

im print

p6

ARTIST'S SPOTLIGHT

The SLC/PAC expansion will feature UW community artists Joyce Chen, Rachel Jung, Queenie Wu and more. P6



SENATE BILL 8

The extreme anti-abortion law was passed in Texas on Sept. 1. P10

WOMEN CANDIDATES P3

More women are running in the federal election than ever before.

FOSSIL FREE UW P8

The group successfully pressured UW to commit to carbon-neutral investment.

INJURY, NO INSULT P9

Getting injured doesn't always have to end your sports career.

A student's guide to the federal election. P2

Elections Canada

VOTE



MAIJA SCHADE

Vote Monday, September 20th

Jonathan Cassels

Waterloo

+NDP
Jagmeet
Singh





Everything you need to know about voting in the federal election

Charlie Dickson
Reporter

Canada is holding a Federal Election on Sept. 20. Regardless of your political perspective, this is a chance to express your opinion in a way that could meaningfully change society.

The last federal election was held on Oct. 21, 2019. Back then, the Liberals won more seats than any other party, but failed to maintain their majority government from 2015, meaning they did not have 50 per cent of the legislature.

Below is a breakdown of the political parties, politicians and policies that are relevant in this upcoming election, so that you can make an informed decision when hitting the polls.

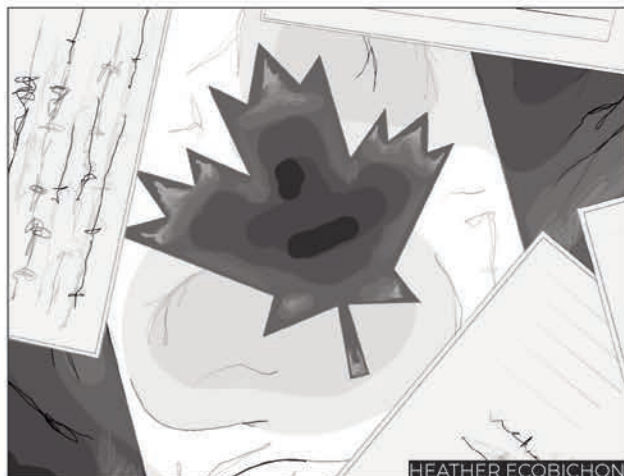
Canadian political parties

There are nearly two dozen political parties that are at least semi-operational across Canada, provided a Member of Parliament (MP) is running in your area. However, only a minority of these parties are typically able to elect an MP. Accordingly, the parties that are currently represented in parliament and are almost guaranteed to be on any ballot are the Liberal Party, Conservative Party, New Democratic Party (NDP), and Green Party of Canada.

In Waterloo, there are five candidates running this year: Liberal Bardish Chagger (the incumbent), Conservative Meghan Shannon, NDP Jonathan Cassels, Green Karla Vilagomez Fajardo and People's Party of Canada (PPC) Patrick Doucette.

Politicians, platforms and policies

How will the election affect you and the things you value? Who is the Federal party, and local MP, that deserves your vote? Let's do a brief summary of each platform, as well as the Political Parties and Politicians who are proposing them, to discover how they are fighting (or lack thereof) for the student population in Waterloo, and highlight other important matters that students broadly care about.



HEATHER ECOBICHON

Liberal

The Liberal Party, led by Justin Trudeau, is campaigning for a third election victory in a row, only this time, they are fighting for a majority government. To achieve this, they are relying on Canadians to acknowledge their proclaimed accomplishments over the last six years while in power, and share their vision for the future.

Student-related policy proposals:

- Double Canadian Student Grants for two additional years.
- Permanently eliminate the federal interest on Canada Student Loans and Canada Apprentice Loans to support young Canadians who choose to invest in post-secondary education.
- Increase the repayment assistance threshold to \$50,000 for Canada Student Loan borrowers who are single. This means that new grads, working hard early in their careers, won't have to begin repaying their loans until they earn at least \$50,000 annually.
- Introduce a new fund for student well-being to improve wait times and increase access to mental health care at colleges and universities.

CONSERVATIVE

The official opposition, the Conservative Party, is looking to regain at least a minority in parliament for the first time since Stephen Harper's leadership ended in 2015. To do so, they are highlighting what they believe are the failures of the Trudeau government, while offering their vision for the future, which they promise will be secure and stable for the country. Former veterans affairs minister Erin O'Toole leads the Conservatives. This is his first election running for prime minister.

Student-related policy proposals:

- Ensure all provinces receive a fair proportion of funding for university research and other education and cultural programs.

NDP

The NDP are typically considered Canada's progressive party, as their proposed policies are usually more left-wing than those put forward by other major parties. Jagmeet Singh is running as the party's leader, as he had done previously in 2019.

Student-related policy proposals:

- Eliminate interest from federal student loans and introduce a targeted debt forgiveness program that forgives up to \$20,000 in student debt.
- Give new graduates a five-year moratorium on student loan payments.
- Permanently double non-repayable Canada Student Grants.
- Work with provinces to cap and reduce tuition fees, building toward making post-secondary education free and part of the public education system.

green

PARTY OF CANADA

Known for their strong stance towards environmental protection, the Green Party is hoping to build on their previous gains, which include going from one seat to three between 2015 and 2019 and winning over one million votes in the latter election. Led by recently elected Annamie Paul, the Green Party has plenty of policy proposals in addition to those relating to the environment.

Student-related policy proposals:

- Help students afford post-secondary education by cancelling all federally-held student loan debt and abolishing tuition; the latter promise for "Education For All" is estimated at \$10.2 billion.
- Reintroduce a retroactive Canada Emergency Student Benefit (CESB). Ensure all those eligible for the CESB receive \$2,000 per month – the same amount as the Canada Recovery Benefit for the period beginning May 1, and until the pandemic is over.
- Reinvest in the system. Greens will allocate \$10 billion to post-secondary and trade school supports.

PPC

The PPC is led by Maxime Bernier, who created the party after losing to Andrew Scheer in the 2018 conservative leadership race. The PPC claims to be a populist party that opposes supposed corruption and elitism in government, and in particular, the lockdown measures imposed after the onset of COVID-19. Although they won no seats in Parliament in 2019, a PPC member is currently running in the Waterloo riding.

Student-related policy proposals:

- Withhold federal funding from any post-secondary institution shown to be violating the freedom of expression of its students or faculty.

Federal election sees more women candidates than ever

Rebecca Butler
News Editor

This year's federal election has more female candidates running than ever before. According to Equal Voice, an organization pushing for more female representation in parliament, 43 per cent of the candidates running in the 2021 election are women.

Women comprise just over half of Canada's population, yet they are not represented proportionally in parliament. In the 2015 election, only 30 per cent of the candidates on the ballot were women. The 2019 election saw a significant increase to 42 per cent, and this year is slightly higher at 43 per cent.

"I'm proud that over half of our team are women and more than a third of our candidates are Black, Indigenous or people of colour."

JAGMEET SINGH, NDP LEADER

"Even though it is not a huge leap from 2019, to see that little improvement that we've seen across the board with all of the parties, we're pretty happy with that," said Eleanor Fast, executive director of Equal

Voice, in an interview with CBC News.

Three of the candidates in the Waterloo riding, including Karla Fajardo of the Green Party, Meghan Shannon of the Conservative Party, and incumbent Bardish Chagger of the Liberal Party, identify as women.

The New Democratic Party (NDP) takes the lead among the parties this year, with half of their candidates being female.

"I'm proud that over half of our team are women and more than a third of our candidates are Black, Indigenous or people of colour," said NDP leader Jagmeet Singh in a statement. "We also have more people running for us who are living with a disability or are from the SOGIE [Sexual Orientation, Gender Identity and Expression] community than we have ever had on our team."

Liberal leader Justin Trudeau also emphasized the importance of diversity in his platform.

"We cannot do a good job of representing communities in Ottawa if we do not ourselves reflect the diversity we find at home. That is top of mind as we build our strong team in advance of this year's election," Trudeau said in a press release.

Unfortunately, having female representation on the ballot does not always translate into electing women. Despite 42 per cent of the candidates being female in 2019, only one-third of the elected members of parliament were women.

Canada lags behind many other countries in female government representation, ranking 55th globally for the number of



elected women. This could be due to several factors, including a lack of support from their own parties.

"That's always a big concern because it's all very well being able to say a certain percentage of your candidates are women or gender-diverse people, but are you supporting them adequately and are they going to get elected on election night?" Fast said.

This year, the Conservative Party has the least number of female candidates at 33 per cent. However, Waterloo's Conservative

representative Meghan Shannon argued that this statistic may not be the most important thing to focus on.

"Representation matters, but values and actions matter more," Shannon said in an interview with *Imprint*.

"What Canadians should care about aren't the numbers and figures of candidates from any given group that are running for a party, but how parties treat people from those groups within their party and across the country."

How to vote on- and off-campus

Chidinma Umenwofor-Nweze
Student Government Beat Reporter

During election season, Elections Canada often runs its "Vote on Campus" program. However, due to the pandemic, this program was cancelled; leaving many students at the University of Waterloo wondering how to cast their vote.

Advance polling stations closed on Sept. 13, and the deadline for voting by mail and through the special ballot process passed on Sept. 14. Therefore, students who are in Waterloo and hoped to vote in a home riding outside of the region, no longer have this option.

Nevertheless, students who have not already applied for a special ballot can still vote in the Waterloo riding come election day on Monday Sept. 20. Elections Canada provides a Voter Information Service to find the polling station closest to you.

If you are not in Waterloo, you can also opt



to visit a polling station in your home riding on election day.

Voting at any Elections Canada office on election day is an option if you cannot go to your assigned polling station in your riding. Students' assigned polling station will be listed on their voter information card or can be found online through the Elections Canada website.

There are also many options in terms of what pieces of ID are needed to vote:

Option 1: Show either your driver's license or any other card issued by a Canadian government (federal, provincial/terri-

torial or local) with your photo, name and current address.

Option 2: Show two pieces of ID. Both must have your name and at least one must have your current address. Examples include a voter information card and bank statement or a utility bill and your Watcard.

Option 3: If you don't have any ID, you can still vote if you declare your identity and address in writing and have someone who knows you, and who is assigned to your polling station, vouch for you. In this case, the voucher must be able to prove their identity and address.

LAND ACKNOWLEDGEMENT

IMPRINT ACKNOWLEDGES THAT THE UNIVERSITY OF WATERLOO IS SITUATED ON THE TRADITIONAL TERRITORIES OF THE ATTAWANDARON (NEUTRAL), ANISHNAABEG, AND HAUDENOSAUNEE PEOPLES. THE UNIVERSITY OF WATERLOO IS SITUATED ON THE HALDIMAND TRACT, LAND PROMISED TO SIX NATIONS, WHICH INCLUDES SIX MILES ON EACH SIDE OF THE GRAND RIVER. THEREFORE, IMPRINT RECOGNIZES AND RESPECTS THIS LAND THAT IT IS SITUATED UPON.

UW INDIGENOUS STUDENT ASSOCIATION



UW community members sign open letter to repeal vaccine mandate

Nicole Howes
Assistant News Editor

Students, parents of students, faculty, staff and alumni have signed an open letter to the University of Waterloo asking to repeal its mandatory vaccination and testing policy.

As of Sept. 7, those who wish to come to UW's campus are required to provide proof of their vaccination status or a negative COVID-19 test taken no more than 72 hours before coming to campus. The university will provide accommodations for individuals who cannot be vaccinated for medical reasons or grounds protected by the Ontario Human Rights Code.

"These mandates are unlawful, and their net effect will be to cause disease, not to prevent it," the letter reads.

Michael Palmer, a UW chemistry professor, is one of several faculty members that signed the letter.

In September 2020, Palmer was under fire for referring to the pandemic as the "fake COVID emergency" in his course outline. Palm-

er did not respond to *Imprint's* request for comment in time for publication.

Since being published on Aug. 26, the letter has garnered more than 120 signatures. This number is small in comparison to the number of those connected to UW, which currently has more than 42,000 students, 1,380 faculty and 2,600 staff members.

In a letter obtained by *Imprint* addressed to one of the signatories, UW president and vice-chancellor Vivek Goel and James Rush, vice-president, academic and provost, wrote that the university acknowledges the open letter and "respects the freedom of our community to express their opinions."

"The academic freedom of our community members to express their views is essential to the scholarly mission of the university. However, academic freedom comes with responsibilities," the response reads. "Our institution's response to the COVID-19 pandemic will continue to be based on the best available advice from public health officials and is intended to meet our obligations to

protect that [sic] health and safety of our community."

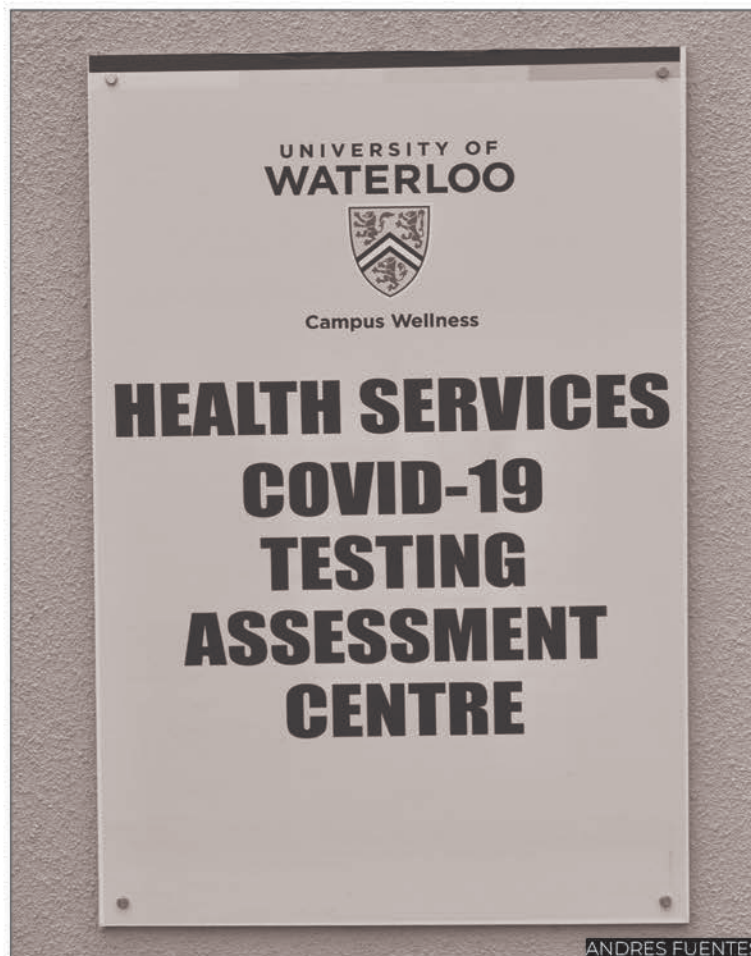
The letter also states that the university's measures are based on direction from the Government of Ontario and the Ontario Chief Medical Officer of Health.

The portal for vaccination status submissions became available on Aug. 27. By Aug. 28, more than 12,000 community members uploaded their proof of vaccination status, according to UW on Twitter.

According to a memo sent to students, faculty and staff on Aug. 24, anyone who is not vaccinated must provide proof of being fully vaccinated no later than Oct. 17. If those who are not fully vaccinated choose to come to campus before Oct. 17 or before they are fully immunized, they must have a negative rapid antigen test result no more than 72 hours before coming to campus.

Vaccine appointments are available for UW students, employees and family members of students and employees at Health Services. These can be booked by calling 519-888-4096.

With files from Alexandra Holyk



Working together to end the Red Zone

Stacey Jacobs
Sexual Violence Prevention Project
Coordinator at SVPRO UW

The first weeks of university can be and should be an exciting time. Meeting new people, having new experiences, becoming independent. However, it can also be a frightening time; not knowing anyone, being unfamiliar with your new campus, and not knowing who or where to turn for support. Perhaps most frightening of all is experiencing sexual violence, such as sexual assault, harassment, or stalking.

The Red Zone, as it has been termed in academia, is the time between orientation week and Halloween when students, especially first-year students, are statistically more likely to experience sexual violence. This happens in part because crucial components of education regarding sex, pleasure and consent needed

for students to navigate healthy relationships have not been provided. There is also an unbearable pressure on students to fit in and try new things in an atmosphere where drinking is often central to socializing, and support networks are not yet established. This all leads to a high prevalence of sexual violence on college and university campuses, and the University of Waterloo is no exception.

In 2018 the Student Voices on Sexual Violence Survey gathered information about perceptions and experiences of sexual violence in Ontario post-secondary institutions. Of the University of Waterloo students who responded, 18 per cent disclosed they experienced a non-consensual sexual experience, 18 per cent disclosed they experienced stalking, 59 per cent disclosed they experienced sexual harassment, and 71 per cent disclosed they witnessed situations with sexual violence or the potential for sexual violence.

Although consent education is slowly being integrated into grade school, high school and University curriculums, consent is not something all people fully understand. A Canadian Women's Foundation study revealed that although almost all Canadians (96 per cent) agreed that sexual activity should be consensual, only one-third understood what that meant. In addition to this, there are few discussions of consent that acknowledge and address the power imbalances, gender inequality, and systemic oppression that shape environments for sexual violence.

An example of consent involves asking before you touch someone and continuing to check-in with that person – especially if you'd like to touch them in a different way. For example, you might ask, "May I give you a hug?" or say, "I am really interested in touching your naked body, how does that sound to you?" Asking for consent, as well as accepting rejection, is important

and essential if we are to create a culture of consent on campus, a culture where no one is forced into anything, bodily autonomy is respected, and there is a belief that people are the best judge of their own needs and wants.

Consent culture in which the prevailing narrative of sex is one of mutual consent, is in direct opposition to the culture that currently exists in our society — rape culture. In a rape culture institutions, social practices and cultural ideologies condone, trivialize, and normalize sexual violence. Images, language, and everyday phenomena perpetuate false and damaging ideas about what sex is, and sexual violence is expected and often viewed as "just the way things are." This careless attitude hinders changes that are necessary, deserved, and crucial if we want to put an end to the Red Zone and sexual violence on campus.

Attending university can be a time of sexual exploration and pleasure, a

time to navigate new and interesting relationships. However, this takes communication, mutual respect and yes, a full and nuanced understanding of consent. You can demand the consent education you deserve, speak up when you hear a rape joke, step in when you see the potential for sexual violence and ask before you touch someone. We all have a role to play in ending sexual violence and creating consent culture. I hope you all freely agree to participate.

If you are a member of the University of Waterloo community and have experienced or have been impacted by sexual violence, you can contact the Sexual Violence Prevention & Response Office (SVPRO) at svpro@uwaterloo.ca.

SVPRO also recognizes that prevention is essential in creating a culture of consent on our campus and provides education and training on a regular basis. For more information please see: <https://uwaterloo.ca/human-rights-equity-inclusion/svpro>.



Behind-the-scenes of campus libraries re-opening

Erin Froud
Assistant Arts and Life Editor

After 18 months, libraries at the University of Waterloo are finally re-opening their doors to the public. Students, faculty, staff and community members are welcome to use the on-campus facilities again while making sure to adhere to public health guidelines.

On Sept. 7, the Dana Porter Library, the Davis Centre Library, Musagetes Architecture Library, Renison's Lusi Wong Library and Conrad Grebel's Milton Good Library reopened. St. Jerome's University Library followed shortly after, reopening on Sept. 9.

As libraries are considered instructional spaces under the Ontario Ministry of Colleges and Universities' guidelines for re-opening universities, the library has implemented the same safety and access protocols as UW classrooms, including requirements for visitors to be vaccinated and to wear masks.

"We found workable emergency solutions that UW is leveraging while the public health situation continues to fluctuate."

BETH NAMACHCHIVAYA, HEAD OF UW LIBRARY SERVICES

"The library is strategically scheduling staff to work both on campus and remotely, such that physical distancing can be easily maintained while achieving our goal of supporting UW learning and research," stated Adam Savage, the head of Library Technology & Facility Services.

"In situations where physical distancing is a challenge, staff

wear personal protective equipment (PPE) in accordance with university policies and public health guidance."

The library has additionally decided to maintain digital course reserves and access to the HathiTrust Digital Library to ensure all UW students and staff can access necessary research materials, even if they are not physically on campus. Consequently, the library has had to "limit access to the physical library collection," which has "created interesting challenges that impact traffic flow, monitoring requirements, and emergency evacuation pathways," according to Savage.

Despite physical locations shutting down in March 2020, the UW libraries "like to think that [they] never closed," as library staff continued to work hard providing "virtual sources and access to digital collections, course reserves and other resources that support learning and research," according to university librarian Beth Namachchivaya, the head of library services at UW.

"The challenge of what to do if your library can't circulate books pushed all libraries to go mainly digital, and we found workable emergency solutions that UW is leveraging while the public health situation continues to fluctuate," Namachchivaya said.

Most library staff transitioned to providing online support for students and faculty, including developing databases for local research output, placing digital materials on course reserve, online instruction, ordering and cataloguing books and journals and virtual chat reference. In particular, the use of virtual chat reference, according to Namachchivaya, quadrupled in 2020 as compared to 2019.

The UW library department took several "bold steps" to ensure that instructors and students had access to the materials they needed to carry on with their normal studies,

as digitization was often limited by copyright laws and licenses. Such steps included joining the HathiTrust Digital Library, which was able to provide UW students and staff with digitized copies of many of the library's books, and working with course instructors to determine what materials needed to be available for online course reserves, often using "generous donor funds to purchase digital books, digital lab and classroom support materials and other learning resources," according to Namachchivaya.

Though the libraries are only now opening more fully to the public, library staff have also been working on-site during the pandemic, "preparing books for patron pickup, facilities and technology support, digitization of materials for interlibrary loan and course reserves, and the maintenance and organization of print collections of books, jour-

nals, special collections and archives," said Savage.

The Davis Centre Library opened reservable study space and the Dana Porter Library has offered book pickup since Summer 2020.

A library-wide team has been working closely with the Safety Office and other academic support units on campus to prepare the libraries for fall term re-opening since May 2021.

"We prioritized the activities that need to be done on-site to support UW learning and research — these have been our guiding principles as we have planned for the library return to campus," said Meghan Whitfield, head of Communications and Advancement of the library.

As Whitfield describes, library staff utilized feedback from UW students, instructors, researchers and staff to ensure that the library

could provide effective services and support while also adhering to UW's safety guidelines.

Despite restrictions, the library staff know that students and staff depend on them for information "anywhere, anytime" and are committed to continuing their support for learning and research.

The Dana Porter Library and Davis Centre Library are open for drop-in study carrels and computer workstations as well as book pickup and delivery. The Dana Porter Library is open Monday to Friday, 9 a.m. to 5 p.m. and the Davis Centre Library is open Monday to Friday, 9 a.m. to 11 p.m., and weekends from 11 a.m. to 5 p.m.

For more information regarding additional library services and information about the other campus libraries, students can visit the library's online services and operations page or follow them on Facebook, Twitter and Instagram.



Artist Spotlight: SLC/PAC Expansion

Abhiraj Lamba
Arts and Life Editor

After more than five years of consultations, planning and construction, the Student Life Centre (SLC) and Physical Activities Complex (PAC) expansion is finally open. This new expansion will feature the work of several artists from the University of Waterloo community.



Joyce Chen

A second-year mechatronics engineering student with a passion for visual art, Joyce Chen has loved drawing and painting since she was little. As a child she would spend time drawing with her grandpa, who was one of the early artistic influences in her life.

“One of my favorite things is to go out and draw people from real life and maybe you would find it awkward at first because you have to stare at them for a long time, but as long as you get over that, it’s actually really good practice,” Chen said.

For the SLC/PAC expansion she is painting three big canvases using acrylic paints. The piece will showcase the community of

Waterloo, landscapes from Waterloo Park and some of the campus architecture.

Many of the people in these paintings are people that she saw at the park and drew in her sketchbook, which she then transformed into the painting on canvas.

To see Chen’s work, you can visit her website or her Instagram, @joy.ceart.

Rachel Jung

Rachel Jung, a third-year fine arts and business student, has always liked many different art forms— music, writing and more. However, it wasn’t until later in high school that they started taking more fine arts courses and spent their free time drawing. Jung has also been exploring digital art through co-op.

“There’s a saying — write about what you know, and it’s talking in terms of literature or written work, but I think that has everything to do with art in general,”

Jung said. “I think art is a great medium to reflect on what interests you. Not just visually, but thematically and identity wise.”

For the SLC/PAC expansion, they are working on a piece called The Great Gaggle. It will be a two meter tall, seven meter long vinyl printed piece that will go across a glass divider in the new black and gold room. The piece will have over 300 geese, each in their own bubble, interacting with each other in ways that are both conscious and subconscious. Jung says that the Great Gaggle showcases how we’re all part of this

bigger community, even if it’s something that we might not necessarily actively engage with.

Jung’s inspiration comes from their experience of being in the SLC — eating snacks, studying, playing. They have also drawn inspiration from their larger experience of being a student here at Waterloo and finding their own identity in the other people around them, even strangers.

To see Jung’s work you can visit their Instagram account, @itsracheljung.



Queenie Wu

Queenie Wu, a fourth-year systems design engineering student, loves to create things. Lately, she has been experimenting with participatory art, which she describes as “creating art that’s kind of surrounded more around the community rather than just one person creating something.” She finds this form of art to be an intersection of her many interests, including data journalism, design, collaborative creation and art.

Wu is in the phase of experimenting and figuring out what she is interested in, her

style and if this is something she would like to start doing more. She thinks it’s less important to go about trying to fit the requirements of being an artist or a designer and more so to simply do what you want to do and, in doing so, create a label for yourself.

“I don’t quite have the vocabulary of how to describe the type of art that I want to create, but by creating it, one day I’m going to be loud enough that the things that I want to do can find me,” Wu said.

For the SLC/PAC extension, she is working on a piece called Balance. It is a par-

ticipatory piece where she is digitally compiling quotes from students, faculty and alumni about how they find balance in their lives or what balance means to them, alongside a composition of the local ecology, more specifically the Grand River watershed. With this piece, she hopes to illustrate the relationship between individual balances among the collective.

To see Wu’s work, you can visit her website, queeniwu.com, where she will soon be uploading her artwork.



Stephie Reimer

Stephie Reimer, a knowledge integration student who graduated in June 2021, has always enjoyed visual arts. When she was 14, she was already drawing a lot, and then got more involved with camera work and started to love filmmaking.

When she was 19, she was inspired by a friend to begin watercolour painting.

Later, she began working towards a degree in graphic design and animation in Mexico, where she took an illustration course she fell in love with. As she learned the digital tools for illustration, she began combining mediums. She would animate watercolors by doing watercolor on paper, scanning it and adding digital elements to it. It is her dream to animate an entire short

film using watercolor.

For the SLC/PAC extension, Reimer is using digital illustration to make a large vinyl mural somewhat inspired by Reimer’s love for children’s books. The main idea behind this piece is that viewers can find new intricate details in the piece every time they pass by it. The tiny details in this illustration tell many different tiny stories of everyday

things that people will do within the athletic complexes of the new building.

Talking about the piece, Reimer said, “Now that I’m leaving, I will never get to experience this new building, but at least I get to leave a little bit of a small part of myself in that building, so that’s exciting.”

To see Reimer’s work, you can visit her Instagram: @stephie.rr.



UW team researching device to reduce the risk of HIV transmission

Sarah Hammond
Reporter

A University of Waterloo professor and his team are in the midst of developing a device to reduce the risk of transmitting HIV.

Emmanuel Ho, an associate professor at UW's School of Pharmacy, along with his team, is researching an intravaginal ring (IVR) which is inserted into the female genital tract and delivers two different medications. This is an innovative design compared to previous ring devices as they have only been able to deliver a single medication.

HIV is an immunodeficiency virus, meaning it will attack and severely weaken the immune system of the host. This allows for other diseases to thrive which may eventually kill the host. Therefore, medications used to stop the transmission of the virus aim to target the immune cells themselves. "[This device] is different from other rings

available since we are combining chemotherapy and gene therapy that can further enhance the blockage of HIV to its target cells," said Yannick Traore, a PhD graduate and primary author of the study. "Also, the device is designed to deliver the medication only when needed in an effort for a smarter way to control the drug release."

The device can release two types of medications because of its design. One half of the ring is hollow with small pores to allow the release of hydroxychloroquine (HCQ) over a 25-day period, while the other half of the ring is solid, with a pH sensitive coating which will allow the ring to release a nanomedicine gene therapy during intercourse.

The first medication used is HCQ. HCQ is a drug that will decrease T cell activity and reduce the possibility that HIV cells will interact with them. This drug is FDA-approved and safe to use.

"The concentration of hydroxychloroquine used will just reduce the activation of T cells and not suppress their activity completely," Traore said.

The gene therapy contains nanoparticles which decrease the expression of a T cell surface receptor called CCR5. CCR5 is a receptor for cellular signals, but HIV cells will also use this receptor to get into the T cells. Therefore, T cells not expressing the CCR5 receptor cannot be infiltrated by the virus.

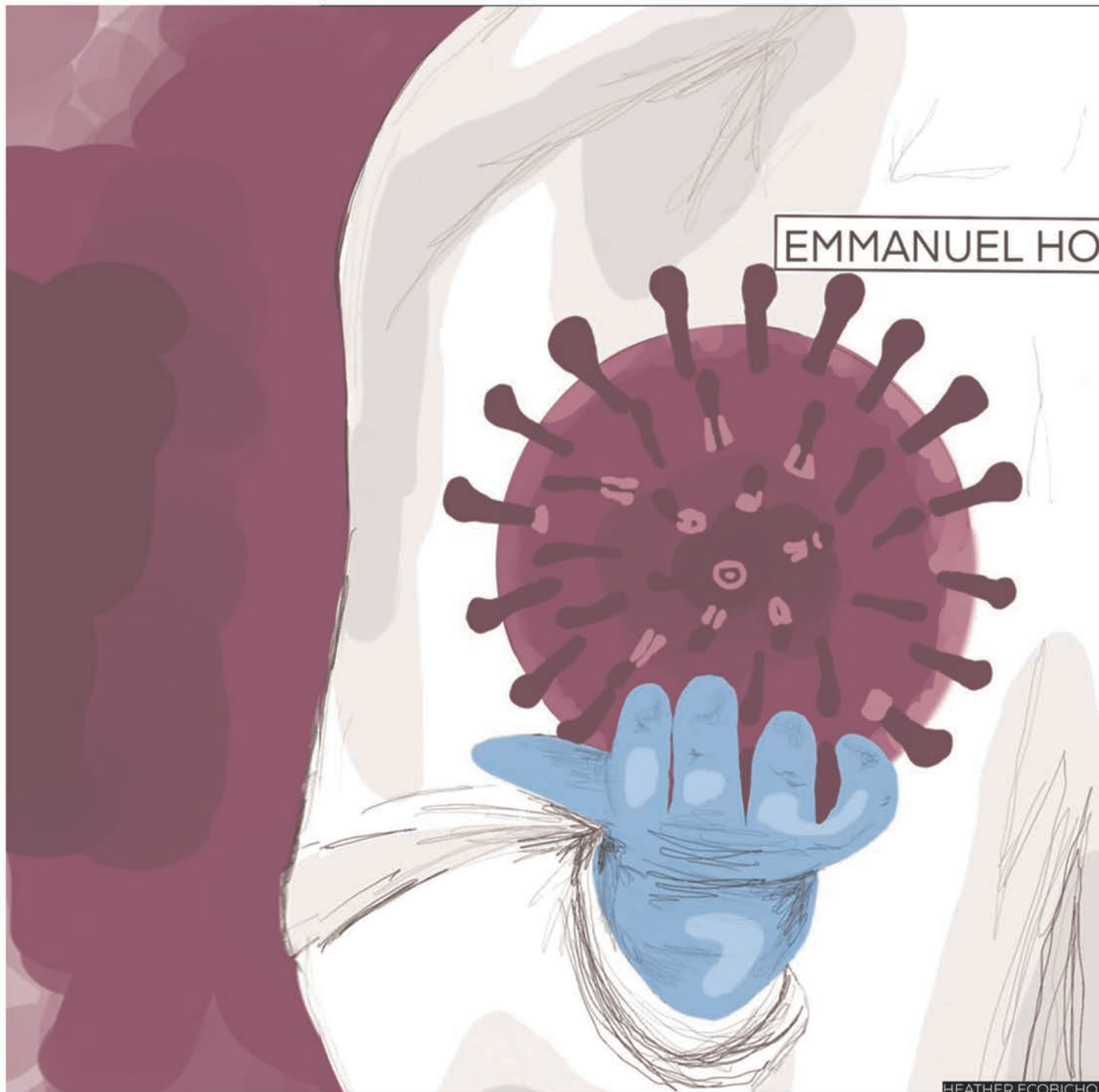
"From our knowledge, the suppression of CCR5 expression from the immune cells does not affect the cell functions," Traore said. Therefore, other essential T-cell functions can still be active without this receptor present.

The nanoparticles are only released when the outer coating of the ring detects a pH change during intercourse.

"To avoid unnecessary gene knockdown and potential toxicity, it makes sense to only use the gene therapy when it is necessary and it will be cost-effective, especially if we want to use this device in developing countries where HIV is more prevalent," Traore explained.

Currently, the device has passed all laboratory testing to date and is ready for animal studies. If approved, the device would help many women around the world.

"The intravaginal ring, in general, will empower more women to protect themselves against HIV if they are not able to negotiate condom usage with their male partners," Traore said.



HEATHER ECOBICHON

The inside & outside game of fossil free UW

Hayley Austin
Science Editor

This summer, Fossil Free UW achieved what it had been working toward for years — pressuring the University of Waterloo to commit to carbon-neutral investment and divest from investments in fossil fuels.

Fossil fuels include coal, oil and natural gas and have been the powerhouses of the economy for the last 150 years, supplying a majority of the world's energy needs. They are resources formed from the carbon-rich remains of animals and plants compressed underground.

Fossil fuel divestment aims to reduce carbon emissions by reinvesting in renewable energy sources such as solar and wind energy, as fossil fuels have catastrophic impacts on the environment and are irreversibly impacting the earth's climate.

"The biggest achievement has been to achieve a change to our investment practice, which has included divestment from fossil fuel funds," said Guy Brodsky, a member of Fossil Free UW.

Brodsky described it as an inside game and an outside game, both going on at the

same time. While the inside game includes getting signatures on petitions and letters, the outside game involves putting pressure on the people in charge through actions like protests.

Early successes paved the way for Fossil Free UW to achieve their biggest goal to date. These included the formation of a responsible investment working group put together by the university, which led to commitments like the Environmental Social Governance and UN Principles of Responsible Investing criteria to be applied to investment choices. Petitions were also key to success.

In September 2019, the momentum ramped up as 1,400 students struck for climate in the Arts Quad and marched down to Waterloo Square to demand climate action be taken at the university.

Students continued protesting and sitting into meetings with the administration as they worked to gain campus support in the form of endorsements by WUSA, the Graduate Student Association, Waterloo Environment Students Endowment Fund (WESEF), Mathematics Endowment Fund (MEF), Waterloo Science Endowment Fund (WatSEF), and the Faculty Association Climate Justice Working Group.

The pieces came together by January 2021 as Fossil Free UW wrote a key divestment policy which was sent to the board of directors and included exactly how divestment could be achieved.

Former president Feridun Hamdullahpur sat down with Fossil Free UW and put together a responsible investment advisory group as a subcommittee of the finance investments committee. Three of these members are representatives of Fossil Free UW.

By June 2021, divestment was announced. On the potential for this to inspire other universities, "[the University of] Waterloo is showing up as an example to other large universities...if they can do it, anyone can," said Petra Duff, a coordinating member of Fossil Free UW.

When it comes to the broader community, Fossil Free UW is aligning with Divest Canada, a national coalition of university divestment groups. Fossil Free UW is also "willing and excited to collaborate with anyone to generally promote climate justice and other forms of justice," Duff said. "It's really important with this kind of work that we do to create bridges and links with groups with similar ideas in mind."

While the goals of Fossil Free UW have been focused around the divestment and

de-carbonization of divestment funds, while working toward carbon neutrality, they are now shifting toward themes of climate justice. Duff noted that the coalition is "shifting into a space where we are now trying to figure out what our exact goals are and what we want to see Fossil Free UW become going forward."

Duff added that the team wants this to be a legacy movement with a scope beyond pure divestment.

Students can get involved with Fossil Free UW by attending meetings and signing up to the email list by reaching out to fossilfreeuw@clubs.wusa.ca or by going to fossilfreeuw.ca to learn more about divestment. The coalition can also be found on Instagram, Twitter and Facebook at @fossilfreeuw.

"We're in a transitional period right now in that we have ideas on where to start looking at next to either shift toward climate justice or campaign for re-investment or look at and support other divestment campaigns," Duff said. "Right now we're open to new perspectives and ideas from incoming students. We welcome people to join and bring their wants and needs to help bring Fossil Free UW forward into the direction they want to see it go in."

DNA from skeleton in Indonesia unearths key Asian migration route

Hayley Austin
Science Editor

In southeast Asia, there are many unknowns concerning the population history of early modern humans. The archaeological record in this area is minimal and the tropical climate is not ideal for the preservation of ancient human DNA. However, a recent discovery may fill in the gap in the record when it comes to an ancient culture of Toaleans.

A 7,000 year-old skeleton of an 18-year-old female was unearthed in the island of Sulawesi in Indonesia in 2015 and has since had DNA extracted. The DNA has revealed that the female shares ancestry with New Guineans and Aboriginal Australians as well as an extinct species of ancient human known as the Denisovans.

The limestone cave in Sulawesi where the female skeleton was found is part of a region known as Wallacea, which is the gateway by which many ancestors of modern Paupuan and Aboriginal Australians travelled. Another notable discovery from this region is the 'Hobbit' skeleton of the early species *Homo floresiensis*, which was found south of Sulawesi on the island of Flores. Regarding DNA discoveries, only two pre-Neolithic human genomes have been sequenced from

this region previously, both being from mainland hunter-gatherer sites including Pha Faen in Laos and Gua Sha in Malaysia. The presence of Denisovan DNA in this current DNA sequence may also suggest that Denisovans and modern humans intermin-

gled and interbred in this region.

"The recent analysis of ancient DNA from a young woman's skeleton in Indonesia is another example of the exciting potential of DNA to refine and revise our understandings of past peoples," said Maria Liston, a

professor from the University of Waterloo's Anthropology Department. Liston added that this discovery may "remind us that ancient peoples traveled more widely than we have recognized."

The skeleton, named Bessé — which is a Bugis word for young woman — is described by Nature in the latest study published in August, as a truly significant discovery in that it represents a previously undescribed ancestry profile from a unique period of time where Papuan and Aboriginal Australian groups split. On this, Liston said, "When we are building models for how humans evolved, we need to keep in mind that there were not single migrations of groups that went to a new home and stayed there." Liston explains how, "ancient peoples traveled widely, moving back and forth across the landscape, rather than in unidirectional great migrations that colonized an area and never moved again." The significance of this is that, "this result[s] in the genetic complexity we are beginning to find with each new study." A genetic complexity that is important to continue to map.

"I am pleased that the remains were confirmed to be a woman's, since not long ago all the narratives referred only to 'early man' making these journeys. It is good that the women are no longer invisible participants," added Liston.



SARAHMORASSUTTI

sports & health



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Removing insult from injury

Getting hurt doesn't have to end your sports career

Ramal Rana
Sports Editor

Playing sports is largely beneficial for overall health, including physical and mental. However, there are associated risks as well, the most common of which being injuries. Although most injuries can be treated, how you treat them matters since mediocre care may result in career-ending consequences.

Injuries that occur while playing sports may be caused by accidents or substandard training applications, like skipping warm ups and using unsuitable gear. A research study published in 2018 by University of Washington associate professor, Dr. Cindy Lin, found that the most common sports injuries include bone stress injuries (BSIs), anterior cruciate ligament (ACL) injuries and concussions.

Others arise in soft tissues like muscles, cartilage, tendons and ligaments. These injuries are usually muscle sprains and strains, knee injuries, achilles tendon injuries, pain along the shin bone, fractures and dislocations.

There are two types of sports injuries: acute injuries that occur suddenly like a bone fracture, and chronic injuries that occur overtime — mainly due to the overuse of the injured site with improper care.

According to research conducted by the University of Oslo in Norway, ACL injuries

tend to be the most common among those who engage in pivoting sports, such as football, basketball and handball. In the past, it was expected that those who sustain an ACL injury would be unable to return to sports, however, there have been major improvements in surgical techniques and rehabilitation programs since then.

Injury treatment

Fortunately, most acute injuries can be treated at home. If you do happen to sustain an acute injury, the first steps should be RICE — rest, ice, compression and elevation. Continue doing this for the next 48 to 72 hours after getting injured.

During this time, you should also keep the injured area wrapped with an elastic bandage. If you're experiencing pain, consider taking an over-the-counter anti-inflammatory painkiller such as Tylenol or Advil.

In the first three days following a sports injury, don't apply heat to the area. While it may feel soothing, heat increases circulation and can worsen swelling.

After three days to a week, the swelling should go down and you can start applying heat packs and ice packs on an alternative basis. This is when you should also start lightly stretching that area once again — don't push yourself to the point of pain, but try to gradually increase its movement every day.

In the months following your injury, continue to stretch and exercise the injured



COURTESY UNSPLASH/TIM MOSSHOLDER

area, even after your symptoms have subsided. A muscle that's been injured once is more vulnerable to additional injuries.

When an injury causes intense bruising, bleeding or a clear abnormality, reach out to a healthcare professional. Giving doctors as much detail as possible about what led up to the injury will ensure better care.

Injury prevention

The best way to avoid taking time off from sports due to injuries is to prevent them from happening. Dr. Andrew John Cosgarea at John Hopkins Medical specified several guidelines to help prevent general sports injuries. He mentioned that athletes should be setting realistic athletic goals, keeping a game plan when trying anything new, warming up before playing a sport, taking time to acclimatize to the game and listening to their body.

Setting an obtainable goal will prevent an athlete from pushing themselves too

much, which could result in overuse injuries. It is also essential that, while playing sports, players listen to their body — if they feel too tired, it is likely that they need rest.

Research shows that warming up and stretching before a sport can prevent injuries since a warm muscle is less likely to be strained. However, this study is based on insubstantial clinical evidence.

Based on a meta-analysis of various studies that focused on the effects of warm-ups on athletic performance and injury prevention, 79 per cent found that performance improved after warm-ups while 17 per cent found that warming up before athletic activity negatively impacted the athlete and their performance.

Study reviews indicate that the amount of evidence present to promote warm-up is insufficient, but of those that have been conducted the majority show that warming up prevents injury while playing a sport.

imprint

THIS WEEK IN ATHLETICS

GO OLD GO BLACK GO GOLD GO BL

WARRIORS FOOTBALL HOME OPENER

VS WINDSOR

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Wednesday, September 15, 2021 | Vol. 44, No. 5
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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

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The inhumanity of Texas Senate Bill 8

On Sept. 1, 2021, the U.S. Supreme Court allowed the state of Texas to pass Senate Bill 8, an extreme anti-abortion law that will likely embolden other states to follow suit. This bill bans all abortions after six weeks — a point during which most women do not realize they are pregnant — and doesn't allow for exceptions in cases of rape or incest. It even authorizes private citizens to sue anyone who "performs, aids, or abets an abortion" for up to \$10,000, including family members who drive pregnant women to abortion clinics as well as the clinics themselves.

Since this law was passed, there has been a lot of misinformation circulating in internet discourse. I have seen some stigmatize abortion as being a highly dangerous medical procedure; in America, legal abortions are safer than childbirth, according to Reuters. Others argue that women who do not want kids can simply put them in an already overflooded foster care system. It seems that people also forget that the cost of hospital birth alone in Texas (before health insurance) averages \$17,738 USD and that low-income women who will be disproportionately hurt by this bill cannot always afford baby delivery fees. Nearly six in 10

American women who receive abortions are already mothers who simply do not have the means to provide for more children, mentally, financially, or otherwise.

"Then just use protection if you are having sex," one might be thinking. Well, this line of thinking is still egregiously flawed. Not only does it automatically characterize those seeking abortions as irresponsible — even though using birth control can still result in unintended pregnancies — but it also ignores the fact that not every woman has affordable contraception available to them. If you really want to reduce the number of annual abortions, push for cheaper and more accessible birth control. Advocate for more comprehensive sex education: states with abstinence-based sex education curricula in high school have higher rates of teen pregnancies than states that don't.

Even if you dislike abortion, laws like Senate Bill 8 aren't in your best interest. As stated in NBC News, multiple studies show that abortion rates don't fall when it's prohibited. Outlawing abortions does not stop women from getting them; it just stops women from accessing safe ones. If we are so laser-focused on saving lives, then why do we never refer to the one in 12 maternal

deaths that occur worldwide when women desperately resort to unsafe methods of terminating pregnancies?

Outlawing abortions does not stop women from getting them; it just stops women from accessing safe ones.

It is alright to have a personal stance on abortion that diverges from mine; the point of being pro-choice is to allow women to make reproductive healthcare decisions for their bodies at their own discretion. However, coercing someone into having a child they are not prepared or equipped for because of one's own moral beliefs is an unmistakable measure of cruelty and needs to be recognized as such. Bodily autonomy should not be infringed upon by politicians, government officials, or private citizens — particularly in a state that has long prided itself on being a bastion of freedom.

Nadia Khan
 Arts, IA



JIA CHEN



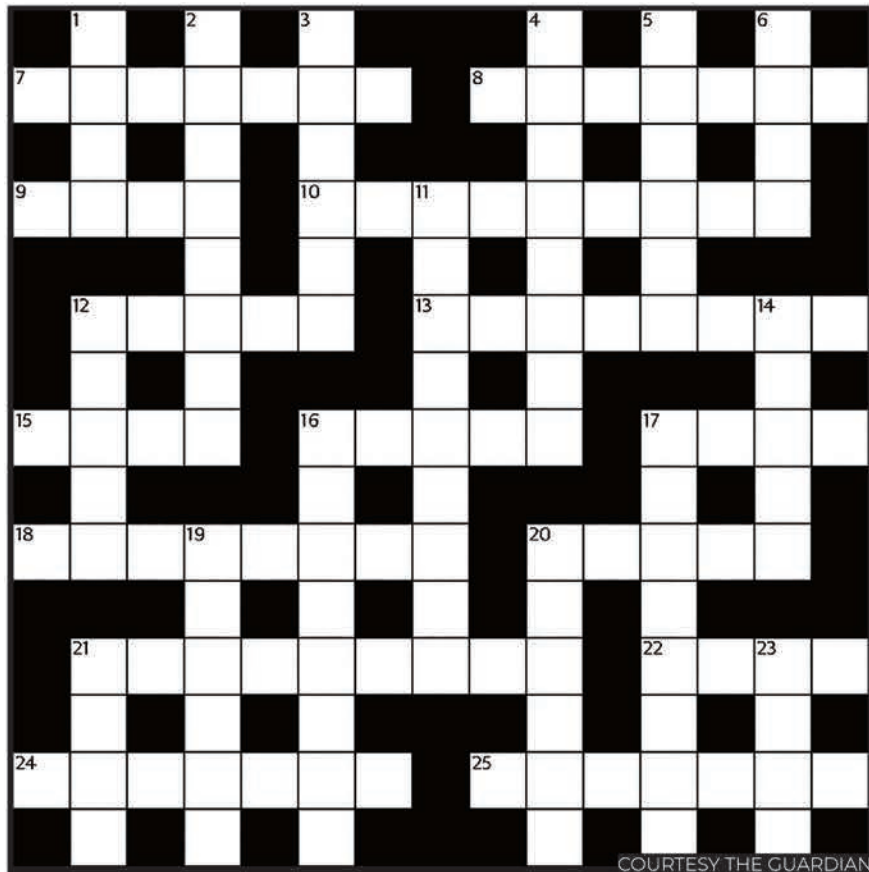
distractions



I ASKED MY DOG, "WHAT'S TWO MINUS TWO?"

HE SAID NOTHING.

Imprint crosswords | Random



COURTESY THE GUARDIAN

Across

- 7. City enthralled by playwright, Bunting
- 8. Get prepared for publication of Model Scenery
- 9. Clock ready for money down
- 10. On edge, having been removed from the bench?
- 12. Who took Helen's capital?
- 13. Total being about four pence, finally
- 15. See 22
- 16. Tropical aquatic plant's position
- 17. See 9
- 18. Show off crêpe, draped round figure
- 20. Non-civil English county about to be swept away by lake!
- 21. Heir hit gold
- 22. Place a stake by a road

- retreat
- 24. Oil dissolved in low temperature state becomes a finely dispersed substance
- 25. Tax haven short of capital — officer set upon

Down

- 1. Exploited by tennis player Chuck, given vaccination?
- 2. US city before being taken by British general
- 3. French underground force formed by quasi-military leader
- 4. City's ruination (it's old-fashioned) in a

- 5. Mischief-maker shouted 'fruit tree'
- 6. Utter 'No more!'
- 11. It could accompany light stew? Sense otherwise
- 12. Might have an obligation to reside in Puerto Rico
- 14. Snappy as a game of cricket?
- 16. Hang on — One Direction's pants!
- 17. Rye, perhaps, welcomes British intellectual
- 19. Try to catch a fish, small fish with no head or tail
- 20. Force lock after first sign of sticking
- 21. See 1
- 23. Quiet, reticent person has a change of heart