



p2

FOOD SERVICES CLOSURES

Labour shortages force food services outlets to remain close despite rest of UW reopening .



SUSTAINABILITY

UW places in the top 50 for the inaugural QS sustainability rankings. P4

IMPRINT INK P3

A new series taking a look at student tattoos across campus and their meaning.

WHAT TO DO IN NOVEMBER P6

Looking to get take a break from school work? We have some suggestions for you .

WILD WRITERS FESTIVAL P9

Writers festival brings Canadian authors to Waterloo.

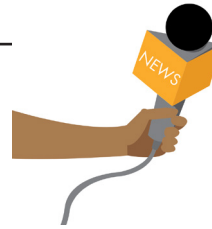


Warriors Gordon Lam breaks OUA Record

COURTESY UW ATHLETICS

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Food Services ‘thanks students for their patience’ amid ongoing closures



Alicia Wang
Editorial Assistant

Several Food Services locations around campus, including ML's Diner in Modern Languages (ML), H3 in Hagey Hall, FRSH in the Health Expansion building, Eye Opener Cafe in Optometry and the Tim Hortons in East Campus 5 as well as ML, have remained closed despite a full-scale return to campus in most capacities.

In an email correspondence regarding the closures, UW Food Services described the staffing shortages suffered due to the pandemic as the cause of the prolonged closures, having lost 700 out of 800 total staff.

“Reopening our eateries means hiring high numbers of new staff, providing training for new hires, and getting them comfortable in their roles before they serve our student body and staff at the university,” Food Services stated. “Once we have filled vacant positions and trained our new staff members, we will have all of our eateries open and available. We are welcoming those interested in working for Food Services to apply by visiting this link: uwaterloo.ca/food-services/work-for-us.”

The Tim Horton's in ML recently opened on Nov. 1. Food Services worker Rosana Frowd stated that she would be the only full-timer at the location, working alongside two part-time employees. “Hopefully they open more,

but for now, just this one,” she said.

The Jugo Juice in CIF also re-opened as of Oct. 31. No timelines for the re-opening of other locations is known as of now.

A tweet from Wilfrid Laurier University Food Services alluded to similar staffing issues, requesting students to “be kind to [their] hard working team members as [they] fulfill[ed] labor shortages.” However, a look at WLU's Food Services website shows that almost all Food Services locations are currently open, whereas UW's Food Services website continues to display several locations as indefinitely closed.

Many students expressed concerns regarding the efficiency of current service via interviews and online polls conducted by *Imprint* via Instagram. A particular concern among students was that service is currently not efficient enough for them to get food in between classes. In addition, all students interviewed either hoped that the currently closed locations would open, or agreed that opening more locations would help with overly long wait times and provide students with more options, both in terms of location and food.

“I really enjoy the food, but it's just really slow sometimes when I'm trying to eat lunch between classes,” said Mariana Mendes da Costa Matos, a first-year kinesiology student. She also stated that opening new locations could increase the choices available to students as well as efficiency of service.

“Sometimes there's just a 10 minute gap between class[es], but if you want to get coffee you need to wait more than 10 minutes,” said Steve Tan, a graduate bioinformatics student.

“Pre-COVID, I would go to ML to eat all the time but that's been closed so I kinda just don't eat on campus anymore,” said Matthew Macmillan, a fourth-year arts and business student. “[Opening more locations] would probably cut the lines down by quite a bit, and also [offer] more diverse food offerings. If you had a class at Hagey, you could go eat [at Hagey], if you had a class at ML, you could go eat in ML instead of having to trek to SLC or STC.”

“I've been seeing a huge amount of crowds,” said Sneha Srinivasan, a Food Services worker currently in her second year in the SYDE Masters program.

“The staff is good, but I think there's a lack of full-timers because there's no proper guidance for us,” Srinivasan continued. She stated that the current food services locations were not sufficient for UW's large student body.

Food Services described the efforts to get back to pre-pandemic levels of operations. “This has led to our largest recruitment and training effort ever experienced at UW Food Services; hence all the red training badges you will find visiting our eateries across campus. We encourage the UW community to support us by being patient with our new trainees as they learn their new tasks and responsibilities.”

Other businesses in the Waterloo region

have described similar difficulties in finding staff to fill up shortages. Potential causes include an increase in experienced workers retiring early, insufficient pay, and a sudden increase in the supply of jobs in hospitality paired with low demand for them.

Inflation remains a main concern throughout salary negotiations, with employee retention presenting another issue. A study from Statistics Canada found that in the first quarter of 2022, 45 per cent of businesses stated they planned on raising wages for existing employees, though such initiatives may become difficult due to the lack of staff necessitating measures like shorter hours, reducing total revenue.

Imprint's online poll found that many students were frustrated particularly with wait times at the SLC, leading some to choose alternate on-campus options like SCH. One student suggested that *Imprint* “test how long it takes to get DC Tim's [sic] vs walking to the Tims on Philip and back to DC.”

In response to these complaints, Food Services stated that “we would like to thank our customers...for their continued patience and support as we recruit and train new employees. We encourage students to try our other restaurants around campus including Southside Marketplace in SCH, DC Bytes at the DC, Ev3rgreen Café in EV3 and the residence dining halls (REV, V1 and CMH) to avoid the long wait times during peak hours.”



VIA ALICIA WANG

Imprint TLDR: This week on campus

Meagan Leonard, Abhiraj Lamba
Executive Editor, Managing Editor

OCT. 21

A \$1 million donation from UW chancellor Dominic Barton will fund a new award for Indigenous students, along with those studying business and entrepreneurship.

Barton's gift will support three key initiatives at the university. An award will be created for Indigenous students to help reduce barriers to education and encourage new ideas and perspectives. The Kiinomaagawin Zhoonia Award, meaning "wealth of learning or teaching," will be available to Indigenous students entering a full-time undergraduate program. The first awards will be available in 2023 and have a potential value of \$40,000 each. Money will also be allocated for UW's Indigenous Opportunities Fund.

Additionally, the International Study Trip program will be expanded, giving students in the School of Accounting and Finance the chance to meet corporate leaders in places like South Asia.

The Velocity entrepreneurship program will also benefit from the funds and receive a new space called the Innovation Area, which will be home to high-tech labs, manufacturing equipment, and collaboration space.

Barton is UW's 11th chancellor and a well-known business leader and philanthropist.

Source: UW, Office of Advancement

OCT. 25

UW engineering professor Dr. Norman Zhou is the recipient of the Synergy Award for Innovation in Natural Sciences and Engineering Research from NSERC.

Zhou's work has led to advancements in the fields of nanomaterials fabrication and laser processing of shape memory alloys. He was one of four Canadian winners and recognized in the productive collaborations category. Zhou will receive a \$200,000 research grant, and the industrial partners he worked with will each receive a \$30,000 voucher to go toward future partnerships.

Zhou is the Canada Research Chair (Tier I) in Advanced Materials Joining and Processing and the Associate Director of the Centre

for Advanced Materials Joining at UW.

Source: UW, Faculty of Engineering

OCT. 26

Former University Secretary Karen Jack is no longer working for UW.

Jack joined UW in 2000 in the Department of Management Sciences and joined the Secretariat in 2009. There she served as Privacy Officer, Assistant University Secretary and University Secretary.

UW anticipates starting a search for a new University Secretary next year. In the meantime, Executive Director Andrea Kelman has been appointed Acting University Secretary.

Source: Internal Memo sent to UW students and employees

OCT. 28

University of Waterloo's Stratford School of Interaction Design and Business celebrated its 10th anniversary.

The school began as a partnership between the city of Stratford and UW, offering programs in digital arts and design within a global business framework. It started with 16

students and is now home to over 700 students enrolled in undergraduate and graduate programs, both on-campus and online.

Undergraduate students at the school are enrolled in the Global Business and Digital Arts (GBDA) program, and graduate students are enrolled in the Masters of Digital Experience Innovation (MDEI) program. Both programs are the first of their kind in Canada.

Source: UW, Stratford School of Interaction Design and Business

NOV 1

International News (INews), the 24/7 on-campus convenience store operated by WUSA in the SLC, is now known as Flock Stop. This change is a result of WUSA's decision not to renew their agreement with INews, which officially ended on Oct. 31.

Flock Stop, like INews, will remain entirely student-run, and will continue providing the same service. WUSA has announced that they will also be adding more products and providing better deals

Source: Waterloo Undergraduate Student Association (WUSA)

Imprint Ink: The Shady Ladybug

"They always pop up when we need them the most!"

My nana, a glorious gardener, ran a business out of her house called 'The Shady Ladybug,' selling flowers from her vast garden. Unfortunately, she passed away when I was five years old, but she always told us how she was going to come back as a ladybug.

And since her passing, at every significant life event my family has experienced, there has been a ladybug. At my papa's funeral there was one sitting on the casket, at my older sister's Grade 8 graduation there was one on my mom's seat, etc.

They always pop up when we need them the most! Anyway, fast forward to last year, my mom, sister, and I went and got matching ladybug tattoos using the icon from one of my nana's old business cards we uncovered! And voila!

Sophia Armstrong
2nd year Knowledge Integration



SOPHIA ARMSTRONG



DO YOU HAVE TATTOOS?

Is there a great story behind them? Imprint wants to hear from you!

If you are interested in being profiled for our new weekly feature Imprint Ink, please submit a photo of your tattoo and a brief description to editor@uwimprint.ca.





WRITE FOR SCIENCE AND TECH
 Got an interesting science or tech story you want to write about? Email science@uwimprint.ca

Inaugural QS Sustainability ranking places Waterloo at fourth

Nicole Howes
 Reporter

For the first time ever the Quacquarelli Symonds (QS) World University Rankings for Sustainability has been released. UW came in fourth in Canada, tied with McGill, and 42nd in the world at a three-way tie.

The QS rankings are known for their annual world university rankings covering 51 subject areas. However, this year they have included a sustainability ranking based on factors such as how environmentally friendly the institution is, and the current sustainable education and research.

"I think UWaterloo has taken multiple steps to become a more sustainable campus for several years now. The school has many of their objectives in their Environmental Sustain-

ability Strategy so hopefully we can see those come to fruition soon. Of course, students also play a large part in the sustainability aspects of the campus, so getting ranked so high is a huge win for the university and the students" said Jessica Hu, a fourth-year student in environmental science.

While sustainability continues to be a topic of concern, the QS has made a conscious effort by ranking 700 institutions on various environmental factors.

"I am pleased to see Waterloo well represented on this new sustainability ranking amongst our Canadian and global peers... Today, much

of the teaching, inquiry, and outreach taking place through our faculties and research centres and institutes on our campuses focus on understanding and contributing to our sustainable future and the connections between a sustainable environment and society," said president and vice-chancellor Vivek Goel in a UW media relations interview.

Waterloo has continued to create a more sustainable campus guided by their Environmental Sustainability Strategy and strives to become a leader in education and research in the field.

With over 500 sustainability courses, UW has a new pilot course covering climate change with a unique spin of including different faculty perspectives from senior undergraduate students.

Six PhD students representing all six faculties will be running the course called The Wicked Problem of Climate Change set to start in Winter 2023.

Ten students from each faculty will be able to enroll in this course to discuss their perspectives and opinions regarding the current climate issues. The course aims to spark new ideas, solutions and connections related to sustainability across the faculties.

"By challenging students to reflect on the roles and limitations of science for understanding the fundamentals of climate change, predicting impacts, proposing solutions and dialoguing with traditional knowledge, we will encourage students to develop their own stance on the Wicked Problem of Climate Change," said Debora Andrade-Pereira, a PhD student in the department of biology, in a UW media relations interview.



HEATHER ECOBICHON

Student Surveys: Participate for a chance to win!

OUSS (Ontario Undergrad Student Survey)

Complete for a chance to win a \$100 gift card!

Complete this survey to help improve the undergrad experience for yourself and future students.

OUSA Policy Paper Feedback

Complete for a chance to win a \$50 gift card!

2SLGBTQ+ Students

Are you a student invested in any or all of these topics?

Share your detailed experiences with the goal of improving student life for yourself and all WUSA and OUSA undergrads.

Access and Disability Inclusion

Teaching and Assessment

New step for memory research: studying the enactment effect and memory encoding

Shaza Syed
Reporter

Studying for midterms may be as easy as a game of charades! Over 60 years of research suggests that acting out information can help encode it to your memory.

Brady Roberts, pursuing a PhD in cognitive neuroscience at UW, has been studying the enactment effect to better understand how the brain processes and stores information. The enactment effect proposes that performing an action related to a word can make it easier to remember compared to simply hearing or reading the word alone.

Under supervision of professors Myra Fernandes and Colin MacLeod, Roberts conducted a systematic review that compiled previous research on the enactment effect and assessed trends and factors related to it. The systematic review looked at 145 be-

havioural studies, seven neuroimaging studies and 31 neurological patient studies.

“Our new paper offers a novel three-pronged approach by incorporating behavioural, neuroimaging, and patient studies to advance understanding, and more specifically, to answer eight key questions we had about how enactment improves memory,” Roberts told UW media relations.

“While the enactment effect is well-established, there is still debate about the mechanisms underlying how it works,” Roberts said.

Findings of the meta-analysis propose the role of two main components in the enactment effect — mentally planning to do the action and then actually performing it. “Enactment is a great example of rich multi-sensory encoding,” Roberts explained. This two-step model of encoding is thought to be responsible for the efficacy of the enactment effect.

Brain imaging studies confirm the acti-

vation of parts of the brain responsible for memory and physical movement further supporting the multimodal theory.

Surprisingly, the enactment effect is not dulled by the presence of other diseases such as Parkinson’s.

“Our objective was to contextualize the enactment effect as a powerful memory strategy, and we found it can benefit people across a range of demographics and cognitive abilities,” Roberts said. “Our meta-analysis found that even Parkinson’s disease patients who struggle to execute actions can have their memory improved by enactment, possibly because their planning abilities remain intact.”

The role of the enactment effect on patients with Alzheimer’s, characterized by a loss of memory, has been studied since the late 1980s. Of the seven studies in Roberts’ meta-analysis that looked at Alzheimer’s and the enactment effect, five showed significant benefits of enactment for memory. “Given the

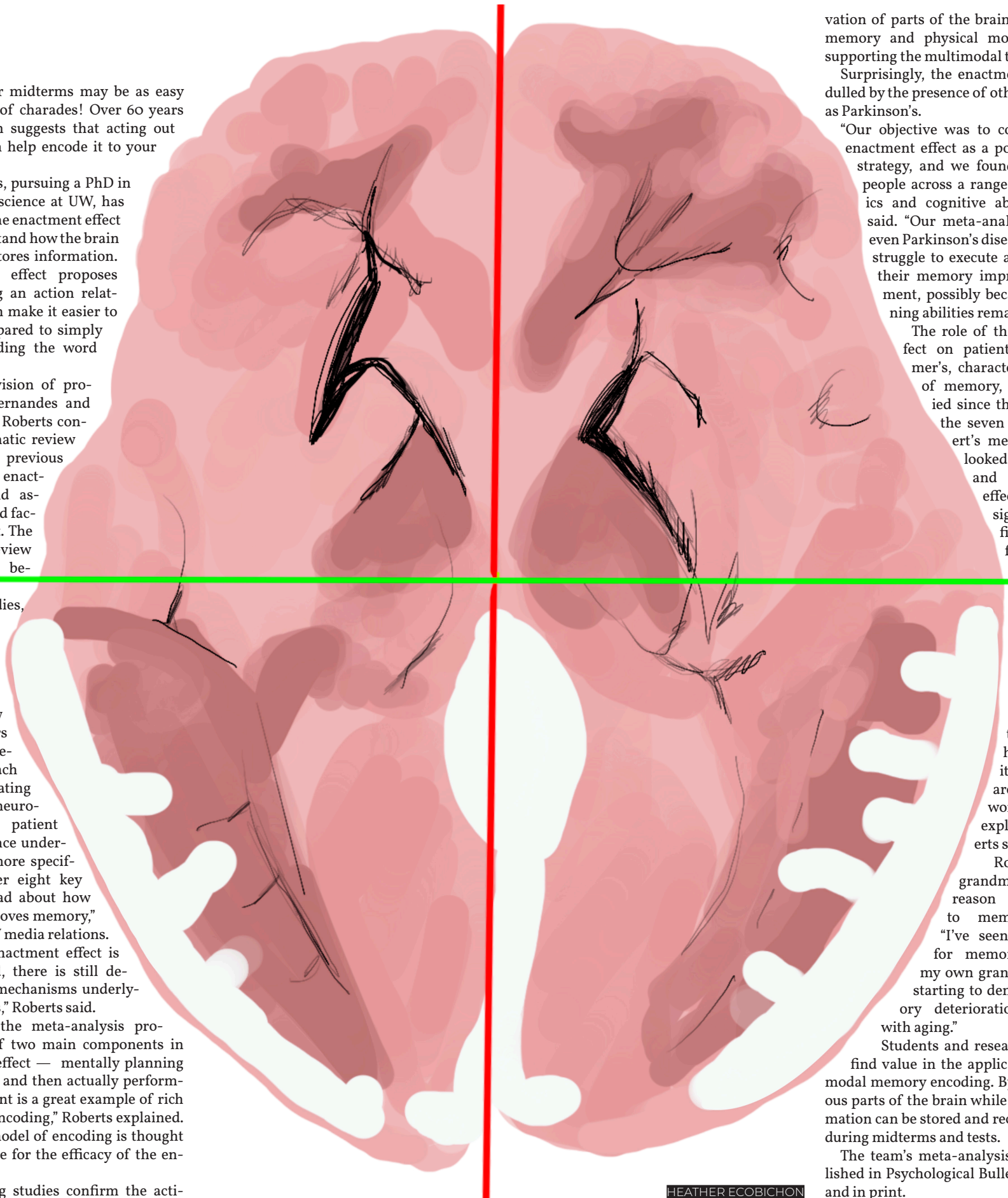
potency and ease-of-use of enactment in real-world settings, including improving memory in patients with Alzheimer’s disease, it’s an important area of research worthy of further exploration,” Roberts said.

Roberts says his grandmother is the reason he was drawn to memory encoding. “I’ve seen the real need for memory research in my own grandmother who is starting to demonstrate memory deterioration that comes with aging.”

Students and researchers alike can find value in the applications of multimodal memory encoding. By engaging various parts of the brain while studying, information can be stored and recalled effectively during midterms and tests.

The team’s meta-analysis has been published in *Psychological Bulletin* both on line and in print.

HEATHER ECOBICHON



WRITE FOR ARTS AND LIFE

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What to do in Waterloo this November

Oz Gulsayin
Reporter

From arts to music, there is something for everyone to enjoy this November. Check out some of the events happening in Waterloo throughout the month below:

WUSA SERVICES AND CLUBS EVENTS

Flowetry Night: (Nov. 2): RAISE is hosting an open mic and expression night at the second level of Graduate House from 7-9 p.m. on Wednesday, Nov. 2. The event is free to attend but you must first register at <https://ticketfi.com/event/4788/flowetry-night>

Stock the Bank (Nov. 1 - Dec. 1): WUSA Food Support's annual Stock the Bank is a month-long challenge where self-formed teams compete against each other to see who can raise the most food items or cash for a chance to win a grand prize. For more information, visit their website at <https://wusa.ca/services/student-run-services/food-support-service/>

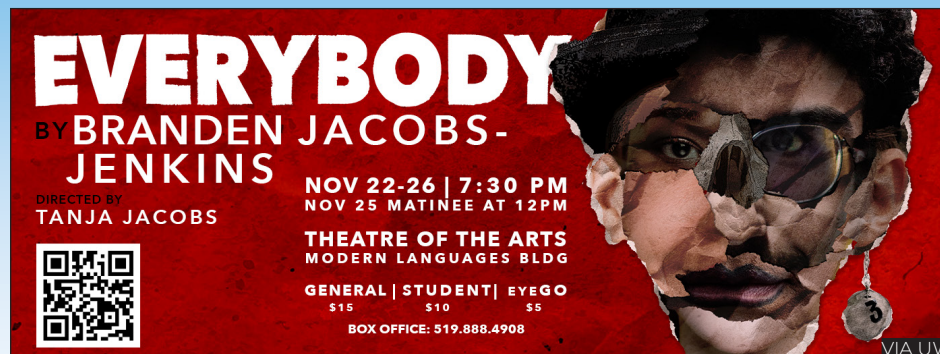
Soup, Bannock and Beading (Thursdays): WISC holds this event every Thursday for Indigenous students, staff, faculty and allies to connect with one another. Soup and bannock are served at 12-1 p.m., followed by beading from 2-3 p.m., with a give-away each week at 1:30 p.m. for Indigenous students. The centre is located in room 228 at United College.

Board Games Nights (Tuesdays & Wednesdays): The Glow Centre hosts Board Games Nights every Tuesday evening from 7-10 p.m. and Tea Time Talks every Wednesday at 7-9 p.m. in SLC 3103.

Vocals for Vectors (Mondays): Jam-Net's vinyl club meets biweekly on Wednesdays at 4 p.m. in HH 123 (Nov. 2, 16, 30). The club also hosts Vocals for Vectors, a weekly event with the first hour teaching math and the latter hour teaching vocals every Monday from 4:30 p.m. - 6:30 p.m. in ML 242. For more information about the club, visit linktr.ee/jamnetworkuw

UW EVENTS

When Memes Go to War Against Russia: A Conversation with Christian Borys of Saint Javelin (Nov. 8, 4:30 p.m.): University for Ukraine (U4U) presents a conversation with journalist Christian Borys,



hosted by professors Alexander Lanoszka (Political Science) and Serhiy Yarusevych (Mechanical and Mechatronics Engineering) as part of the U4U campaign to raise funds for victims of Russia's war against Ukraine. They will discuss Saint Javelin's story as well as humor in wartime and the role that memes can play in disinformation and psychological warfare. Those interested can attend either in-person at HH 1104 or online. The event is free to attend but individuals must register beforehand: <https://uwaterloo.ca/arts/register-when-memes-go-war-against-russia>

Music, Liturgy, and the Making of Medieval Scotland (Nov. 24, 7:30 p.m.):

This lecture will feature the performance of medieval liturgical music made at the Cathedral of St. Andrews to celebrate Saint Andrew's relics, showing how liturgical music shaped history. The presentation will be led by Kate Kennedy Steiner, Assistant Professor of Music and director of Church Music and Worship at Conrad Grebel University College. It is free to attend but attendees must register first at this link: <https://uwaterloo.ca/grebel/ebly-lecture-registration>

EVERYBODY: Written by Branden Jacobs-Jenkins, EVERYBODY is a contemporary spin on the 15th-century morality play, EVERYMAN. It follows "Everybody" after they are randomly

selected via lottery system to embark on a comedic detour through...Death.

Director Tanja Jacobs describes the play as "a modern plea for awareness, decency and kindness, and is an offered reprieve for a life still-to-be-lived." Tickets are \$15 for the general public and \$10 for students and seniors. Tickets can be bought at <https://uwaterloo.ca/theatre-centre/box-office>.

OFF-CAMPUS EVENTS

The Art of Video Game Music (Nov. 9, 8 p.m.): At Centre in the Square, Swedish video game music concert producer Orvar Säfström will be hosting this video game music event that focuses on the exceptional quality of the music and the orchestra.

Orvar will be narrating the concert himself, presenting well-known themes intertwined with lesser-known gems. Student tickets are \$16, and other tickets range \$13-\$87. You can buy them at tickets.kwsymphony.ca/2938/2939

KW Little Theatre: Ali & Ali: The Deportation Hearings (Nov. 10-12, 17-19, and 24-26): Seating is first come, first serve. Doors open at 7:30 p.m. and the show starts at 8 p.m. each evening. The show is presented with no intermission, with an expected run time of about 90 minutes.

Comedic, slapstick, and exuberant, the play raises serious questions about the cost for some when we endeavour to protect the "freedoms" of others. Tickets are \$22.23, which can be bought at the following link: <https://www.eventbrite.ca/event/kwlt-presents-ali-ali-the-deportation-hearings-tickets-433185919747>

Holiday Sip n' Shop Night Market (Nov. 18, 4-9 p.m.): This event will feature local artists and local breweries serving festive drinks that you can enjoy while browsing the artisan market at the St. Jacobs Market. Tickets are \$10 at <https://stjacobsmarket.com/holiday-sip-n-shop/>

St. Jacob's Country Playhouse: Mamma Mia! (Nov. 1 - 20): Based off of the widely successful music of Swedish pop group ABBA, Mamma Mia! will be performed at the St. Jacob's Country Playhouse. Showtimes are 2pm and 7:30pm, depending on the date. Tickets range from \$20-\$60 and can be purchased on the Drayton Entertainment website at <https://www.draytonentertainment.com/>

A wild literary session

Wild Writers Literary Festival 2022



Mais Almouilli
Reporter

The Wild Writers Literary Festival, held on Oct. 28–30, celebrated Canadian authors, many of whom have published stories in periodicals and magazines such as *The New Yorker* and *New Quarterly*.

The Wild Writers Literary Festival has been held in Waterloo since 2017, with this year being back in-person after two years online. In previous years the festival featured Canadian authors such as Pamela Mulloy, Elizabeth Hay and Michael Crummey. Each year, panelists share their individual writing and editing processes, including how they tackle character, plot and structure.

One panel, *Making Mosaics: Understanding Short Stories*, focused on what makes a worthy anthology. Kathy Friedman is a current professor at Humber College who published her short story collection, *All the Shining People*, with stories exploring immigration as a Jewish South African. Alexander MacLeod, a Scotiabank Giller Prize finalist, recently published his short story collection, *Animal Person*, which concerns the complexity of ordinary circumstances. Cynthia Flood, an award-winning novelist based in Vancouver, also provided insight into her best works.

The experiences the three panelists shared came together to create a new mosaic. How they perceive narrative structure, form and the editing process are simultaneously familiar and unique. A large chunk of the session surrounded the idea of making the ordinary artistic.

For Friedman, "The beautiful part about fiction is [the writer's] take on things." It be-

comes a process of opening up a narrative and illuminating the different perspectives on it. She imagines stories as the "before" and "after" of a big life event. In her specific case, the life situation is her immigration to Canada as a Jewish South African, when her most formative years were spent growing up in a country with unhealthy soil.

Flood argued that to make a good story, the writer must take the ordinary seriously. All panelists agree that it doesn't take an extraordinary event to make an extraordinary narrative. When it comes to finding an event that fits your theme, it takes much less digging than first thought.

"[The idea] is right in your living room," MacLeod said. "You create an object's meaning — it's not something that's inherited."

The sign and signifier is truly in the control of the writer. One change can cause a funny story to become sinister. MacLeod mentioned a story of a dental clinic that was situated two blocks from his house for 20 years. When he described the models of dentures that haunted their street during their family dog-walks, the crowd broke into giggles. But, as it turns out, the man owning the clinic was Gabriel Wortman, the same man who perpetuated Canada's worst mass shooting. The room went quiet after that, all smiles gone once the story went ominous. MacLeod provided a perfect example of symbolic order and how the meaning of an event truly depends on the context, which is in the hands of the writer.

Friedman and Flood both provided plenty of insight into how narrative voice brings ordinary stories to life. A strong voice is what brings a story together, and sometimes the writer's voice seeps in. Although it's important to have distinct characters,

a writer's voice is ever-changing and adds layers to the characters. However, many authors worry that their own voice might cause repetition in character and plot of different stories. But the panelists reassured the audience by commenting on how malleable our "internal voice" can be in different situations and contexts.

"I don't have the same voice when I talk to my mom, my boss, or my students," Friedman advised. Her voice is not the same as when she sat down to write five years ago, nor will it be when she sits and writes five years from now.

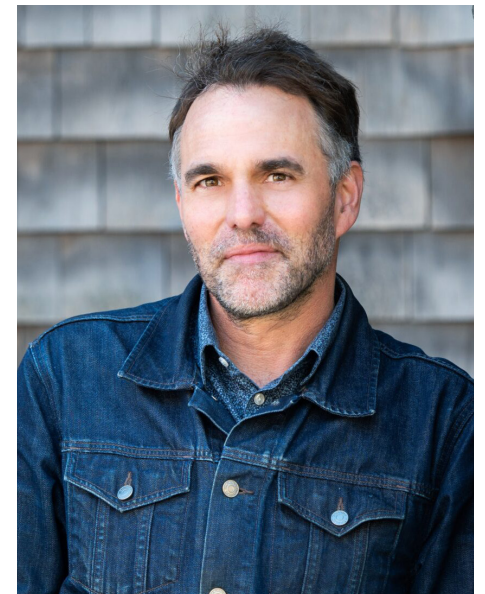
Time was a defining theme in the session. MacLeod argues that his new collection does not necessarily make him a better writer, although when he looks back at his previous work he doesn't cringe like many of us do. What he knew back then was different than what he knows now, and there remains appreciation for what he still has yet to find out.

What he does know, though, is that there will always be stories that won't make it to the final collection, regardless of how many times he reads them over.

"Sometimes it's not that you don't work, but that it doesn't work."

A listener asked a peculiar question about what one does with these unfinished pieces. Is it possible to publish them, half-done, and let the reader finish the story how they see fit? It is a question that acknowledges the writer and their trust with the reader's own perception of their work. The listener and panelists refer back to Michaelangelo and his last sculpture, *Pietà Rondanini*, left unfinished after his death yet still an artwork in and of itself.

"Insanity appeals," MacLeod responded.



Alexander MacLeod



Cynthia Flood



Kathy Friedman

sports & health



WRITE FOR SPORTS

Imprint is looking for sports writers! For more information, email sports@uwimprint.ca

Gordon Lam rewrites history with 206th reception



COURTESY UW ATHLETICS

Avitej Singh
Sports Editor

Gordon Lam's third reception was enough to secure him the OUA record for most all-time receptions, but Lam knew he could do more. Lam's receptions weren't able to influence the outcome of the match as the Windsor Lancers beat the Waterloo Warriors by a 39-11 margin. However, in front of the 3,349 people at Alumni Stadium in Windsor, Lam cemented his name in the record books with 208 receptions, beating the old 205 reception record.

Lam was born in Ethiopia to a family that fled Sudan during the civil war of the late 90s. He moved to Canada with his family in 2000. He initially lived in Hamilton and then Mississauga, but only started playing

football after moving to Kitchener where he was introduced to the sport by his cousins. Lam is one of the few first-year starters to play for the University of Waterloo, having played for Team Ontario in his junior year of high-school.

Lam's rookie year saw him score an impressive 23 receptions. Though he had a strong first year, Lam felt he could have played better and spoke to head coach Chris Bertoia about how he could improve. The relationship with Bertoia became pivotal in his career growth. The following year, Lam scored 65 receptions for UW, nearly tripling his receptions from the year before.

Wellness and Academic Support Coordinator, Marshall Bingeman, was another positive influence on Lam, helping him with his mindset. In his third year as a football player for the university, Lam scored 60 more re-

ceptions, bringing his total to an impressive 140 receptions. In his third year, Lam was already closing in on the Waterloo all-time reception record, which he achieved in his fourth year. Within his 42 receptions during the 2021/22 season, Lam broke the all-time UW record for receptions, much to his surprise.

Before the football game between the Windsor Lancers and the Waterloo Warriors, Bertoia sat the team down in the locker rooms and gave a speech. As he talked highly of a player who had dedicated years to his team, Lam wondered who it could be. Bertoia then informed Lam that he is only two receptions from equaling, and three from outright taking the OUA all-time record. Lam went out and scored five receptions, receiving an ovation at Alumni Stadium from both the Warriors and the Lancers.

Lam now sits atop the record books, with 208 receptions to his name.

Lam is currently waiting for a reply from UW to pursue his Bachelors of Social Work, but he is a high-value football player at his level. He is also waiting on scouts from the Canadian Football League to reach out to him and potentially sign him. However, Lam believes that he will be able to manage both together if they both happen to work out. He believes that individuals build their own paths moving forward and they must stay true to oneself — "I think it's important for individuals to know that everything is in their control. If they are persistent and want to accomplish something, they can set out to accomplish it. I believe there's a higher power and everything is written, so if you stay true to yourself and your family, you'll accomplish your goals."

Recipe: Quick Banana Bites

By Ingrid Au

During midterm season, we want nothing but to make our lives easier. These quick banana bites are the definition of convenience. They are easy and quick to make — faster than you reading this entire recipe!

Tools
Sheet pan

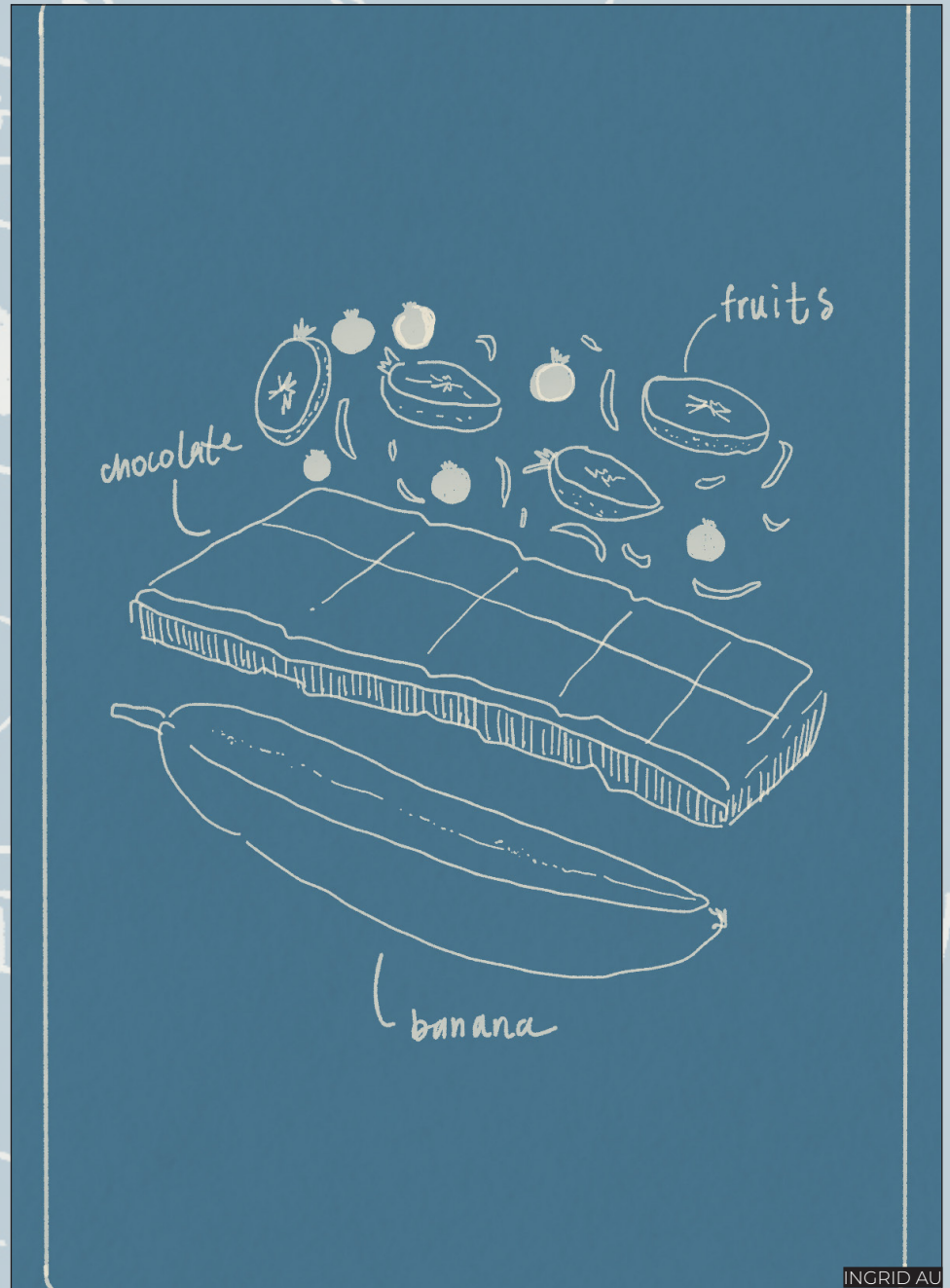
Ingredients

- 1 large banana
- ¼ cup of melted dark or milk chocolate
- Toppings of your choice eg; granola, cinnamon, nuts, coconut shreds, peanut butter

Instructions

- i. Vertically slice the banana into two halves and then horizontally slice them again in half. You should have four pieces.
- ii. Drizzle the melted chocolate onto the banana slice and top the banana slice with any toppings of your choice.
- iii. Leave it in the fridge for about two hours or until the chocolate has solidified. This snack can be stored in the fridge for about a week.

The basis of this recipe is simply the banana and dark chocolate. The rest is up to your creation. Top it with peanut butter or nuts for some healthy fats, some strawberries for antioxidants, and since Halloween is coming up, top it with some chopped-up candy bars! These are, by far, one of my easiest recipes so why not treat yourself to a quick snack? Good luck with midterms!!



im print

THIS WEEK IN ATHLETICS

WATERLOO WARRIORS

GO GOLD GO BLACK GO



MEN'S HOCKEY

NOV. 4 | 7:00 PM
CIF ARENA

VS LAURIER



WOMEN'S HOCKEY

NOV. 3 | 7:00 PM
CIF ARENA

VS TMU

NOV. 6 | 2:30 PM
CIF ARENA

VS YORK



LEARN TO BELAY

NOVEMBER 8

4:00 - 6:00 PM
\$8 | PAC ROCK CLIMBING WALL

WARRIOR.UWATERLOO.CA



Go Blue Go Gold

ATHLETES OF THE WEEK

TATUM JAMES
HOCKEY
THERAPEUTIC RECREATION

NIKOLAS ANTOLCIC
SOCCER
RECREATION & SPORT BUSINESS

imprint

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Next scheduled pitch/post-mortem meeting:
Nov 2, at 6:30 pm in SLC 0137

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



opinions



HAVE YOUR SAY

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

The housing catastrophe UW would rather not think about

Our university, the great MIT of the North, is home to some of the worst staircases I have ever seen in my life, and I really wish that was the worst thing I could say about it. Alas, UW is also home to an administration whose hand is in the cookie jar as they enroll more students than the region can reasonably house. Do you struggle to pay rent, find an apartment or get into a residence program? Too bad because UW wants more money and less responsibility.

Let me take you back to the year 2008, when the university reported having enrolled 28,845 students in the fall semester. Just 13 years later, UW reported having enrolled 42,520 students for its 2021 fall semester—a 147 per cent increase from the last recession. However, according to the Region of Waterloo and the federal government, housing has not kept up with this increase in demand as the total number of dwellings in the Waterloo Region increased by just 6.4 per cent between 2006 and 2016, while vacancy rates for homes in the region are at an all time low of 2.1 per cent. In other words, you are screwed.

Worse still, even UW's own residences (based on its own published metrics) have fallen behind the demand created by their admission's office as in 2021 they only had 5,724 spaces available in residence with 8,555 first year students admitted. Why does that matter? Because UW offers a 100 per cent guarantee of residence placement for first years and transfer students while simultaneously failing to actually own the facilities that would be required to satisfy that promise. I ask then, how can it possibly be ethical for the university to continue increasing student enrollment, promise them non-existent residence placements, and then leave them to flounder in a city drowning in housing insecurity? Now, UW is not alone in following this

road — according to the federal government, many universities in Canada are engaging in a crash course on ethics by allowing their admissions to outpace housing availability. However, not all universities are ignoring the effects of limited housing on their students. For example, the Delft University of Technology (TU Delft) in the Netherlands has begun several projects and programs to help alleviate housing insecurity in their student population. According to Architects Magazine and the NL Times, these measures include the building of quick-architecture housing, modular apartment additions, high-density housing, and buildings which can pay for their own construction through energy production. Moreover, TU

ing, website space and time to helping as many students as possible find housing. Why do they care this much? Because of that sweet, sweet tuition money. According to the Irish Mirror, at its most basic, the housing crisis is resulting in more people dropping out, delaying admission, or choosing not to apply to universities around the world. The reason TU Delft has addressed it before other universities is because the housing crisis just happened to bite them ass first.

So, what am I asking for?

First of all, I would like UW to start giving a damn,

but beyond that, I want them to take action. The university needs to start building more residences, advocate for zoning law changes to allow for more student-friendly housing to be built,

develop relationships with local housing companies to help students secure leases, work with the city to put in more late night and comprehensive bus routes so students can live geographically farther away from campus without jacking up the commute times, set up a program to match stream-four and stream-eight co-op students together so they can easily collectively rent on a one-year lease, and start working with brains much smarter than my own to come up with better and more robust solutions. At the end of the day, if UW doesn't get involved, students are going to start dropping out or refusing their admissions offers because they can't find housing. Make a choice, babe: care about housing or start losing students.

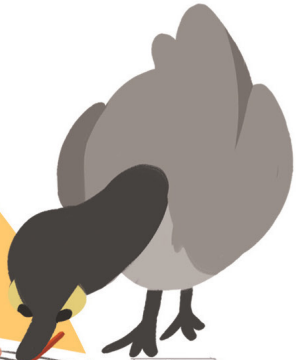
Disrespectfully,
A rent-burdened student

Rose Silvestru
ARBUS





PHOTO/VIDEO



PROOFREADING



REPORTING

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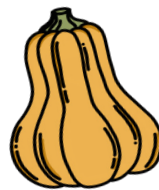


LAYOUT/WEB



GRAPHICS

distractions

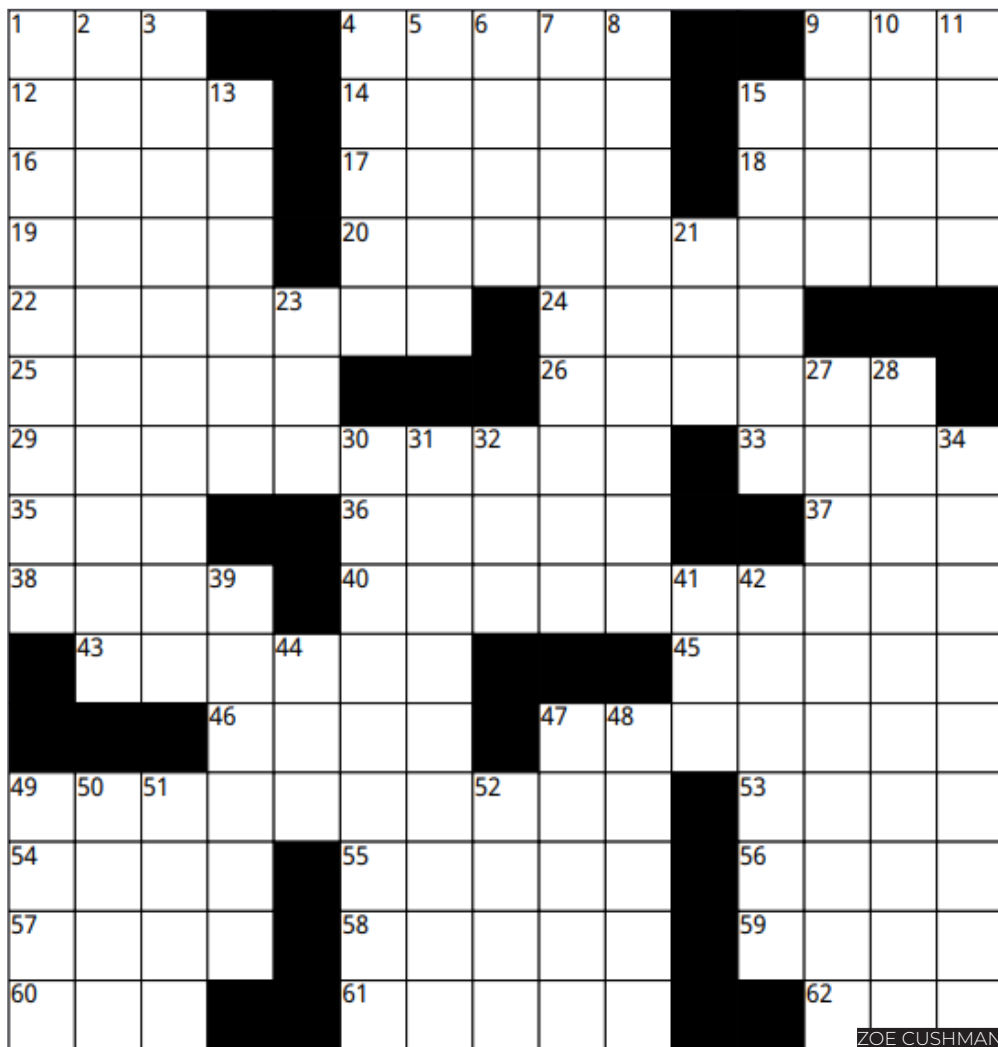


Q: HOW DOES MR. GOOSE FEEL ABOUT HIS MIDTERMS?

A: HE FEELS SUPER GOURD ABOUT THEM!



Imprint Crosswords



ZOE CUSHMAN

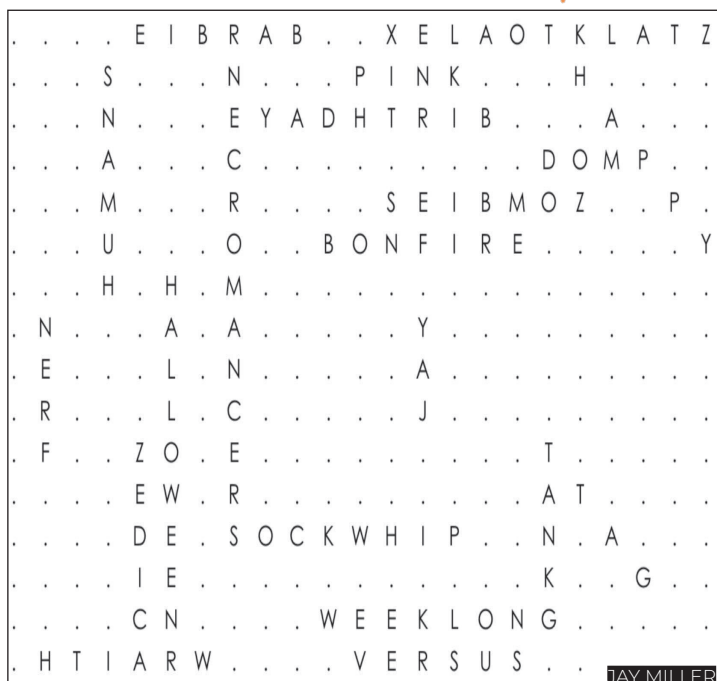
Across

1. What latches onto your clothes during a hike
4. Shinobi or kunoichi, in popular culture
9. Outdated health class acronym
12. What "cycloptic" has? (two words)
14. ___ a million (two words)
15. Childspeak, accompanying 'goo-goo'
16. NYC sports station with an apt callsign
17. Jerome or Paul, for two
18. Retired, as a professor (abbreviated)
19. Princess of Erinthia in The Hero's Guide series
20. Countertop option (two words)
22. GLOW Centre users' endonym
24. Smartphone programs, for short
25. Out sailing (two words)
26. Spice mix
29. Big city
33. Deal with it
35. Historical period
36. Fragrance
37. LP speed
38. ___@home
40. Risk-taking protagonist
43. Original "Star Trek" studio

Down

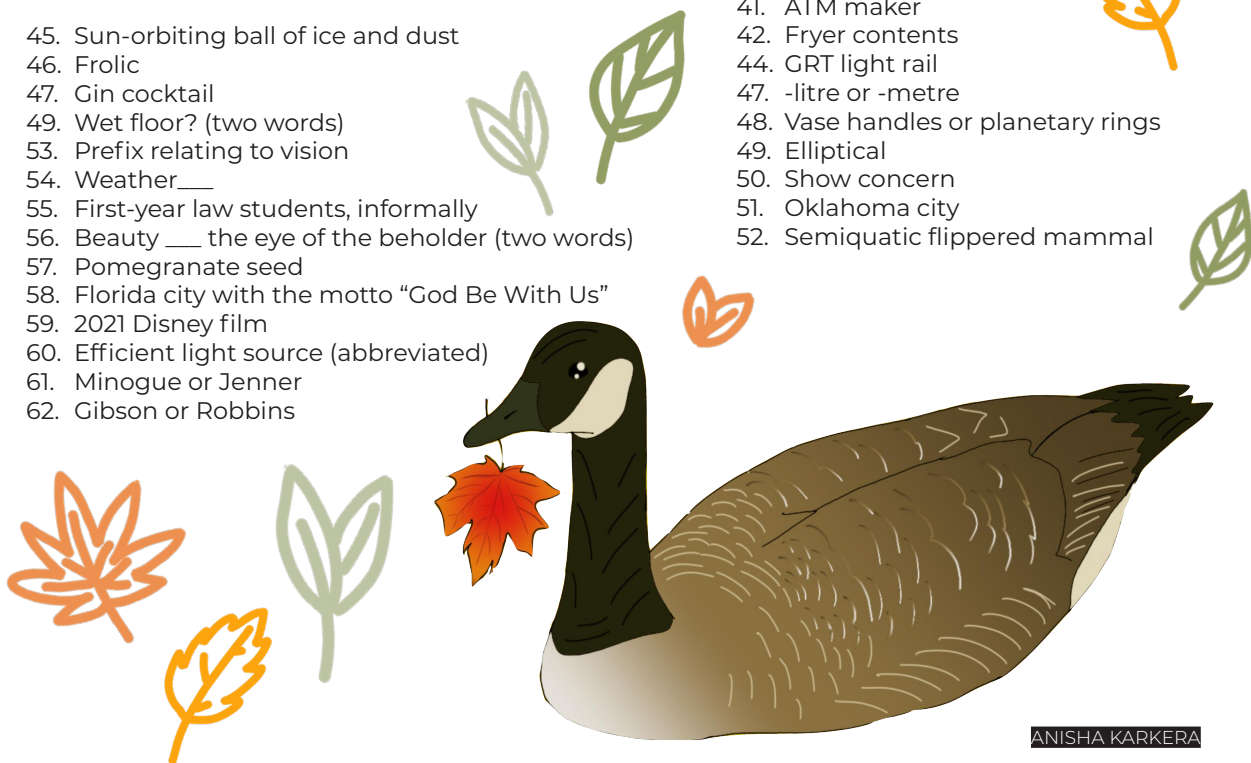
1. Main events sometimes secondary to their halftime advertisements
2. Raw, as a sentiment
3. "It's free ___" (two words)
4. Opposite of "yes, ma'am"
5. Dumb
6. Watts of 'To The Moon'
7. Iranian woman killed by police in September 2022 (two words)
8. Italian appetizer
9. Scandinavian indigenous people
10. Substance called 'man goo' or 'boybecue sauce' in trans vernacular
11. Truth's counterpart at middle school parties
13. Worse than 5-Down
15. Scores 63-66%, in Canada
21. OW2 character category
23. Soapbox ___ (alternative name for a song also called 'Checkmate Atheists!' and 'You Never Know', for two)
27. ___ dolor sit amet consectetuer adipiscing
28. Master's pupil
30. Psalter
31. Number of people allowed in a building
32. Permit
34. Expressive
39. Tel Aviv location
41. ATM maker
42. Fryer contents
44. GRT light rail
47. -litre or -metre
48. Vase handles or planetary rings
49. Elliptical
50. Show concern
51. Oklahoma city
52. Semiquatic flippered mammal

LAST WEEK'S ANSWERS



JAY MILLER

45. Sun-orbiting ball of ice and dust
46. Frolic
47. Gin cocktail
49. Wet floor? (two words)
53. Prefix relating to vision
54. Weather___
55. First-year law students, informally
56. Beauty ___ the eye of the beholder (two words)
57. Pomegranate seed
58. Florida city with the motto "God Be With Us"
59. 2021 Disney film
60. Efficient light source (abbreviated)
61. Minogue or Jenner
62. Gibson or Robbins



ANISHA KARKERA