



p2

ATTACK AT CMH

An attack at Claudette Millar Hall residence leaves one student hospitalized, a second arrested.



OCEAN PROTECTION

What makes some sunscreens unsafe for aquatic organisms like coral reefs? P8

MASK MANDATES LIFTED P4
COVID-19 restrictions on campus are loosening as cases decrease in the region.

SWIMMING FOR EQUITY P6
UW Alliance introduces free swimming lessons to support minority groups in the community.

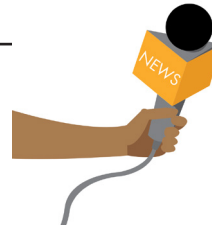
'I HATE KIDS' P10
A growing disinterest in child-rearing is harming children and setting them up to fail.



COURTESY WUSA

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UW suspends mask mandate

Alicia Wang
News Editor

President and vice-chancellor Vivek Goel, along with vice president, academic and provost James W.E. Rush, announced in a memo released on June 20 that UW would suspend their mask requirement in following with the province's lifting of the mask mandate. This change took effect on July 1.

Though UW's mask mandate has been officially suspended, the memo encouraged community members to consider wearing masks in large gathering spaces like classrooms or exam halls.

An online poll conducted by Imprint found that of the respondents currently on campus, 62 per cent would continue wearing masks after the suspension. Answers to where those masks would be worn included in classrooms, during labs, and any other time students would be around "lots of people."

UW's move is consistent with a steady trend of loosening restrictions due to decreasing COVID-19 case numbers, though



SHARANYA KARKERA VIA SRMH

COVID-19 signals in wastewater remain higher than at the same time last year. The moving seven-day average of new cases in the KW region now stands at 4.7 per 100,000 residents as of June 29, as opposed to a high of 20.4 new cases per 100,000 residents in early April.

The Ford government lifted the provincial mask mandate on March 21, leading the KW regional council to repeal the by-law requiring masks in enclosed public spaces on the same day.

More recently, institutions including Wilfrid Laurier University and Conestoga College have similarly decreased mask-wearing requirements, with Conestoga also pausing their proof of vaccination requirements in all campus buildings. While UW does not currently require proof of vaccination, the university has encouraged community members to submit up-to-date proof of vaccination to "minimize disruption to work and learning" in the event that vaccination becomes mandatory again. This information can be updated at any point.

Stabbing at CMH leaves one hospitalized, another arrested

Alicia Wang & Nicola Rose
News Editor & Managing Editor

Last Wednesday night, police were called to CMH at around 8:45 pm, where a man was stabbed inside UW's Claudette Millar Hall residence. The attack has left the man hospitalized with non-life-threatening injuries. Both men involved in the incident are UW students.

Special constable services tracked the 19-year-old-assailant down until Waterloo police brought him into custody, charging him with aggravated assault and possession of a weapon with dangerous intent. The motive behind the attack remains unknown.

According to the Waterloo Record, news of the



VIA MASRI O ARCHITECTS

stabbing spread slowly, despite tweets about the incident from the university, published Wednesday night and Thursday morning. The Record interviewed students leaving CMH the day after the stabbing and found that respondents were either unaware of the attack or that their knowledge was limited and based on reports from friends.

Students who had heard about the attack expressed concern about their safety on campus and emphasized their desire to be kept updated about the situation.

Anyone with information about the stabbing is asked to contact the police, who can be reached at 519-570-9777 or Crime Stoppers, at 1-800-222-8477.

UW introduces climate change course



ANDRES FUENTES

Farhan Saeed
Reporter

The University of Waterloo aims to tackle climate issues by offering a pilot course related to the “Wicked Problem of Climate Change” that will become available for undergraduate students starting in winter 2023.

This brand-new course will be designed and developed by a team of selected PhD candidates and taught to up to 60 senior undergraduate students. The course offering is in line with the school’s plan to develop talent to understand problems in a complex world and develop solutions for them.

“We want to gather interdisciplinary perspectives on what is truly a wicked problem. The idea is to get a holistic approach by bringing in students from all faculties,” said Anna Esselment, Associate Dean of Graduate Studies.

In addition to creating solutions for climate change, the course seeks to foster a unique interdisciplinary learning environment. Students will be bringing engineering, environmental, business, and governance knowledge to the classroom to provide unique perspectives on tackling the issue.

The course’s structure draws influence from UW’s Interdisciplinary Centre on Climate Change; a hub that brings together Canadian scientists and students research-

ing climate change in a way that empowers business, government, and civil society to respond effectively to the issue.

While UW currently offers other interdisciplinary programs, this course will be the first one that is open to students from all faculties, with no formal prerequisite courses required.

“It’s great to know that despite being from a non-science background, I can study and contribute to such a relevant world problem. I can bring some knowledge of risk management to the table, and working with students from other academic backgrounds sounds like a lot of fun,” said Nuwair Akram, Vice President of the Financial Analysis & Risk Management Student Association.

UW is home to many doctoral researchers who study climate change from various perspectives. Six of these researchers, all PhD candidates, will be coming together in fall 2022 to design the course with the guidance of professionals from the Beta Teaching Innovation Incubator, to equip the researchers with pedagogical and teaching skills.

“These are young, enthusiastic researchers who are at the cutting edge of their projects,” Esselment said, explaining how the course will be equally beneficial to these researchers as they will gain relevant teaching experience. “It’s such a great mix of both the experts working on it while sharpening their teaching skills and these smart students eager to learn.”

GRT increases fares

Maahir Sheikh
Reporter

This June 15, Grand River Transit (GRT) announced a hike in the cost of fares, to go into effect July 1. According to CTV News, the price hike is intended to cover the rising cost of operating services and investing in planned service improvements. The cash fare and single ticket will be raised by a quarter from \$3.25 to \$3.50 each. Not all fares are rising, as the cost for monthly passes and day passes will remain unchanged at \$90 and \$8.50 respectively. Discounted fares will also remain the same.

Full-time Waterloo students can expect an additional \$2.11 added to their tuition bill in the fall semester as a result of GRT increasing the cost of the universal bus pass program (U-Pass) from \$105.50 a semester to \$107.61.

This is a mandatory fee attached to the tuition bill of full-time students, though part-time students are exempt. Participation in the program allows full-time students to take unlimited rides on the GRT while part-time students must pay for rides out of pocket unless they opt-in for the U-Pass. Read the full list of changes to GRT fares on the GRT website.

As of the writing of this article, WUSA has not responded to a request for comment.



VIA GRT

WUSA adopts new bylaws; begins General Election

Abhiraj Lamba
Arts & Life Editor

After failing to vote on a motion to adopt new bylaws at a Special General Meeting held in May, WUSA held another SGM on June 22, 2022, where the assembly voted to adopt new bylaws for the association to change the current governance structure.

“The [WUSA] Board [of Directors] has been considering the governance changes since the fall [2021] term and has taken a lot of time to provide feedback for the new bylaws that are presented here to you. [Additionally], the Students’ Council has provided a lot of feedback to make sure that this is the best direction for the organization moving forward,” explained Abbie Simpson, chair of the WUSA Board of Directors and former WUSA President.

The new bylaws will come into force on Sept. 1, 2022. Under the new governance system in these bylaws, the current WUSA governing bodies — Student Council and Board of Directors — will be replaced by a single board comprising 13 members: the President, one Vice-President, and 11 at-large Directors.

Unlike the present Council, which has members elected to represent different faculty constituencies, the university colleges and the UW satellite campuses, the 11 Directors on the new board will represent all UW students.

Nominations for all three roles are open until July 15. Consistent with the existing election procedures, the President and Vice-President candidates need 100 UW undergraduate students to nominate them and the candidates for Directors need 25 nominations.

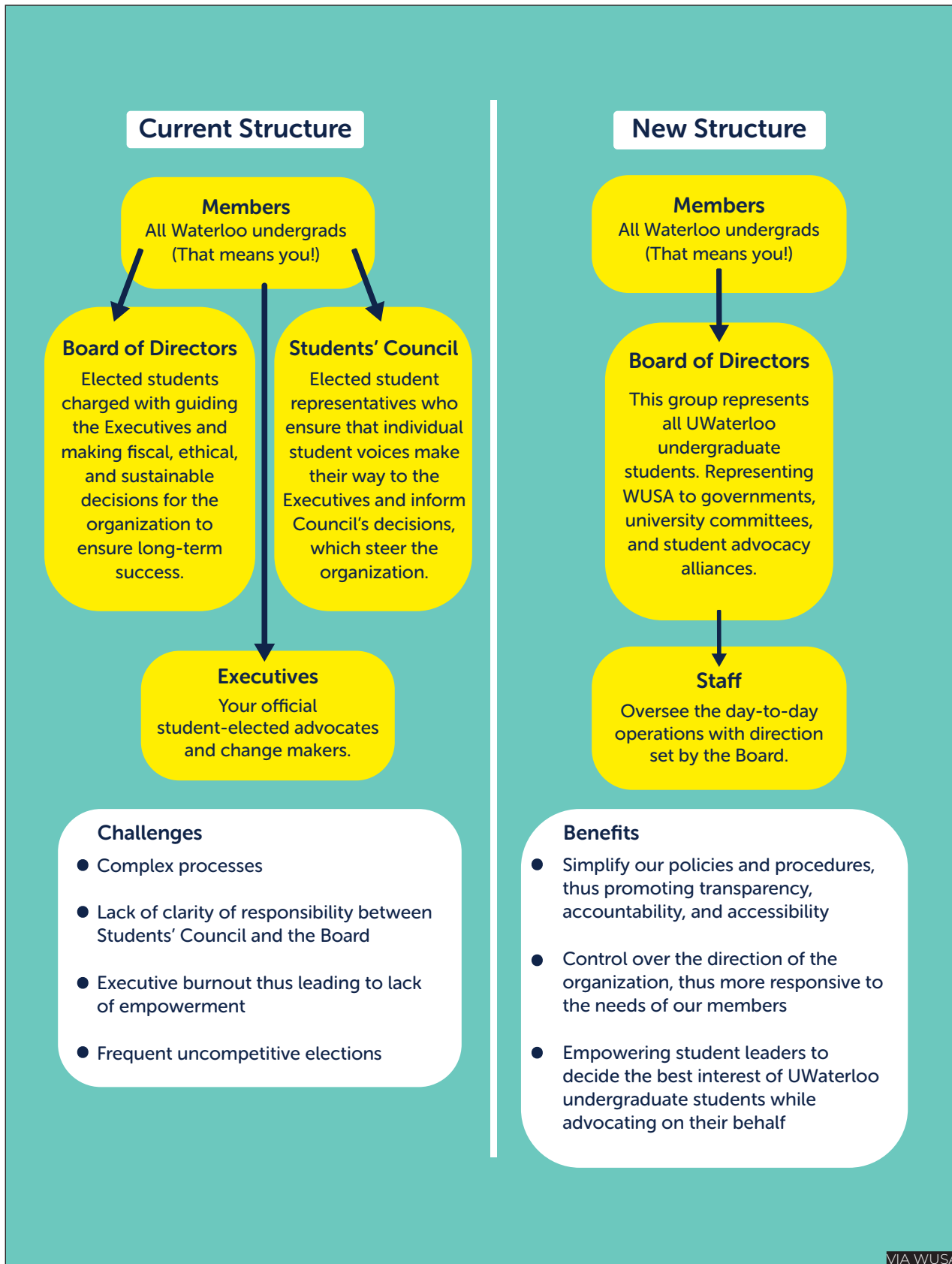
Candidates who receive the required nominations will begin campaigning on July 17, and the voting period will run from July 26 to 28. The President and VP will be elected using Instant Runoff Voting, while the directors will be elected using the BC Single Transferable Vote method.

There is also a faculty guarantee for the directors, which ensures that the leading candidate from each faculty will be elected to the board, even if they are not amongst the top 11 candidates overall.

Following the nomination period, WUSA will be organizing a Reddit AMA on July 18, and a virtual Candidate Showcase on July 19, to allow students to interact with the candidates and better understand their platforms. On July 20, Imprint will be hosting the Imprint Officer Debate for the President and Vice President Candidates. Students can watch the debate in person or over livestream.

The results of the elections are expected to be announced on Aug. 2. The newly elected team will be in office for eight months, starting on Sept. 1, while every future administration will hold office for a year.

Undergraduate UW students can register their candidature or nominate other candidates for any of the positions at vote.wusa.ca. Alternatively, they can ask the Chief Returning Officer (CRO) for a paper nomination package and return the package to the WUSA main office before the nomination period closes.



VIA WUSA

DATES TO KEEP TRACK OF

- 23 Jun** Nominations opened
- 15 Jul** Nominations close
- 16 Jul** All-candidates meeting
- 17 Jul** Campaigning begins

- 18 Jul** Reddit AMA
- 19 Jul** Candidate Showcase

- 20 Jul** Imprint Officer Debate
- 26 Jul** Voting begins
- 28 Jul** Voting & campaigning end
- 2 Aug** Results announced

sports & health



WRITE FOR SPORTS

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Recipe: Citrus Strawberry Basil Syrup

By Ingrid Au

It's July now, and by the rules of summer, all drinks must be refreshing and cold – unless you want to have a cup of hot chocolate in 30 C weather. Absolutely not. But if that is your preference, let me try changing your mind with this pretty in pink syrup, which blends strawberry sweetness with citrus tanginess.

The special guest here is the basil which adds the refreshing summery element. Trust me, you will love it.

Ingredients:

- 1 ½ cup of chopped strawberries (frozen or fresh)
- ¼ cup of lemon (size may vary, ¼ cup should equate to about half of a lemon)
- 4-5 basil leaves
- ½ - ⅔ cup of brown sugar or honey (depending on your desired level of sweetness)
- A small pinch of salt

Instructions:

- Combine your chopped strawberries and sugar in a pot. Leave the sugar to draw out the fruit's moisture for about 15 to 20 minutes. Gently heat the pot on the stove at medium heat. Once the mixture has come to a boil, turn down the heat to low and let it simmer for 10 minutes. While simmering, add the lemon juice and salt, stirring occasionally.
- Once the mixture has thickened, take it off the stove and let it cool. Place the basil leaves in a mason jar or any airtight container. Once the syrup has cooled, pour it into the container. Make sure the basil leaves are evenly dispersed throughout the syrup to maximize flavour.
- This syrup can be stored in the fridge for up to one and a half weeks.

That's it. It is that simple to make and you can add it to lemonades, sparkling water, sweet tea, or sodas like Sprite. If you really must have a hot drink during the summer, perhaps consider a cup of green tea with this syrup.

Sometimes, I shamelessly eat it on its own — this syrup is versatile! The best way for me to enjoy this recipe is to have it in a glass of cold sparkling water with a good book on the side. And ladies and gentlemen, that truly completes my summer dreams.



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UW Alliance starts free swimming lessons for women



VIA UW ATHLETICS

Andres Fuentes
Publications Manager

The latest initiative by UW Alliance, a group of students and staff committed to bringing positive systematic changes against racism, is a free learn-to-swim program focused on access to minority groups in the community. One of the Alliance co-founders, UW swim team coach Jacky Beckford Henriques, runs the program. The program started this past May and currently has 48 participants.

According to Henriques, the pilot program was supposed to start last year but was pushed back to this Spring due to COVID-19 and other organizational challenges. While organizing the program Henriques found that there was a real need for female-only swim programs, which is the current target group. Currently, the participants enroll through a partnership with Adventure for Change and range from seven to 41 years of age.

"There's very little offered in sport for women and girls in the community. So [initially] I said, we'll have one class for each sex. And then they came to me and said, listen,

we've got 48 women registered. So I thought, there's obviously a demand there. Let's go with that. But then because of cultural and religious reasons, I have to have a female-only staff. These are all things that came up. But we were all prepared to push to start it now, and that was really the key thing. So I consider that this is a pilot start," Henriques said.

The program is currently run by students, some of whom come from the swim team and others who have been recruited through other means. In the fall, Henriques hopes to be able to get more of the swim team involved.

"It's such a rewarding experience coming in and being able to see the participants and see how much they've learned and are and are growing in just a short period of time. One of the first things that I was teaching some of the adults was how to learn how to float, and then just seeing the smile on their faces after they got the skill and they're able to see the progress they made, that was just really rewarding to see," said Megan Sherwin, 4th-year Rec and Sports Business and member of the swimming team.

The students who are currently helping to run the program have found the experience

to be rewarding, noting that it has added to how they see the world.

"It's given me such a different perspective on life because I feel like it's such an amazing program... I think that it just made me a better instructor, and just being able to relate to different people from different walks of life. It's just been really important, something that I'm taking away. You get to hear their stories. I think it's just given me a different and more unique perspective and helped me recognize not only my own privilege but how privileged we are here in Canada," said Leanne Schut, a second year psychology student and lifeguard.

Naheed Bibi, Community Engagement Coordinator for Adventure for Change, the community partner with whom the swim worked to bring in participants, saw a real need for the initiative, especially for girls and women.

According to Bibi, other activities like soccer or basketball are more easily accessible compared to swimming. Two of the biggest barriers to swimming are the cost of accessing a pool and the comfort levels of going to public swims, both of which the Alliance program seeks to address by being

a free program that is currently only for girls and women.

"For the teenager girls, before they were thinking that we cannot swim here. They say, 'How will we swim?,' 'Where?,' 'We are not allowed in a public swim.' Now they feel included. And that is the most important part for me is that those teenage girls when they go to high school, they can tell their friends and they can tell their fellow students, classmates that yes, we do swimming too. We learn swimming, we know swimming," Bibi said.

Halfway through this pilot session of the program, Henriques believes it's been a great success.

"I would say the success of the individuals in learning to swim has been actually better than I thought in terms of it's only a once-a-week class. When women come in and they're now able to swim 12 and a half yards, or even move 12 and a half yards in the water. To them, that's such a tremendous success... And there's also confidence for some of these women. Here you're able to do something on your own and be successful at it. So for them, it's a great confidence boost, I believe," Henriques said.



Artist Spotlight: Rachel Hickey



COURTESY RACHEL HICKEY

Abhiraj Lamba
Arts & Life Editor

Rachel Hickey, a 2020 UW Psychology graduate, had the urge to be creative, musically, since she was a little kid.

“[As a child], I would be making up random songs. I would just be playing by myself with my toys, and making songs and singing to myself,” she said.

Hickey was introduced to music as she grew up in church. She loved being able to sing in choir and in plays there.

“I think my parents kind of saw that I was interested in music,” she explained. “I have three brothers. My mom would literally make us do musical numbers and stuff for our families at weddings and get-togethers.”

Beyond that, her writing music started with piano compositions. “I begged my mom for piano lessons when I was like eight or nine. I started off on a Walmart piano keyboard, and then eventually got an upgrade in our house,” she said.

Hickey acknowledged that she was not always the best student. “I was terrible,”

she joked. “I did not practice. I would come up for my piano lesson, and I’d say, ‘Mrs. Martin, I wrote a song about elephants, and they have hair and like, listen,’ and she’d say, ‘Did you practice your actual assignment?’ and I’d say no.”

Her piano lessons led to her learning how to play chords, and using that as a tool to songwrite. She says she first started songwriting when she was in grade 10.

Initially, she did not think she had enough life experience to write anything meaningful, so she would listen to some of her favorite artists and try to copy what they were doing. However as life went on, her life experiences started to find a place in her music. “I’d never been through heartbreak or any real-life challenging things, but, as you can probably imagine, life goes on and you have more experiences. And then, I started writing a lot more, just casually through high school and university. And then I didn’t actually start taking the actual career seriously until after I graduated,” she explained.

Her influences included artists like Bruce Springsteen, Simon and Garfunkel, and Shania Twain.

As time went on, she started to listen to more folk artists like Joni Mitchell, and when she started writing songs, she was trying to copy artists like Gabrielle Aplin, Mumford and Sons, Norah Jones and Taylor Swift.

At UW, Hickey was part of the acapella club, where she met some of her friends with whom she started an alternative band called Midnight Shift. This gave her the opportunity to songwrite, co-write and perform in a different context.

In 2019, she participated in a singing contest called The Shot. “I thought it was just a singing contest, but [it] turned out that it was a songwriting contest. So then every week that I made it to the next round, you would have to write a new song or bring a new song, and I had no songs. So I wrote and wrote and wrote and had some songs there. I made it to the top eight, and then got eliminated. But that was the first moment I started thinking of myself as a musician, like an actual musician slash artist,” Hickey said.

In October 2021, Hickey released her first EP, *Getting By*, a collection of heartbreak-inspired songs that she wrote over the summer of 2020. She describes the pro-

cess of recording *Getting By* as very hands-on. “I really learned that, even if you don’t have all the pieces together, just start and you’ll find your way. I wasn’t a great guitar player. I didn’t know how to do audio production, any of that stuff. But I just jumped into it and had a lot of supportive people around me to encourage [me]” she shared. One of the songs on the EP, “Easy”, needed the organ, but she didn’t know anyone who could play it so she learnt how to play the organ in 10 minutes.

Last month, Hickey released another song, “Home”, in which she collaborated with another local artist, Marshall Vernoni. “Home” is the first song from her upcoming EP, *So Long*, which comes out on July 14. “It’s a very, ‘moving on’ kind of EP. I think it fits very well. After the very heartbreak-inspired EP, this is kind of like a rebirth,” she explained.

Hickey will be playing live at the Kitchener Market Piazza on July 14 and at TWB Brewing Kitchener on July 15. To learn more about Hickey and her music, you can visit her Instagram account, @racheljhickey or her website, www.racheljhickey.com



WRITE FOR SCIENCE AND TECH

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Your guide to ocean-safe sunscreens

Nicole Howes
Science & Technology Editor

Sunscreens are made from a variety of different chemicals to prevent UV rays from damaging your skin. While the main aim of a successful sunscreen is to protect you, many chemicals in sunscreen have been found to harm organisms in the ocean, such as coral reefs.

A study published by Science examined the effects of oxybenzone on corals and sea anemones and found that they both absorb the chemical. The cells of these organisms then transform oxybenzone into phototoxins, which become toxic when exposed to sunlight. Experiments have shown that at a minimum, 0.14 mg of oxybenzone per litre of seawater is fatal to half a coral larvae population within 24 hours.

This raises concern as samples collected in the U.S. Virgin Islands showed oxybenzone concentrations of up to 1.4 mg/L of seawater.

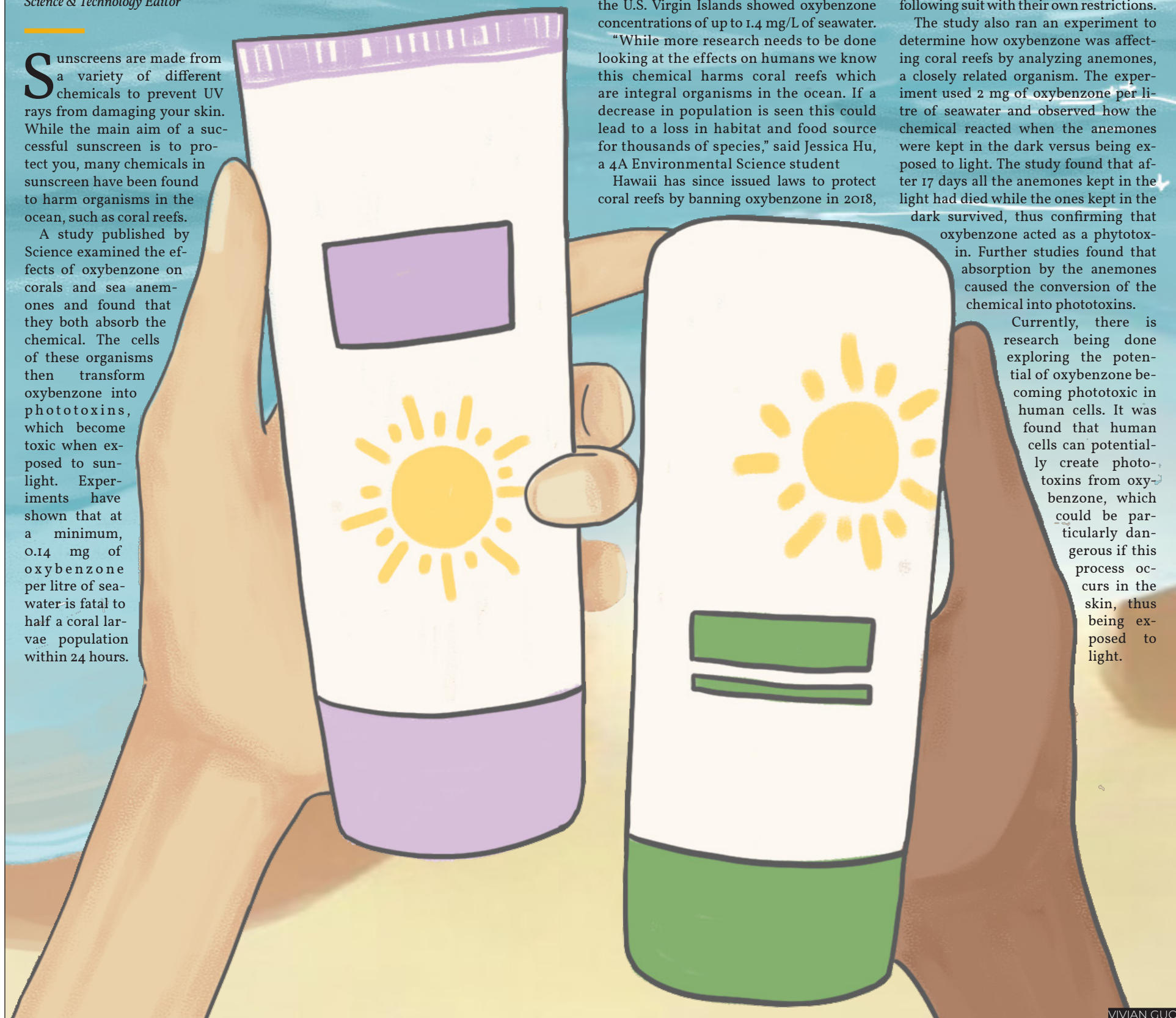
"While more research needs to be done looking at the effects on humans we know this chemical harms coral reefs which are integral organisms in the ocean. If a decrease in population is seen this could lead to a loss in habitat and food source for thousands of species," said Jessica Hu, a 4A Environmental Science student

Hawaii has since issued laws to protect coral reefs by banning oxybenzone in 2018,

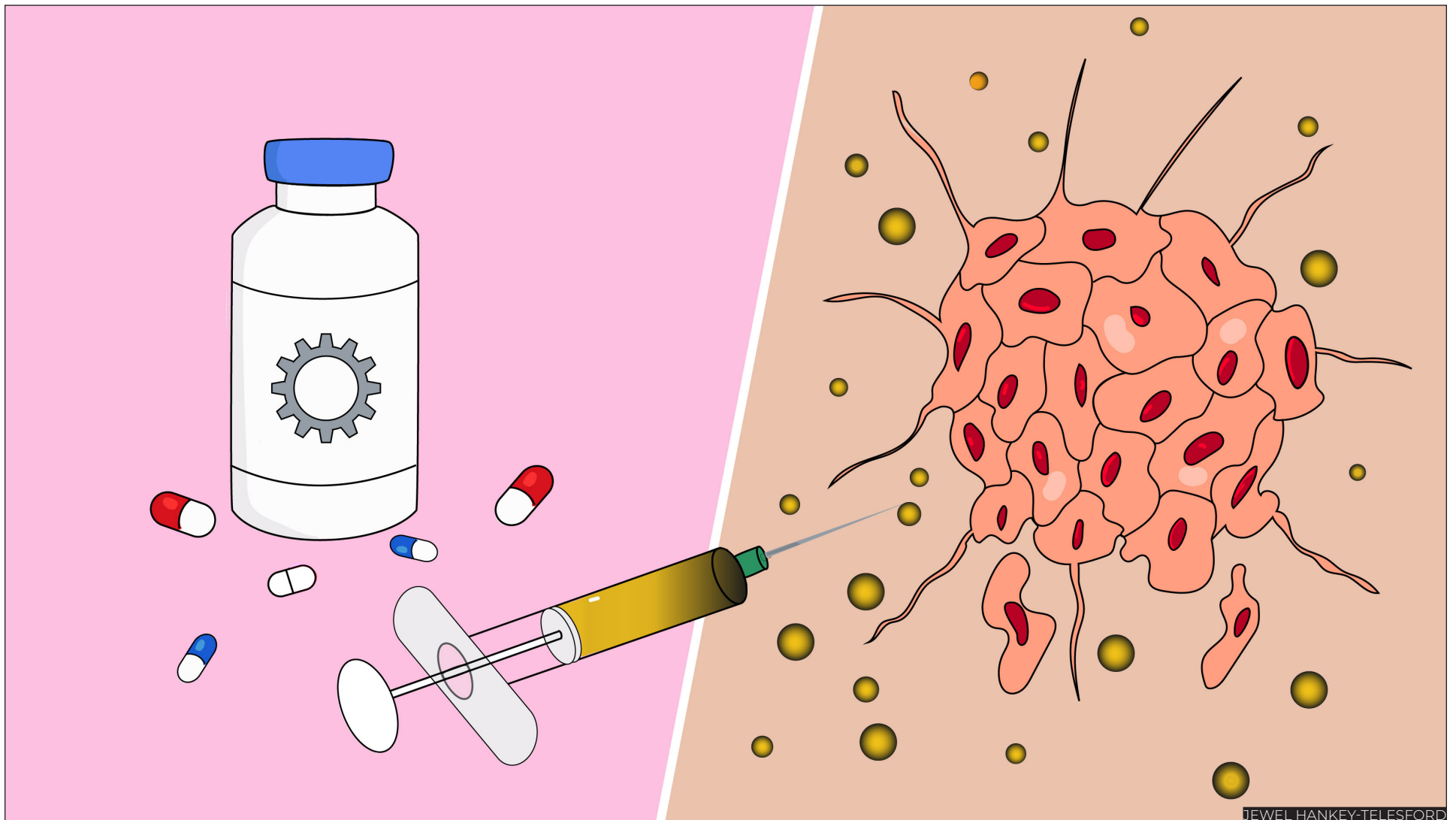
with the Virgin Islands, Palau, and Aruba following suit with their own restrictions.

The study also ran an experiment to determine how oxybenzone was affecting coral reefs by analyzing anemones, a closely related organism. The experiment used 2 mg of oxybenzone per litre of seawater and observed how the chemical reacted when the anemones were kept in the dark versus being exposed to light. The study found that after 17 days all the anemones kept in the light had died while the ones kept in the dark survived, thus confirming that oxybenzone acted as a phytotoxin. Further studies found that absorption by the anemones caused the conversion of the chemical into phototoxins.

Currently, there is research being done exploring the potential of oxybenzone becoming phototoxic in human cells. It was found that human cells can potentially create phototoxins from oxybenzone, which could be particularly dangerous if this process occurs in the skin, thus being exposed to light.



The Future of Medicine: Nanomedicine for Cancer Treatment



Halona Augustine & Khalid Safdar
Reporters

Continuous progress in nanotechnology is opening many doors across numerous medical disciplines. One of the latest nanotech cancer research, led by doctor Duxin Sun and his lab at the University of Michigan College of Pharmacy, focuses on nanomedicine and drug delivery for cancer immunotherapy.

Nanotechnology was first introduced in the 1970s and it refers to technological and scientific phenomena taking place at dimensions in the nanometre scale, which is one-billionth of a metre. Nanomedicine is a branch of medicine that integrates the fundamentals of nanotechnology with medical diagnostic and treatment methods. Scientists and researchers utilize nanomedicine to make various drugs, treatments, and vaccines.

Anticancer nanomedicines work in a unique way by increasing drug accumulation in tumours while also reducing drug accumulation in healthy organs, improving efficacy, and reducing toxicity.

Over the past 20 years, Sun and his team have solidified their research using a new technique to improve anticancer effectiveness. This technique focuses on assessing the movement of drugs with respect to the nanocarriers, which is a transport module, within the body and understanding how they alter the drug disposition in the targeted organs. The technique also analyzes the microenvironment surrounding the various types of cells such as endothelial cells, stromal cells, or immune cells.

“Using this strategy, we developed a treatment that was able to achieve full remission in mice with metastatic breast cancer,” Sun said.

Sun’s success not only sets up a solid foundation for the future of nanomedicine and cancer immunotherapy, but also means potentially finding a cure for metastatic breast cancer, which claims 40,000 lives annually. The new treatment focuses on triple-negative breast cancer, which has a high potential to metastasize, which means that it can spread to other parts of the body. Because this cancer suppresses the immune system, it responds poorly to traditional immunotherapy and chemotherapy.

Sun’s research team also worked on examining the efficiency of existing nanoparticle-based cancer drugs. Sun’s method was different from previously established treatments, as it focused on nanoparticle-based immunotherapy rather than [briefly explain what was used before].

The process involves organic nanoparticles made of albumin (a common protein) to deliver the medication directly to the location of immune-suppressing cells. Although this treatment shares the same concept of using nanoparticles as a delivery system, it includes the consideration of immunotherapy.

“We’re hopeful it will eventually translate from animal models to cancer patients,” Sun said.

The use of nanoparticles in medicine has been beneficial beyond just cancer treatment, such as with the recent COVID-19 pandemic. Nanoparticles play a crucial role in COVID-19 mRNA vaccines, as mRNA degrades within the body’s natural chemical environment. Lipid nanoparticles are used to encapsulate the mRNA, thereby ensuring it is safely delivered. The combination of nanotechnology with medicine allowed for

the development of a vaccine that was previously thought to be unfeasible.

The vaccine owned by Pfizer was not only 95 per cent effective but was also given authorization from the FDA in record time. Nanoparticles were also being used in vaccine research before the pandemic as well — BioNtech currently has an mRNA vaccine in phase two of their clinical trials for the treatment of cancer, after studying cancer treatment for two decades.

Although vaccines for infectious diseases are quite different from vaccines for cancer treatment due to many factors such as inoculation methods, this research not only exhilarates the spirits of scientists and researchers but also prompts talks about a potential cancer vaccine.

Juewen Liu, a UW professor and researcher in the fields of nanotechnology and biology thought of the study led by the Sun group as a beautiful example of cancer research.

“Using biologically derived nanomaterials like lipids and proteins to deliver drugs is likely to have a higher chance of success due to better biocompatibility and lower toxicity of the delivery vehicles,” Liu said.

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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

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opinions

Children are the future, so why do we undermine them?



JIA CHEN

Today, an increasing number of young people are abstaining from raising children, pointing to reasons such as the ongoing climate crisis, overpopulation, personal aspirations, financial and health concerns, and a simple disinterest in child rearing.

As an educator working for a daycare centre for preschool-aged children, I continue to notice the negative cultural shifts in attitudes towards children. Whenever a child does something deemed 'inconvenient' in public — like yelling or crying — there is a noticeable amount of annoyance, disgust, and vitriol held against the parent or the child themselves. I've noticed a lot of childcare people, in their explanations for abstaining from child-rearing, making statements such as "I hate kids" — equally as concerning as the casual tone of the statement itself is the level of acceptance and agreement it is met with.

It is becoming more and more acceptable to treat kids as a burden on society — as if life would be more peaceful if children were locked indoors until they were older. It does not matter if one is 'decent' enough to refrain from saying or doing anything rude towards the parent or child when they feel inconvenienced (truthfully, that is the bare minimum) — the hatred towards children remains, living comfortably in silence.

This needs to change. If we truly care about tackling systems of oppression, and helping youth and adults live long and healthy lives, it is in our best interest to change the way we treat children. We need to allow children to be fully immersed in their childhoods, without being beaten down by the expectation to grow up and express

wisdom beyond their years, and without discrimination or neglect. It is nonsensical to expect the future generation to grow up to become healthy and confident adults if they enter a world that is hostile to them not only on a grand scale — all social, economic, environmental, and political issues considered — but on a cultural, interpersonal level as well; a world where children and youth are patronized, belittled, and ignored.

Many of the arguments against children can be compared to ableism — a three-year-old might not be able to speak articulately, regulate their emotions in public, read or write, understand social cues, or complete most tasks without assistance, but there are millions of adults alive today who cannot do these things either due to a wide variety of different disabilities and illnesses. Ableism is also a widespread issue that has become especially apparent over the course of the pandemic. More broadly, discriminating against anyone based on their social locations (e.g., race, ethnicity, sexual orientation, gender identity and expression, nationality, religion, ability, socioeconomic class) is unacceptable — these are things that one cannot control, and there are entire systems of oppression built on top of social locations that function to keep minority groups from existing peacefully. Yet many of the socially conscious young people I associate with cease to recognize how children fit into this picture; how the cynicism and hatred towards children is discrimination.

Children cannot control the fact that they are children, the same way that you cannot control the year you were born and the age you are now. They cannot control their phys-

ical, social, emotional, and neurological development. Rather, their development largely depends on factors in their environment, such as how they are treated and taught by the people in their lives. If they are spoken to with patience, love, understanding, fairness and encouragement, they will develop into healthy and self-assured adolescents who know that they are supported in their lives. Conversely, if they are spoken to with bitterness, contempt, impatience and ignorance, their path to healthy development will be blocked by shame, insecurity and health issues later in life. This extends beyond immediate family — the way that we, as a society, speak to children matters.

Even as children, they are complete human beings. While a three-year-old might only be three-years-old, and their bodies and brains are rapidly changing, they still possess a rich inner world similar to yours. It is unfair to expect a three-year-old to regulate their emotions the same way a thirty-year-old might be able to. They are not lesser because of their age or lack of life experience. If you have ever felt like you were forced to grow up too fast, you know how painful that experience is, and yet we — on a large scale — expect children to rush through their childhoods and become tax-paying adults as quickly and 'conveniently' as possible. Childhood should not be a stepping stone to adulthood. Childhood is childhood — it is its own rich experience that spans some ten or twenty years of one's life.

Remy Leigh
 Assistant Arts and Life Editor



It's WUSA election time.

Nominations are **OPEN!**

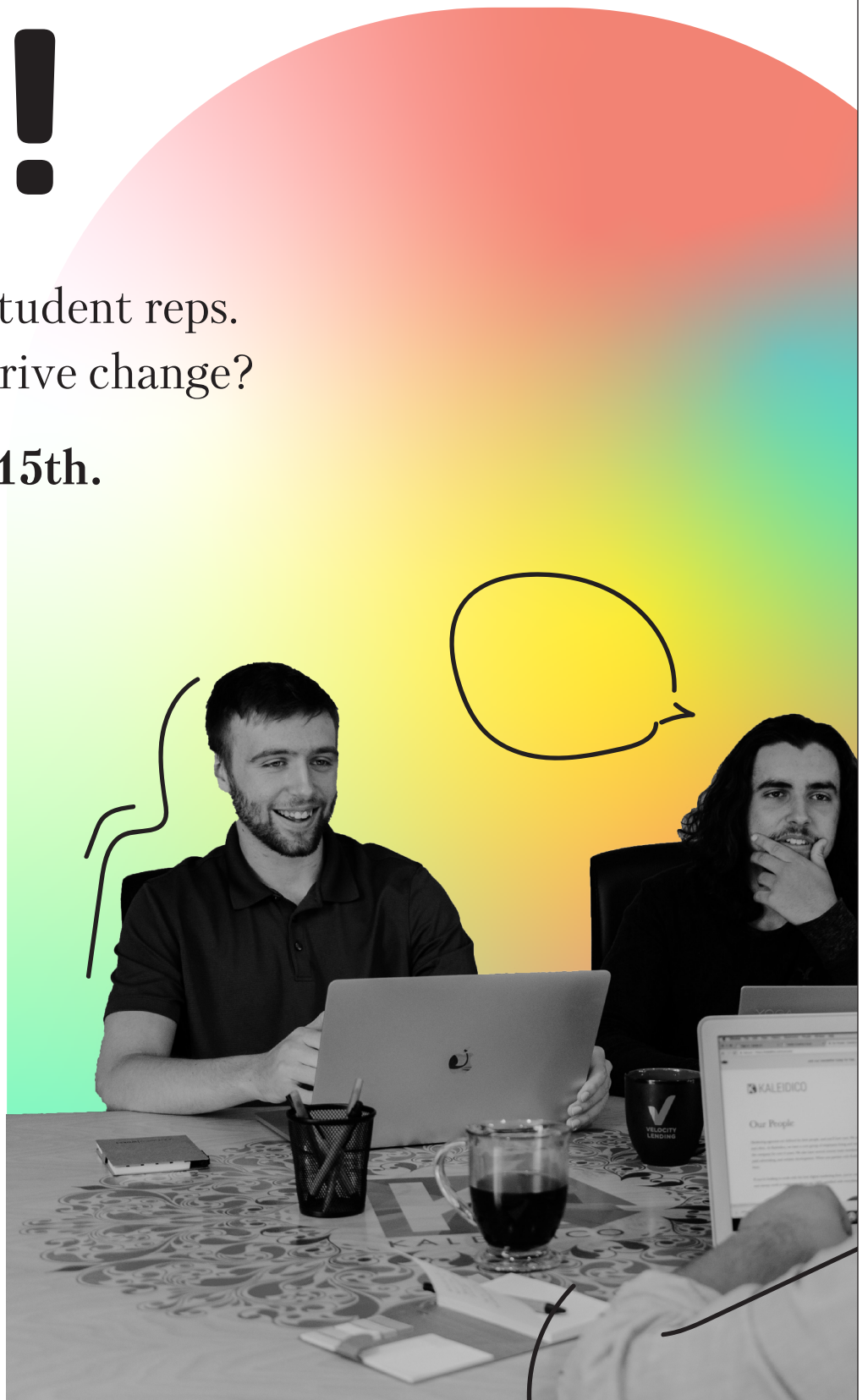
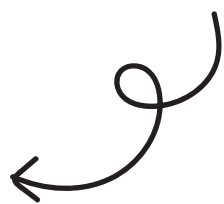
WUSA needs 13 new elected student reps.
Do you have what it takes to drive change?

Nomination period ends July 15th.

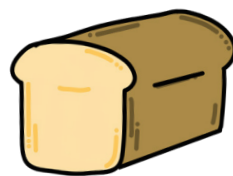
Learn how to be nominated, open positions, and important dates here:



vote.wusa.ca



distractions



Q: WHY DOES BREAD WANT TO ESCAPE THE SUMMER HEAT?

A: BECAUSE IT GETS TOO TOASTY!

Imprint Word Hunt

For The Loaf Of Bread



- BAGUETTE
- BRIOCHE
- CIABATTA
- FOCACCIA
- MULTIGRAIN
- TORTILLA
- DINNER ROLL
- CRESCENT ROLL
- BANANA
- ROTI
- PARATHA

- PITA
- RYE
- SOURDOUGH
- FLATBREAD
- POTATO
- CORN
- BISCUIT
- GLUTEN FREE
- NAAN
- BAGEL
- PUMPERNICKEL

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LAST WEEK'S ANSWERS

NOVASCOTIA
ONTARIO
NEWBRUNSWICK
YUNAVUTA
BRITISHCOLUMBIA
QUEBEC
PRINCEEDWARDISLAND

CALVIN LUO



2 MORE WEEKS

JULY ☀️

1	2	3	4	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

OF CLASS!



ANNIE ZHANG