first developed in 2018 when federal, provincial, and territorial governments adopted the Canada-wide strategy on Zero Plastic Waste. Provincially, “Ontario strives to move towards a circular economy — a system where products are not discarded, but are reused, recycled and used to create new products” as stated on the Ontario waste management website.

The blue box program is currently being transitioned to producer responsibility. This means costs of the blue box program are moved away from municipal taxpayers and the producers of products and packaging will be held fully responsible for collecting paper and packaging and managing other single-use items. The transition began July 1, 2023 and is expected to be completed by January 1, 2026. At that time producers will be fully responsible for providing blue box service across the province. This transition seeks to standardize what can be recycled in Ontario and allow recycling of more materials.

Proper recycling is one of the pieces to creating a more sustainable community. In relation to that, it is also important to look at what you are recycling and throwing out and why. By taking the time to think about the products you use and finding an alternative to disposable packaging you will be making a huge difference. The solution is not solely in making sure materials are recycled — it’s in using less materials to begin with. Say no to single-use items when possible and invest in only the necessary amount of reusable containers. Overconsumption of sustainable products also contributes to waste. When we use less we reduce our impact on the world. Take only what you need and leave places better and cleaner for the future.

# The stars and their secrets: Will Percival and his journey to understanding the universe

Christiano Choo, Staff Writer

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**H**umanity's quest to uncover the secrets of our vast universe is one that has been long, fraught with difficulty, and largely unsuccessful. As is often characteristic of us, however, it also seems to be a quest that has not stopped or even shown any signs of slowing down. From its embryonic beginnings of Copernicus and Galileo theorizing about how the planets move around the sun, to the present day of scientists and physicists devising ever ingenious ways to calculate the distance and chemical

composition of things very, very far away, astronomy was never a field for the faint of heart. That fact in and of itself seems to keep most people away, but not Will Percival, the director of the Waterloo Centre for Astrophysics

Percival, originally hailing from England, had always been interested in mathematics — pure mathematics to be exact, with its elegant theorems and beautiful proofs. In fact, it's what would ultimately become his major for his undergraduate career at the University of Nottingham. After finishing his degree, he knew he wanted to do something in research but remained unsure of what area to go into. To get his feet wet and see more of what the market offered, he started working for a company. While he didn't stay long in the position, the experience ultimately proved valuable as it helped him realize his lack of interest in industry, seeing it as too "applied" for his taste.

Following this, Percival started looking around for PhDs in what he considered to be interesting topics. He would eventually find Lance Miller at the University of Oxford who agreed to take him on for a cosmology-related project, and the rest is history.

"It was an interesting project... nothing related to my research now," Percival reminisced. "It was in the era where you still went out [with] telescopes... so we did a number of observing runs and analyzed the data looking at a particular class of object called a quasar." Quasars are "extremely luminous galactic cores [resulting from] gas and dust falling into a supermassive black hole... and becoming luminous as a result of the extreme gravitational and frictional forces exerted on them." Quasars can emit thousands of times more light than the entirety of the Milky Way, and they are located at extreme distances from us (millions to billions of light years away) as well.

"We took very detailed views of the quasars, and then we could have the detail to tell us what type of galaxy they



lived in... [and we looked] particularly [at] when and how structures formed in the universe and we tried to tie this to quasars and the galaxies hosting them... how [they] fitted into cosmology.”

After this brief stint, Percival began his post-doctorate and moved on to bigger things that would ultimately define the rest of his career: he started working on the order of the entire universe with redshift surveys. These essentially have scientists take the spectra of many millions of galaxies and measure what is called a redshift. From this, they can deduce how fast an object is moving away from us and its approximate distance. This phenomenon is a consequence of the Doppler effect.

Imagine you’re standing still on the sidewalk and an ambulance comes down towards you on a busy street. The sound of its siren as it approaches will appear to be much higher pitched than when it passes you and starts moving away. This is because the sound waves it emits as it approaches bunch up together, and your ears perceive this to be a high frequency (high pitched) sound. As it moves away, the sound waves spread out, leading your ears to perceive a low frequency (low pitched) sound.

This is essentially what’s happening to the light that is being emitted from distant galaxies. As they move away from Earth, their perceived frequency is lower due to the reflected light being spaced out further and further, and this causes it to adopt a red hue when we observe it because red is the lowest wavelength of visible light. From this data, Percival and his team can then construct a galactic map of sorts and use the different patterns and distributions of galaxies to infer cosmological information.

A perfect example of one of these projects was the extended Baryon Oscillation Spectroscopic Survey (eBOSS), of which Percival was a survey scientist at the senior management level. It was the largest galaxy redshift survey at the time, and it used the Sloan Foundation’s telescope to observe the position of galaxies to produce a map of the universe. The results were ultimately consistent with the standard picture in cosmology. Even though there were no anomalies to report, Percival was still proud that the public recognized the work they were doing and that they were able to secure enough money to both continue the experiment to its end as well as start funding the creation of the Dark Energy Spectroscopic Instrument (DESI) and the Euclid telescope.

After eBOSS, Percival shifted his focus towards DESI and began laying the groundwork for the project, submitting proposals to the government and taking up various

management positions. The purpose of DESI, like all things in cosmology, is deceptively simple: find out what dark energy is.

But what is dark energy anyways? To explain that we have to consider the expansion of the universe. Previous observations with supernovae have shown that the rate at which the universe is expanding is accelerating. However, this finding contradicts what theoretically should happen — as more parts of the universe come into being, the force of gravity from an ever-increasing number of celestial objects should actually slow down its expansion. Physicists currently cannot offer a convincing explanation as to why this occurs, but they believe it has to do with the as-of-yet undiscovered physics surrounding “dark energy” and “dark matter.”

“We have three years of data... we are currently working on the first year of data,” Percival said. “We have a standard theory of what dark energy could be, and it’s called the cosmological constant... which can be interpreted as a sort of zero point energy density of the vacuum. We call this lambda and it has various predictive properties of the universe.” Using optical spectra of galaxies and quasars obtained from DESI, Percival and his team hope to test if expansion happens as predicted within this lambda model so they can glean more about the characteristics of dark energy.

Along with DESI, Percival is also currently working with the European Space Agency as a science coordinator for the Euclid telescope, which is conducting a galaxy redshift survey as part of a larger project. The data from Euclid will differ slightly because instead of being ground-based, it’s in orbit around the Earth. The structure contains a grism, a type of grating-based prism that disperses incident light and creates a spectrum from which they can analyze. At UW, Percival is also serving as the director of the Waterloo Centre for Astrophysics and is involved in promoting astrophysics research at the university. He hopes to establish a vibrant postdoctoral program to enhance the research being conducted now as well as provide more opportunities for future studies to be done. “I enjoy what I do... I mean, it’s incredibly lucky to have a career that’s also a hobby,” he muses. “There’s no such thing as a typical day... different things happening. I could be lecturing, I could have early meetings.” When asked if he had any advice for prospective cosmologists, he said, “It’s a tough career path to pick, but one that’s very rewarding... you have to focus on it, and you need good grades, bottom line. At each stage, you have to keep pushing yourself to get to that next stage.”





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# What you should do this summer in the Waterloo Region

Andie Kaiser, Staff Writer

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**W**hether you're on a co-op term or recovering from eight months of courses, it can be hard to know how to spend your free time during the summer. If this is your first summer in the Waterloo Region, figuring out what to do might feel even more complicated. In any case, we've got a quiz that will give you some ideas to get you started. Just answer the questions below and read on for some hand-picked suggestions about what local places and activities to check out this summer.

## What's your favourite thing about summer?

- a. The weather — who doesn't love being able to go outside without freezing?
- b. Spending a night on the town without worrying about school
- c. Checking out all the summer blockbusters



## Who will you be spending time with the most this summer?

- a. I'm looking forward to the alone time
- b. Who knows? I'm hoping to meet lots of new people!
- c. A couple of close friends or family members

## Experts warn there's another heatwave coming. What do you crave most?

- a. Jumping into a lake
- b. A refreshing meal or drink
- c. A distraction — anything to take your mind off the weather

## Favourite activity during the school year?

- a. Going to the gym or joining an exercise class
- b. Hitting the mall or shops uptown
- c. Taking a study break to binge-watch TV



## It's the end of the week. How much energy do you have for the weekend?

- a. Enough to get out of the house, for sure
- b. Are you kidding? I've been waiting all week for this!
- c. I might not want to spend the whole day out, but some evening plans would be fun

## Favourite spot on campus?

- a. The Peter Russell Rock Garden
- b. The SLC, especially when there are club fairs or vendors!
- c. Any of the theatre spaces



## Last but not least... you'd hate to spend your summer...

- a. Indoors
- b. Alone
- c. Bored

### Mostly a — Connect with nature

If most of your answers were option a, you'll likely want to spend some time outdoors this summer. Lucky for you, there are plenty of options to explore without travelling too far. If you're looking for a relaxing way to spend the afternoon, check out one of the many local trails — information and maps can be found on the City of Waterloo website. For something with a little more variety, head over to the Laurel Creek Conservation Area. Here, you can try everything from swimming and sailing to picnicking and barbecuing with friends. Finally, while you may want to spend as much time outside as possible, it's bound to rain at some point. If you still want your fill of nature on those rainy days, book a visit to an indoor attraction like the Cambridge Butterfly Conservatory, where you can walk amongst tropical plants and butterflies.

### Mostly b — Check out local markets and festivals

According to your answers, you'd be best suited to visit as many local attractions as you can. After all, summer is the perfect time to head into town for shopping, music, farmer's markets, and more. It can be hard to keep track of all the events happening this summer, so we'll start you off with a few ideas. Both Kitchener and Waterloo are holding ribfests, which will be held from July 19 to 21 and Aug. 23 to 25, respectively. If you're looking to shop from local vendors, Waterloo's Uptown Night Market will be held every Thursday evening in July and August. There are also a wide variety of music festivals lined up, such as the Sun Life Uptown Waterloo Jazz Festival; Kitchener's Wayback Festival, which will offer classic rock; and the Kultrún World Music Festival, which includes performances and interactive workshops. Information about all of these festivals can be found on the events' websites.

### Mostly c — Enjoy summer entertainment

If you answered mostly c, then you're looking to be entertained this summer! Whether that be through music, movies, local theatre, or more, there are several options available in the region. If you're into live music, downtown Kitchener will be hosting a series of Sunset Sessions, which are a series of outdoor pop-up concerts where the artists are kept a surprise. They will be held on Fridays throughout July, August, and September, with exact dates and times available on [downtownkitchener.ca](http://downtownkitchener.ca). Not into music but still want to enjoy outdoor entertainment? The City of Waterloo will be offering movie viewings in Waterloo Park on selected dates through July and August. If you're looking for local performances, St. Jacob's Country Playhouse and Rusty Nail Comedy might be for you. St. Jacob's Country Playhouse will be putting on a production of *Kiss Me, Kate* in August, and Rusty Nail Comedy offers multiple comedy shows per week across Waterloo. Information and tickets are available on both of their websites.



# Summer on the road

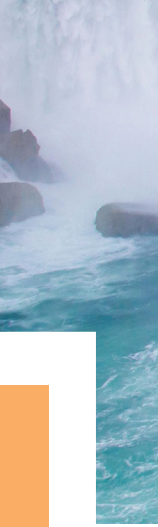
Carla Stocco, Contributor

With warm weather finally here, many of us are eager to hit the road and explore new sights and sounds. Although most of us don't need any convincing to take a leisure trip, for anyone hesitant to explore a new city, consider the benefits of travel! A Cornell University study finds that even just planning a getaway results in marked boosts in participant's level of happiness. Once you're on your way, traveling can help you boost your creativity, shift your perspective, allow you to meet new people and cultures, and leave behind feelings of stress and anxiety.

So, whether you are taking a well-deserved term off this spring, working hard on a co-op term, or trying to get through a study term, we've compiled a list of exciting destinations. If you're looking for a fun getaway adventure in a big city, Toronto Islands should be at the top of your list. Not quite so eager for a long drive? Sometimes the best trips aren't far from home — consider visiting the different attractions in Stratford or Guelph!

## The Toronto Islands

Ready to explore an island? Take the GO bus to Toronto, hop in an Uber, and take it to Layton Ferry Terminal near Bay Street and Queen's Quay. There you can hop on a 13-minute ferry ride that will take you to the Toronto Islands. Ferry tickets can be purchased online at the City of Toronto website under Toronto Island Ferry or can be bought at the terminal. Student tickets average around six dollars each, making this trip an affordable and unique experience. Once your ferry arrives at the island, you can explore the sandy beaches, visit the island's amusement park, swim in the lake, have a picnic, play a sport... The options for activities are endless. You can also bring a bike or a dog (on a leash) and stroll through the various gardens or visit a 200-year-old lighthouse. Feeling hungry from all that adventuring? With coffee shops and pizza parlors, there are plenty of food options on the island. Once you're ready to return to the mainland, wait in line for the next departing ferry. The last ferry departing from the island is at 11:45 p.m., so keep an eye on the time amid the excitement! Be prepared for a potentially long wait and bring some distractions, as wait times can take anywhere from 30 minutes to an hour.





## Niagara Falls

Get ready to see the world's second-largest waterfall! Every year, thousands flock to the city of Niagara to witness the roaring falls. If you're considering arriving by bus, consider leaving early at around 6 or 7 a.m. as the entire GO bus route can take four to five hours. Popular attractions in Niagara include a boat ride behind the falls (\$25 per ticket), ziplining (\$40-50 per ticket), and a visit to the Skylon Tower (\$22 per ticket). If you're on a budget, there are plenty of free and lower cost activities that are high in fun. Stroll through Niagara's botanical gardens and see their famous rose garden of over 2,400 roses (admission is free). CFX Chocolate Factory and Maple Leaf Place both offer free tours of their facilities and samples of chocolate and maple syrup for visitors. To end the night, head back to the falls for a fireworks show, which runs from May 17 to October 14, 2024.

## Stratford

Named after the England birth town of William Shakespeare, but perhaps better known for being the birthplace of pop icon Justin Bieber, Stratford is a city well-regarded by theatre lovers and fans of the pop star alike. Interested in traipsing through Victorian streets and watching a Shakespearean classic? Head to the Conestoga Mall GRT #4004 station and board bus two. You'll arrive in Stratford in around 55 minutes. The Stratford Festival runs from April 16 to October 27, 2024, making spring term a perfect time to head to the theatre.

## Guelph

Perhaps best known for being home to the University of Guelph, there's a lot more to this city than academia! The Hamilton GO bus takes an hour to arrive in Guelph. Some great options: The Guelph Lake Conservation Area, just a 13-minute commute from the University of Guelph, is a great spot for anyone interested in hiking with a view or canoeing. Another great spot for animal lovers is the popular coffee shop with a purr-fect twist! Located on 117 Wyndham Street North, My Kitty Cafe offers a wide variety of cat-themed drinks and snacks. While you enjoy your food, you can snap photos of the cats and after, spend time relaxing with your newfound feline friends! My Kitty Cafe usually has several cats at the cafe who are currently up for adoption and looking for a forever home. With the laid-back environment of a coffee shop and many cat enthusiasts passing by, it appears an ideal place for kitties to find their human match. Book your "Kitty Time" online on the My Kitty Cafe website. One hour of kitty time is \$10 per person.

Whether you're a theatre geek eager to explore the world of Shakespeare in Stratford this summer or an adventurer ready to explore Toronto Islands, there's bound to be a trip that will satisfy your interests and be a fulfilling experience. Take the time this summer to explore regions beyond Waterloo, you're bound to learn about yourself and create memories you'll be excited to share with family and friends come fall term.

# COLD CARROT CAKE BITES

Ingrid Au, Contributor



During the summer days, the last thing I want is a hot, steamy cake straight out of the oven. Inspired by the recent release of Alison Roman's cold carrot cake recipe, the craving for carrot cake has been on my mind. So why not, cold carrot cake and better yet, bitesize?

## Cake Ingredients

(slightly altered from Roman's recipe)

- 3 eggs
- 1 ½ cup of carrots, peeled and grated
- 1 ¼ cup of all-purpose flour
- 1 ½ tsp of ground cinnamon
- 1 tsp of baking soda
- 1 tsp of baking powder
- 1 tsp of salt
- ¾ cup of brown sugar
- 2/3 cup of sour cream or Greek yogurt
- 4 tbsp of melted unsalted butter, slightly cooled
- ¼ cup of olive oil

## Frosting Ingredients

- 1 cup of softened cream cheese
- ½ cup of powdered sugar
- A pinch of salt
  
- Optional: chopped nuts and dates, demerara sugar

## Tools

- Muffin/cupcake pan
- 2 large mixing bowls
- Spatula

## Instructions

Preheat the oven to 350 °F. Lightly butter the muffin pan to prevent the cake from sticking once baked. In separate large mixing bowls, combine the dry ingredients in one and the wet ingredients in another. Then combine the two mixtures by gently folding the wet ingredients into the dry. Add the grated carrots and mix until you have an even batter. Pour the mixture into the pan and bake for 40-45 minutes, or until a toothpick comes out dry when inserted.

To make the frosting, combine the cream cheese, powdered sugar, and salt. Once the cake bites have cooled, spread the frosting onto the cake alongside the optional toppings. Place the cake in the fridge for three to four hours to further cool, then serve.

It might sound a bit tedious to chill the carrot cake bites however, I assure you the coldness provides the optimal experience of biting in moist and fudgy cake, similar to a cake pop. Thank me later.



# July crossword

Zoe Cushman, Contributor

## ACROSS

- 1 Sound effect accompanying a sudden disappearance
- 5 “Confound it!”
- 9 Fancy balls
- 14 Negation prefix
- 15 Atmospheric prefix
- 16 Tree-dwelling lizard
- 17 Raise, as a child
- 18 Test for aspiring lawyers usually not required at Canadian schools
- 19 Homemade Jell-O
- 20 Crossword feature notably not present in this puzzle (three words)
- 23 Eczema symptom (two words)
- 24 The original good son
- 25 Got 100 percent on
- 26 “\_\_\_! Aw, man” (opening line of iconic minecraft parody Revenge)
- 30 Professionals who alter clothes
- 33 Dark Souls character of Astora
- 34 “¿Cómo \_\_\_?”
- 35 ‘Care’ in French
- 36 Superlative
- 40 UW Faculty associated with the colour blue
- 43 Parade again
- 44 Salamanca of Better Call Saul
- 45 Helvetica \_\_\_ (sans-serif font you either love or hate... for some reason)
- 46 Cockamamie 50 \_\_\_ oven when you of in the cold food of out hot eat the food (five words)
- 54 Take \_\_\_ breath (two words)
- 55 Continent housing Jordan and Oman
- 56 Smidgen 57 Japanese
- 58 Touchdown?
- 59 Stronghold
- 60 Crinkly gauze
- 61 Olympic sled
- 62 Squeaks (by)
- ## DOWN
- 1 American prescription drug coverage

1	2	3	4	5	6	7	8	9	10	11	12	13	
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17				18				19					
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50	51	52					53						
54					55					56			
57					58					59			
60					61					62			

- 2 Default meeting length on teams (abbreviated)
- 3 Eared seal
- 4 Yellow-spotted little creatures (two words)
- 5 Slowpoke
- 6 Forwards
- 7 “How now! \_\_\_?” (two words)
- 8 Estrogen pills, in trans vernacular
- 9 Bloopers (two words)
- 10 An opportunity to start over (five words)
- 11 Featured artist on Panic! at the Disco hit ‘Miss Jackson’
- 12 Tavern regular
- 13 Baby plant
- 21 Big name in kitchenware
- 22 River of Spain
- 27 Meson about 270 times the mass of an electron
- 28 Prince in the 2023 live-action movie that irritated internet racists
- 29 Philosopher Descartes
- 30 \_\_\_.io (popular block game website)
- 31 Overwatch cowgirl
- 32 \_\_\_ Label (company that sells Peepys and Sucklets)
- 37 Cookies and cream dessert (two words)
- 38 Short tail
- 39 Where misbehaving children are directed to stand (two words)
- 40 Being awesome, colloquially
- 41 Waterfall
- 42 Pelvic bones
- 47 “Do \_\_\_ li-?” (Response to “daddy?” in classic vine, two words)
- 48 Saltpeter
- 49 “\_\_\_ des \_\_\_-Unis” (what the US is called according to French wikipedia)
- 50 Cry out in anguish
- 51 Standard AV cable
- 52 Opposites of nays
- 53 Jacob’s twin
- 51 A person’s, generally speaking
- 53 Enthusiastic about, as a hobby or a person
- 54 Common speech impediment
- 56 Tagged in an elimination game

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