



# Imprint

Your Stories, Your Voice

September 2024  
Volume 2 Issue 2

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campus?  
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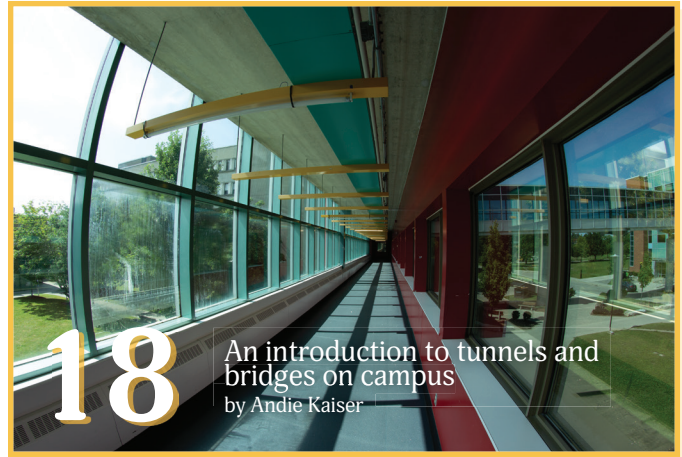
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# What *really* makes an accessible campus?

## AODA and the culture of accessibility at UW

Alicia Wang, Contributor

Twenty years ago, Ontario passed the Accessibility for Ontarians with Disabilities Act (AODA), which aimed to make the province fully accessible by 2025. The act applies to any organization with at least one worker and thereby covers many educational institutions including the university, requiring them to follow standards around customer service, information access, design of public spaces, transportation, and employment. UW's own policy 58 commits the university to "achieving accessibility and its requirements established under the [AODA]." In the Waterloo 2021 Equity Study, 12 per cent of respondents reported having one or more disabilities. Being less than six months away from 2025, the question is: are we on the right track? And what does that track really look like?

### Physical accessibility

Chris Barclay, a master's student in public health who is blind and uses a guide dog, said his experience with accessibility on campus has been "really positive" thus far, having also completed his undergraduate degree in public health at UW. He highlighted his experience sitting on AccessAbility Services' former Student Advisory Committee with other students with disabilities, which provided feedback from students and acted "sort of [as] a consulting service as well," helping community members like professors and university clubs ensure that the materials and events they were providing were accessible.

According to Barclay, the committee was also involved in the SLC expansion completed in 2021, making recommendations to include tactile markers and braille buttons in relevant spaces. Though he wished they had addressed the lack of accessibility in older buildings on campus, he expressed that it was "nice" to be able to help make events like the Clubs and Societies Fair more accessible.

Another accessibility feature he appreciated was the shuttle service that used to be facilitated by AccessAbility Services, which made getting across campus easier for him and his service dog Sherwood, especially during bad weather. However, the program was modified during the COVID-19 pandemic, and is now being outsourced to a local taxi service. In a written statement to *Imprint*, Geoffrey Shifflett, interim director of AccessAbility Services, explained that the service was changed to accommodate increased demand and provide greater scalability, though Barclay felt the outsourcing made the service "less flexible" than it used to be.



But the closure of the advisory committee was especially impactful because the committee allowed students with disabilities to provide feedback. Although the university currently has an Accessibility Committee with representatives from each of the school's departments, Barclay felt that these services aren't "quite what they used to be... but in general they seem to do a good job, still providing the basics, which is good to see." He added that although it is fairly easy for him to provide feedback by knowing who to talk to, having navigated AccessAbility Services for so long, the advisory committee's closure makes things harder particularly for new students who are less familiar with AccessAbility Services.

Shifflett stated that the university is looking to expand disability community networks beyond what the previous Accessibility Advisory Panel could offer, another feedback group that was shut down. They added that UW encourages community members to complete the university's survey on exploring interest in future disability networks to "offer their insights on the development of new programs that will build engaged community spaces and feedback pathways." Feedback regarding accessibility can be sent to [aoda@uwaterloo.ca](mailto:aoda@uwaterloo.ca).

As it turns out, a dedicated body like the Student Advisory Committee is just one way that campus could've been made far more accessible for Sydney Whitwell, a former global business and digital arts (GBDA) student who left in 2021 after just one semester due to how inaccessible UW felt for her.

Whitwell, who at the time was using a manual wheelchair and relying on a service dog, left their hometown of Victoria, B.C. to attend UW because she believed that accessibility legislation in Ontario, like the AODA, created "more of somewhat of a standard" than the "vague"

pointers in B.C.'s Human Rights Code. B.C. has since passed the Accessible British Columbia Act which became law in June 2021, whose stipulations were allowed to be enforced starting this year.

Whitwell said that she heard good things about the accessibility at the university, and had meetings with members of AccessAbility Services ahead of time to confirm the accessibility of the classrooms and dorms. But once she arrived, it was a different story.

She felt that several minor issues at their assigned accessible dorm in CMH could've been addressed ahead of time, such as the door being far too heavy for a manual wheelchair user. Additionally, the bed (even at its lowest height), command hooks, and cabinets in her accessible dorm were all too tall for them to use with ease. "I assumed that when I said 'I'm a full-time wheelchair user, are the dorms accessible,' and they were like, 'Oh yes,' they would know that I — especially because at the time I was using a manual wheelchair — they would know that that makes you much shorter than a standing person."

"I also didn't really bring up some of that because it was also kind of embarrassing, like how much I felt I needed [to be] changed," she said. Despite the effectiveness and clear amount of work that had gone into the accessible bathrooms, Whitwell remarked, "A lot of things made me feel I stuck out more than I would have if the dorms were better configured for [disabled students]."

Peter Cai, who graduated from UW in 2023 with a master's in computer science, pointed out several issues for wheelchair users that campus still has, though he described his experience as fairly accessible. He singled out older buildings like the Mathematics and Computer Building or B.C. Matthews Hall, as well as the third floor of the Davis Centre Library, frequented by graduate students.



**Don't pet me,  
I'm working!**

Carpeted floors and a lack of door opener buttons were “impossible” for a manual wheelchair user like himself, leading him to begin using a powered wheelchair full-time in order to navigate campus freely. Cai said that the carpet issue was something he thought was an obvious fix.

The last straw for Whitwell came when she was taken on a tour of UW’s satellite Stratford campus, which GBDA students are expected to regularly attend after their first year. She couldn’t shake the

feeling of being a “guinea pig” for improving the campus’ accessibility, stating that it felt as if she was giving an “unpaid accessible consultation.”

“And so again, I was just very aware that there’s not really a lot of people who look like me at Waterloo... all of these things big and small made me feel super unwelcome and like this wasn’t prepared for someone like me,” they said, stating that they wished “work like that” had been done in advance.

## A subpar culture

In an August 2023 interview, when asked if the university was adequately equipped to handle the changes needed to be made to campus to improve its overall accessibility, Joyce Barlow, associate director of Disability Inclusion, said that she viewed accessibility as more about a cultural change, less simply fulfilling a checklist of accommodations.

“Accessibility is about cultural change, and not about a technical checklist of how many [powered door] buttons do you have? How many ramps do you have? It’s about how individuals with disabilities are

experiencing the campus and the university the way that they choose to engage with us,” Barlow said.

Barclay agrees, describing a project he did in high school on the AODA, where he spoke to one of the lawyers that created it who expressed that part of the idea behind the act was to foster a culture of accessibility. “You see everywhere now, inclusivity, diversity, equity being major buzzwords... that people want to [uphold] and so... I think the AODA is sort of part of that larger cultural shift.”

One of the nine categories of barriers to accessibility defined by the Postsecondary Education Standards Development Committee is attitudes,

**“Accessibility is about cultural change, and not about a technical checklist of how many [powered door] buttons do you have? How many ramps do you have?”**

**- Joyce Barlow, associate director of Disability Inclusion**

behaviours, perceptions, and assumptions. It notes that the stereotypes present as a result of the latter category can lead to “inaccurate assessments of students’ personal characteristics,” causing internalized ableism and for students with disabilities to feel unwelcome in class or during social activities.

In addition to physical accessibility barriers, Whitwell noted a seeming lack of disability etiquette in community members, describing a culture of being looked at and a lack of awareness around the nature of disability that made them feel isolated. Constant stares and whispers made it “exhausting to go out anywhere, because I couldn’t go to the library and try to get work done in public without hearing people talking about me as if they thought I couldn’t hear them,” she said.

She added that she wished the university did more to educate students on disability etiquette, as it was “very draining” to give constant reminders to students not to

touch their service dog or to make space on the sidewalk. Students on Whitwell's floor would also linger around the accessible bathrooms without any apparent need for the facilities, and one time, others in the same elevator joked about how easy it would be to steal her service dog because Whitwell can't run. When bringing up the latter incident to CMH personnel, they said nothing could be done about it. The reaction cemented her belief that having some form of a disabled students' association would have made her feel like she had more of a voice.

Even arrangements that were physically accessible could add to the feeling of isolation. Whitwell's Latin class was in an auditorium-style lecture hall, so to accommodate her wheelchair, a folding table was placed at the back of the hall. Though the placement was technically accessible, it created a different sort of challenge. "Because I was sitting by myself and I was the only person sitting by myself, it really points out to you that this building was initially not made for you and didn't expect you to be there."

In response to whether campus had overcome the barrier of attitudes and perceptions, Cai said, "I guess the best thing you can ask for [regarding] perception is for them to not care about the disability... I'm saying that as a positive thing because as someone disabled, other than [having] the things that I really need, all I want is to have people treat me the same way."

Noa Runnalls, a first-year student in honours math, also felt that she experienced a lack of disability awareness when discussing her accommodations with one of her professors, which has since changed her outlook on professors' understanding of accessibility. Runnalls has ADHD and takes daily medication for chronic migraines, and is registered with AccessAbility Services. Up till that conversation, she felt "very accommodated" on campus, especially within the math faculty, as her accessibility advisor and her math professors had all been very understanding and helpful.

So it was a jarring experience when one professor reacted to Runnalls' ADHD in a relatively less accommodating way. When she failed the class's second midterm, he offered to let her retake the midterm, which is when he asked what her disability was. Runnalls wasn't yet aware that students with disabilities are not required to disclose them to anyone outside of AccessAbility Services.

"And he responded, 'Oh, so you just have trouble focusing,'" Runnalls recalled, suspecting that he was looking for something to blame her marks on, which were lower

than the class average. She posted about the incident on UW's subreddit r/uwaterloo, eventually taking the issue to AccessAbility Services, who she says really "fought on [her] behalf" to make sure she was provided with the accommodations needed when retaking the exam.

"I don't think I would have been able to make it through this class without AccessAbility," she said, stating that they not only helped with her accommodations, but also checked up on her overall mental well-being throughout the process. According to Runnalls, this isn't new behaviour for the professor, as friends registered with AccessAbility Services described similarly negative experiences with him.

The incident has changed how she views university professors' understandings of disabilities, especially a mental disability like ADHD. In the 2022 Canadian Campus Wellbeing Survey, 15.9 per cent of UW's over 4,000 participants said they had a mental illness that affects their everyday functioning. According to the Centre for Addiction and Mental Health, as of 2017, one in 20 young Ontarians are diagnosed with ADHD.

"I thought all professors understood, at least, that [ADHD]... is not just having trouble focusing, and there's more to it than that," Runnalls said. "I thought the university did more with educating their professors about it but I guess not... or maybe this particular prof didn't listen... which either way is just upsetting to me."

UW community members with disabilities have worked themselves to make campus more accessible in various ways. STEM with Disabilities, a group formed by UW alumni Emma Collington and Samantha Fowler, was created to provide a space for those in STEM with disabilities, something they didn't have as undergraduates in STEM with disabilities with few or no role models. Collington said that she has been very impressed with the support the organization has received from UW, and that they have worked alongside other groups on campus who are working not just to meet the 2025 deadline but to implement accessibility recommendations for postsecondary institutions. Dale Martin, an able-bodied associate professor in biology, has also worked to make UW more accessible by modifying his lab for that purpose. The changes included bringing in an accessible bench whose height can be changed to accommodate the user's needs, and adding an automatic lab sink at a lower height than standard sinks.

Whitwell believes that the university can make campus more accessible, especially given its reputation of innova-

tion. In addition to having the support of a student body comprised of those with disabilities, she suggests that UW hire people with various disabilities to evaluate the physical accessibility of campus.

“I feel like they could totally do it, and I hope they do. That’s why I wanted to [speak to *Imprint*]: ‘cause even though I don’t feel super warmly about the school, I want people after me and people currently there to have better experiences,” she said.

Jay Dolmage, chair of the English department and founding editor of the *Canadian Journal of Disability Studies*, says that the AODA, as a rhetorical document, only has as much power as is enforced. So to what extent the act is enforced, and who does that enforcing, are left up for question.

To Dolmage, the AODA is “a floor and a ceiling.”

“Legislation like that, it shows where the floor should be, right? But it also strongly insinuates that we might not do anything more than what it’s asking... what I think it’s being interpreted across universities, and not just Waterloo, as, is we shouldn’t do any more than what they’re going to choose to enforce.”

## So, what is being done?

In the 2022 Canadian Campus Wellbeing Survey, 73.4 per cent of UW students with one or more disabilities or medical conditions said they did not receive accommodations, something Dolmage says demonstrates a systemic issue of inaccessibility at the school, which persists despite the individual efforts of those working at AccessAbility Services. “It requires leadership... [but] I wouldn’t fault the leadership right now because they’ve got to look around at the atmosphere and say there’s no funding for us for anything,” he said, citing a lack of funding from the provincial government and “a feeling as though the provincial government is not going to prioritize enforcement of the AODA.”

The province’s recommendations to address the barrier of attitudes, behaviours, perceptions, and assumptions about disabilities include transformational leadership, accountability metrics in the form of performance measures, and awareness.

The university’s 2023-2025 Multi-Year Accessibility Plan (MYAP) demonstrates the university’s progress towards an accessible campus through several MYAP themes: policy and procedure, information and communication, design of public spaces, employment, and education. Each section lists specific plans or accomplishments,

each with varying levels of progress. Notably, the progress of work in policy and procedure, information and communication, and employment are either “behind schedule” or “at risk,” with the MYAP noting that the COVID-19 pandemic and its “corresponding changes slowed some of our plans as we focused on broader initiatives and responses.”

Barlow listed the creation of an inclusive physical space framework as one example of work the university has done in relation to accessibility. It falls under the theme of design of public spaces, and aims to help designers create inclusive physical spaces that take into account accessibility, environmental sustainability, and the wellbeing of those in the space.

Part of the policy and procedure work listed includes the policy 57 drafting committee, on which Dolmage currently sits. The policy will “outline the provisions and processes for employee workplace accommodations,” clarity on which is a requirement under the AODA. In comparison to accommodations guidelines, a policy would be more enforceable and require employee input and approval.

The recommendation to create such a policy came in 2017, seven years ago. Although Dolmage doesn’t blame the administration, acknowledging there are multiple factors at play, he noted that no policy drafting committee should take seven years, stating, “You’d think with the AODA that would be the push you’d need.”

His hope is for policy 57 to help expand the potential of the AODA. Making a similar push for students would show that the act is “not just about [the] classroom. It’s about recreation. It’s about the full life on campus... Outside of the classroom is where we can make a lot of gains on access.”

“Students and staff and faculty, everyone who lives and works here, I think we’re constantly waiting to see the university’s heart... and I think the university does care about [the AODA]. They are just trying to find the right way to show it,” Dolmage said.

According to the federal government, as of 2022, 27 per cent of those aged 15 and over have a disability, an increase from 22 per cent in 2017. The Government of Ontario predicts the number of those with disabilities to increase as the population ages over the next 25 years. “It’s actually a piece of legislation that is designed for all of us,” Dolmage said. “You don’t need it right now, but you will. And that sounds scary to people... and that’s part of the issue. It’s scary only because we haven’t made the changes we need to make for a more accessible society.”

# What I wish I knew in first year

Christiano Choo, Senior Editor

Starting university can be daunting. Whether it's the excitement of further developing your intellectual passions, living on your own for the first time, or feeling like you're finally becoming an adult, it can be a lot to take in. Where are you supposed to go? What are you supposed to do? How do you make the most of your time here? Luckily, we at *Imprint* are here to offer up some wisdom we wish we had known when we first attended university.

TOP SECRET





<b>Student Support Services</b>	The university is highly invested in your success and plenty of support is available to ensure you'll thrive in its competitive environment. If stress is getting the better of you, Counselling Services is only a phone call away at 519-888-4096. If you prefer to have someone your age to talk to, Mates has you covered with upper-year mentors available to smooth your transition and support you. Need career advice or resume feedback? The Centre for Career Development can help you with all that and more. Perhaps most importantly, find out who your academic advisor is — they'll be invaluable in helping you realize your educational goals. We highly encourage you to research everything the university and WUSA offers — you've already paid for it with your tuition, so it'd be a waste not to use it!
<b>Recreation facilities</b>	The Freshman 15 might be a myth, but you can never be too safe! Engaging in regular physical activity also has the upside of making it much easier to meet new people. As a competitive weightlifter who pretty much lives at the Physical Activities Complex (PAC) fitness centre, I have met the majority of my friends in the gym by simply striking up a conversation about lifts, nutrition and whatever else. PAC also has a climbing wall, pool, and various courts that have open recreation times for various sports. CIF, in addition to another fitness centre, also has an ice rink and field house. Furthermore, there are plenty of athletics clubs to choose from. From Muay Thai to breakdancing to archery, the possibilities are endless!
<b>How to find (bird) courses</b>	Sure, there's the UW official academic calendar for the entire course catalog, but how do you actually determine which ones require less time commitment to succeed academically? Look no further than UW Flower, a website ( <a href="http://www.uwflower.com">www.uwflower.com</a> ) that has thousands of ratings for the most popular UW courses, which makes it easy for you to pick classes that have engaging professors, interesting syllabi, and straightforward marking schemes. Course selection for your future terms will never be easier.
<b>Working on campus</b>	If you're looking to work part-time at university, it's hard to beat the flexibility of campus jobs. Make sure to check out WUSA's job board at the end of every term to see if there are any openings. Waterloo's recreation facilities also employ front desk staff, lifeguards, personal trainers, event staff, and climbing wall attendants if you have these specialized skills. If you want something more intellectual, cold-emailing your professors could help get you paid while building some resume material in the process.
<b>Don't be afraid to take a step back to go forward</b>	It's normal to be gung ho about starting university and hit the ground running, but temperance can be a great asset. While you might also feel pressured to grind through courses you might potentially fail, always take note of the drop with WD (withdraw) and drop with WF (withdrawal failing) dates, which are the deadlines that will determine what grade shows up on your transcript if you drop a course. This is important to know as they will be factored into your GPA differently: WD won't be included in the calculation, whereas WF will be weighted as a zero. If your troubles are part of a larger problem of not enjoying your program, consult your academic advisor for your options and the potential to transfer into something more up your alley.
<b>Money, money, money, must be funny</b>	There are many ways to pinch pennies as a student. The one that helped me the most was simply waiting until a week after school starts before deciding to purchase textbooks. Many courses provide enough material on their own and some professors will explicitly make this clear on the first day of class, allowing you to avoid unnecessary expenses. If it's compulsory, check online for old editions that get the job done just as well.

- Make use of the 50 per cent discount on all food items for your meal plan in your first year — this will disappear come your second year!
- If your meal plan includes flex dollars, they can also be used at select off-campus vendors like Domino's, Williams Fresh Cafe, and Campus Pizza.
- Detergent pods are much easier to carry around than those giant jugs, so consider purchasing them instead.
- Invest in a good mattress topper as it might just save your life. (Dorm beds aren't the most comfortable.)
- Scan the bulletin boards in residence buildings from time to time — Residence Councils often host events like pool tournaments, petting zoos, and seasonal activities that are great places to mingle.
- If you are living in res with someone you don't know, make very clear roommate agreements — room changes won't be accommodated in the first month of the term!

**QUICK  
RESIDENCE  
HACKS**

# Autumn activities: The Waterloo guide to fall events

Isabella McKenzie, Staff Writer

The trees are changing colour, the air is getting cooler, and the orientation spirit is back on UW campus. Whether you're a first-year looking to get more familiar with Waterloo or an upper-year looking for new exciting things to do this fall, we've compiled a list of fall activities you can do in Waterloo to make the most of the season.

## St. Jacobs Farmers' Market

St. Jacobs is home to the St. Jacobs Farmers' Market, Canada's largest year-round indoor/outdoor farmers' market! A ten-minute drive or a 30-minute bus ride away from the UW campus, you can enjoy seasonal fresh produce, handmade crafts, and delicious local foods. The St. Jacobs Market is open all year round on Tuesdays and Thursdays from 8 a.m. to 3 p.m. and Saturdays from 7 a.m. to 3:30 p.m. Be sure to also check out the Open Air Antique Fair at St. Jacobs Market Road Antiques on Sept. 15 and 22 from 10 a.m. to 6 p.m. to get some unique antique pieces for your room.

## St. Jacobs' Harvest Hoedown

Head to St. Jacobs to get in the country spirit at the Harvest Hoedown. From 5 p.m to 10 p.m on Sept. 20, enjoy line dancing, live country music, mechanical bull riding, delicious food and drink, local vendors, and much more! Tickets are on sale at [www.stjacobsmarket.com](http://www.stjacobsmarket.com) now.



## Pumpkin Patches

Pumpkin patches are a great way to get outside and into the spooky season. Pick your perfect pumpkin for your jack o'lantern, roasted pumpkin seeds, pumpkin pie, and more! There are many free pumpkin patches in the Waterloo region; some have handmade items and seasonal decorations. Here are some top-rated pumpkin patches that are nearest to UW campus:

1. **Herrle's Country Farm Market:** While Herrle's is best known for their fresh strawberry, apple, and corn picking, you can also pick pumpkins and get fresh baked goods from their bakery. Herrle's is open daily until Oct. 31.
2. **Benjamin Tree Farm:** Pick out your pumpkin while shopping at over 70 local vendors that offer handmade items and seasonal decor. This patch will run from Sept. 7 to Oct. 31.
3. **Good Family Farm:** Good Family Farm specializes in a wide variety of pumpkins, squash, gourds, and sweet corn. Check out their selection daily from Sept. 13 to Oct. 31.

## Oktoberfest

The renowned Oktoberfest returns for the 56th annual Bavarian Festival from Sept. 27 to Oct. 19. This staple fall event is one where you can drink beer and cocktails, dance, eat authentic German cuisine, shop at local vendors, and see many live performances. Be sure to check out specific Oktoberfest events such as the free family breakfast, the Onkel Hans Food Drive, and many more.





## UW Orientation & Welcome Week

You can't talk about fall events without mentioning the UW orientation and welcome week. If you registered for the fall 2024 orientation, you can view your personalized orientation schedule in the Portal app calendar. While attendance is not required for these events, they are integral to getting to know the UW campus and your peers. WUSA's welcome week is also a student favourite. Events range from first-year-focused events like the first-year fair to events for all students like the well-loved carnival, sex toy bingo, and the clubs and societies fair. In addition, new events are coming this year such as the build your own burger event on the Kitchener, Cambridge, and Stratford campuses and the return of concerts to UW's main campus. For example, famous DJ and producer Dillon Francis recently performed on Saturday, Sept. 7 at Field 7 by the Columbia Icefield. It's important to bring your WatCard for these UW events so you can check in.



## Lumen Festival

The incredible Lumen Festival is returning to showcase over 30 immersive exhibitions of light, art, and technology across Waterloo from the Waterloo Public Square to Waterloo Park. In addition to a lineup of high-caliber artists, Lumen has also featured collaborations with the Button Factory Arts, Canadian Clay and Glass Gallery, Waterloo Public Library, Mary Allen Studio Tour, Centre for International Governance Innovation, Kazool!Fest, THEMUSEUM, City of Waterloo Museum, UW's Department of Fine Arts, Institute for Quantum Computing, and LAUNCH Waterloo. Check out this free event on Sept. 21 from 6 p.m. to 11 p.m.



## Eerie Events

If you're trying to get into the Halloween spirit, Bingemans' Screampark in Kitchener and Canada's Wonderland's Halloween Haunt in Vaughan provide horrifying and hair-raising attractions! Bingemans' Screampark is known for its spooky walk with six attractions to cultivate your darkest fears. Wonderland's Halloween Haunt is Canada's largest Halloween event. Famous for its five terrifying scare zones, eight mazes, hundreds of monsters, thrilling night coasters, and live entertainment, this spine-chilling haunt will surely leave you spooked.

Are you wondering how to get to Vaughan for Wonderland's Halloween Haunt? WUSA's got you covered. On Oct. 19, WUSA is taking a trip to Halloween Haunt, which includes round-trip transportation, admission to the Halloween Haunt, and access to the park rides from 6:30 p.m. to midnight. Check out [www.wusa.ca](http://www.wusa.ca) to get your tickets.

# Freezer-friendly recipes for the busy student

Sophie Smith, Contributor

**D**uring the semester, most of us students do not have an abundance of time or money. Cooking everyday can eat up precious hours that could be spent studying or catching up on some much needed rest, and the cost of eating out can add up quickly. Therefore, cooking in big batches and freezing homemade meals and snacks to have at the ready ensures you are eating well without compromising your time or budget. The following are some of my go-to freezer favourites to have on hand for when I cannot be bothered to turn on the stove.

## BURRITOS

Who doesn't love a burrito? Packed with protein and veggies, these hearty wraps are a great on-the-go option for lunch or dinner to keep you full. Best served with some sour cream or homemade guacamole, these taste just as good reheated as they do fresh.

### INGREDIENTS

3 cups of cooked brown rice	1/4 tsp of cayenne pepper
1 can of drained and rinsed black beans	1 tsp of ground cumin
1 cup of corn	1 tsp of paprika
2-3 chopped tomatoes	1 tsp of onion powder
3 cups of chopped cabbage	2 tbsp of tomato paste
1 cup of shredded cheddar cheese	Olive oil
1 cup of chopped onion	Cilantro (optional)
Flour tortillas	Your choice of protein (such as ground beef, shredded chicken, or shredded tofu)
2 garlic cloves, minced	

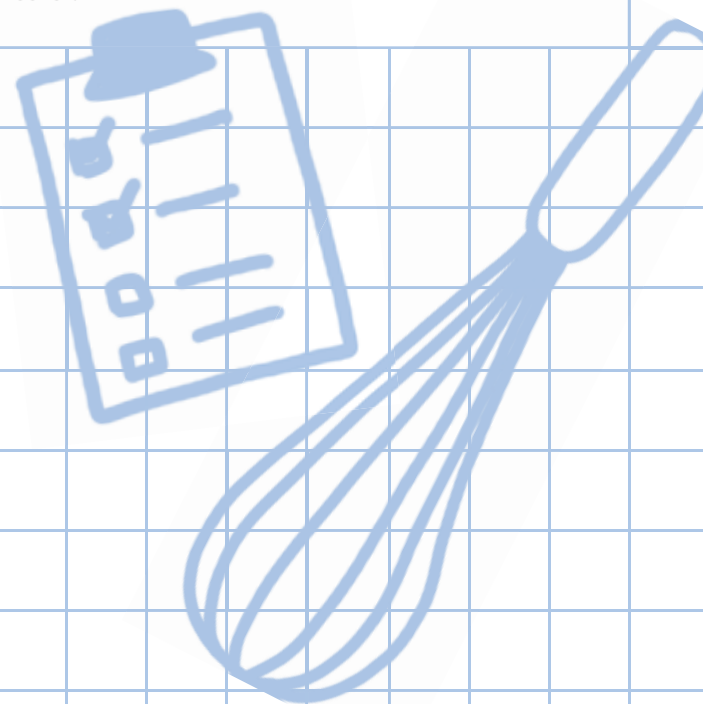
(These portions make about eight burritos.)

### INSTRUCTIONS

Place a large skillet on high heat, add olive oil, onion, and garlic and cook for a few minutes. Add your protein of choice to the pan and cook until desired. Add the cayenne pepper, cumin, paprika, and onion powder and cook for one minute. Add the tomato paste and mix together until combined. Remove from heat and allow the mixture to cool before assembling the burritos.

Fill each tortilla with your protein mixture, rice, corn, black beans, tomatoes, cabbage, cheddar cheese, and cilantro. Roll up tightly and wrap in foil.

For freezing: To reheat, thaw for 24 hours in the fridge or overnight on the counter. Then reheat in the oven at 350 F for 30 minutes, in the microwave for two minutes, or on the stove on medium heat for 10 minutes. They last up to three months in the freezer.



## EGG BITES

Egg bites can serve as a delicious on-the-go breakfast or snack, and could not be easier to make. This is my personal favourite ingredient combination but these are customizable, so feel free to add whatever vegetables your heart desires.

### INGREDIENTS

9 large eggs	½ cup of diced bell pepper
½ cup of shredded cheddar cheese	1 cup of chopped spinach
¾ tsp of garlic powder	Salt and pepper to taste
½ cup of chopped green onion	Butter for greasing muffin tin

### INSTRUCTIONS

Heat oven to 400 F and grease a 12-cup muffin tin. Combine the eggs, cheese, garlic powder, salt, and pepper in a blender and blend until completely smooth. (You can also whisk the ingredients together in a large bowl if you don't have a blender.) Evenly distribute the green onion, bell pepper, and spinach in the muffin tin and then pour the egg mixture over top filling each cup in the pan about three quarters. Bake for 16-18 minutes until cooked through. After removing from the oven and letting them cool, run a butter knife along the edges to remove from the pan.

For freezing: Allow them to cool completely before sealing them in a freezer bag or container. Before reheating them, allow them to thaw in the fridge overnight and then pop them in the microwave the next day. They last up to three months in the freezer.

## BANANA CHOCOLATE CHIP MUFFINS

The perfect snack when you need a little pick-me-up between back-to-back classes. I always keep a bag of these muffins in the freezer for when I need something quick to bring to campus.

### INGREDIENTS

1 ½ cups of all-purpose flour	3 ripe bananas
1 tsp of baking soda	1/3 cup of melted butter
½ tsp of salt	1 large egg
2/3 cup of sugar	1 tsp of vanilla
1 cup of semisweet chocolate chips	

### INSTRUCTIONS

Heat oven to 375 F and line a muffin tin with muffin cups or grease it with butter. Add the dry ingredients (flour, salt, baking soda, and sugar) in a bowl and whisk them together, then set aside. In a separate bowl, mash the bananas with a masher or a fork, and then add the melted butter, vanilla, and egg and whisk them together. Carefully pour the dry ingredients into the wet, and fold the batter together with a spatula until completely combined. Stir in the chocolate chips, then evenly distribute the batter into the muffin tin and bake for 18-20 minutes or until a toothpick comes out clean when inserted.

For freezing: Allow the muffins to cool completely before placing them into freezer bags. To defrost, remove from the freezer and let thaw for a few hours or overnight before eating. These muffins last up to three months in the freezer.

# Treat yourself!

## A guide to dessert around Waterloo

Mariam Naim, Staff Writer

What better motivation to get through your exams and assignments than a sweet treat? We all deserve a little treat sometimes, especially after a long day of working. Even if your efforts don't result in the desired outcome, a dessert can be a great pick-me-up. Not achieving your goal does not mean that your work was for nothing — be kind to yourself and take a bite of a delicious dessert, you deserve it.

### D Spot

**Hours:** 1 p.m. – 12 a.m. (Sun - Thurs), 1 p.m. – 2 a.m. (Fri - Sat)

**Location:** 160 University Ave. W. Unit 14, Waterloo, ON N2L 3E9

D Spot is a dessert café located in the University Shops Plaza next to UW. D Spot has a massive variety of dessert options on the menu. Cakes, waffles, crepes, funnel cakes, sundaes, milkshakes, and even dessert poutine. Could you believe there's still more items on the menu that haven't been covered? D Spot also provides vegan dessert options in a dark chocolate vegan ice cream, dark chocolate milkshake, chocolate croissant waffle, and vegan cake with ice cream. Although this café is more on the expensive side, you won't be able to find such an expansive menu anywhere else. Whether you're looking for a new dessert to try or an old favourite, D Spot definitely has it.



### Menchie's

**Hours:** 11 a.m. – 11 p.m. (Sun - Thurs), 11 a.m. – 12 a.m. (Fri - Sat)

**Location:** 247 King St. N. #3, Waterloo, ON N2J 2Y8

Enjoy a swirl of frozen yogurt filled to the brim with your favourite toppings at Menchie's. Menchie's is a frozen yogurt store where you pay for the weight of a single size cup instead of a fixed size. The creation of a delicious froyo mix is completely up to the customer given the variety of flavours and toppings. Some flavours include chocolate, vanilla, cake batter, sorbet, and cookie dough. Some topping options include maraschino cherries, rainbow sprinkles, cookie dough, gummies, and brownies. Want every single flavour and topping in one cup? Go crazy and do it! The sky is the limit at Menchie's with froyo customization, just be careful of the cup's weight at the end. Menchie's provides vegan-friendly options with their fruit-flavoured sorbet.



# The Bingsu/The Bingsu Café

**Hours:** The Bingsu: 1 – 10 p.m. (Sun - Fri), 12 – 10 p.m. (Sat) .  
The Bingsu Café: 1 – 10 p.m. (Mon – Fri), 12 – 10 p.m. (Sat – Sun)

**Location:** The Bingsu: 80 King St. S. Unit 107, Waterloo, ON N2J 1P5.  
The Bingsu Café: 150 University Ave. W. #2, Waterloo, ON N2L 3E4

The Bingsu/The Bingsu Café is a dessert café that specializes in bingsu, a Korean dessert comprised of shaved ice, fruit, ice cream, condensed milk, and red beans boiled in sugar water. This list of ingredients may change, depending on the flavour of bingsu you choose, with different toppings being added. Despite the difference in name, these two cafés are one and the same, with The Bingsu Café being the second location of The Bingsu. Regardless, The Bingsu and The Bingsu Café is the first bingsu café in the Waterloo region, definitely a dessert café you wouldn't want to miss.

It should be noted that The Bingsu Café only serves cup sizes of bingsu at the moment. For bowl-sized desserts, you should go to The Bingsu.



# Mr. Puffs

**Hours:** 12 p.m. – 12 a.m. (Mon – Thurs), 10 a.m. – 2 a.m. (Fri – Sat), 10 a.m. – 12 a.m. (Sun)

**Location:** 220 King St. N., Waterloo, ON N2J 2Y7

Mr. Puffs' forte is their puffs, which are also called loukoumades or Greek donuts. These puffs are deep fried and covered in a glaze of the customer's choosing. The glaze can be in a variety of cheesecake, jam, or chocolate flavours. They can also be plain puffs if you wish. They can be purchased in a box or platter, ranging from 12 to 130 puffs. Usually, only two glazes can be chosen for a box, though the 50-puff box allows for up to three glazes. They take their puffs one step further with their Mount Olympus dessert: puffs with a side of ice cream. The name Mount Olympus has meaning as the loukoumades used to be offered to winners of Olympic games as Greek tradition. Mr. Puffs mention that they use less sugar than most donuts and that the puffs are a vegan dessert.

# Fuwa Fuwa

**Hours:** 1 p.m. – 12 a.m. (Sun - Thurs), 1 p.m. – 2 a.m. (Fri - Sat)

**Location:** 160 University Ave. W. Unit 14, Waterloo, ON N2L 3E9

Fuwa Fuwa is a new addition to Uptown Waterloo, right across from the public square. Fuwa Fuwa translates to "fluffy fluffy," a name that seems fitting given their fluffy soufflé dessert pancakes. Fuwa Fuwa is North America's largest soufflé pancake café. They serve soufflé pancakes, croissant waffles that can be both sweet or savoury, macarons, ice cream, burnt cheesecake, and drinks. Some of their soufflé pancakes come with a scoop of ice cream of your choice, like the cookies and cream pancake. The soufflé pancakes take around 25 – 30 minutes to make, so be patient as the staff cooks the pancakes to perfection.



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# An introduction to tunnels and bridges on campus

Andie Kaiser, Senior Editor

New to campus this year and looking for the best shortcuts? Dreading the trek to class once winter hits? You're not alone. While there are some buildings that require you to brave the outdoors, there are quite a few tunnels and bridges available across campus. If you're anything like me, though, the prospect of navigating an underground pathway for the first time can sound pretty intimidating, too. That's why this introductory guide aims to outline the major routes around campus. From the bridges of DC to the Arts Quad tunnels, you'll be navigating UW's shortcuts in no time.



Bridge from MC to DC

Iqra Majeed

## Arts Quad tunnels

The largest network of tunnels winds through the Arts Quad on campus. In total, these tunnels connect six buildings (or eight, if the environment buildings are counted as separate entities): South Campus Hall (SCH), the Tatham Centre (TC), the Arts Lecture Hall (AL), Modern Languages (ML), Hagey Hall (HH), and the environment buildings (EV1, EV2, EV3). Though you can access the tunnels from any of these buildings, the system officially “starts” in SCH. You'll know you've found it if you're standing in a bright orange hallway underground. From there, you can head to TC, then to AL. From AL, you can access ML and EV1 (EV2 and 3 are connected by doorways to EV1). Finally, there is a tunnel from EV1 to HH. That may all sound very complicated, but there are lots of signs and arrows throughout the tunnels to help you find your way. If you're an arts student like me, these tunnels can be a big help when rushing from class to class.

## Cross-campus bridges: from SLC/PAC to DC

If you're looking to get all the way across campus without stepping foot outside, these bridges are for you. I can't tell you how many times I've made use of these in the winter months to get from the university colleges all the way to the ION track or the bus stations. This trip consists of two parts, and two bridges: first, there's the bridge from the Student Life Centre/Physical Activities Complex (SLC/PAC) to the Mathematics and Computer building (MC). This bridge is glass-panelled, and can be clearly seen from outside. The next bridge runs from MC to Davis Centre (DC). Once you've reached the DC Library you can make your way outside, where you'll be standing at Ring Road, directly across from the ION tracks and bus stations. Of course, DC itself is one of the largest buildings on campus, and it connects to a number of other buildings through additional bridges. From DC, you can take bridges to Mathematics 3 (M3), Chemistry 2 (C2), and Engineering 3 (E3).

## Engineering buildings

If you're an engineering student, there are many bridges and pathways you can take. Firstly, E3 leads directly into Engineering 2 (E2) by doorway. E3 also boasts the "E5 Bridge": this bridge runs across Ring Road and the ION tracks, leading to Engineering 5 (E5). Like the SLC bridge, it's glass-panelled and is clearly visible from the outside — those who cross it can enjoy a great view of the city. E5 is then attached to E7, and from E7 you can take another bridge to E6. These bridges can be useful even if you're not attending engineering classes: anyone heading to the University Plaza can access it easily by exiting out of E6. Remember, you can use bridges to arrive here all the way from SLC if you want to!

## Miscellaneous shortcuts

Feeling overwhelmed with directions yet? We're almost done, but some final notes about bridges and tunnels will be listed below:

- There is a tunnel connecting MC and C2.
- E2 is connected by bridges to the Douglas Wright Engineering Building (DWE) and the Physics building (PHY), and to Carl A. Pollock Hall (CPH) by a series of doorways.
- Earth Sciences and Chemistry (ESC) and the Centre for Environmental and Information Technology (EIT) are connected by both a bridge and a tunnel.
- The J.R. Coutts Engineering Lecture Hall (RCH) is connected by tunnels to E2 and to DWE.
- More buildings connected to each other by doorway: all of the environment buildings; EIT and PHY; and B1, B2, and the Science Teaching Complex (STC).
- Finally, there is a pedestrian bridge over University Avenue, which leads from CPH to Parking Lot A. However, this bridge will be closed until September 2026 due to the construction of a new residence building.



E5 Bridge

Now that's a lot of shortcuts! Even so, there are more that haven't been listed here — if you're feeling particularly ambitious, explore and find some for yourself. There is lots of information about (and even maps of) these shortcuts online, so don't be afraid to look for more help when navigating your way across campus. Hopefully some of these suggestions will help you, especially during cold and rainy days!

# 10 essential items to survive first-year

Justin Gec, Staff Writer

With the official start of the fall semester behind us, incoming first-year students may have been frantically searching Google or asking parents, siblings, or peers what they need to make sure that their first year of university living in residence is a smooth and enjoyable process. Well Warriors, look no further — through research, friends, and personal insight, *Imprint* has created a list of the 10 most essential items to ensure your survival for the first year living on campus.

## 1: Noise cancelling headphones

For many individuals entering their first year of university, this will be their first taste of freedom away from home. This excitement may come with a lot of noise. Having a good pair of noise cancelling headphones will allow you to have the quiet you need in the comfort of your own room, whether it be for sleeping or studying. They can be purchased from various electronic stores throughout the city such as Best Buy or Walmart.

## 2: Shower caddy

Regardless of the residence you are living in, chances are that you will have to share a shower with many other students. The last thing you want to have happen is to leave your soap in the shower and have others use it, and before you know it, the soap you planned to use for the entire semester is gone (trust me, it happens). Having a shower caddy to fetch back and forth provides a practical solution to housing the various shower products you use on a daily basis and allows you to keep them all in one place without running the risk of others stealing your soap.

## 3: Your favourite snacks

Although many residences across campus offer a great variety of food options for all students, the truth is sometimes those options may not be your favourite. Or maybe what was served for dinner didn't quite hit the spot. Keeping your room loaded with some of your favourite snacks will not only allow you to skip out on some meals that you would rather not have, but it will also save you from having to leave your room if and when those late night cravings hit.

## 4: Two sets of bedding (sheets, pillow cases, blanket)

Next time you talk to one of your friends that is also a student, ask them when they last changed their bedding. In my experience, most people I ask about this respond with something along the lines of, "I don't know, but it's been a while." Don't be that person — getting a good sleep is essential to strong academic and social performance. The best way to start a good sleep is with clean bedding materials. Come prepared by bringing two sets of bedding so that when it's time to wash the old ones, you have another clean set ready to roll. Bedding sets can be found at Walmart, HomeSense, Amazon, and so on.



HEADPHONES



SNACKS



LAUNDRY DETERGENT



EXTENSION  
CORD

## 5: Mattress topper

On the topic of bedding, if you are someone who enjoys a soft comfortable mattress, be sure to pick yourself up a pillow top mattress cover or a mattress topper. Many people find the mattresses provided in the dorms uncomfortable. Getting a pillow top cover or topper will provide that extra comfort and allow you to get the good sleep that you need to perform the various tasks required on a daily basis. If you are someone who prefers a firm mattress, I would still suggest buying a mattress cover — you probably don't want to know how many people used that same mattress before you did.

## 6: Laundry detergent

If you are anything like me, the first time you will be constantly doing laundry is when you have moved away from home. Luckily, many residences across campus offer access to washing and drying machines for students living on campus. My suggestion for first-time laundry doers: buy laundry pods. Laundry pods (such as Tide Pods) take all the hassle and worry out of doing laundry — all you do is throw one in with all your clothes and wait for the cycle to be finished, and there you have it — clean clothes. Although laundry pods are not the cheapest option for doing laundry, they are convenient and accessible.

## 7: Drying rack

On the topic of laundry, another essential item to have is a drying rack where you can let your clothes air-dry. The residences offer no equipment or designated space for you to hang dry your clothes. Naturally, not all clothes are made to be thrown in the dryer and be fully dry in under an hour. Some of your nicer clothes may need to be air dried and some clothes when put in the dryer will shrink. By purchasing a drying rack, you can ensure that you have somewhere to dry the clothes that you do not feel comfortable throwing in the dryer. On top of that, the drying rack has many uses, like having a place for your towel after using it.

## 8: Small space organizers

It is no secret that the majority of the residences, especially the double rooms, do not provide a large amount of space for students. Naturally, this can lead to spaces feeling cluttered quickly. To solve this, look into buying small organizers for your desk, clothing, etc. By doing this, you can easily optimize your space and feel a sense of organization which will ultimately allow you to be more productive in your daily endeavors. Space organizers can be purchased at Walmart, Staples, Amazon, etc.

## 9: Extension cord/power blocks

Extension cords and power blocks are essential to ensuring that you can have all your devices charged and ready to be used whenever you need them. Some residences will have as little as two outlets in the entire room. For many of us who have various electronic devices, this is simply not enough. By purchasing extension cords and power blocks, you can ensure that many of your devices are being charged at once, and can even have those devices charging while you are using them, whether that's winding down after a long day watching some Netflix or studying.

## 10: Confidence

Finally, to wrap up this article, the final essential to surviving first-year is to put yourself out there to meet new people and have fun. There is no denying that the first year of university can be intimidating for many people, as it's their first time away from home and their first time meeting hundreds of new people. I highly suggest to all students that it is absolutely essential to put yourself out there to try new things and meet new people. At the end of the day, university is what you make of it and I am confident in saying that your experience will be all the more enhanced if you build relationships with peers all across the university.

# Tomato meatball soup

Ingrid Au, Contributor

As fall approaches, a new chapter begins for many of us. For some, it is the final milestone before embarking on an exciting journey into adulthood. For others, it is the start of your college years, where stories from your early 20s await. Regardless, many of us struggle to find our footing at the start of the school term, and so, what better way to establish a routine than by meal prepping with a comforting and hearty dish?



## Ingredients

- 2 Italian sausages
- 6-8 tomatoes
- 1 shallot, sliced
- 2 cloves of garlic, finely chopped
- 3-4 leaves of basil
- 1 tbsp of tomato paste
- ½ cup of heavy cream
- 1 box of pasta; preferably short pasta shapes like fusilli, rigatoni or cavatappi
- Olive oil
- Salt and black pepper
- Optional: ½-1 cup of instant chicken broth

## Tools

- A large soup pot
- Spatula and ladle

## Instructions

To make the meatballs, remove the sausage stuffing from its casing by slicing a line down the middle of the sausage. Roll the stuffing into one-inch balls and set aside. Prepare the pasta according to the instructions on the packaging and once done, set aside.

In a pot of water, boil the tomatoes at medium to high heat until softened. Run the tomatoes under cold water to cool off. Once cooled, peel the tomatoes and slice them into quarters so they are easier to break down later. In a soup pot, combine the sliced shallots, garlic, oil, tomato paste, and meatballs. Cook at high heat or until the exterior of the meatballs are no longer pink. Turn the heat to medium and pour in the tomatoes. Crush the tomatoes with a spatula until they reach a liquid consistency. Then, pour in the heavy cream. For a less creamy soup, add some instant chicken broth according to preference. Salt and pepper the soup to taste, and let it simmer for about 15-20 minutes. Then, combine the cooked pasta and basil.

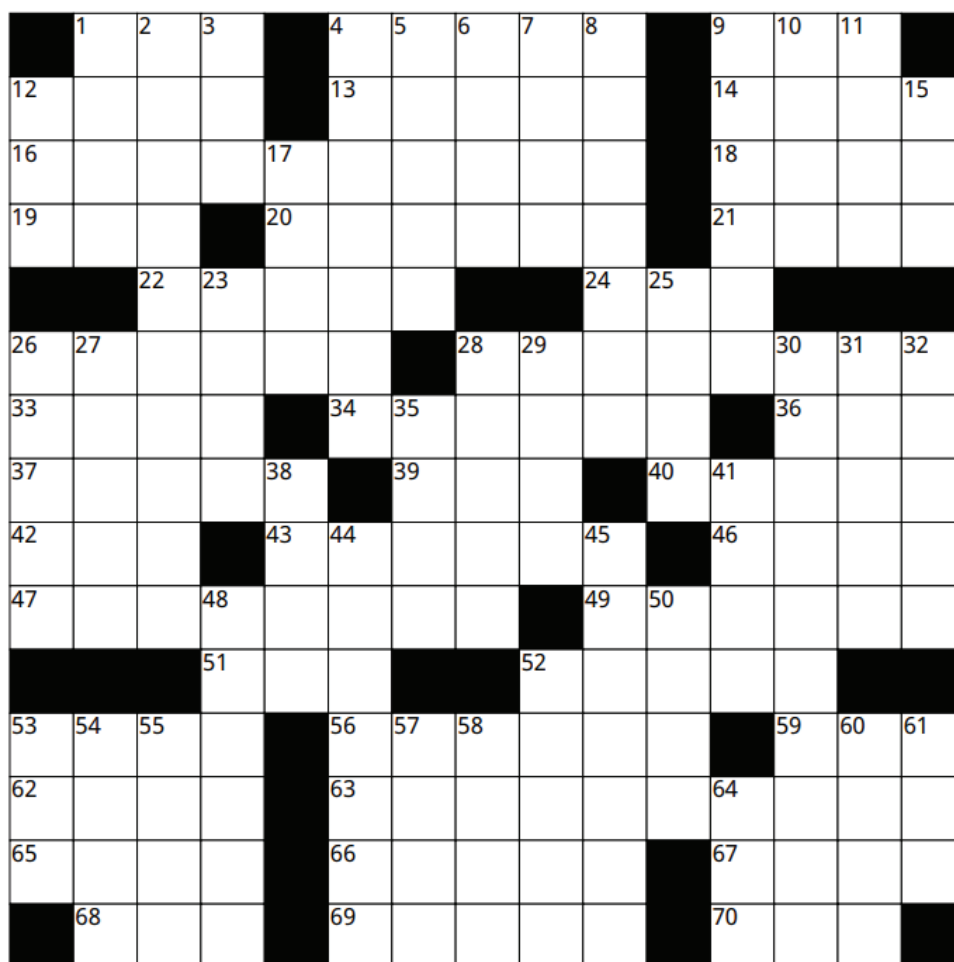
As the trees transition to a new collage of colours, some of us are adjusting to a closing chapter of our lives, while others are beginning a new and unfamiliar journey. No matter where we are in our lives, we all need something familiar and heartwarming, like this soup, to bring comfort amidst waves of changes.

# September crossword

Zoe Cushman, Contributor

## ACROSS

- 1 Namibia pre-1990s (abbreviated)  
 4 Edward known for “Who’s Afraid of Virginia Woolf?”  
 9 Nickname for a four-stringed instrument  
 12 Grippers  
 13 Some Ukrainians or Serbs  
 14 The part of the church with pews  
 16 Amoxicilin or cefalexin  
 18 Camped in a trailer (abbreviated)  
 19 Beaver’s construction  
 20 Barrio setting in 65A  
 21 Simple  
 22 Major heart artery  
 24 The Palm Pilot was one (abbreviated)  
 26 Popular Italian lager  
 28 Type of oats causing a slower rise in blood sugar (two words)  
 33 Official snack partner of the Canadian Olympic team, apparently  
 34 Sculptor’s tool  
 36 Upcoming edition of D&D  
 37 Dramatic partingword  
 39 Warhammer race that reproduces by spreading spores on death  
 40 Glass marble  
 42 Bear or lion’s home  
 43 Assent under it is not consent  
 46 Toggle on a radio  
 47 Someone who lives by the Grand Canyon  
 49 What sunscreen protects against  
 51 Having four sharps, in music (two words)  
 52 Oak seed  
 53 Summer getaway  
 56 UW Math program that boasts the ability to predict the future (abbreviated)  
 59 Background noise  
 62 Someone Hatsune Miku does not talk to, according to a meme (abbreviated)  
 63 Indicator of a question (two words)  
 65 \_\_\_ or bust (unofficial UW Engineering slogan)  
 66 What one can’t see the forest for, in an idiom  
 67 Pavlova with a meringue dessert named after her  
 68 Buzzing pollinator



- 69 Red deer stags  
 70 1959 Kingston Trio bluegrass hit
- ## DOWN
- 1 Portal for UW psych studies  
 2 Cocktail with more vermouth than gin (two words)  
 3 “\_\_\_ was saying...” (two words)  
 4 One type of elephant  
 5 2010 Nobelist Mario Vargas \_\_\_  
 6 Matted cotton sheet  
 7 The opposite of good, in D&D alignments  
 8 Pet snake out of his tank, perhaps  
 9 With 44D, 2023 Hozier album  
 10 Polynesian social drink  
 11 Nights before  
 12 Smidgen  
 15 Big name in ice cream  
 17 Capital of Switzerland  
 23 Creature with variable and/or increasing strength in Magic: the Gathering  
 25 Sandwich shop  
 26 What the devil wears, according to the title of a 2003 book and 2006 movie  
 27 Large seaduck

- 28 Creature that masquerades as Penelope to lure in Odysseus in Epic: the Musical  
 29 Sounds of disapproval  
 30 Officer in charge  
 31 Bring together  
 32 Swarms (with)  
 35 Circle dance at a bat mitzvah  
 38 Japanese noodle  
 41 Johnny of the Smiths  
 44 With 9D, 2023 Hozier album  
 45 Victory  
 48 Plastic fastener used and/or despised by many tech directors  
 50 Empty space  
 52 Selling point  
 53 Ottawa-based public network  
 54 The A in UAE  
 55 About 1.6 km  
 57 Canadian singer-songwriter Alessia  
 58 \_\_\_ list (method of ranking)  
 60 Romanian pop/dance singer  
 61 Confidentiality contract (abbreviated)  
 64 Topping paired with pineapple for a ‘Hawaiian’ pizza

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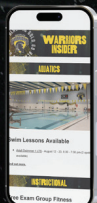
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