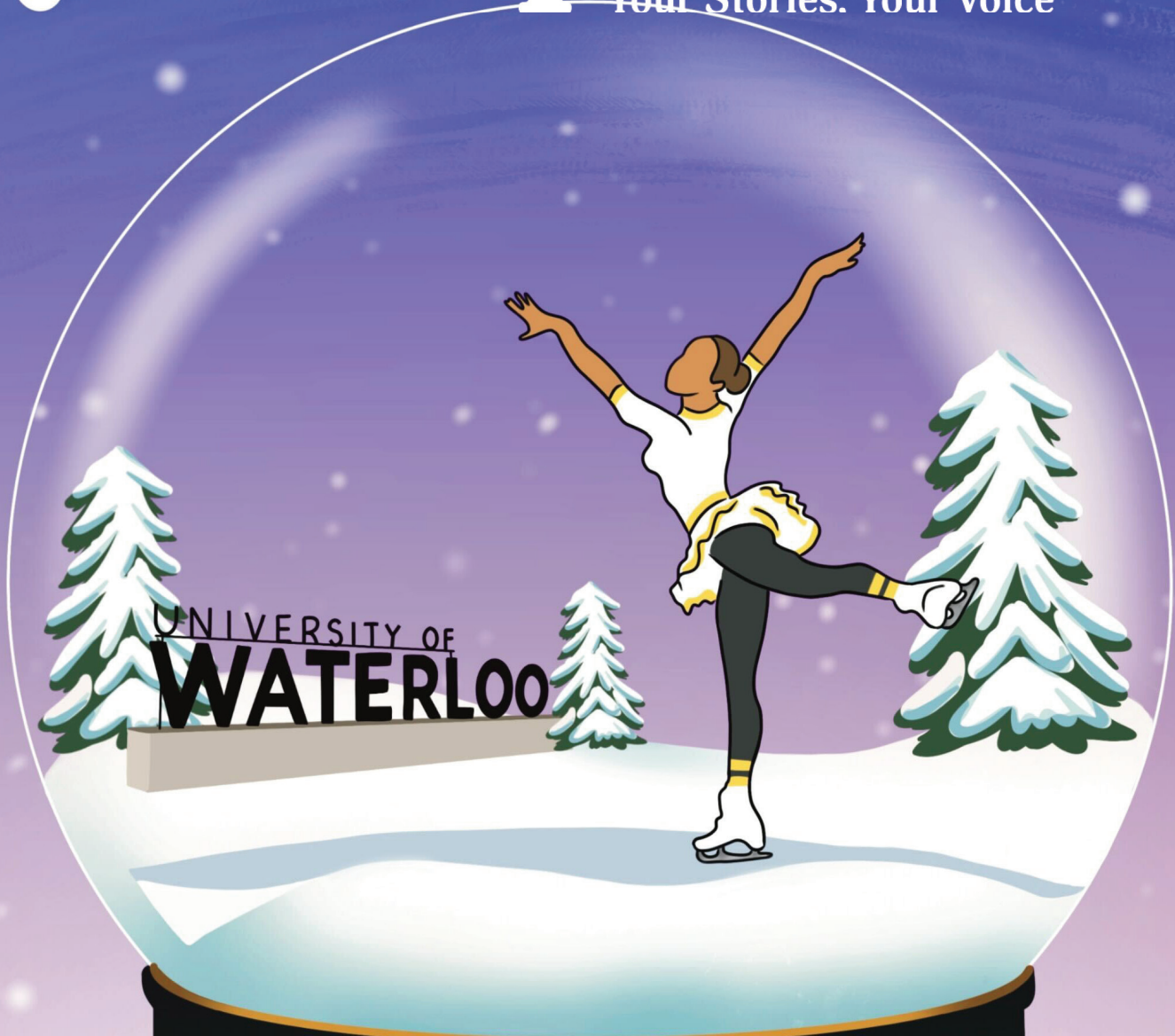




Imprint

Your Stories. Your Voice

December 2023
Volume 1 Issue 5



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healthy meals for
exam season
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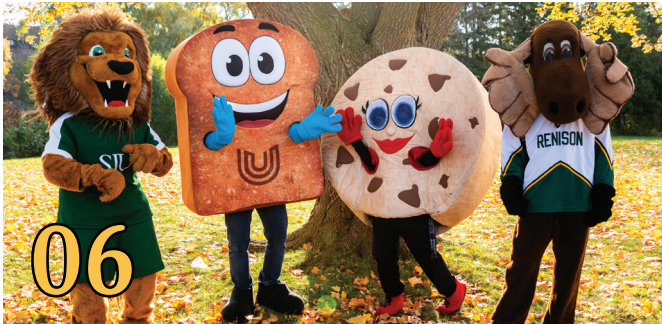
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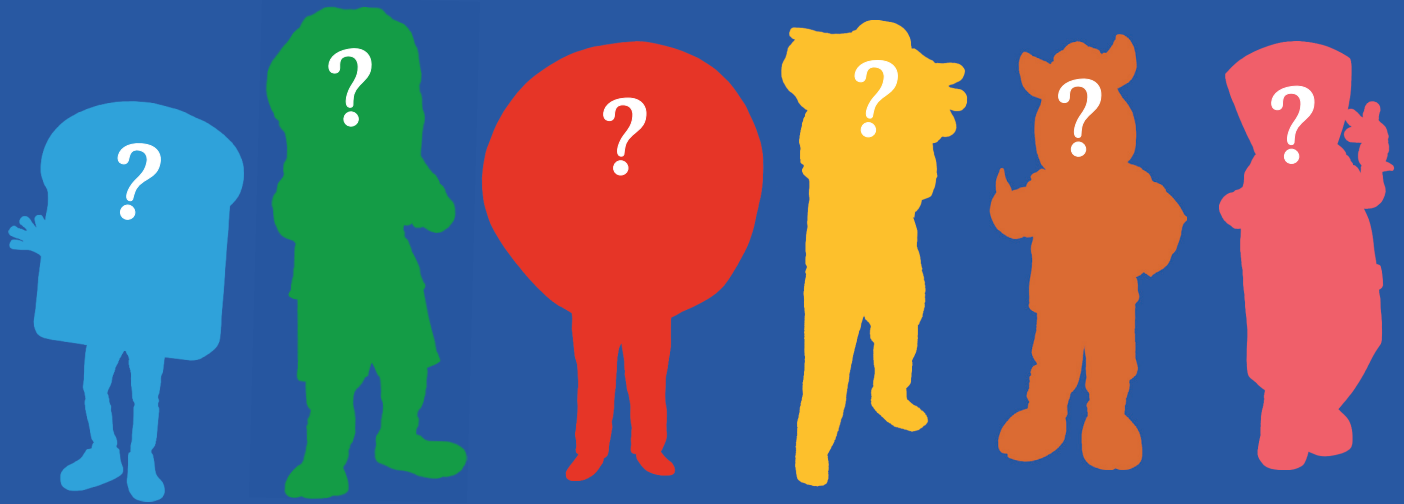
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DECEMBER 2023
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uwimprint.ca

Publisher: Andres Fuentes
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Distribution: Vacant
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Imprint is the official student magazine of the University of Waterloo. It is an editorially independent magazine published by the Federation of Students, University of Waterloo, carrying on business as the Waterloo Undergraduate Student Association ("WUSA"), a corporation without share capital. Imprint is a member of the Ontario Community Newspaper Association (OCNA). Content is provided for general information, education and entertainment purposes only, and does not necessarily reflect the views of the Editorial Committee, WUSA, staff or advertisers. We welcome editorial submissions, articles, letters, photos and graphics (submissions) for publication in any edition of Imprint subject to terms and conditions for submissions, which are available upon request. Imprint does not guarantee that submissions will be published. Imprint reserves the right to approve and edit any submissions to be published. A submission will not be published if it is determined to be libelous or in contravention of Imprint's policies, code of ethics and journalistic standards. Imprint may reproduce content, including submissions, for commercial purposes in any format or medium. Imprint disclaims direct and indirect liability for reliance on or use of its content. Imprint is published monthly as a magazine and regularly online. Imprint reserves the right to screen, edit and refuse advertising. One copy per customer. Imprint [SSN 0706-7380] Imprint CDN Pub Mail Product Sales Agreement no. 40065422. Pub Mail Product Sales Agreement no. 40065422.

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Anonymous Idols

The mascots creating a sense of place and community at UW

Bethany Helaine Pörtl, Contributor

What do you think of when you think of the symbols of UW? The black and gold school colours? The silhouette of Dana Porter Library? Maybe you think of geese, the unofficial mascot of UW who roam around on campus.

Campus symbols are an integral part of building community identity and mascots play a large role in that. For example, you may have seen King Warrior, our official athletics mascot, attending games and campus events.

Mascots themselves originated in the 1800s sports world as players and fans began to identify and associate good luck charms with the teams. Since then, mascots have expanded outside the realm of sports and into brands, schools, and societies.

King Warrior remains at the heart of the UW community but there are many more that represent UW's subcommunities. Each of the six faculties on campus has its own mascot: the Big Banana for environment, Pinky the Pink Tie for math, Porcellino the wild boar for arts, Cobalt the dinosaur for science, a Kangaroo for health, and a pipe wrench called the "Rigid Tool" for engineering.

Each campus housing community also has its own mascot featured on lanyards and campus housing merch. The V1 Groundhog, the REV Moustache, the CMH and UWP Unicorn, the MKV Crown, the CLV Lake Monster and the MH Owl make up the six mascots representing campus housing.

At the university college residences, mascots have been taken off the page and materialized as physical mascots that ap-

pear at residence and campus events.

In October 2023, United College's first mascot Toasty was revealed. Toast time has been a longstanding tradition at United, where for over 50 years, students have gathered at 10 p.m. each night as the toast cart is rolled out with various breads, jams and butters. The perfect late night snack, toast time is beloved by current students and reminisced on fondly by alumni. With strong ties to United's communal identity, choosing a toast themed mascot was a simple decision.

For Jessica Bona, embodying Toasty was a lifelong goal achieved.

"I've always thought that mascots played a large role in spreading community pride and unity. I am so happy that United College now has a mascot! It is such a rewarding experience standing in the costume and celebrating our com-



AHSSIE
Health Faculty



Cobalt
Science Faculty

David Yin

munity with the students. I can tell that Toasty brings many people joy!” says Jessica Bona.

Toasty has recently met the other university college mascots, such as Chip the Cookie from Conrad Grebel.

“Since getting Chip, cookies have become a strong symbol of hospitality for our college. They’ve become a Grebel classic that we serve at as many events as we can including Open Houses, Convocation, and move-in day. People have come to expect Grebel cookies when they come here,” said Gemma Ricker, Conrad Grebel’s student life and recruitment coordinator.

“Chip helps us promote the college. Our students love seeing the cookie and have fun wearing the mascot to spread Grebel cheer all over campus.”

Moving from food-themed to ani-

mal-themed mascots, Jerome the Lion became a part of the St. Jerome’s University (SJU) community in 2008, named after the patron saint of SJU. The lion is known for his energy and fun loving spirit.

“Jerome brings a lot of love throughout St. Jerome’s University, and his active presence during events held within the community makes you feel like a part of a family instantly when you meet him.” said Vyomkesh Ajay Walanju, a second-year recreation and sport business student from SJU.

At Renison University College, Reni the Moose brings the college together.

Allison Marlowe, student experience coordinator, said that “Reni embodies the spirit of Renison! He makes sure that everyone at Renison feels welcome, even if they’re studying with us virtually! He loves to dance, take selfies, and spend

time with students ... He brings so much joy to the college!”

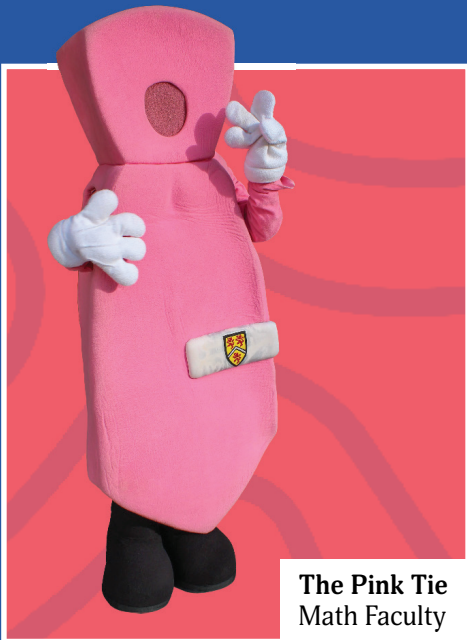
Reni became Renison’s mascot on January 14, 1959. His birthday is celebrated at Renison every year, often with a carnival. He will be 65 years old in 2024.

With a current total of 18 campus mascots, the community and sub-communities of UW are building shared traditions within faculties and residences as well as across campus.

The general anonymity of mascots draws people together around the sense of mystery created from the unknown identity. Who is in the mascot suit? Who represents this symbol of community? As UW continues to grow and evolve, the mascots remain consistent symbols of where we live and learn, connecting generations. Of course, the geese on campus may remain the most recognizable mascot of all.



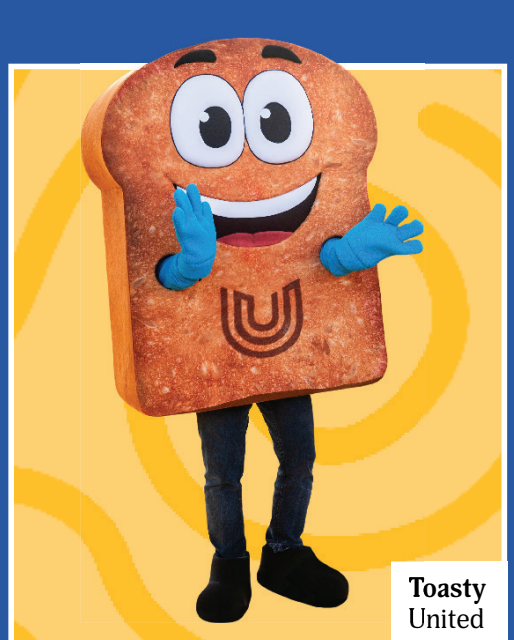
Courtesy Conrad Grebel



The Pink Tie
Math Faculty



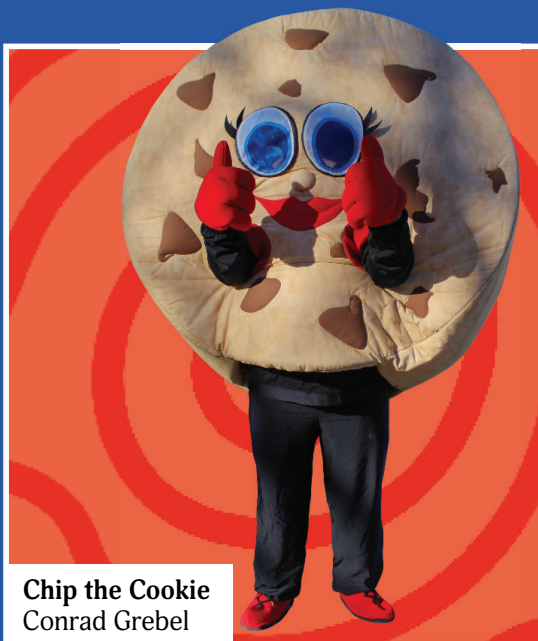
Reni Moose
Renison



Toasty
United



Jerome the Lion
St. Jerome's



Chip the Cookie
Conrad Grebel



Porcellino
Arts Faculty

Why did WUSA's Used Bookstore really shut down?

Nadia Khan, Senior Editor

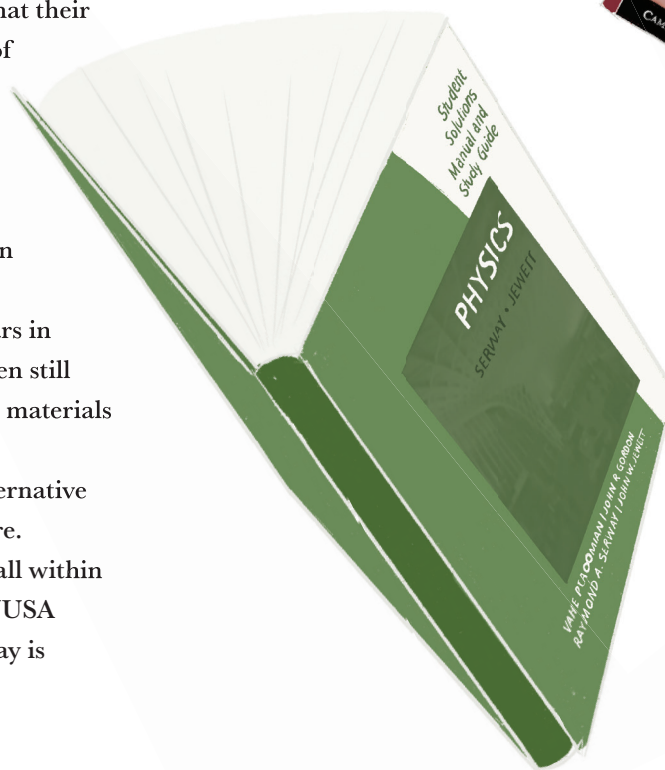
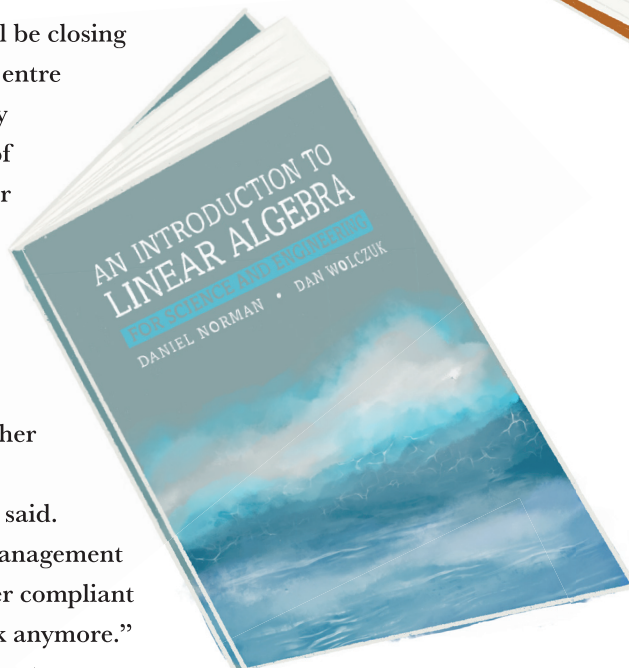
On Aug. 28, WUSA announced that they will be closing their Used Bookstore in the Student Life Centre (SLC) basement. The bookstore, which originally opened in 1996, will remain open until the end of the year but will no longer be accepting books for consignment.

When asked why the Used Bookstore was being shut down entirely instead of transitioning to an alternative model, Scott Pearson, manager of facility operations and membership, said that WUSA had considered other options first.

"We thought about just being online," Pearson said. "But the largest problem is that our inventory management system is about 10 years out of date. It's no longer compliant as of the end of the year, the software won't work anymore." According to Pearson, replacing the customized system built by DAS software and developing new software would cost somewhere between \$50,000 to \$100,000. In their statement on the bookstore closing, WUSA states that their current margins aren't enough to "cover the costs of staff, space, and other necessary operational supports." This past fiscal year resulted in less than \$200,000 in sales, and Pearson said that the total operational costs for this past fiscal year were \$114,723.82. During that year, the bookstore ran an operating loss of \$86,440.46.

In comparison, the W Store sold 2.9 million dollars in course materials for the 2022-23 fiscal year, and even still there has been an average annual decline in course materials of 17 per cent over the past five years.

The Used Bookstore offered students a cheaper alternative to full-priced bookstores on campus like the W Store. Sometimes, prices for used and brand-new books fall within a similar range: a copy of Julius Caesar from the WUSA Used Bookstore is listed as \$5.59 while the same play is



\$9.99 on the W Store website. What notably set the Used Bookstore apart was its deals such as the spring term “Buy 5 books for \$2” sale and “Fill Your Bin for \$1” deal.

Imprint spoke to several students when the announcement was first made, including first-year student Isaac Montesdeoca Hof, who had visited the Used Bookstore looking for deals and wound up finding a lab notes textbook he needed for 50 cents.

“I literally just got here to Waterloo maybe a week ago, and I was expecting all my books to be super expensive,” he said. “This place here — if I can find everything, which I’m hoping I will — is going to make it so much cheaper. So I don’t know what to say, honestly, I’m kind of taken aback by the closing.”

In a statement from the W Store, they said that “along with resource sharing, adoption of open resources, etc., the shift toward digital course materials — which accelerated dramatically during the pandemic and are typically at a lower price point — has undoubtedly contributed to the decline in overall course materials revenue. Some publishers, such as Pearson, have been explicit about their shift to a “digital-first” strategy.”

Digital course materials sales made up 11 per cent of total course materials sales in 2018-19. After four consecutive years of increases, sales of digital materials now represent 45 per cent of the total.

Over that same period, the quantity of physical textbooks and courseware declined by 65 per cent, while the quantity of digital materials increased by 83 per cent.

Pearson said that the Used Bookstore also tried to increase margins by selling excess inventory online through Amazon and purchasing additional books from the online used textbook retailers to supplement the store’s inventory.

Veronica Boxall, an arts student, wondered what WUSA was planning to do with all the remaining books in their inventory. “It seems like a bit of a waste,” she said.

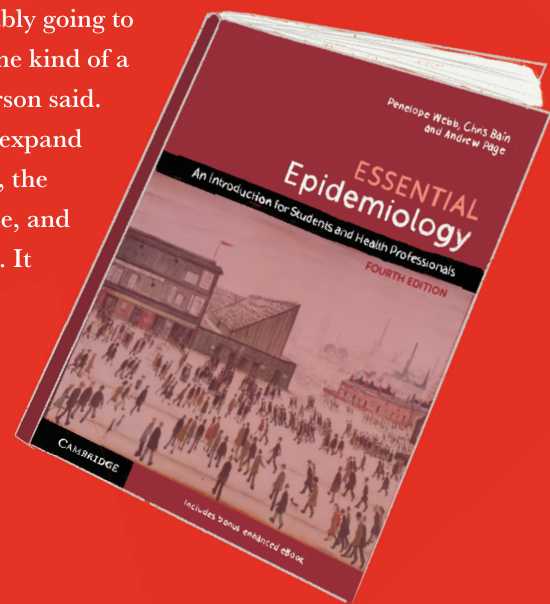
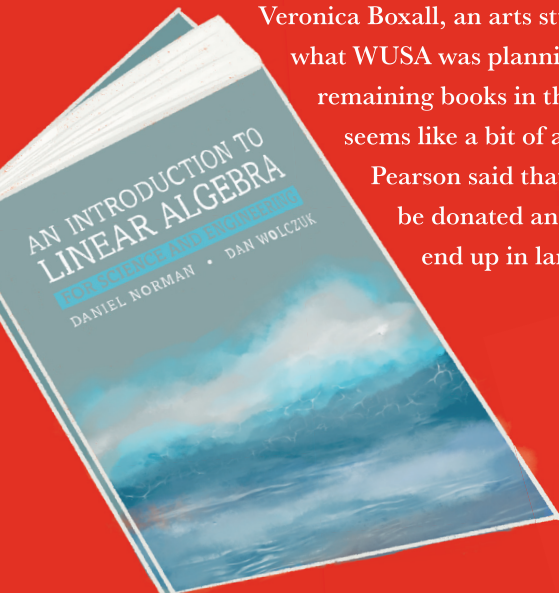
Pearson said that all of the books will be donated and that no books will end up in landfills.

“The largest supplier, like, actually the only supplier of used textbooks, went out of business during COVID. So we can’t even buy those books anymore. So we did try that,” Pearson said.

“The largest supplier, like, actually the only supplier of used textbooks, went out of business during COVID. So we can’t even buy those books anymore. So we did try that,” Pearson said.

The supplier in question, Nebraska Book Company (NBC) — from whom the Used Bookstore purchased their books — was not the only online supplier for used textbooks, but did notably go out of business in March of this year. Pearson said that at the beginning of next year, WUSA will take an assessment of the space once it has been pulled apart.

“We feel it’s probably going to go back to being some kind of a student space,” Pearson said. “We possibly might expand the lounge next to it, the former housing office, and make a giant lounge. It also could become a quiet space. It’s still early.”





WUSA

Used Books



Natalie Szwec

imprint

THIS WEEK IN ATHLETICS

BLACK GO
WATERLOO
WARRIORS
BLACK GO

FREE EXAM FITNESS

DECEMBER 11 - 22
GOWARRIORSGO.CA/FITNESS

WARRIORS INSIDER

Stay up to date with Warrior Rec programs, events, job opportunities, tips and tricks on how to stay well, facility information and more.

Visit gowarriorsgo.ca/warriorsinsider to sign up for our newsletter.

What my injury taught me about AccessAbility Services

Avitej Singh, Contributor

In September, I made an amateur gym mistake which has since led to some serious repercussions: I deadlifted. Now, to people who don't go to the gym, deadlifting is just another exercise; to people who go to the gym very often, it's an exercise to be done with caution. To my physiotherapist, it's an exercise that should be banned for its high injury rates. In the process of (ego)lifting at PAC, I herniated two disks.

It was excruciating.

I writhed in pain as I received medical assistance in the form of an ice pack from the gym staff, who assumed it was a muscle injury. Slowly, about an hour in, I was able to go from wriggling on the floor to sitting on a chair, only to realize my pain subsided while leaning a certain way. It was at this point that we realized I had caused nerve damage and a trip to the ER was necessary. I stayed in a hospital hallway for three nights due to a lack of rooms, then four nights in a room after another patient was discharged. I underwent two surgeries in two weeks and missed four weeks of school.

Currently, I'm in my 4A term of nanotechnology engineering, the easiest academic term. My program, unfortunately, isn't one where I can study on my own



without any guidance: textbooks cover too wide a variety of material that course content doesn't, and literature review requires knowledge that I was no longer receiving. My professors did their best to assist, and I was allowed to call a friend during classes and listen into lectures. Chemical engineering professor Evelyn Yim even recorded her lectures for me so I could stream them and keep up with the class. All of this was organized by emails exchanged between me and my professors, and these accommodations set up internally without formal paperwork worked very well.

This started to change, surprisingly for the worse, after I contacted AccessAbility Services. I was informed by my surgeon that I could not sit for longer than 20 minutes for the first six weeks following my second surgery. No worries, I thought, I should be able to stand and move around if I sit at the back of the class, use a cane for mobility support, and get accommodations for my exams. I was right about the first two of those three factors. AccessAbility Services did not receive all the documents in one exchange as I had only verbally been informed about the 20-minute rule, and I was only able to add that formally to my documents two business days after initially signing up for the services. I was not given additional time on my midterms — midterms for classes which I was physically unable to attend due to opiate pain killers, complete bed rest, and being unable to sit on my

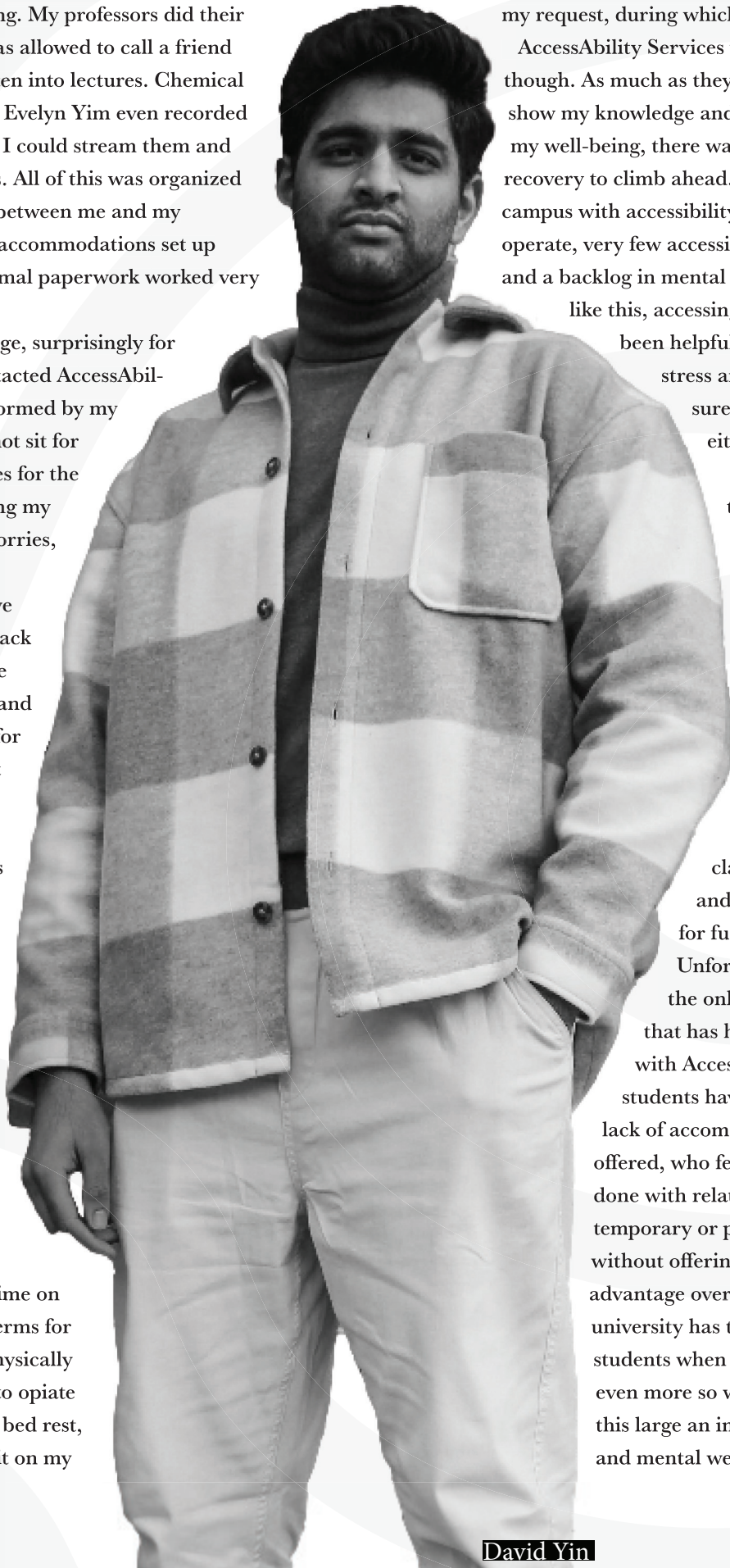
own for the first three weeks of the four I missed. I was also not formally allowed extra time on in-person quizzes for two weeks after submitting my request, during which I had two of them.

AccessAbility Services wasn't the toughest bit though. As much as they impacted my ability to show my knowledge and added mental stress to my well-being, there was the tall mountain of recovery to climb ahead. I had to get around a campus with accessibility doors that don't always operate, very few accessibility-friendly walkways, and a backlog in mental health services. In times

like this, accessing a therapist would have been helpful due to the increased stress and mental health pressure, but I wasn't able to do so either.

This term hasn't been the toughest one since I moved to Waterloo. I've had terms that have been more difficult simply due to academic rigor. Were this any other term besides 4A, I believe this injury would've been an impossible mountain to climb while still catching up on classes, assignments, labs, and working on applications for future endeavours.

Unfortunately, I know I'm not the only student this semester that has had a bad experience with AccessAbility Services; other students have complained about the lack of accommodations they were offered, who feel that more could be done with relative ease to help their temporary or permanent ailments without offering them an academic advantage over their peers. The university has to do better to assist the students when they are in times of need, even more so when that assistance has this large an impact on their physical and mental well-being.



David Yin

How to meal-prep like a pro

Get ready for exams with this guide to planning your food portions

Lysandra Quilatan, Contributor

For university students, time is always of the essence. Between going to classes and late nights spent studying, having to cook can seem like a daunting and time-consuming task. Luckily, meal prepping is the ultimate solution for busy students trying to maintain a balanced diet. Alongside these tips, Courtney Wilson, a registered dietician here at UW, will be providing expert advice to solidify your nutrition knowledge. “[There’s the] notion that nutrition has to be complex ... but meal planning does not have to be complex. It’s actually very doable,” Wilson said. Whether you’re a seasoned pro or just starting out, we’ll guide you through every step of meal prep, from planning and shopping to prepping and storing.

Planning and Prep

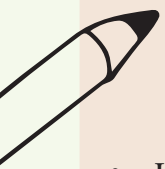
- Map out your plan! Choose a handful of recipes that you enjoy, have time to cook, and have the budget for.
- Write down a list of all the ingredients you’ll need for your recipes and stick to it while shopping. Wilson explained that a balanced plate consists of:
 - 25 per cent of a carbohydrate source (pasta, starches, bread, etc.)
 - 25 per cent of a protein source (animal-based, tofu, pulses, etc.)
 - 50 per cent of varied fruits and vegetables
- Look out for sales at grocery stores so you can save as much money as possible.
 - T&T Supermarket usually sells cheaper, good-quality produce.
 - Bulk Barn has coupons available online to save on all the ingredients you might need.
 - Wilson suggested using Flipp, an app that combines flyers from different local stores so you can see what’s on sale each week.

Efficient Cooking

- Choose a specific day each week for meal prep to establish a routine. Be prepared for changes in your schedule and adapt your meal plan accordingly.
- Pre-cut veggies, cook grains, and marinate proteins in advance to cut down on prep time.
- Cook bigger batches of your chosen recipes all at once to save time. You can freeze meals that you don’t consume within a few days to extend their shelf life.

Organization

- Place older prepped meals at the front of your fridge or freezer so you remember to use them first.
- Regularly assess what you have on hand to avoid over-prepping or wasting food.
- When keeping food in storage containers, be sure to use labels to take note of the containers’ contents and date to avoid confusion (reusable labels if possible!).
- Divide your meals into suitable serving sizes for convenience.



Miho Nagayama



Variety and Flavour

- Include a mix of proteins, carbohydrates, and vegetables for diverse and satisfying meals. Don't forget to prepare meals that are dense in nutrition to stay healthy! Wilson noted that it may be difficult to find a balance between nourishing ourselves and staying within our budget, but there are many ways to eat healthy without breaking the bank. She suggested:
 - Relying on plant-based proteins more often. Buying cans of beans or tofu is usually more affordable compared to animal-based proteins, and it brings the same amount of nutrition.
 - Buying ingredients in bulk. This would mean spending less dollars per product rather than buying them in smaller packs of one or two.
 - Buying fruits and vegetables frozen or canned (in water). They're often much cheaper than fresh produce, and packed right after being picked at peak ripeness so they'll be at their nutrient peak at the time of consumption.
- Don't be afraid to experiment with new foods, especially on days where you can afford the extra time. Changing recipes and ingredients can help to avoid meal monotony.
- Experiment with different seasonings and spices to add variety to your dishes.



Mindful Eating

- Take time to appreciate your cooking! Enjoy the flavours and textures of your prepped dishes once you start eating them.
- Stick to the serving sizes you've measured to avoid overeating.
- Pay attention to your body. Don't force yourself to eat more than you can handle and eat when you're hungry.

Meal prepping can become a valuable tool to streamline your daily routine, save time and money, and ensure you always have delicious, ready-to-eat meals throughout the week. "Once we realize what's doable, we gain confidence to realize that we can be successful at meal planning," Wilson said. Good luck and happy prepping!



Away for a day with the UW Women's Hockey Team

Humreet Sandhu, Contributor

The UW Women's Hockey team has a pre-game meeting a half hour before their bus is scheduled to leave. The team is going to play the University of Toronto's Varsity Blues, a game they know is crucial because of an earlier 2-5 loss in the preseason. The athletes pay close attention to their coach, Shaun Regan, but they're also trying to finish school work before they get on the bus to Toronto. The difficulty of balancing school and athletics is clear, but it's a challenge these athletes tackle head-on.

A student athlete's life can be one of the busiest and most stressful ones in university. University in itself can be difficult for any student to adjust to, and they have to do it while maintaining the dedication and commitment that comes with excelling at a sport. Faith Mitchell is a defender for the team and a first year student in recreation and sports business. She explained how she manages her time with school and hockey, stating, "I make sure that all my work is done

before I get on the bus for an away game. I also check if I have class that day and email professors for accommodations."

The team demonstrates their dedication to school and sports with every game they play, especially when it comes to away games that can take their whole day. The members try to finish as much schoolwork as possible before getting to the rink or on the bus, and use other strategies to prepare themselves physically and mentally.

"For an away game it is important to get a good night's sleep and try to eat well," said Tatum James, a forward and a third year student in therapeutic recreation, explaining how the team sometimes isn't given food before hitting the road. Andrea Murray, another forward and a second year student in recreation and sport business, explained her strategy for preparing, stating, "I like to watch a previous game's film before an away game because it teaches me what I am doing right and wrong."



The team was given a pre-game meal at CIF before the bus departed at 2:30 p.m. Throughout the team's pre-game meeting and bus ride, the players continued to balance athletics with school by doing some work at the pre-game meeting. The duality that comes with student athletes doesn't just stop there, it continues on the bus.

The game took place at the University of Toronto on Nov. 24 at 7 p.m. On the bus, many players tried to get more work done, whether that be an assignment or studying for a test. Assistant coach Dollee Meigs called each player on the bus individually to talk about strategies for the game and what each player should aim to do.

Aside from their coaches, the girls also have support systems that help them deal with both athletics and academics. James stated that "professors are pretty accommodating to student athletes; they know how busy we are." Mark noted how her teammates are one of her biggest support systems. "I feel like I have a big family with my hockey team and it feels great knowing that I can trust them," she said.

Lyndsy Acheson, a defender and a third year student in physics, explained the additional support systems in place for student athletes. "We have a wellness advisor, Marshall Bingemen, and he is super helpful with checking in with us and teaching us how to manage our time," she said.

Arriving at the University of Toronto after being on the bus for 2 hours can be exhausting. However, the girls

pushed through it and within 30 minutes of arrival every player was tapping their hockey sticks, a practice that aims to protect the sticks from any damage. The assistant equipment manager Matt Sinclair organized the tables for snacks and drinks. Sinclair said that "there are about 12 to 16 pairs of skates I need to sharpen before the game."

After all the preparation is done, players had a chance to eat and even play soccer or volleyball before warming up. With about 20 minutes until warm up, the team demonstrated amazing momentum – the girls were dancing to music and eating



“The support system that is always there for me would be the girls I play with, who are always there when I need them.”

snacks in an atmosphere full of spirit . The team’s warmup was around 15 minutes and consisted of laps, walking lunges, and knee high kicks while running. After warming up the team started putting all their equipment on. If any of them needed physical therapy, they could get massages on their legs or shoulders from the student therapists. Mitchell stated how “packing the right food before an away game and staying hydrated is key.”

The excitement and fire from each of the players became visible as soon as they got on the ice. Around thirty minutes before the game started, players were practicing shooting on the ice

and passing the puck. The first period wasn’t the best for the Warriors as Toronto had the lead 1-0. The second period started and the Warriors were unable to get back on track. Toronto ended up scoring two more goals in the second period and were in the lead 3-0. The Warriors were hoping for a comeback in the third period but were unable to bring their momentum back.

A couple of the girls were very sick during breaks and were doing their best to stay hydrated and focused. Megan Dyck, a forward, said that the team has had “a tough last couple of games, just being on the road and today again on the road with illness.”

The game against Toronto’s Varsity Blues proved to be a difficult one due to almost half the girls on the team being ill and fighting the flu. Though the team wasn’t at 100 per cent, they knew they had to give it their all, and that’s exactly what they did. “It can be hard to pull out a win when most of your team is sick. It’s such a competitive league, so it’s hard to win when you’re not at your best. I thought we gave it our best,” Acheson said.

The Warriors lost 3-0, but didn’t shy away from showcasing their determination in hard times. The girls know they gave it their all in this away game. “I love learning about people and I love the sport,” Murray said. “The support system that is always there for me would be the girls I play with, who are always there when I need them.”



WUSA

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UNDERGRADS

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State of the art(s)

Why you should care about UW's fading event scene

Andie Kaiser, Senior Editor of Website

As a university that has become synonymous with co-op programming, the arts and business (ARBUS) degree, and a student population that leans heavily towards math and engineering, Waterloo doesn't exactly scream *arts and culture*. Though the university offers many arts programs, it seems to lack the sense of an arts-based community that it once had.

One could argue that Waterloo was a hotspot for arts and culture back in the day, enough so that a documentary was made last year on this very subject. *Rock This Town*, produced by UW alumnus Betty Anne Keller, detailed how many of the most famous acts of the 60s and 70s came to perform right here at UW. Tina Turner, Led Zeppelin, the Bee Gees, and Leonard Cohen are just a few of the many legendary performers who have graced our campus auditoriums. So what happened?

The culture at UW has shifted so drastically that those stories about professional concerts on campus seem almost unbelievable 50 years later. Nowadays, we seem to be lacking almost *any* kind of regular entertainment. Aside from faculty showcases or performances that take place once per term, an occasional book reading, or small-scale club events, UW's arts scene pales in comparison to that of its peers. It's hard not to feel like our campus is missing something, especially when looking at the sheer amount of concerts held just down the road at Wilfrid Laurier University or at the Toronto Metropolitan University's student-run Image Arts Film Festival that showcases and promotes student films. The list doesn't end there, of course

— the NBCUniversal Screening Room at the University of Western Ontario allows faculties to host special events and showcase audiovisual material the way it's meant to be seen (on the big screen), and the University of Ottawa often presents multiple productions by students and faculty members of the theatre department for the larger student body to enjoy. As to why UW is so lacking in comparison, it's unlikely that any definitive answer can be pinned down — but there seem to be a few key factors at play.

First, it's impossible not to acknowledge the financial aspect: the university certainly doesn't consider the arts to be its most profitable investment — one look at the engineering buildings will tell you that much. Perhaps students can't do much to change this. Waterloo has cemented its status as a cutting-edge research school, home to labs which house scientists who arguably can bring in more money and investors than performers can. But at the heart of it all, this profit-based decision-making shouldn't apply to endeavours which aren't measured in dollars (after all, it's impossible to calculate the financial value of a life-changing concert or film), or inform the university's decisions about which events are most meaningful to those in the community. Universities, at the end of the day, are businesses, and maybe this means that it's impossible (or at the very least, naïve) to rely on them for artistic enrichment outside of the classroom.

This brings us to the question of student responsibility. After all, it wasn't the university itself that brought acts like





the Bee Gees to campus — it was the students. *Rock This Town* tells the story of how engineering student Joe Recchia built a relationship with the New York agencies that represented the big up-and-coming acts of the time. It was through these connections that shows would get booked on campus.

But now more than ever, it's harder for students to organize these kinds of large-scale events. This isn't only true for the arts, either — all kinds of clubs and student groups are finding it increasingly difficult to finance and organize major events. The arts, however, are unique in that they have the added struggle of being seen by many as optional: many STEM-related student society fees (such as the Engineering Society and the Mathematics Society) are mandatory, while there isn't a single arts society with a mandatory fee (like the Arts Student Union, for example). This attitude might not be shocking, especially to those of us who have been asked "But what are you going to do with an arts degree?" by family members and employers alike. When arts-related endeavours are reduced, in public opinion, to the status of "a distraction" or simply "entertainment," they fail to be recognized as a critical part of social life and community building. The university can try to champion "wellness" and "connection" all it wants, but until students are

offered more than just athletics events to attend, they'll be ignoring all community members who would benefit from having improved access to the arts.

With 24/7 access to the internet and streaming services available at our fingertips, it's easy to forget that our campus could offer bigger and better entertainment opportunities. We need only look back a few decades to see the ways in which students were able to regularly bring vibrant, memorable artists to campus. The approach may have to be different now, but this isn't inherently negative: unlike the 70s, we're now able to connect with each other and advertise events over the internet, and reaching out to performers should be easier now than ever. Sure, it might still be difficult to fundraise and to find time in our busy schedules for organizing events, but we shouldn't abandon our efforts entirely. For those of us who still crave a connection with the arts, and with our peers, let this be an inspiration that art can still thrive at UW — if we let it.



Does figure skating run in the family?

Meet the three sets of siblings on the UW figure skating team

Nadia Khan, Senior Editor



The UW figure skating team has 23 members — and on it, three sets of siblings.

“It never really crossed my mind honestly until recently where I was like, ‘Wow, okay, we actually have a lot of sets of siblings on this team,’” said Jesse Wang, a figure skater and third-year recreation & sports business student.

Jesse and his sister Isabelle Wang, a first-year biomed student, started skating as children growing up in Mississauga. Isabelle, who is two years her brother’s junior, began general skating at age five and figure skating at age eight. Jesse soon started figure skating a year after, when Isabelle’s figure skating coach convinced him to give the sport a try.

Since then, he hasn’t looked back.

“We’ve always been on the same team together since we started,” Jesse said. “It was just more convenient because we

just had to make one trip to the rink instead of two.”

After Jesse got accepted to UW, he learned that the university had a figure skating team and decided to try out. Two years later, he’s still on the team and helps skaters achieve their goals such as learning “more high-level jumps” since they don’t currently have a designated free skate coach.

“We didn’t really have a full roster [this year], we only had around 12 people when we needed over 20,” Jesse explained. “So myself, as well as a couple other people in the team, were trying to convince others to join the team as well. And it just so happened that [my sister] Iz also wanted to come to Waterloo. So I was like, ‘Why not join the team?’”

As adults, their relationship to skating has changed — and so has their relationship with each other, which is now based around sibling camaraderie rather than competition.



Courtney Caird

“We’ve always been close in skill level, and we would kind of be like, ‘Ooh, who can get it first?’ But I also really like how he’s able to help me when I feel frustrated,” Isabelle said. “He can encourage me, and he’s been helping me on the ice sometimes when he has the opportunity.”

“We always used to try to one-up each other and everything whereas now it’s more we’re just supporting each other,” Jesse said. “And we want both of us to succeed despite our skill level or anything.”

This hasn’t always been a clear-cut path, however. It was only a couple seasons ago that Isabelle felt ready to stop skating altogether.

“I kept going because I love how skating just gives me a chance to go out there and do what I want to do,” Isabelle said. Since the figure skating team is varsity and “not competitive” in the same way, she feels that it’s more fun now that she no longer has to “have a lesson and run a program every day and land every [jump].”

It’s an experience shared by Kaitlin Wilk, another figure skater and third-year biotech and chartered professional accountancy student, who feels that “as an adult and skating for a university, it’s just a lot more fun.”

Kaitlin, like Isabelle, came close to quitting.

“It was my first year, and my sister was on co-op the whole time. So I barely saw her on the ice. And because it was COVID at the time, like our team didn’t have as great of a season.” This grew to the point where she was considering not re-joining the team in her second year — that was, until her sister came back.

“That was a good time,” said Kaitlin. “I was like, ‘Oh, thank God’...I don’t know about everyone else but I enjoyed having my sister and it was also another reason that just made me want to stay.”

Like the Wangs, Kaitlin and her sister Karina Wilk (figure skating team captain and fifth-year life physics student) started skating as children in Mississauga.

Karina began “baby skating” when she was about four or five while Kaitlin started at the age of three.

“I think Kaitlin started a little earlier [than me] because we’re two years apart. She was a little jealous that I started [skating]. And, you know, we would be together. My mom would just be taking care of her and she was like, ‘I want to skate too.’

So I think the club made an exception for Kaitlin to start early. So we kind of started around the same time.”

They learned about figure skating from their dad’s boss, whose son, Dylan Moscovitch, trained out of the KW area and competed at the Olympics.

“His son competed in figure skating, and he referred us to the coach that he started with and we kind of just took off from there,” Karina explained.

On and off the ice, the Wilks enjoy celebrating each other’s achievements. Karina, team captain and the longest-running member of the team, enjoys dance events while Kaitlin, who was last year’s MVP, leans more towards the free skating program.

“There was



a certain point I think, probably at the end of like middle school beginning of high school [where] Kaitlin definitely surpassed me, and I got hurt later in high school. So I actually took a break from skating before I joined or restarted in university. But I think even though my younger sister surpassed me I love seeing her do well. I'm always cheering her on."

Like Kaitlin, Sloan Stark (a first-year kinesiology student) became interested in figure skating after watching her older sister Emmaline Stark (a third-year environmental sciences and ecology student) partake in the sport.

"I was actually supposed to play hockey. I had all the equipment," Sloan explained. "But then I saw my sister's skating dress, and it was an immediate

'Nope, I want to wear the pretty dresses.'"

While the Starks are on the figure skating team together now, it isn't their first time skating together. In their youth, they were on the same synchronized skating team.

"I think skating is one of those more niche sports where it kind of ends up running in the family," Sloan said. "When someone gets involved, everyone else is involved. We have two younger brothers aside from us, and they also skate. So it just, I think it just becomes like a family trade." Their father had been a power skater in his youth who worked with the figure skating coach in his hometown.

Emmaline described skating with her sister as "good and bad" at times.

"You always have someone that you know on the team really well [who] you can always ask things [to] and check in with ... but also, sometimes we do have to have little sibling-type arguments and we try to keep it away from the practices and away from the team sometimes but it does affect how we work together."

Overall, Emmaline views the family-oriented nature of figure skating as a net positive that "helps [their] team dynamic overall a little bit because I think everyone's a little bit closer." "There's always going to be that competitive energy and it can sometimes get quite toxic, but coming to the university, you're always, always surrounded by people who are lifting you up, and I think it's just such a positive energy," Kaitlin said. "And I feel like I can thrive here."

“There’s always going to be that competitive energy ... but coming to the university, you’re always, always surrounded by people who are lifting you up, and I think it’s just such a positive energy,

” Kaitlin Wilk, figure skater and third year biotech and CPA student



'Tis the season: Imprint's staff picks

Film recommendations to keep you busy this holiday season  

It's a Wonderful Life (1946)

In some ways, I'm a stone-cold cynic. I hate Christmas. I don't cry during movies to the extent that I've been dubbed heartless. But still, there's the occasional moment where, against all odds, I can't help but soften — and *It's a Wonderful Life* is exactly that for me.

It breaks every rule in my book: it makes me cry (ugly cry, might I add) and makes me want to run around with a bunch of tinsel and fill everyone's stocking with chestnuts (or do whatever it is people do during Christmas — Muslim here!).

Either way, the movie deserves its place as a Christmas classic. Maybe you've never seen it: in which case, go watch it. Maybe you've already watched it here and there between commercial breaks as a kid: in which case, go watch it again. I'd be shocked if it didn't move you with its wide-eyed belief in human goodness, connection, community, and real, true love. I've loved this movie dearly since I was a girl, and I always will. You should too.

- Nadia Khan, Senior Editor of Magazine 

Desk Set (1957)

Although I only came across *Desk Set* this year, I can tell it'll be a Christmas classic for me. At first glance, the premise might not seem particularly festive, but within minutes the wintery atmosphere will have you reaching for a sip of hot cocoa. *Desk Set* centers around a library reference clerk (Katharine Hepburn) who worries that a newly-created computer system will take over her job. When a computer expert (Spencer Tracy) arrives at the office just before the Christmas holidays to install the machine, the two characters enter into an uneasy — yet undeniably playful — relationship.

The delightful sets and costumes are brought to life in vivid Technicolor (how I adore the brilliant red-and-greens that can only be found within old films!), and watching the witty banter play out between Hepburn and Tracy is sure to bring a smile to your face — one that will stay put for all 104 minutes of this charming romcom.

- Andie Kaiser, Senior Editor of Website 

Scrooged (1988)

It is not always easy to find a movie that is both hilarious and heartwarming yet *Scrooged* manages to be both at once. This famous retelling of Charles Dickens's *A Christmas Carol* follows a famous TV executive (Bill Murray) looking to avoid the Christmas spirit at all costs. Unfortunately, the Christmas spirit confronts him in the form of Christmas Past, Present, and Future.

The film combines Murray's wit with an onslaught of dark humour and a dash of fun special effects to create a unique tone unlike your usual Hallmark movie. Interspersed between the comedy and the laughter, you will find surprisingly poignant moments as the protagonist realizes Christmas is about so much more than the bath towels your secretary buys for your brother.

- Sophia Bowman, Staff Writer 

The Holiday (2006)

"In the movies, we have leading ladies, and we have the best friend. You, I can tell, are a leading lady. But for some reason, you're behaving like the best friend."

Gen Z might think that "main character syndrome" is their invention, but the reality is it was invented when Eli Wallach's Arthur Abbott said the dialogue above to Kate Winslet's Iris Simpkins.

No matter what the occasion, Nancy Meyers, the queen of rom-coms, has something for you. For the holiday season, the auteur does what she does best and tells a very human story full of heart and subverting expectations, and reinvents the genre at every step.

December would be incomplete without watching Iris and Amanda (Cameron Diaz) find love on opposite sides of the Atlantic with Miles (Jack Black) and Graham (Jude Law). As you watch both leading ladies grow and discover themselves, you will fall in love with love itself.

To slightly alter one of my favourite dialogues from this film, "I can't figure out the mathematics of this, I just know I love [*The Holiday*]."

- Abhiraj Lamba, Staff Writer

Elf (2003)

Before you start, let me say a few words.

Honestly, Christmas has always felt like the most basic holiday to me. But that's exactly what I like about it. I like having the same movies and music (complete with jingle bell percussion) to look forward to every year because I know it'll evoke that same cozy feeling I love about it. And to me, *Elf* guarantees just that.

The premise of an elf entering the human world for the first time during Christmas is the perfect lens through which to portray the most innocently joyous things about the holiday. From the comedic performances to the cheesy message, not to mention the insane optical illusions that have you believing fully grown adults are half Will Ferrell's size, this Christmas movie hits in every aspect a Christmas movie should, in the holiday way and the cinematic way.

Ok, now you can start.

- Alicia Wang, Executive Editor

Home Alone (1990)

The timeless classic *Home Alone* can bring any family together during Christmas. It is the perfect mix of holiday adventure and comedy.

Home Alone was a holiday movie I cherished as a kid because it struck a chord with me. Being an only child, I often wondered about being left alone and creating elaborate escape plans if ever faced with burglars. For Kevin McCallister, that scenario was his reality.

If you're looking to watch a movie filled with elaborate schemes and priceless jokes, *Home Alone* is your answer. The movie is thirty years old but remains a fan favorite for a reason.

- Humreet Sandhu, Staff Writer

Christmas at Castle Hart (2021)

Ah, the classic Hallmark Channel Christmas movie. Cheesy and predictable, but oh so irresistible.

My all time favourite movie is one of their 2021 releases, *Christmas at Castle Hart*. In this movie, two sisters travel to Ireland to explore their Irish roots. While there, they meet the Earl of Glaslough (single I may add, how convenient?), who owns Castle Hart. Through a case of miscommunication (how else?), the main character gets mistaken for an elite event planner and gets tasked with hosting the castle's Christmas party.

Is this movie predictable? 100%. Is it a cheesy romance movie? Yes. Before you judge, hear me out. This movie is comedic: they find every excuse to put Irish dancing in possible (at the pub, and in the street, an unexpected time that I totally predicted), the miscommunication is laughable, and the acting... let's just say it's a Hallmark movie. So if you want a cute movie that makes you cringe, cozy up with some hot chocolate and dive right in!

- Natalie Testart, Staff Writer



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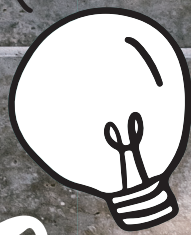
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