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MODEL FOR COVID-19 VACCINE

A new model developed by Chris Bauch, UW professor, helps determine who should get the COVID-19 vaccine first.



THE MYTH OF BEAUTIFUL

Is social media harming your self-worth? P10

PIVOT AIRLINES IN WATERLOO P4

Find out more about their recent partnership and flight plans.

FORMICA 2020 P6

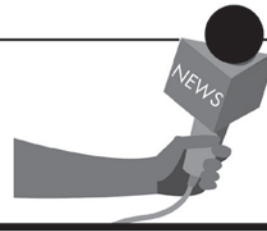
UW students win honourable mention at Formica 2020 Competition.

AIR FILTRATION AND COVID-19 P9

UW researchers find air filtration can reduce chances of contracting COVID-19.

UW student selected as a United Nations Youth Champion. P3





One of the top 4 vodkas at the LCBO, Zirkova Vodka, a UW alumni venture

Suhani Saigal
Managing Editor

Zirkova Vodka, launched by John (BASC '91) and Katherine Vellinga (BASC '92), UW alumni, is currently one of the top four vodkas priced above \$30 selling at the LCBO.

"The only vodkas that sells more than us now are Tito's, Grey Goose, and Ketel One," John Vellinga, founder and CEO of the company, said. "We're the only Canadian company in the top four, the rest are big foreign multinational companies."

The couple, both engineers, produce Zirkova Vodka in Chesaky, Ukraine, the birthplace of vodka.

The spirit comes in two bottles 'Zirkova One' for drinking neat or on the rocks, and 'Zirkova Together,' for cocktails.



Zirkova Vodka is produced in Chesaky, Ukraine, the birthplace of vodka.

"What we did, that was truly unique, was that realize that there are two ways of drinking vodka. One, they drink it neat, on the rocks, or in vodka-soda, where it is

mostly about vodka and it needs to be smooth and easy to drink," Vellinga said. "And there is the other way that people drink it, which is in cocktails, where it is supposed to mix with something

else. People tend to not care about the kind of vodka used because in the end, it gets mixed."

Vellinga said using Zirkova Together makes cocktails better by enhancing the flavour of the mix-

er. "Zirkova One and Together are essentially the same spirits, except we do the filtering and finishing differently, in order to accentuate how certain parts of the mouth feel or the aromatics of the liquid itself," Vellinga said.

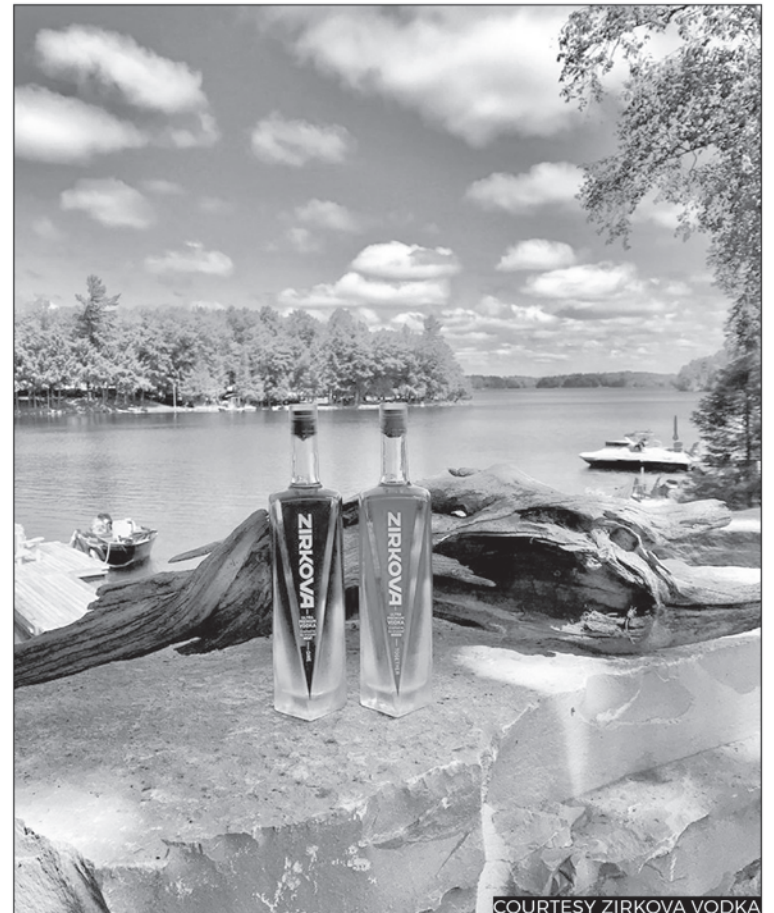
Zirkova is quadruple-distilled using centre-cut spirits, Artesian mineralized water, and classic-method filtration. Vellinga said all these factors contribute to giving it a smoother taste.

"The 750 ml bottle, priced at \$30.95, is an eight-sided prism, smaller on the bottom than it is at the top," Vellinga said. "I think it is a very elegant bottle."

Zirkova One and Together are vegan and gluten-free and can be found at most LCBOs, as well as liquor stores in Manitoba and New York.



John (BASC '91) and Katherine Vellinga (BASC '92) are the founders of Zirkova Vodka.



The famous bottle design features an eight-sided prism.

COURTESY ZIRKOVA VODKA

UW student recognized as a United Nations Youth Champion

Neha Lakshman Mandenganam
Assistant News Editor

Kirsten Mosey, a UW student, was recently selected as an United Nations Youth Champion to tie refugee work with the UN goal of global disarmament, and receive training on non-proliferation and arms control.

Mosey, a Political Science student, applied to the United Nations Youth Champions for Disarmament Training in mid-March, assuming that the program may not even run this year due to travel restrictions.

Little did she know that she was going to be one of the applicants, out of 6,000, to be accepted as an UN Global Youth Champion for Disarmament.

She is the only North American student among the recognized Youth Champions.

"It is fascinating to learn about issues of disarmament, alongside people from all different backgrounds and experiences," Mosey said.

Mosey described the program, as designed, to bring more awareness to the issue of disarmament, with a special focus on educating youth about the effects of conventional weapons, nuclear weapons, cybersecurity, and more.

"As both the United Nations Office for

Disarmament Affairs (UNODA) and I believe, youth have solutions to solve the decades-long stalemate of disarmament, and the only way to ensure that the world is truly safe from this threat is to eliminate nuclear weapons and weapons of mass destruction," Mosey said.

In being selected to be a part of the innovative learning programme, Mosey will be receiving training, along with the nine other Champions, on the principles of disarmament, and developing a plan to engage the community on issues related to the reduction and limitations of weaponry on a global scale.

"For me, this program is a bit of a departure from my regular field of study, which is political science. Yet, I see disarmament as deeply embedded in many of the political challenges we face today," Mosey said.

Mosey has had an impressive journey in humanitarian work. Her personal interests lie in refugee politics, resettlement and applying a systems-thinking lens to current issues involving refugees.

"It is clear that weapons and their effects play a huge role in the need to flee one's home. I am interested in exploring this connection further through the program, as well as educating Canadians about the need for Canada to take a strong stand on disarmament," Mosey said.

Police Briefs

A 44-year-old Cambridge male has been arrested for robbery, assault with a weapon, and possession of a weapon for a dangerous purpose. The male demanded cash and merchandise from an employee at a convenience store in the area of Christopher Drive and Champlain Boulevard in Cambridge. The WRPS received the report on Oct. 17, 2020, around 6:20 a.m.

On Oct. 17, 2020, around 8:40 a.m., Emergency Services received a report of a collision in the area of Fairway Road North and Highway 8 in Kitchener, involving a grey BMW driven by a 19-year-old male and a beige Dodge Caliber driven by a 58-year-old female. Both drivers sustained minor injuries while a 75-year-old passenger was moved to an out-of-region hospital due to serious injuries. The accident is under investigation and charges are pending.

A man climbed a crane and stayed aloft for 7 hours.

In the area of Breithaupt Street and Moore Avenue in Kitchener, a male climbed up a crane on a construction site. The WRPS responded to the report on Oct. 18, 2020, at 10:05 a.m. and reached the site with a mental health expert. The male came down the crane after 7 hours of negotiation at approximately 5:30 p.m. and was transported to a hospital for appropriate care.

During speed enforcement on Oct. 15, 2020, in the area of Highway 7/8 and Bleams Road, in Wilmont Township, the WRPS stopped a 17-year-old male driver for traveling at a speed of 156 km/hr in a posted 80 km/hr zone. The vehicle was impounded for seven days for stunt driving, along with the suspension of the driver's G2 class license for seven days.

UNITED NATIONS
Youth Champions
for Disarmament

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New model helps determine who should get the COVID-19 vaccine first

Neha Lakshman Mandenganam
Assistant News Editor

Researchers at UW claim that the COVID-19 vaccine should be administered to people 60 and older should it be ready by January 2021.

According to research conducted by the University of Waterloo, the vaccine should be administered to older citizens as they have the highest risk of contracting COVID-19. The priority group in the model changes depending on when the vaccine will be ready for distribution.

Bauch's research indicates that the vaccine should go to people who are most likely to transmit the virus to others.

"Our results say that, in terms of reducing deaths the most, vaccinating 60+ makes more sense early in the pandemic, but vac-

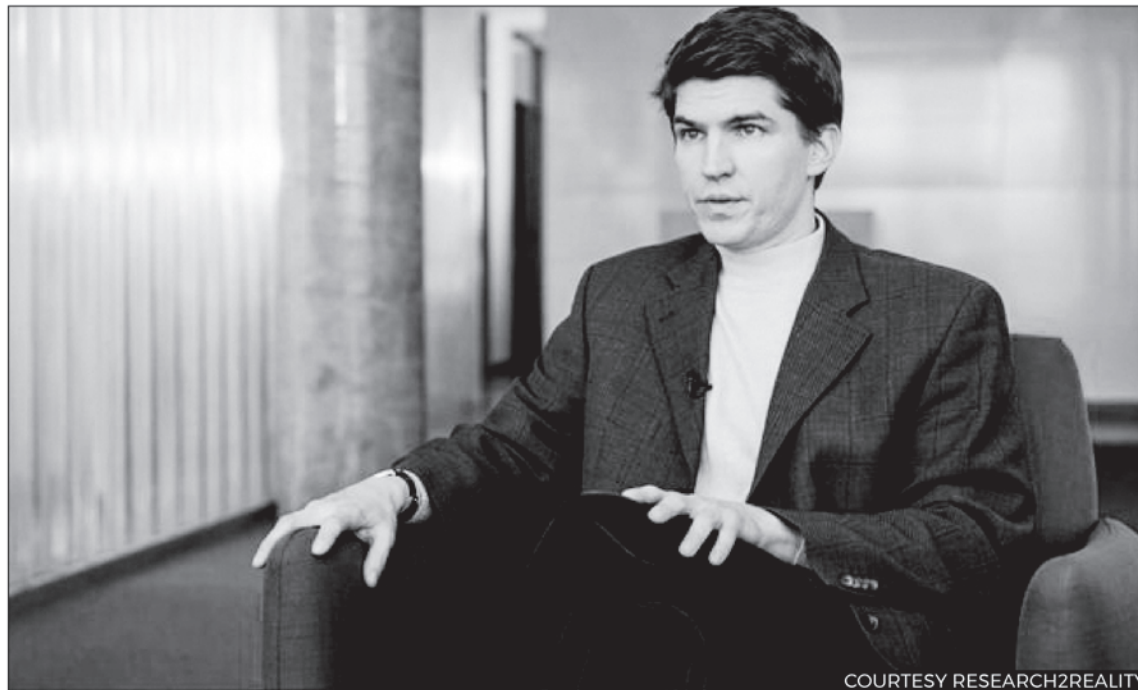
inating those who transmit the infection makes more sense later in the pandemic" Chris Bauch, co-author of the study and a professor in UW's department of Applied Mathematics, said.

The research conducted on the model has not been peer-reviewed and is to be released shortly to help inform Canada's COVID-19 response.

Bauch predicts the possibility of supply issues when the vaccination is ready to be distributed and therefore believes that policymakers will have to prioritize which age groups will receive the vaccination first.

The researchers also used the model to look at the particular case where people do not change their mask-wearing or social distancing behaviour over time.

In that case, they found that the strategies designed to interrupt transmission work better.



COURTESY RESEARCH2REALITY

Chris Bauch, professor of applied mathematics and co-author of the study.

Pivot Airlines wants to hear from you

Tashfin Salam Orna
Reporter

As part of Pivot Airlines' recent partnership with the Region of Waterloo International Airport, direct flights from Waterloo to Toronto, Ottawa, Montreal, and Windsor will be offered.

Brock Henderson, Vice President of Operations Control at Pivot Airlines, expressed his interest in obtaining feedback from the student population.

"It would be valuable to have feedback on the frequency of the travel and desired destinations," Henderson said.

He thought that conducting a survey could be a viable option to gather feedback.

"Pivot wishes to cater their services to the student population," Henderson said.

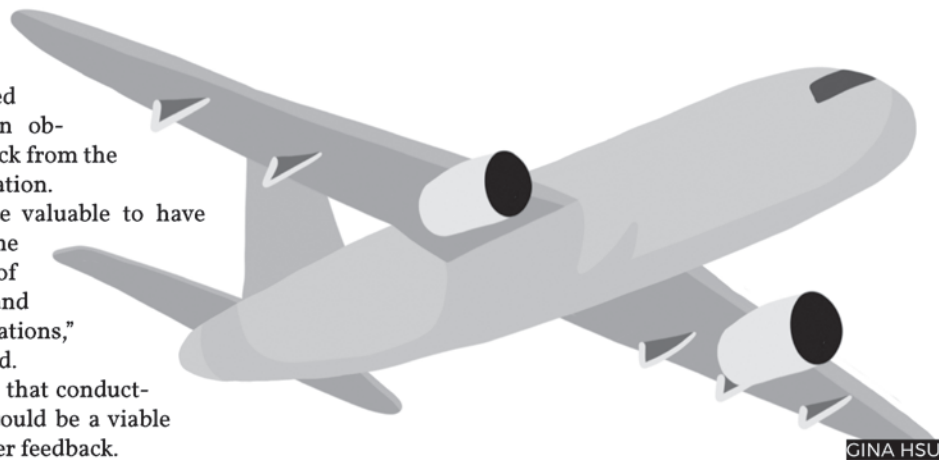
"We want to do what we can to support students and hope to provide ticket options which may be affordable enough to allow people to visit home regularly."

Toronto, Ottawa, Montreal, and Windsor are part of the launch plan, as mentioned in an earlier

interview with *Imprint*.

Henderson informed that the airports currently being analyzed for service include:

- Thunder Bay
- Sault Ste. Marie
- Windsor
- Sudbury
- Timmins
- North Bay
- Kingston.



LAND ACKNOWLEDGEMENT

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





UW student offers free services to marginalized students in STEM

Jansher Saeed
Reporter

Christopher Deutschman, UW MSc student, is offering free expertise to STEM students in marginalized groups to help them overcome the excessive hurdles they can face on their learning journey.

"I am offering free assistance to science, technology, engineering, or mathematics (STEM) students who want help with scientific communication. This offer is aimed at students who consider themselves part of marginalized groups in STEM, including, but not limited to, racialized students, queer students, and disabled students," Deutschman said.

As a student associating with a minority identity, Deutschman chose to embrace a role in advocacy for his mental wellbeing and stability. His method of support for marginalized students entering STEM is what he refers to as allyship.

"There are always new opportunities to listen, to support, to leverage your skills to help others. I practice allyship because allies have supported me in the past. Af-

ter all, I want to support others in the present, and because I believe it is a right and crucial thing to do in our work towards a just future," Deutschman said.

Deutschman references various studies on marginalized students in STEM to make his case. A 2019 study titled *Does STEM Stand Out? Examining Racial/Ethnic Gaps in Persistence Across Post-secondary Fields* indicates that although Black students enter STEM degrees at similar rates to other racial groups, they are almost

20 per cent more likely to transfer into other fields compared to white students.

In a 2018 study, *Coming out in STEM: Factors affecting retention of sexual minority STEM students*, researchers found that students identifying with sexual minorities are almost 10 per cent more likely to transfer out of STEM fields than their heterosexual counterparts.

"Across Canada, and internationally, we are failing to support students with minority identities. And while these statistics provide

just a glimpse at the outcomes, they can't convey the often-exhausting day-to-day experiences of many of these scientists and engineers," Deutschman said.

Deutschman said dwindling numbers of students in STEM is not a result of lacking self-confidence or self-worth of the students.

"Rather, it's that the educational system itself is hostile towards minority students," Deutschman said.

Deutschman decided to dedicate

his skills and expertise to specifically helping marginalized students entering STEM fields.

Throughout his academic career, Deutschman published several journal articles, received several research fellowships, and won poster and presentation awards.

He held a National Sciences and Engineering Research Council (NSERC) Canada Graduate Scholarship for his master's studies and was awarded the doctoral version of the scholarship to pursue his Ph.D. He is currently working on his thesis.

"My thesis work is on the development of novel and sustainably derived antimicrobial nanomaterials – in other words, making new products from eco-friendly materials, and using these products to kill harmful bacteria," Deutschman said.

Deutschman hopes his allyship will inspire others to leverage their skill set and experiences to help end marginalization in STEM disciplines.

"By taking the initiative ourselves, we open up doors that have been closed, maybe for generations. That in and of itself is incredibly powerful," Deutschman said.

“By taking the initiative ourselves, we open up doors that have been closed, maybe for generations.”

CHRISTOPHER DEUTSCHMAN, UW MSC STUDENT

Internet for 1,500 Waterloo region students covered over the summer

Sarah Hammond
Reporter

Smart Waterloo Region (SWR) and four charitable foundations worked together to provide internet for 1,500 students in the Waterloo region over the summer.

Due to the COVID-19 pandemic, good internet access has become a requirement for many jobs and schools, which poses a significant problem for those who cannot af-

ford this added expense.

Smart Waterloo Region, along with The Cowan Foundation, The Fairmount Foundation, Astley Family Foundation, and Lyle S. Hallman Foundation were able to help.

Together, these groups and organizations covered the costs of high-speed modems, hotspots, monthly internet fees, and other essential internet services for 1,500 households, identified as needing financial aid to support

their children's education.

The initiative to provide internet access to low-income households was intended to help with the transition to online school.

The project was launched in mid-May and paid for internet services until the end of summer.

"One of the most positive things to come out of this pandemic is seeing how our community comes together in times of need," Karen Redman, the Regional Chair, said.

"Keeping our children engaged

and learning is crucial — and the region is pleased that our Smart Waterloo Region network could help ensure every child has the access, they need to make that happen."

The idea of financially supporting students' internet costs was conceived in 2018/2019, as part of a pitch for the Government of Canada's Smart Cities Challenge.

Though it did not win, the project to increase home-access to the internet for child and youth edu-

cation, has proved to be invaluable in the wake of COVID-19.

Smart Waterloo Region has demonstrated this year that education is essential and, must therefore, always be prioritized.

"We are pleased to work together to support students in #WaterlooRegion." The Cowan Foundation tweeted in response.

This project has helped more than 1,500 students, supporting students to transition into online learning.

UW students win an honourable mention at the Formica 2020 Competition

Over 150 submissions from over 40 universities were considered for the top prize of \$2,000 at the Formica 2020 Student Innovation Competition.

Shaza Syed
Reporter

Canadian students take the lead at the Formica 2020 Student Innovation Competition, among the highest ever recorded number of participants across North America.

Johanne Levesque, Marketing Director at Formica Canada, was “particularly delighted that students from our country distinguished themselves this year to obtain the two first places and an honourable mention.”

UW students, Matthew Lam and Benjamin Ma, were among those selected for honourable mention at the competition for their joint desk and chair design “Duality.”

Their design combined nature and technology, following this year’s theme of “Blurred Lines.”

“Entering competitions really helps us gain experience, and it’s important in the design field to get our names out there,” Ma, a second-year student at the University of Waterloo School of Architecture, said.

Concerning the importance of being recognized in the design field, fellow architecture student Lam shared that “being more involved in the design community outside of school is something I am always looking to do.”

Moving forward, Ma described the duo’s hope to “explore different avenues of design — not just the architecture.”

A record number of 150 submissions from over 40 universities, colleges and cégeps were considered for the top prize of \$2000 and an exhibit at NeoCon 2021 in Chicago.

Among the panel of judges for the competition were celebrity interior designers and television personalities — Vern Yip and Leanne Ford.

The winning design was the “Origami” desk by Alexandra Clément, an interior design student

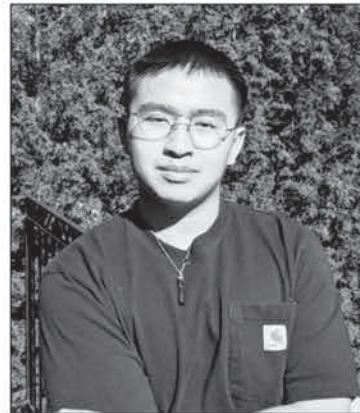
at Cégep de Saint-Jean-sur-Richelieu, Quebec.

Renee Hytry Derrington, international design lead at Formica Group and co-judge, complimented Clément’s design, stating that it “beautifully showcases the intersection of nature and technology through its use of nature-inspired patterns and functional features.”

Clément is the first Canadian to take home the winning prize at the Formica competition, and her design will be showcased at NeoCon 2021 from June 14, 2021, to June 16, 2021, at the Merchandise Mart in Chicago.

Jacob Ethier from the Université du Québec à Montréal took home the second-place prize of \$1000 for his “Post Industrial Bookshelf” design. The third-place prize was awarded to Jessica Reid from Oxford, New Jersey for her design titled “G Table.”

The Formica Student Innovation Competition is held annually by Formica Canada Inc. and is open to all architecture and design students. The theme for the Formica 2021 Student Innovation Competition will be “Design for the Next Generation” and applications are open until March 12, 2021.



Benjamin Ma (left) and Matthew Lam (right) are second year students at the University of Waterloo School of Architecture.



PHOTOS COURTESY UW

For their project of a joint desk and chair design “Duality,” Ma and Lam received an honourable mention at the Formica 2020 competition.



Around the world in 100 days

Having a dam good time in Amsterdam!



Danica Halum
Reporter

The capital city of the Netherlands is easily recognizable. With its winding canals and neoclassic architecture, Amsterdam has to be one of the most aesthetic cities on the planet. There are countless places to explore in this lovely city, whether you stroll around or ride a bike. It can go from a calm morning to a wild night. This city is filled with peace, debauchery and everything in between. Experience Amsterdam for yourself and find where you fall on that spectrum.

Amsterdam Centraal | If you're taking the train from Schiphol airport or from other European cities straight to the heart of Amsterdam, you will end up here. It can be very busy here but take some time to admire its front exterior. You can then proceed to take the many modes of transport form here on out to explore the rest of the city.

Van Gogh Museum | One of the most

famous artists globally and historically is Vincent Van Gogh. This museum contains the world's largest collection of his works. The Dutch artist is famous for his distinct style, and for cutting off his own ear. While it is unfortunate that many great artists like Van Gogh only become famous after their passing, you'll find many of his works take a life of their own.

Day Trip to Keukenhof Gardens | The most prominent flower in the Netherlands is the tulip. In this garden, there are around a thousand varieties of tulips. Contrary to popular belief, the tulips originated from Constantinople (now Istanbul) and did not actually grow locally. This flower comes in many colors and to see an expansive garden of them can be quite overwhelming. Wander around here and witness the beauty of the flora.

Red Light District | You already know it; Amsterdam is the most notorious city in the world for this district. Proceed with caution. Or maybe not.

The Netherlands is one of the top countries globally in the cheese industry. From gouda to, the nuances in the flavors make cheese tasting all the more enjoyable unless of course, you're not into cheese. The Netherlands is also home to one of the top beer brands in the world, Heineken, with a factory in Amsterdam itself. In general, dutch cuisine is quite underrated, especially their sweets. From stroopwaffels to poffertjes, there is a haven to cure any sweet tooth. If you're not that into sweets, there are some savory foods that you can enjoy. Nevertheless, Amsterdam is a huge European hub with many foods you can try from almost anywhere in the world.

Poffertjes | This is a real sweet treat. Poffertjes are small puffy pancakes that are then coated with powdered sugar. My favorite café that I always go to whenever I'm in the city is De Viers Pieren. Here, they serve Poffertjes with whip cream and strawberries, creating a splendid combination.

Herring | You will find street stalls selling this local delicacy. The fish has a mild flavor and a surprisingly refreshing taste. It is served raw, then topped with onions and pickles, which contrasts and complements the simple flavor of the fish. Fair warning: because you are dealing with raw seafood, take some precaution as to where you buy this.

The city offers a diversity of attractions for all personalities. Like in many European cities, it is an entirely new feeling to slow down and stroll around instead of tackling all the must-visit places in one go. Take the time to really soak in the city regardless of the number of attractions you've seen. Amsterdam is the perfect city to add some spontaneity into your experiences.



SAF2YEx and COVID-19

Saihaj dadhra
Reporter

Jennifer Dong felt alone during the first few months of the COVID-19 pandemic, but SAF2YEx has helped her connect with her peers.

“SAF (School of Accounting and Finance) has given me the opportunity to connect with my fellow peers through crews. Crews have been beneficial for me because I can get help from my peers when needed. During this pandemic, it’s so easy to feel isolated, but the crew has helped me feel at ease and more comfortable learning remotely,” Jennifer, the first-year Accounting and Financial Management student said.

The School of Accounting and Finance at University of Waterloo developed the student engagement program, SAF2YEx, two years ago to connect students. SAF calls it the 2 Year Experience.

Lynn Graham, the Community Engagement Coach for SAF, said SAF2YEx is a co/extra-curricular activity that brings SAF students together.

“Every member of the AFM, Math/CPA, and Science BioTech/CPA programs in years 1 and 2 are formed into a Crew of between four and six students,” Graham said.

The Crews are mentored by an

upper-year student called Peer Support Learning Champions (PSLC). Graham said the crew meetings, occurring between three and five times per term, are focused on the four experience areas of Academics, Co-op/Career, Community, and Health.

The program aims to achieve different outcomes for each term of study in the first two years of university. The 1A term goals include community building within SAF and the Waterloo community.

The 1B goals focus on building a foundation of collaboration and team building, including conflict resolution and giving and receiving feedback from team members in preparation for professional networking.

Starting in second year, the 2A term goals are based on preparing students for co-op by introducing them to personal branding, practical application, and interview strategies.

The final term covered by SAF2YEx, 2B, focuses on preparing students to be “choice ready” for course selection and upper-year co-op terms while planning for engagement in the upper-years to continue achieving the program’s learning outcomes and further develop professional interest.

Due to the pandemic, students do not have the chance to meet others in a more traditional set-

ting.

Anureet Saini, a first-year Accounting and Financial Management (AFM) student, said she missed the social aspect of in-person classes and the university community.

“The SAF2YEx program really helped me with the transition virtually to university. It connected me with like-minded individuals and provided me with a supportive community. I really enjoy attending the events that are hosted, as well as engaging with our crews,” she said.

The student engagement program was developed over the last four years and is now branded as the SAF2YEx. Each year the program has changed to suit the students’ needs better, Graham said.

PSLC can facilitate meetings between the seven crews they mentor each year, so students have the opportunity to meet fellow students and network with upper-year students.

Rimal Raul, a first-year AFM student, said outside of this program, she would not have had the chance to meet others due to the virtual learning environment.

“Having crews has helped me integrate with online learning because I have someone to count on or relate to, who I can ask if I’m not sure what’s going on. This makes the situation more manageable,” Raul said.

Stories from home

During a time in which we are questioning our faith in humanity, Imprint brings you stories that try to capture the core of humanity: happiness. Stories to give you hope; one person, one story at a time. In our physically-distanced world, you never know who you might feel closer to.

I’ve always loved watching sunsets, especially over the ocean. My house is a short drive to the beach, so my bedroom window has the best view of the sun setting over the ocean.

When I was back in Waterloo, there’s nothing I’d miss more than spending my evenings glued to the window watching the sun go down and the sky changing colours. Since I’ve been home since the beginning of quarantine, I’ve spent at least one hundred and ninety out of two hundred and twelve days taking a couple of hours out to watch the sunset while listening to good music or reading a good book.

There’s nothing that calms me down and centres me than those few hours. It gives me some time of the day to reflect,

and set my mind free—it’s usually when I get the best ideas for my poems. A while back I raided my library and dug out all my old favourite books and CD’s. Suffice to say, rereading and rewatching them has bought back fond memories of the days when all I could do was read and watch TV.

My biggest takeaway from the last couple of months is seeking happiness in the little things. Life’s too complicated to wait for something big to come along and make you happy. Sometimes the best we can do is sit by the window with a book in hand and take a breath to watch the sun disappear behind the horizon.

Sharanya Karkera

“It connected me with like-minded individuals and provided me with a supportive community.”

JENNIFER DONG, FIRST YEAR AFM STUDENT



SHARANYA KARKERA

sports & health



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UW researchers discover air filtration could reduce spread of COVID-19

Julie Daugavietis
Sports & Health editor

UW researchers made a groundbreaking discovery that could significantly reduce COVID-19 airborne transmission in confined settings.

The discovery comes from a study in which air filtration devices were found to remove aerosols — airborne particles and droplets — from the air, 6.3 times faster than from a room without an air filtration device.

The findings are invaluable for developing guidelines and reducing the spread of disease.

"In the context of the current COVID-19 pandemic, our study's analysis can assist in developing guidelines for air circulation and filtration, which can significantly reduce the chances of disease transmission," Chao Tan, director of the University of Waterloo's Green Energy and Pollution Control Research Lab, said.

The study was undertaken by UW researchers after the World Health Organization (WHO) recommended delaying non-essential oral health care amid the COVID-19 pandemic and instead called for research on aerosols generated during dental procedures.

Tan and his team of researchers conducted the study inside a dental clinic, where the spreading of droplets was prevalent. The researchers examined the effects of air purification on particles produced by a patient

during scaling and other types of dental procedures.

Though the study was completed in a dental clinic, Tan says that the findings may be effective for a number of other settings, such as school classrooms.

"These results are expected to be valuable to related policy making and technology development for infectious disease control in dental offices and similar built environments," he said.

Currently, Tan's team is negotiating with a sponsor to test their study results in schools located in the City of Waterloo.

The air filtration technology works to prevent the spread of COVID-19 by filtering particles indiscriminately from the air so that the chance of a person being infected by an exhaled particle is reduced.

Tan says that the most effective air filtration methods combine gravity settling, air filtration and air circulation.

In dental environments, running a high-speed air purifier from the beginning of a dental operation in a closed room, without ventilation, is the most effective way of reducing airborne particle concentrations.

In dental offices without air purification devices, researchers recommend opening windows to promote natural ventilation with fresh air. Staff should also leave the room at the end of a dental procedure and close the door to allow for particles to settle or exit through an open window.

Although the new findings may help

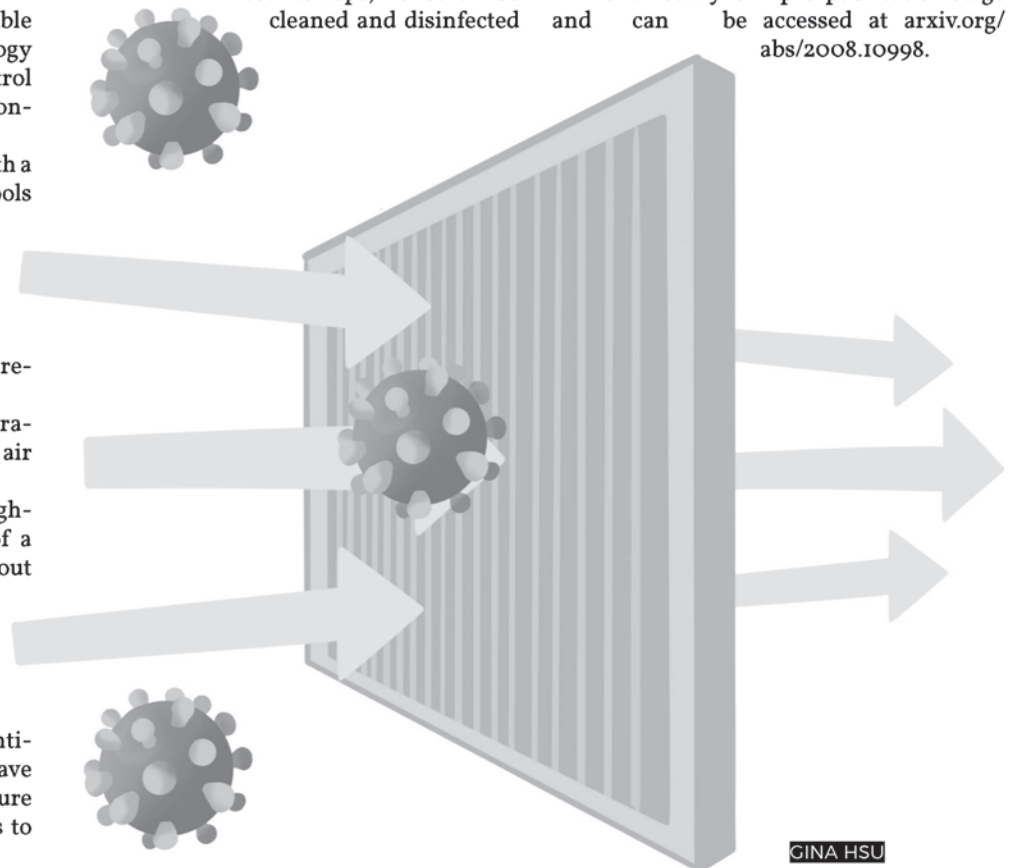
to significantly reduce the spread of COVID-19, standard precautions are still necessary, according to Tan.

"For additional protection, all surfaces, such as the dental chair, dental light, and countertops, should be cleaned and disinfected

after each patient," he said.

While the air filtration technology is intended to make dental clinics safer from COVID-19, its discovery could mean a lot for the safety of other spaces in the future.

The full study is in pre-publication stage and can be accessed at arxiv.org/abs/2008.10998.



GO WARRIORS THIS WEEK IN ATHLETICS

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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
 October 24, 2020, 12 p.m.

opinion

HAVE YOUR SAY

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

The myth of beautiful

While you're reading this post through a screen on a digital media platform, we need to talk about how to protect yourself from this 'media'. It's time to stop feeling bad about ourselves and degrading our sense of self-worth because someone else wants us to feel like we aren't good enough.

If you're contemplating whether media (be it social media, i.e., Instagram, Twitter, Snapchat, and Facebook, or traditional media, i.e., TV advertisements, music, film, or TV shows) really distorts your view on beauty and makes you feel bad about yourself, here's a test for you. Out of the following five questions, if you answer 'yes' to at least one, the media is negatively affecting your self-worth and self-love.

1. Does seeing celebrity posts, especially of female celebrities if you're a woman, make you feel the need to make changes to your appearance?
2. Do you often use Snapchat filters because they make you look more 'polished', and you prefer that over your real face?
3. Do you often think about makeup ads and believe that these products can enhance your beauty?
4. Is following celebrities, and matching up to their fitness level, an aspiration for you?
5. Do social media posts make you want to

lose weight, or go to the gym to look more like the people you see?

Now take note of all your 'yes' answers. If you've said 'yes' to even one of these, we must address this issue.

While self-worth and self-love are hard for all genders, the media focuses especially on creating an idealized version of beauty for women. This way, businesses can profit off the insecurities of women and have them consumed by physical appearance to distract them from reaching their true potential. If you want to explore the detrimental effects of media on the self-worth and self-love of women, especially in the United States, please watch the documentary called *Missrepresentation* currently streaming on Netflix.

There's no need for statistics or extensive research to really understand the beauty standard women are being subconsciously told to succumb to. As a woman, your feed is probably filled with pictures of other women with their eyebrows done, makeup done, face completely changed and perhaps even with filters used. As a man, you might also see pictures of men focused on fitness solely for aesthetic purposes and comments praising this body type.

While everyone can do whatever makes them happy, you need to know that this is not an expectation you need to meet. Don't

like makeup? No need to wear it. Tired of constantly comparing yourself to models and fitness influencers? Don't. All a person really needs to be healthy is a moderate amount of exercise and a healthy diet. Generally, aim for at least 20 minutes of vigorous physical activity, three times a week.

Most importantly, turn the TV off when you see ads selling you makeup or products that make you feel like you aren't good enough. Don't buy magazines and look at celebrity gossip. Do occasional social media detox periods where you temporarily shut down social media accounts and are more present in your real life. Refrain from following celebrities and influencers whose sole purpose is to make you conform to one body type.

Follow meaningful people such as writers, activists, artists and other professionals instead. Watch movies and TV shows with a conscious mind. Remind Yourself that TV isn't the real world with real people.

You are real. You are beautiful. And you deserve self-love.

Sidra Khan

English-Rhetoric, Media, and Professional Communication, Honours



campus bulletin

WHAT'S HAPPENING AROUND TOWN

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

service directory

SPREAD THE WORD

Buy your ad for 1 month at \$99 and get 1 month free!
Contact ads@uwimprint.ca.

upcoming events

October 2020

For all of UpTown Waterloo Fall activities visit www.uptownwaterloobia.com.
Savour in Stratford — Saturday morning Market from 7 a.m. to 12 p.m. at the Rotary Complex, and more, www.visitstratford.com.

Friday, November 6

KW Chamber Music Society presents Beethoven String Quartets at 8 p.m. Also performing on Sunday, November 8 at 3 p.m. For more info/tickets - www.ticketscene.ca/kwcms.

Friday, November 27

Virtual 2020 Tree of Bright Stars memorial event presented by Bereaved Families of Ontario-Midwestern Region is now being organized. RSVP by November 16. Personalized ornaments will be available as well. For more info call 519-603-0196 or admin@bfomidwest.org.

ongoing

WEDNESDAYS

September to November at 12:30 p.m.
Conrad Grebel University College presents Noon Hour Concerts @ Home. Enjoy weekly noon hour recitals by professional musicians from the comfort of home. Free / no registration required. grebel.ca/music/ events.

volunteering

Your student newspaper, Imprint, is looking for volunteers for Fall term. Email editor@uwimprint.ca for more information.

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

GENERAL SERVICES



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226.600.5624

FALL TERM - \$99
1 month / 1 month FREE

CONTACT
ads@uwimprint.ca for more info

imprint



NO EXPERIENCE NEEDED

Section Editors for News, Opinion, Arts, Sports, Science, Distractions.

Other positions available.

Apply to editor@uwimprint.ca.

IMPRINT JOBS - FALL TERM 2020 - UW WORK STUDY

EDITORIAL ASSISTANT

Sept 14 start ; Monday to Friday, part-time ; \$14.00/hour.
Enthusiastic attitude about writing and Imprint in general. Experience in transcribing, interviewing, research and the ability to plan and write full articles quickly and without assistance.

For further information on job description or applying for this job, please email cover letter/ resume/portfolio samples to editor@uwimprint.ca or drop in to the office, SLCo137.

Position available upon funding.

VOLUNTEER COORDINATOR

Sept 14 start ; Monday to Friday, part-time ; \$14.00/hour.
Highly organized with excellent verbal and written skills, along with group management. Assisting the Executive Editor and Advertising and Production Manager with recruiting, Imprint training workshops, volunteer team spirit, appreciation, etc.

For further information on job description or applying for this job, please email cover letter and resume to editor@uwimprint.ca or drop in to the office, SLCo137.

Position available upon funding.

AVAILABLE UW WORK STUDY POSITION REQUIREMENTS

You must be a full-time student and OSAP eligible.

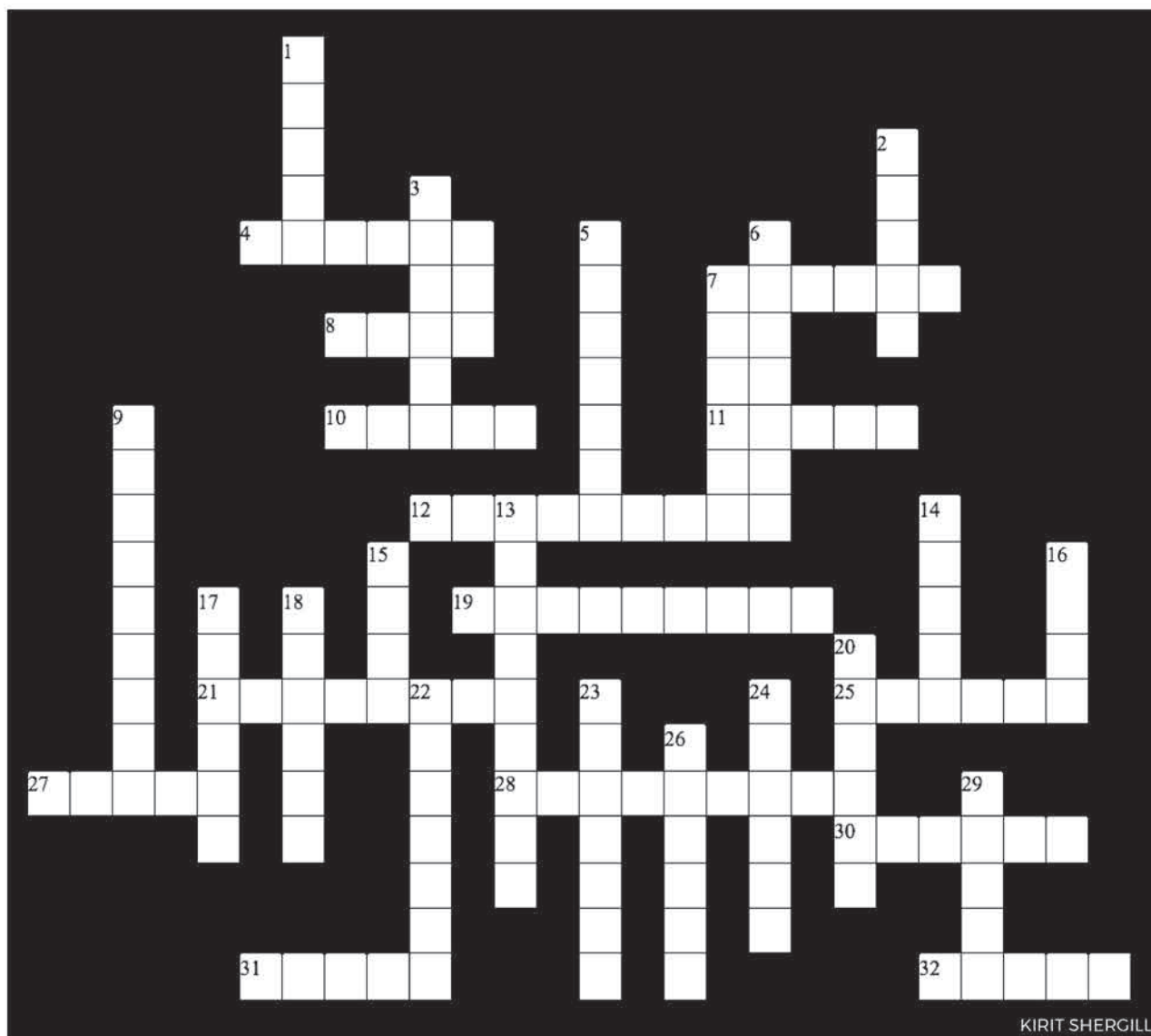
Candidates must first apply to Student Award and Financial Aid Office for approval. If approved, candidates are required to bring Declaration of Student's Eligibility/Hiring Form to Imprint interview.

distractions



Q : WHAT'S THE RATIO OF A PUMPKIN'S CIRCUMFERENCE TO ITS DIAMETER?
A : PUMPKIN PI

Cure your boredom



KIRIT SHERGILL



BRIANA OENPUTERA



GINA HSU

Across

- 4 Fix accident damage or broken components
- 7 Multitask, metaphorically
- 8 Slang for 'how are you?'
- 10 John Stamos played this Full House character
- 11 Person under 18
- 12 ___ McQueen, race car from the Cars movies (9)
- 19 Viral invasion
- 21 They work for Pixar, perhaps
- 25 What you do when your phone dies
- 27 Thing at which you excel
- 28 A small sweet orange
- 30 Hybrid monster in Greek mythology usually with the head of a woman and body of a lion
- 31 Choose to represent
- 32 Cram for a test

Down

- 1 Drama platform
- 2 Novelist Coelho
- 3 Act of getting rid of something
- 5 Waste gas from a car's engine
- 6 It's a smooth and creamy dessert that you eat with a spoon
- 9 Starter
- 13 Apparatus for converting energy
- 14 Last Greek letter
- 15 Group that uses the Kennedy Space Center: Abbr.
- 16 Basic unit of length
- 17 French designer who created the 'the little black dress'
- 18 Buddy, chum
- 20 Obtain entry to
- 22 Person travelling for pleasure
- 23 *Sea cow
- 24 'The Imitation Game' encryption machine
- 26 Make a subtraction
- 29 First episode of a TV series