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LAST-MINUTE COSTUME IDEAS

Don't have anything to wear to that Halloween party this weekend? Check your closet.



IMPRINT PLAYLIST

A Halloween-themed playlist sure to put you in the spooky mood. P10

SUSTAINABILITY STORE P3

WUSA's Sustainability Store operates like a thrift shop and can be found in the SLC.

PLANT BLINDNESS P5

Reconnect with nature and help tackle the global climate crisis.

WARRIORS' TRIPLE WIN P6

Jessica Roque leads the Waterloo Warriors women's basketball team to victory.

Spring 2022 convocation expected to be held in-person. P2





Fall 2021 convocation: The last online ceremony?



Nicole Howes
Assistant News Editor

The University of Waterloo's spring 2022 convocation is expected to finally take place in-person, after two years of virtual ceremonies due to the pandemic.

According to Kelly McManus, senior director of community relations & events, UW is planning to proceed with an in-person convocation for the spring, COVID-19 restrictions pending.

"We have every plan to proceed with in-person ceremonies again in spring of 2022...of course we are always monitoring public health guidelines, but I think everybody has their fingers crossed that we will be in that position by the spring," McManus said.

On Oct. 22 and 23, UW held a virtual fall 2021 convocation ceremony. However, the university said it plans to welcome any students that would like to partici-



pate in an in-person convocation when they are possible again.

"We have said throughout the

pandemic anyone that misses their in person convocation would be welcome to come in person

when it is safe to do so...we know there are obviously more graduates than normal who have been

impacted by the pandemic so we are in discussion on creating special celebrations for the class of 2020 and 2021," McManus said.

Plenty of staff, professors, and volunteers are needed to facilitate a live convocation; thus, UW has already started planning for June 2022.

"We know that convocation going forward will have different elements just like every in person event; like handshakes...are people going to handshake anymore...we are looking at all those elements again, our focus is that convocation is a special experience for students."

McManus also explained an expected modification to be in place for the spring will be a ticketing system and limit to the amount of guests each student can bring. While the number of students wanting to return is unknown, McManus assures that UW will accommodate everyone that wants an in-person convocation experience.

Remembering professor Safavi-Naeini

Rebecca Butler
News Editor

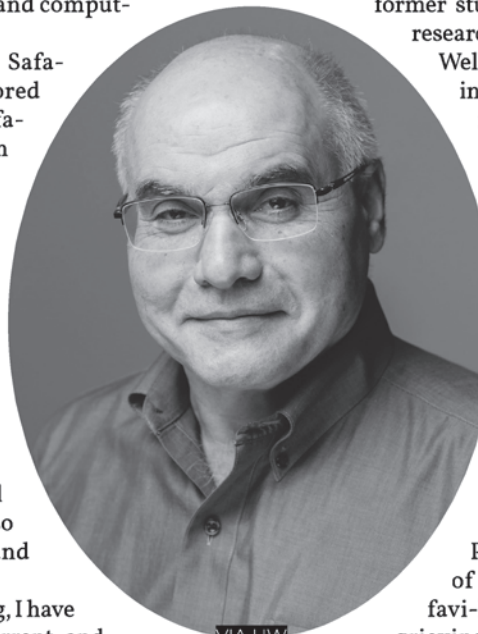
On Oct. 10, University of Waterloo professor Safieddin (Ali) Safavi-Naeini passed away after a battle with prostate cancer. Safavi-Naeini had been a faculty member in the department of electrical and computer engineering for 25 years. He was also the director of UW's Centre for Intelligent Antenna and Radio Systems (CIARS), where he worked on state-of-the-art electromagnetic communications research.

"Over these years, I witnessed him build CIARS from the ground up. He was a role model in navigating challenges with a very compassionate and caring attitude," said George Shaker, an as-

sociate professor in electrical and computer engineering.

Shaker worked alongside Safavi-Naeini and they co-authored several papers together. Safavi-Naeini was well-known in his field as the author of hundreds of papers with nearly 6,000 citations. His research group, CIARS, was focused on developing and characterizing sensing systems. The group received support from large companies including BlackBerry, Lockheed Martin and the Natural Sciences and Engineering Research Council of Canada. His lab was also home to several graduate and post-graduate students.

"Since the news of his passing, I have heard from many of Ali's current and



VIA UW

former students who spoke of the CIARS research group as a family," said Mary Wells, UW's dean of engineering, in a statement. "They specifically noted that Ali connected with his students beyond the role of research supervisor. Through his compassionate and caring spirit, he strived to be a research mentor and a friend."

The news of Safavi-Naeini's passing comes as a particularly devastating blow after the recent losses in the engineering faculty. In the past year alone, the department has lost Igor Ivkovic, a systems design engineering professor, as well as Pearl Sullivan, the former dean of engineering. The loss of Safavi-Naeini mounts on an already grieving group of students and faculty.

"We mourn the loss of one of the greatest mentors, researchers and one of the best professors in electrical and computer engineering," said Madjid Soltani, an adjunct assistant professor in the same department.

Further information about how students can honour Safavi-Naeini's life and contributions will be announced as they become available.

"Despite his recent illness, he never slowed down till his very last minutes. He always said his research along with his students and collaborators kept him going," Shaker said. "It was very humbling to see him never miss a meeting, even if he took it from his hospital room. He simply maintained amazing dedication to his research and students."

WUSA launches Sustainability Store

Alicia Wang
Reporter

The opening of WUSA's new Sustainability Store just gave University of Waterloo students another opportunity to live a more sustainable and environmentally-friendly lifestyle.

According to WUSA's sustainability commissioner Jenna Phillips, the store operates similar to a thrift store, running entirely on donations and managed by a team of volunteers, with the goal of making clothing as affordable and accessible as possible.

"It's really about the community aspect, because we're providing clothes at great prices and educating about sustainability and how your choices impact the environment," Phillips said. The store is located on the lower level of the Student Life Centre (SLC), across from the CIBC.

WUSA's soft launch of the Sustainability Store is just the latest accomplishment in a journey full of ups and downs. As Phillips' open letter states, the WUSA Sustainability Project, which worked on the store, was only established in 2020 as a "re-imagined form" of the Sustainable Campus Initiative (SCI).

Michelle Angkasa, WUSA's first sustainability commissioner, included details of the SCI's previous work in her introduction letter. Accomplishments included the four-stream waste bins spread across campus; the addition of water bottle refilling stations in the Columbia Icefield and Physical Activities Complex; and pushing for UW to earn its Fair Trade Designation, with the inclusion of Fairtrade-certified chocolate, coffee and tea at all UW or student-run eateries.

The idea for the store had been in the making even before Angkasa was appointed for the role.

However, as with many things, the pandemic slowed the store's opening due to the regulations barring specific activities from being completed. The hiring of volunteers and preparation of clothes for sale were unable to be carried out, Phillips said.

"[The pandemic] was very influential as to what we could do, what we were allowed to do...but we were as productive as possible," she added.

Volunteer applications for the store are now open and interested students may apply from the WUSA website until Nov. 21.

The current hybrid form of classes is expected to impact the amount of students able to access the store this term. Winter 2022 is planned to be the store's first full term.

Despite the setbacks, Phillips is optimistic about the soft launch.

"[The WUSA Sustainability Project is] trying to create an accessible, affordable, sustainabil-

ity-driven service, and empower students to make sustainable choices...Now we're on campus, we have opportunities to communicate with students and share this project more," Phillips said.

To stay up-to-date with the store and other WUSA Sustainability Project Initiatives, students are encouraged to follow @wusasustainability on Instagram and Facebook.



Education as an act of reconciliation

The integration of Indigenous learning into young elementary school curriculum

Alexandria Zielinsky
Reporter

The Ontario education system is modifying their curriculum to integrate topics in Indigenous learning into the social studies programs of elementary schools. The new curriculum will inte-

grate Indigenous learning into the classrooms of children in Grades 1 through 3. The current curriculum does not include Indigenous topics in the social studies program until Grade 4.

"There was a gap in the current complement of learning where Grades 1 to 3 within our social science program did not have any

learning really related to Indigenous history and culture," said Stephen Lecce, the Ontario minister of education.

Previously, the curriculum did not touch on important subjects such as the history of residential schools. It instead focused on studying Indigenous culture, including their interrelationship with the environment and one another.

The new curriculum was formed by working with Indigenous partners, Elders, knowledge holders and education stakeholders, ensuring that the truth of Indigenous history and culture will be shared through the new education plan.

The new curriculum will support Indigenous learning through all grades of elementary school, and will delve into topics such as the role of family and resilience in First Nations, Métis and Inuit communities and nations; First Nations, Métis and Inuit historical and contemporary realities; Indig-

enous peoples' interrelationship and connection with the land; and the residential school system and the reclamation and revitalization of identity, language, culture and community connections.

"Education is a critical component to reconciliation, and we look forward to a collaborative partnership with Ontario that will allow us to develop, strengthen and prioritize Indigenous content and learning within Ontario schools. Curricula that feature Métis-specific content benefits both Métis students and their peers, and we commend the Ontario Ministry of Education for their continued commitment to reconciliation through impactful and meaningful partnerships," said Joanne Meyer, the Chief Operating Officer of the Métis Nation of Ontario.

The Ontario Ministry of Education expects that the new curriculum will be ready for the 2023-2024 school year.

The importance of reconciliation through education was recog-

nized by the Liberal government that preceded the current Conservative government. The Liberal government was working with Indigenous leaders toward better incorporation of Indigenous learning and recognition of residential schools in the Ontario curriculum. The plans for the new curriculum were discarded when the Conservative government came into power in 2018.

The introduction of the National Day for Truth and Reconciliation on Sept. 30 was used as a stepping stone to integrate reconciliation into the classroom. Rather than having the day off of school, students attended school where topics of Indigenous history and culture could be reflected on.

"We believe that all students, Indigenous and non-Indigenous, are enriched by learning about the history, the culture, the perspectives and contributions of First Nations and Inuit and Métis Inuit individuals raised in Canada," Lecce said.





Reusables, are they really that much better?

Hayley Austin
Science Editor

According to the World Economic Forum, only about 14 per cent of plastic packaging is collected for recycling purposes. Within that number, a majority will ultimately end up burned or tossed into landfills as it will not pass through the requirements for recycling.

Evidently, this is a system which needs re-thinking, and it is clear that recycling alone will not cut it when considering greater environmental issues like plastic pollution and climate change. Enter a possible solution — reusable alternatives.

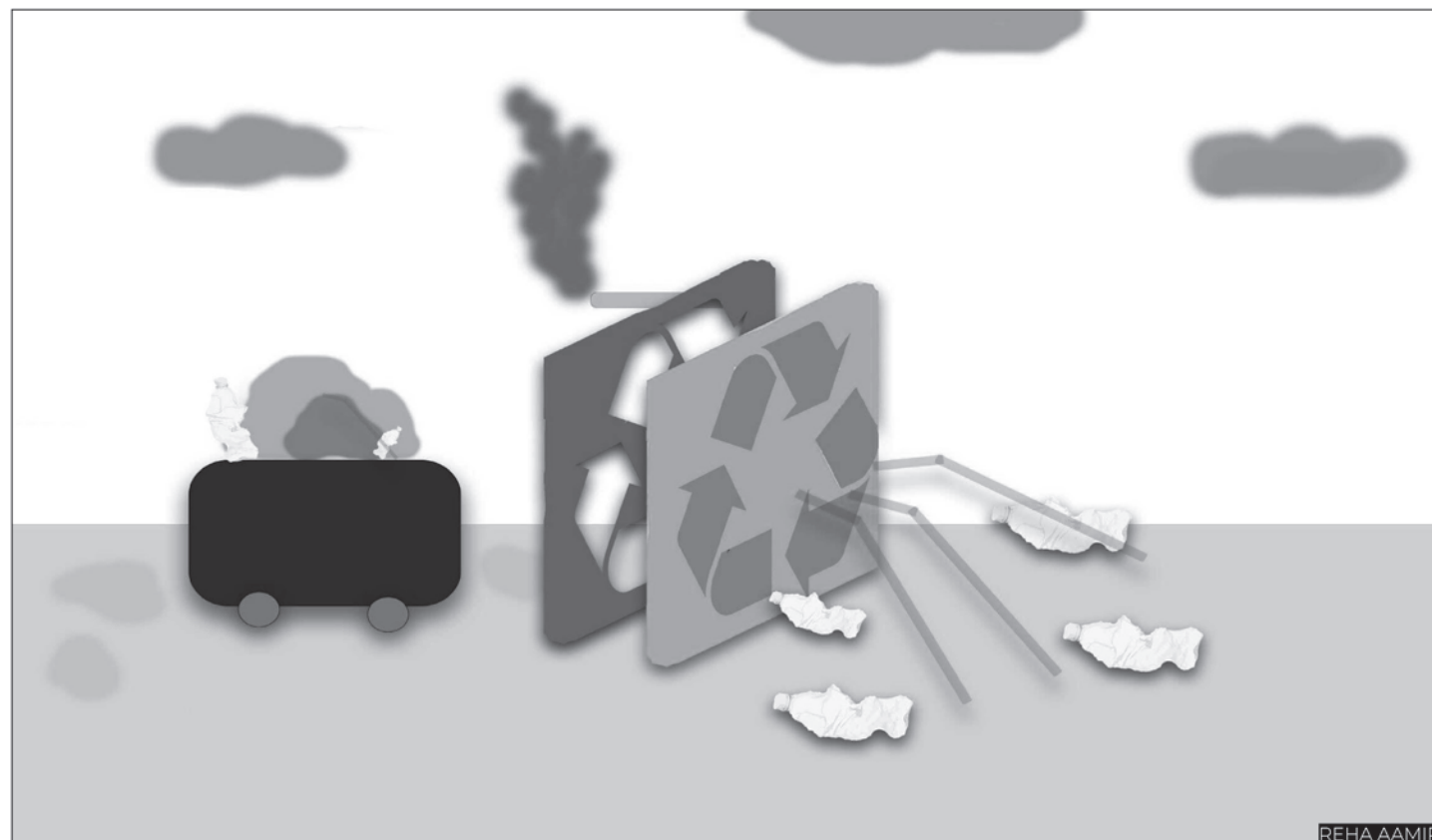
Canada currently uses 4.6 million tonnes of plastic every year. Canadians also use 1.4 per cent of all plastic produced, even though they only make up 0.5 per cent of the global population. The immediate thought may be to pursue better recycling programs, however recycling programs are not necessarily what they seem. When a product is put into a recycling bin, there is no guarantee that it will actually be recycled.

In March 2021, *Imprint* published an article diving into the question of if plastic straw alternatives were that much better than plastic straws themselves. The article determined that it depended on your lifestyle. If you used straws often and remembered to take an alternative with you, then that was a good option. If not, it may be better to go without.

According to thesis research conducted by Takunda Chitaka, a postdoctoral research fellow at the University of the Western Cape in South Africa, for a single reusable steel straw to have less of an impact than the original product or material, it needs to be used 37 times, which often is not achievable, as reusable alternatives are lost or forgotten.

Chitaka said consumers should instead be encouraging governments and businesses to invest in alternatives and systematic changes to redesign plastics and improve recycling infrastructure across all plastics. So what about those other alternatives to plastic items like water bottles, containers and packaging? Are the alternatives worth it and are recycling programs really effective?

The thought behind reusable alternatives is the concept of a circular economy — a model of production and consumption that



relies on the sharing, reusing, refurbishing and recycling of existing materials for as long as possible. By replacing single-use containers with those made of metal or glass that can be reused either by the company or the consumer, companies are participating in a circular economy.

According to the Ellen MacArthur Foundation, a charity committed to creating a circular economy, three actions must be taken to create a circular economy for plastics — eliminate unnecessary plastics, innovate to ensure remaining plastics are reusable, recyclable or compostable, and circulate those plastic items to keep them in the economy and out of the environment.

Some companies are getting on board with the idea. Lush, a cosmetics company from the UK, encourages reusing and recycling their hard plastic containers, through labels on their products. The company also incentivizes this circular model through its own collection program, allowing customers bring back five containers in exchange for a free face mask, with the end goal of reusing these containers.

Loop is another company dedicated to

practicing the circular economy model. The company is a startup associated with Terra Cycle which launched in Canada in 2021 as an e-commerce platform selling food, toiletries and household essentials in reusable packaging. Consumers purchase a product in a reusable glass or metal container and then send back the empty packaging for cleaning and refilling. Though there are shortcomings — ordering from the site is expensive since customers must pay for shipping and it is somewhat inconvenient when handling larger orders.

If Chitaka's research methodology is applied here, how "worth it" changing plastic products are can be approximated. Using a simple formula provided by David Evans, a writer on plastic pollution, the environmental impacts of reusable and non-reusable products can be determined: total environmental impact = cost of production + cost of use + cost of post use, or disposal.

Evans uses a cup as an example. The energy to produce a reusable cup is higher than that of a non-reusable cup, as non-reusables are lighter, smaller and easier to make, while reusables require more resources and

energy. The cost of use then depends on how many times a reusable product is handled. In this case a reusable cup made of glass will have a positive environmental impact in six uses when compared to a non-reusable, plastic cup in seven uses. Reusable cups then have a longer lifespan and most can be recycled at the end of their life. Overall, production costs for reusables are higher than non-reusables, but their utility and disposal costs are both lower. They require less oil to produce and diminish the plastic burden on landfills, oceans and other ecosystems.

So is it worth it? Ultimately, we will not be able to recycle our way out of climate change, said senior reporter Gosia Wozniacka of Civil Eats in an article on the site, but we can switch to alternatives and encourage governments and businesses to redesign plastics and improve recycling infrastructure. It again comes down to how many times a reusable product is reused. Companies like Lush and Loop can be seen as a stepping stone — a service on the way to developing a better recycling infrastructure that makes a space for reusable products to be utilized by consumers.

2021 Vision: Do you have plant blindness?

Faith Rahman
Reporter

Can you name and describe your favourite animal, either from adulthood or childhood? How about for plants? Do you have a favourite?

Surprisingly, or not, many people seem to picture animals more clearly than plants.

From majestic sugar maple trees awash in orange during autumn to the tiny but resilient wildflowers that find refuge in sidewalk cracks, plants are the source of all life in our ecosystems.

Plants feed us, create oxygen, save us billions of dollars in water management infrastructure, and are essential to our physical, emotional, and mental well-being. As stated in a BBC article, "More than 28,000 plant species are used medicinally, including plant-derived anti-cancer drugs and blood thinners."



What is plant blindness and why is it important?

Plants are all around us, although we don't always distinctly notice them there.

In 1998, our lacking ability to distinguish and appreciate plants was coined "plant blindness" by Elisabeth Schussler and James Wandersee, two American botanists and biology educators. Now, over two decades later, support for plant conservation still falls significantly shorter than animal conservation projects. Studies show that we are less likely to recall, detect, and care about plants compared to animals because plants blend together visually and lack movement, emotion, and a spotlight in formal biological education.

At post-secondary institutions across the United Kingdom, nine undergraduate programs were identified as specializing

in botany or plant science, while 53 institutions offered zoology and animal biology programs. In the United States, although plants composed 57 per cent of the species on the federal endangered species list, they only received less than 3.86 per cent of government endangered species funding in 2011.

Indeed, plants are less like humans. However, thanks to a symbiotic relationship with mycorrhizal fungi, trees can talk to each other, pass on nutrients to younger trees, and defend themselves from diseases.

As it turns out, noticing and then caring about plants has significant implications for sustainability. Reconnecting with nature and fostering emotional connections with it opens our field of view and allows us to take the first step in tackling our global environ-

mental crisis.

What can you do?

Luckily, if you want to address your plant blindness, technology can help. To brush up on your plant identification, iNaturalist and Seek are effective and popular free apps that can instantaneously identify plant species or categories with a single snap of a photo.

Also, take a walk with family, go on a hike with friends. See what you can learn simply by acknowledging and observing our leafy green neighbours.

Instead of turning a blind eye when it comes to plants, get out in nature to see the leaves painted in vibrant colours, hear them whisper and crackle beneath your feet. Go explore the plants that lay beyond your doorstep before autumn turns over a new leaf and 2021 eventually comes to an end.





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Triple win for the Warriors women's basketball team

Anicka Bakos
Reporter

Jessica Roque's hard work has finally paid off as the Waterloo Warriors women's basketball team won three games in a row last week.

On Oct. 14, the Warriors women's basketball team won against the Laurentian Voyageurs by a score of 66-54. That was followed by a second win on Oct. 15 against the York Lions by a score of 69-60 and a third win on Oct. 16 against the McMaster Marauders by a score of 57-52.

Roque, the University of Waterloo's new head coach for the women's basketball team, previously spent four seasons as the full-time assistant coach for the Ryerson Rams women's basketball program.

The women's basketball team currently has 14 players on its roster, many of whom are new additions. Roque noted that during the pandemic, she was able to bring in six new faces. Among them are guards Summer Pahl and Frankie Bowels and forward Jaime Newell.

"As a coach, recruiting is a huge priority. We're looking to be good for a long time and that requires myself and my staff to look for the future student athletes that can bolster this program," Roque explained.

Roque said her team had worked extra hard and trained during the summer months in preparation for this year's season.

"We had a good bulk of our student-athletes here for the summer due to co-ops and just



SARAH MORASSUTTI

living locally. We were on court twice a week and lifted almost daily. For those at home, we have an app that tracks workout progressions. So whether here or home, we were able to be together as a team," Roque said.

Since the start of the fall 2021 term, Roque noted that her team has increased their on-court time to four to five times a week in addition to lifting two to three times a week.

"Preparation in the preseason looks very different from the summer preparation. So much of our training sessions required longer warm-ups and cool downs to make sure we were training safely to prevent injuries. We also played quite a bit. Being a new team, we wanted to make sure we got that experience in early to help build connection and chemistry," Roque said.

Next up, the Waterloo Warriors women's basketball team will play Humber College on Oct. 23 and the Rams on Oct. 30 to close out the pre-season of exhibition play. After that, they will kick off the regular season at home on Nov. 10 against Western University.

For the 2021-2022 season, all tickets can be purchased online but there will be limited seating for the Physical Activities Complex (PAC) and Columbia Icefield (CIF) Arena. The UW Athletics website notes that all tickets will be assigned seating to meet social distancing guidelines and those in attendance are asked to pay special attention to the COVID-19 Fan Protocols for the season, which include proof of vaccination.

The website also notes that e-tickets — either mobile or printed PDFs — are highly encouraged to enter a game.

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

WATERLOO
FOOTBALL
OCTOBER 30 | WARRIOR FIELD
1:00 PM
VS LAURIER

SOCCER
OCTOBER 31 | WARRIOR FIELD
(W) 1:00 PM, (M) 3:15 PM
VS BROCK

HALF PRICE MEMBERSHIPS

FITNESS CLASS MEMBERSHIP \$30
ROCK CLIMBING MEMBERSHIP \$30
ROCK CLIMBING MEMBERSHIP (WITH SHOES) \$37.50

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ATHLETES OF THE WEEK
WATERLOO WARRIORS

NATALIE TSANG
CROSS COUNTRY

GORDON LAM
FOOTBALL

The impact of nutrition on physical and mental health

Ramal Rana
Sports and Health Editor

As students reach the halfway point in the term, they tend to feel a sense of burnout and stress due to exams and assignments. In order to prevent these feelings and persevere through the home stretch, it is important for students to actively maintain a healthy lifestyle — starting with proper nutrition.

However, this isn't always as easy as it seems. According to a 2018 study published in the Multidisciplinary Digital Publishing Institute (MDPI), students transitioning into post-secondary education tend to develop unhealthy habits, like poor nutritional choices, at the beginning of the academic term. Various studies reviewed as part of "College Students and Eating Habits: A Study Using An Ecological Model for Healthy Behavior" have shown that students attending university tend to gain more weight than young adults not enrolled in school.

The study also examines how poor food choices, along with other unhealthy choices like smoking and consuming alcohol, result in lower GPAs among students.

Students are usually short on time and often choose the fastest and easiest options. However, these options are typically of low nutritional value — foods like ramen, pizza and most options at fast-food restaurants are unlikely to provide the energy a student needs.

A diet consisting of poor food choices can result in malnutrition, which leads to increased tiredness, lower grades and an increased risk for illnesses and mental health disorders. By contrast, "brain foods" like blueberries, leafy greens and nuts are more likely to provide the nutrition needed for improved focus and memory, both of which might aid a student in their academic pursuits.

Furthermore, consistently consuming food that has a low nutritional value can result in lower body immunity resulting in a greater risk of illness. An article published in the "The Nutrition Source" for the Harvard School of Public Health lists poor diet as one of the factors leading to decreased immunity. According to the study, "malnutrition or a diet lacking in one or more nutrients can impair the production and activity of immune cells and antibodies."

Weight gain caused by an unhealthy diet consisting of refined sugar, processed foods and dietary fats can also negatively impact students' performance. According to a 2008 study published in the Journal of School Health, these foods combined with an inadequate intake of fruits, vegetables and whole grains can lead to unhealthy weight gain and obesity, which can contribute to low self-esteem.



In several studies, the effect of low self-esteem has been positively correlated with poor grades. Someone with low self-esteem is less likely to have the drive to learn and may have decreased focus. Low self-esteem can also give rise to depression and anxiety, both of which negatively affect academic performance.

Further, a systematic review conducted by Dr. Adrienne O'Neil on the "Relationship Between Diet and Mental Health in Children and Adolescents" also shows an invariable overlap in poor diet and increased mental health issues, regardless of changes in weight.

This review covered 12 epidemiological studies to determine if there was a correlation between a person's diet and academic performance. Ultimately, the review found strong evidence suggesting a cross-sectional relationship between unhealthy dietary intake and poor mental health in children and adolescents.

Specifically, the review concluded that an unhealthy diet high in fats and refined sugars increases oxidative stress as well as inflammation within the body. These two physiological conditions are related to the presence of common mental disorders like depression and anxiety.

Given how important diet is to students' academic performance as well as their overall health and wellbeing, it is crucial that students prioritize eating well and integrate healthy habits into their daily lives.

Recipe: Avocado Pesto Pasta

By Ingrid Au

As the last brown petals of my summer flowers fall, and I switch my morning lemon water for a cup of hot coffee (because let's be real, you cannot survive school without caffeine), I must accept that summer is over, and fall is here. To bid my final goodbye (specifically to my herb garden), I decided to make avocado pesto pasta. The combination of bright greens creates a dish that celebrates the aromatics, herbs and colours of summer. You can even return to this recipe and use spring garlic when spring term arrives!

Tools:

A food processor or blender — if you do not have one, no worries! See below for instructions. A large mixing bowl (preferably large in depth — trust me, you will thank yourself later for not having a whole bunch of pasta spilled on your counter).

Ingredients:

- 1 cup of fresh basil
- 2 ripe avocados
- 4 cloves of garlic (yes. 4. the more, the merrier)
- 1 ½ - 2 tbsp of lemon juice (start with 1 ½ tbsp and add more if desired)
- ½ cup of virgin olive oil
- Salt and black pepper to taste (add little by little, and taste as you go until the desired levels of saltiness and pepperiness are achieved)
- Cooked pasta (Pasta options: Bucatini, rigatoni, pinwheels, penne or any pasta shape that can hold sauce and your fork can grip nicely, like a salad. Avoid small pasta shapes eg; macaroni, orzo, etc.)
- Optional: A pinch of dried red pepper flakes Grated Romano or Parmesan cheese (preferably freshly grated, but you work with what you've got!)
- For protein, consider shrimp or for freshness, baby tomatoes.

Instructions:

If you have a food processor or a blender, blend basil, avocado, garlic, and lemon juice. Continue blending and add virgin olive oil until a creamy consistency is developed; this means that it should be able to grip onto your spatula when scooping, but will slowly drip down.

If you do not have a food processor or a blender, finely chop your basil. Start by rolling your basil into a roll, and slice it into shreds; this will prevent bruising your herb (yes, basil is very sensitive, so take care of it with love) and gather the shreds into a pile to chop. Mince all four garlic cloves. Mash your avocado into a guacamole-like consistency and mix in the basil, garlic, oil and lemon juice.

Season mixture with salt, pepper and dried red pepper flakes (optional) until the desired level of seasoning is achieved. Mix with cooked pasta (refer to the instructions on the back of the pasta box). Top with cheese if desired.

If you end up with leftover avocado sauce, you can spread it on toast or bagel or pair it with salmon; adding a little more lemon and black pepper (don't cook the sauce with the salmon!). You could even use it as a salad dressing — in this case, I recommend adding raw red onions and feta or anything salty and acidic as toppings. If you're not feeling pasta but need something carby, toss the avocado sauce with some cooked shrimp and serve it with rice and vegetables of your choice.

As we are halfway through the busy fall term, and you find yourself unable to enjoy this beautiful herby dish, don't worry! This dish will patiently wait for you for up to five days in the fridge, and when you are ready, it will be there to remind you of summer.



arts & life

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Wild Writers Literary Festival 2021

Abhiraj Lamba
Arts & Life Editor

Set to be held from Nov. 1 to 21, the annual Wild Writers Literary Festival is back for its 10th year. Normally, this festival is held in Waterloo over the course of a weekend, however due to the pandemic, it will be held virtually over the span of three weeks.

10 years ago, The New Quarterly, WordsWorth Books and Balsillie School of International Affairs began the Wild Writers Literary Festival as a way of promoting literature and the work done by The New Quarterly.

Moving to an online environment last year was a big change for the festival organizers. “We have a fairly loyal audience,” said Pamela Mulloy, the creative director of the Wild Writers Literary Festival and editor of The New Quarterly. “We didn’t know how they would respond to this new setup.”

Lamees Al Ethari, a continuing lecturer in the University of Waterloo English department and a non-fiction editor at The New Quarterly, talked about how the online environment takes away the opportunities for attendees to meet and have casual interactions with the various panelists and speakers outside of their sessions.

Mulloy mentioned that having

the festival online allowed them to reach not only their usual audience but also people from across the country and the globe, who could not travel to Waterloo. As a result, they are considering adding a streaming aspect to their events even when they go back to having an in-person festival. “It really will change how we look at festivals, in terms of accessibility and widening our reach,” Mulloy said.

Festival attendees will be able to attend many kinds of events, such as conversations, panel discussions and workshops. There is a fiction panel on forming first collections, a poetry panel, a publishing panel, as well as workshops on writing with style

and on making a living as a writer, among other sessions. While some of these events cost \$10 to attend, many of them are free. “For accessibility, we always like to have a number of events which are free,” Mulloy said. “Community building is a big part of what we do.” Those interested in multiple events can also purchase an all access pass for \$40.

Al Ethari will be conducting a conversation on “Love and Loss: Reflecting on Your Roots” with author Kamal Al-Solaylee. “Every year, I try to do something with immigration — home away from home, because that’s what my research is in and what a lot of my writing is about,” Al Ethari said.

This session will look at immigration from a different perspective than it is usually looked at. They will talk about it from a perspective of returning home, rather than leaving.

The festival organizers have also started a mentorship program this year, which will provide selected applicants the opportunity to work one-on-one with an industry professional. The mentors this year are Mulloy, The New Quarterly consulting editor Susan Scott and award-winning authors, Helen Humphreys and Andrew Westoll.

Festival tickets can be purchased on the festival’s website: www.wildwriters.ca.

Throwing the perfect Halloween party

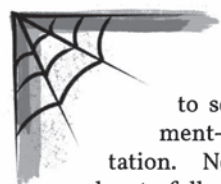
Nicola Rose
Managing Editor

With Halloween right around the corner and COVID-19 restrictions finally loosening, the time for an epic Halloween bash has come. Here’s a guide to throwing the perfect Halloween party.

Theme

The first step in throwing a great Halloween party is determining a theme. You can always choose to go themeless or aim for a general Halloween or fall-inspired look. However, if you want to be more specific, consider pulling inspiration from classic Halloween films or one of your favourite TV shows. Bonus if everyone invited is a fan of the content you’re referencing. If your guests have different tastes, you may want to stick with a broader theme — perhaps a serial-killer inspired party or your own take on a monster mash.

You should also decide if you want people to wear costumes or not. If you do choose to have a costume



party, it might be a good idea to set a commitment-level expectation. Not everyone has to follow it, but your guests may want to know if others are showing up with cat ears and a black shirt versus a high-effort look, and adjust their plans accordingly.

Decorations

While decorations aren’t a necessity, they can transform your space, and especially if you live in a university apartment, a few fun items are a nice touch. They’re also an amazing way to communicate a party theme to everyone who comes. Hit up a dollar store, Walmart, or your local Spirit Halloween to pick up lights, balloons and other pieces of decor.

If you’ve got a bit more time on your hands, you can also check out thrift stores for cool pieces to add to the atmosphere. You might find old dolls, antique candlesticks, elaborate mirrors and other spooky items.

Guest list

The guest list is also an important factor: you may want to invite only your closest friends, celebrate

with a larger friend group or bring together people from different parts of your life. What’s important is making sure every guest will know at least one person in addition to the host (that might mean allowing plus ones). Social butterflies — the people who can make friends anywhere and everywhere — are exempt.

And remember: in accordance with the current restrictions, you can have a maximum of 25 people inside and 100 outside.

Food and drink

Whether or not your party is BYOB, as a host, you should probably provide a few snacks and Halloween is the perfect opportunity to have fun with your offerings. Chips and cookies are classic — get a few flavours to make sure everyone has something they like.

For a candy-loving crowd, you can pick up boxes of fun-sized packs at most retailers and create your own trick-or-treating station with a Halloween basket or big bowl.

If you want to provide drinks,



mini pop cans and bottles are great, especially if you want to avoid communal drinks during the pandemic. However, if you’re close to the whole group, consider whipping up a spooky holiday spiked punch.

Speaking of spooky drinks, you can also make spooky snacks. Depending on whether you want to serve a meal, baked goods or something else, there are plenty of easy Halloween recipes and other ways to add a spooky touch to your food. You may even want to save the baking (or decorating) for when the guests arrive so everyone can contribute and enjoy the fruits of their labour. Conversely, you can host a potluck-style event, where everyone brings something for the group to share.

Don’t forget about dishes, utensils and napkins. If you don’t have enough, you can get Halloween-themed disposable items that add to the spooky atmosphere and simplify the clean-up process.

The playlist

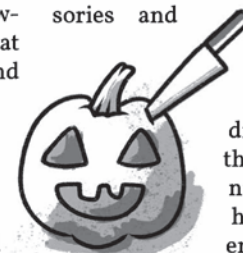
When it comes to music, there are several options. You can create a spooky playlist filled with Halloween-themed songs (or borrow one of the many such playlists available online), use a more generic playlist of popular

party hits or play the songs you and your guests like best, regardless of genre or style. The best strategy might be a combination of all three — a custom playlist combining Halloween classics, upbeat jams and guest favourites.

If the party is probably going to run late, you may want to have a second playlist of quieter songs to play when peoples’ energy levels start to taper.

Activities

Activities aren’t a necessity — if you have music and space to move, you’re good to go — but there are a bunch of fun Halloween-related activities you can try out. Consider pumpkin carving, horror-movie-marathons or a costume competition. Speaking of costumes, you can put together a costume table with a few fun accessories and encourage people to take photos of themselves dressing up throughout the night. If anyone has a film camera, encourage them to take photos or pick up a few disposable cameras and hand them out through the night.



Last-minute Halloween costumes for students on a budget

Nicola Rose
Managing Editor

With Halloween around the corner, you may be realizing that your time to find the perfect costume is running out. Maybe you still aren't sure who or what you want to dress up as, or you're realizing the key prop you ordered online won't arrive on time.

Here are a few easy costumes you can build from the pieces already in your wardrobe:

Tourist

Also known as "white dad at a barbecue," this costume works well individually or as an ensemble. For this costume, wear a Hawaiian shirt (the louder the better), socks, sandals and a hat (ideally of the bucket variety). If you want, you can add a camera, binoculars, sunglasses or a fanny pack to the outfit too. One more tip: put some sunscreen or white face paint on the bridge of your nose.

Formal apology

If you want a chance to look fancy, this costume is perfect. Just dress as formally as you can and stick a piece of paper with the word "sorry" somewhere on your outfit. Want to make it a group look? Have a friend go as an "informal apology" — same idea, but with a sweatsuit instead of a regular suit (or dress).

Freudian slip

For this costume, wear a slip dress and stick pieces of paper with Freudian or other psychology terms over your outfit. You can add fake facial hair if you have some on

hand, though it's not necessary.

When life gives you lemons

Have a lot of lemons lying around? If, for some reason, you do, dress up as "life" (either the boardgame or yourself with the word "life" stuck to your outfit) and hand them out. This is a great option for punny people, especially those with a fondness of citrus fruits.

Party animal

Animal costumes are fun, but undeniably a bit overdone. You can always go as a more unique animal — a worm, for example — but if you want to reuse an old costume in a new way, add some party paraphernalia, like a party hat and a feather boa, to achieve this look. This costume works well individually or in groups.

Sick person

This one's easy. Just wear your pyjamas and add a bit of blush to your cheeks and nose. You can also use accessories like a box of tissues, a blanket or a stuffed animal to round out your look. If you have long hair, you can stick a thermometer into a bun (or just tuck one behind your ear) for a nice last-touch.

Spoiled milk

For this costume, you'll want to dress fancy and in all-white. Add a piece of paper with the word "milk" somewhere on the look, and you're good to go. You can also add a tiara or another signifier of wealth (and being stuck up about it).

Copycat

This is another punny idea, and one you



can execute in a couple different ways. The first option is to dress as a cat — all black with some whiskers drawn on and maybe a pair of ears — and copy what people do or say all night. If you're worried about annoying your friends, swap out the repetition for a piece of paper that says CTRL + V (or Command + V for you Apple users).

If none of these ideas interest you, consider dressing as a character in your favourite book, movie, or TV show. You can also go as a high school stereotype, whether it's a nerd with tape around their glasses, a gamer with headphones and an old hoodie or something else.

Your options are truly unlimited.

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**ARTS & LIFE
WRITERS**

Write movie or play reviews, interview artists in the KW region, create playlists for our readers or share your artistic process in From Idea to Creation!

Reach out to
arts@uwimprint.ca

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Wednesday, October 27, 2021 | Vol. 44, No.10
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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.

UW INDIGENOUS STUDENT ASSOCIATION



opinion



HAVE YOUR SAY

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

Imprint playlists: 'A scare is born'

A Halloween-themed playlist to get you in the spooky mood

Spoooky season is in full swing, and if you're like the editorial staff at *Imprint*, you regularly make playlists based on your mood, the time of year, or just because. Halloween is no exception. That's why we've curated the perfect playlist for you ghouligans that's sure to put some pep in your zombie-like step.

"Mr. Brightside" by The Killers

Not very Halloween-themed but definitely a staple to every party! A classic upbeat song that everyone can recognize just from hearing the first few seconds, it is perfect to bring everyone to the dance floor. After all, no one can resist singing along to this '03 masterpiece!
 - Felicia Daryonoputri, Assistant Science Editor

"Scissorhands" by Maggie Lindemann

This angsty pop-rock song from Maggie Lindemann's *PARANOIA* album was inspired by Tim Burton's 1990 film *Edward Scissorhands* and will put you in a Halloween mood. The haunting melody and sharp scissor sound effects will give you chills while the drums and guitar riff will make your heart race.
 - Jia Chen, Creative Director

"Zombie" by The Cranberries

A 1994 classic, "Zombie" is a protest song that has long been long recognized as "a masterpiece of alternative rock" by critics. Written in memory of the two young victims who were killed in the 1993 Warrington bombings, the energy, heavy drums and humane lyrics make it a song for the ages. There's no way you can forget it once you listen to it, the chill never leaving your spine.
 - Sharanya Karkera, Head Designer

"Haunted - Live/2011" by Taylor Swift

Nothing is as scary as seeing love fade away right before your eyes. This alternative rock song is a lyrical masterpiece, with a euphonic orchestral melody. Moreover, its dramatic opening of string instruments makes for a truly haunting listening experience. As amazing as the studio version of this song is, this version from the 2011 *Speak Now World Tour* is chilling.
 - Abhiraj Lamba, Arts & Life Editor

"Rhiannon" by Fleetwood Mac

This haunting melody is about Rhiannon, an old Welsh witch and goddess of the moon. As one of The Rolling Stones' 500 Greatest Songs of All Time, it's a must-hear piece with incredible vocals. Stevie Nicks would often perform the song dressed in all-black witchy attire.
 - Rebecca Butler, News Editor

"Taste of You" by Rezz ft. Dove Cameron

A recent EDM track by Canadian DJ Rezz with lyrics sung by Dove Cameron giving off vampire vibes. The track starts off with an uneasy feeling but builds towards a drop that makes any partygoer want to headbang like they're at EverAfter.
 - Andrew Yang, Video Editor

"Calling All The Monsters" by China Anne McClain

Thinking back to your childhood can be frightening enough, but Disney's spooky classic gave us quite a few chills when we were kids. This electropop hit had us all dancing along with the freaky monsters on our TV screens (OK — it was probably scarier when we were kids). If anything, this reminiscing beat will have you and your friends jamming on Halloween night.
 - Lauren Wolfe, Intern

"Werewolves of London" by Warren Zevon

Ah- hoo...This 1978 rock song has all the spooky vibes you need for this Halloween. Whether you're walking to class on a crisp fall day or blasting music on a speaker, you'll want to make sure this bop is in your playlist.
 - Hayley Austin, Science & Tech Editor

"Any Kind of Dead Person" by Brittain Ashford and the cast of Ghost Quartet

While the entire musical is perfect for giving off creepy, gothic vibes, this bouncy pattern song is the most self-contained song on the album. Its lyrical list of different kinds of dead people is the perfect mix of whimsical and macabre to sing along to at Halloween.
 - Erin Froud, Assistant Arts and Life Editor

"Hallowed Be Thy Name" by Iron Maiden

One of Iron Maiden's heavy metal classics from the album, *The Number of the Beast*, this song is a first-person account of a man who is sentenced to death and is awaiting an appointment with the executioner, at which time he will be hanged. During the song, he describes the setting of the prison and his reflections on his past life. He is able to find comfort in faith, or religion, or God — but the universally applicable message is that anyone can find comfort in something, even in the direst of circumstances.
 - Rohit Kaushik, Opinions Editor

"The Call of Ktulu" by Metallica

The closing track to one of thrash metal's most iconic albums, and inspired by the writings of H.P. Lovecraft, this is a purely atmospheric piece that truly captures the feeling of awakening an Eldritch god from a thousand-year slumber deep beneath the

sea. - Eduardo Matsumiya, Head Copy Editor

"Thriller" by Michael Jackson

A classic Halloween track that has spooky vibes from start to finish! This song can get everyone up and doing the iconic dance that was portrayed in the music video.
 - Sarah Morassutti, Graphics Editor

"Monster Mash" by Bobby Pickett, Bobby "Boris" Pickett & The Crypt-Kickers

An upbeat Halloween song from 1962 that follows a mad scientist whose monster rises from his lab to perform a popular dance of the early 1960s, the Mashed Potato. Eerie sounds of coffins opening and a cauldron bubbling can be heard throughout the song and will for sure put you in the Halloween mood.
 - Nicole Howes, Assistant News Editor

"The Monster" by Eminem and Rihanna

Ooh-oo-oo-oo! Put down your candy corn and move to the mic because this 2000s throwback is too good to skip. With an abandoned house as the album artwork and a mix of haunting riffs, everything about this song screams spooky season!
 - Heather Ecobichon, Assistant Head Designer

"John Brown's Beach" by R. O. Shapiro

This haunting tune tells the story of John Brown, a gold-seeking miner whose ghost watches over the beach by which he was buried. With a haunting whistle and chilling lyrics, "John Brown's Beach" is the perfect folksy addition to any fall playlist.
 - Nicola Rose, Managing Editor

"Mama" by My Chemical Romance

This alternative/song released in the 2016 album called *Living with Ghosts* is aptly spooky for this Halloween season. Written from the perspective of a soldier off to war, My Chemical Romance sings about death and hell. This song is upbeat and dark at the same time. Its catchy beats will have you bobbing your head and singing along to some very dark lyrics.
 - Ramal Rana, Sports & Health Editor

Imprint Editorial Staff

Find and follow the rest of the playlist by scanning the Spotify URL below in the app!





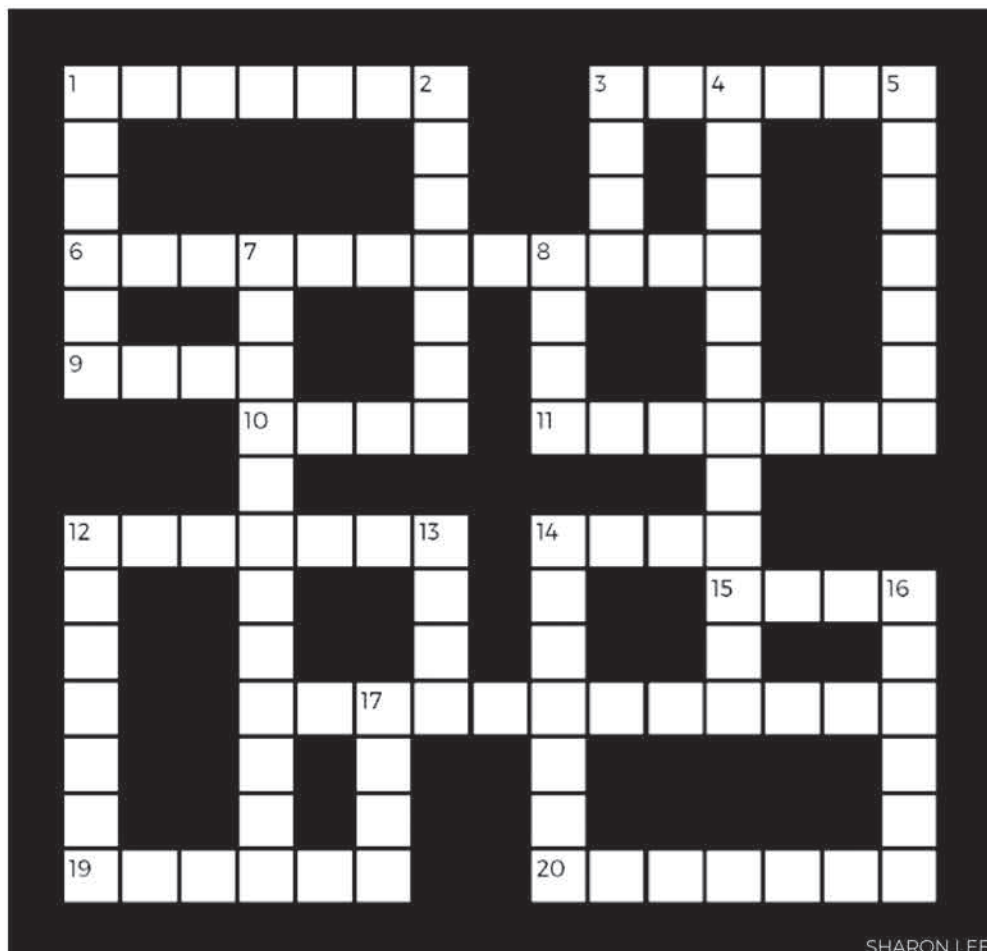
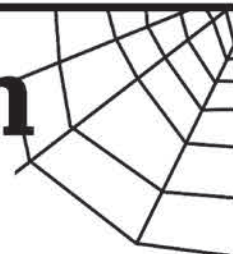
distractions



Q: WHAT'S A JACK-O-LANTERN'S FAVOURITE TAYLOR SWIFT SONG?

A: GOURDGEOUS

Imprint crosswords | Halloween



SHARON LEE

Across / Cryptic Down

- 1. Family follows reversed upper parliament member
 - 3. On the radio, Madam Correct is obscure
 - 6. Who you may call, good people who invite for dinner then break?
 - 9. Gather harvest?
 - 10. Pricey estates are held by onlookers
 - 11. Credit workers adopting young at heart blight
 - 12. Rumour bearing destruction carry nasty bites
 - 14. Maniacal mornings are fine
 - 15. Abandoned rail to hollow ground
 - 17. Terror tick at abandoned mischief or candy
 - 19. A circle that has a radius bears fruit
 - 20. The French take ill animal and transport to the threshold
- 1. Remove, desire imprisoned by communication
 - 2. Us coconuts take court renovations dangerously
 - 3. In cinema gear, you find magic
 - 4. A blush wrecks the best of heroes
 - 5. Tailored English custom attire
 - 7. Irrational beliefs of saints at heart, inspire out reformation
 - 8. A phantom basement holds the dead
 - 12. Remembrance to the soldiers captured in rejected volumes
 - 13. That is quiet, a hundred legends
 - 14. Mixer at the local house provides drinks
 - 16. Ceremony leading restlessness in trolls undergo a limit
 - 17. When at odds, dissolve and call out the passageway

Across / Normal Down

- 1. Cinderella's carriage
 - 3. Rasputin, for one
 - 6. 1984 American supernatural comedy film starring Bill Murray
 - 9. Cut with a sickle
 - 10. Perceptive duo
 - 11. Archaic way of giving a damn
 - 12. What a French Vampire would do to you
 - 14. "____! _____, _____, _____!", Sarah Sanderson
 - 15. A necessity of an evil villain
 - 17. Greetings at strangers for candy
 - 19. The 5 ball in pool
 - 20. _____ space: passages between places
- 1. Participants of the 2013 horror film
 - 2. Harmful or poisonous
 - 3. Merlin, for one
 - 4. Zorro's career
 - 5. Don on during Halloween
 - 7. "Black cats," etc
 - 8. Mummy's resting place
 - 12. _____ mori
 - 13. Poems of Beowulf
 - 14. Spirits etc.
 - 16. Everyday routine
 - 17. Place for Man or Wright, etc

LAST WEEK'S ANSWERS



JIA CHEN

Who you gonna call?



GOOSEBUSTERS

ANNIE ZHANG