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WATERLOO HOUSING

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COURTESY AJOA MINTAH



How students feel about building additions to Waterloo's skyline

Saihaj Dadhra
Assistant News Editor

Waterloo is raising its skyline with City Council-approved additions to buildings.

The City Council has approved changes to the zoning by-law to allow proposed residential towers at 145 Columbia Street West to add additional storeys.

The buildings are now set to be 23 storeys high, instead of the originally planned 20.

The addition will add 100 one-bedroom units, including part of the city's affordable housing grant program. In total, the buildings will have 535 units with 545 bedrooms, along with retail space at street level.

The council has also approved additions to the building at 316 King Street North, raising it from its existing 10 storeys to 14, increasing its current 25 units to 123 and its 123 bedrooms to 193.

"Waterloo is one of the many Southwestern Ontario cities witnessing a rapid growth in population.

To support this rapid growth, the addition of high-rise residential will ensure adequate housing availability and further, will keep rental costs in control for the general population and for university students looking for accommodation in the central core of the city," Sukhwinder Virk, CPA, CGA, a controller at a Toronto-based construction company, said.

Updates to Waterloo's land-use rules that were approved in 2018 aim to add more housing options in high-rise buildings, increasing the population density in certain areas and discouraging people from driving. The changes to the land-use rules are based on the 2012 plan for growth in the city.

The high-rise buildings will give students in the KW region access to more housing options.

"I think the addition of high-rise buildings in Waterloo is great for UW students," Joseph Wirawan, a first-year Accounting and Financial Management student, said.

"I know that everyone, including myself, is eager to come to campus, and when that happens, the new high-rise buildings will give us more options for a living space."

Hillary Joy Deguzman, a second-year Global Business and Digital Arts student, says she thinks the additions will create additional opportunities for all students,

whether from UW, WLU or Conestoga College.

"My friend lives in this one building and he pays eight hundred dollars a month and he doesn't have an oven.

Which is a little concerning. So when these new buildings arrive, what's going to happen to the previous student housing market?"

Are they going to lower their prices to become more affordable for us? Or are the new houses going to cost lower than they seem to, becoming more likable to our students?" Deguzman said, expressing her concern over the pricing of new additions, especially for students covering all of their own living expenses.

Deguzman said if newer buildings are coming to the KW area, student budgets

should be kept in mind when determining pricing. "Right now, in Waterloo, there is a student housing crisis.

More desirable and likable houses mistreat their tenants because they're students, which is unacceptable.

If the buildings are targeted towards students, then they need to become more respectful; they need to be a company that respects their students and are there for their students, not just their money."

Online services such as Bamboo Housing aid students in finding housing.

"Our mission is to provide a free and simple platform that provides a wide variety of choices to all students, to ensure they can find a place tailored to their needs," Allen and Wen, co-founders of Bamboo Housing said. "Waterloo region is one of the fast-

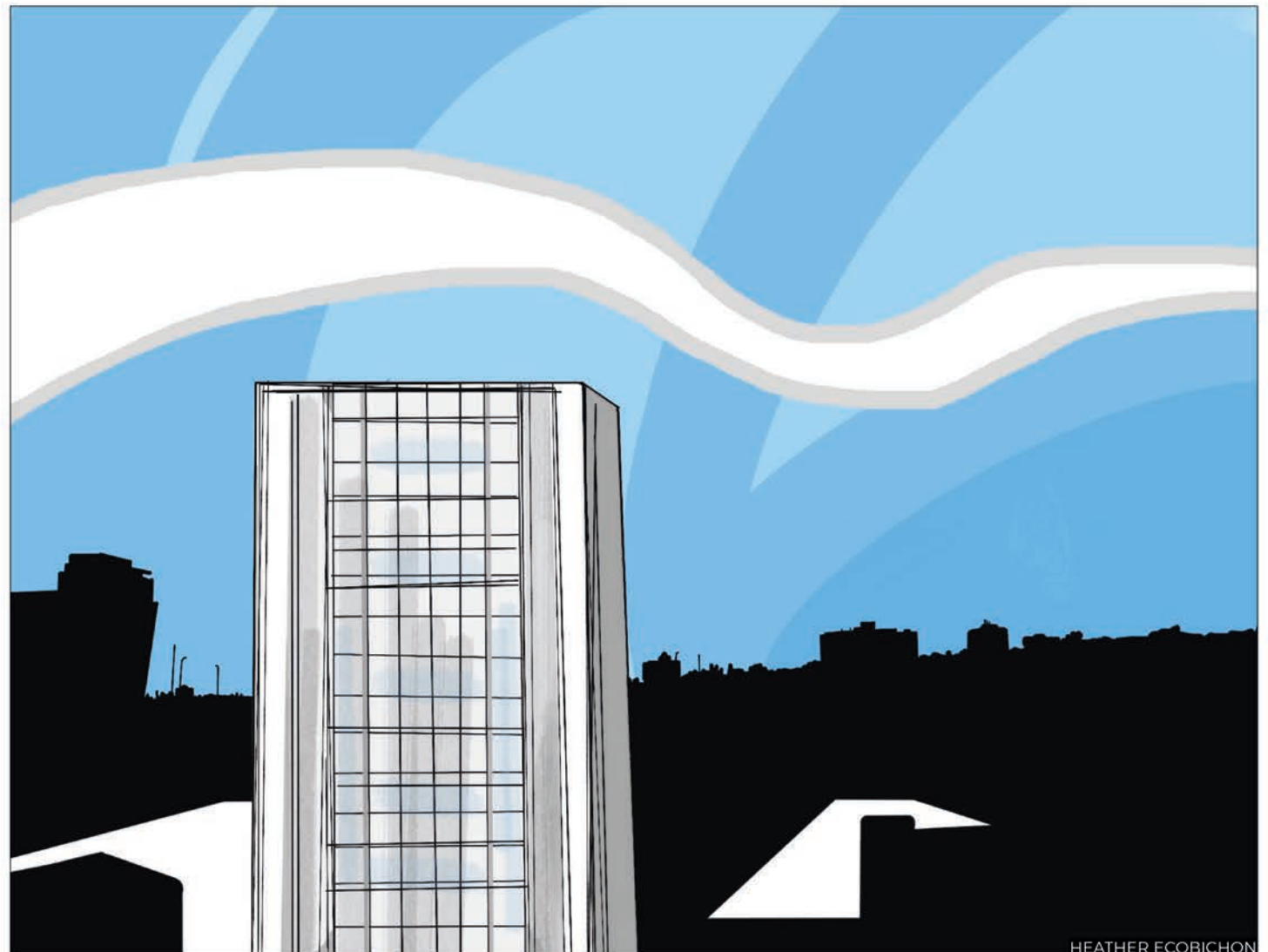
est-growing in Canada due to rapid technological innovation fuelled by the presence of multiple world-class institutions.

As more students move in, it is important that sustainable development takes place to ensure that there is a steady supply of places available for students to rent at affordable prices," the co-founders said.

"The additions to the residential buildings in Waterloo makes me feel reassured and hopeful for the future.

These additions will give students more options and flexibility when it comes to choosing their housing.

Students will not have to worry about having a shortage of housing with these new additions," Jennifer Dong, a first-year Accounting and Financial Management student, said.



COVID-19 rapid testing pilot program at School of Optometry and Vision Sciences Main Clinic

Saihaj Dadhra
Assistant News Editor

The School of Optometry and Vision Sciences' main clinic is participating in a provincial COVID-19 testing pilot program.

The Panbio rapid antigen testing delivers test results in 15 minutes, compared to the 48-hour wait time from other testing kits.

The testing is available for 15 hours each week and is administered by a registered nurse for staff and students.

"I think it's a great way of approaching things, because they offered it to large corporations as well. Places like Toyota have used it.

They're offering it to some of the larger EMS groups, police services, fire and ambulance & long-term care facilities," Dr. Clark Baldwin, Medical Director of the university, said.

Dr. Baldwin explained that the pilot program began at the university with the Ministry of Health and the Ministry of Colleges and Universities' collaboration to provide schools with Panbio rapid testing kits for staff and post-secondary students.

Originally scheduled to last eight weeks, the program has the potential to be extend-

ed to six months. Dr. Baldwin said that he and Health Services were interested in collaborating with other parts of the campus to facilitate a "stratified approach."

Although the testing kits are provided free of charge, the university has to facilitate the testing, including administering the tests and analysis.

Dr. Baldwin had begun talks with Dr. Andre Stanberry, Clinic Director, and Dr. Stan Woo, Director of the School of Optometry and Vision Sciences, about the School's interest in the rapid testing.

Dr. Stanberry said the optometry clinic at the university hosts 27,000 patient visits annually.

"[It was] very exciting when this became a possibility in December and especially [because] we had our students headed back home for the holidays and there were concerns with everybody across the country and the provinces, with being away and coming back, were uncertain, what was coming with them as well," Dr. Stanberry said.

The rapid testing began in January, after the winter break. Every student and staff member of the School of Optometry who wanted to be tested had the opportunity to do so, Dr. Stanberry said.

"We have offered it to other groups [on campus] and I would really like to expand that, as other post-secondary institutions

are telling me that they're doing in Ontario, to a bigger audience.

We're still working all those details out, but we're really using it, I think partly to help [the] province evaluate the utility of it [Panbio rapid testing]," Dr. Baldwin said. "It's just another good item we can use in the fight against COVID-19."

If possible, Dr. Stanberry and Dr. Baldwin are interested in extending the program to the end of the term and further.

"I know other groups are very supportive of continuation of this and I've shown our interest to the Ministry," Dr. Baldwin said he was told that the University of Guelph began the pilot program last week.

"I think they'll let us continue until everyone reaches their eight week point.

I would say yes, there is at least interest, I just ordered some more kits."

"With us being the program that we are, I think we look to be a leader in optometry across the country, and this is an example of how we can take the lead and show what might be possible in many optometry practices across the country as well," Dr. Stanberry said.

There are two optometry schools in Canada – one here at UW and one in Quebec.

He hopes other programs in the future can institute similar practices and use the School of Optometry and Vision Sciences as

a template.

"I thank Clark and his team for their continued support, without their efforts we wouldn't have been able to launch the pilot as we have been able to... I just want to thank Clark for his support and the university for their support in being able to move this project forward," Dr. Stanberry said, extending his gratitude towards Dr. Baldwin.

"I think of course there's bigger and better things to come too from the campus in regards to what you'll be hearing about for School of Pharmacy vaccinations and other initiatives with vaccinations, we're in discussions with, again just a piece of the puzzle, but we're almost there, when you're on the 401 you see the turn-off sign, I see the COVID turn-off sign is coming," Dr. Baldwin said.

"The University of Waterloo has an important community-facing role to play in health, and it's wonderful to see Pharmacy, Optometry, and the Health Services teams work collaboratively to support regional public health efforts to combat COVID-19. I'm grateful for the hard work and dedication of Drs. Grindrod, Stanberry, and Baldwin and look forward to the continued benefits of rapid testing and vaccination for COVID-19," Dr. Stanley Woo, Director of the School of Optometry & Vision Science, said in an emailed statement.

Jay Krishnan appointed CEO of the Accelerator Centre

Karen Chen
News Editor

The Accelerator Centre's Board of Directors has announced the appointment of Jay Krishnan as Chief Executive Officer as of Mar. 1, 2021.

The Accelerator Centre is a startup accelerator dedicated to building and scaling sustainable, globally competitive companies and giving startups the highest probability of long-term success.

Krishnan has an impressive track record which includes having been a founding member of three companies and CEO of T-Hub, a top business accelerator in India for three years.

It is notable that his leadership established T-Hub in the Indian business ecosystem as he grew the team from 1 to over

40 international staff and developed programs supporting over 300 enterprises.

Most recently, he was a General Partner at Mantra Capital, an early-stage US-domiciled VC firm. His experience and global perspective will help lead Waterloo Region's Accelerator Centre into the world stage and will garner international recognition.

Waterloo Region is known to be a community supportive of entrepreneurship and the University of Waterloo was the most innovative university in Canada for nearly 30 years. Krishnan stood out as the clear choice for the job as he is a visionary in his field, a strong community developer, and possesses the spirit of true entrepreneurship.

Jay Krishnan will be holding a fireside chat on Apr. 6, 2021 as one of his first public engagements as CEO of the centre.



Jay Krishnan, CEO, Accelerator Centre.

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UW INDIGENOUS STUDENT ASSOCIATION



Four All Ice Cream: a rocky road or a smooth ride?

Karen Chen
News Editor

Ajoa Mintah (BASC'01) combines her love of engineering, with her love of food and the community in perfect harmony with her business. Four All Ice Cream is a sustainable ice cream parlour and wholesaler that sources the fresh ingredients from local Waterloo Region farmers.

"I needed to create my own opportunities," Mintah stated as she explained why she took the leap and left her engineering job in industrial consulting to become an entrepreneur. "I left with no plan but I knew where I wanted to go," Mintah smiled as she said.

She explained, "It's easy to say but harder to do," and "it's risky," but she encourages people to chase their dreams, "you owe it to yourself to live your best life, to be brave." Mintah continued, "What I want people to always understand is that I had a safety net. Yes, I was brave but I had a great foundation to fall back on."

Having a foundation in chemical engineering gives Mintah a unique perspective on the process.

She stated that her academic experience assists her everyday, "Just having the ability to look at a problem.

Set an objective and take steps towards solving it," is a big part of how Four All Ice Cream operates.

Mintah stated, "It may or may not work

but I want to put my best effort forward," and simply asked: "What's next?" Before launching Four All Ice Cream, Mintah spent six months studying, planning, and researching.

"I don't want to guess that it's going to

new location in Uptown Waterloo in March 2020, at the beginning of the lockdown. Since then, the business has pivoted to on-line sales and has grown despite these difficult circumstances.

"There are a lot of entrepreneurs in Wa-

about Waterloo Region, ten minutes in any direction, I'm at a farm and find the freshest of fresh food."

Mintah's business has three main pillars, "Natural, Local, and Mindful".

She focuses on sourcing local ingredients thus helping the cause, building back better, together.

"Here in this community, there's great food, there's great people, there's great farmers and I wanted to work with these people."

If you have never been to Four All Ice Cream before, they have 16 flavours available at all times, ranging from crowd pleasers like 'Classic Vanilla' to exclusive specialities like 'Maple Creme Brulee'.

Four All Ice Cream offers vegan, dairy-free, and gluten-free ice creams to cater to all different tastes and diets.

Mintah brings together chemical engineering, entrepreneurship, community, and passion into a beautiful and tasty mixture that we can all enjoy.

"This is the path I want to take. Apply everything I've learned so far to create something great.

I didn't set out to conquer the world and I wasn't sure if I could do this. But I wanted to give it my every effort to keep going and try to succeed".

"Ice cream is for year round. Ice cream is for so many different occasions.

If you're happy; ice cream. If you're sad, ice cream. It's something that brings people together," Mintah concluded.



work. There is a lot of science behind what ice cream is. It's a waste of time to randomly put things together," Mintah explained.

This growth mindset shows in the success of Four All Ice Cream which opened a

terloo. This is a community that appreciates entrepreneurship.

This is a space I would love to be in," Mintah remarked on the supportive community in Waterloo Region. "One of things I love

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UW Rocket League Team Blasts Towards First Place Finish in OPSE League

Eduardo Matzumiya
Copy Editor

As the Ontario Post-Secondary Esports (OPSE) League quickly approaches its conclusion for its first year running, the UW Warriors have continued to show dominance across multiple video game titles.

Uw's Rocket League team just finished their season in first place out of a field of 13 Ontario colleges with a 10-2 record – a truly excellent finish going into the playoffs. Their last game of the season was on Feb. 12, against the University of Ottawa, and their first playoff games were last week on Mar. 4 and 5, both ending in a full 3-0 sweep.

"Going into the end of the season there was this odd narrative, with people saying that we're not supposed to beat [Ottawa], even though we'd beaten them before," said an anonymous member of the UW Rocket League team, whose gamertag reads "dnp". "It was really satisfying when we actually did end up beating them. A commentator during the stream said something along the lines of 'Ottawa was in first place the whole season, except the worst the time to not be first place,' which we thought was kind of funny."

For the uninitiated, Rocket League is a physics-based sports game with a very simple core – it's soccer, but with players riding rocket-powered cars. Instead of teams of 11 players idling away for 90 minutes, Rocket

League has teams of three players duking it out at blistering speeds, with matches lasting around five minutes.

"While it's obviously modeled after soccer, the game itself actually plays a lot more similar to hockey," Michael "MD22" Wong, another member of the UW Rocket League Team, said. "Soccer itself is based on the idea of maintaining possession, which leads to a slow game with not many goals being scored. But for Rocket League, synchronized circular movements are core to how the game is played, which is comparable to something like cycling the puck in hockey."

"Much like soccer, the game used to be based a lot around passing and coordinating as a team," Mathew "Gib" Gibson, the third member of the UW Rocket League team, said. "But overtime, defense improved so much that people started looking for alternative strategies. Eventually, everyone kinda realized that being aggressive and straight up crashing into people – which is what we call a demolition – was a good counter strategy, so that's what the game has been moving towards. There's a lot more solo plays now, but you still have to work as a team."

UW Esports has seen a surge in growth in the last year as the Athletics department has moved to form more formal relationships with the esports community. This, in tandem with the recent formation of the OPSE league less than a year ago, has had a net positive on the local esports scene.

"I like the idea behind OPSE. It's basic-

ly just a more professional version of what we had before," Gib said. "Having one big organization coordinating with the Athletics department, just having that level of involvement, you can tell the difference. Something as simple as having dedicated coaching staff provided by the Athletics department has really helped with our focus."

"For me, it's less about social media and more about the fact that they hired a broadcasting team to cover our games on Twitch," MDD2 said. "It makes it feel a bit more official, and is better for creating awareness, I think. It's also good because before OPSE, nobody really knew how we were performing, but now there is a clear point of reference."

The UW Warriors have also qualified in the past for the Collegiate Rocket League

(CRL), another major community-run league that operates on a larger scale, with upwards of 32 teams across the US and Canada participating each season. Founded back in 2017 and with official support from the game's developers Psyonix, it's certainly a step above a local league like OPSE.

"Just the fact that we've had that level of competition puts us ahead of the field. Better practice against better players, on a national level, you just have to get better to keep up," dnp said.

"Besides just raw skill and all the time we put into practicing, I think we're just better at playing under pressure than other teams in the league," Gib added.

Best of luck to our UW Warriors as they make their way through the playoffs. Their games are broadcast live at www.twitch.tv/uwaterlooesports.



UW Rocket League team finished their season in first place with a 10-2 record.

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ARTIST SPOTLIGHT

BEN BROWN

Lauren Speight
Arts & Life Editor

Ben Brown was born in Kitchener and grew up in Waterloo. His passion for art was nurtured by both of his parents — especially his dad, who was an architecture student at UW in the 80s. Brown recalls being exposed to visual culture early and often, from watching his dad's favourite movies to visiting galleries and markets.

"From before I can remember [I was] putting in thousands of 'reps' into my drawing techniques as I practiced for hours each week at the back of [my] church. The art I create varies, but at the moment I'm loving the versatility of oil pastels" Brown said.

One of Brown's greatest interests is exploring philosophy — so much so that he might end up with a philosophy minor. At this stage of his life, Brown looks to philosophy and literature for the right questions to ask as he stares at a canvas.

"In high school, my art was too diluted with concerns of marketability and validation," Brown admitted.

"I'm creating the best work of my life now that I'm aiming instead to make a 'comment' on (and continuation of) the parts of art history I love, in my own small way."

Spending more time in nature is the biggest element shaping Brown's art right now. That's involved hiking and trail blazing around both Ontario and Nova Scotia, where he's lived during the pandemic, and taking reference photos.

"I've found there is so much to learn in that stillness, that solitude, something we're all experiencing to a certain extent right

now," he said.

The part of the artistic process Brown enjoys the most is the human connection that is born from creation.

"Despite what I said earlier about validation, it's always exciting when ideas that are so personal to me end up striking a chord with someone else. When I get a

message or comment, especially from those who aren't artists themselves, it feels like I'm getting to know that person better, in a way I never would have otherwise.

It's like a little gift I wasn't expecting, a new way to deepen relationships."

One of Brown's favourite pieces is a painting he did of Yosemite National Park in California. "The saturated color and light take me right back to the day I hiked there," Brown said. He likes to think of his work as tools he provides to the audience to more easily recognize beauty in the mundane.

"I work in a type of impressionism that I consider close to print-making, where I take an image and exaggerate certain qualities, bringing a kind of striking attention to little blips of color and form in the world," Brown explained.

"What I do is just a way of perceiving detail with patience. Vision and image are much more interactive than people realize, and if you just sit with it for a second, you'll be amazed at what's being missed".

Like all artists, the pandemic has affected Brown's work and left him craving community.

"I would love if putting my work out there a bit more now would be a way to join my local art community. I don't love commissions, but collaborations is something I hope to do a lot more of," Brown said.

Brown's goal for 2021 is "To continue producing as much work as I can while resisting complacency or getting caught up in greed. In essence, I want to develop good habits now that I can build on, and hopefully create more longevity for myself and avoid burnout."



COURTESY BEN BROWN

Ben Brown's passion for art was nurtured by both his parents — especially his father, a UW alumini.

TO VIEW MORE OF
BROWN'S WORK, VISIT
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Twice the Results for Half the Reward: COVID-19 is Leaving Women Behind

Nicola Rose
Assistant Arts & Life Editor

It was Russian revolutionary Vladimir Lenin who once said, “There are decades where nothing happens; and there are weeks where decades happen.”

In many ways, 2020 felt as though it was bursting with weeks where history was unfolding before our eyes. And, as is common in history, 2020 left women behind.

The year began with devastating wildfires in Australia, ongoing protests for democracy and independence in Hong Kong, and the deadly eruption of the Taal Volcano in Luzon, Philippines. As 2020 progressed, natural disasters and political unrest seemed to abound. By March, however, a new threat had become a global concern.

The COVID-19 pandemic swept across the world, and along with it a tidal wave of economic disaster, crumbling healthcare infrastructure, racial prejudice, and misinformation.

In 2021, many of the campaigns selected for International Women’s Day (IWD) highlight the unique contributions women have made to the fight against COVID-19, as well as the unequal burden women carry globally – a burden that was greatly exacerbated by the pandemic.

The United Nations’ theme is

perhaps the most straightforward. In November 2020, UN Women announced the theme “Women in leadership: Achieving an equal future in a COVID-19 world,” for the upcoming International Women’s Day celebration.

According to the UN, COVID-19 demonstrated both the centrality of women’s contributions to pandemic response efforts and the disproportionate burden placed on women during times of crisis.

From the beginning of the pandemic, it was clear that female world leaders were directing some of the most successful COVID-19 response plans. From Germany to New Zealand to Taiwan to Denmark, female leaders were decisive, transparent, and supportive. Their responses from both a healthcare and a financial standpoint demonstrated political acuity and a keen awareness of how to manage a crisis.

In fact, women have been consistently applauded in this regard, so much so that female leaders have been studied for their successful crisis management since well before the pandemic. With COVID-19 specifically, studies from the Harvard Business Review, the Social Science Research Network, and several other organizations determined that COVID-19 outcomes are systematically better in countries led by women.

Women play a vital role on the

frontlines too, making up the majority of essential workers, including healthcare professionals and caregivers. Women also comprise the majority of low and minimum-wage workers who have filled critical retail positions like grocery store employees. In the United States alone, one in three jobs held by women has been designated as essential.

Still, women have been largely excluded from the decision-making process; in addition to being vastly underrepresented in politics and governance, women are rarely consulted during crisis response planning. Even though women were highly active at every level of COVID-19 initiatives, their contributions were underacknowledged, while the roles of male politicians, scientists, and workers were highlighted.

Furthermore, women accounted for a disproportionate percentage of all jobs lost due to the pandemic. Women took on the vast majority of unpaid care work last year, supporting children stuck at home from school and older family members who were at a higher risk from the virus.

Additionally, more jobs were cut in industries dominated by women, while those with higher male employment saw fewer cutbacks. This trend is not new. In the aftermath of the 2008 global financial crisis, male-dominated industries received more support measures

allowing more men than women to remain employed.

Although the precise effects of the reduction in female employment cannot yet be calculated, initial findings are harrowing. The rate of women in the workforce is now lower in some countries than it was decades ago. Women are losing crucial job experience, meaning that fewer women will advance to leadership roles than before the pandemic. Lastly, the pandemic has had a significant impact on wages. Research in the United States and Canada has shown that people who leave the workforce for even one year earn consistently less than those without an employment gap.

Just as women were historically confined to housework, they have once again been relegated to the unpaid, underappreciated positions of childcare, housekeeping,

and caregiving.

The pandemic affected women in other ways too – from a surge in gender-based domestic violence to widespread issues with personal protective equipment that was designed to fit male bodies and therefore left women exposed.

Thus, as female leaders helmed some of the most successful COVID-19 response plans, women bore the brunt of the pandemic. As women’s contributions transformed the world, women were excluded from the spotlight.

The COVID-19 pandemic offers yet another example of how when women are underrepresented in decision-making positions, their needs and contributions are ignored.

This year women made history better. We can’t let history leave them behind any longer.



UW Celebrates Glow’s 50th Anniversary, International Women’s Day

Nicola Rose
Assistant Arts & Life Editor

This March, UW is celebrating two important initiatives centred on advancing equality: Glow’s 50th Anniversary (Mar. 5, 2021) and International Women’s Day (Mar. 8, 2021).

The Glow Center for Sexual and Gender Diversity is the oldest continuously-run queer student organization in Canada. Founded in 1971, Glow promotes

a healthy attitude towards all sexual orientations and gender identities on campus and throughout the community.

The organization, which is run entirely by student volunteers, is responsible for numerous initiatives, including confidential peer support, social events, advocacy work, and more. These efforts continued through the pandemic, with events like a recent panel featuring Queer and Trans People of Colour (QTPOC) KW that explored colonization, gender,

and sexuality.

To celebrate their accomplishments over the last half-century, Glow held an anniversary event on Monday, Mar. 8 (three days after the official anniversary date). The event included a speech about Glow’s history and impact from Spectrum director Jim Parrott, as well as messages from community leaders like UW President and vice-chancellor Feridun Hamdullahpur, and Mayor of Waterloo Dave Jaworsky. Glow’s event also featured a drag club performance

DJ’d by DJ DELFINE.

Glow’s importance cannot be overstated, and the organization is always seeking new volunteers.

March is also home to International Women’s Day (IWD), an annual celebration of the social, economic, cultural, and political achievements of women, as well as a chance to advocate for increased gender equality.

This year, UW hosted a virtual breakfast on Monday, Mar. 8. The event provided a space to uplift women’s voices, discuss

how diversity and equity play a critical role in advancing women’s rights, and help contribute to a power shift in fields where women are still vastly underrepresented.

Opening remarks came from President and vice-chancellor Hamdullahpur and the keynote speaker was Angela Saini, Science journalist, author, and broadcaster. The panel, which was moderated by Author Ziya Tong, featured Dr. Janét Aizenstros and Trishala Pillai.



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An Inside Scoop on the Geriatric Health Systems Research Group

Grace Xie
Editorial Assistant

On Wednesday, Feb. 3, 2021, members Vanessa Vaheedi and Diya Chowdhury of the Geriatric Health Systems Research Group gave Imprint insight on their research and current projects.

"The Geriatric Health Systems Research Group (GHS) is like any research group. It combines researchers, students and other staff members and it's focused on essentially the older adult population, and there's lots of different projects that were involved that have to do with older adults in different sectors of the health-care system," Diya Chowdhury, a member of the research group, said.

According to the two members, the GHS's main research goals and priorities include improving primary care for older adults, advancing aging technology, promoting patient and citizen engagement in health care and enhancing health system integration.

"We focus on primary care for older adults as well as the whole idea of technology and how that can be used and enhanced to aid in various kinds of processes with the older adult population. There's also trying to understand and try-

ing to promote the idea that we can empower them to take charge of their own health and take part in their decision making. And there's also just overall enhancing the health system integration that focuses on many different parts of the health system. It's not just hospitals, but it's also the community homecare for various different aspects of the health system," Chowdhury said.

Furthermore, both members emphasized the importance of collaboration between team members, researchers, their partnerships with various stakeholders, including the participants themselves.

"The team members, I mean, for example, with Dr Stolley. He has been involved with geriatric research, for a very, very long time. He has so much experience and he brings so much to the table. Just you know the research itself and the collaborative approaches...it's just the teamwork at the collaborative nature that the team brings. I think that is one of the things that makes this team particularly unique and useful and significant in their research field; but also the fact that it's a team of interdisciplinary researchers," Chowdhury said.

Additionally, Vanessa shares more insight on their older adult group - SHARP.

"SHARP Group is essentially a group of older adults in our community that are our research partners in the research that we're conducting. In that sense, they are not viewed as participants but there actually are partners, so we learn from them. We learn what kind of initiatives they want, what their vision is, what they want to see; and then we try to implement that. Whenever we're doing research based on whatever it is, the SHARP members are consulted and there're focus groups and interviews that happen," Vanessa said.

When asked about the GHS current projects and research, they mention their collaboration with the Canadian Frailty Network as well as their initiative about older adults and COVID-19 called Connectivity During COVID-19.

"Canadian frailty Network', essentially it's about transforming Primary Health care for older adults, living with frailty. Essentially the focus question is compared to usual care in primary settings. Does our proposed model improve health, social and economic outcomes for older Canadians living with frailty? There's other [projects] specifically, looking at aging and technology, there's a big project going on which involves covid," Chowdhury said.

When asked about the biggest barriers and limitations to their research, they mention that COVID-19 is a major barrier to their research.

"I would say COVID-19 is a big barrier because our interviews you know in person interviews are recommended for older adults, specially for the older adult population because just for special considerations you want to be in person and you want to be, giving them a comfort of not having to go through like Zoom or something like that.

There's lots of ways that we're trying to mitigate it. We've resorted to like telephone interviews for a lot of our research projects, and, you

know, once the restrictions are done, we will also be going back to hopefully in-person interviews, with specific considerations, to make sure you were abiding by the laws that are mandated," Chowdhury said.

Both members encourage the UW community to follow and support their research, as well as getting involved through the GHS website and their Twitter: @GHS_UW.



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Hot and Cold Facts of the Gulf Stream

Hayley Austin
Reporter

A journal article, published in 'Nature Geoscience' this week, suggests that the Gulf Stream may be slowing and weakening. The article predicts that, if climate change continues on its current course and global temperatures continue to rise, the Gulf Stream could pass a critical tipping point by 2100. This could result in faster sea level rise on both sides of the North Atlantic, stronger hurricanes, tropical storms and reduced rainfall in drought-prone areas. What's more, the slowing and weakening of the Gulf Stream may exacerbate global heating.



Normally, the Gulf Stream begins near the Florida Peninsula, where it picks up and carries more than 5,200 gallons per second of warm surface water north toward Newfoundland and then tracks east across the Atlantic to Europe. In the North Atlantic, surface waters become much cooler, saltier and denser, sinking deep into the sea before travelling south and repeating the cycle. This northern portion of the Gulf Stream is known as the Atlantic Meridional Overturning Circulation, or AMOC. There is evidence from the past that this portion of the Gulf Stream has shut down before, after slowing and weakening, similarly to what

is observed to be happening now. Researchers in this most recent study attempted to dive back into the AMOC's flow history by nearly 2,000 years. The team utilized 11 proxies, which included temperature records, Atlantic silt data, underwater sediment cores and deep-sea coral population records, to model how warm the AMOC was and how fast it has moved over the past 1,600 years. They found that in the past, the system has not been as slow or weak, as it has been over the last few decades - in the timescale of 1,600 years. Other studies show that the AMOC has weakened and slowed, practically stopping, in the last 13,000 years, as a result of meltwater from retreating glaciers running off into the North Atlantic and Arctic Oceans. With freshwater being lighter than saltwater, the critical sinking phase of the Gulf Stream does not occur and this likely has led to periods of slower flow in the past. Today, with globally increasing temperatures, the Greenland ice sheet is melting at an unprecedented rate. The subpolar North Atlantic is reportedly already less

salty than at any other time in the past 120 years. These conditions make a slowing of the AMOC even more likely. Another indicator of the slowing and weakening of the AMOC comes from what is known as the 'cold blob'. Located southeast of Greenland, the cold blob is a cold temperature anomaly which suggests that the Gulf Stream may not be arriving in the North Atlantic with the same strength and temperature as it has previously. "One of the hallmarks of a shutdown," Dr. Peter de Menocal, a paleoceanographer and president/director of the Woods Hole Oceanographic Institution, says, "is a cold blob." The shutting down, or at least continued slowing, of the AMOC and overall Gulf Stream seems likely, but scientists cannot exactly conclusively come to a consensus on whether it has or is. However, there is an understanding that if we continue to

exert pressure on and warm the atmosphere, then the Gulf Stream will reach a critical tipping point.



JIA CHEN

The scientific significance of Higgs Boson

Rohit Kaushik
Opinions Editor

The Higgs boson, or Higgs particle, is an elementary particle in the Standard Model of Particle Physics. Its main relevance is that it is the smallest possible excitation of the Higgs field - a field that, unlike the more familiar electromagnetic field, cannot be "turned off," but instead takes a constant value almost everywhere. The presence of this field explains why some fundamental particles have mass, while the symmetries controlling their interactions should require them to be massless, and why the weak force has a much shorter range than the electromagnetic force.

Although it is present everywhere, the existence of the Higgs field has been very hard to confirm because it is extremely hard to create excitations (i.e. Higgs particles). The search for this elusive particle has taken more than 40 years and has led to the construction of one

of the world's most expensive and complex experimental facility to date - the Large Hadron Collider.

"If it is the Higgs boson, it would be a Nobel-worthy scientific achievement culminating decades of effort," Prof. Cliff Burgess from UW, says. It was finally discovered on July 4, 2012.

The Higgs boson is named after Peter Higgs, one of six physicists who, in 1964, proposed the mechanism that suggested the existence of such a particle. Although Higgs's name has come to be associated with this theory, several other researchers independently developed different parts of it - between about 1960 and 1972.

In mainstream media, the Higgs boson has often been called the "God particle" in a 1993 book on the topic. The nickname is strongly disliked by many physicists, including Higgs, who regard it as inappropriate sensationalism.

In the Standard Model, the Higgs particle is a boson with no spin, electric charge, or colour charge. It is also very unstable, de-

caying into other particles almost immediately. It is a quantum excitation of one of the four components of the Higgs field.

In particle physics, elementary particles and forces give rise to the world around us. Nowadays, physicists explain the behaviour of these particles and how they interact using the Standard Model - a widely accepted and "remarkably" accurate framework based on gauge invariance and symmetries, believed to explain almost everything in the world we see, other than gravity.

The Higgs field's effect on particles was famously described by physicist David Miller as akin to a room full of political party workers spread evenly throughout a room: the crowd gravitates to and slows down famous people but does not slow down others. Analogies based on drag effects, including analogies of "syrup" or "molasses" are also well known, but can be somewhat misleading since they may be understood (incorrectly) as saying that the Higgs

field simply resists some particles' motion but not others' - a simple

resistive effect could also conflict with Newton's third law.



COURTESY THE CONVERSATION

The Higgs Boson has been nicknamed the "God particle".

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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



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Social Science: Skepticism, Stand & Scope

The aim of society and that of its education system are intertwined. While the aim of education is explicitly stated in policy documents, legal instruments, and curriculum frameworks, it is tacitly woven into the selection and arrangement of content.

Social science content not only defines and validates societal aims, but it also has the capacity to provoke learners to critically examine them along the lines of universal values of social justice and environmental sustainability. While natural sciences help us develop technology and put it to use, social sciences help us study the impact of that very technology.

For very odd reasons, the idea of pursuing a branch of social sciences seems demeaning to a major chunk of the world population and is thus not acknowledged for its immense contribution. As the world seems to be engulfed in catastrophes – from devastating tsunamis to indiscriminate terrorism – people and communities are ceaselessly attempting to make sense of what is happening to them. This is where social science comes in as a life-saver, helping us to comprehend human lifestyle and behaviour, while keeping in mind the conditions and needs of society.

Social science is a peculiar stream as it does not give you direct answers to the questions you have, and instead gives you answers to which you raise questions.

Uncertainty, doubt, and skepticism are everything that makes the stream what it is. It is known to put perspective into people's lives while definitely not being easy.

If calculating electromagnetic induction is strenuous, researching social relationships and the complexity associated with it is no cakewalk.

While for many people the term “social sciences” may conjure up images of social workers or teachers, this is a gross misunderstanding of the range of roles available within this discipline, as well as the impact that it has on the wider world. In general, it focuses on the study of society and the relationship among individuals within society while covering a wide spectrum of subjects, including economics, political science, sociology, history, archaeology, anthropology, and law.

Facilitation of discussions and debates can help students think and introspect, improve communication skills, and empower them to write thoughtful answers after doing careful research on topics. They must also get under the skin of various historic and political characters through role play and discuss their actions effectively. Reading literature by eminent philosophers, economists, historians, etc., can help students gain interesting insights. Field projects will help students

appreciate and apply their learning in real life settings. Creating civic sense and awareness, cleanliness drives, renovating and protecting historical sites, etc., can ensure that students become more sensitive to the requirement of the stream. They must be encouraged to watch credible documentaries, TV shows, and movies.

In some ways, good social studies teaching rests on the ability to tell stories well. For social studies, this story telling ability is grounded in the depth and awareness of the connective possibilities of the content. Helping students make new connections, to find challenge and meaning of the content is what excellent teachers do every day. They are able to do it because they understand in more than one way what they are teaching and are able to draw upon this knowledge to make any lesson an adventure for their students.

Social sciences is purposeful as it helps students understand human interactions that have occurred in the past, are occurring now, and are likely to occur in the future. This helps students develop and nurture values that will enable them to determine, for any situation, what the right thing to do is and how to go about it, especially in difficult times. It broadens horizons, adds perspective to our lives, contributes to social well-being, and definitely gives us no reason to demean those who pursue it.

Suhani Saigal
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HOW CAN YOU TELL IF A POTATO IS NOT FROM IRELAND?

WHEN IT'S A FRENCH FRY!

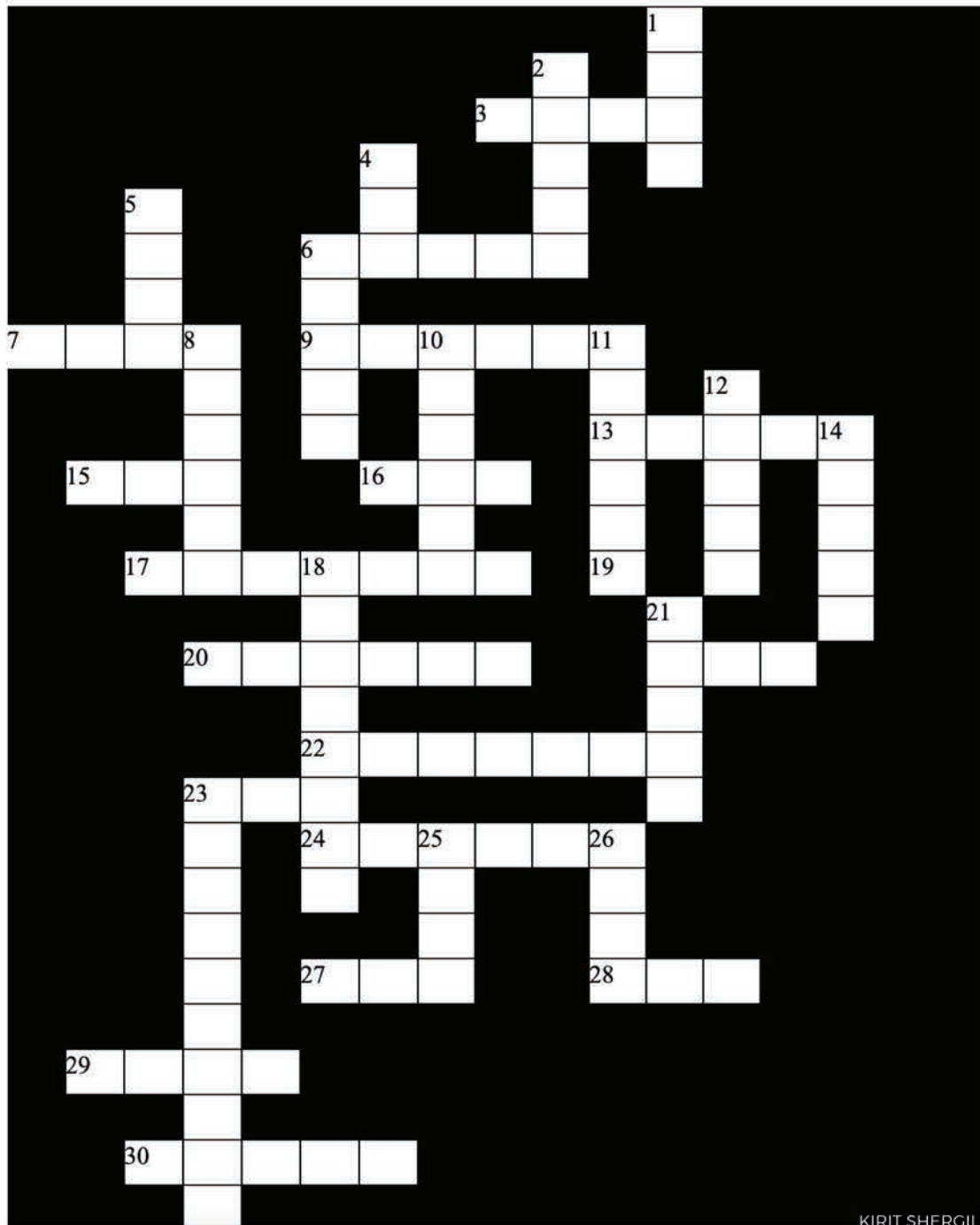
Imprint crosswords | Colour me Green

Across

- 3. Ump's call
- 6. Tic Tacs, e.g.
- 7. "Frozen" reindeer
- 9. Events with bulls and barrels :
- 13. Amazon assistant
- 15. Irish Dance
- 16. Title tree in six horror films
- 17. Futuristic TV family
- 20. Incan wool sources
- 21. Thumb drive port
- 22. Islamic holy month
- 23. Corporate VIP
- 24. Goosebump-inducing
- 27. Rapper Lil __ X
- 28. Khaki-colored
- 29. Hamlet, by birth
- 30. Nannies and billies

Down

- 1. Contents of a Leprechaun's pot
- 2. Big name in apple products
- 4. Manage moguls
- 5. Viral internet item
- 6. Saint Patrick's Day Month
- 8. Jocular headlock accompaniment
- 10. Capital of Ireland
- 11. Saint Patrick drives these out of Ireland
- 12. Parental units?
- 14. Tin Pan __
- 18. Three leafed clover
- 19. Archaeological site
- 23. Once-common childhood ailment :
- 25. Aussie birds with drum-beat-like mating calls
- 26. Class with poses



KIRIT SHERGILL



BRIANA OENPUTERA

LAST WEEKS ANSWERS

