Tre Ford wins U Sports Hec Crighton Award. P6
UW ranked among the top universities for entrepreneurship

Rebecca Butler
News Editor

The University of Waterloo was recently ranked among the top 25 universities in the world that produce the most successful entrepreneurs. The rankings, which are published by software company PitchBook, focus on the number of alumni that have launched start-ups backed by venture capital. UW was ranked 22nd globally, with a total of 444 successful companies founded by graduates of the university.

With a fast-paced, co-op focused atmosphere dominating UW, it’s no surprise that the university would rank among the top universities in the world for founders. Another factor contributing to the high ranking is the many supports UW has in place to help young entrepreneurs achieve success. The Velocity Incubator, Concept Innovation Hub and GreenHouse are just a few of the entrepreneurial programs and resources available to students.

“Many alumni directly cite Waterloo and Velocity’s programs as critical steps to their entrepreneurial success,” said John Dick, director of Velocity on-campus programs, including Concept, the Problem Lab and Zero Experience.

“Many alumni use what they have learned to drive meaningful change as business owners and help transform industries by bringing innovative mindsets to established companies.”

In total, companies founded by Waterloo alumni have raised over $201 billion in venture capital funding. Additionally, eight companies founded by alumni were recently ranked in the Deloitte 2021 top 50 fastest growing tech companies.

“At Waterloo, entrepreneurship is in our DNA. We are focused on nurturing talent by creating an environment that removes barriers and allows imagination and impact to lead the way,” said Vivek Goel, president and vice-chancellor of the University of Waterloo.

Goel added that the University of Waterloo is proud to hold this position among so many esteemed colleges and universities around the world. The top three spots on the list were claimed by Stanford University, University of California, Berkeley and Harvard University. UW was the top-ranking Canadian school, with the University of Toronto coming in at 27th place.

“Our unmatched programs for entrepreneurs, our role in supporting the Toronto-Waterloo Tech Corridor and our focus on nurturing the next generation of talent, Waterloo will continue to be a university that positions founders for success,” Goel said.

New International Work-Integrated Learning (iWIL) Program at UW

Nicole Howes
Assistant News Editor

UW has announced a new scholarship program to help students gain international work-integrated learning (iWIL) experiences from January 2022 to March 2025. This program will provide more than 65 iWIL experiences for students in various locations around the world with funding by the Government of Canada’s Global Skills Opportunity (GSO). These scholarships aim to fund Indigenous students, students with accessibility needs and those facing financial barriers.

The program was awarded $500,000 from the Government of Canada for virtual and in-person co-ops, with international mobility programs will be able to apply for specific opportunities that advance the sustainable development goals (SDG), and will be supported by a Powering Change scholarship of $10,000 each,” said Shabnam Ivkovic, director of international strategic initiatives in CEE.

The scholarship will cover accommodation and travel expenses for in-person co-ops, while for virtual opportunities, software and equipment costs will be covered.

“Part of this commitment extends to providing opportunities for students that face barriers. They are powerful change agents both locally and globally. We want their voices to be heard,” said Norah McRae, Associate Provost of Waterloo Co-operative and experiential Education (CEE).

As the 2021 UN Climate Change Conference came to an end in early November, a study by the University found that 13 per cent of UW students in the Faculty of Environment held jobs across 12 countries related to the SDGs, including gender equality, zero hunger and climate action.

“Educational institutions and students all play a vital role in taking on global challenges and ensuring a sustainable future. University can play a role in developing students who can bring those skills and motivation to the future workforce,” McRae said.

With the iWIL program in place, the co-operative and experiential education programs can further help students work towards achieving a more sustainable world.
Imprint playlists: ‘Tis the season for exams

A Holiday-themed playlist to distract you from finals

T
he end of the fall term means final exams and assignments, but it also means winter break is right around the corner. Here at Imprint, we want to help you get into the holiday spirit, whether you celebrate Christmas or not (maybe you are a firm believer and follower of the teachings of Mariah Carey — so are we). So, curl up under a warm blanket with a cup of hot cocoa and listen to our Holiday-themed playlist curated for those cozy nights.

“Mistletoe” by Justin Bieber
This song is the epitome of cufing season meets holiday season. Think about it — get yourself a partner who is willing to put spending time with their family and playing in the winter snow on hold in order to kiss you under the mistletoe. There might just be “One Less Lonely Girl” this holiday season if you play your cards right:)

-Alexandra Holyk, Executive Editor

“Another Year” by FINNEAS
For those who want something relaxing to unwind to, here’s a soft piano ballad with a good balance of wistful holiday-themed lyrics and a bit of humour. This song is made for a calm and cozy night at home, and it pairs well with the sound of wood cracking in a fireplace — I’d recommend playing “fireplace sounds” on YouTube at the same time in another tab! - Jia Chen, Creative Director

“Split” by NIKI and 88rising
This one is for those who are away from home this holiday season... A sweet (but kind of sad) song that perfectly explains the feeling of being away from home, especially during these unprecedented times! It’s the perfect song to play on a walk as the cold winter snow falls all around you! - Felicia Daryanoputri, Assistant Science Editor

“Let it Snow!” by Michael Bublé
This is a classic winter song that reminds everyone of the joys of watching the snowfall with loved ones putting everyone in a joyous mood for the winter season. This song is great for getting into the Christmas spirit and decorating your home for the holidays! - Sarah Morassutti, Graphics Editor

“Carol of the Bells” by Pentatonix
This popular Christmas carol has been completely transformed by Pentatonix. With their unique a cappella style and layered harmonies, they create a hauntingly beautiful Christmas ballad. - Rebecca Butler, News Editor

“Peace on Earth/Little Drummer Boy” by Bing Crosby and David Bowie
Though the classic crooner and the Starman might be an unlikely duo, this lovely mashup adds a modern sound to traditional Christmas music while still preserving some classic Christmas spirit. This song is a fabulous soundtrack for winding down with a hot drink after a long day of festive activities. - Erin Proud, Assistant Arts & Life Editor

“Have Yourself A Merry Little Christmas” by Frank Sinatra
This holiday staple, originally sung by Judy Garland in 1944 and remade by Frank Sinatra in 1957, has all the notes of a classic Christmas tune. Its soothing tone is perfect for taking a break with some hot cocoa, watching the snowfall outside, or admiring Christmas lights in apartment windows and house eaves. “Our troubles will be miles away” is an excellent line to get us through finals. - Hayley Austin, Science & Technology Editor

“Elf’s Lament” by Barenaked Ladies with Michael Bublé
This deceptively happy song is from the point of view of Santa’s elves who are struggling as overworked, underpaid workers making toys for children around the world. Though it is melodically upbeat, the song’s lyrics reveal a much darker, more complex world. This song is perfect for anyone who wants a new perspective on the holidays or just some well-crafted lyrics. - Nicola Rose, Managing Editor

“Last Christmas” by James TW
Any holiday season isn’t complete without feeling a little reminiscent, and there’s no song better than this one to suit said mood. While Wham! sang the original, I’ve grown up listening to Ashley Tisdale and Taylor Swift versions and there’s a whole different fun in really belting them out and getting right in the feels. The James TW version, released in 2018, is a good mix to include between all the other high-pitched versions. Grab that cocoa, sit by the window watching the snowfall and let it play in the background, or find a make-shift mike, stand up on the couch and have fun! - Sharanya Kerkara, Head Designer

“Baby, it’s Cold Outside” by John Legend (feat. Kelly Clarkson)
Released in 2018, this jazzy and modern take on the Christmas classic is the perfect soundtrack to the holiday season. The iconic artists rewrote some of the original lyrics to harness a better message with respect to women. Whether you’re building gingerbread houses, baking Christmas cookies, or taking a stroll through the lights of Waterloo Park, this duet is sure to set the scene of that perfect winter vibe. - Heather Ecobichon, Assistant Head Designer

“Telegraph Road” by Dire Straits
This Christmas classic sung in Michael Bublé’s deep baritone will have your ears melting like chocolate. Feel the Christmas vibes and play this song on repeat. It’s definitely worth it. It’s upbeat and brings in the nostalgia of hot chocolate, warm family dinners and Christmas gifts.

- Ramal Rana, Sports & Health Editor

“Christmas When You Were Mine” by Taylor Swift
If you’re thinking about the one that got away this holiday season, then this country pop song is for you. Taylor Swift beautifully captures that brutal feeling of missing someone even when you “know this shouldn’t be a lonely time.” The simple melody combined with Swift’s heartfelt lyrics makes this song truly heartwarming.

- Abhinjal Lama, Arts & Life Editor

“Winter Wonderland” by Grayville Trio
Since Christmas is a time to kick back and relax at the end of the year, I picked a really mellow jazz track that I think encompasses the feelings people have and the mood that people are in during this time of the year.

- Rohit Kaushik, Opinions Editor

Imprint Editorial Staff
5 books to read this holiday season

Darrel Adedayo
Reporter

December’s considered the most wonderful time of the year. However, despite the joy surrounding the season, it can get quite tiresome preparing for exams in these difficult conditions. Sometimes it’s best to pick up a book to take us away from the mental drain of activities in these times, while also helping us embrace the holiday spirit. Here are five books to give you a peaceful but jolly holiday season.

“A Christmas Carol” (Written by Charles Dickens, 1843)

This classic novella is perfect for those who are looking for a short story with a simple message. The plot centers around Ebenezer Scrooge, a miserly elderly man who on Christmas Eve is visited by the ghost of his former business partner—a man much like Scrooge—who informs him he will meet three more ghosts that night and must listen to what they have to say. If not, Scrooge will face a terrible fate...

A Christmas Carol’s prose is simple to read in comparison to other novels of its kind. If I were to explain Dickens’ writing style, I would call it a blend of Classical Hollywood cinema and the quirky characters of Wes Anderson. Because of this blend, Dickens was able to craft a story that is enjoyable for those looking for a narrative that conveys deep meaning in a light-hearted tone.

“Hercule Poirot’s Christmas” (Written by Agatha Christie, 1938)

This recommendation should fit the bill for fans of the highly eccentric sleuth Sherlock Holmes. Without revealing too much, Hercule Poirot’s Christmas follows lavish businessman Simeon Lee, who invites his four sons and their families over for Christmas. Cute, right? Well for Simeon Lee, the happy family holiday was all a ploy to announce he is cutting them out of his will. And just add to the drama, what enues next is a bloody murder with no witness to the culprit. Or so we think...

Much like other books in the mystery genre, the story is centered around a dysfunctional family. Think Knives Out, Little Miss Sunshine and Crazy Rich Asians. The story is not as jolly as others on this list, but the ending of this book can be a gentle reminder for parents these coming holidays not to be too harsh on their children, especially as exam preparation begins.

“Little Women” (Written by Louisa May Alcott, 1868)

You might have already experienced this story in another medium like on a stage, on television or through the Oscar-winning film adaptations by Gillian Armstrong and Greta Gardvig. But for those who don’t know, the story is about four sisters and the pivotal moments in their lives. Most of the storyline occurs during winter, so it gives the reader that Christmas spirit. But what makes this story worth the read is that it deals with feminist issues that were extremely progressive for its time. Little Women discusses the troubles women have finding work, the view that marriage is just an economic proposition for women and the domestic troubles women face.

“Hogfather” (Written by Terry Pratchett, 1996)

Readers who like a story with a dark tone that is highly satirical will love Hogfather. The story is about the missing mythical creature Hogfather, who grants children’s wishes and gives them presents on Hogswatch Night. You’re probably thinking this sounds just like any other bland Christmas story. The compelling part of this novel is that, due to Hogfather’s absence, the infamous character Death fills his role instead. This story may sound absurd, but much like A Christmas Carol, its message is an important reminder to those who may be out of the holiday spirit. Pratchett’s moral message of the story is almost like a profound thesis in an academic essay—for us to believe in large fantasies like universal justice, we must first believe in small ones like elves and Santa (Hogfather). If you take pleasure in dispelling children’s beliefs in the Tooth Fairy, Santa or the Easter Bunny, this is for you.

“The Stupidest Angel” (Written by Christopher Moore, 2004)

If you’re sick of following characters who know it all and have their lives all figured out, I think you’ll find comfort in the protagonist of this story: Archangel Raziel. We follow this clueless angel after little Joshua Baker witnesses Santa die. Of course, after seeing something so devastating, Baker prays for Santa to come back. Good news—an angel comes to his side. Bad news—it’s the angel Raziel who has come to help. Or should we say, make things worse. What ensues is a train wreck that you can’t turn your eyes away from. There are talking fruit bats, a pot smoking sheriff, a nutty ex-battle warrior/actress, a sketchy biologist conditioning rats and many more wacky characters in this zany scenario. And to make matters worse, it’s all up to the absent-minded Raziel to save Christmas and this ill-fated town. I recommend this story specifically to those who believe their life is in chaos right now.

A holiday checklist for students

Khalid Safdar
Reporter

Getting organized for the holidays is one of the best ways to ensure that you enjoy more and stress less. Luckily, Mariah Carey’s music provides a fantastic reminder that the holidays are just around the corner. If you’ve already heard her song this season it’s safe to say the time has come to make the perfect holiday checklist. With so many things to do and send out, you can always refer to this list to see if you’re missing something.

Set a budget:
The holidays are for reconnecting with your loved ones and rejoicing in the moment. But, of course, who can forget about all the holiday events and gifts? Setting a budget is a lifesaver for this reason, especially when you’re planning to spend big throughout the month. So, allocate a budget for all the activities you have in mind, from buying gifts and decorations to Christmas meals.

Create a gift list:
This is arguably the most exciting part of this checklist — deciding what to buy for others. First, make a list of everyone you want to purchase gifts for this year and write some things they like in front of their names. Make sure to consider when deciding on the gifts, because a little extra effort always goes a long way. Some ideas could include buying perfumes, personal care items, books, or even a helpful gadget. You can also consult someone’s wishlist for more ideas on what to get them. And remember — buying gifts early not only gives you time to relax, but also saves you from the hustle and rush experienced at the very last minute. Besides, who even likes standing in exhaustingly long checkout lanes anymore? Help yourself by doing it before everyone else.

Checking your holiday inventory:
This is an important part of the list, and spending some extra time here is justifiable. Take account of all the wrapping paper, scotch tape, decorations and cards you have and see if this meets your needs. If not, you’re ready to go out and buy (new or used), because knowing what you have and what you don’t allows you to spend only on necessities. You can always check for smaller items at the dollar store, as they’re often quite budget-friendly.

Decorate your place:
Giving life to used decorations is always a good idea, or you can even get them at a discounted price from many thrift stores around town. From ornaments and fairy lights to brighten up your tree to candles and small planters, there are plenty of small things you can get that are perfect to get you ready for the holiday season. Everything is up to you, so get what helps you relax the most. When it comes to the Christmas tree, having a big one isn’t a requirement, and no one’s going to judge you for a smaller display. Decorating a small tree or just your living space does the trick — after all, it’s all about bringing the holiday spirit out. What’s important is that you make it look amazing.

Sending out cards:
Now that you’re probably done with all the decorations and gift planning, it’s a great time to get writing. Whether you decide on sending emails or actual cards, it’s the thought that counts. This is a great time of the year to show your loved ones and friends that you’re thinking about them. So, write an email or a card to your friends, neighbors, teachers, and even co-workers whom you don’t see that often.

Have fun!
This is the most important part of this list, since no holiday season is complete without some fun. So, for this step, create your perfect playlist (or check out our playlist on page 3 of this issue), get some games or another activity and enjoy with your friends or family!
Student Athlete Spotlight: Leah Herrfort

Lauren Wolfe
Intern

Leah Herrfort, an economics major playing the forward position on the Waterloo Warriors women’s hockey team, shows off her abilities proudly, as any hockey player should. Hockey is something she loves deeply, and Herrfort is ready to go up against any challenge and every reward it’ll give her.

“Hockey has always been a huge part of my life and I can’t imagine my life without it,” Herrfort said.

Born in Palmerston, Ont. — just 45 minutes outside of Waterloo — Herrfort has made her legacy known, not only through her success on the women’s hockey team at UW, but also on her previous team at Union College, across the border in Schenectady, NY.

At Union College, Herrfort took home several awards, such as the Eastern College Athletic Conference (ECAC) Hockey All-Academic Team award.

Awards aren’t the only accomplishments Herrfort has achieved during her time on the team — the teamwork skills and friendships she has developed have been incredibly important and valuable.

“Being on a team has taught me a lot about problem solving and working with others,” Herrfort said. “Each teammate brings something different to the table, and this makes us all stronger. Playing a team sport provides you with a support system that you wouldn’t have if you played an individual sport.”

Hockey has been a constant in Herrfort’s life. She began figure skating at the age of four, but was inspired to don hockey skates by her older brother when she was five years old.

“I wanted to be like my older brother but it [hockey] soon became a place where I could be myself,” she said.

No sport comes without hardship, and COVID-19 placed an uncomfortable barrier between Herrfort and hockey. She explained that the pandemic was the longest she had ever gone without hockey since after she started playing.

“The pandemic paused my hockey career for just short of two years. Our season was cancelled; we could only lift and practice with restrictions,” Herrfort said. Yet the pandemic didn’t stop her from continuing to practice to the best of her ability, as she is always ready to ensure her games are as great as they can be.

“I like to treat my practices and lifts like a game as much as possible because games are only a reflection of how hard you work in practice,” Herrfort said.

When asked about any difficulties she has had to overcome with hockey, Herrfort talked about commitment, and what a hockey player’s schedule means not only for her, but for her friends and family as well.

“In order to play hockey you have to be willing to sacrifice some of your social life and your time,” she explained, “My parents sacrificed a ton of time and money to help me get to where I wanted to be.”

She emphasized that commitment is a crucial part of playing any sport, especially at a high level. Hockey isn’t the only sport Herrfort has had experience with. She began playing softball every summer when she was four and played at the highest level up to the 11th grade, when she stopped to focus on her hockey career. Recently, Herrfort has been able to pick softball up again.

“I think there is value in playing another sport in the offseason,” she said.

Herrfort hopes to continue hockey after she is done with school, should an opportunity to do so arise. She also plans to use her arts degree after university, though she’s unsure what exactly her future holds after graduation.
UW's Tre Ford named 2021 U Sports Player of the Year

Alexandra Holyk
Executive Editor

Waterloo Warriors quarterback Tre Ford has been named the U Sports MVP for 2021, winning the Hec Crighton Trophy for most outstanding Canadian university football player.

In six games this year, Ford led the league in passing yards and touchdowns, also finishing third in rushing yards and tied for fourth in rushing touchdowns. “I was definitely happy and excited to receive this award,” Ford said in an interview with Imprint.

The announcement comes after Ford was recognized as Ontario University Athletics (OUA) most valuable player for the second time, after first winning the award for his outstanding performance in 2018. He was also awarded OUA Rookie of the Year in 2017.

“My dad is definitely happy and proud of both of us. I think he’s probably more excited than me (sic) and Tyrell are put together times two,” Ford said. “He’s super excited for [the draft].”

Ford also mentioned that the pandemic’s cancellation of all university-level sports for the 2020-2021 season hindered the team’s ability to prepare for the next year. However, they were still able to train independently, which enabled Ford to stay on his game when there weren’t any games to play.

“My dad is definitely happy and proud of both of us. I think he’s probably more excited than me (sic) and Tyrell are put together times two,” Ford said. “He’s super excited for [the draft].”

With the university football season now over for the Waterloo Warriors, Ford is looking forward to graduating in the spring with an undergraduate degree in recreation and leisure. He also said he and his brother are gearing up for the CFL 2022 draft by training and running for the Warriors track and field team to improve their performance. Though he still has one more year of eligibility to play for the Warriors, Ford said he is focused on playing professionally. Nonetheless, he said is grateful for the time he’s spent in Waterloo.

“Thank you to Waterloo for the great four years. I mean, it was fantastic for me, created some great relationships there. I had a fantastic time and I definitely wouldn’t change it for the world.”

Warriors swim teams drown out the competition

Andres Fuentes
Publisher

A dominant victory against Wilfrid Laurier University and strong performances at Brock and Western universities have made for a strong year so far for the Waterloo Warrior swimming program.

The men’s team has come away with victories at all three of its meets while the women’s team picked up a win against Laurier, a second place at the Brock tri-meet right behind the McMaster team, and a narrow loss to Western.

Head coach Jacqueline Beckford-Henrigues said she is pleased with the strong start. As with many of the other teams, there was a certain amount of uncertainty after 18 months off from any competition.

"It has been really pleasing to me. Because we had a year and a half break, and also half of my team is first- or second-years, I had no clue how they would react. What’s been good is that at each meet, we’ve had people improving their times. And I also now have gotten to get some idea of how people race, which is important for me,” said Beckford-Henrigues.

Though this team might be young, these have proven to be some of the strongest recruiting years for the program. Beckford-Henrigues rated the last two classes as probably the best she has seen in her time here. She said she was nervous about how these recruits would perform but she knew the talent was there if they could swim like they had done when being recruited.

One of the captains of the team, Lukas Wormald, a fourth-year mechatronics engineering student, noted the development of the team.

"In my first year of swimming our U Sports men’s team was me and one other guy. And now we already have seven guys qualified and we still have two competitions in January and OUA Championships which a lot of guys will peak for and qualify there. So you know, just the amount of growth we’ve had this season has been absolutely huge and I think it’s U Sports coming in with a good sized team is going to make a really huge difference,” said Wormald.

One of those seven qualifiers is Alex Boden, a first-year computer science student. He qualified for the 500-yard freestyle at the Western meet.

"Qualifying for U Sports was definitely a goal for the season, but I wasn’t exactly sure if I’d be able to do it at this meet. But it’s a time that I know and I’ve been trying to hit for a while or add it all the meets we’ve been to and it felt really good to hit it then,” said Boden.

The team now heads into a training week based in Toronto, doing multiple swim sessions a day as well as dryland training. The timing of this training — six weeks out from the OUA championships — means that it fits perfectly in the training cycle to peak for the championship.

Coach Beckford-Henrigues is hoping to be able to get the team to move up the rankings to at least second in the men’s and fourth in the women’s heading into the OUA Championships.

As for the success so far this year, Wormald gives the credit to the coach.

"I gotta give all the credit to Jacky — she’s done really well having the number of guys on the team. Giving everyone an opportunity to race, spending time with each person to develop them as best they can. She’s helped create a really good training atmosphere and dynamic moving forward. And I think that’s good. Just gonna continue to see dividends in the future.”
World University Games in Lucerne, Switzerland cancelled

Anicka Bakos
Reporter

The International University Sports Federation (FISU) and the Lucerne 2021 Organising Committee announced the cancellation of the 30th Winter World University Games as a result of the COVID-19 pandemic.

In a statement on Nov. 29, U Sports confirmed that the Winter World University Games that were scheduled to take place in Lucerne, Switzerland from Dec. 11 to 21 were cancelled "due to rapid developments in the Omicron variant of the virus and newly announced travel restrictions imposed by the Swiss Federal Government in the past 24 hours." Omicron, the newly discovered COVID-19 variant, was declared a "variant of concern" by the World Health Organization on Nov. 26, just a few days prior to the FISU announcement.

The Lucerne Winter World University Games were originally scheduled to take place earlier this year from Jan. 21 to 31, but were postponed because of the ongoing pandemic. In September, FISU and the Lucerne 2021 Organising Committee had both announced their joint decision to go ahead with the games despite the difficult sanitary measures that would need to be maintained due to COVID-19. At the time, it was also announced that all participants would need to be vaccinated and undergo a PCR test upon arrival in Switzerland.

Jacqueline Schwantz, the University of Waterloo's assistant athletic therapist and a member of Team Canada for the 2021 Winter World University Games, was scheduled to take part in the event. Schwantz said she was disappointed with the cancellation of the games but acknowledged the need for caution in the face of uncertainty.

"The cancellation is disappointing but the health and safety of everyone involved is our utmost priority. We support the decision made by the Lucerne Organizing Committee and FISU," Schwantz said.

The games were described by FISU as "a celebration of international university sports and culture with several thousand student-athletes competing in each event."

The Winter World University Games are the largest winter multi-sport event after the Winter Olympic Games, according to FISU. The 11-day competition was set to feature nine compulsory winter sports: alpine skiing, biathlon, cross-country skiing, curling, figure skating, ice hockey, snowboarding, short track speed skating and freestyle skiing.

The FISU website said students between 17 and 25 years of age from more than 540 universities were expected to attend the Lucerne Winter World University Games. The event was expected to attract more than 2,500 student-athletes and employ up to 3,000 volunteers. The competitions were set to be broadcast in more than 100 countries reaching over 500 million viewers worldwide.

According to the U Sports website, the World University Games go back to the 1920s when the Frenchman, Jean Petitjean, organized the first "World Student Games" in Paris in May 1923.

In 1924, the International Confederation of Students was founded whose members then organized a number of sporting events from 1925 to 1939. The Second World War interrupted these sporting events but after the war, France once again re-launched the World University Games.

In 1948, FISU was created adopting the motto: "Excellence in mind and body." Subsequently, in 1959 FISU began organizing the games at a worldwide level, scheduling 25 Summer University Games and 29 Winter University Games over a period of sixty years, each staged every two years in a different city. The first Winter World University Games were held in Chamonix, France in 1960.

The next Winter World University Games are scheduled to take place in Lake Placid, NY, on January 12 to 22, 2023.

Recipe: Christmas chocolate malt brownies

By Ingrid Au

Let’s be honest, everybody pulls out their Christmas playlist once November hits. There’s no break between Halloween and Christmas — it’s a fast-paced world and we’re all in it for the ride. That said, I think a treat that feels a little more special around the holidays is chocolate. Even if you don’t like chocolate, I am sure there’s at least one box under your tree. At a normal time of the year, it’s like “yeah, chocolate, we get the hype.” Once Christmas rolls around, however, chocolate becomes royalty. And we are celebrating it in this recipe — chocolate malt brownies. It’s a recipe that gives us the best of both worlds — a fudgy texture with a good chew.

Ingredients:
- 4 cup of boiling hot water
- 3/4 cup of flour
- 1 cup of cocoa powder
- 1/2 cup of butter chopped into pieces
- 1/2 cup melted coconut oil or neutral oil
- 1/4 cup of brown sugar
- 1/4 cup white sugar
- 1 large egg
- 3-4 tbsp of malt chocolate powder (e.g., Ovaltine, Milo, Hotchips) or milk malt powder
- 1 tsp of vanilla extract
- 1 tsp of salt
- 1/2 of a bar of dark chocolate, chopped
- 1/2 of a bar of milk chocolate, chopped
- *do not use chocolate chips as they have been chemically processed to maintain their shape, which can affect the taste and texture of the brownies

Instructions:
1. Preheat the oven to 350°F and grease your brownie pan.
2. To bloom the cocoa powder, combine hot water with cocoa powder in a heatproof bowl. In another heatproof bowl, microwave the butter and dark chocolate for about 30 seconds or less until the chocolate is semi-melted. Stir the rest of the way to fully melt the butter and chocolate — this is to avoid burning your chocolate. Then combine your oil and let the cocoa and chocolate cool.
3. Once cooled, combine the dry and wet ingredients. Gently fold in the chopped milk chocolate and pour into the pan. A good trick is to let the brownie batter sit for about 30 minutes at room temperature before baking — this will allow the ingredients to get to know each other and enhance the flavour.
4. Bake for 25 to 30 minutes or until the batter slightly sticks to a toothpick when you insert it into the center (it should not come out clean). Let cool and place in the refrigerator for an hour before cutting.

With the holidays approaching, there are many things to be grateful for and joyful about. Moments you should look forward to and cherish as well as people you should love and remember. Anything that can bring you a little wiggle or smile is worth holding onto. I hope the process of making these brownies by yourself with some nice Christmas music or with your friends or your family will be one of those things you carry forward to next year as a joyful memory.

Have a favourite recipe you want to share? We’d love to try making it! Email it to sports@uwimprint.ca.
UW takes vision research to a global level in Hong Kong

Shaza Syed
Reporter

The University of Waterloo became one of numerous esteemed institutions to take part in Hong Kong’s multi-billion dollar initiative, InnoHK, to lead visionary eye health research.

Hong Kong’s Science and Technology Park (HKSTP) has recently become home to the Centre for Eye and Vision Research (CEVR) in collaboration with the UW School of Optometry and Vision Science. The CEVR will facilitate research programs aimed at preventing vision loss and maintaining healthy vision.

The InnoHK program is funded by the Government of Hong Kong, and connects international universities with local institutions within Hong Kong. The UW School of Optometry is one of three equal partnerships within the InnoHK program and is ranked fifth in the world for vision research.

“International collaborations are becoming the standard for addressing societal needs,” said Bob Lemieux, dean of Science at UW in a WaterlooNews interview.

The InnoHK centres bring about an unparalleled connectedness between researchers from around the world in one centralized research hub in Hong Kong—a definite advantage in propelling research forward.

“While CEVR is focused on the biggest challenges in vision science, there are other InnoHK centres next door to CEVR working on health-related areas like neurodegenerative diseases, microbiology and advanced biomedical instrumentation. They each operate in the larger entrepreneurial ecosystem of Hong Kong Science Park to build an incredible pool of talent and hopefully one in which we’ll be able to cross-fertilize and develop new collaborations in health-based research,” Lemieux said.

Dr. William Ngo of the UW School of Optometry is one of the researchers currently at work at the CEVR. His research aims to compare differences in the microbiology and biochemistry of the ocular surface between Canadian and Asian demographics. The findings of his research, alongside those of Dr. Thomas Lam at the Hong Kong Polytechnic University, will be used to develop treatments and prevention methods for dry eye.

“Bringing together our clinical and basic sciences expertise from both sides of the world has been critical in helping us to identify what differences exist and how risk factors differ between the two populations,” Dr. Ngo said.

Dr. Ngo’s research is the first of its kind to be conducted on a global scale. It is part of the CEVR’s five-year plan to create the first centre devoted solely to dry eye research.

Numerous other researchers from the UW School of Optometry are utilizing the CEVR to conduct studies that aim to solve the biggest issues in vision science faced by the world today.

Dr. Deborah Jones is one such researcher, studying myopia (nearsightedness) at the CEVR. Myopia is caused by an elongation of the eye resulting in blurred vision, and significantly impacts Asian populations. Jones’ research aims to better understand the causes of myopia and develop technologies that can prevent myopia, slow its development, and ultimately reverse its progression.

Similarly, Dr. Lyndon Jones is another researcher at the CEVR developing drug-delivery technologies to treat diseases such as ocular allergy, macular degeneration, and diabetic retinopathy. His research is dedicated to developing technologies capable of delivering drugs to both the front and back of the eye. These potential technologies include eye drops, inserts of the ocular surface and contact lenses that can eventually be used in clinical practice. Recently, Dr. Lyndon Jones also authored a paper reviewing advancements in contact lens research and drug-delivery methods.

Other vision issues—particularly those that affect older adults, such as age-related macular degeneration, glaucoma and strokes—are being studied by UW’s Dr. Tammy Labbreche and Dr. Susan Leat. Their research revolves around developing methods of assessing the impact of a stroke alongside new ways of managing and rehabilitating eye diseases in affected individuals.

Alzheimer’s is another disease that disproportionately affects older adults, and its detection is the focus of professor Melanie Campbell’s research. Campbell, of the Department of Physics and Astronomy, is using polarized light to identify amyloid proteins found in the back of the retina to identify Alzheimer’s long before it begins to affect a patient’s cognitive ability.

“By assembling a team of world-leading researchers across two internationally renowned institutions, CEVR is allowing us to significantly advance eye and vision health in Canada, Hong Kong and world-wide,” said Dr. Ben Thompson, CEO of the CEVR.
Company founded by UW alumni wins ‘Best Tech Startup’

DarwinAI, an Explainable AI (XAI) company founded by University of Waterloo alumni, won "Best Tech Startup" at the 2021 Timmy Awards for the Toronto region.

The "Best Tech Startup" award recognizes forward-thinking companies whose initiatives are redefining their industries. According to the award description, "these companies exemplify agility, innovation and resilience, as well as an ability to foster an outstanding work environment for their employees."

DarwinAI also won "Best Tech Work Culture" in the Small-Medium Sized Employers category, which includes companies with up to 250 employees. The award description states that "Best Tech Work Culture" is awarded to companies who have fostered an exceptional work culture — one that "actively promotes technical creativity, diversity, learning, and meaningful recognition."

The Timmy Awards are hosted by Tech in Motion, an event series created by Motion Recruitment that seeks to connect tech companies and workers throughout North America. Winners in each category and region are selected based on community votes from across the continent.

DarwinAI's six founders include two UW alumni and current engineering professors, Alexander Wong and Javad Shafiee, as well as four other alumni, Sheldon Fernandez, Arif Virani, Brendan Chwyl and Francis Li. Wong is also the current Canada Research Chair in AI and Medical Imaging.

The team created DarwinAI to develop XAI solutions for a wide range of industry needs. Their technology solves what is commonly known as the "black box" problem in AI: because most AI advances through machine learning, it can be difficult for creators to understand or explain how the AI functions. Hence the name black box — a system that allows people to see its input and output, but obscures its inner processes.

XAI allows users to understand how and why AI makes decisions. DarwinAI's website explains that these insights "enable [them] to build superior enterprise solutions that have a smaller memory footprint, are more computationally efficient, and perform with extraordinarily high levels of precision."

Since the company was founded, it has remained connected to the university. In 2020, researchers from UW and DarwinAI collaborated to develop an open-source system that can detect COVID-19 via chest x-rays, called COVID-Net.

According to DarwinAI, "by leveraging explainability in a human-machine collaborative design strategy, the research team was able to build a model with a high level of accuracy and transparency in under a week. In doing so, they demonstrated that our breakthrough XAI technology has tremendous capacity to benefit healthcare institutions and their patients by accelerating scalable development with much improved model design and performance."

The Timmy Awards were created to honour the best tech employers in North America, highlighting the success of companies and managers whose efforts have resulted in positive contributions to their fields.

In the "Best Tech Work Culture" category for the Toronto region, four out of five of the finalists — Top Hat, Properly, DarwinAI and Snapcommerce — have at least one UW alum as a founder.

OCEMs: Another tool in our global biodiversity toolbox

Hayley Austin
Science Editor

Other effective area-based conservation measures, or OCEMs, are an important tool in the world’s biodiversity toolbox and have many benefits for not only biodiversity, but for social and cultural sustainability as well.

According to Derek Armitage, a professor at the University of Waterloo's School of Environment, Resources and Sustainability, OCEMs are "a geographically or spatially defined area that falls outside the normal ideas of what we know as a protected area like a national park or provincial park, and yet is still meant to provide some kind of biodiversity benefits or outcomes, while providing benefits to people as well."

He added that they "tend to be places where people are utilizing resources, but also sustaining biodiversity."

Armitage contributed to a recently published paper on OCEMs as a global biodiversity conservation strategy. The article was a collaboration between James Cook University’s Georgina Gurney and Emily Darling, director of coral reef conservation at the Wildlife Conservation Society’s (WCS), in consultation with the Science for Nature and People Partnership (SNAPP) Coastal Outcomes working group. SNAPP working groups are funded by the Nature Conservancy and the World Wildlife Conservation Society, brought together to work on conservation issues. Armitage has been part of this group in an advisory capacity for the past few years.

OCEMs cover a diverse array of activities. For instance, sacred groves, or forested areas which are protected for cultural and sustainability reasons, are OCEMs as they protect both spiritual and cultural value, as well as biodiversity. Customary, informal marine set-asides are also under the OCEM designation as they involve informal rules on harvesting from coral reef areas, as organized by local communities rather than government.

"If we take a step back, a lot of our conventional approaches to biodiversity protection follow a fences and fines approach. Setting aside territory and excluding people from it, sometimes makes sense, but in many places around the world it has had a very damaging impact in terms of culture, access to resources and livelihoods, and so on," Armitage said on the value of OCEMs. "We are in a space where we are thinking about what our biodiversity targets should be through the CBD, which is creating the 30 by 30 plan, or how much land or ocean space to set aside for biodiversity. How do we achieve these targets in ways that are more equitable and more environmentally just?"

OCEMs are noted in the journal article to increase the effectiveness of the global conservation system in four key ways, alongside protected areas, by ways of supporting management tailored to its context, ensuring a well-connected conservation network, increasing the diversity of tools in the conservation system, and bringing conservation outcomes into focus.
Let’s take engineering seriously
Integrating ethics into the SE and CS core curriculum

Since the start of the pandemic, software has ruled our lives. As a student going from Zoom lectures to Discord group project calls to remote work on Microsoft Teams to virtual Netflix parties, it feels like the past two years of my life have happened completely online. I’m studying software engineering (SE), currently in 38. In 16 months or so, my classmates and I will join the ranks of software engineers designing and building these platforms that have become so essential for society.

Software engineers’ decisions have an outsized social impact. The internet and social media have connected the globe, giving us instant access to each other and empowering us to consume knowledge and create content that we can share with the world. On massive platforms like Google, Facebook or Amazon that have powered this digital and social transformation, even the smallest change reaches billions of people.

Ethical and social issues must be integrated into every core software engineering and computer science course.

Unfortunately, some decisions have paved the way for digital misinformation, loss of privacy or biased artificial intelligence that inflames existing divisions and reinforces structures of oppression. These issues affect each of us on both personal and societal levels, hindering our ability to respond to challenges like the pandemic or the climate crisis. All these problems are incredibly complex, with multifaceted, interdisciplinary solutions that require society-wide changes. While software engineers can’t solve these problems alone, software engineers have a special responsibility to address these challenges — and avoid creating new ones — because they were either brought about or exacerbated by the technology we’ve built.

Yet my education is not helping me develop the ability to tackle these challenges. Each academic term, I take classes like algorithms, software architecture or computer networks to gain the vital technical knowledge and skills for building software platforms. Mostly missing from the core software engineering curriculum, however, are opportunities to learn about the social, cultural, legal and environmental aspects of the profession. Our only exposure to ethics is through professional development courses, which are widely seen by students as a nuisance and usually completed as an afterthought.

For the next generation of software engineers to gain the skills for tackling complex problems in technology, ethical and social issues must be integrated into every core software engineering and computer science (CS) course. This is not without precedent. Some of the best engineering schools are doing it. Harvard University, Massachusetts Institute of Technology (MIT) and Stanford University all integrate ethics into their core computer science curriculum.

At the MIT Schwarzman College of Computing, the Social and Ethical Responsibility of Computing (SERC) initiative is developing interdisciplinary teaching materials on ethics to be incorporated into existing classes across all levels of instruction. SERC is also publishing case studies examining topics such as racial disparities in facial recognition technology and the ethics of targeted advertising systems. Harvard and Stanford both run a program called Embedded Ethics, which weaves moral problem-solving exercises into every core course in the computer science curriculum.

The aim is to teach students how to think through the ethical and social implications of their work. Postdoctoral scholars in philosophy help CS professors develop and teach these modules. Many of the materials created by all three schools for their initiatives are freely available online.

Speaking to the importance of these initiatives, Mehran Sahami, the associate chair for education at Stanford’s Department of Computer Science said “I think it’s setting bail or placing ads on social media platforms, an algorithm is working in the background, which is why justice, equity and other social concerns must be central to computer science rather than afterthoughts or omissions.”

Indeed, this is what users are beginning to expect of software engineers. Over the past five years, the public has become far more aware of the negative impacts of digital technology through information leaks like the Snowden revelations, scandals involving data and security breaches on various platforms and films like The Social Dilemma. People everywhere are calling out for more humane technology and holding creators of technology accountable for the social impact of their designs.

My peers want to use their knowledge and skills to create positive change. In 2019, two of my friends from SE and I organized Citizen Hacks, a hackathon focused on privacy in technology. Nearly 150 students from the University of Waterloo, the University of Toronto and other Ontario universities and high schools took part in the event. Participants attended workshops on subjects ranging from network security to Canadian privacy legislation and created projects on the theme of “how can we build a digital future that protects everyone’s privacy?” The response from our participants was broadly positive, with many excited about the opportunity to apply their skills towards a positive social cause.

In the absence of continued, structured engagement, however, these interests aren’t encouraged or cultivated further. By 38 SE, there ends up being a very narrow path that we see ourselves taking: Do lots of Leetcode. Get a job at a famous American tech company or quantitative trading firm. Graduate, then work full-time as a software engineer. In practice, very few people deviate from this path. I remember in first year being shocked to discover that only three students in the SE class of 2018 went on to graduate school.

UW is developing incredibly talented software engineers, but our education falls short of broadening our mindset and vision. By integrating ethics and social issues into the core SE and CS curricula, the university would be taking an important step in equipping the next generation of digital innovators with the mindset, vision, knowledge and skills to be positive change-makers. It would also demonstrate Waterloo’s leadership in computer science education in Canada.

One way to create such a curriculum might be to adopt more problem-based classes throughout our degrees that promote interdisciplinary collaboration and integrative thinking. For instance, how can we create video games that promote action towards the UN Sustainable Development Goals? Design a software system to support a unified global response to the next pandemic? Or develop a misinformation-resistant social media network? These questions might seem wishful or too big. But we never would have landed humans on the moon without having the curiosity and vision to do it in the first place. Those with the vision lead the way to reach for the moon.

Benn McGregor
Reporter
Volunteer at IMPRINT

Email editor@uwimprint.ca
Across
1. A founder of the Ancient Greek cynic philosophy who was said to have masturbated in public, urinated on people who insulted him, and performed other obscenities
2. Inventor whose name is synonymous with poo
3. Narcotic that became extremely popular in America in the 1980s
4. Name of the European city that experienced the “dancing plague” in the early-16th century
5. Economic “bubble” named after a flower. The ___ bubble
6. French woman who was claimed to be 122 at the time of her death, but faced skepticism about her age
7. 19th century European emperor whose height is notoriously disputed
8. 19th century American president whose grandson died in 2020
9. Name of Bronze Age Anatolian city whose destruction is the subject of many famous tales
10. Name of the economic “bubble” named after a flower. The ___ bubble
11. 19th century American president whose grandson died in 2020
12. Masked vigilante fictional hero created in California in the early 20th century
13. European dynastic family whose odd jaw/facial features are now named after their family name. "The (blank) Jaw"
14. Pope Gregory IX and other 13th century Catholics believed this animal to be demonic
15. 15th century engineer who offered his newest military invention to the Byzantine emperor, who refused, and then to the Ottomans, who used it to overthrow and conquer Constantinople, capital of Byzantium
16. Company that developed the first computer to beat a reigning world chess champion at chess
17. Soft drink created by Coco Cola in the 1940’s made specifically for the Nazis
18. “Let them eat ___”
19. City that is named after a type of onion that used to be abundant in the area
20. Chemical compound that was first isolated in 1969 by an Israeli scientist, and is an integral component in a certain recreational and medical drug
21. 15th century engineer who offered his newest military invention to the Byzantine emperor, who refused, and then to the Ottomans, who used it to overthrow and conquer Constantinople, capital of Byzantium
22. Tyrannical, often described as insane, emperor of the Roman empire in the first century AD
23. Name of the autonomous zone in Seattle that existed for a few short weeks in 2020

Down
4. Name of the European city that experienced the “dancing plague” in the early-16th century
5. Economic “bubble” named after a flower. The ___ bubble
6. French woman who was claimed to be 122 at the time of her death, but faced skepticism about her age
7. 19th century European emperor whose height is notoriously disputed
8. 15th century engineer who offered his newest military invention to the Byzantine emperor, who refused, and then to the Ottomans, who used it to overthrow and conquer Constantinople, capital of Byzantium
9. Name of the economic “bubble” named after a flower. The ___ bubble
10. Name of Bronze Age Anatolian city whose destruction is the subject of many famous tales
11. 19th century American president whose grandson died in 2020
12. Masked vigilante fictional hero created in California in the early 20th century
13. European dynastic family whose odd jaw/facial features are now named after their family name. "The (blank) Jaw"
14. Pope Gregory IX and other 13th century Catholics believed this animal to be demonic
15. 15th century engineer who offered his newest military invention to the Byzantine emperor, who refused, and then to the Ottomans, who used it to overthrow and conquer Constantinople, capital of Byzantium
16. Company that developed the first computer to beat a reigning world chess champion at chess
17. Soft drink created by Coco Cola in the 1940’s made specifically for the Nazis
18. “Let them eat ___”
19. City that is named after a type of onion that used to be abundant in the area
20. Chemical compound that was first isolated in 1969 by an Israeli scientist, and is an integral component in a certain recreational and medical drug
21. 15th century engineer who offered his newest military invention to the Byzantine emperor, who refused, and then to the Ottomans, who used it to overthrow and conquer Constantinople, capital of Byzantium
22. Tyrannical, often described as insane, emperor of the Roman empire in the first century AD
23. Name of the autonomous zone in Seattle that existed for a few short weeks in 2020

Happy Holidays
See you next term!