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Waterloo Council amends a bylaw & approves new housing projects

Grace Xie
Editorial Assistant

On Monday, Feb. 8, 2021, the Waterloo City Council approved two new projects which aim to provide more housing options. The council voted to amend a bylaw, Zoning By-law 2018-050 by rezoning the land from Zone Change to Residential Mixed-Use-81 (RMU-81). According to the provincial policy statement in the staff report, the proposed zone change will result in "efficient use of land and existing infrastructure".

According to the City of Waterloo Official Plan, the Mixed-Use High-Density Residential area will allow for more housing options located at what is municipally known as 316 King Street North, with a maximum density of 750 bedrooms per hectare and a maximum building height of 81 meters. The revised submission of the proposed development will feature a 14 storey residential

apartment building in addition to the already existing building. It will also offer 106 parking spaces (93 being residential and 31 visitor).

More information on the design and plan can be viewed on the City of Waterloo website. Furthermore, the newly approved Zoning By-law amendment allows for the construction of 1159 residential units at 145 Columbia Street West.

This new plan features 940 bedrooms per hectare and is 15 storeys.

The building will consist of two towers connected by a 6 storey podium above at-grade parking, as well as underground parking that is accessed from 330 Phillip Street.

"Neither development is proposing affordable housing units. The project at 145 Columbia St W is providing a financial contribution towards the City's affordable housing grant program, in accordance with density bonus authorized under Section 37 of the Planning Act," said Joel Cotter, Director of Planning and City Planner.



AHLAM IBRAHIM

More information on the design and plan can be viewed on the City of Waterloo's website.

7-Eleven receives backlash for licence application in liquor sales

Claudia Tavera-Tello
Reporter

7-Eleven submitted an application for liquor sales in 61 locations in Ontario, including two from Waterloo. Unlike supermarkets, 7-Eleven's application is for in store consumption of alcohol to go along with its food offerings.

On Feb. 12, 2021, the Alcohol and Gaming Commission of Ontario (AGCO) stated on their official Twitter account that liquor sales Licence Public notices have started at 61 7-Eleven sites in the province for on-site use only.

"[The 7-Eleven stores] are going to be modifying, redesigning their buildings to allow for seating similar to a restaurant," Tony Elenis, President and CEO of Ontario Restaurant Hotel & Motel Association, said with regards to the AGCO's statement. There is a possibility that it might rebrand itself from a con-

venience store to a fast-food restaurant. From Elenis's perspective, there are stores on highways and truck stops with beverage licensed-room in restaurants, and 7-Eleven becoming a restaurant remains uncertain.

Elenis is concerned about the struggles that fast-food chains are facing during the pandemic, which brings the question of to what extent this idea will last and at what cost.

"Any competition will threaten the restaurant industry because the road to recovery will be long and will be painful, and one area that those restaurants that jumped with the trend of takeout and delivery [rely on] is to support the bottom line with beverage alcohol," Elenis stated.

The Progressive Conservative government of Ontario debated locating beer and wine in supermarkets back in 2019.

However, AGCO insists that allowing

licences does not lead people into buying a six-pack.

Despite this, the proposal also raises questions about the various 7-Eleven locations which are also operating gas bars from outside restaurants and Mothers against Drunk Driving (MADD).

The possibility that 7-Eleven rebrands itself as a restaurant may be a concern due to how some fast-food chains and restaurants are not doing well during the pandemic.

Some online food services such as Uber Eats and DoorDash are doing well as a result of the increase in take out and delivery.

There are also online services to order beer and wine to be sent to homes such as The Beer Store and Drizly which adults can order.

7-Eleven application is to add beer and wine services to the menu at 256 King Street North and 425 University Avenue East in Waterloo.



HEATHER ECOBICHON

Waterloo Region vaccinates over 13,000 people against COVID-19

Grace Xie
Editorial Assistant

As of Friday, Feb. 26, 2021, a total of 29,847 doses have been administered, and over 13,000 people are fully vaccinated.

This accounts for 2.23 per cent of the population.

According to the Ontario Government's Three-Phase approach, the plan will use five types of clinics thus providing flexibility in delivering the vaccine, based on the community's needs.

These five types of clinics include hospital clinics, mobile, and on-site clinics, and public health clinics.

"Due to storage requirements, COVID-19 vaccines have been administered at a Grand River Hospital vaccination clinic for high-risk hospital and other health care staff... As vaccine supplies increase and more people are able to get vaccinated, the Region of Waterloo will offer a variety of clinics depending on



which sector of the population is being immunized," Julie Kalbfleisch, commu-

nication lead of the WR Vaccine Distribution Task Force, said. Additionally, in-

formation was provided on who has been vaccinated so far, as well as who is next on the priority list.

"During the first phase, Waterloo Region has prioritized vaccinating the residents of long-term care and retirement homes, health care workers and essential caregivers.

Planning and outreach to leaders in First Nation communities and urban Indigenous populations are also underway, as part of the first phase of the rollout.

Vaccines will be available to the general public in Phase 3 of the Government of Ontario's three-phase vaccination program. This could start as early as August, 2021, depending on supply," Kalbfleisch said.

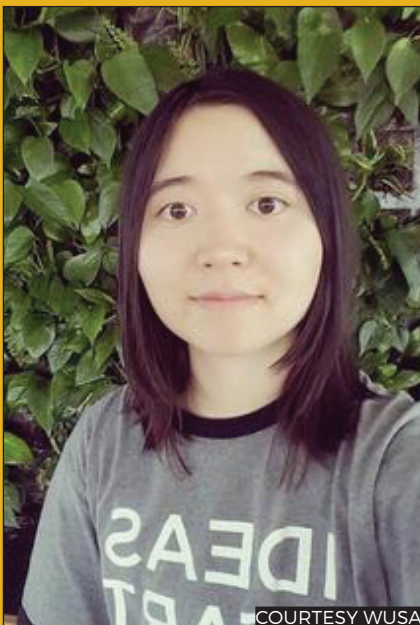
According to the Region of Waterloo website, there are 10,361 positive cases, with an increase of 56 new cases, 4 new active cases, 222 deaths, 18 currently hospitalized, and no active outbreaks.

The WR Vaccine Distribution Taskforce is also starting their volunteer recruitment in clinics.

Imprint Feature: Stephanie Ye-Mowe

Meet your new Vice President, Education

Stephanie Ye-Mowe was elected as the VP, Education with 688 (81.420%) yes votes in the recent WUSA elections.



COURTESY WUSA

How does it feel to be elected as a WUSA executive?

I'm excited, but also a little anxious. As an exec, you get to do a lot of cool and impactful things. It's a lot of responsibility, but there's also something incredibly satisfying knowing that any changes you successfully advocate for will benefit students for years to come. That said, I've been involved with WUSA long enough to have seen how these roles can wear away at people. You can pour every last bit of yourself into this work, and it will never be enough. And so, I'm excited, but I'm not looking forward to the burnout.

What is the first thing you will do when you start your term?

Ideally, the first thing I'll do in office is figuring out where exactly we are on various advocacy asks and projects, and what the major roadblocks are. Much of the first few weeks will involve taking stock of where we're at so we can begin to strategize and set priorities for the upcoming year.

What are you most excited about?

I'm really looking forward to taking the report of WUSA's Student Accessibility Commission and working it into specific recommendations for the university and province. It's a topic that, despite impacting many students, hasn't really been given much attention until now. I think each VP-ED enters the role with their own unique expertise and lived experiences that enable them to make headway in certain areas of the portfolio. I'm excited to bring what I know to the table.

What is something you will do differently this year compared to last year?

Personally, I think Megan (the current VP-Ed) is doing a phenomenal job as is. Despite *gestures broadly* everything, she and her predecessor have managed to secure quite a bit in ways of helping students navigate this time of deep uncertainty. That adaptability and responsiveness is something I admire and aim

to continue when I'm VP-ED. The biggest change I would make is dedicating more resources to supporting our Faculty Society VP-Education/VP-Academics in their roles. I think there can be better synergy between my role and theirs.

How do you feel about working from home?

We haven't heard anything on this yet, but my guess is we'll be working remotely for at least the first few months. WUSA is its own organization, but ultimately it's still the University that has final say on when it's safe to return to the workplace. Personally, I prefer working in-person. Working from home has its perks, but it's honestly so much easier to focus without a cat pouncing on the keyboard and housemates squabbling in the background. That said, it is what it is. I'm confident we can still do great work through cyberspace.

What is something you'd like to say to the student body?

The "dot" over the letter "i" is called a title.

WUSA joins Knock-Out campaign

The British Columbia Federation of Students launched the Knock-Out campaign to support the elimination of interest on federal student loans

Grace Xie
Editorial Assistant

On Wednesday, Feb. 10, 2021, WUSA released a statement announcing that they are endorsing the Knock-Out Campaign in support of the British Columbia Federation Of Students' campaign to eliminate interest on federal student loans.

"The Knock-Out Interest campaign was started by the British Columbia Federation of Students.

They successfully eliminated interest on the provincial component of student loans in British Columbia.

WUSA signed on to the campaign to let the federal government know that students across Canada, in particular our students, share the concerns raised by the British Columbia Federation of Students and would like to see interest eliminated," Megan Town, Vice President Education (VPED) of WUSA, said.

WUSA, in collaboration with the Faculty Association of the University of Waterloo, sent a letter to Minister Bardish Chagger in support of the campaign, to address concerns about the student loan crisis.

"The letter to Minister Chagger highlighted the key concerns that we have. We said: 'Every year nearly 500,000 Canadian students turn to student loans to help cover the cost of their education.

Borrowing money, and incurring interest, increases the cost of post-secondary education for students and families from low- and middle-income backgrounds.

As a barrier to accessing education, this directly contributes to inequities in our communities.

We also highlighted key benefits of Knock-Out that align with the government's priorities- eliminating interest charged on Canada student loans will help young Canadians afford to reach key financial milestones like buying a house or starting a family.

Finally, we called upon Minister Chagger to urge the government to eliminate the interest charged on Canada Student Loans," Town said.

Furthermore, WUSA commented on their next steps as well as what services and resources they are offering to support students who are struggling financially, such as the COVID-19 bursary.

Moreover, they will continue to endorse and support the BC Federation of Students as well as advocate for the federal and provincial student financial aid.

"WUSA is continuing to advocate for student financial aid with the provincial and

federal government.

With both governments, we are advocating for increases in non-repayable financial aid such as grants.

Our advocacy has also resulted in the creation of COVID-19-specific bursaries through Student Awards & Financial Aid (SAFA).

Students who are struggling financially are encouraged to apply for the appropriate bursary (full-time, part-time, or international).

If you are ineligible for a bursary through SAFA, please reach out to exec@wusa.ca, we may have additional options to support you," Town said.

When asked who will be the most impacted by this campaign, WUSA viewed that some of these individuals include international students and those who did not take loans from the federal government.

"The elimination of interest on loans targets some of the more vulnerable students, who have attended university.

However, it fails to address those who couldn't attend university in the first place or may have dropped out due to financial constraints..WUSA is also advocating for non-repayable student financial aid, such as grants, which would support those groups of students.

Eliminating interest in Canada Student Loans also does not support those who did not take out loans from the federal government.

This group includes students who received support from their family, or another source, to fund their education as well as international students.

To support these students, we are calling on the provincial government to continue to freeze tuition while increasing funding for the university.

Finally, international students face some of the most significant financial barriers to studying in Canada," Town said.

The Knock-Out campaign began with the British Columbia Federation of Students' campaign, calling on Prime Minister Trudeau to eliminate interest charges on federal student loans.

As a result the campaign successfully saw the elimination of interest on the provincial portion of student loans in BC.

However, these concerns are still present for students across Canada, especially in Ontario where students pay the highest tuition costs in the country.

Currently, students can choose between two interest rate options: 1) a floating interest rate equal to the prime rate or, 2) a fixed interest rate of the prime rate plus 2 per cent.



JIA CHEN

LAND ACKNOWLEDGEMENT

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Entering the Dark Zone of Greenland

Shaza Syed
Reporter

Contrary to its name, 80 percent of Greenland is covered by a massive ice sheet. However, the presence of dark algae on the Greenland Ice Sheet has contributed to its rapid melting during recent years.

Unlike white reflective ice, dark algae-covered ice tends to absorb sunlight. As a result, the ice heats up and melts faster. The melting of the Greenland Ice Sheet can potentially increase sea levels by over seven metres.

Additionally, climate change has caused Arctic summers to be longer and hotter than before, allowing for increased algal growth.

Tracking and uncovering the changing patterns of glacial algae has been the focus of attention for Jenine McCutcheon – a professor in the Earth and Environmental Sciences department at UW. The findings of her research were published in the jour-

nal Nature Communications.

“What we’re trying to do is to better understand how algal blooms form, why they form, where they do, and is there a way to predict how they’ll form in future melt seasons,” McCutcheon said. “One season to the next, algal blooms may change and vary in intensity, making them difficult to model year-to-year.”

The study of the dark algae covering Greenland began in five different locations on the western edge of the Greenland Ice Sheet. This area is dubbed the “Dark Zone” for its low albedo, meaning the amount of solar energy that can be reflected off its surface.

The dark surface of the ice is caused by the presence of algal cells, mineral dust, and black carbon produced by fossil fuel combustion.

As part of this study, a team of researchers had to determine where the glacial algae were getting their nutrients. This was done by measuring the photosynthesis rates of algae in response to different nutrients. The algal blooms showed a strong response to

phosphorus, indicating they were regulated by its presence.

Upon further study of the surface dust in the Dark Zone, researchers discovered the mineral hydroxyapatite, which contains the phosphorus needed to nourish glacial algae.

As continued algal growth causes the melting of the Greenland Ice Sheet, it exposes more nutrients that were once frozen in the ice. This exposure stimulates the growth of more algae as they consume these nutrients.

“The findings of this study will impact how we predict where the blooms will happen in the future,” McCutcheon said. “We’re working to be able to model these algal blooms and match them with satellite data to get a better understanding of the overall impact of these algal blooms on ice sheet albedo reduction and resulting melting.”

This research was conducted in collaboration with researchers from the United Kingdom, Germany, Belgium, Canada and Denmark. It was funded by the UK Natural Environmental Research Council Consortium Grant.

JIA CHEN

Climate Crisis, Politics, and a Generation in Revolt: A Conversation with Filmmakers

Vishal Lilman
Reporter

Late last year, CBC kicked off the 60th season of its flagship series, *The Nature of Things* with David Suzuki, with the episode ‘Rebellion’. The documentary, which first aired on Nov. 6, 2020, is a 45-minute scope of the revolt and passion of the spark behind the 2019 climate strikes, and its spontaneous shift towards the Black Lives Matter protests of 2020: our generation.

While in our separate homes in Toronto, Mark and Caitlyn Starowicz, the father-daughter duo who produced, wrote, and directed the episode, spoke to Imprint, via phone, about the process behind filming the episode, and the challenges presented by the pandemic and the never-ending news cycle of events that was the year 2020.

Major spoilers ahead if you have not seen the episode yet.

This episode in particular was the 60th season opener for *The Nature of Things*,

why was it such an important story to tell?

Mark: “Well, I think it’s the single most important story of our generation, don’t you? We witnessed this extraordinary mobilization of youth around the world, beginning in 2018, and I think it took everybody by surprise. It’s a generation phenomenon, and we wanted to document it! It was a generational revolt on the background of the most important global issue of our generation. So, those two things intersected to make the lead piece in *The Nature of Things*.”

Caitlyn: “We wanted to make sure we weren’t making another ‘doom and gloom, polar bear on an iceberg’ documentary. We wanted to show that there is power in people’s voices being raised, and to show that we do have the ability to stop this catastrophe. It is a catastrophe! Climate change is here, and we need system change to fight it. It’s literally happening right now and it is the survival of the human species that is on the line.”

M: “The background was a topical phe-

nomenon. I guess, that’s why they selected it.”

How long was the production of this documentary?

C: “It took almost a year, from the beginning of filming to the air date. I guess it was about a year and half, by the time we started researching until it went on the air.”

M: “It was a close run thing, believe me! We started filming in September 2019, and we thought we finished filming in India at the end of February 2020. Just as we landed from India, the pandemic broke out and the lockdown began, so our story was changing before our eyes. We obviously had to keep filming. We couldn’t just edit what we had. The story was changing; you’ve seen the documentary, you know. So we had to go back and do many of the same characters again, but we had to do it without travelling. We didn’t want to do it on the computers because computer screens didn’t match with the cinematic quality of the 70 per cent we already filmed. So we had to do it by remote control with local crews; God that was expen-

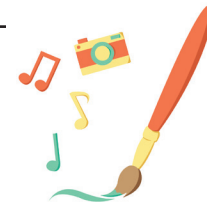
sive and troublesome. But the editor Carole Larsen, who is brilliant, completed it at the end of October. The last time I had seen her, in person, was September 2019. The whole thing was edited with me, her, and Caitlyn working with each other by phone or online. Editing a documentary without seeing the person you are editing with is like picking your nose through a boxing glove. She is just brilliant!”

C: “It’s a long term project, but it had its benefits because it allowed us to get a big scope of the movement from its beginning to where it is right now.”

A term that gets tossed a lot in the episode, and in its marketing is ‘the generation of revolt.’ What does that mean?

C: “We want to show that this is in a long line of historical protests, this is not just a blip on the radar. This is not just ‘save the planet peace and love.’ This is on par with the Vietnam War protest, or with the trans-rights protests; this is literally young people, and people of all ages, fighting for their right to a liveable planet.”

Continue reading on page 11...



Kolo's Unique Return to School

How a UW Student is Helping Children Navigate COVID-19

Nicola Rose
Reporter

In the summer of 2020, Sara Ibrahim discovered a problem. Home from university for several months, Ibrahim noticed that her younger siblings and their friends were anxious about their eventual return to school.

Noting that adults sometimes struggled to comprehend the evolving guidelines as well, Ibrahim decided to write a book that would alleviate the struggle for students and their families.

Soon, Kolo's Unique Return to School was born.

"The inspiration behind my book came from seeing kids confused about COVID-19 and changes to their school routine, and also being overwhelmed with so much information they did not understand," Ibrahim said.

The final creation, available online at covid-story.github.io/, includes an easy-to-follow picture book, as well as several activities designed to help young students

better understand how to stay safe as they continue school during a pandemic.

Every aspect of the book is designed with children in mind. "Either children can read by themselves, or for those that are too young, their parents can read to them and help complete the activities section," Ibrahim said. She knew that easy challenges would help solidify the information presented in the book and that children would be drawn to the games and want to participate.

A fourth-year biomedical sciences student, Ibrahim has been passionate about writing since she was young. "Growing up, I used to love sunbathing outside and writing fictional stories," she said. "After a decade, I wrote another fictional story [Kolo's Return to School], but with factual information this time."

Ibrahim was diligent with her research throughout the writing process. In addition to consulting sources like the World Health Organization, the Centre for Disease Control, and the Government of

Canada, Ibrahim collaborated with Professor Heidi Engelhardt from the Department of Biology.

"Dr. Engelhardt was very helpful and kind to provide me with many resources to guide my writing and publishing process," Ibrahim said. "I also had many other professors share the book with their circle of friends and colleagues and support me, which I am very thankful for."

The journey to publishing was not an easy one. Though the writing process itself was straightforward, several complications forced Ibrahim to push back the release of her book. Luckily, she rose to the challenge. After the illustrator backed out, Ibrahim developed her artistic skills to create the images for the story. Once the book was completed, she taught herself to code, so she could publish Kolo's Unique Return To School online, making the informative story available to a wide audience of educators, parents, and students.

Ultimately, Ibrahim's hard work paid off. "It feels very rewarding

and wonderful to see the results of my patience and staying up all those nights trying to edit, whether it was illustrations or the code," she said. "This surprised me but also taught me how anything can be learned with determination and hard work."

The response to Kolo's Unique Return to School has been overwhelmingly positive. Ibrahim's initial goal was to help "even just a couple of individuals," but the story has gained more attention than she predicted. "Many people have enjoyed it," Ibrahim said, following which she emphasized the different formats in which her work could be shared. In addition to being available online free of charge, the story and activities can be downloaded as a PDF file or printed to be accessible to more audiences.

As for what she would like readers to take away from the story? Firstly, Ibrahim hopes "everyone can learn the safety guidelines and preventative measures for COVID-19." Additionally, she hopes readers "continue to wash

their hands often and stay sanitized for their own personal health, even after the pandemic is over" due to the benefits these practices hold for protecting against many transmittable diseases.

In terms of her own plans for the future, Ibrahim intends to keep writing. "I hope to actually have at least one book published in the future and I wouldn't mind if it turned out to be a New York Times Best-Seller as well," she said, laughing.

More immediately, however, medical school is the top priority. Her plans for the next few years are to "either become a surgeon or conduct research related to human nutrition and metabolism and its correlation to disease and disabilities."



Snow sculptor inspires citizens to be creative

Claudia Tavera-Tello
Reporter

The annual Winterloo ceremony usually brings the Kitchener-Waterloo community together to celebrate winter in the region, with activities like skating, hockey tournaments, or dog sledding.

With the pandemic in full force, Winterloo has changed. This year, the festival became a choose your own adventure experience, with safe activities available throughout the region.

One Waterloo sculptor found his own way to contribute to the experience. On Feb. 1, 2021, Matt Morris began making figures out of snow around Waterloo.

Morris stated that when it comes

to Winterloo, a lot of changes were made for this year. Therefore, his solution was to secretly carve snow sculptures to ensure there wouldn't be a crowd. "We wanted to make sure that there [weren't] any issues that way," he said.

The snow sculptures are usually distributed around Uptown Waterloo so people can view them in groups, but the same cannot be said with Morris' work this year. His awe-inspiring recreation of the Leaning Tower of Pisa is on display on his front lawn for the public to see.

The best part, according to Morris, is the reaction on their faces whenever they walk or drive by. For Morris, this is his way to touch the hearts of everyone and he hopes his work will lift their spirits.

Morris' replica caught the attention of William Slofstra and his family who remembered the time they went on a trip to Italy.

"We love to go for walks all the time, it's just great to get out of the house, but this is a plus," Slofstra explained. For him, just looking at the replica brought back a wonderful memory.

Morris has a history of inspiring future snow sculptors. Last summer, he set up an online snow sculpting club, and two junior sculptors, Isla and Wesley Sloss, made good use of their trips.

Isla recalls, "I was just looking at pictures online and what to make and I just thought of an avocado. I learned some of it from Matt and some of it from my brother."

Wesley added that his sculptures

enlighten the viewers, and said that when he and Isla were outside, people would take pictures of their work and compliment them by giving them thumbs up and saying "good job." The compliments Wesley received, added with the photos people took, made him feel very honoured.

Morris's creativity is also helping him figure out new ideas for Winterloo. He is encouraging people to make their own sculptures this year, creating brand new contributions for the festival.

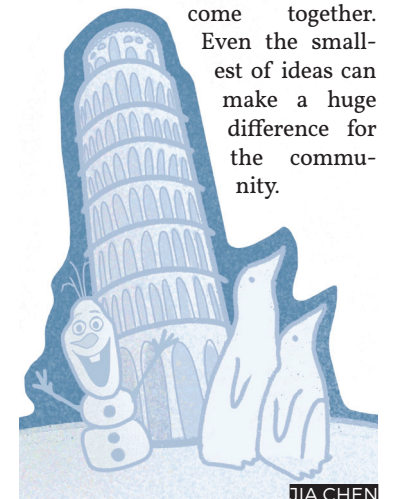
Morris recommends letting the snow sinter, that is, to let the snow go through a melting and freezing process. That way, it is not important to pack a heavy amount of snow.

It is delightful to hear that artists within the Kitchener-Waterloo area

are inspiring future creators by not only presenting their work but also showing them how to make their own creations and giving them new ideas to ensure that people

come together.

Even the smallest of ideas can make a huge difference for the community.



ARTIST SPOTLIGHT

KRITIKA GABA

Lauren Speight
Arts and Life Editor

A UW self-taught artist is uniting her love of nature and art to create vibrant paintings, and she is ready to share.

Kritika Gaba is in her 2B term of Honours Arts, majoring in Psychology and expecting to minor in Human Resources. For Gaba, art is a method of escapism and self-expression. An international student from India, she is passionate about creating through both painting and baking. From a young age, Gaba has experimented with various art styles and mediums, and over 10 years later, she is as blooming as an artist.

The beauty Gaba finds in nature is her biggest inspiration. "Whenever I see anything I find beautiful or inspiring, the artist in me wakes up. I am a self-taught artist and it really motivates me to engage with other artists and observe their artwork and styles," she said. Gaba also uses social media platforms like Instagram, Pinterest, and Youtube to find inspiration and new styles.

The pressure and stress that comes with a university workload is what is shaping Gaba's work the most right now, and creating art is a therapeutic process that allows her to relieve stress.

One of the most enjoyable parts of Gaba's artistic process is nearing the final result of a painting and finally seeing the piece come to life. She finds satisfaction in seeing pieces that were once a blank canvas turn into something radiant. It's even more satisfying when she shares her work with others and receives positive feedback, as it inspires her to keep painting.

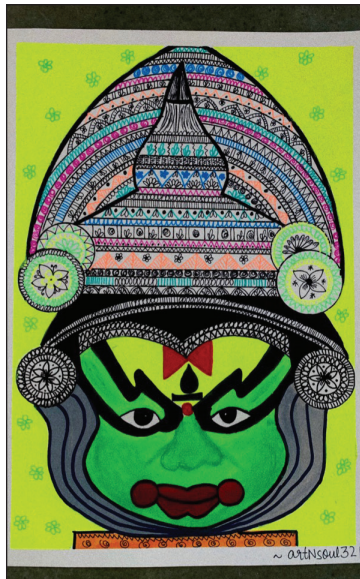
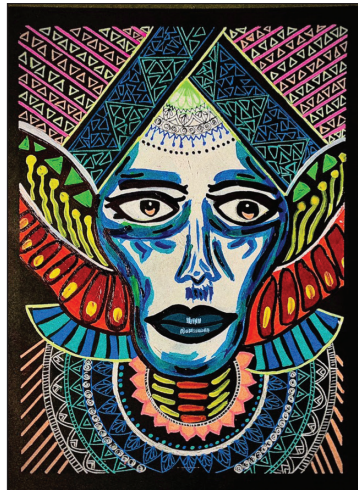
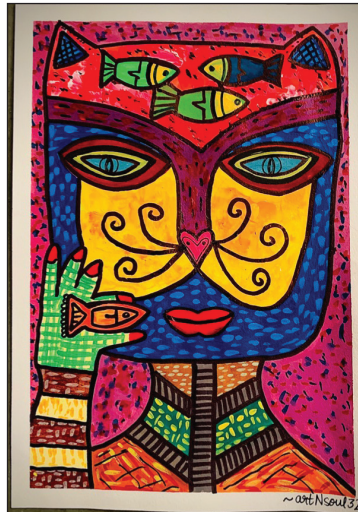
Gaba does not necessarily begin a piece with a message or feeling in mind. "The experience of an audience is very subjective and there is never one way to define what a painting should mean," Gaba said. If it was up to her, she would hope

her audience leaves feeling positive and uplifted.

One of Gaba's favourite pieces is a canvas painting she made for her best friend. The painting depicts the silhouette of a tree in front of a rainbow gradient background, symbolic of the LGBTQ flag. The branches of the tree diverge into separate paths, yet intertwine towards the top. The painting plays a trick on the eye as the viewer will find two people kissing when looking at the piece a certain way.

Like all artists right now, the COVID-19 pandemic continues to greatly impact Gaba's creativity. She feels as though she has fewer ways to channel her creativity now that life is so restricted. Since nature is what fuels her art, being stuck inside is hindering the growth of her work. Gaba's workload is also taking a toll on her artwork as there are less hours in the day she can dedicate to creating.

Despite this, Gaba has ambitious goals for 2021. "I want to enhance my creative process and reach out to more audiences, as audience engagement is what inspires me to keep making art," she said. "I also want to post regularly on my art page and consistently try different art styles." Once students are back on campus, Gaba hopes to set up an art booth one day and showcase her work to her peers.



To view more, visit @artNsoul3217 on Instagram.



WRITE FOR SPORTS

Want to go to UW games for *Imprint*?
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Mental Health of Those 18-24 Most Affected by COVID-19, Study Finds

Feelings of depression have increased by a rate of two to three times more than before the pandemic, even in summer months.

Tara De Boer
Sports and Health Editor

The challenges presented by the pandemic have caused a decline in mental health for the general population starting in March 2020.

A recent study shows that younger people, ages 18-24, were the most affected, reporting feelings of anxiety, loneliness, and depression.

The study consisted of four surveys of over 3,000 Canadian adults throughout the first five months of the pandemic, to assess their mental health.

Researchers were able to gather data on their anxiety, depression, and interest in daily activities to get a better understanding of who is struggling the most.

To assess the subjects, the team of researchers used the interRAI self-reported mood scale (a clinically validated measure), in an online survey of a representative sample of the general population.

In the first survey in April



2020, the data found that 44 per cent of the participants, in the age bracket 18-24, were dealing with increased feelings of depression, compared to 20 per cent of those between the ages 55-65, and 12 per cent of people aged 65 plus.

By the fourth survey, the results showed another increase in feelings of depression for the group of 18-24 year olds by 43 per cent. While the 55-64 year olds dropped by 17 per cent, and the 65 and over group dropped by 8 per cent.

Factors found to be associated with these high rates of depression were being younger, loneliness, high health needs, financial concerns, and living outside of Quebec.

The numbers show that feelings of depression were at a rate of two to three times higher than before the pandemic, even in the summer months when there were less restrictions.

Despite these findings, the long term impacts of the negative mental health outcomes as a result of the pandemic are still unknown.

**THIS WEEK IN
ATHLETICS AND
RECREATION**

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Community Through Crying - WaterWorks

Neha Mistri
Reporter

When Queenie Wu and Leslie Xin started having weekly calls to catch up and make art during the pandemic, they were not planning to innovate a way to turn the human experience of crying into a communal one.

Wu and Xin, two third-year Systems Design Engineering students, have created a map of spots on the University of Waterloo campus where students have cried.

"We wanted to use maps as the representation of shared space to convey all the shared emotions, and teary experiences we rarely talk about," Wu said.

"2020, and the people I've been so lucky

to have in my life, taught me a lot about expressing vulnerability as a way to strengthen my relationships with others as well as myself. Recognizing and processing difficult feelings, even through just crying, is much healthier than suppressing them for the sake of appearing unbreakable."

Speaking of the process as a whole, Wu and Xin add, "Our process was more similar to that of creating art—spontaneous and non-linear."

The map of crying spots became a reality after the pair took to Reddit to reach out to the University of Waterloo student community and asked for their stories.

"We initially released an anonymous form on Reddit with no expectations of how many responses we would get...we ended up getting over 300 data points from these re-

sponses, making up the current map! In the past two weeks, we've gotten over double the number of stories and locations since the website went live - a total of 500 responses, and about 800 data points," Xin said.

Wu speaks on the demographic served "It isn't just students' stories either - we've also received many from alumni, professors, and staff. The way the site has rippled across the UW community has caught us by surprise."

The pair has been moved by the sense of community and connection that came out of this project themselves.

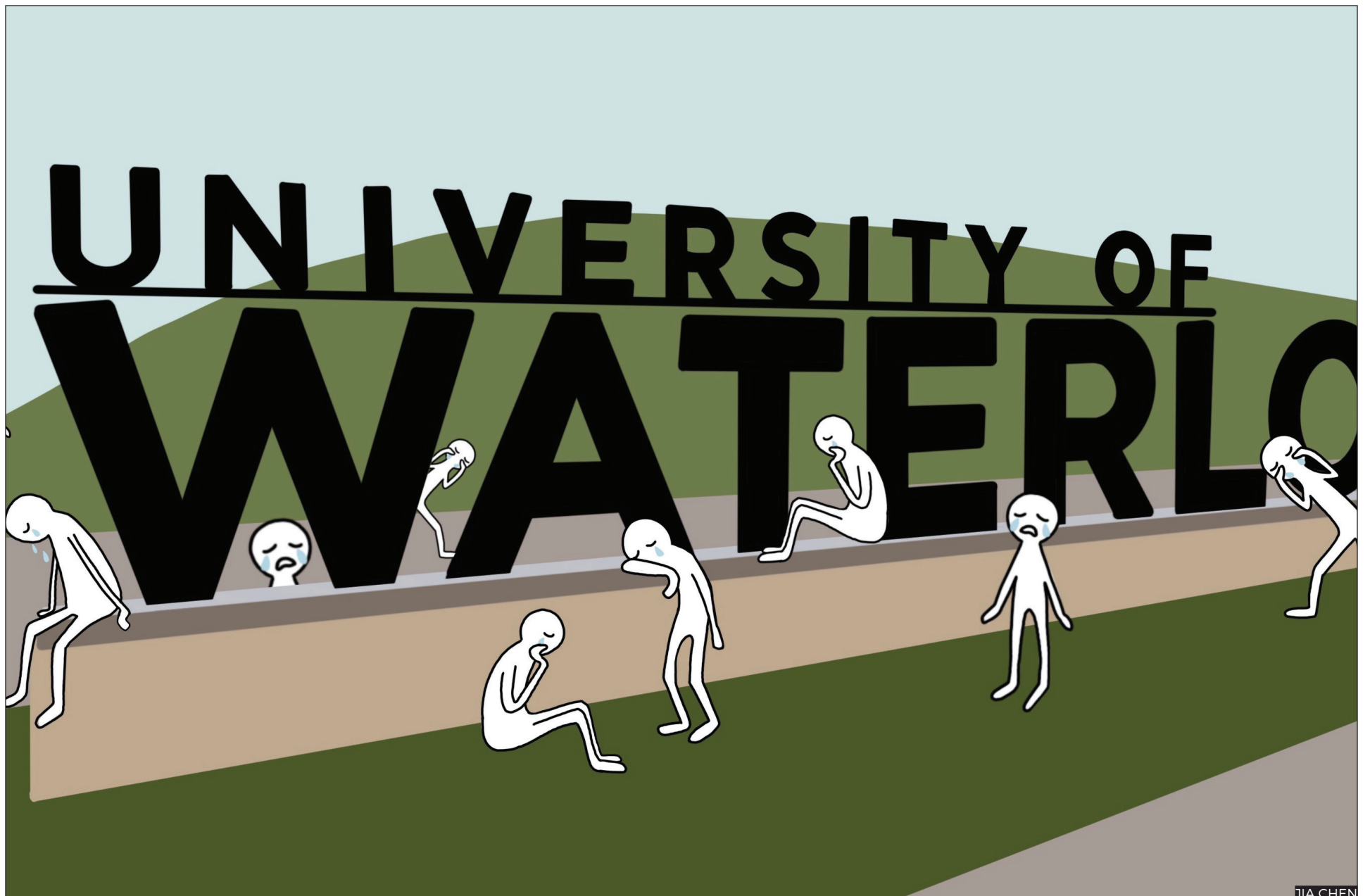
"I've teared up a handful of times, from not only reading the immense experiences shared in the stories (and some sprinkled with comedic relief), but also when hearing folks exclaim how much they felt connected

with the stories," Wu said.

The actual product is in the form of an interactive website where the spots students have cried in appear as glowing blue dots, and featured stories are included using orange pin icons.

Regarding mental health on the Waterloo campus, the pair state, "We know that the university has acknowledged the importance of mental health and are investing in available resources on and off-campus. However, many of these resources are reactive."

"We want the school, as well as everyone else, to recognize the differences in each student, staff, or faculty member's experiences, and proactively build an environment that welcomes and supports a range of emotions."



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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 dark allure of Jujutsu Kaisen

Jujutsu Kaisen (aka "Sorcery Fight") is a Japanese manga series which has been serialized in the weekly Shonen Jump magazine by Gege Akutami, a first time creator, since March, 2018. In Fall 2020, however, MAPPA studio suddenly began telecasting the infamous anime, and the hype has been ascending exponentially ever since.

For a long time, I wondered why MAPPA were taking an unreasonably long time to come out with new episodes for the final season of, arguably, the world's best anime series: Attack on Titan. After watching the first five episodes of Jujutsu Kaisen, however, I finally understood the reason for the delay and, in my opinion, it was certainly worth it.

The anime revolves around a young man in high school who gains cursed powers after the ingestion of a cursed object belonging to the world's most feared demon, who was subdued aeons ago. Subsequently, he is introduced to the world of jujutsu, where he meets other students learning the art of using cursed powers to fight monsters. Yes, it sounds similar to the plot of the myriad shonen stories that we've read/watched.

Jujutsu Kaisen, however, is distinctively out of the ordinary. The spirit possessing the protagonist, while giving him potential invincibility, hardly ever allows him to use those powers. Moreover, the nature of the spirit is sadistic and cruel, one who attempts to torture and kill anyone who tries to communicate with it. While first experiencing the anime, I knew nothing of what was to come. Yet, the opening credits with MAPPA displaying its broad range of talents were beautifully horrifying to watch. To me, it looked like MAPPA were just showing off their animation skills, understandably so.

The characters themselves range from extremely calm to funny and serious, traits that remain consistent during the dark storyline that the anime does not hesitate to quickly build up. On top of this, the fight scenes are stunning - they keep my eyes glued to the screen constantly. In fact, I find myself waiting for them just to see how MAPPA can take their work to the next level every single time.

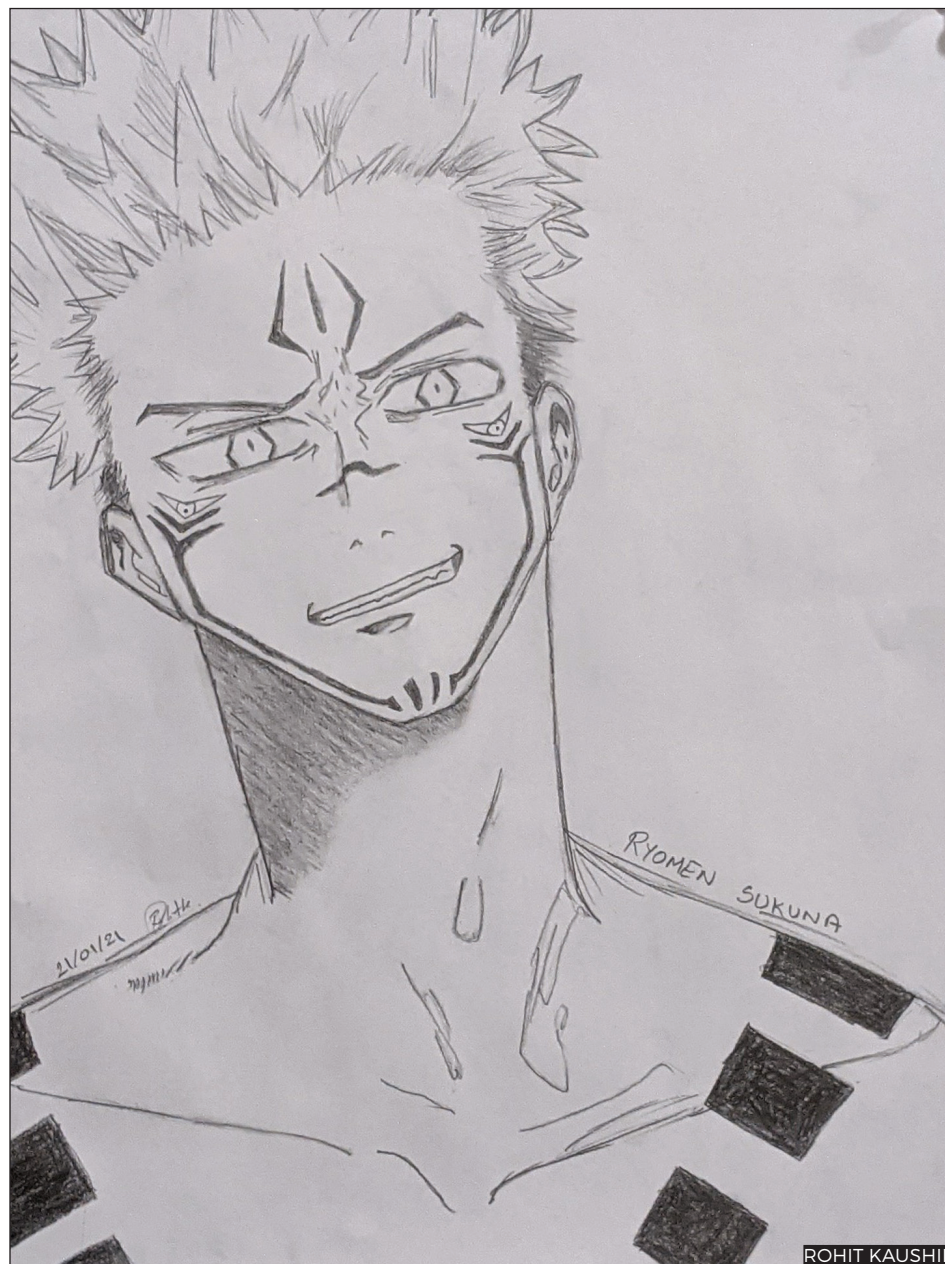
In some ways, Jujutsu Kaisen is an iconoclast to the genre. When it is so magnificently executed, the anime keeps me counting down to Friday evenings every week when it is aired. The plot twists are jaw-dropping, and make complete sense at the same time. The very source of the supernatural powers in the show are founded on the negative feelings of humanity.

It constantly examines the repercussions of them in the 21st century giving the story a very modern and tangible feel, albeit doing so in a dark and horrifying setting. However, this just shows how the anime is challenging the very genre it exists in, and why it sees resounding success. The anime recently won Crunchyroll's award for the best anime of the year for 2020, unsurprisingly.

After watching the show, I found myself stupefied by the amount and ways in which digital art, animation and storytelling has progressed. This even incited me to try my hand at digital art. I believe that there is something inspiring about this show from which everyone can take away a thing or two. Of course, it is also an ex-

tremely satisfying stress-reliever. It keeps me motivated to be on top of my work, so that I can make enough time to watch it every week without compromising on other responsibilities, and it has become invaluable to me. Whether you are an anime fanatic or not, especially if you have never seen any before, I would definitely recommend beginning with Jujutsu Kaisen, which at the moment is just twenty episodes long, it will not disappoint.

Rohit Kaushik
 Opinions Editor



Climate Crisis, Politics, and a Generation in Revolt: A Conversation with Filmmakers continued ...

A term that gets tossed around a lot in the episode, and in its marketing is 'the generation of revolt.' What does that mean?

M: "I'm in my mid-70s, so I'm a veteran of the 60s. I was part of the anti-Vietnam movement, supporting the civil rights movement going back to 'Selma days' and things like that. And then, a period of intense activism, anyway. That was generational. It swept the generation. And then, I have to admit, I thought things went into a 'deep-freeze' in the 90s-2010s. What ever happened to generational social activism? And I thought, 'my God, we have the hugest story in the world and not that much protest about it.' The suddenly, just when you're tempted at the despair of social change, this volcanic eruption sparked by a 15 year old girl in Sweden, just sitting in front of parliament?"

C: "And it's not just about saving the planet, because the planet will survive long after humanity is gone. This is about saving the human species, because we are unknowingly making this planet unable to support life, so we wanted to talk about this generation. So many times, people say 'Gen Z and Millennials don't care about things', and they say 'oh they're lazy, they don't care about important movements.' When in fact, this is a rebellion led by school children. I mean, Greta [Thunberg] was only 15 when she started the protest that ignited the world."

M: "Take it from an old guy who lived through the first time this happened, this felt exactly the way it felt in the mid to late [19]60s and early [19]70s. I think people have been blind about Millennials and Gen-Z, this and intensely politicized generations. Yes they are on Twitter and Instagram, but they are still protesting! I think the social consciousness of this generation is majestic. It reminds me of the 60s. I come out of it with a renewed hope. I mean these are school children, high school children and college freshmen! They are so intensely committed, informed, they have an appreciation for things that are beyond their own economic interest. It's just there, that fusion, that passion—you're not going to take that away. I don't how it's going to manifest themselves after the pandemic. That impact is just going to continue to grow. I think this is a generational turning point. Personally, I think this is the most literate generation since the 60s. People say, 'the length of their thoughts is the length of a Twitter feed,' that's not true. The New York Times circulation is approaching 14 million, The Guardian is 26 million. There is more reading

going on and more social awareness than ever before. You don't get 26 million people reading The Guardian without some of them being in their 20s. I am so filled with optimism. We are really entering interesting times."

C: "It is a generation of revolt."

"A generation in revolt," indeed. It is no secret that Millennials and Gen-Z have been the punchline of boomer-jokes. Always being on our phones and relying on Google, \$5 coffees, and avocado toast are just some of the items on the list of things to roast our generation about. Perhaps the revolt and anger is not caused by spending too much on *brunch*, or being on our phones constantly, but at the shoulders turned or eyes rolled every time we speak up.

This is evident, as seen in 'Rebellion', the first time we meet Olivia. She is outdoors preparing for a protest, and as soon as Olivia starts speaking she is interrupted by a driver's inaudible yelling and honking his horn. Olivia's first words on camera? She gives the driver the finger, looks directly into the camera, and says, "That's how we do it in New York."

[in regard to Olivia] How tough was it to actually film out in public? Did you encounter a lot of people like this trying to sabotage production?

M: "I loved that. I made sure that scene stayed in there."

C: "Yes. It was difficult and kind of shocking at how many people would say 'so are you going to show both sides of the climate change debate?' And I say, well, there is not 'both sides.' There is rock solid science that the climate crisis is caused by humans. All scientists agree on that! I was always very taken back when people say 'are you going to talk about how it might not be man-made essentially?' People were just downright hostile about it, which is shocking because quite frankly, if we reduce carbon emissions, best case scenario, we save humanity. Even if, say, we were wrong and all scientists around the world were wrong, and it's not man made, we still have a better place to live. We have a greener planet! I don't know why people fight the reduction of carbon emissions, it's just a win-win."

M: "When we were in New Delhi in India interviewing Bhavreen Kandhari, it was a little more controlled there. We didn't have permits to film just anywhere. I asked Bhavreen if we could go to the methane sewers to film there, and she said, 'Sure, as long as the police doesn't see us.' We went, we filmed, and that was pretty gobsmacking to see people living in those conditions. Filming the demonstration in Montreal was also

a tough shoot, just in terms of the amount of people. It clocked in at 500,000. The documentary doesn't even capture the scale of it. From downtown, which was where Greta was speaking, to 4km away, there were still people coming. It was just a river of people stretching 4km. That was a hard shoot."

What was that dynamic like, in that very moment in the bank?

M: "It was a 60s feeling. I was in a couple of sit-ins myself when I was at McGill [University] in Montreal, and we demonstrated every week in Montreal. I turned to Caitlyn and said, 'This is what it felt like Caitlyn. This is what it felt like in 1960. I feel like I am transported in time.' I had, in a way. Bill McKibben is really the grand-daddy of the climate movement. What had happened was we stumbled upon it. We interviewed Bill the night before, and we asked if we could follow him tomorrow. He said, 'I won't be here tomorrow, there is this secret thing going on and we are meeting in a coffee shop, and I can tell you more about it, but I don't want to spread the word.' So with my courage and my heart I asked, 'Can we come? Can we follow you there?' He sort of thought of it and then gave the okay. Aside from Green Peace, we were the only camera crew that captured it. So they were plotting to go into to bank, and we followed them. We are citizens of a foreign country, I was not looking forward to getting arrested in the United States! But, you know, journalism is journalism. We were right behind him and Yearwood, and the operation doesn't seem to have lasted long in the documentary, but it lasted about 3 hours. Then, he is addressing the Capital crowd on his cellphone, and I'm thinking 'How are we going to get the other end of this conversation? I hope somebody's recording it at the other end.' It took a while to find a camera crew that was recording at the other end, and get the audio, so you can cut it between the two, and bring out the drama of the event. So right after the operation, we ran and caught up with Jane Fonda, who as at the Capital, and interviewed her. It was an ultra-scaled day."

C: "It was amazing and empowering to be there! We were in there, and the police were outside, then they were storming in with zip ties for handcuffs. We kept on filming, because as a documentarian, it's our responsibility to show people what's happening. How people like Bill McKibben and Reverend Lennox Yearwood are literally getting arrested so they can make people in big business and government notice. One of the wildest parts is the police kept saying, 'You need to leave,' and we said, 'No, we

won't leave," and eventually the police said, "Okay, in 5 minutes everyone in this room is getting arrested." Then, McKibben and the rest of the protesters said, "What about our documentary crew?" So they all gave us safe passage out in front of the police, which was really a powerful moment.

Towards the end of the documentary, it tapers off into the Covid-19 pandemic and the Black Lives Matter protests. From a filmmaker's point of view, and going to the 2 sets of protests and witnessing the shift in headlines, do you think the climate crisis took a backseat to the BLM movement and the pandemic?

M: "For a while. And it looked like this great rebellion was paralyzed; and it was for several weeks. Earth Day went by and it was supposed to be the culmination of the global protests and we obviously had to keep filming. We realized what it did was it alloyed it. I think the 'all-white/European/Australian/New Zealand' sort of demonstrations, we're not going to see them anymore. We are going to see a transformed climate movement. And as Reverend Yearwood said, for a lot of people of colour, one thing that held them back from joining the movement was that it was all-white; it didn't seem like a movement for them. They didn't see themselves, even though they are the principal victims of it. So that added strength to the movement immeasurably. And when the pandemic fades, hopefully starting this summer, I think we are going to see the 'Greta Thunberg wave' return with different faces, a different mixture of faces, more global, and strengthened."

C: "I don't think it took so much a backseat, as it did become one movement. COVID, racial equality, and climate change are all linked—we can't really separate them out. Because of deforestation and rising CO2 levels, habitats were destroyed and animals were brought into close contact with humans, which is one of the reasons we are exposed to COVID. And almost three times as many black Americans are affected by COVID as white Americans."

M: "Even the vaccine distribution is skewed, globally."

C: "Of course, in the climate crisis, people of colour are inordinately affected by climate change and they become climate refugees because rising sea-levels affect the global south first. They are all so linked that we really need intersectional justice in order to be able to fight this. The more we can all work together, the stronger we will become."

To watch the documentary, visit gem.cbc.ca/media/the-nature-of-things/season-60

distractions



FROM THE YEAR THAT BROUGHT YOU 8 MONTHS OF MARCH

WELCOME TO WEDNESDAY, PART 4.

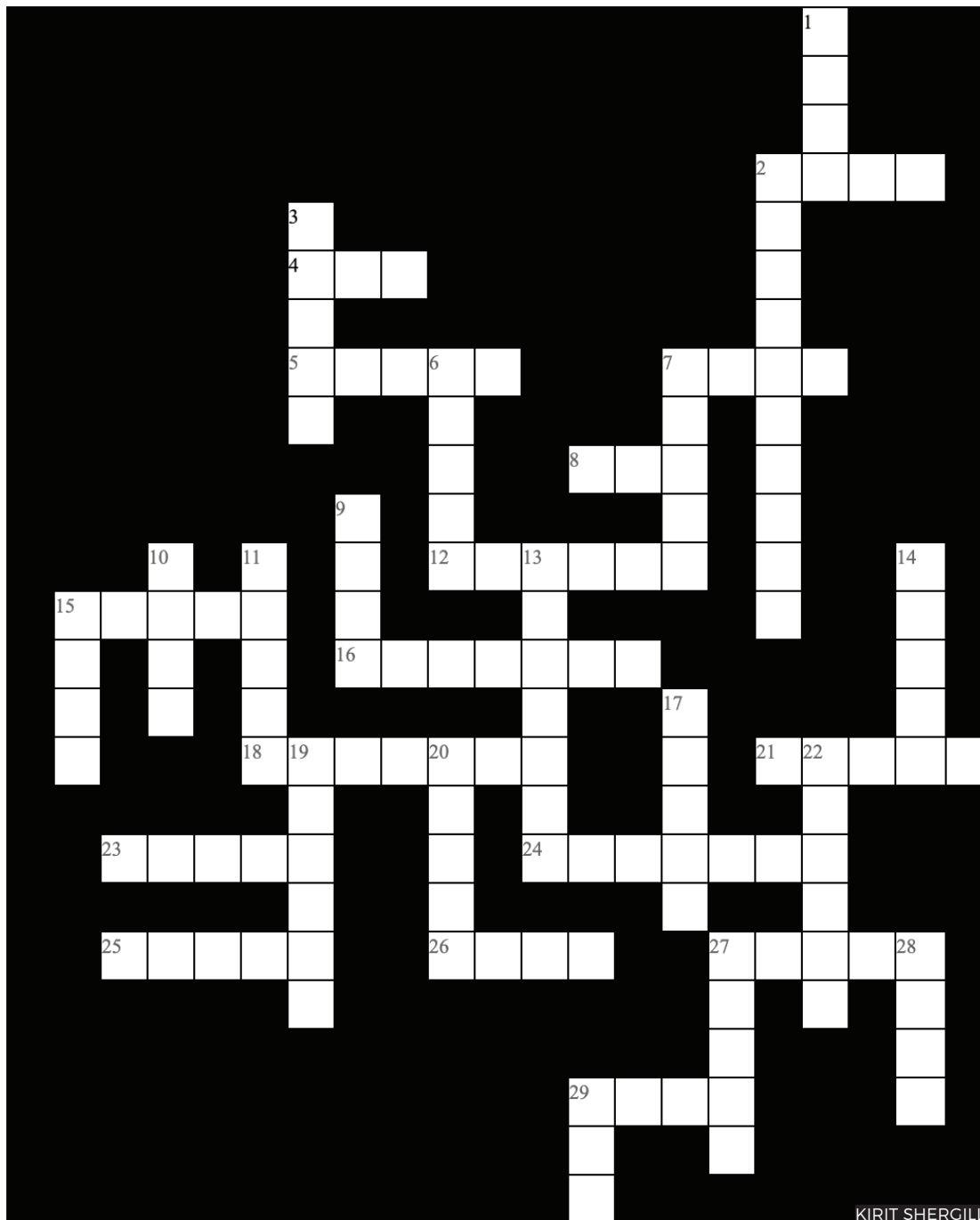
Imprint crosswords | Boredom Killer

Across

1. Shoe that's full of holes
2. Overnight spot
3. Force out
4. Anti-DUI org.
5. Oscar winner Kingsley
6. Magical potion
7. Prom queen topper
8. A Medium
9. Defame verbally
10. Touchpad alternative
11. Caffè __ (chocolate-flavored drink)
12. Source of maple syrup (4,3)
13. Magical lamp dweller
14. Roald who created Willy Wonka
15. They're sold in bars
16. Slightly open

Down

1. Tap serving
2. High light
3. Scrabble pieces
4. Water park feature
5. One who digs hard rock
6. Make ready
7. It may break and crash
8. Shoe strings
9. Come into
10. Keyboard goofs
11. Attire for Caesar
12. Disney mermaid
13. Really rich
14. Sci-fi robot
15. Oliver Twist, for one
16. Storied baby-bringing bird
17. Come to a halt
18. Reddit Q&A session



KIRIT SHERGILL



LAST WEEKS ANSWERS

P	A	P	A	S	N	O	G	B	A	K	E
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