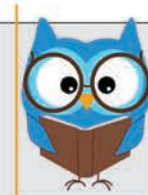


p2

COVID-19 IN KW
KW reports less than 100 new COVID-19 cases for first time this year. P2



OPINION
Why UW students should read Ikigai by Héctor García and Francesc Miralles. P10

OSAP PAYMENTS P4
MPP Chris Glover calls on Ford Government to freeze OSAP student loan payments.

CREATE 31 P6
A social media project that encourages the community to get creative during COVID-19.

MYTH-BUSTING P9
Local pharmacy professor looks to bust myths surrounding COVID-19 vaccines.

How is UW's Overwatch team doing in the OPSE League? P5.





COVID-19 cases continue to fluctuate in the Waterloo Region

Grace Xie
Editorial Assistant

On Sunday, Jan. 17, 2021, the Region of Waterloo Public Health confirmed a total of 93 new cases, making this the first time since December for the city to have a reported daily case below triple digits.

This is also the first time since Jan. 8th, 2021, for the number of active daily cases to drop below 1000 cases, decreasing by 92.

The numbers showed continuous decline throughout the week, reporting a total of 74 new cases on Wednesday, Jan. 20, 2021, a record low for single-day increases since Dec. 30.

On the same day, the number of confirmed active cases also dropped by 16, bringing the total number of cases to 851 with 182 deaths, 57 in hospitalization, and 16 in ICU.

Despite this, the most recent reports from Public Health show that the total number of cases increased on Thursday, Jan. 21, 2021, breaking the city's streak,

increasing the total number of cases to 8,702 with 7,659 resolved cases, and reporting two more deaths, bringing the toll to 184.

As of Thursday, there are 857 new cases, 48 hospitalizations, and 15 patients in ICU. On the same day, the Region of Waterloo Public Health released a statement on Twitter, reinforcing the province's Emergency declaration and Stay-At-Home Order to reduce contact and to only leave your home for essential trips. Public Health officials reported a total of 2,632 new cases across the province of Ontario.

Of those, there were 46 reported deaths, bringing the province's death toll to 5,614, with 1,533 people hospitalized and over 388 in ICU. Health Officials report the Toronto, Peel Region, and York Region have the most reported cases.

On Thursday, Jan. 21, 2021, Ontario Premier Doug Ford released a video message, where he speaks in 22 different languages urging people to stay home. Regarding the Pfizer COVID-19 vaccine in Canada, the province announced that it will be changing its vaccination strategy to ensure the most vulnerable receive their second dose.

WUSA asks for student feedback on new Long Range Plan

Sidra Khan
Reporter

For a lot of University of Waterloo students, 'WUSA' might be a term that they have only heard in passing, or occasionally in discussions.

But a lot of the student population does not realize that WUSA — or the Waterloo Undergraduate Student Association — actively advocates for students and seeks to involve students and hear their perspectives.

Such is the current opportunity that WUSA is presenting: the chance to provide honest input for their Long Range Plan.

The WUSA Long Range Plan is a document highlighting a set of priorities and actionable items that were selected after WUSA President Abbie Simpson spent over a year and a half meeting with members, staff, and faculty at UW to learn more about the most pressing issues concerning UW students.

The document reports the last five years in terms of WUSA's activities and seeks to shape the next five years (2020-2025) for UW students.

Speaking on the Long Range Plan, Simpson says in her letter to students: "A long-range plan brings clarity to an

organization by setting future priorities. It outlines the major initiatives that the staff and student leaders of WUSA will work together to achieve."

She further describes that "a long-range plan paints in broad strokes.

It does not highlight every detail, nor does it account for everything an organi-

zation does.

Projects or other areas, not included in the long-range, will still see forward motion within WUSA."

The key highlights of this plan are divided into two types of priorities as follows:

Thematic Priorities

HEATHER ECOBICHON

- Make it easier and more accessible for students to engage with WUSA and our constituency societies
- Continue commitments to build belonging and campus engagement
- Support continued personal and professional growth of our students and staff
- Serve students efficiently through our commercial services and operation of the Student Life Centre
- Increase student support
- **Advocacy Priorities**
 - Housing
 - International Students
 - COVID-19
 - Equity and Accessibility of Education
 - Affordability
 - Educational Quality

The implementation of these priorities and the vital role of student involvement will keep WUSA executives accountable, which will help this plan make the university a safer and more inclusive community for all students.

Simpson is happy to answer any questions and hear feedback and input on the Long Range plan from any students who wish to get involved. Simpson can be reached at pres@wusa.ca.

The Long Range Plan can be found on WUSA's website.



As COVID-19 cases decrease, hospitalizations in KW increase

Grace Xie
Editorial Assistant

On Monday, Jan. 18, 2021 the Region of Waterloo Public Health reported a total of 103 new COVID-19 cases, a record low for the city since December.

Despite the decreasing numbers, the number of hospitalizations continues to rise.

The total number of new cases continued to decline throughout the week, however, on Thursday there was an increase bringing the total count to 8,702 cases in the region.

Additionally, reports show that there are 49 people currently hospitalized – with an increase of seven new hospital admissions – and 16 people in ICU.

There are also currently a total of 48 active outbreaks in the region, out of which 21 are in long-term care or retirement homes. Recent case reports have been confirmed at Stirling Heights Long Term Care and at Golden Years Nursing Home, both being staff members.

The ongoing outbreak at Chartwell Westmount Long Term Care continues to worsen, with a total of 53 cases in residents and 30 in staff and reported of two deaths.

Public Health has also reported outbreaks at a Waterloo Region District School Board with two cases, as well as a new outbreak confirmed at St. Mary's General Hospital 3 East Unit.

Recently there has also been a COVID-19 outbreak at Conestoga Meats with a total of 132 cases reported on Monday.

The company has released a statement regarding new safety precautions as well as health care information, available in eight different languages. Other outbreaks have been reported among manufacturing facilities, car dealerships, retail stores and restaurants. More information can be found on the Region of Waterloo website.

The Region of Waterloo Public Health continues to encourage people to follow the Stay-At-Home Order as well as follow public health guidelines, which includes wearing masks, only leaving your home for essential trips, and social distancing.



ROHIT KAUSHIK

Residents are urged to wear masks and leave their homes only for essential trips.

RNAO urges govt. to pass Bill 13 as soon as possible

Karen Chen
News Editor

Last year, the Time to Care Act – Long-Term Care Homes Amendment, Minimum Standard of Daily Care – was unanimously accepted at its second reading.

However, before it can be written into law, it must pass through a third reading and be approved with Royal Assent.

Following the second reading of the Time to Care Act, the Registered Nurses' Association of Ontario (RNAO) showed its support and released a statement, urging the provincial government to pass Bill 13 as soon as possible.

As a major topic of debate during the pandemic, many are calling for the possibility of a fast-track.

Due to the isolation and loneliness felt during subsequent lockdowns, many seniors have experienced deterioration of their well-being. The Act is championed by New Democrat MPP Theresa Armstrong and further endorsed by the Leader of the Ontario New Democratic Party Andrea Horwath.

The Time to Care Act would create 50,000 new spaces within eight years and mandate

that long-term care homes provide their residents with at least four hours of nursing and personal support services per day.

This would entail a significant increase in staff to meet the growing demand of Canada's aging population.

Conservative Canadians are worried about the cost.

A major facet of Bill 13 is to encourage the transition of the entire industry in Ontario from private to public administration.

This could ensure standardization of levels of care across the province but it would also become an additional cost to the tax-payer.

"As a frontline care worker, I believe that this new law will dramatically improve the quality of life of the seniors," Maggie Liu, a nurse working at a private retirement home, said. "Just eight minutes of help from me can help them do a simple task like getting dressed that would have taken an hour to do on their own."

However, the fact remains that senior citizens need better, more consistent care, and private retirement homes who are more focused on profits than on people are not providing that to them. If they are, it comes at the expense of frontline care workers who work beyond their pay-grade.

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UW INDIGENOUS STUDENT ASSOCIATION



Callout for Ford government to temporarily pause student loan payments

Saihaj Dadhra
Assistant News Editor

On Friday, Jan. 22, MPP Chris Glover (Spadina – Fort York) held a press conference calling on Premier Ford to place a pause on OSAP student loan repayments for the remainder of the COVID-19 pandemic.

When the first wave of the pandemic hit Ontario, the provincial government placed a six-month interest-free moratorium on OSAP loans, from Mar. 30 – Sept. 30, 2020. The government has not brought back the deferral of repayments and temporary suspension of student loan repayments.

OSAP funding was \$670 million in 2019. “Over three years, that’s a cumulative total of \$2.1 billion in cuts to OSAP support for stu-

dents,” MPP Glover said during the press conference.

“In Ontario, we have the lowest per-student funding, and we have among the highest student debt levels and tuition fees in this province. So when the pandemic hit and students and graduates started losing their jobs, the financial impact was multi-fold in comparison to some of the other students in other provinces.”

Madeline Lemire, a Ryerson University graduate, Brandon Amyot, Constituency Commissioner of the Canadian Federation of Students Ontario and Organizer with Don’t Forget Students campaign, and Tori Arnett, President of the College Student Alliance and student at St. Lawrence College, all joined MPP Glover at the press conference.

Before becoming MPP, Glover was a part-time professor at York University.

He was shocked by the amount of debt that students

were accumulating.

“Students in my classes were often going to school full time and then working full time to try to manage their student debt, just to pay their costs for going to school. Then after they graduate, they end up paying back their debt for a decade. The tuition fees and the student debt levels in Ontario were unfair before this pandemic began, and now that we’re in the midst of this pandemic and they’ve [students] been impacted with these debts,” Glover said.

Lemire graduated in 2015 and has been paying off her student debt since. Lemire graduated at a time where it was difficult to find entry-level jobs. Still, she managed to get into the workforce and had to make some sacrifices to make ends meet.

“I was laid-off in April, and even though I’ve been able to get a contract here or there, I haven’t been able to return to full-time employment.”

Lemire shared some of the sacrifices she had to make.

“For groceries, for every month, you know we make sure that we only eat what’s on sale, we’re doing our best to save. You can try as hard as you want but with the current circumstances, it’s difficult, it can be really hard. So, I think putting a moratorium on the repayments, following up with what the other governments in other countries have done, would help a lot of young people, who’ve already had a rough start, to begin with.”

Tori Arnett, a student and mother representing more than 35,000 college students said during the conference that she lives paycheck to paycheck and understands the hardships that students are facing at this time.

“The Provincial government is failing its post-secondary students and its graduates as of late, there have been small wins for the post-secondary sector, but they come in the

the costs associated with daily living,” Arnett said.

Arnett pointed out that US President Joe Biden extended the moratorium for student loan repayments, which have been in effect since March 2020.

“Why is Ontario lagging so far behind? To the Ford Nation, please help us now so we can help ourselves, our communities and our economy when the pandemic is over,” Arnett said.

Brandon Amyot, Organizer of the Don’t Forget Students campaign, represents over 350,000 college and university students across Canada. The Don’t Forget Students campaign began in March 2020 to fight for students and recent graduates across Canada.

“I hear from student after student, the real concerns of accessing healthcare and housing, income insecurity is running rampant through this pandemic, and people are struggling with food insecurity. From a recent survey, we’ve known that the majority of students in Ontario are deeply concerned about their financial security as a result of the high tuition fees, and they’re having fewer opportunities to earn income during the pandemic. We have to understand that the pandemic just makes things worse than they already were,” Amyot said.

Amyot said that if the provincial government is willing to help out big businesses during the pandemic, “then students should be no different.”

Amyot also said that the pandemic significantly impacts marginalized students, including women and indigenous and international student populations.

“We can’t leave them behind either, we need to consider them when we’re making decisions at the policy table. The Canadian Federation of Students Ontario and Don’t Forget Students fully supports the official oppositions’ efforts to reinstate this moratorium, and we call on the government to work with them and to work with students and recent graduates to make this happen and to ensure a just recovery,” Amyot added.

“The current students and recent graduates of Ontario are the future of your economy. We will be the ones going to be responsible to rebuild Ontario when the pandemic is over, we need help to survive this most trying time, and we can’t do it on our own. Our families will not be able to make it through this without your help,” Arnett said, while MPP Glover added, “We need our graduates to be able to fully participate in the economy in order to stimulate growth.”

“I implore the government, and I am begging you, please reconsider reintroducing the moratorium,” Arnett concluded.

fashion of too little, too late. The cuts, as they currently stand, are barely enough to cover the basis of tuition and books, let alone



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HEATHER ECOBICHON

sports & health



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UW's overwatch team crushing OPSE League

Eduardo Matsumiya
Copy Editor

Throughout its first six months, the newly established Ontario Post-Secondary Esports (OPSE) organization has continued to give back to the esports scene by providing dedicated leagues across a variety of titles—all of them fully backed by scholarship prize support. When it comes to Overwatch, UW is a name to be feared.

The Warriors currently sit at the top of the league with a 7-1 record, which is mind-boggling since they've only recently received official recognition from the Athletics department in September of the past year.

"It's very motivating to have UW Athletics on our side now," Owen "Fraggs" Sluga, Flex-Support on UW's Overwatch A team, said. "Stuff like seeing UW post about our games on social media, and having people engage with that. It makes it easier to endure the grinder aspects of esports. We would love to see more – full-ride scholarships, full coaching staff – but it's nice to get some recognition, especially when you're investing so much time into this."

"I think recognition was inevitable," Jackson "Badges" Brajer, Flex-DPS on UW's Overwatch A team, said. "We were already competing against many other schools who had fully established varsity teams, with way more resources than us, and we were outperforming them. So it was only a matter of time before the Athletics department took notice."

In fact, outside of the local sphere of OPSE, the UW Warriors managed to make Top 8 at the Tespa Pre-Season Split in

late-November last year, competing in a field of over 500 schools across the US and Canada. "If we were given the same amount of support as the varsity teams, I think we could've easily made Top 4," Frags said.

With success following every step they take, one really has to ask how the Warriors can stay on top of the league with such ease.

"At the start of the season we weren't really putting a lot of effort," Badges said. "Our games were very close – we were winning off of raw mechanical skill and better positioning, but it was clear to me that other teams had better chemistry and were more practiced. Coordination really is key for the current metagame, so we picked up the slack and practiced more as a team until we really started working as a unit."

"I think it's a mixture of natural talent, experience, and practice," Frags said. "Our core roster is five players, all of whom have been playing the game as a team for over two years now. Everyone knows everyone, so it's easy to harmonize. I also think enjoyment is key – everyone truly has a good time playing and we're not afraid to clown around if there's room for it. We like to experiment with strategies and really see what's possible."

The start of the pandemic led many to speculate about the rise of esports in the absence of physical sports. While UW has certainly taken huge strides in such a short timeframe, it's just as important to recognize how esports can bring people closer in a time when it is perhaps needed more than ever.

"UW esports has been an excellent space for finding friends," Frags said. "For me personally, I've always been a competitive

person, but I was never really talented in traditional sports. So games served as an outlet for all that energy. It just feels good to be part of something. Just sitting down on a Discord call with players and management, just talking. There's this big sense of comradery."

"I don't think everyone needs esports to maintain strong connections during quarantine," Badges said. "I certainly have friends I stay in touch with outside of gaming. But I also made connections with people who don't live close to me, from Toronto to Ohio, that I never would've made had I not gotten into competitive Overwatch, and those are some of the closest bonds in my life at the moment."

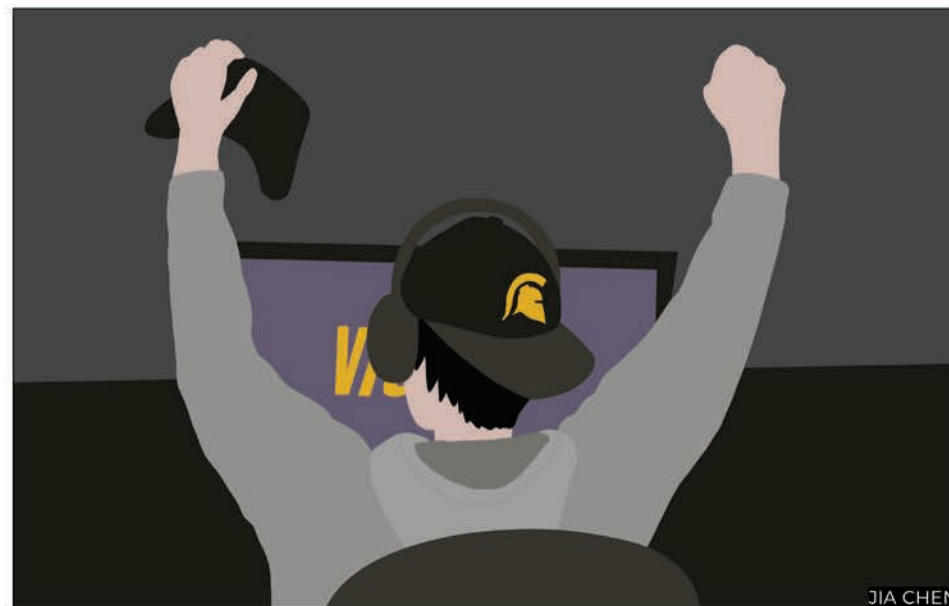
With the finals of the OPSE league around the corner in March, the team re-

flects on their current progress as well as what lies ahead of them.

"We've already faced everyone once, since the way everything's set up each team gets to play everyone twice," Frags said. "Carleton was really the only team that felt like a challenge to us, and our loss against them was more due to technical issues outside of our control. So really we're just focused on taking down Carleton in order to maintain our lead."

"I like to think of all my games as easy," Badges said.

"Having confidence is key to improving your game. Our team is a lot more coordinated when playing aggressive, so that's what we lean on, but as long as your team plays as a unit, your play style doesn't matter."



JIA CHEN

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ARTIST SPOTLIGHT

OMAR ELKHATIB AKA B.U.D.

Lauren Speight
Arts and Life Editor

Among the wave of rising talent from the KW region is Waterloo musician Omar Elkhatib, otherwise known as B.U.D, and he's ready to take the post-pandemic music scene by storm.

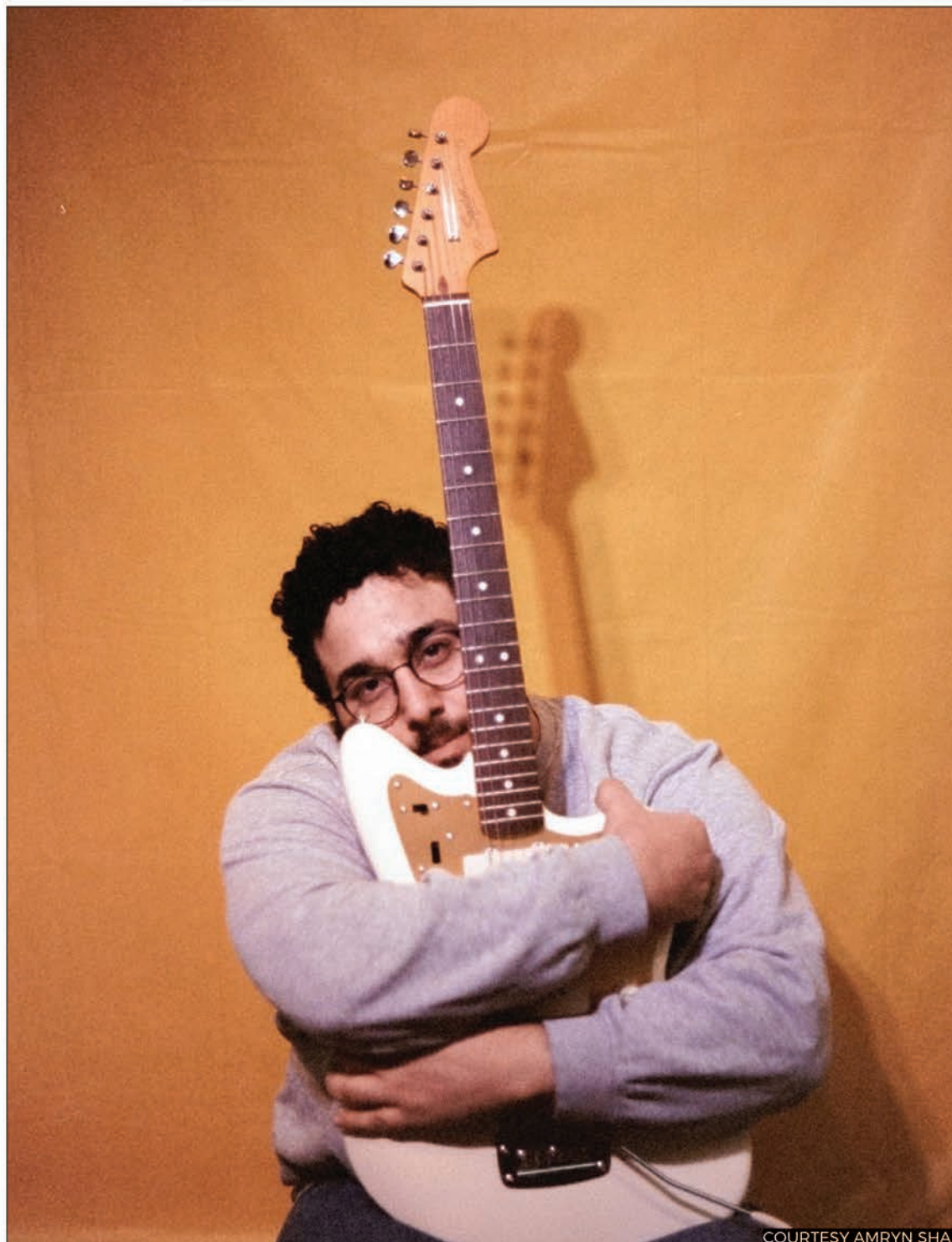
Though he was born in Toronto and grew up moving around the world, Omar has always called Waterloo home. It was the guitar he was given at 12 and his first concert (which was Coldplay), that solidified his desire to be a musician.

Elkhatib debuted his latest solo project, B.U.D, with the release of his first song "What's the Point of This? (If I'm Not Into It)" last August. The song asks a question that addresses the very essence of the project and of life itself -- what's the point of doing something if it lacks passion? The single pairs fiery chords reminiscent of 90's alt-rock with a chorus that has the heartbeat of early '00s pop punk.

B.U.D. was born mid-pandemic, so Omar's experience developing the solo project has been bitter-sweet. Though he's itching to play his first gig, he feels lucky to have had the time to sit down and teach himself how to demo, which has only improved his songwriting skills.

Though finding inspiration can be a challenge these days, Omar has found himself falling down rabbit holes of live performances on Youtube -- anything from HAIM and Phoebe Bridgers to Beastie Boys and Oasis. It took him a while to realize that the music he grew up with is deeply embedded in the music he makes today.

"I grew up with my parents' music, which was mostly ABBA, Shania, Celine Dion, and a cock-



B.U.D—proud debutant of What's the Point of This? (If I'm Not Into It).

tail of 80's pop. But my first true loves were bands like Green Day, blink-182, Oasis, and Coldplay," Elkhatib said.

He's also wanted to be the Canadian Blur ever since he was put under the Britpop spell, while living overseas.

While drawing influences from every corner of music, Elkhatib still infuses his work with Canadian spirit: "King Street in the winter, the Uptown bars in the summer, the Vancouver Canucks constantly losing, east-end Toronto, the 401, Sloan -- all things that weirdly have an effect on the sound of my music."

As a solo artist, Elkhatib finds freedom in having control over his work and not having to appeal to anyone—when people enjoy the music, that's just the cherry on top. He hopes that listening to B.U.D. helps audiences realize that there's no reason to take life so seriously.

"I used to be in an emo band and it was a very self-absorbed thing that I quickly grew out of," Elkhatib said. "The world would be so much better if we just let loose and allowed each other to be our natural selves. Just dance to a rock song -- no one's done it since the 70's".

Elkhatib's long-term goal is to be a full-time musician. Before the pandemic, Elkhatib would have said that his goals for this year and the years ahead include touring the US, UK, and Europe, performing every day of the year.

"For now, my goal is to release the best tunes I can, start writing my first full length record, and make money from streaming myself playing FIFA 21 on Twitch," Elkhatib joked.

B.U.D. is set to have an EP coming out early this year, and in the meantime, his music can be found on streaming services like Apple Music and Spotify.

COURTESY AMRYN SHAE

Create 31: Inspiring creativity at home

Sidra Khan
Reporter

The pandemic has made it a challenge to keep busy and stay productive. Those who are working less and spending more time at home are desperately trying to find ways to occupy themselves, while riding another wave of COVID-19 restrictions.

When it comes to creative projects, the City of Waterloo's Arts and Culture team, Create Waterloo, has KW residents covered.

Create Waterloo runs an annual, free winter festival for the City of Waterloo called Winterloo. As part of this festival, the team has been leading an Instagram challenge called Create 31 as a way to encourage creativity and keep residents engaged.

The Create 31 Project encourages followers to engage in some form of creative activity – be it drawing, painting, knitting, or DIY projects – for at least 31 minutes each of the 31 days of January, 2021.

The team introduces exercises created by a variety of Waterloo artists, influencers, businesses, and political representatives.

Every Sunday, a list of exercises for the week ahead is posted on the project's Instagram account, @create_waterloo, and all skill levels are welcome.

Though January is coming to an end, the project is running until the end of the month. The KW community is encouraged to participate and share their work with the hashtag #create31.

Visit create31.ca for more information on the challenge, and to view the posts shared by the community.



Winter Edition: Noon Hour Concerts @ Home

Vishal Lillman
Reporter

Don't stop the music! Conrad Grebel University College's Noon Hour Concerts @ Home series continues this Winter 2021 term with performances from professional musicians—all from the comfort of your own home.

Beginning Jan. 27, audiences can enjoy the sounds and stories of local musicians every Wednesday at 12:30 p.m. EST until Mar. 24. The artist lineup includes The Andromeda Trio, Anneli Loepp Thiessen, Elizabeth and Michael Lepock with Anna Ronai, Marko Pejanovic, Michelle Lafferty and Kimly

Mengyin Wan, to name a few.

The roster also boasts of a recital by the UW's most recent Music graduates: Devin Hiliker, Janelle Santi, and Caroline Schmidt. Their set aims to depict "a cycle of love artistically paralleled by themes of nature evolving through the seasons".

Appropriately called Love's Course, the concert will take place on Wednesday, Feb. 10 at 12:30 p.m. EST, just a few days shy of Valentine's Day.

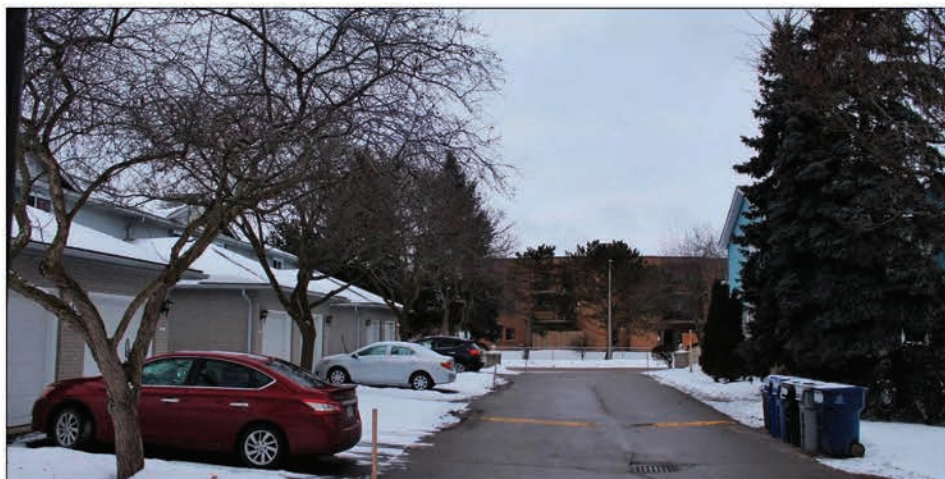
On Mar. 3, renowned pianist Stephanie Mara will be joined on the flute by the Faculty of Arts' Dr. Laurel Swinden in their concert Phenomenal Women! to celebrate International Women's Day on Mar. 8.

"Tuning into the Grebel Noon Hour Con-

certs @ Home offers a good mental health break in the middle of the week," Karen Sunabacka, associate professor of music at Grebel and coordinator for the Noon Hour Concerts @ Home series, says. "It's free, and is a way to engage with the Grebel Community virtually. The music and conversations will help to enrich the lives of each person who tunes in!"

The Noon Hour Concerts @ Home series will kick off on Wednesday Jan. 27 at 12:30 p.m. EST, with Anneli Loepp Thiessen performing in Still Singing – Women Composers and the "Voices Together" Hymnal.

For the full schedule and list of concerts and performers, visit uwaterloo.ca/music/events.



AHLAM IBRAHIM

CBC's version of The Life and Times of Cleopatra

Anicka Bakos
Reporter

If you are an anthropology student or taking a course in Classical Studies this semester, CBC's latest documentary, *Searching for Cleopatra* on The Nature of Things should be of interest to you.

The Nature of Things, now in its 60th season, is a popular Canadian television series that features science and nature topics. It is narrated by David Suzuki, a Canadian academic, science broadcaster, and environmental activist.

In an interview with *Imprint*, Susan Teskey, director of *Searching for Cleopatra*, has revealed that the inspiration for the documentary came from an archeological dig as well as CBC's skepticism that the version of history portraying Cleopatra as a sinister sexual temptress was the correct one.

"I think part of it is something a senior producer at the fifth estate used to say, 'if everyone believes something to be true, it probably isn't.' It was kind of the show's mantra," Teskey said.

"The documentary is a mystery story – actually two of them. One is, who was the real woman behind

the mythology. And the second is where is her tomb?" Teskey explained.

Teskey also revealed that the documentary has a couple of "Indiana Jones" moments with thrilling discoveries in the dig, and presents a lot of scientific technical advances in archaeology – for example, ground penetrating radar and x-rays.

Sheila Ager, UW's Faculty of Arts Dean and a professor in the Department of Classical Studies, is featured prominently in CBC's documentary as an expert on Cleopatra.

Ager highlighted that Cleopatra was a historically important figure.

"Octavian ruthlessly eliminated his rivals and mounted a massive propaganda campaign – and subsequently a military one – against Cleopatra and Antony... and the path was clear for the conversion of the Roman state from a Republic into an Empire. The conflict between Octavian on the one hand, and Cleopatra and Antony on the other, is one of the great 'what if?' moments in history. The fate of millions hung in the balance, and it's no exaggeration to say that the course of subsequent western history might have been very differ-

ent if Cleopatra and Antony had been the victors," Ager explained.

Ager noted that the mystery surrounding Cleopatra makes it hard for us to tell what kind of person she really was.

"My own view, based on a lot of years of sifting through sparse and hostile sources, is that she was ambitious, courageous, intelligent, witty, innovative, and cared for her people... Another thing I'd like to emphasize, because it's often ignored in the popular image of Cleopatra, is that she was a mother... Most people don't realize that she had four children, one by Julius Caesar and three by Marc Antony," Ager said.

Particularly noteworthy, according to Ager, is the fact that Cleopatra spoke Egyptian and was allegedly the first member of her dynasty in three centuries to bother to learn the language of the land that she ruled.

Cleopatra's tomb was a structure that she had commissioned well before her death, and Ager described it as a substantial building, at least two stories in height, near the sea. "In all likelihood, that means it was in the royal quarter of Alexandria, much of which... is [now] underwater. It may still turn up as the underwater excavations



Sheila Ager, UW's Faculty of Arts Dean and expert on Cleopatra.

continue," Ager said.

Ager also noted that Cleopatra's story reminded her of Hillary Clinton at the time of the 2016 Presidential campaign and election.

"The visceral anger that was whipped up against Clinton at the time by Trump and his supporters ('Lock her up!') was stunning to me... [and the] vilification of her in 2016 was reminiscent of the demonic characterization of Cleopatra by Octavian's propaganda team in the 30s BCE [sic]. And... it's so clear to me that Hillary Clinton's sex, combined with her ambition to hold the highest political office, was an affront to millions who were terribly threatened by such a possibility. This is exactly the fear that Octavian was able to leverage against Cleopatra – the fact that she was a ruling head of state, and at the same time a woman, enabled him to demonize her as quite literally a freak of nature," Ager said.

"If Cleopatra had lived today, you can bet that she would have been relentlessly cyber-bullied, trashed on Twitter, and mocked and vilified across the media, social and otherwise," Ager added.

Kelly Olson, a professor in the departments of Classical Studies and Women's Studies at the Uni-

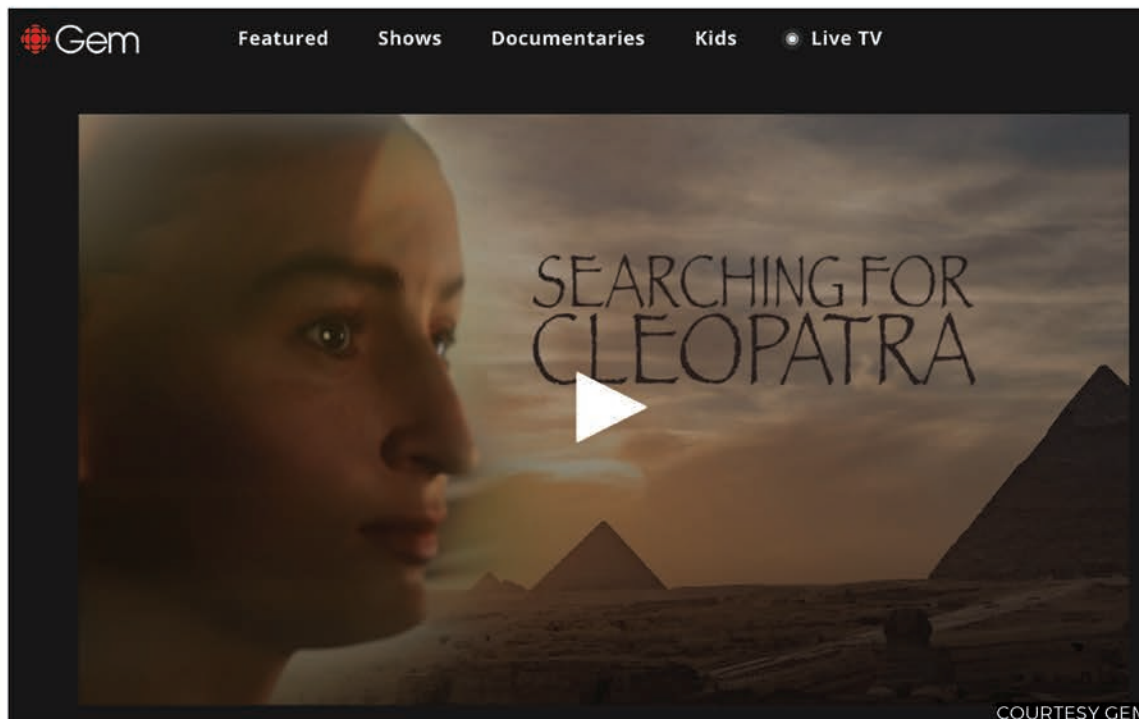
versity of Western Ontario, teaches an entire course on Cleopatra. She agrees that our world does not appreciate powerful women at all. "The Romans were most certainly afraid of her and even today, not much has changed and powerful women are still scary to everybody," Olson said.

As for a modern-day equal, Olson believes that Elizabeth Taylor was the "perfect actress" to play the part of the Queen of Egypt in the 1963 film classic *Cleopatra*.

"Taylor could be considered a modern-day equal to Cleopatra in a number of ways – both were powerful, intelligent women who had a lot of connections, were a force to be reckoned with, had multiple affairs and were also married several times."

Ager believes that there may be a lesson for us to take away here. "So if I were to generalize a lesson... it would be a very basic one, but one that's extremely important – don't believe everything you read or hear, no matter how loudly, insistently, and violently it is declaimed."

The documentary is available on demand and can be watched through CBC's streaming service Gem, the Nature of Things website, and Apple podcasts.



Searching for Cleopatra will be available on CBC's streaming service Gem.



WRITE FOR SCIENCE AND TECH
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Local pharmacy professor looks to bust myths & misconceptions around COVID-19 vaccines

Shaza Syed
Reporter

As the COVID-19 pandemic continues to affect millions worldwide, the development of the Pfizer and other vaccine has restored hope in the promise of a safe and healthy future.

However, not everyone is convinced of this promise.

Kelly Grindrod, an Associate Professor at the University of Waterloo's School of Pharmacy, recently sat down with Kitchener Today to debunk misconceptions about the vaccine.

Many believe the mRNA-based vaccine can change the genetic makeup of the body, which Grindrod concluded is "not accurate in any way".

"It's kind of like a post-it note for your body," Grindrod explained.

"It's a little bit of code for a little bit of protein on COVID – it's not COVID, it's a piece of COVID called the spike protein (...) your body makes it, learns how to recognize

the spike protein then throws the mRNA out..."

Another common cause of hesitation was the distrust in vaccine

ingredients.

People confused the ingredient polyethylene glycol (PEG), which acts to protect the mRNA spike

protein in the vaccine, with ethylene glycol, another substance found commonly in antifreeze products.

"mRNA is very fragile," Grindrod said.

"The PEG helps to construct that fatty protective bubble – almost like a little life jacket."

She also commented on the rapid pace of vaccine development.

"In this pandemic, there's unprecedented money spent – they managed to cut out inefficiencies – the waiting between stages," Grindrod explained.

"This is how it should work. This is [an] incredible process in an important amount of time."

Clinical trials have shown great success rates so far, but now the question remains of its long-term effectiveness.

"In healthcare, what we're really interested to know is how long this vaccine lasts for" Grindrod said.

"We want to know... will you need a booster in a year? In five years? What about variants?" She continued.

Grindrod believes this vaccine to be a scientific success and that "this [vaccine] is probably the most reliable way we have out of this pandemic right now."

“IT’S KIND OF LIKE A POST-IT NOTE FOR YOUR BODY. IT’S A LITTLE BIT OF CODE FOR A LITTLE BIT OF PROTEIN ON COVID – IT’S NOT COVID.”

KELLY GRINDROD, ASSOCIATE PROFESSOR AT THE UNIVERSITY OF WATERLOO'S SCHOOL OF PHARMACY.

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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

opinion

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The Japanese secret to a long and happy life

After spending a couple years in Waterloo studying at UW, I have realized that the environment and the overall atmosphere of the town greatly impacts my personality, the way I think, and my attitude towards things in general. Undoubtedly, every program at UW has its own challenges, and the difficulty of courses only increases as one progresses through university. Adding to this rising difficulty is the fact that classes have now been moved online, making things harder for students in a myriad of ways—it just isn't the same as in-person education and will take some effort from students to get accustomed to.

Recently, I felt like life was getting a bit more challenging due to aforementioned factors. I began digging into myself and figuring out ways to expand my knowledge of philosophies and ways of life—consequently, I began reading a lot of books, one of which really caught my eye—Ikigai. The book is primarily concerned with ideas on how to live a long and happy life, however, I believe that certain parts of this book gave me a lot of insight on how to deal with the challenges I will face, academically, professionally, or otherwise, with a sturdy rationale. For this reason, I believe it is relevant, to some extent, for students at UW.

The word 'Ikigai,' roughly translated from Japanese, means 'reason to be.' It captures the idea of having something in your life that gets one out of bed early everyday, and something one can always pursue, no matter what might be going on with one's life. The process of finding one's Ikigai could be an arduous one, but it will inevitably be found, and it could change from time to time as well—many aspects of this are covered broadly in the book.

Another insightful part of the book talks about the idea of flow, which entails completely immersing oneself in the task at hand, without worrying about anything else going on around them. Naturally, such a state of mind breeds creativity, productivity, pleasure, and satisfaction. Being in university, having a state of mind akin to this is greatly beneficial to learning and the retention of knowledge. Having an unrestricted creative space for the brain to operate in brings forth opportunities for innovation. It has helped me gain a deeper understanding of many things and how they complement one another in the world. According to the book, training the mind to constantly operate in flow has a lot of mental health benefits, which include a minimization of anxiety and other detractors. For students

at UW, I think it could be extremely beneficial to get used to flowing with every task at hand, since it is not uncommon that many experience anxiety and dejection in the face of certain massive course-loads; it has certainly helped me develop a new outlook on things which makes me feel more in control of everything that happens to me.

Apart from this, the book details dietary practices and other lifestyle modifications based on East Asian knowledge that can help achieve flow easily and further help with slowing down the process of aging—something that stress catalyzes rapidly. Overall, I think I got a lot out of the book, which has definitely brought my mind to a peace and made me more productive, without worrying about my courses or anything else for that matter. That said, I strongly recommend this book to everyone (at least certain parts of it); and, hopefully, you will be able to take something constructive from the book and incorporate it in whatever way seems meaningful to you.

Rohit Kaushik
 3A, Computer Science



Who will represent Waterloo
undergrads May 2021 - April 2022?

Find out this Friday!

WUSA Executive Imprint Debate

January 29th, 2:00 - 3:30 PM EST

via  Microsoft Teams

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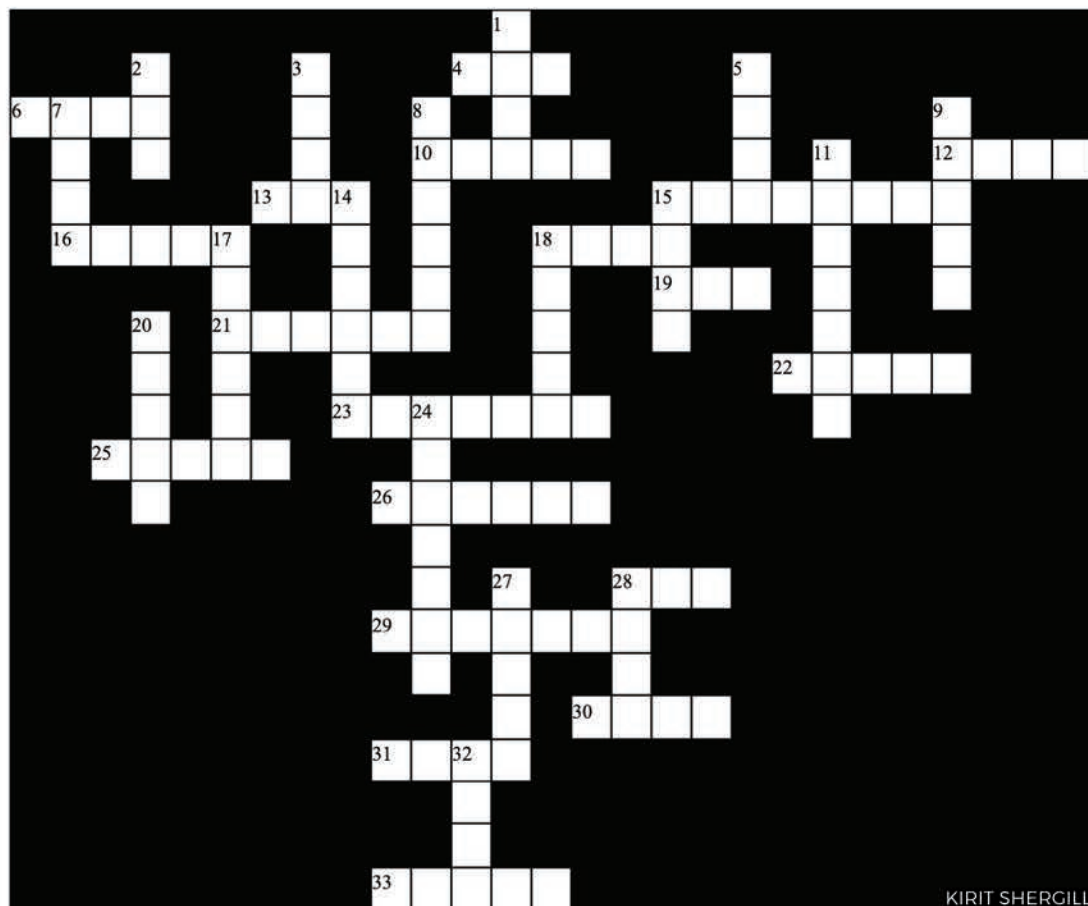
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MY DOG CAN DO MAGIC TRICKS.
IT'S A LABRACADABRADOR.

Imprint Crosswords

Jan 27 | Staying warm



KIRIT SHERGILL

Imprint Comics

ft. Briana Oenputera



BRIANA OENPUTERA

Across

1. Talking stuffed bear of film
2. Ride to the prom
3. Kindle download
4. __ in a blue moon
5. Govt. agency in many 2020 headlines
6. Greek city known for olives
7. Huge hit
8. Taj Mahal city
9. Catches some z's
10. Construction equipment, people who sleep a lot
11. Opinion surveys
12. Intense, as pain
13. Totally remove
14. Capturing device
15. Keep a roomie awake, maybe
16. It went down in history
17. Celsius freezing point
18. Sign of age, maybe

19. Song of worship

Down

1. Jared of 'Panic Room'
2. Unruly head of hair
3. Cooled with cubes
4. Hang out in alleys
5. Coloured eye part
6. Depends (on)
7. Polynesian Disney princess
8. Largest penguin
9. Supplies food
10. Immortal 'Citizen'
11. Shrubs arranged as barriers
12. One of the noble gases
13. Keep a roomie awake, maybe
14. 2019 Mena Massoud title role
15. Hard thing to kick
16. Wile E. Coyote's supplier
17. Story like 'Roots'

Jan 27 | Answers

