

p3

SENATE VACANCIES

The Secretariat has issued a call for nominations for upcoming faculty and graduate student openings.



ROCK WALL

Hang out at UW's new on-campus rock-climbing wall. P10

LIMB REGENERATION P5

New research examines the possibility of regrowing human limbs and organs.

MARCH EVENTS P7

A guide to what's happening in Kitchener-Waterloo this month.

EXTREMISM ON THE RISE P11

Far-right extremism continues to bring new threats to religious freedoms in India.

UWAG presents Here. In Absence. P8





COVID-19 levels in wastewater declining

Alicia Wang
News Editor

Levels of COVID-19 found in wastewater from the University of Waterloo have begun to decline, a trend in line with the steady decrease of COVID-19 cases in the Waterloo region.

Since Jan. 12, when COVID-19 levels found in wastewater peaked, the numbers have steadily decreased, now nearing fall 2021 levels, according to UW Professor Mark Servos.

Along with his team, Servos spearheaded UW's wastewater testing program, using his previous research on the impacts of certain contaminants on aquatic life to develop a wastewater testing program in order to detect COVID-19 fragments.

In September 2021, UW launched the wastewater testing program in five residence buildings: Ron Eydtt Village, Village I, Mackenzie King Village, UW Place and Claudette Millar Hall. Wastewater from these buildings is tested three times a week for COVID-19 fragments which can be shed by both symptomatic and asymptomatic individuals.

Upon detection of positive COVID-19 fragments, residents of the building are notified via email that said fragments have been found in that building's wastewater.

However, despite the university's COVID-19 website stating that positive fragments do not necessarily indicate that a resident in the building has COVID-19, that information is nowhere to be found in the emails sent out to affected communities notifying them of positive fragments in the wastewater.

Wastewater testing programs have also been launched at schools like the University of Toronto, and Servos' team has tracked COVID-19 levels in the sewage systems of the Waterloo region including Kitchener, Waterloo and Cambridge. Despite the downward trend, Servos reminded community members to prioritize following COVID-19 public health protocols to maintain positive progress. Though the province of Ontario has lightened certain public health measures due to the downward trend in cases, such as increasing capacity limits for both indoor and outdoor events and removing capacity limits entirely for venues requiring proof of vaccination, certain measures are

still in place, including mask mandates in public spaces.

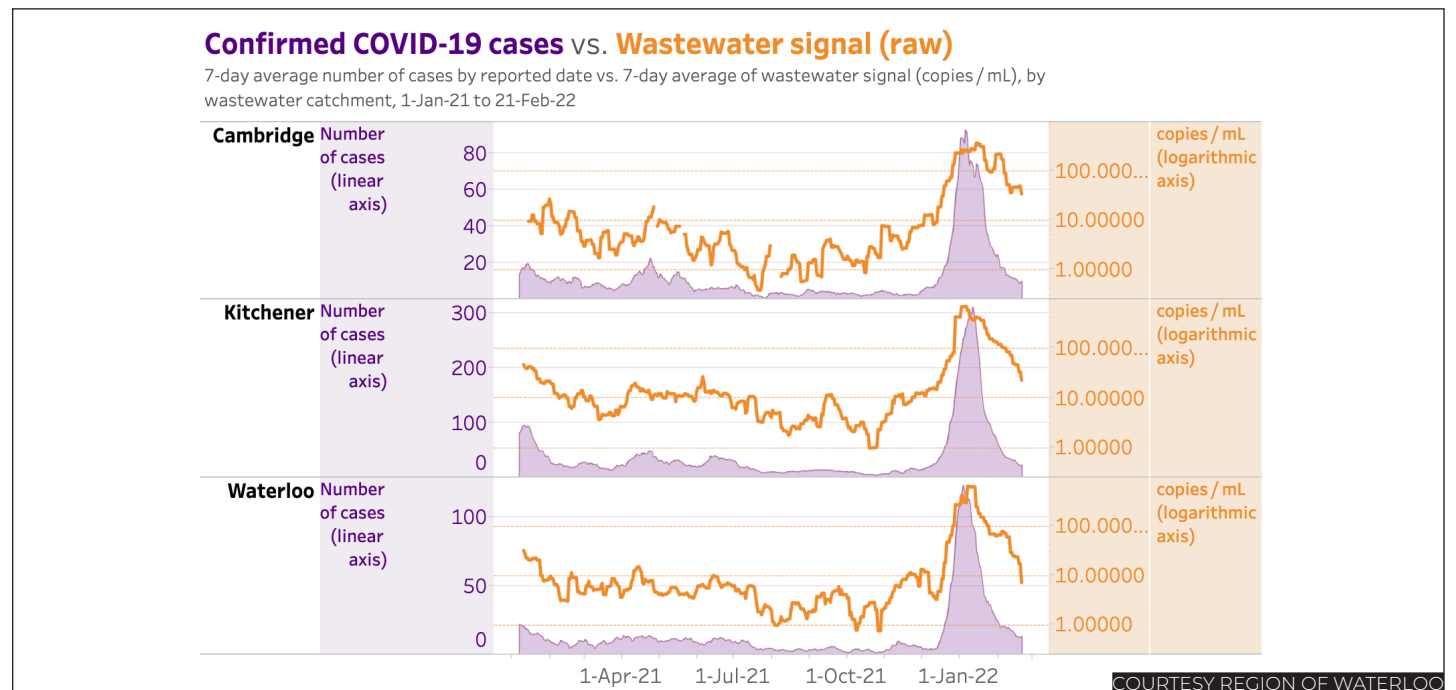
Dr. Hsiu-Li Wang, medical officer of health for the Waterloo region, echoed Servos' reminder in a press conference on Feb. 11, stating that although all signs showed COVID-19 levels had slowed or plateaued, levels still remained "high relative to previous waves."

Part of wastewater testing's popularity stems from the fact that testing wastewa-

ter for COVID-19 fragments may be able to fill in gaps that more conventional forms of testing, such as PCR tests, cannot cover.

Restrictions on who can take PCR tests, as well as testing capacities being reached, can lead to the true number of cases going underreported, whereas the communal nature of wastewater collection ensures that all residents are included in testing. Despite the benefits of wastewater testing, these programs are not fool-proof, requiring ad-

equate funding (a lack of which caused a program running in Quebec to shut down), and wastewater systems that already test water for other substances (which often ends up relegating usage of the program to urban areas). However, according to a CBC interview with Bernadette Conant, CEO of the Canadian Water Network, research is being done on how to expand the program by finding how to use the technique in areas without sewers.



UW launched the wastewater testing program in five on-campus residences in Sept. 2021.

COURTESY UW

UW Secretariat announces Senate vacancies

Maahir Sheikh
Reporter

The University of Waterloo Secretariat has announced that, currently, the UW Senate has eight vacancies. The Senate has jurisdiction over the educational policies of the university and has the right to make recommendations to the Board of Governors on matters related to the operation of the university. A few of the Senate's powers include the authority to regulate curricula for all courses, monitor the conduct and results of examinations, determine standards of admission and confer degrees, diplomas, certificates and honorary degrees.

In November of last year, the Senate approved the addition of two new Diplomas, one in Black Studies and the other in Fundamentals of Anti-Racism Communication. These powers are ordained by the University of Waterloo Act of 1972. This act also outlines the composition of the Senate, which stipulates that eight undergraduate students must be elected — one to represent each of the six faculties of Wa-

terloo and two to represent the undergraduate student body at large.

UW Senate elections are organized in conjunction with the annual elections conducted by the Waterloo Undergraduate Student Association (WUSA) held in February, although this year, the WUSA elections were delayed until the following term. Each undergraduate representative on the Senate serves for two years and can serve only two consecutive terms. To participate in the Senate election, a student must decide on whether to be nominated for the at-large Senate Seat or the faculty-specific Senate seat. The nominations have different requirements, with the at-large seat requiring 100 signatures from any UW undergraduate student, and the faculty-specific seat requiring 25 signatures from undergraduate students from the same faculty as the potential nominee.

The UW Senate is one of the many administrative bodies undergraduates at Waterloo can join — others include the UW Board of Governors, the WUSA Executive Team, the WUSA Students' Council, the WUSA Board of Directors and the various Student Societ-

ies. The UW Board of Governors is the government of the university. It has control over the property and revenue of the university and decides how UW will conduct its business and affairs. The Board also has powers to appoint, promote and remove officers of the university — such as the President — and grant tenure to faculty, among others.

The WUSA Executive Team consists of the President, Vice President Operations & Finance, Vice President Student Life, and Vice President Education. Each member of the team has specialized roles within WUSA to ensure students' voices are heard and their issues resolved. The WUSA Students' Council is the main governing and legislative body of the WUSA Federation. The WUSA Board of Directors is the highest strategic decision-making body within the Federation. The various Student Societies provide representation to different faculties and majors.

However, only the WUSA Executive Team, Students' Council and six members

of the Board of Directors are elected by the student body. To run for a position on the Executive Team, a student must acquire 100 signatures from any UW undergraduate student. To run for a seat as a councilor requires 25 signatures from UW undergraduate students from the same faculty as the potential nominee. The six elected members of the Board of Directors are elected during the WUSA March General Meeting. Two of the six members are elected from the pool of sitting Students' Council councilors. The remaining four are elected from the student body at large with two serving for two-year terms and the other two serving for one-year terms. Undergraduate members of the UW Board of Governors are chosen by the UW Senate. In regard to the various Student Societies, each one has their own unique election process.

No matter the area of interest, there are many ways for students to get involved with governance at the university.



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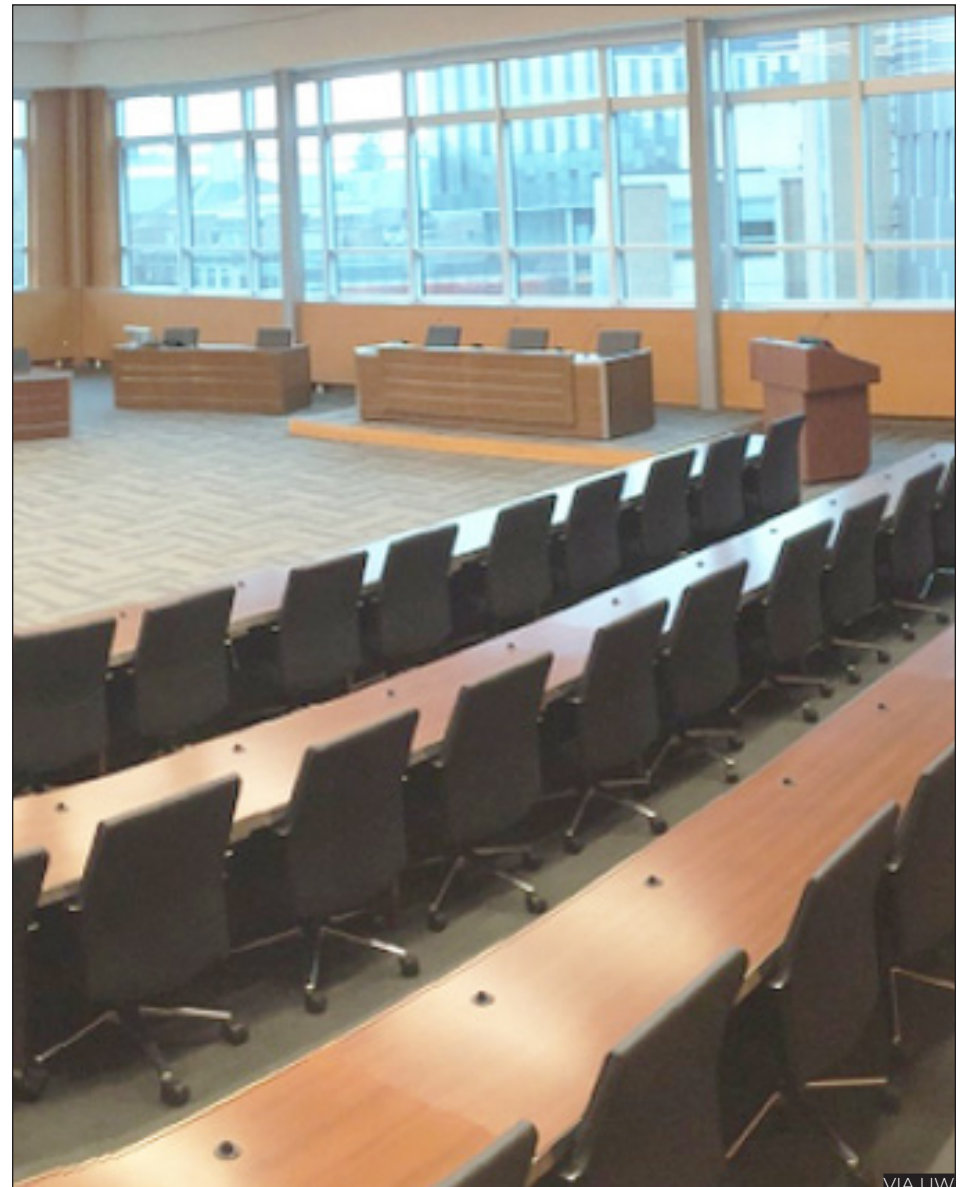
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The future of regrowing lost limbs in mammals



Khalid Safdar
Reporter

Is it possible to regrow missing human limbs? A few years ago, this question had very little basis in existing scientific research. But now, limb regeneration might just become the next big thing.

Recent research conducted by a team of scientists at Tufts University and Harvard University is now suggesting that eventually one day, human limbs and organs can be regrown.

Modern medicine is heavily dependent on the contribution of animals as animal testing has been around since the Ancient Greeks in the 4th and 3rd centuries. They have played a significant pivotal role in the advancement of science and health, from testing certain medicines to even being subjects for operations before any human. Scientists usually test on animals that show some sort of similarity to humans, such as the resemblance of the genomic DNA, having the same organs or even habits that

correlate with humans. For example, the discovery of insulin would not have been possible without the contributions of dogs as in 1893 they were crucial test subjects with regards to the role of the pancreas and the isolation of insulin in a body.

Halona Augustine, a first-year science and business student, expressed that she appreciated the article because of the importance highlighted in the abstract.

"I liked the research, because its main topic of focus [regenerating organs] is very interesting to me, as someone who enjoys reading about scientific experiments and advances," Augustine said.

This scientific research was conducted on African clawed frogs (*Xenopus laevis*), which are capable of fully regenerating most of their tissues including their hindlimbs before metamorphosis in their tadpole stages. However, this ability to regenerate greatly declines with maturation. Through using molecule inhibitors delivered via single-drug delivery methods it was validated that the bone morphogenetic protein (BMP), fibroblast growth factor

(FGF), and other transforming growth factor betas were the predominant elements in the proper formation of the regenerated tail in tadpoles. Upon further experimental amputation analysis, it was discovered that although some species of frogs still manage to grow a proportion of their limbs, *Xenopus* fail to regenerate their hindlimbs. Instead, they regenerate featureless cartilaginous spikes which are far from functional.

Emaan Sikander, a first-year accounting and financial management student, said that research like this is the first step towards achieving something incredible.

"Limb regeneration sounds futuristic and something I'd imagine thousands of years of evolution would take. But after reading about research like this, it feels like the future is closer than it seems and I'm excited to see what can be accomplished," Sikander said.

The procedural experiment included wearing a bioreactor "BioDome" to attain control over the local micro-environment of a wound in vivo. The wearable bioreactor provided the wound cells with an environ-

ment like the embryonic context. The bioreactor contained five drugs in the form of a gel, each of which had a different role, such as easing inflammation, stopping collagen production to avoid scarring and encouraging the growth of nerve fibers, blood vessels, and muscles. Then, such compounds could trigger a sustainable endogenous morphogenetic cascade without constant intervention or management. It was noticed that within 24 hours, the exposure from the wearable bioreactor not only marked tissue outgrowth but also helped the frog gain sensorimotor function.

"It's exciting to see that the drugs we selected were helping to create an almost complete limb," Nirosha Murugan, a research affiliate at Tufts University in Massachusetts said in a statement to the American Association for the Advancement of Sciences (AAAS).

An 18-month follow-up resulted in more growth outcomes including increased generating limbs with nerves, smooth muscles, and reorganization of the extracellular matrix proteins. The regenerated bone displayed anatomical features and the sensorimotor pathways were functional and restored to preinjury levels in the animals exposed to the full treatment condition. The frogs were ready for moving and swimming as per usual.

"We'll be testing how this treatment could apply to mammals," Michael Levin, a biology professor at Tufts and one of the scientists involved in the research, said in a press release to Tufts University.

This new induction method did not require gene therapy or stem cell implants, rather only the use of compound interventions consisting of a drug blend and a wearable bioreactor delivery device. This wasn't just a successful procedure in helping frogs regenerate limbs, but also an important milestone in kickstarting a complex organ regeneration response in vertebrates. Not only could this shape the future of lost limbs in humans, but it could also possibly be another alternative to prosthetics. According to the Amputee Coalition, approximately 185,000 amputations occur in the United States alone and about one million around the globe each year. People lose their limbs due to many reasons such as diabetes, military combat, trauma, cancer, and peripheral artery diseases. According to the scientists, prosthetics provide only limited help with mobility and hence, this new advancement may bring about a new era for science.



TEDxUW 2021: 2020 Vision

Alessia Czerwinski
Reporter

UW hosted a free, virtual TEDx event on Saturday, Feb. 19 that featured a wide array of speakers on various subjects. Kate Bendall, a co-op student at the University of Waterloo, hosted the event, and the two co-chairs for TEDxUW were Omar Khan and Matthew Zhu—also students at the University of Waterloo. The event was attended by roughly 40 people and lasted about three hours.

This year's topic was 2020 Vision. The year 2020 represented the beginning of a period of extreme difficulty. The goal of the event and vision was to learn, advance, and "look toward the future with 20/20 vision."

TEDx is a self-organized network of local events that connect people to participate in a TED-style experience. TED Talks video and live speakers were combined in a TEDxUW event to

encourage meaningful conversation and interaction in a small group.

There were a total of eight speakers whose talks ranged from breaking from social media to whether we can treat cancer during pregnancy. This year's TEDxUW was also animated with musical performances, such as the talented UW a cappella group Unaccompanied Minors.

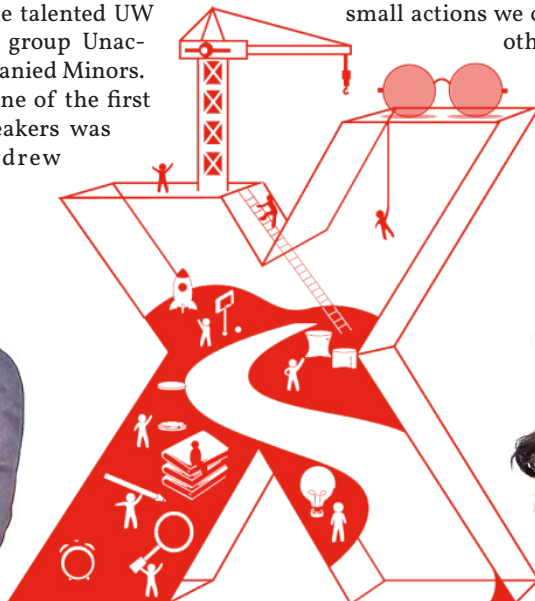
One of the first speakers was Andrew

E. Guy, a Resiliency Coach and Consultant whose talk centred around "Finding the Good in Humanity" and what we want people to remember about us. He recalled a story of how he helped a mother whose son went to war by visiting her often and being there for her. According to Guy, there are small actions we can do daily to help others and be better people. "If you are going to experi-

ence the good in humanity, you must discover it in yourself and then you will recognize it in others," he said.

Another notable speaker was Karandeep Gill, whose talk on "How to Achieve Resilience Through Self-Compassion" was fascinating and moving. Gill discussed her battle with mental illness, which started around age 15 and followed her as a student at UW. "I criticized myself for not being the perfect person I set out to be," Gill said.

Learning from her own struggles, Gill spoke about the importance of raising awareness for mental health, particularly in communities where it is not often discussed. She talked about being able to "take a step back and be resilient" to our own minds, as they can sometimes play tricks on us. She advised us to recognize when we need assistance and to accept it by relying on our circle of friends and family. As Gill's mother once told her, "This is a we recovery, as in we will get through this together."



VIA TEDXUW

GRADflix winner helps spread the word about plastic pollution

Nicole Howes
Science Editor

At the fourth annual Graduate Studies and Postdoctoral Affairs (GSPA)'s GRADflix showcase, Eugenia Dadzie, an MSc biology student, won first place with her video *Microbes and enzymes: sustainable plastic degradation*. The GRADflix competition was created to allow UW graduate students to present their research in a one-minute video. Dadzie shared her work on the exploration of using microbes to degrade plastic using cartoon drawings and pictures to animate her research.

Although Dadzie chose to pursue science, she had always wondered how animations were made, and when she received the email about the competition she welcomed the challenge.

"It was a good opportunity to sum up my research... one thing I found with my friends is that when I tried to explain my work, I would get too technical and until I made that video, none of my friends knew what my Master's was," Dadzie said.

Her video describes her current research and also addresses the larger problem of plastic pollution. Dadzie explained that most plastic is produced in developed coun-

tries however, the majority of the plastic that ends up in the ocean comes from developing countries. Thus, finding an efficient way to dispose of plastic waste sparked Dadzie's interest.

"I'm from Ghana and the plastic waste management is not as efficient as it is here. Here it is pretty good, the methods are still not very sustainable but back home it is neither efficient nor sustainable. The situation there is worse in terms of getting people to understand how detrimental plastic pollution is to our earth and to the ocean," she explained.

Our current methods of waste disposal — incineration and landfills — aren't very sustainable. Dadzie's research works to utilize synthetic biology to manipulate bacteria to degrade our plastic waste.

"When I was growing up if someone mentioned bacteria, all I thought of was pathogenic bacteria. It wasn't until I started undergrad and took a microbiology course, I began to realize the potential of using microbes to solve these problems," she said.

Another part of Dadzie's research explores the creation of bioplastics. In her lab, she looks at using plastic as a food and carbon source for bacteria. These bacteria can then potentially go on to make PHA's which are natural polymers and polyesters used

to make bioplastics, a safer alternative to synthetic plastic.

"Since 2016 a novel bacterium was discovered that completely degrades PET [polyethylene terephthalate, commonly known as polyester] and uses PET as a carbon source, this discovery helped gain a lot of momentum in the field," Dadzie said.

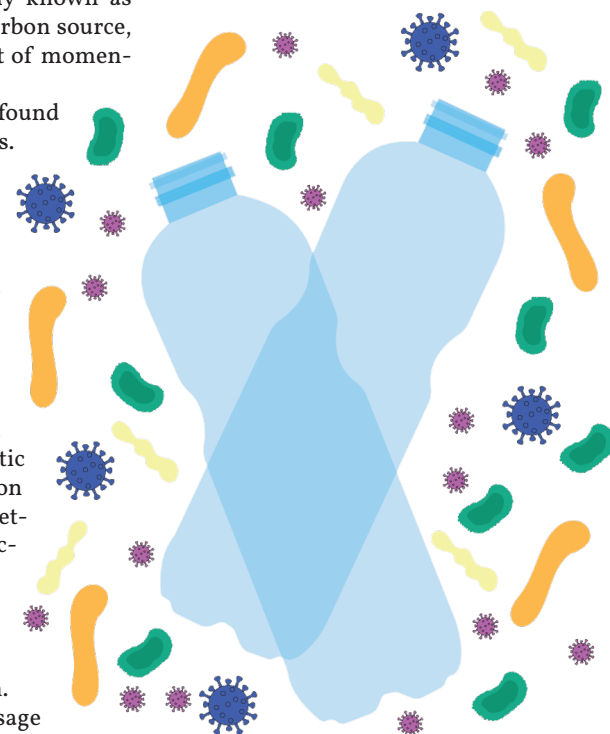
Currently, these bacteria are found in various sites such as landfills.

Many bacterial strains have evolved to degrade plastic, however, since plastic is a relatively new material, the efficiency of these bacteria is low. Dadzie works to then isolate and engineer enzymes responsible for degradation to confirm their function and to improve the breakdown process. Her end goal is to channel plastic breakdown into the production of PHA by manipulating the metabolic process of PHA-producing bacteria.

Overall, Dadzie explains how this win has given her a push and sparked much excitement surrounding her research.

"It is hard to get the message across on my own as a graduate stu-

dent as I don't have a big platform, that's why GRADflix is so significant because it gives you that spotlight to shine more light on this important issue," Dadzie said.



SARAH MORASSUTTI



What to do in Waterloo this March

Erin Fround
Assistant Arts & Life Editor

Whether you are new to Waterloo or have been living here long-term, being back on campus for the past month has been an adjustment. Now that you are settled in, though, it's time to get out and have some fun. This month, thanks to lifted restrictions, you have a lot of options. You can go out to a show in town or you can stay in and listen to interesting discussions — there's something for everyone.

Clash of Houses

Bobby O'Brien's,
125 King St. W., Kitchener, Ont.
Monday, March 7, 8 p.m. to March 8, 12 p.m.

Presented by Make it Revaine Productions, this annual drag battle will pit four KW drag houses against each other for the title of "Head of Houses 2022." The Legion of Revaine, House of Quartz, House of Kameleon and House of Angel/Pierce will engage in head-to-head battles in comedy, up-tempo and ballad performances, and you can watch from the sidelines as they throw down. Admission is \$10 and tickets are available on Eventbrite.

Bechtel Lecture | On Dwelling: Shelters in Place and Time

Online
Thursday, March 10, 7 p.m. EDT

This year's virtual Bechtel Lecturer is a fantasy author and professor Sofia Samatar. She teaches African literature, Arabic literature and speculative fiction at James Madison University in Harrisonburg, Virginia. Her memoir, *The White Mosque*, comes out in October 2022. According to the information page for the event, "this virtual lecture considers what it means to shelter in place, not just in terms of emergency management, but as a deliberate practice with ethical and ecological effects." In the course of the lecture, Samatar will explore the questions: "What do poets, walkers, and weather observers teach us about the value of dwelling in place? What does shelter look like for those who are forced to leave their homes? And when prevented from staying in place, how can a person dwell? Is it possible to shelter in time?" The event is free to attend, but registration is required.

Be Resilient. Be Healthy. | Women's Health Panel

Online
Thursday, March 10, 12 p.m. to 1 p.m. EDT

Hosted in celebration of International Women's Day, this workshop will focus on "strategies for managing stress, burnout and

improving your mental and physical health," specifically with regard to women's health. The panel of speakers includes Dean Lili Liu,

dean of the Faculty of Health at the University of Waterloo and a professor in the School of Public Health & Health Systems; Dr. Whit-

ney Baxter, a naturopathic doctor based in Victoria, B.C., who values a holistic approach to healthcare that prioritizes the physical, mental and emotional health of patients; and Surabhi Veitch, the owner of The Passionate Physio, physiotherapist and Pregnancy & Postpartum Fitness Coach. As the event website states, "From day to day, you might fill the role of a student, parent, caregiver or one of many other roles. Regardless of the one (or many!) you play, we all face the challenge of keeping well." The event is free to attend; you can register on the event website.

Pinch Cabaret #4

Button Factory Arts,
25 Regina St. S., Waterloo, Ont.
Saturday, March 19, 8 p.m. to 9:30 p.m.

Hosted by storyteller and international performing artist Ben Gorodetsky, this variety show will include performances in dance, comedy, music, burlesque, literature and puppetry. The show features the talents of: Kez Vicrio-Robinson – a comedy performer from Kitchener, whose art centres on queer and trans narratives; Johnny Wideman – a playwright, short storyteller and dramaturg; and Abbey Richens – a dancer focused on "improvisation, choreography and movement that feels good." Doors open at 7:45 p.m. for the show at 8 p.m. Advance tickets are \$5, \$10 or \$20, based on what you can pay and are available on Eventbrite. Tickets will not be sold at the door.

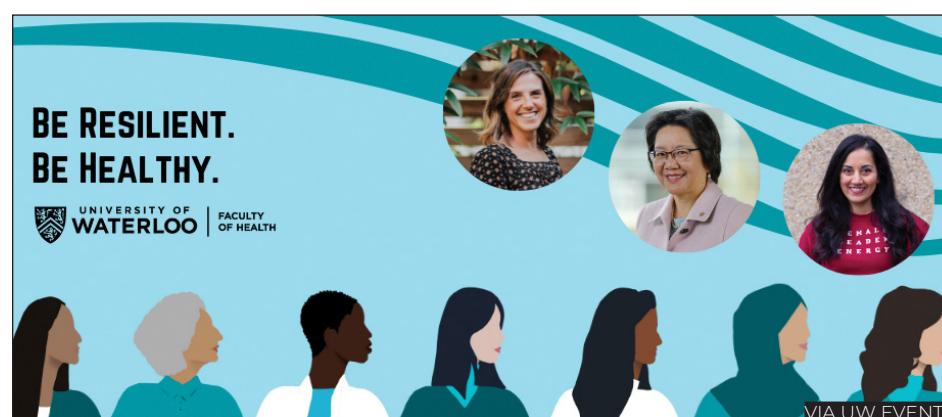
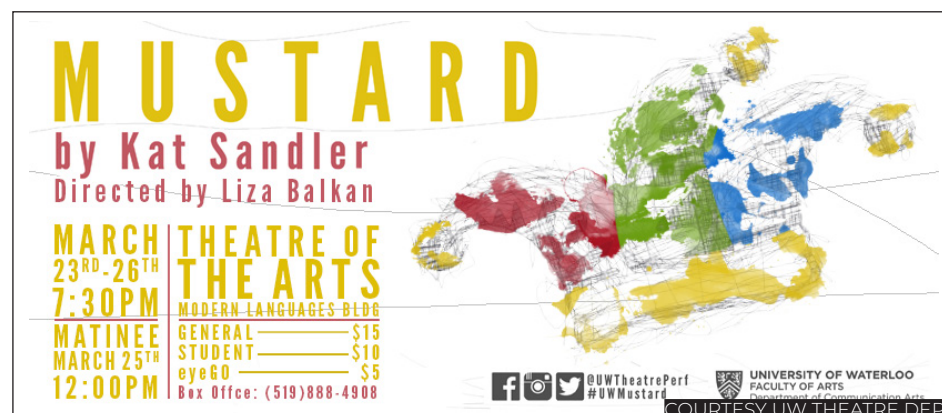
Mustard

Theatre of the Arts, Modern Languages,
200 University Ave. W., Waterloo, Ont.
March 25–26, 7:30 p.m.

Presented by the UW Theatre and Performance Program, *Mustard* is a tragicomedy from award-winning Canadian playwright Kat Sandler and directed by multi-disciplinary Ontario theatre artists and UW guest director Liza Balkan. Following a mother and daughter, as well as the daughter's imaginary friend who has stuck around just a bit too long, the play navigates the serious issues of "divorce, alcoholism, suicide, mental health, teen pregnancy and growing up" with a funny and magical touch.

In addition to the play, audience members are also invited to experience both an installation, located in the theatre, and a thematic display, located in the theatre gallery, to further immerse themselves in *Mustard*'s world. The doors will open 30 minutes prior to the performance to give audience members time to explore. Tickets are \$15 for general audiences and \$10 for students and seniors.

Tickets can be purchased at the door, or in advance if you call the box office at 519-888-4908.



UWAG exhibit: Here. In Absence

On exhibit for the first time in NA, Vessna Perunovich's work echoes various crises in society today

Khalid Safdar
Reporter

Art is a form of expression for some — a form of understanding human nature and the qualities that it can potentially harness and, for most, it's a way to communicate and address social issues.

The UW Art Gallery (UWAG) showcases an excellent exhibit related to this ideology. Here. In Absence, currently exhibited at the UWAG — for the first time in North America — revolves around the themes of darkness and light, beauty and violation, and one's resilience towards life's journey. The exhibit was created by Vessna Perunovich, a Toronto-based interdisciplinary artist whose work aims to advocate for social issues, displacement, and boundaries.

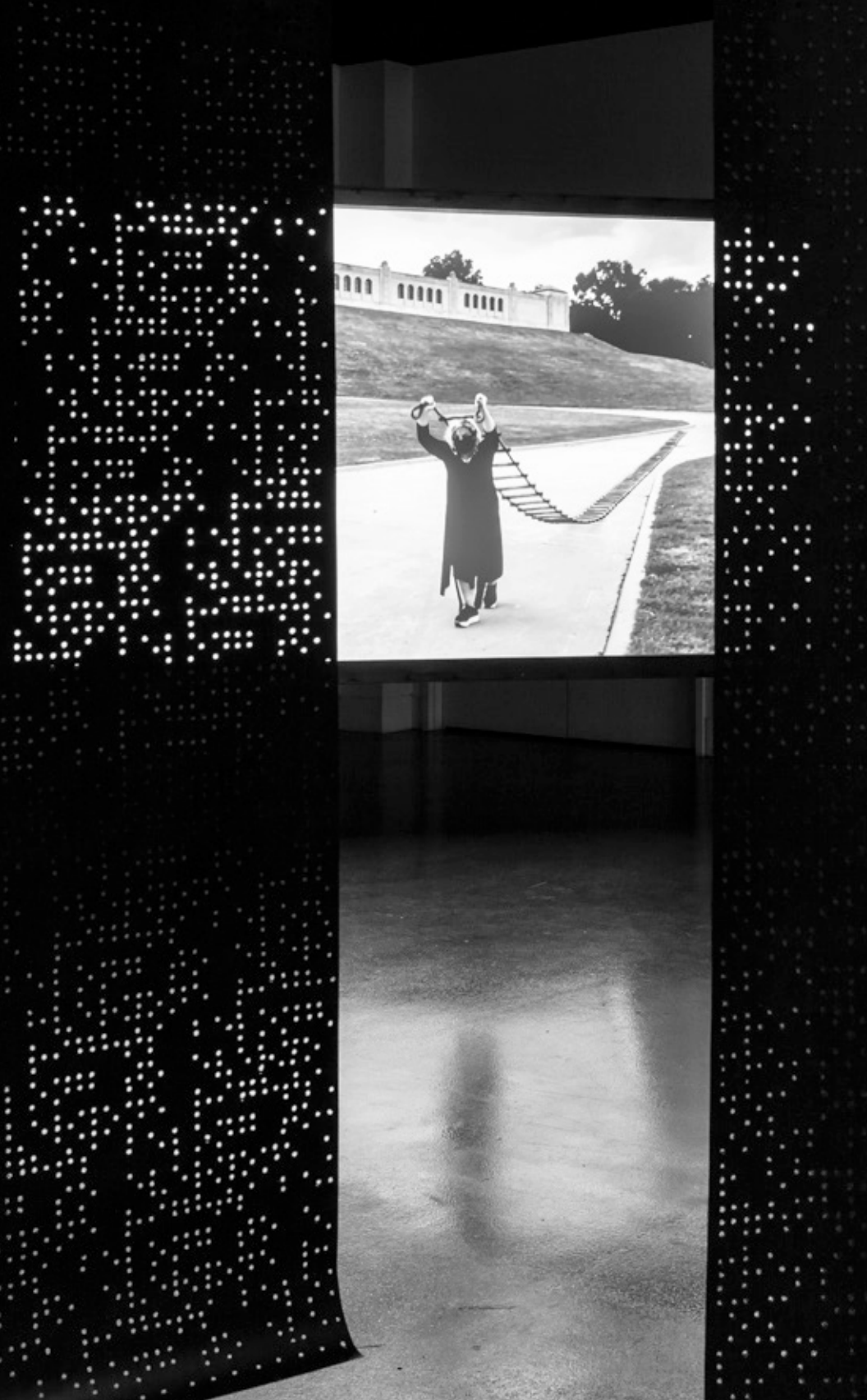
Ivan Jurakic, the art curator and director at the UWAG, considers Here. In Absence a response to the pandemic, as this is the first exhibit of the year after a long period of living with pandemic protocols. Jurakic hopes the art exhibit evokes feelings that would satisfy his role as a curator.

"There's a lot of uniqueness to the work, it was emotionally and intellectually challenging as it hits a lot of notes as the work evolved over months before being put out," Jurakic said.

"It shows life's journey and the resilience of humans; we're always fighting the odds."

VESSNA PERUNOVICH,
EXHIBIT CREATOR

Many creative intellects believe art has no boundaries and is not constricted by the shackles of time. Perunovich's work is an embodiment of this thought as it takes on a holistic approach in respect to showcasing human connection to isolation, division and belonging. In Here. In Absence, which was originally created in 2020 amidst the pandemic, Perunovich can be



seen walking around the seemingly abandoned environment at the R.C. Harris Water Treatment Plant beside Lake Ontario — formerly known as the "Palace of Purification." She carries the burden of a nautical Jacob's ladder, aesthetically a metaphor, to climb from one place to another portraying the journey of life.

"It shows life's journey and the resilience of humans; we're always fighting the odds," Perunovich explained.

The location of the place also holds significant importance, as the sound of the industrial locomotive underlines the creation of an atmosphere signifying the artist's journey through her childhood.

"I grew up close to a railroad, so it symbolizes my journey, my childhood," Perunovich said.

Another mesmerizing element exhibited in the gallery includes the hanging braille piece depicting the United Nations Universal Declaration of Rights and Freedom, advocating for the progressing injustice and crisis in the world. The pandemic in this scenario is explicitly portrayed by Perunovich through her wearing a mask while carrying the ladder across the palace of purification.

She highlights these events as a way to create a pause for contemplation or in her words, "to think of a new way to look at things." Art is a form of communication for her and she strives to bring about awareness of the issues faced by humans.

"As much as people are different they still experience the same things such as the pandemic, in a way we're all similar," Perunovich said.

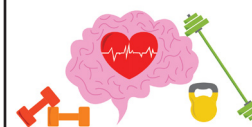
In all of this, the UN declaration beacons the true meaning of humanity and compassion as it is ideal for living life the right way.

Something encouraging she hopes to achieve through her art is to bring positivity as her work strikes a poetic balance between darkness and light.

"There's always a little light at the end of darkness," Perunovich said.

Here. In Absence is displayed at the UW Art Gallery (UWAG) till March 25, 2022. For more information visit the UWAG website.

sports & health



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Athlete Spotlight: Angela Chen

Suhani Saigal
 Editorial Assistant

Angela Chen represented Canada in the Junior Pan-American Badminton Championship in 2016 and finished in second place in girl's doubles. From then to now, Chen has participated in several provincial and national tournaments and is also a part of UW's women's badminton team.

The sport has helped Chen understand the importance of teamwork and develop a positive mindset on and off the court.

"Sometimes, when you're competing, you feel down and tend to look at things negatively so it's really nice when you have a really supportive team behind you to cheer you on and help you change your mindset to be more positive," Chen said. "Also, whether it's with school or work, just trying to stay positive no matter what's being thrown at you helps you keep going."

Chen grew up playing many sports before settling on badminton.

"My parents kind of threw me into everything just so I could have a wide range of skills and

everything, but then over the years, I started slowly dropping everything because I started liking badminton a lot, to the point where I ended up keeping badminton as the only sport," Chen said.

Chen feels that while the current season is different, there's a key sense of familiarity that accompanies the return to in-person training.

"Training has been a bit different because

of the lockdowns. We were preparing for the OUA Championship when the January lockdown happened, but luckily we had really diligent coaches who gave us training plans to stay in shape at home," Chen said. "It's familiar because it's nice to be back. We were on pause last year but we're back this year and we're training probably harder than ever because of our new coaches."

Training for this season has been re-

freshing for Chen.

"It is very exciting to be with the team and the atmosphere is amazing. Everyone in court is going through the same adrenaline, passion, and struggles, which make the training sessions very revitalizing. It has been really fun," Chen said.

Although the lockdowns posed some challenges, the COVID-19 pandemic has helped Chen as classes and co-op interviews are conducted online, giving her more flexibility for her athletics.

"Earlier, it was a little hard to juggle between training and since I'm in the co-op program as well, I was always scheduling interviews and attending classes. It was difficult because things would overlap," Chen said. "Now with pre-recorded lectures and online interviews, I find it easier to make it to practice."

Overall, playing badminton and being a student-athlete has taught Chen how to manage her time well.

"With university and being in the co-op program, I realized the importance of good habits. Tasks become easier when we stop looking at them as tasks and make them something we're used to, like a habit in our everyday lives," she said.



VIA ANGELA CHEN

imprint
THIS WEEK IN ATHLETICS
 GO GOLD GO BLACK GO GOLD GO BLACK
 WATERLOO WARRIORS

W HOCKEY
 MARCH 5
 7:00 PM | CIF ARENA
VS BROCK

POP UP STORE | SHOP
 WATERLOO ALUMNI DAY
 RESIDENCE DAY
 CAMPS AND MINOR LEAGUE DAY | DONOR APPRECIATION DAY

BASKETBALL
 MARCH 2
 (W) 6:00 PM (M) 8:00 PM
 PAC (TOTZKE COURT)
VS MCMASTER

'WE ARE ONE' GAME

BADMINTON CHAMPIONSHIP
 MARCH 4 - 6
 PAC (TOTZKE COURT)

FITNESS AND CLIMBING MEMBERSHIPS
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ATHLETES OF THE WEEK
KATIE FORD
 CURLING
 KINESIOLOGY
FINN DODGSON
 NORDIC SKIING
 MATHEMATICAL PHYSICS

UW opens new rock climbing wall

A new hobby to get a 'hang off' is now only a few minutes away

Zaina Besaiso
Reporter

Convenient and fun are two words that are quite descriptive of the new rock climbing wall at the University of Waterloo. During the fall term of 2021, the rock climbing wall opened its doors to climbing and bouldering fans alike. And although it has gained popularity since the time it has opened, it remains an unknown mystery to most.

Located in the physical activities center, more commonly known as PAC, the wall is 40 feet high. With bright yellow coloring and multicolored holds, the wall is nothing short of welcoming. All levels are welcome. Whether you're a beginner or an expert, you can decide the level of challenge you want to take on. There are five automated ropes for climbers to use by themselves and five manual belays for climbers to partner up.

If top-rope climbing is not your cup of tea, don't worry. There's also a spacious 20-foot high bouldering wall if that is what you're into, because worry not, others in



the gym are just as curious as you are. "Not only is it convenient and fun, but I also feel much stronger physically since I started rock climbing," said Jacob Bouckley, the first Waterloo certified belayer.

So, are you looking for your next hobby? Did this article convince you to check out the new rock climbing wall? If your answer is yes to both those questions, then you might find it quite convenient that you can purchase a rock climbing membership to access the wall, with no further cost, for the entire term. And if you are not too sure and are looking to try a new thing, you can purchase a day pass at the PAC customer service desk. A one-day pass that can get you an hour and a half long rock climbing session for only \$12 plus the cost of shoes. Meanwhile, a rock climbing membership (including shoe rental) for the term is \$75.

So, can you imagine how fun and convenient it is to have access to a rock climbing wall within a walking distance?

If you are ready for a new hobby, don't forget, UW's new rock climbing wall is only a few minutes away, and it goes by the name of rock climbing.

How to exercise safely now that gyms are open

Safia Ahmed
Reporter

It's finally the time of year everyone's been waiting for: PAC and CIF are fully open for all your fitness needs.

After a long closure and many restrictions due to the pandemic and government lockdowns, gyms across the Waterloo Region are slowly reopening, including the two major on-campus fitness centres, PAC and CIF. However, with a vast amount of people flocking to these spaces, it is important to remember that pandemic protocols are still in place. Here is a list of tips (and important reminders) to keep in mind when exercising at PAC and CIF this term.

Bags not allowed

A new policy that has been enforced this term is that backpacks cannot be brought in within the workout area. All gym-goers are required to leave their bags on the ground floor or in changing rooms. If you are uncomfortable leaving your bags unsupervised, PAC and CIF offer lockers for a fee. Small lockers are \$25 per term and large lockers are \$35 per term. These lockers come

with complimentary towel service where you can rent out one towel at a time.

If you wish to carry specific equipment, small string bags may be allowed but all other bags must be stowed away in lockers or changing rooms, and outside of the workout areas.

Reservations no longer required

As of this week, reservations are no longer required for PAC or CIF. Students can now walk in without reserving a time slot for most cardio and weight training activities.

PAC does have a capacity limit: only 60

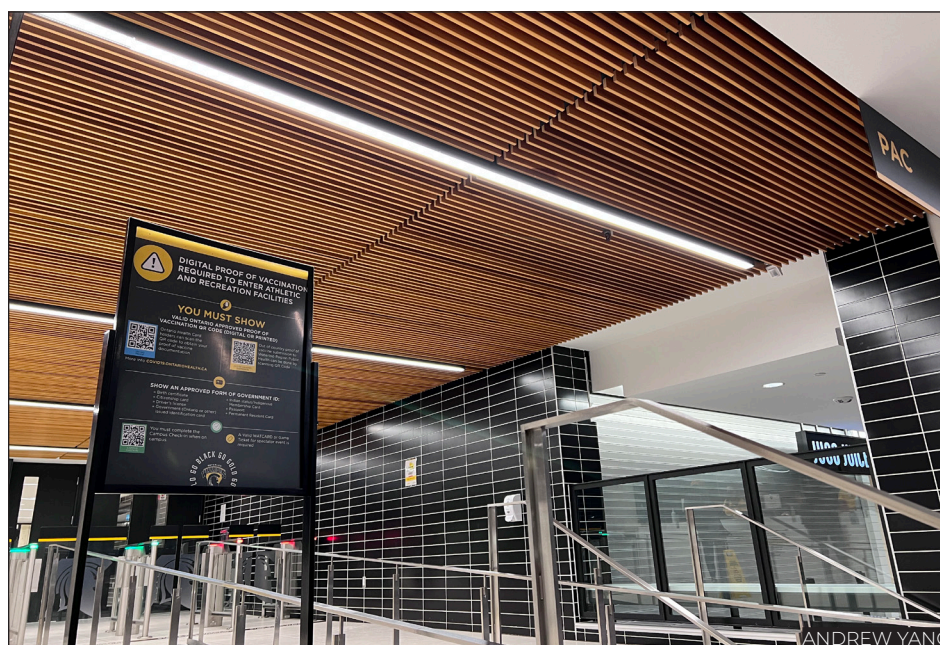
people can be inside the gym at all times. If capacity is reached, participants will be asked to wait outside until the appropriate number of users leave. Please keep this in mind when scheduling workouts into your day.

If you would like to participate in lane swim, however, reservations are still required. Other activities that still require reservations include open rec badminton and squash. All reservations can be made on the Waterloo Warriors website under facility reservations. Please note that all other protocols are still in place. All gym-goers are required to show their enhanced vaccine passport and a valid piece of government ID.

Don't forget your mask + sanitize.

While masks can be taken off while exercising, they are still required for entry and when walking around the gym. It is also important to remember to please sanitize the equipment before and after use to limit the spread of COVID-19.

At the end of the day, working out at PAC or CIF is a great way to stay fit — it's inexpensive and convenient. To make sure these gyms remain an option for everyone on-campus, it is important to follow the appropriate safety protocols in place and stay safe.



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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

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.

**opinion****HAVE YOUR SAY**

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

Far-right extremism rears its ugly head again

Religious freedoms are under attack in India



SHARANYA KARKERA

Once again, India finds itself at the helm of an attack on religious freedoms guaranteed under its own constitution. This time, it is the proposed ban on hijabs — propelling widespread disputes across the country. Last month, the video of Muskan Khan, which made the rounds on Twitter, sparked wide outrage; this video showed Maskan Khan being heckled by a far-right mob who would not allow her to attend the school in the state of Karnataka as a hijab-wearing Muslim woman.

Several similar incidents have occurred at other academic institutions where Hindu right-wing groups clashed with Muslim women as they attempted to stop the latter from entering said institutions. The protests resulted in country-wide demonstrations and a three-day country-wide college closure but the situation does not seem to be improving by any stretch of the imagina-

tion. How could it, when the protesters are far-right Hindu supremacist extremists, whose purpose is to undermine India's commitment to secularism and promote nationalist and discriminatory Hindutva values, often at the cost of its sizeable minorities, which in this case is the 200 million Muslim community.

This time last year, the ruling Bharatiya Janata Party (BJP) led by Prime Minister Narendra Modi, had targeted Indian farmers, mainly its large Sikh community, resulting in a year-long protest which spread over to Sikh diasporas all over the world, including Canada. The Karnataka government has also passed anti-cow slaughter laws, which target its Christian population. Many orthodox Hindu religious leaders and politicians have openly called for genocide by endorsing mass killings and the use of weapons to exterminate Muslims from India.

As many are calling this religious apartheid an ethnic cleansing, the first United Nations Special Adviser on Prevention of Genocide Juan E Mendez has called upon the international community to take action to protect Muslim (and other) Indian minority communities. But can the UN take action?

Under global responsibility to protect (R2P) commitments, the wider international community is expected to take collective action to protect a population in the circumstance that a state is not only failing to protect but is also actively persecuting a minority group within its borders. R2P has been invoked on several instances concerning genocide and armed conflict. The Genocide Watch group has placed India at number eight of the ten stages of genocide, with the remaining stages being 'extermination' and 'denial' regarding the Muslim commu-

nity. The issue, however, stands that India has not ratified the Rome Statute, which allows it to breach its commitments to the International Criminal Court, which does not have any jurisdiction over India in regard to persecuting the perpetrators.

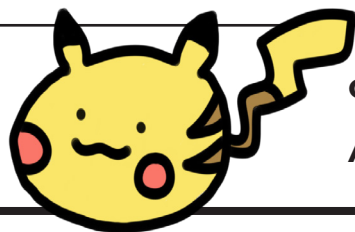
So, who is really responsible for upholding religious freedoms, the right to life, liberty, freedom of speech and expression? It is obviously up to the Government of India and its Prime Minister to sustain and defend the sanctity of its constitution. But clearly, that does not seem to be happening as Modi's BJP is complicit in the atrocities. Owing to India's stalwart role in global trade and international relations, countries are largely hushed in face of blatant state misconduct. R2P would be a viable option but requires a consolidated international response and media operation — one that just doesn't appear to be coming any time soon.

Shifting the lens closer to home, the Freedom Convoy which held Ottawa hostage for three weeks boasted several white supremacists with confederate flags, with Nazi ideological underpinnings similar to Hindutva values. There is also foreign support for the Freedom Convoy with millions in financial support from far-right organizations just south of the border. Meanwhile, some of the lead organizers of the convoy have openly espoused the white nationalist talking point of the Great Replacement.

Many significant overlaps between the two situations are apparent wherein the dominant demographic is being deliberately and systematically replaced by another. In India's case, this is the Love Jihad. Both movements garner political support from various conservative, far-right factions in their respective countries, with respective narratives proclaiming their movements as 'just,' 'noble,' and 'honourable.' Through all this, it is clear that even though they have different end goals, each movement champions similar ideological rhetoric — one that is severely problematic, extremely dangerous and cannot be ignored as a larger, global issue.

Noor Mirza & Sidney Davidson
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distractions

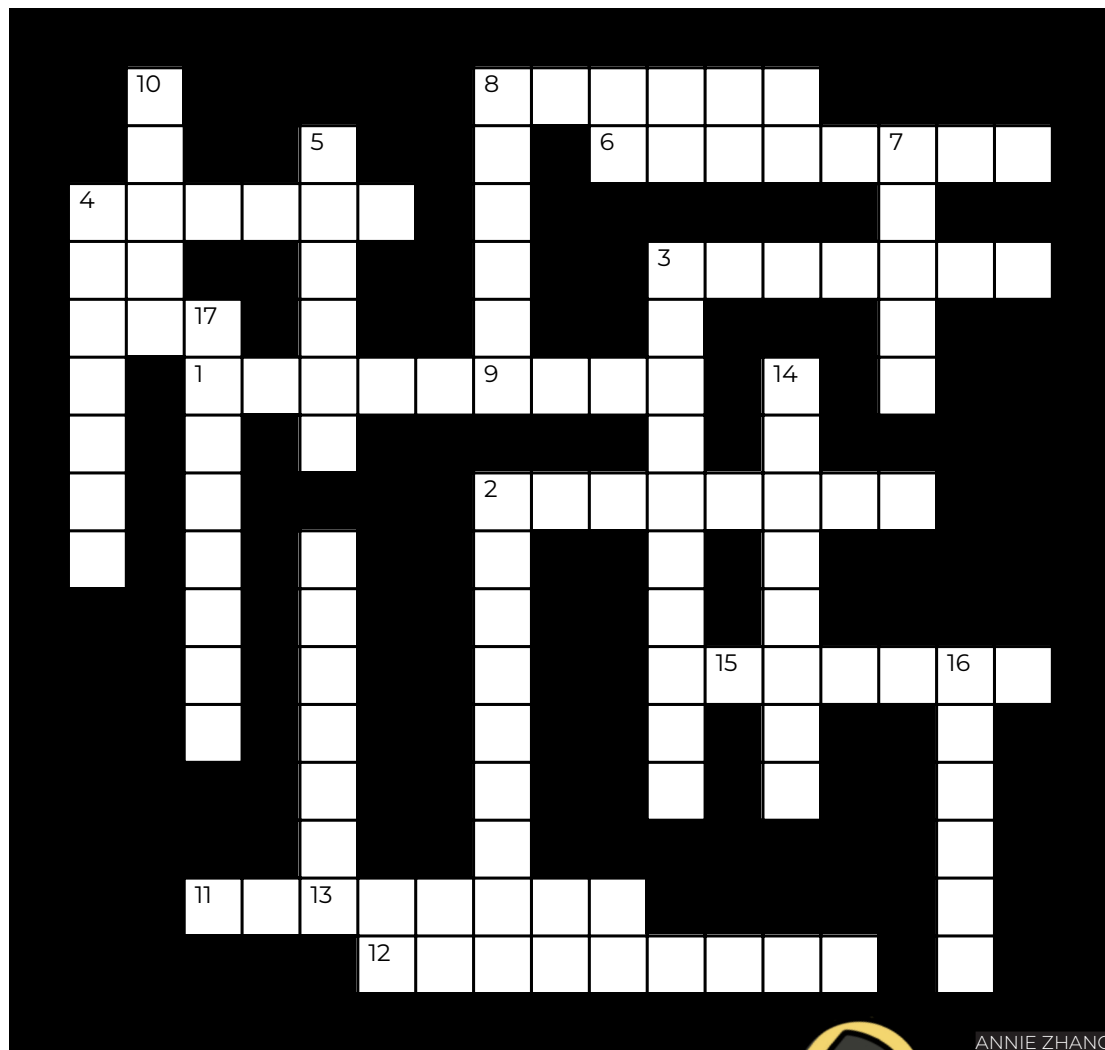


Q: WHAT'S PIKACHU'S FAVOURITE MEAL?

A: A POKÉBOWL!

Imprint crosswords

Starter Pokémon



ANNIE ZHANG

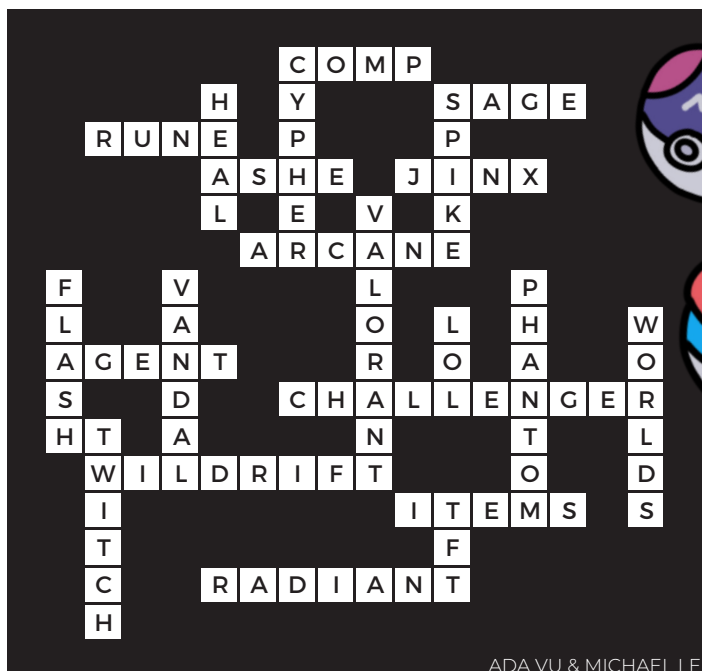
Across

1. Waving a single leaf on its head to keep foes in check!
2. Fiery tail is fueled by gas made in its belly, time to monkey around
3. Usually soft quills on its head that can pierce rock, grass type
4. Round, penguin-like, water type, spicy attitude
6. Tiny water turtle that projects water from its mouth
8. Grass type, attacks by slamming enemies with its thick tail
11. Akin to crocodile, small with big powerful jaws
12. Born with a seed on its back, uses vine whip
15. Its tears pack a powerful chemical punch, cries easily, water lizard

Down

2. When angered flames are vigorous, looks like a porcupine
3. Fire lizard, flame burns at the tip of its tail, final evolution flies
4. Jumps higher with water balloons, a joyful sea lion
5. Uses fin on top of head as radar, mudfish
7. Final evolution is Emboar, likes to roast berries
9. Owl-like, use Trainer's pocket or bag as a nest, backwards
10. Grass snake, photosynthesis when bathing their tails in sunlight
13. Covered all over by a fluffy coat, fire chicken, backwards
14. Blue sea otter, fights using the scalchop on its stomach
16. Sets own body on fire and burns away old fur, fire cat
17. Special pads on feet and nose, spirited fire bunny

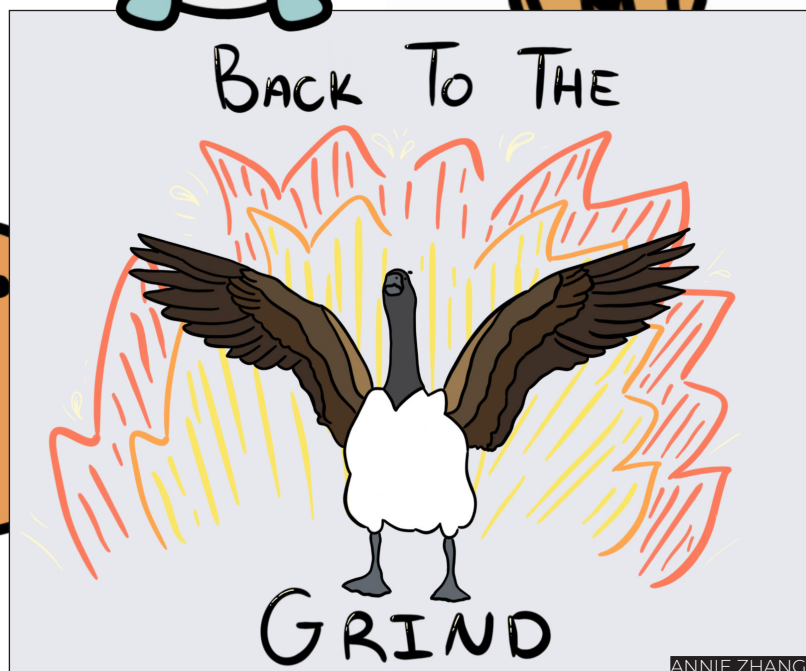
LAST WEEK'S ANSWERS



ADA VU & MICHAEL LE



BACK TO THE



ANNIE ZHANG