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COURTESY MAYANK KOHLI



UW launches the President's Anti-Racism Taskforce, after months of deliberation

Grace Xie
Editorial Assistant

On Friday, Dec. 11, 2020, UW announced that they have reached the final stages of implementing the President's Anti-Racism Taskforce (PART).

After receiving feedback from the UW community, the team has finally established their core themes for action as well as their five PART working groups, which will be making recommendations to address systemic racism on campus.

"The President's Anti-Racism Task Force is a BIPOC lead team of advisors that includes students, faculty and staff who will really work towards advancing anti racism initiatives, and to enhance opportunities, whether it's academic or employment opportunities for the BIPOC community, in particular really shining a lens on Black, and Indigenous anti racism because of the lack of representation--we want to definitely raise that awareness and remove those institutional barriers," Colleen Philips-Davis, a member of PART, said.

According to Davis, the main goal of the

PART is to dismantle systemic and institutional barriers with these working groups to create an action plan through recommendations.

Some of these areas include mental health, educational experience for BIPOC individuals, as well as mentorships and professional development safety.

"The working groups will develop a framework to assess the gaps and make recommendations. And then there's an implementation team working. The working groups will ensure that things are actionable and there are implemented and there are things that are implemented immediately...within those working groups, we will make those recommendations. And then those recommendations will be implemented and embedded within the structure of the university," Davis said.

Conversely, Dr. Vershawn Younger, a professor at UW and a contributor during the initial stages of the taskforce disagrees with the effectiveness of the PART.

"I don't think that it's effective because it really does not draw on the expertise of anti-racist specialists. It doesn't draw on the expertise of anti-racist consultants or

anti-racist experts. Black or Indigenous scholars or practitioners or researchers or consultants... it is bound to be a colossal failure, and the only success that I can see that the university can point to is that we did something, that we tried. It is not going to have a deep and effective impact on Black, Indigenous, and people of color. It just will not," Dr. Vershawn Younger said.

According to Dr. Younger, the university needs to do much more to properly address systemic racism, including giving those who actually experience it, a voice and positioning them to be at the center, where they can collaborate and enact different policies immediately.

"I don't care how slow people say universities work, when they want to work fast they can work quickly. We don't have an 'Indigenous studies' and 'Black studies' programs; We should have immediately instituted Indigenous studies programs. We don't have a Black studies program. We should have immediately instituted a Black studies program... Black faculty members are still complaining about racism that they experience on a daily basis, and those who are their supervisors or leaders are doing

nothing about it," Dr. Younger said.

Dr. Younger further comments that in July, The Black Faculty Collective made a proposal to the president of UW stating what they believe needs to be done to address racism at an intuitional level, however, that proposal was rejected.

"We told him we would be at the core. We're going to partner with other colleagues. Black, Indigenous, and people of color and we are going to do this work on behalf of the institution, because we're invested in the institution and we're invested in our lives here at the institution, and basically that was rejected," said Dr. Younger.

As UW continues to find ways to address racism and support its students and community members, there seems to be opposing opinions on the efficiency and effectiveness in their methods, especially in light of recent events such as the RAISE webinar hack.

"We need to acknowledge that they have not done what they should have done and nor what they could do. They have rejected sound proposals for action and then they need to get out the way and let us do it right," Dr. Younger said.

UW SSO introduces Pen-Demic Pals Program

Suhani Saigal
Managing Editor

For the better part of the past year, UW students have spent their study time sitting behind screens, away from the hustle and bustle of campus.

"The past year has been extremely challenging and isolating. We know students feel disconnected from their friends and campus and are having a more difficult time finding ways to stay involved," Lauryn Poulin, Student Development Specialist at the UW Student Success Office (SSO), said.

To help students reconnect with each other and create meaningful conversation, the SSO has introduced the Pen-Demic Pals Program after the smashing success of last year's UWinterloo Pen Pal Program.

"The UWinterloo Pen Pal Program saw an

incredible turnout, with 600 participants," Poulin said. "We designed this program with the sole purpose of helping students facilitate new relationships and connect with their peers."

Students who register will be matched with other students - their Pen-Demic Pal - in mid-February, and can decide how and when they would like to communicate.

"Students will be matched with someone outside of their faculty or program. We'll also keep undergrads and grads separate," Poulin said. "After that, matching is completely random."

Students are free to set their own parameters.

Formally, the program will conclude in mid-March, but students are welcome to stay in touch with their Pen-Demic Pal if they like.

"It can be intimidating or feel awkward

to reach out and try to meet other people, especially online, so we're hoping this program serves as a stepping stone to initiate or maintain relationships. If the pandemic has taught us anything, it's that we don't have to be face-to-face to stay connected," Poulin said. "Technology is an amazing thing, and there are endless tools students can use to connect virtually."

The Pen-Demic Pals Program has 620 registrants so far.

The SSO offers a wide range of services to students who are looking for support or to get involved in a leadership opportunity. Some of the programs and services include:

- Student Leadership Program
- Peer Success Coaching
- Foundational Training Program for Peer Leaders
- Orientation
- Immigration consulting

- International student resources
- Online learning resources

"We encourage students to follow @uwaterloo on Instagram to stay informed on upcoming initiatives. We stay on top of all the fun events happening across campus each week," Poulin said.

For more information about the program or the SSO, please reach out to lauryn.poulin@uwaterloo.ca.



RAISE event gets zoom-bombed

Grace Xie
Editorial Assistant

On Tuesday, Jan. 27, 2021, the Racial Advocacy for Inclusion, Solidarity & Equity (RAISE) WUSA-run service, held their first event of the term: Climate Justice is Racial Justice. However, despite months of planning ahead of the event, the webinar was hacked and began displaying inappropriate images and racist language.

"This webinar was hosted in collaboration with the ESS [Environment Student Society] and FFUW [Fossil Free University of Waterloo] to raise awareness about the intersections between climate justice and racial justice. With three different speakers, the event tackled three different areas of environmental-racial issues: current global statistics, the effects of colonization, and Indigenous sovereignty. During our first speaker's presentation, an unknown user took over the shared screen, in which they

had opened a drawing application... seconds later, the chat box was flooded with a user sending the full N-word repeatedly," RAISE said.

According to RAISE, immediate action was taken to secure the webinar and prevent other foreign participants from disrupting the event.

"Our host immediately stepped in and disabled the chat box and blocked new participants.

We also secured the screen sharing to block attendees from taking over. Before moving on, we briefly apologized to the attendees and stated that no one was obligated to stay if they felt uncomfortable. The full webinar was posted on YouTube (sans offensive images) for full accessibility," RAISE said.

Both RAISE and WUSA stated their belief that the individuals responsible should be held accountable for their actions and face suspension or expulsion, as well as calling for the university to take steps to respond

and address the racism that was present at the event. "Much of the action that the university has taken towards racial equity is symbolic and minimal. UW needs to take more concrete actions for racial equity that don't put the bulk of the work onto unpaid and racialized students. The work should be done by the paid professionals that the university hires, in consultation with RAISE and the student body. If the university is not willing to invest resources into equity work, racism will continue to affect students and these incidents will continue to be the norm," RAISE said.

Both RAISE and WUSA have opened up their services to support students and UW members who were impacted during the event. These services include peer support and other resources from Campus Wellness.

"WUSA's peer support services are available for students to access to discuss the events which took place.

We have notified Campus Wellness to ensure their services are available to students.

We will continue to work with the university and RAISE to ensure the investigation moves forward," WUSA executives said.

According to RAISE, this is not the first time this has occurred.

A similar incident also happened last year during an event. However, RAISE stated that they will do everything in their power to support the UW community, and will continue to condemn racism in the UW community.

"RAISE itself cannot do anything to stop white supremacists since we are a small organization of racialized students focused on supporting our fellow racialized students. We are constantly working on new ways to connect with them, especially during the pandemic, through our peer support hours, our recently launched Mentorship Program, and our weekly online contest '1-800-IRL.' We are not a large-scale organization with plentiful resources, nor are we a news outlet obligated to respond to every issue," RAISE said.

Laurentian files for creditor protection

Karen Chen
News Editor

On Feb. 1, 2021, Laurentian University in Sudbury filed for creditor protection. This month, they were unable to pay their faculty wages and had no choice but to take \$12 million from the Ontario government just to meet their payroll obligations for February and March.

It is likely that the cracks started to form in Laurentian's financial foundation long before the start of the pandemic and strict lockdown protocols.

In a public statement, Robert Hache, President of the university, addressed the issue saying that there were "a number of developments over the past decade have put an increased strain on the operational and financial health.

These strains include a combination of factors such as historical recurring deficits, declining demographics in northern Ontario, the closure of our Barrie campus in 2019 and the domestic tuition reduction and freeze that was implemented in 2019 and most recently various costs and revenue impacts due to the global pandemic."

Perhaps this will lead to a larger investigation of postsecondary education institutions to promote greater transparency and prevent reckless investing. Some programs, such as entrepreneurship, have been indefinitely suspended, leaving Laurentian stu-

dents out to dry. Students at UW pay about the same amount of tuition on average as Laurentian Students for arts and science programs.

However, UW is home to a significant amount of international students, and successful alumni who provide UW with the funds it needs to grow and give back to the Kitchener-Waterloo community.

Currently, Laurentian University is furiously searching for a way to get itself out of their financial situation by cutting costs and restructuring their finances.

This may prove to be difficult without continued support from the local community, as well as the Ontario government.



Robert Hache, president of Laurentian University, addressed the issue.

WUSA Elections 2021 Results

President

Benjamin Easton

Total votes: 935

Yes: 729 (77.968%)

No: 117 (12.513%)

Abstentions: 89

(9.519%)

VP, Operations & Finance

Matthew Schwarze

Total votes: 835

Yes: 682 (81.677%)

No: 114 (13.653%)

Abstentions: 39 (4.671%)

VP, Education

Stephanie Ye-Mowe

Total votes: 845

Yes: 688 (81.420%)

No: 109 (12.899%)

Abstentions: 48 (5.680%)

VP, Student Life

Catherine Dong

Total votes: 898

Yes: 736 (81.960%)

No: 123 (13.697%)

Abstentions: 39 (4.343%)

Several human rights violations by Indian govt. cause global outrage

Saihaj Dadhra
Assistant News Editor

On Jan. 26, 2021, the farmers' protest in India escalated when thousands engaged in the largest tractor march in history, where more than 200,000 tractors were used. The march had been planned for weeks and was scheduled to take place on India's Republic Day, the anniversary of the day the Indian Constitution was enacted in 1950. A small group of protestors who entered the Red Fort in Delhi were met with violence, beaten with batons and faced tear gas canons after more than two months of peaceful protesting. Farmers are protesting for the repeal of three laws that will destroy their livelihoods, and allow for corporate exploitation.

"It's been over two months since the farmers of India marched over to the capital, Delhi, to demand their rights. The rights that the government of India is trying to take away from them, that can eventually lead to detrimental consequences and damage their livelihoods. After two months of living out on the streets, peacefully protesting, our farmers have faced nothing but brutality. It's heartbreaking to see elders the age of our grandparents sleeping out in the cold. For what? Their land. Their heritage. Their rights. It disgusts me that India, the largest democracy in the world, would stoop down to such a low level to hurt their own people," Parmpreet Mangat, a third-year Honours Science student, said.

The internet was suspended in Delhi and surrounding border areas on Republic Day, following the violence. The Haryana government shutdown the internet in most parts of the state until February 1. Human Rights Watch reported that the Internet Freedom Foundation, said that the shutdown was being used as a way "to suppress the free flow of information related to peaceful assembly and the fundamental right to protest."

As of Feb. 6, 2021, 206 protesters have died during the protests.

At least nine journalists in India have been charged for reporting

the killing of Navreet Singh Hundal, a protester, by a gunshot from a member of the Delhi police. Indian authorities claim that gunshots were not fired. Although the Delhi police alleges this, post-mortem reports have confirmed that this injury is consistent with that of at least one gunshot wound to the head. Farmers at the site were the first to report that Hundal had died from a gunshot wound, and not from the fall of the overturned tractor.

Freelance journalist, Mandeep Punia, who regularly contributes to *The Caravan*, was abducted by Delhi Police on Jan. 30, 2021. Punia posted a video on Facebook on Jan. 29 reporting on the arrival of a group of people to the Singhu border who threw stones and a petrol bomb at protestors and attempted to set protestors' belongings on fire. Punia reported that two of the perpetrators were members of the BJP, the ruling party in India. He was arrested by police and taken to Tihar Jail.

Nodeep Kaur, 24-year-old Dalit labour rights activist and member of the Mazdoor Adhikar Sangathan (MAS), a labour union, was arrested by Haryana police on Jan. 12, 2021, and was denied bail on Feb. 2, 2021. Her next bail hearing is scheduled for Feb. 8, 2021. At this point, she would have been detained for 26 days.

Mangat along with Komal Dhaliwal, a third-year Public Health student, organized the Farmers Protest Rally in KW on Dec. 12, 2020.

"Earlier in December my friend Komal and I organized a region-wide peaceful car protest," Mangat said, "I believe that it is very important to speak up against violation and injustice no matter where in the world it is happening."

Mayank Kohli, a first-year Accounting and Financial Management student, attended the farmers protest in Delhi.

"On Jan. 10, 2021, I visited the Delhi border to witness the farmer protest. We received a warm and kind welcome from all the farmers. Ladies were busy preparing food while men served the food to any person who would come to see the protest. There were no ag-

gressive or violent protestors. The environment felt completely positive and safe," Kohli said.

Despite the magnitude of the protest, western media has given the issue little attention, until Rihanna tweeted a CNN article.

"Why aren't we talking about this?! #FarmersProtest," Rihanna tweeted on Feb. 2, 2021.

"Rihanna tweeted an article about the unethical practices the police and government are taking and it went viral. It got so much attention that prominent figures, such as actors and other artists, spoke out for the first time in months. Greta Thunberg has also posted many times in addition to various NBA and NFL players, one of which has even donated \$10,000 to support farmers in India," Simran Parmar, UW Sikh Chaplain, said.

Celebrities and other well-known individuals, including Meena Harris and Greta Thunberg, have brought light to the issue multiple times since the first time it was brought into western light by Rihanna. Raising awareness of these human rights violations has captured the attention of large organizations such as World Affairs, Human Rights Watch and the United Nations Human Rights Council.

Some other notable names who used their platforms to bring awareness to the issue include Comedian Hasan Minhaj, Internet Influencer Amanda Cerny, Actor and Producer Susan Sarandon, Lawyer and niece of U.S Vice President Meena Harris.

Rupi Kaur - poet, illustrator, author, and UW BA '15 English alumna - has been spreading awareness about the protests before mainstream media and thanked Rihanna for highlighting the issue.

"With big influencers such as Rihanna speaking up for farmers, I hope that this will be an eye-opener for the rest of the world and everyone will unite together to help spread awareness for the farmers of India. Western pressurization will indeed play a role. The largest protest in the history of the world is taking place and it cannot go unseen. So be that voice and use your platforms to speak up," Mangat shared. Rihanna's tweet also woke

up Bollywood stars who had remained silent up until this point, with many tweeting in support of the government.

"The support being by prominent figures in the west has upset many politicians and citizens who are supporting the exploitation of farmers with the three new laws," Simran Parmar said.

Delhi police filed a FIR (First Information Report) against Greta Thunberg for a tweet in which she shared a farmers protest "toolkit."

"I still #StandWithFarmers and support their peaceful protest. No amount of hate, threats or violations of human rights will ever change that. #FarmersProtest," Thunberg tweeted, on Feb. 4, 2021.

Images have emerged on social media of government supporters setting images of Rihanna, Greta Thunberg and Meena Harris on fire after their tweets in support of farmers.

"Just this last week, we saw what was possible when the community comes together and tirelessly pushes awareness about the inherent issues at hand. Getting the attention of Rihanna, who starts a domino effect leading to a multitude of celebrities, influencers and athletes such as Kyle Kuzma, Greta Thunberg, Russ Diemon, amongst many more beginning to show their solidarity. Simply goes to show how any platform is a platform regardless of its size," Gurvir Parmar, a third-year Kinesiology student, said.

Before Rihanna brought awareness to the issue, there was very little media attention. Still, social media has been filled with updates coming directly from the protest sites, with many people showing their support for the farmers through sharing posts on social media.

"The largest struggle has certainly been the extreme lack of national attention the matter gets. As a result, it's been so crucial up to this point to spread awareness to your friends about the brutal treatment farmers experience now, but also historically.

What continues to happen now are clear cut human rights violations, and it's important as a community to speak up for injustice anywhere," Parmar said.

Social media has played a vital role in bringing awareness to the protests - numerous videos and images show police brutality and injured demonstrators.

There have been numerous human rights violations by the Indian government. The government claimed that the public internet shutdown was to "maintain public safety".

"Cutting off water, electricity, internet and other essential supplies is already unethical enough, not to mention the unethical abductions, arrests and physical violence being committed by the police. I think there is a big need to keep pushing awareness on social media to ensure the safety of all protestors," Simran Parmar said.

In addition to the internet shutdown, the government cut off food and fresh water supply from protesters.

Protestors from the Ghazipur border walked to Shamli, a city, to bring back water, while NGO and charity Khalsa Aid brought water to the protest sites. There has also been the removal of washroom facilities by the government.

Delhi police have filed 44 criminal cases and arrested 122 people concerning the violence and filed cases of rioting, attempted murder, and criminal conspiracy against at least 37 well-known farmer's union leaders and activists.

"I encourage everyone who doesn't know about why the farmers are protesting to please take action and educate yourselves. @sikhexpo on Instagram is an amazing place to start to learn about what's happening. This is a human rights issue and deserves awareness. I request everyone to help us in this fight, raise awareness and help us to get these bills eradicated," Dhaliwal said.

As of Jan. 28, 2021, there have been eleven talks between the Indian government and farmer union leaders, ending in a deadlock.

"Every citizen in a democracy has the right to protest and not be faced with violence by police. It is evident that this democratic right is non-existent in India," said Simran Parmar, "the entire world is watching right now."

sports & health



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COVID-19 and the Pfizer and Moderna vaccines — Q&A with experts

Suji Udayakumar
Reporter

On January 25th, 2020, the first case of COVID-19 was confirmed in Canada.

Professor Zahid Butt, a public health expert, spoke on his thoughts on what we have learned about COVID-19 in the past year.

COVID-19 affects all of society, there is increased severity in the elderly population and disproportionate effects among marginalized and racialized populations. Dr. Butt said that this may be the result of socio-economic disparities. He emphasized that we also know some variants may be more transmissible than others, and it is important to be vigilant and follow public health guidelines strictly.

When asked about what we still need to learn about the virus, Dr. Butt pointed out gaps in our knowledge of the virus. We are still not sure whether a person can pass the virus to another person after getting vaccinated and whether there is a seasonal variation to COVID-19.

Dr. Butt also responded to how he thinks we will be in terms of controlling the virus one year from now, both in Canada and globally.

"There is no clear answer to this," Dr. Butt stated. How fast and how much of the population in Canada is vaccinated during this year, how strictly public-health guidelines are followed, and the economic, social and political support required to tackle this virus are all important factors in answering this question. Further, the goal of controlling the virus also depends on governments, national and international public health agencies, and donor agencies to working together.

On January 14th, 2021, Canada's COVID-19 vaccine rollout hits its one-month mark.

Recommendations from the National Advisory Committee on Immunization (NACI) suggests those most vulnerable to the virus' outcomes, and those who care for them, should be vaccinated first. In the spring, the vaccine rollout will open up to more people, most likely to more seniors, essential workers and others susceptible to the virus.

Dr. Maxwell Smith, a public health and infectious disease expert, was asked who's next in line to get the vaccine. He emphasized that Phase 2 priority lists are not confirmed as the epidemiology within a region could quickly

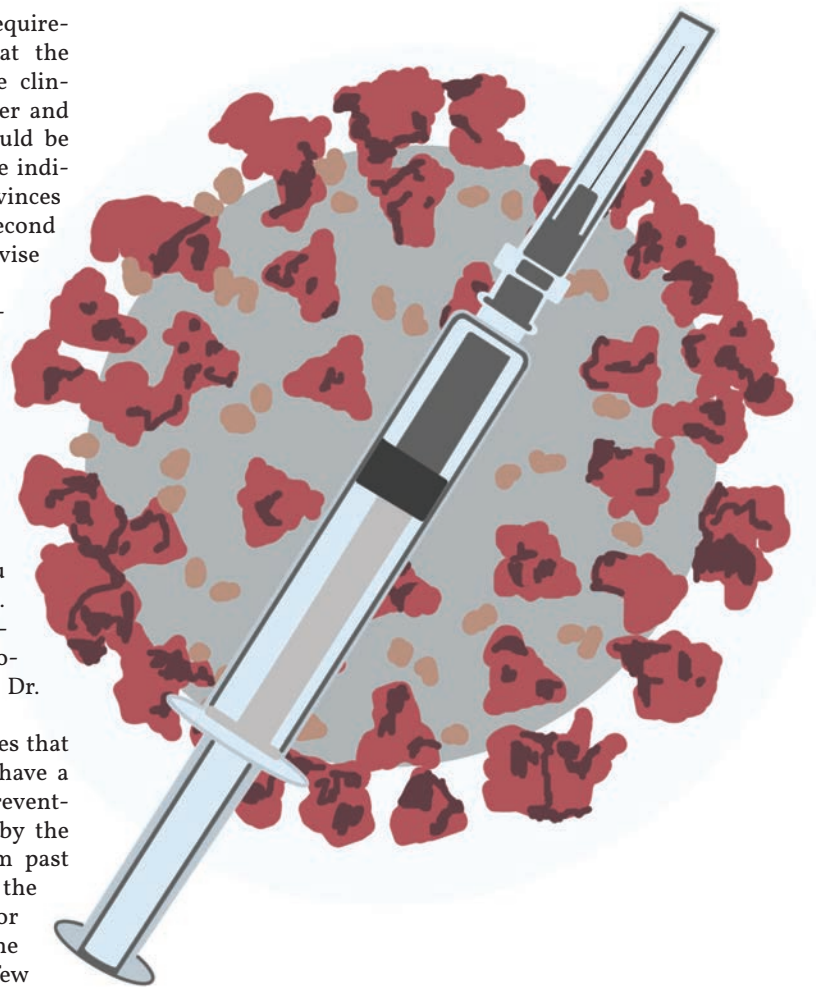
change.

In regard to dosage requirements, NACI enforces that the dosing schedules from the clinical trials, 21 days for Pfizer and 28 days for Moderna, should be followed. To inoculate more individuals up front, some provinces have decided to delay the second dose. However, experts advise against this.

Steven Kerfoot, an associate professor in the immunology and microbiology department at Western University, responded to the popular question of how long does acquired immunity last.

"You can't know for sure — there's no test to tell you this will last for 10 years. But there's absolutely no evidence to say immunity is going to disappear in a year," Dr. Kerfoot said.

Clinical data demonstrates that both Pfizer and Moderna have a 95 percent efficacy in preventing severe disease caused by the COVID-19 virus. Data from past COVID-19 infections and the vaccines suggest that, for most people, the immune response will last up to a few years.



HEATHER ECOBICHON

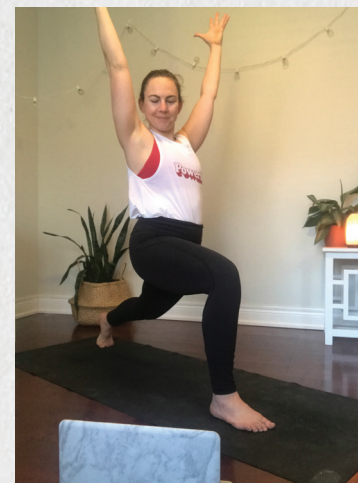
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UW Women's Volleyball Coach Takes Creative Approach to Recruitment

Tara De Boer
Sports and Health Editor

When Ontario University Athletics (OUA) came to a screeching halt in March 2020, no one could have anticipated that the entire following season would be cancelled as well. Then, on Oct. 15, 2020, the OUA made a second disappointing announcement that all sports would be suspended until Mar. 31, 2021.

With no organized sports taking place around Canada right now, the recruitment process has been less than ideal for coaches. Gone are the days of sitting on the top of the bleachers to check out the newest recruits. Despite these challenges, Richard Eddy, the UW Women's Volleyball Coach, has taken a creative approach to staying in touch with his fresh recruits and scouting new ones.

Without the ability to meet face-to-face, Eddy checks out new

talent in a very 2021 way. "Our current recruiting continues to evolve through the pandemic, but it is now very common for athletes to send us a video of themselves playing, training or even just working out," Eddy said. Once he receives the videos, he assesses their performance benchmarks and narrows his list from there.

As for the athletes who had already signed on for the Fall 2020 season, Eddy puts in the effort to connect the whole team over the summer and encourages bonding through group workouts and team building events—all virtually of course.

In normal times, first-year athletes would be fresh off their high school season when they make their varsity level debut. But for the unlucky players who happened to be in their senior year of high school in 2020, they won't have played organized volleyball for 18 months by the time Fall rolls around.

For Eddy, this means focusing

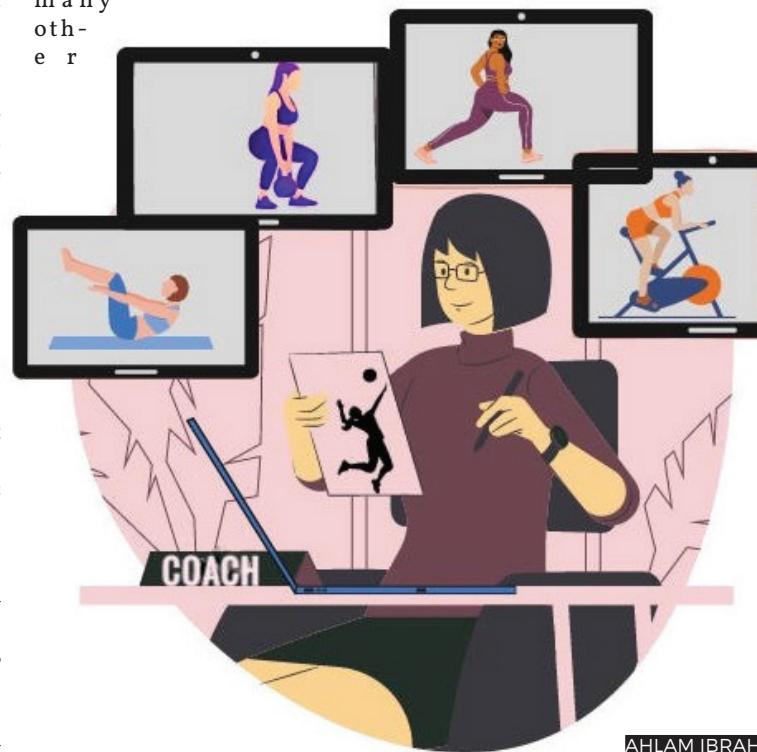
on keeping his players engaged and advancing their game in new ways. Although he anticipates a slow start next season with a delayed "ramping" up to optimal play. "At first we will start gradually with short and less intense practices and then build up into something that looks more 'game speed,'" Eddy said.

Regarding the effect COVID-19 will have for players in the long term of varsity sports, they'll get a gift of extended eligibility. While athletes are typically capped at five years of eligibility in the OUA, this season won't count towards this number, meaning athletes can prolong their athletic career another year.

And for the student-athletes who may be worried about missing a year of development, Eddy has some encouraging words: "Stay positive and stay hungry for that first big match. Think of this extra time as a gift and use it wisely. This is the perfect time to study

the game, develop a winning mentality and improve in so many other

ways that make student-athletes successful."



AHLAM IBRAHIM

UW study finds disposable gloves can be used up to 20 times if disinfected properly



AHLAM IBRAHIM

Suhani Saigal
Managing Editor

Amidst a global pandemic, wide use of disposable gloves have caused shortages for frontline healthcare workers.

A study, led by Tizazu Mekonnen, UW Chemical Engineering professor, has found that alcohol, UV, and heat treatment are acceptable disinfection methods that allow gloves to be reused up to 20 times. The research team studied two types of gloves – gloves made from 'nitrile' or 'latex.' Both types were subjected to six disinfection treatments using UV radiation, dry heat, steam, alcohol, chlorine compounds, and quaternary ammonium compounds – commonly found in disinfectant wipes, sprays and other household cleaners designed to kill germs.

The study revealed that both

types of gloves remained usable, even after using any of the disinfection treatments up to 10 times. However, only the alcohol, UV and dry-heat treatment did not affect the barrier properties when used up to 20 times. It was further discovered that barrier properties of gloves reduced slightly if steam, chlorine compounds, and quaternary ammonium compounds were used in the disinfection cycle.

Alcohol is considered to be the most efficient disinfection method, as it allows gloves to be disinfected while being worn and is also one of the most inexpensive techniques.

Researchers said more information regarding occupational health and safety is required before officially permitting the reuse of disposable gloves. Reusing gloves decreases the number of gloves that end up in a landfill, thus offering a more sustainable

way of handling the pandemic.

Health Canada has deemed disposable gloves essential during the pandemic. To manufacture disposable gloves, manufacturers require a medical license when used for Health Canada. Canada is also speeding up the importation and sale of medical devices used to diagnose, treat, mitigate or prevent COVID-19. Information on how to obtain a Class II medical device licence for manufacturers of medical gloves can be found on Health Canada's website.

The study, 'Can Medical-Grade Gloves Provide Protection after Repeated Disinfection?' was published in ACS Applied Polymer Materials. The authors include Mekonnen, Elnaz Esmizadeh, Boon Peng Chang, Dylan Jubinville, Ewomazino Ojogbo, Curtis Seto and Costas Tzoganakis – all from UW's Chemical Engineering department.



THEMUSEUM announces new musical companion exhibition for UNZIPPED

Explore and celebrate the history of rock and soul in the Waterloo region as The REVERBERATIONS becomes a permanent exhibit for THEMUSEUM.

Claudia Tavara-Tello
Reporter

Following the anticipation of their upcoming Rolling Stones exhibit, UNZIPPED, THEMUSEUM has announced a new project. The REVERBERATIONS exhibition will explore and celebrate the history of rock and soul in the Waterloo region by presenting a collection of spectacular musical moments.

On the Mike Farwell Show, David Marskell, CEO of THEMUSEUM announced that the rock and soul exhibition will become a permanent exhibition for the region.

To develop the exhibition, THEMUSEUM partnered with former radio producer and

writer Mike Tennant and curator Virginia Eichhorn, who will be interviewing local community members to share their stories about music in the Waterloo area.

THE MUSEUM will also collect artifacts like ticket stubs, posters, and merchandise to be displayed in their exhibit.

“It’s more about the ‘holy cow’ moments — what do you recall when you heard the Guess Who’s ‘American Woman’ riff was created here in Kitchener, or that moment when you saw someone on the stage, got an autograph, or you went to The Aud for a concert and saw your favourite band,” Marskell said.

“Those are the types of things we want to bring out in our community.”

Ever since the exhibition was announced,

Marskell stated that there has been an overflow of individuals sharing their memories via an archive of music from young and old. Marskell said that he is receiving submissions from the cities of Waterloo, Kitchener, and Cambridge. He is also hopeful that people will remember shows from Starlight to Centre in the Square and the musicians who came out from this community.

“You think of the Lulu’s, the bands that played at the University of Waterloo – Led Zeppelin, Joni Mitchell ... it’s a pretty deep, rich history, and we need to celebrate it more,” Marskell explained.

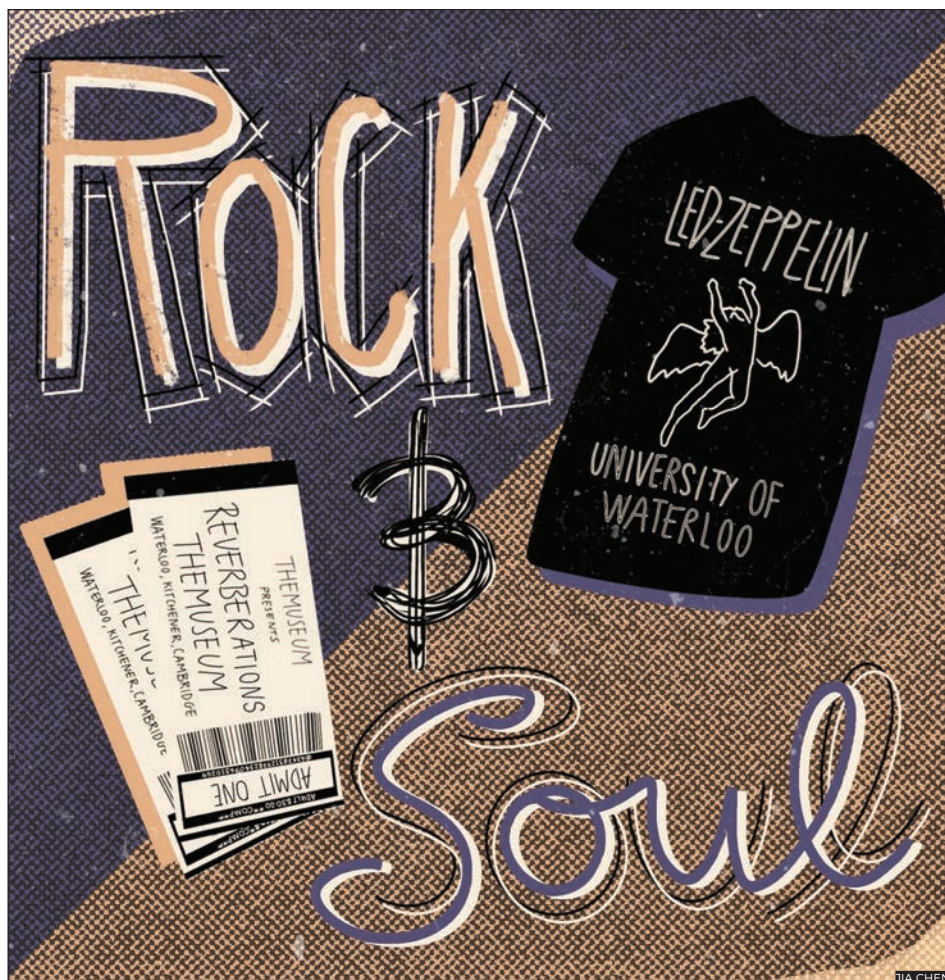
THEMUSEUM is considering launching a Facebook group to collect submissions. Marskell hopes that once things are set up and running, more artifacts and memories

will come forward.

The exhibition organizers are calling for sponsors and support to help develop the project.

As it stands, THEMUSEUM is still searching for a space to run the show and seeking a location to host a three-to-four-month program next fall. Marskell is hoping that the community can find a space to make a permanent facility.

Much like with UNZIPPED, one of the biggest concerns is the possibility of a delay due to the pandemic. However, REVERBERATIONS is so ambitious that it deserves to have a permanent space for the region for generations to enjoy — there should be a balance between historical and pop-culture spaces.



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



Matthew H. Birkhold wins the WCGS Book Prize Award

The Waterloo Centre for German Studies (WCGS) announced the winner of the award recognizing first-time authors published in 2019.

Suhani Saigal
Managing Editor

Characters Before Copyright: The Rise and Regulation of Fan Fiction in Eighteenth-Century Germany, written by Matthew H. Birkhold and published by Oxford University Press in 2019, was declared the winner of the WCGS Book Prize. The prize recognizes first-time authors who contribute to the understanding of any aspect of the German society, The award also includes a \$3,000 CAD cash prize.

Birkhold, associate professor of German at Ohio State University, explored the popularity and

frequent practice of writing fan fiction in 18th-century Germany. In doing so, he discussed several other themes like the nature of publishing, the development of a reading public, the conventions that evolved to define intellectual property rights, and specifically copyright issues surrounding fan fiction that are prevalent even today. The jurors praised Birkhold for being able to draw “connections to today’s copyright questions such as Star Wars and Harry Potter.”

The jury was composed of German Studies scholars – including Ann Marie Rasmussen from UW, Joachim Whaley from the University of Cambridge, and Stephan Jaeger from the University of

Manitoba – and was chaired by James M. Skidmore, Director of the Waterloo Centre of German Studies (WCGS).

Out of twenty nominations, six other books won a place on the shortlist, which illustrates the quality and range of German studies today:

- » Kata Gellen. *Kafka and Noise: The Discovery of Cinematic Sound in Literary Modernism*. Northwestern University Press.
- » Seth Howes. *Moving Images on the Margins: Experimental Film in Late Socialist East Germany*. Camden House.
- » Richard N. Lutjens, Jr. *Submerged on the Surface: The*

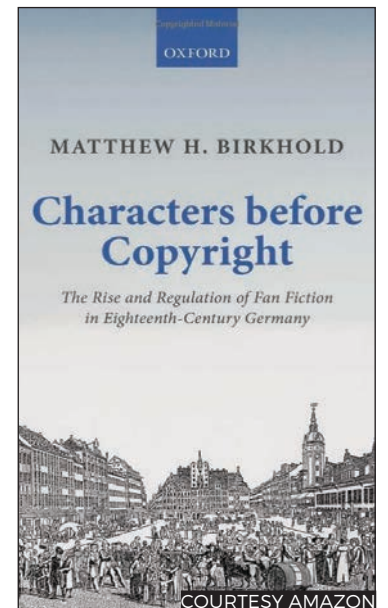
Not-So-Hidden Jews of Nazi Berlin, 1941–1945. Berghahn Books.

» Philipp Nielsen. *Between Heimat and Hatred: Jews and the Right in Germany, 1871–1935*. Oxford University Press.

» Zef M. Segal. *The Political Fragmentation of Germany: Formation of German States by Infrastructures, Maps, and Movement, 1815–1866*. Palgrave.

» Tyler Whitney. *Eardrums: Literary Modernism as Sonic Warfare*. Northwestern University Press.

Nominations for the WCGS Prize for books published in 2020 are open until Mar. 31, 2021.



An Ode to Remarkable Women: Into the Light

Sidra Khan
Reporter

Do you ever contemplate the violence women have to suffer simply because of who they are and where they are born? Here is your opportunity to take a close

look at just how strong these remarkable women are, through the lens of filmmaker Gentile M. Assih.

The National Film Board of

Canada recently premiered Assih’s documentary *Into the Light*, free-of-charge exclusively at NFB.ca. The release of the documentary came on November 25th, 2020, to coincide with the International Day for the Elimination of Violence against Women.

Into the Light casts a spotlight on inspiring Canadian women of African origin who have triumphed after suffering through domestic violence.

The film celebrates the strength of these women, and showcases experiences of cultural differences and the challenges of immigrating to a new place. However, one central goal of the film remains clear: highlighting the ever-relevant issue of domestic violence against women—especially women from marginalized communities.

Assih’s documentary is particularly relevant given how the pandemic has exacerbated difficult domestic situations and further endangered vulnerable women. North American women have a 1 in 4 chance of being physically or sexually abused by an intimate partner.

Throughout the pandemic,

movements that challenge racial and gender-based injustices have gained attention. *Into the Light* capitalizes on the possibility of these movements to enable personal healing and awareness for this specific community of women.

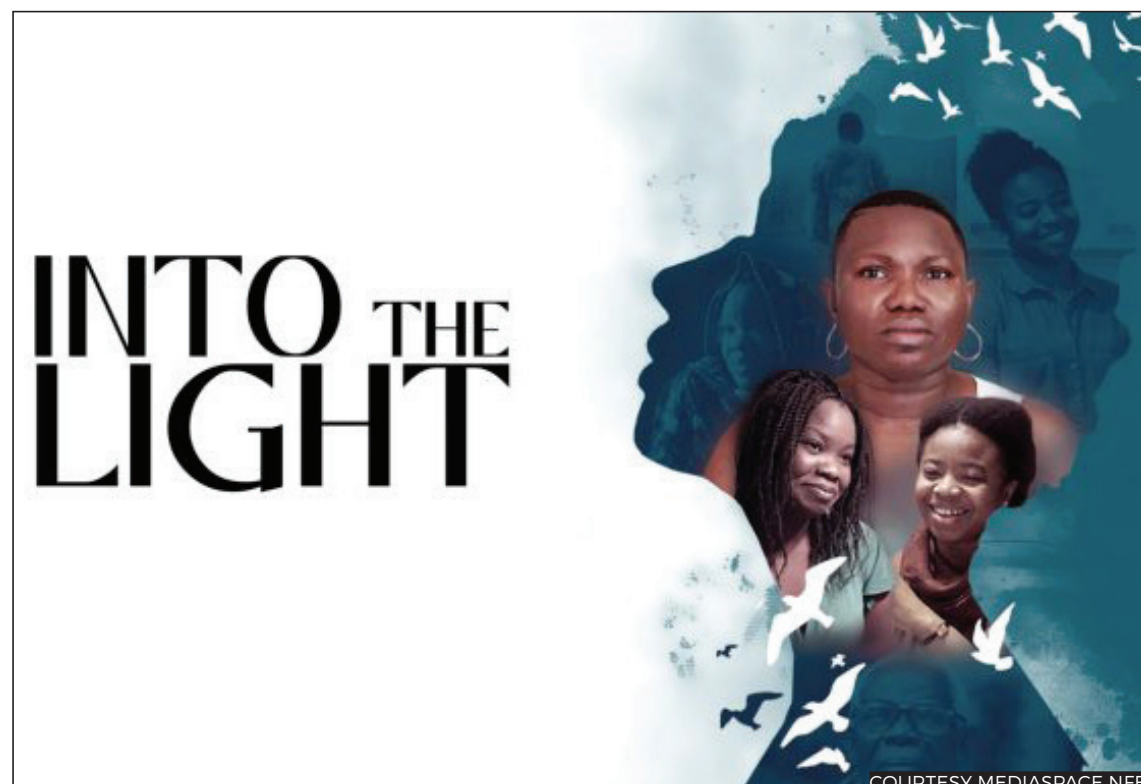
The film chronicles the life of several characters including Christine, a French teacher who is suffering from domestic violence and is also about to immigrate to Canada from Africa.

Other characters include a younger African couple who have recently moved to Canada, a pastor, an imam and a motivational speaker.

The lives of the featured characters and the people around them show how courageously and gracefully the women in the film escape violence and make a positive impact in their communities.

Gentile M. Assih is a highly-talented filmmaker who focuses her work on social issues while simultaneously tackling injustices—and she does it all with the utmost sensitivity and tact.

You can watch *Into the Light* free-of-cost at NFB.ca.



COURTESY MEDIASPACE NFB



The Science Behind: Loneliness

Tashfin Salam Orna
Reporter

The definition of loneliness can be subjective depending on the perspective, but it is a feeling that is likely to overtake almost everyone at some point in their lifetime.

Human beings are social creatures, so COVID-19 restrictions and mandatory stay-at-home orders that have limited socializing, have consequently triggered feelings of loneliness for many of us. In other words, the coronavirus pandemic has aggravated the existing loneliness epidemic.

Although loneliness is not officially categorized as a mental disorder, it can be an associated symptom for other disorders. Therefore, scientific insights can provide a broader perspective on the concept of loneliness.

Scientifically defining loneliness

John Cacioppo, a pioneer in the study of loneliness, defines loneliness to be an afflicting feeling arising due to the absence of social connections and expectations not being met through social relationships. It is also defined as a “state of hypervigilance originating from our primate ancestors by neuroscientists,” wrote Jill Lepore in her piece on the history of loneliness for the *New Yorker* magazine. Furthermore, emphasis on terms such as “distressed”, “sad”, “profound” or even “frightening experience” are used in defining loneliness. Loneliness is usually categorized into three major categories – situational loneliness, developmental loneliness and internal loneliness.

Loneliness is not being alone

Loneliness and alone are often used interchangeably. However, they hold varying connotations. Alone is associated with solitude which is often “embraced” and does not typically hold negative connotations as with loneliness. The feeling of loneliness is irrespective of the place — it can surge in a secluded context, as well as arise in a crowded context. This context is what Dr. Vivek Murthy,

Surgeon General of the US Army, defines as the “feeling of home,” which is related to belonging. Murthy describes loneliness as “the feeling that no place is home.”

“Loneliness is different from isolation and solitude. Loneliness is a subjective feeling where the connections we need are greater than the connections we have,” Murthy said.

Loneliness is not good for your mental and physical health

The “epidemic of loneliness” was first described by Dr. Murthy in 2018. The growing epidemic across major cities worldwide has even led to a Minister of Loneliness in the UK.

A study on the impact of loneliness on health reported that loneliness can lead to psychological disorders such as depression, personality disorders and Alzheimer’s; and physical disorders such as diabetes or obesity. In Japan, “lonely deaths” or “*kodukushi*” happen when people die in isolation—and such deaths are rising at an alarming rate.

In an interview with WebMD, Dr. Julianne Holt-Lunstad, a psychology professor at Brigham Young University, explained the influence of external factors in loneliness.

“When you are alone, you are more reactive to stresses in your environment, which can lead to problems such as heart diseases,” Holt-Lunstad, said.

The Loneliness Scale

Loneliness can be translated into a spectrum called the Loneliness Scale, which has a ranking system that can evaluate an individual’s “state of loneliness.” The Loneliness Scale was developed by University of California Los Angeles (UCLA) to measure perceived feelings of loneliness for an individual. The scale is a spectrum that ranges from “I often feel lonely” to “I sometimes feel lonely” to “I rarely feel lonely” and “I never feel lonely.”

Combating Loneliness

While social media can act as an immediate refuge for loneliness, it may not entirely help to combat loneliness. The secret to

combating loneliness may not be a complex one. The findings from two independent studies conducted by UCLA and the Norwegian University of Science and Technology, reported that writing down thoughts and emotions can help to alleviate the overwhelming feelings of loneliness. The studies concluded that writing or sometimes drawing can be cathartic, which can in turn activate networks in the brain to reduce feelings of anxiety or sadness and increase cognitive processing.

Essentially, the key to combating loneliness is pursuing the activities that activate the areas of your brain which will contribute

to your well-being. “Just as you make time in your busy schedule to be physically active, you need to make time to be socially active,” Holt-Lunstad said.

The winter term at UW commenced by students navigating their way through LEARN. The highpoint of “university life” is typically associated with being a “social” one — relying predominantly on interactions — whether it’s classes or parties. Another online term is essentially an inevitable elimination of the social aspects of university life, and it can get lonely for many of us.

If you are lonely, remember that you aren’t alone.



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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



HAVE YOUR SAY

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

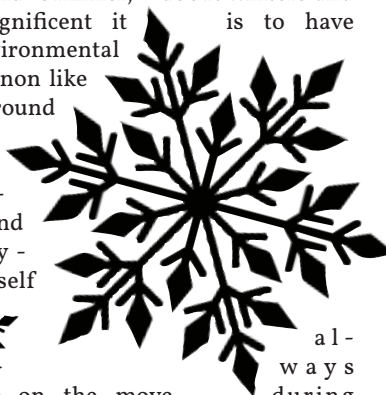
The bitter-sweetness of winter

Many people complain about the fact that “winter is coming”—of course, when they aren’t making a reference to Game of Thrones. While it’s true that the winter season does bring some discomfort, it doesn’t make sense to vehemently think about the negatives of an inevitability—winter comes every year, and there’s a lot to look forward to.

Winter brings a seemingly endless supply of snow which, when it’s not muddy and slushy, embellishes many of the trails in the city. During late fall/early winter comes Christmas, one of the most celebrated holidays of the year. Winter also opens up multiple seasonal sporting opportunities like skiing, ice skating, and snowboarding among others. Apart from the outdoors, it’s a great time for get-togethers indoors around a fireplace with hot chocolate, s’mores, or marshmallows - something unique to the season since the weather encourages it. Some of the more obvious changes, like the significantly shorter days, can be a deterrent to productivity, but it also pushes us to utilize the hours of daylight to their fullest. For me, having a routine of waking up early in the morning helps keep my mind energetic, and it’s also fascinating to notice the gradual shift in the time of sunrise—from late in the morning to early, as the season progresses.

The biting cold, especially in Waterloo, is also challenging and poses some discomfort. But, at the same time, extreme cold affords an opportunity for us to dress smartly in our best dresses. Layering up when going outside is a very effective way of keeping the cold out and enjoying the white landscape around us, with the sun rays glistening on the snow. Being from India—a tropical country—I find myself reminiscing, during spring and summer, about winters and how magnificent it is to have an environmental

phenomenon like snow around me for months. More - over, I find myself



always on the move during summers, which can be physically and mentally taxing. Win-

ters provide a convenient buffer period to kick back and relax while preparing for the summer as well. While there are certain inevitable drawbacks of winter like reduced sunlight, occasional gloominess, blizzards, black ice and shorter days, it’s beneficial to focus on the other positive doors that winter opens for us.

Winter, to me, is a very bitter-sweet season. It has undeniable charm, but requires us to be mentally and physically resilient to the challenges it brings. Nevertheless, I think that winter, like all other seasons, has inherent beauty which should be embraced before the cold winds and flurries disap-



pear, leaving us to think about what could have been done while it lasted.

Rohit Kaushik
 3A, Computer Science



ROHIT KAUSHIK

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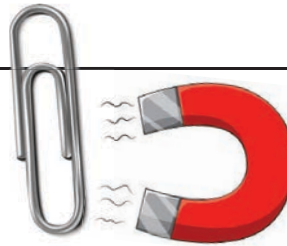


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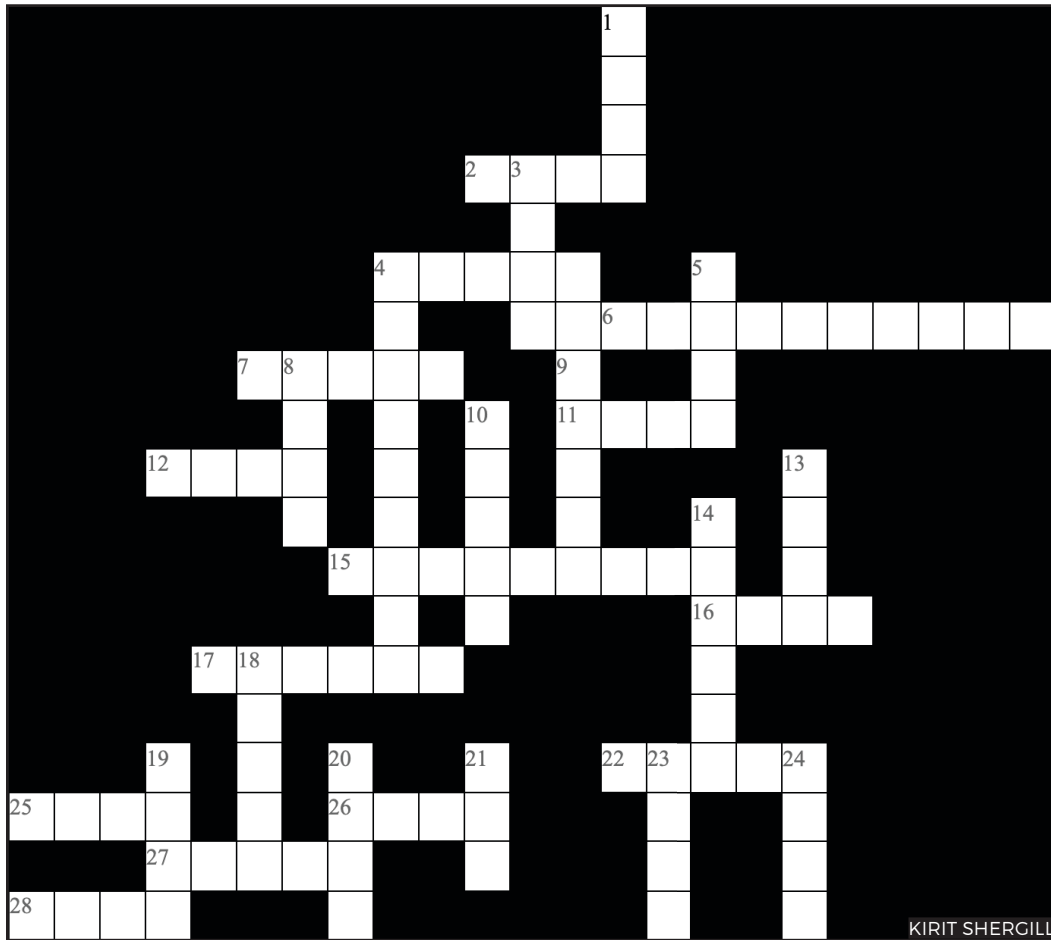
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"WHAT DID THE PAPER CLIP SAY TO THE MAGNET?"

"I FIND YOU VERY ATTRACTIVE."

Imprint crosswords | All You Need Is Love



KIRIT SHERGILL

Across

- 2. Hereditary unit
- 4. Matchmaker with arrows
- 6. Collectible '90s-'00s stuffed toy (6,4)
- 7. Skewered meat
- 11. Site offering handmade crafts
- 12. Biter on a pooch
- 15. Romantic card
- 16. Morse code component
- 17. Wind instruments
- 22. Cartridge filler
- 25. Queen of Olympus
- 26. Swedish superstore
- 27. Flowers sold by the dozen
- 28. Numbers that may be long or stacked

Down

- 1. Aphrodite's responsibility
- 3. Shallowest Great Lake
- 4. Comes in a heart shaped box
- 5. Dark blue shade
- 8. Open a bit
- 9. This beats inside your chest
- 10. Phoenix's 2019 Best Actor role
- 13. Fishing sticks
- 14. Highway divider
- 18. Buddhist teachers
- 19. Measures of cell reception
- 20. Frisbee, for one
- 21. Bar beer source
- 23. Solemn vow
- 24. Hindu noble

2021 is the **Year of the Ox**,
Happy Chinese New Years!



BRIANA OENPUTERA



GINA HSU