

im print

p7

WHAT WERE YOU WEARING?

UW installation seeks to debunk myths around sexual violence and assault.



REPAIR HUB

UW group part of network that aims to fix broken items and reduce waste. P3

ELECTION APATHY P2

WUSA elections see worst voter turn out in a decade.

OSCAR PREDICTIONS P5

Awards season is nearly over. Who will take the top spots at this year's Academy Awards?

THE CRUTCH OF IT P10

Support for students who sustain athletic injuries on campus lacking.

Must try vegan eats on campus Pg 6



MELISSA HUGHES



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WUSA president says, “Give a shit”

Abhiraj Lamba
Managing Editor

Voter turnout at this year’s WUSA general elections was 3.28 per cent — almost a whole per cent drop from last year, and the lowest it has been in a general election since at least 2014.

Last year the low turnout was attributed by some to the fact that it was a transitionary year for WUSA with the new governance model as well as the fact it was a summer election. However, the new governance structure was supposed to improve engagement.

Former WUSA president Benjamin Easton had said, “The new [WUSA governance] model is conducive to [increasing voter turnout], where there is a greater amount of competition, which generally increases turnout.”

Current WUSA president Stephanie Ye-Mowe expressed her disappointment at the low turnout and explained that the WUSA staff had put in a lot of effort towards raising awareness about the election. “A lot of the staff at WUSA put a lot of blood, sweat and tears into providing opportunities for candidates to really showcase themselves. All of our social media and awareness of things were up early on, like they really were trying to be innovative with it. So I don’t think that the turnout is for lack of effort.”

Ye-Mowe added that the lower voter turnout compared to last year could be attributed to the fact that there were fewer eligible voters in the spring term.

While it is true that there were fewer eligible voters with 29,635 voters last year and 35,160 eligible voters this year, in terms of absolute numbers, the number of ballots cast went down from 1,372 last year to 1,155 this year.

Ye-Mowe also felt that, alongside WUSA, the blame for low turnout also lies with the candidates who did not engage and the larger student body which refused to engage. “I will challenge the folks who are running like we saw, you know, a lot of candidates didn’t put out their profiles. Like it was a simple thing to do, it was the most easily accessible way for voters to find out about you. I understand that for some people, their voter base is more so their friends and folks within their faculty, but you’re gonna represent all students here. And I think students deserve to know what you’re about to make an informed decision.”

Talking about the student body not voting, Ye-Mowe added, “It kind of blows my mind in some ways, because here you have a body of folks that oversees how your money is spent, that oversees how your voice is used, that has a lot of power and influence as a whole — and to not take five minutes

out of your day to cast your vote — even by declining your vote that’s still communicating something to WUSA. If you don’t do anything, and you don’t seem to care, you aren’t creating an environment where your directors are going to be accountable.”

“There’s power in our collective voices, there’s power in our views put together, there’s a lot of amazing things that we get to have access to because of that, and ... people really need to give a shit,” Ye-Mowe added. “I know that there’s an onus on WUSA to keep making voting more accessible ... but there’s only so much that we can do.”

For their next steps, the WUSA marketing and elections team is going to prepare a report for the board with some summary statistics and descriptions of different strategies to see what has worked so far and what hasn’t. Following which, the board will devise a plan to address the low voter turnout.



CARAVAN

ANNUAL WUSA CULTURAL TALENT SHOWCASE

Date: Thursday, March 16th, 2023

Time: 5:00 – 7:00 pm

Location: SLC Great Hall

For more information on this free event visit wusa.ca/event for details.



WATERLOO UNDERGRADUATE
WUSA
STUDENT ASSOCIATION





Sustainability of repair

Repair culture on campus

Bethany Helaine Pöltl
Science & Technology Editor

Sewing, mending, glue, zippers, foot wear, small appliances, clothing — this is the beginning of a list of skills, tools, and items that can be found or repaired at the UWaterloo Repair Hub.

The UWaterloo Repair Hub is the campus-focused group of repairers who are part of the larger repair network 4RepairKW.

SDG 12: Responsible Consumption and Production, one of the 17 United Nations Sustainable Development Goals (SDGs) that were ratified in 2016, focuses on global waste and resource management. Creating repair culture is one strategy to address waste management locally and divert fixable items from the landfill.

4RepairKW came into existence around

2017 with the goal of providing tools that people might not have in their home and creating a repair community. The group was founded by Murray Zink, a retired UW co-op staff member who has been a lifelong repairer. They have hosted several repair workshops at UW and run the UWaterloo Repair Hub, supported by the UW Sustainability Office and Sedra Student Design Centre. By offering various tapes, glues, hardware, and tools, the repair hub makes fixing items accessible to students and UW staff. They also have a team of repairers who specialize in different skills at the workshops to help fix items.

The repair workshop is located in Engineering 7-1401 and has drop-in repair hours from 4:00–6:00 p.m. on Mondays, Tuesdays and Wednesdays this term. At their last repair workshop event they repaired 31 items.

"I think the idea of repairing is something

that we have to get more serious about rather than just saying we're gonna even recycle something, because then we're discarding all of the energy and materials that went into it, we can't recover them all. I don't think that's a good sustainability model," Zink expressed. "Repairing is returning something to use, not about making something new again. We have to get comfortable with that. We're sort of infatuated and very much consumer oriented. We like to go buy new things. That's not a great thing for the planet."

By providing space for repairs on campus and encouraging people to learn via the repairers and tutorial videos how to do their own repairs, people's mindsets can begin to change. Repairing items when they wear down or break reduces waste and builds community sustainability. With this repairing support network in place, the need to

continuously buy new can be lowered and repair skills can continue to be shared.

For Sustainable Development Goal Week, which runs from March 6 to 10, the UW Sustainability Office and Engineering Department are highlighting this on campus resource and how repairing supports the SDGs.

The future of the UWaterloo Repair Hub is to continue growing awareness and become a strong resource on campus. Their next repair cafe is happening on March 29 from 4:00–6:30 p.m. as a part of the ENVigorate Environment Festival running from March 28 to 30.

At the core, repairing is "...about sustainability and learning and people seeing how to do some of these things for themselves," Zink said.

Follow @uwaterloorepairhub and @4repairKW on Instagram to stay up to date with repair events, hours and to learn more.





PHOTO/VIDEO

REPORTING

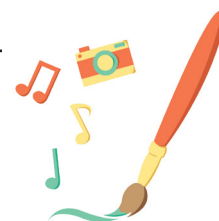
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Imprint's guide to Oscars 2023: Predictions for the 95th Academy Awards

OSCARS 95

VIA AWARDSDAILY

Abhiraj Lamba
Managing Editor

It's the most wonderful time of the year — awards season!

We've seen the Golden Globes, Critics Choice Awards, the BAFTAs, and the various Guild Awards, but the showstopper is yet to come — the Academy Awards. I'm sure some of us are wondering what exciting (or controversial) incidents will take place at the Oscars this year, but the cinephiles out there are probably more excited about which films will take home the prestigious golden statuette. Whether you're just interested in getting a sense of how awards season has been going so far, or you want some tips on how to fill out your ballot at your friend's Oscar party, we've got you covered.

With just four days to go, here are Imprint's predictions for the 95th Academy Awards.

Best Picture: *Everything Everywhere All At Once*

Everything Everywhere All At Once has led the Oscar nominations this year with 11 categories and has also dominated the guild awards this year. While it lost at European award shows like the BAFTAs and Golden Globes, it has been a favourite at the American awards like the Critics' Choice and the Producers Guild of America (PGA) award. It is likely to continue that streak at the Oscars and take home the Academy Award for Best Picture. The PGA is the only award other than the Oscar that uses a preferential ballot voting

system, which makes it a strong indicator for this prediction.

Best Director: Daniel Kwan and Daniel Scheinert for *Everything Everywhere All at Once*

The filmmaking duo of Daniel Kwan and Daniel Scheinert took home the Critics' Choice and the Directors Guild of America (DGA) Award this year. The Oscar for directing is not as locked in this year as it has been for the past two years, with Kwan and Scheinert losing at the BAFTAs and Golden Globes — awards that both Jane Campion and Chloe Zhao took home in the previous two years respectively. While unlikely, a Steven Spielberg or Martin McDonagh upset in this category would not be surprising.

Best Actor in a Leading Role: Brendan Fraser in *The Whale*

In my opinion this race comes down to Brendan Fraser and Austin Butler. Butler won the BAFTA in this category but Fraser took home both the Critics' Choice and the Screen Actors Guild (SAG) award. Both have had strong campaigns this year but Fraser probably has the advantage at the Academy Awards.

Best Actress in a Leading Role: Michelle Yeoh in *Everything Everywhere All At Once*

Consistently one of the hardest categories to predict, this year was no different with Andrea Riseborough's surprise nomination — thanks to some genius campaigning on her part — making this more confusing than usual. It is worth considering whether her campaigning would help her win this award

in the same way it got her the nomination, but it's a long shot. Cate Blanchett took home the BAFTA and the Critics' Choice in this category, while Michelle Yeoh won at the Golden Globes and SAG. Neither of them winning the Oscar would be a surprise but Yeoh has maintained her edge by being a fan favourite with her fantastic performance and by dominating the conversation.

Best Actor in a Supporting Role: Ke Huy Quan in *Everything Everywhere All At Once*

Ke Huy Quan has dominated the entire award season in this category and there is no reason why that streak would not continue going into the Oscars.

Best Actress in Supporting Role: Angela Bassett in *Black Panther: Wakanda Forever*

Angela Bassett took home the Golden Globe and the Critics' Choice for her role in the Marvel movie, but lost the SAG award in this category to Jamie Lee Curtis. Historically, the SAG has been a fairly strong indicator of the Oscar, but Bassett has managed to maintain the buzz surrounding her role and is likely to remain at the forefront of Oscar voters' minds.

Best Original Screenplay: Daniel Kwan and Daniel Scheinert for *Everything Everywhere All at Once*

Kwan and Scheinert won this category at both the Critics' Choice and the Writers' Guild of America (WGA) awards. While they lost at both the BAFTAs and the Golden Globes to Martin McDonagh, McDonagh was not nominated at the WGAs. A Mc-

Donagh upset in this category would not be a surprise but Kwan and Scheinert have the overall edge.

Best Adapted Screenplay: Sarah Polley for *Women Talking*

Canadian filmmaker Sarah Polley took home the Critics' Choice and the WGA award in this category for her film adaptation of Canadian novelist Miriam Towe's book, *Women Talking*. While Polley did not do as well at the BAFTAs or Golden Globes, she has remained a favourite closer to home, and is likely to take home the Oscar. A Polley victory in this category would be a huge win for Canadian cinephiles, some of whom are ready to take to the streets and celebrate if she takes home the Oscar.

Best Animated Feature Film: Guillermo del Toro's *Pinocchio*

Guillermo del Toro's *Pinocchio* was a masterstroke in retelling a classic tale. Del Toro is all but certain to take home the Oscar in this category, just as he has the BAFTA, Golden Globe, and the Critics' Choice.

Best Live Action Short Film: *An Irish Goodbye* / **Best Animated Short Film:** *An Ostrich Told Me the World Is Fake and I Think I Believe It*

Given that the Oscar precursors aren't very helpful at indicating the short film frontrunners, this prediction is largely based on personal opinion as well as observations regarding which films have been able to remain in the conversation leading up to Oscars weekend.

Best Vegan Places on Campus



MELISSA HUGHES

Melanie Menezes
Reporter

Being a vegan in university can be challenging due to the limited plant-based options and unlimited unhealthy options. However, at the University of Waterloo, many plant-based alternatives are available all across campus. As a predominantly plant-based eater, I want to share my favourite vegan places on campus.

My favourite is the Ev3rgreen Café in the Environment 3 building. This is a great place to grab a bite and study. It can be loud, but it's not usually packed, and the seats are pretty comfortable. They have fresh salads, sandwiches, smoothies, bagels, and coffee. My favourite menu items are the vanilla iced coffee with oat milk and a chicken pesto

sandwich with soy chicken substitute. They also have many smoothies to choose from and allow you to substitute the milk with a plant-based option. Another reason Ev3rgreen Café tops this list is because of their all-day breakfast. They have bagel wraps that you can get Beyond Sausage crumble, vegan eggs, cheese alternatives, and sauces. All of their sandwich options are vegan or can be made vegan.

Another place with many vegan options is the food court in the Student Life Center (SLC). With the numerous options from Smokehouse, Quesada, and Pita Pit, there are so many vegan eats to choose from. At Pita Pit, I love to get the "Southwest Baja Bowl" without cheese and substitute the ranch dressing with honey mustard. Quesada's tacos with chipotle tofu, roasted veggies, or Beyond Meat are amazing. Smoke-

house is not lying when they say their spicy black bean burger is spicy. I get mine with lettuce, pickles, red onions, and mustard.

The Davis Center (DC) is home to more great vegan finds on campus. DC Bytes has amazing Asian cuisine and many plant-based options. Hakka Wok offers a chana masala chickpea dish with spices served in a tomato-based curry. One of my favourite items from DC Bytes is from Rolltation, a location which gives you more control over your food by allowing you to build your own dish. They have sushi burritos, salad bows, and poke bowls, where you can choose a protein. Their plant-based option is tofu, which can be bolstered with many different toppings and sauces. You're encouraged to make your own, but their vegan fruity tofu salad

bowl (also available as a poke bowl or sushi burrito) is tasty too.

Some honourable mentions are Tim Hortons and Starbucks. The Flock Shop located in the SLC also has different vegan foods if you're on the go, and it's open 24/7, for those late-night munchies. For first-year students living on campus, The Market at Claudette Millar Hall is one of the most vegan-friendly dining halls on campus. At The Market, you have a range of foods from building your own burrito with beans and lots of toppings, to a salad bar that is larger than in any other dining hall.



Chipotle tofu burrito bowl
from Quesada in SLC

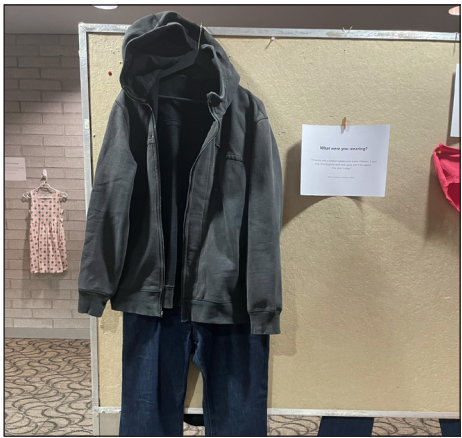


Vegan chicken pesto sandwich
from EV3rgreen Café

NADIA KHAN

“What Were You Wearing?”

UW hosts art exhibit on sexual assault and violence



Ylenia Wilson & Abby Morosin
Reporters

On Feb. 28 and Mar. 1, the University of Waterloo's Sexual Violence Prevention and Response Office (SVPRO) partnered with the Sexual Assault Centre for Waterloo Region (SASC) to feature an installation art exhibit in the Student Life Centre (SLC) titled “What Were You Wearing?” This display was based on the original 2013 survivor art installation at the University of Arkansas, inspired by Dr. Mary Simmerling’s poem, *What I Was Wearing*.

“What Were You Wearing?” recreates submissions of the clothing that student survivors wore when they experienced sexual violence or assault. During its two day appearance, the Multi-Purpose Room in the SLC showcased a variety of clothing pieces, accompanied with the text from anonymous university students. In case you missed the exhibit, Oregon State University interpreted and recreated a similar virtual exhibit: forestry.oregonstate.edu

Stacey Jacobs, the Sexual Violence Prevention Project Coordinator, was largely to thank for the coordination of the exhibit. “As the Sexual Violence Prevention and Response Office, I think we all[...]came together and decided that this would be beneficial for our campus and for our students and a way to move the conversation forward, [...]specific[ally] victim blaming myths surrounding what you were wearing,” she said.

Jacobs and the SVPRO facilitated with SASC and have wanted to put together a display since before the pandemic, but this was postponed when in-person events were put on hold. Jacobs also worked with Amanda Cook, the Director of Sexual Violence Prevention Response Office. On their shoulders, the event came to fruition directly succeeding reading week, both with a passion and determination to bring awareness to sexual assault for UW students. “We know how common sexual violence is in our society, in our communities, including on our campus, so we don’t want to ignore that.”

According to Jacobs and Cook, the exhibit works to debunk common myths about sexual assault, particularly the implication that what someone wears can be the cause of sexual assault. This myth was created by prevailing social norms on gender, self-expression, and sexuality and is used to blame survivors and justify perpetrators’ actions. “Sexual violence is one of the most under-reported forms of violence across the board, and it is an experience that has so many biases and myths that surround it that also present as barriers for accessing support,” Cook said. This exhibit is meant to remind viewers that everyone has the right to wear what they please, and survivors are never to blame for their sexual assault.

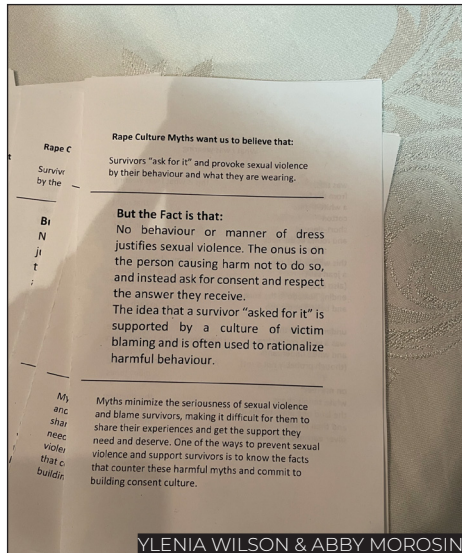
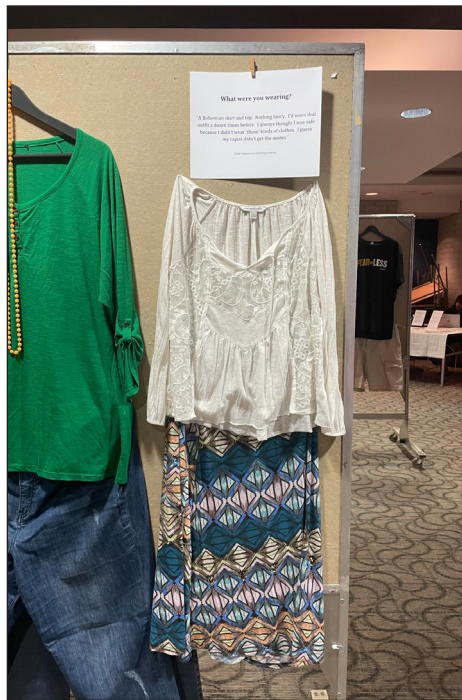
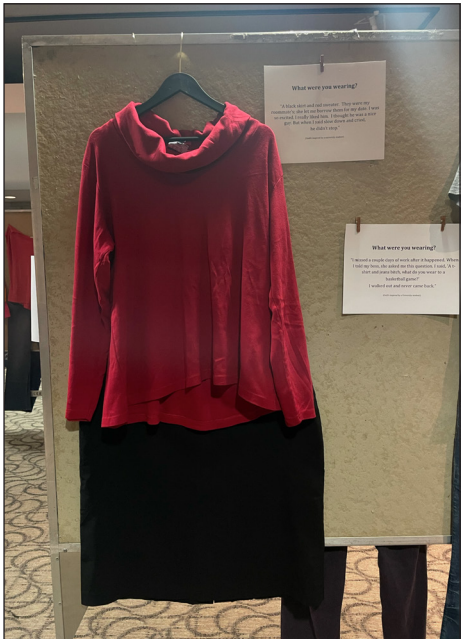
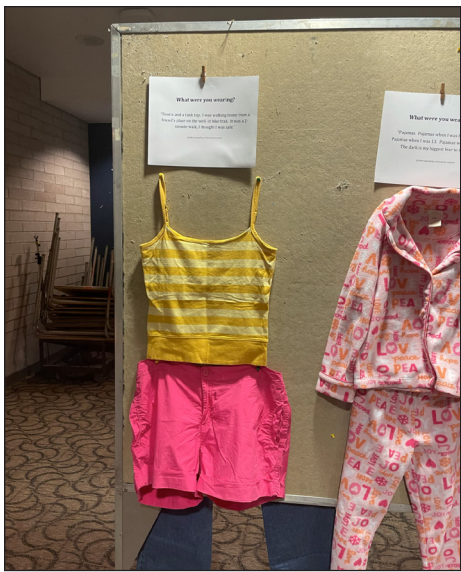
When the two of us attended on Mar. 1, the exhibit brought up a mix of emotions. Though walking through the wide range of clothing such as children’s pajamas, prom dresses, sweatpants, and hoodies, was impactful, it was the text that was the most heartbreaking. This included quotes like: “I was so excited, I really liked him. I thought he was a nice guy” and “I said stop. She laughed and said, guys can’t be raped. She didn’t stop.” These helped the viewers feel a stronger connection to the clothing in front of them. Evidently, we weren’t the only students who felt so emotionally impacted.

“The word I would say that people have used the most is impactful. A lot of people are shocked, some people have gotten upset, but they’ve also said ‘of course I’m upset, this is a very upsetting topic,’” Jacobs said.

Jacobs continued by commenting on the emotional reaction many students, ourselves included, had to the exhibit. While interacting with these feelings and conversations is difficult, it remains essential in striving towards sexual assault and violence awareness and prevention.

Furthermore, Jacobs expressed the necessity for providing education, information, and preventative measures with fast approaching events such as St. Patrick’s Day. The holiday is well known for intoxication and party life on university and college campuses. Safety relies on prevention, including building healthy relationships and consent beforehand, limiting drug and alcohol consumption, knowing help lines, communicating with loved ones on your whereabouts, and staying in well populated areas as much as possible.

Unfortunately, the reality is these events, and campus life in general, create elevated rates of rape and assault, and preventative measures aren’t always effective. Jacobs and Cook note that no matter what, “it’s not your fault”, and never will be. Please call (519)-741-8633, the 24 hour crisis support line of SASC, or contact the SVPRO at svpro@uwaterloo.ca if you have experienced sexual assault and wish to access support.



YLENIA WILSON & ABBY MOROSIN

sports & health



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Warriors wiped out from the OUA Semifinals

Warriors women's volleyball, basketball, and hockey teams lose their respective semi-final games

Avitej Singh
Sports & Health Editor

The Waterloo Warriors women's teams were in great form throughout the OUA season. The women's basketball team, which has been extensively covered over the last six months, came to a close with a seven-point game against the Queens Gaels, as did the season for the women's volleyball team, who lost 3-0 to the Queen's Gaels. The women's hockey team played and fought two close games against the Nipissing Lakers, both games ending in overtime.

The Warriors basketball team did its best to defend against the pull-away lead that the Gaels built up, having gone 19-10 and 21-14 against the Warriors, taking a 16-point lead heading into half-time. The Warriors, heavily reliant on Vanessa Hughes, Kaitlyn Overeem, and Jamie

Newell, managed to fight back toward the end of the game. Hughes was the highest scorer on the court, netting five 3-pointers and eight total field goals with a free-throw, bringing her to a 22-point game finish. Overeem was more accurate, scoring five in 15 attempted field goals and contributing to 13 points for the Warriors. Newell's services were also helpful in assisting the Warriors put up a fight, as she picked up 10 rebounds through the game, spread out with four offensive rebounds and six defensive ones.

For the Gaels, Emma Weltz's 20-point game, supported by Laura Donovan, Bridget Mulholland, and Isabella Belvedere's 14, 13, and 12-point games meant that the Gaels were able to shoot from multiple spots on the court and take the victory to the finals.

In another competitive matchup, the women's hockey team held Nipissing in a tight challenge. In game one, Nipissing

opened the scoring in front of a crowd of 627 people on home ice, scoring two more in the second period. The Warriors fought back, taking the first game into overtime by scoring one goal in the second period and two in the third. Unfortunately, willed on by the crowd, Nipissing was able to find the back of the net. Katie Chomiak, unassisted, won the game for the Nipissing Lakers in the first overtime period. Determined, the Warriors hosted the Lakers on the Columbia Ice Field, with 244 supporters in the crowd. Unfortunately, as determined as they were, the Warriors were unable to stop the Lakers, who scored two of their three goals outside of a powerplay.

Although Waterloo led at the end of the second period, Leah Herrfort's body checking offense meant that Madison Laberge was able to find assists in the form of Malory Dominico and Chomiak and take game two into overtime. Six minutes into overtime, Madison Desmerais

assisted Ashley Taciuk to take the game and the semi-finals series.

Unfortunately for the Warriors volleyball team, the Carl Totzke court did not prove to be particularly advantageous. The Gaels barely won the first set, going 25-22, with the Warriors looking to take the remaining sets to clinch victory. However, it wasn't to be, as the Gaels found a surge in energy and mindset, taking set two by a 7-point margin at 25-18, winning the match by ending set three at 25-13. The matchup saw the Warriors get eliminated from the OUA championship.

The Warriors did have a better season than previous years in many sports and will be looking to keep this momentum into the 2023-24 OUA season. The OUA figure skating and events at U SPORT's track and field championships are still being contested, and we wish the Warriors the best of luck for the final two days of the season.



COURTESY UW ATHLETICS

Recipe: Smashed Potatoes With A Twist

By Ingrid Au

I doubt anyone has ever craved potatoes by themselves. Potatoes have always been the side dish —bland or often sampled with some butter, salt, and black pepper. But what if we give it a twist? With the right herbs, potatoes can truly be the star of the show.

Tools

- A spatula or a big spoon
- A baking sheet

Ingredients:

- 10-15 potatoes
- Black pepper (freshly ground)
- Salt
- Olive oil (depends on the amount and size, but the amount should aim to coat the potatoes)
- 2-3 sprigs of rosemary
- 1 bulb of garlic
- Fresh basil and parsley (thinly sliced)

Optional dipping sauce: Tabasco, sour cream

Instructions:

- Begin by washing your potatoes thoroughly. This is important since we will be eating the skin.
- Preheat your oven to 400°F. Prepare the garlic by slicing the tip off. This should expose the surface areas of the garlic cloves within the bulb. Without removing the outer peel, wedge the rosemary sprigs in between the cloves (refer to the graphic for reference). Once preheated, place the garlic in the oven and bake for 35 minutes or until the cloves within have softened.
- Boil your potatoes until they are fork-tender (a fork can penetrate easily). This may take about 15-20 minutes. Meanwhile, prepare the mixture by combining the roasted garlic, black pepper, salt, and olive oil.
- Once tender, place the potatoes at equal distances on your baking sheet and, using the back of a spatula or spoon, slightly smash them until they are semi-flat. Spread your garlic mixture onto your potatoes and at 400°F, bake for 25-30 minutes or until golden and crispy.
- Garnish with fresh basil and parsley. You may also include a spicy dipping sauce by simply combining 2 tbsp of Tabasco and sour cream (the sauce ratio should be 1:1).

In this recipe, we are using simple ingredients to create complex flavours, and that is the beauty of cooking. This applies especially well to potatoes or any foods that offer a plain canvas for you to be creative. So make your own creation with different herbs like thyme, chives, or oregano! Enjoy!



INGRID AU



GO OLD GO BLACK GO

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ATHLETES OF THE WEEK



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opinions



HAVE YOUR SAY

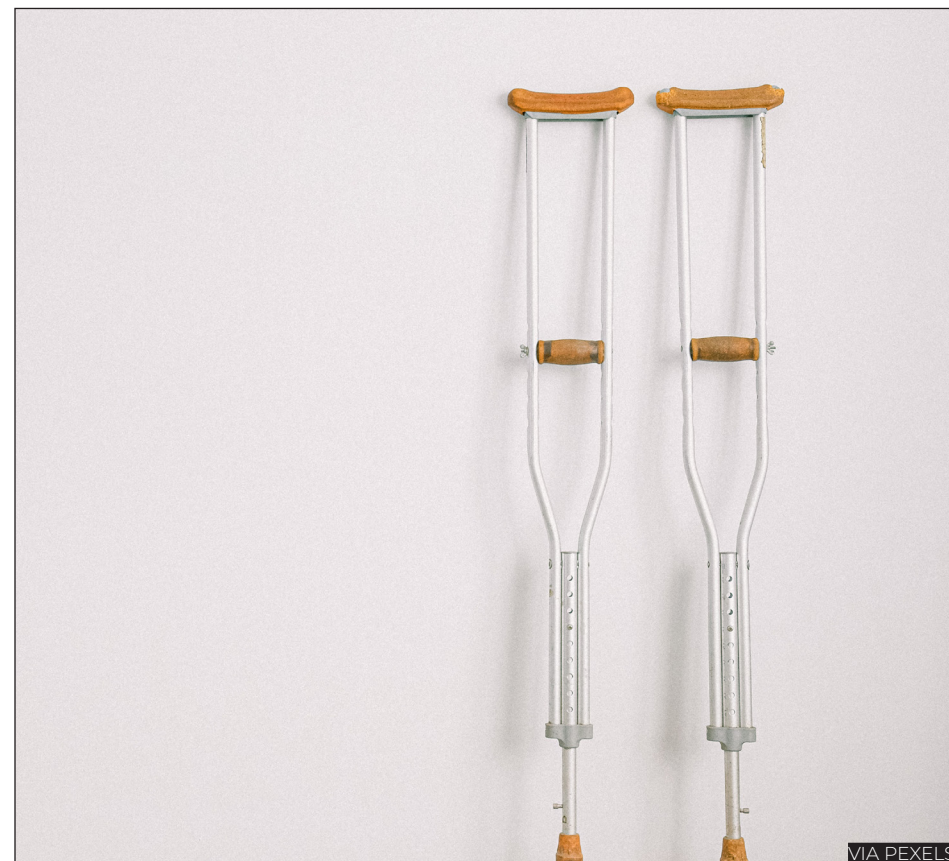
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UW Athletics is not a crutch to rely upon

Next time you're at CIF, make sure not to twist your ankle or aggravate any muscle that would cause you to temporarily lose your ability to walk because there won't be a crutch to rely on. We hear a lot about how the University of Waterloo doesn't exactly excel in athletics, recreation and general sports culture. Personally, in my time here I have seen much that goes against this narrative among our varsity teams; just about every women's basketball game I've been to, we have comfortably and confidently come out victorious. But hey — even if the teams are bad, if they lose every game, if they look like high schoolers compared to the behemoths they come up against — at least the players have proper support systems around them when it comes to safety and injury prevention (I hope). Sadly, this simply does not exist, even to the bare minimum, in recreational or intramural activities.

I write this after a personal experience stunned my naive sense of trust in UW to invest in injury prevention and care. I was enrolled in semi-competitive intramural basketball last semester, playing alongside my brother and his friends. On one particular play, one of the other team's smaller players ran into the post area, smashing into my team member who was grabbing the rebound, causing him to land in an unexpected direction, coming down awkwardly on his ankle in such a way that would make all but the most experienced nurse wince. He lay there in pain, arms over face, groaning the way that one does when an ankle bone feels out of place. The ref eventually told us the game would continue and that our teammate needed to be escorted to the bench. This decision, I don't have a problem with this — the game must go on, and even our injured teammate understood. It is what followed that got my blood boiling, and what should upset and disturb anyone playing rec sports at UW.

Once the game ended, which was not long after the injury, I went to the front desk at CIF, in the meantime, we had him place his foot elevated on the bench as he sat on the ground. I was looking for crutches, hoping he could borrow them to get home that night and return them on a future day. I am sad to report that UW Athletics had NO crutches available for students to borrow in the case of any leg injury that may occur to a student engaged in recreational sports. This is absolutely outrageous! This would cost



the university almost nothing! It is such an easy system to implement — when a student needs to use crutches, they sign them out with their Watcard in the same way a history student signs out a book at the DP library, and in, let's say, three months or less, they must be returned. It gives the individual time to recover and get their own pair if they so choose, after they have gotten home from the initial injury. There would be at most, what, 25 crutches taken out at any particular time? Even if there are more injuries, too much for the university to reasonably care for — something is better than nothing. This seems reasonable to me.

But, as it exists today, the crutch of responsibility is on the students' friends, who must assist the injured individual to their car and call their parents to bring them a pair from home, which is what happened in the experience I had. If by chance of unluckiness, the student is at CIF or PAC alone when they get injured, the crutches they must rely on our fellow students who they've never met. There are situations I can think of that would be much more painful and egregious than what my teammate ex-

perienced — if it were a worse injury, if they had no parents or friends to help if they had little money if they had a midterm the next day. A sad feeling I had when the front desk assistant blankly stared into my eyes, knowingly ill-prepared and sympathetic, stating their lack of crutches — never mind people to help — for my teammate and friend who was in great physical pain. I can not fully describe the puzzled anger. Why? Why doesn't UW have crutches available for us students? What does this tell us about this institution?

I argue that UW should provide students with the ability to sign out crutches, for free, with their Watcard for a period of up to three months. If crutches cost \$50 — cheap ones cost around \$32 — and 25 are bought for this purpose, then that comes to \$1,250; \$1,250 to prevent students from having to get home alone with a potentially broken ankle in the dark on a slippery sidewalk — sounds good to me.

What do you think, UW?

Charlie Dickson
Opinions Editor

The end of happiness?



THIRDMAN VIA PEXELS

Life is so expensive it's painful. Over the past year, inflation in Canada hit record highs, and the cost of living shot up. Food costs, especially, increased significantly, along with the cost of many consumer goods.

In December 2022, RBC published a report on housing affordability in Canada that discussed the skyrocketing cost of buying a home. RBC's aggregate affordability measure is now the worst it has ever been at 62.7 per cent, having dropped more than 14 per cent in the last year alone. Across Canada, housing affordability has plummeted, such that only those in the highest income brackets can afford to escape the brutally competitive rental market. Prospective home buyers in many of Canada's biggest cities must make well above six figures to qualify for the mortgages on most homes in their markets.

Meanwhile, real wage growth has stagnated for decades. Many Canadians also lost their jobs during the pandemic, and the youth unemployment rate, in particular, took a significant hit.

At the same time, social and political disasters abound. Reading the news, using so-

cial media and even engaging with friends often means confronting a seemingly unending barrage of devastating stories about systemic failures, political calamities, and climate crises.

People were not meant to live like this, and it shows: Canadians are in the midst of a mental health crisis. Amongst young people especially, mental health concerns rose sharply during the pandemic, and remain high. According to the Centre for Addiction and Mental Health, approximately 50 per cent of people will have experienced mental illness by age 40, and currently, there are too few resources to ease the stress. CTV reported that Canadians seeking mental health services must navigate lengthy wait times and high costs.

In a world like this, how is anything other than deep pessimism possible? Is anybody actually content? But maybe it doesn't have to be like this. Maybe things aren't as hopeless as they seem.

Inflation is expected to drop significantly in 2023. Recent increases in employment for Canadians pushed the employment rate to

pre-pandemic levels, and wages in Canada rose slowly but steadily over the past year, which, if inflation stagnates, may mean Canadians will have more purchasing power.

Although climate change is an ongoing threat, there are important positive changes being made every day to improve climate conditions. The United Nations recently published a report stating that Earth's ozone layer, which has been damaged for decades, is on track to recover in the coming years.

This recovery is due to widespread international cooperation, which demonstrates that governments and organizations around the world can work together to mitigate climate damage.

Regardless of the external factors — though these have an undeniable impact on both our quality of life and happiness — we can choose to prioritize what makes us feel better.

Last year, I promised myself I would stop reading the news in the hour before I fell asleep. The effect in my life has been undeniably positive, and I have not felt significantly less well-informed without my late-night

doom scrolling through various news apps.

In fact, reading the news in the morning — after I've fully woken up, had something to eat, and, ideally, completed at least one task on my unending to-do list — makes it easier for me to process the information I'm consuming and not fall prey to the news negativity bias.

I'm also more conscious about seeking out explicitly positive news to balance out the negative content that seems to dominate the headlines.

Perhaps most importantly, I've promised myself not to give up hope. When doom-erism threatens to overwhelm me, I try to remember that optimism is necessary for motivation and that the experts have not lost all hope yet.

And I get involved in the issues that are important to me, because doing my part to support others also reminds me that change is genuinely possible, and that I can help make that change happen.

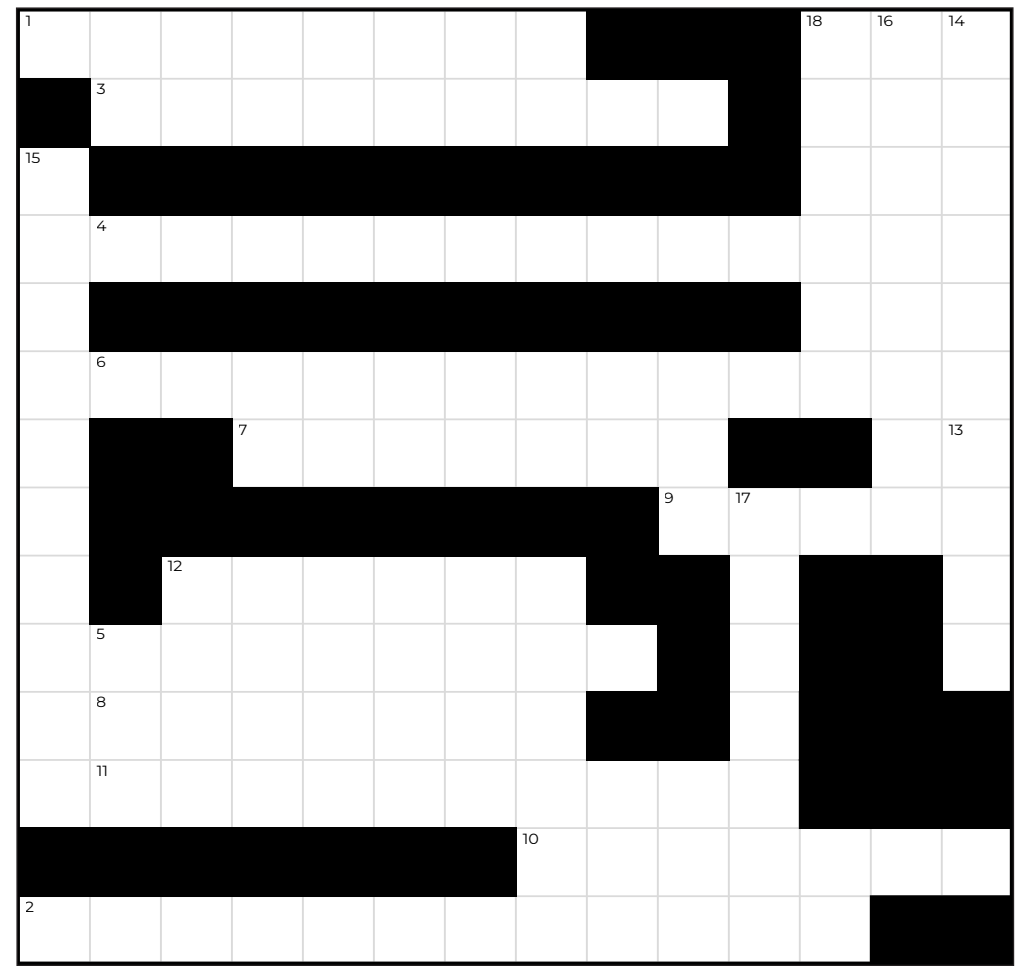
Nicola Rose
Editor-at-Large

distractions



Q: WHY ARE VAMPIRES BAD AT ART?
A: THEY CAN ONLY DRAW BLOOD.

Imprint Crosswords



INGRID AU

Across

- 1. Arguably the most well-known portrait of a female
- 2. One of the greatest Renaissance artists, who was a sculptor, painter, and architect
- 3. A commune in southern France where lies the asylum Van Gogh was admitted to
- 4. The painting that was inspired by the reading of Ernest Hemingway's "The Killers" (1927)
- 5. The early 2000s craze in this Louis Vuitton collaboration with this artist
- 6. A Japanese artist known for dots
- 7. The artist that created The Great Wave off Kanagawa
- 8. Klimt's most popular work depicting an intimate human interaction
- 9. The name of two individuals connected by their hands and hearts in a painting by an artist of the same name
- 10. One of the fathers of cubism
- 11. The high-pitch sound that was depicted through expressionism
- 12. The artist behind the shredded painting

Down

- 13. The Spanish surrealist artist whom Taylor Swift references to in "The Last Great American Dynasty"
- 14. The earrings that the Dutch girl wore
- 15. Artist of the Campbell's Soup Cans
- 16. Artist known for missing an ear
- 17. Sculptor of The Thinker
- 18. The artist whose paintings are clear at a distance but fuzzy up close



LAST WEEK'S ANSWERS



ZOE CUSHMAN



INGRID AU