



Imprint

Your Stories, Your Voice

October 2023
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Is your pantry
half-empty or
half-full?
P3

Short horror
story contest
winner
P12

WCRI - wielding
the power of
community
P20

TABLE OF CONTENTS

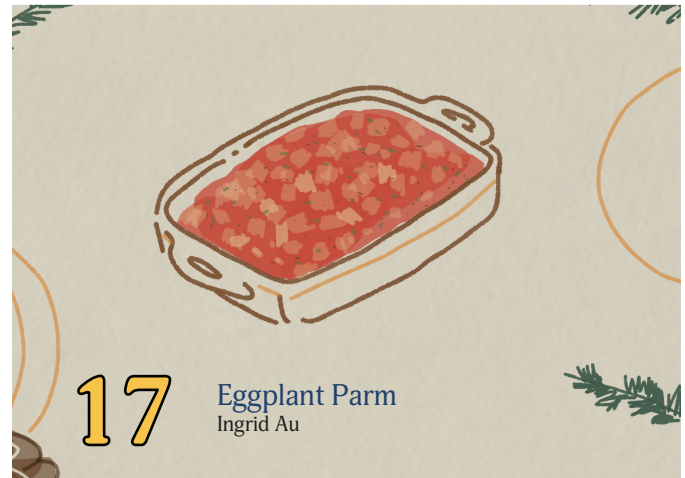
03 Is your pantry half-empty or half-full?
Khalid Safdar

08 Five steps to adopting a sustainable lifestyle on campus
Bethany Helaine Pörtl

10 Rookie Goalkeeper Natalie Mouradian Starting for Women's Soccer Team
Humreet Sandhu

12 The Summonings
Horror Story Contest Winner
Ananya Muralidharan

27 October crossword
Zoe Cushman



WCRI continues proving the power of community
Alicia Wang



Bubble tea: A drink that grew with UW
Andrew Yang, Alicia Wang, & Andie Kaiser

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One in 14 households in the Waterloo region are currently struggling to put food on the table; a staggering high from last year when the average was one in 20 households. 31,433 individuals and 15,312 households — these are the most recent statistics for hunger in Waterloo provided by the Food Bank of the city for the period of April to June, 2023.

Is your pantry half-empty or half-full?

Khalid Safdar, Contributor



Miho Nagayama

With the rising cost of living, it's becoming more challenging for the average household to put food on the table, which is what the WUSA Food Support Service (FSS) aims to tackle. They are an anonymous, non-profit, student-run service that provides food and hygiene hampers which can be customized to dietary restrictions.

“When we were founded as the Feds Student Food Bank, we saw as an organisation that there was a need for greater support and recognition of the way that students face food insecurity on campus,” said Chaya Mamer, one of the service coordinators when asked about the inspiration behind the service and how it has evolved with time,

Mamer said that their service has grown to be primarily donations-based and operates on a capacity that grows every term. “Within this growth, we have been able to service our community’s diverse dietary requirements and provide more compassionate care to the community by providing food that is desired and culturally specific,” she said.

Recent trends and statistics

Even though the FSS runs 24/7 throughout the year, the need for it is still as pressing as ever. With housing costs, economic burdens and financial stress rising, many individuals in the university community are struggling to keep up with the basic cost of living. Kristen Jarman, research executive at FSS, spoke on the recent activity trends at the FSS, stating that the food bank gets busier around tuition due dates and holiday seasons.

“These are both times in academics when we are near midterms, finals, or big projects, so accumulating financial stress and academic stress together causes the rise in service use. This being said, certain peaks and drops can be because of many factors, not necessarily correlating to academic dates,” she said.

Raising awareness on campus

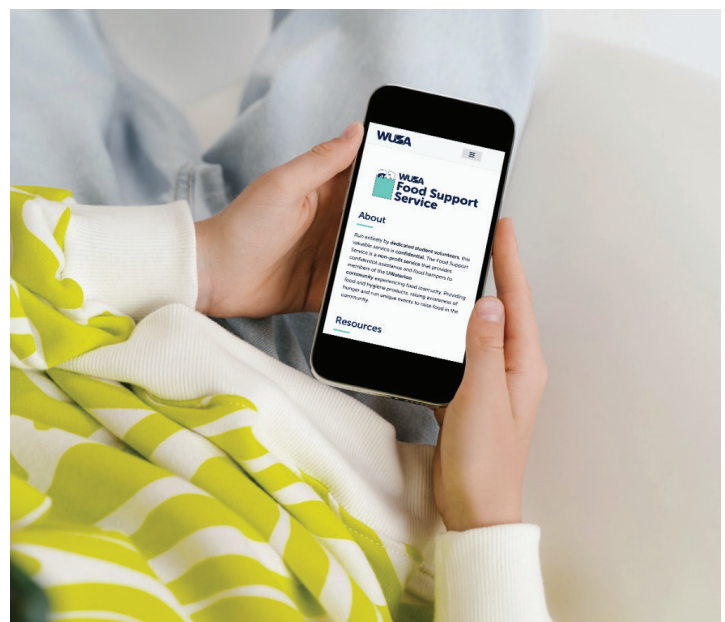
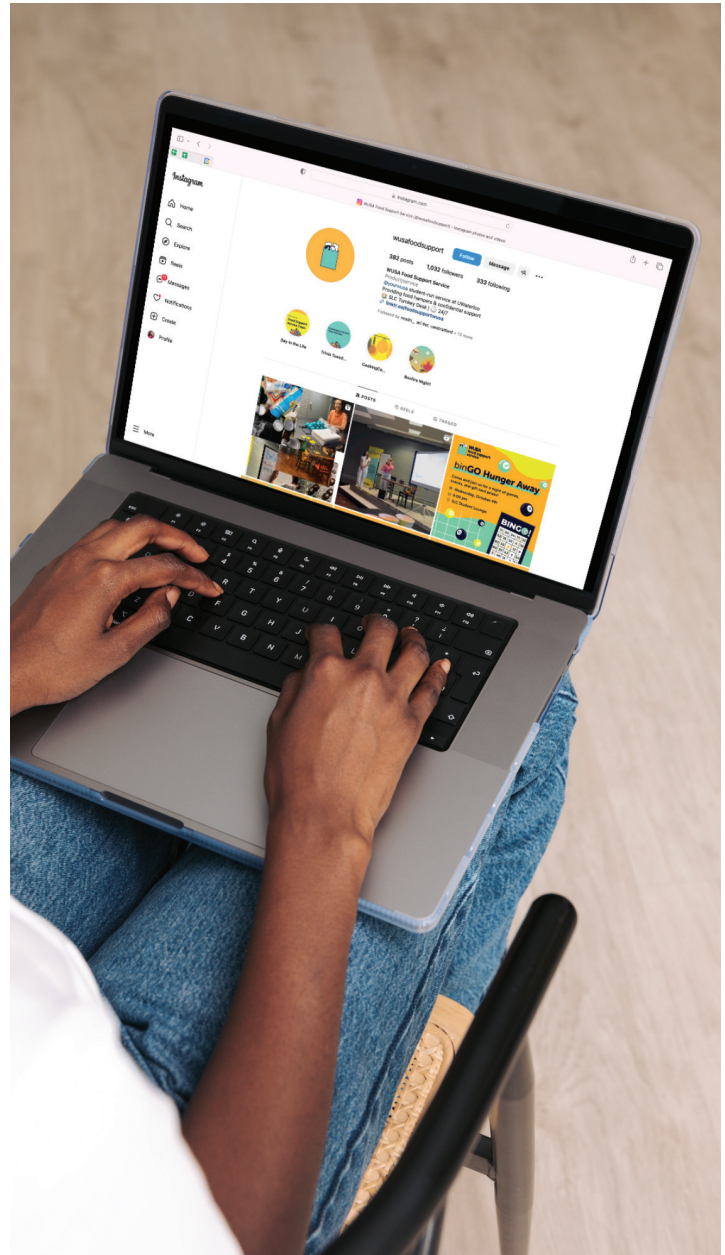
Even as an anonymous service, FSS maintains an active social media presence to convey the crisis regarding food insecurity and what they are doing to help the University of Waterloo community. In recent terms the service has been more active than ever before, running events and campaigns to raise awareness, encourage donations, and connect with students and volunteers. Simran Mukkar, another FSS coordinator, explained that “[their] advocacy efforts include community engagement to shed light on hunger and food insecurity issues. [They] run various campaigns on [their] Instagram page @wusafoodsupport in an effort to reduce the stigma around seeking help from the food bank and encourage students to access [their] services when needed.”

The FSS is also committed to connect with other establishments such as Campus Wellness to work on addressing the psychological stress of food insecurity and how to best tackle it. “As a service, we also work with larger partners on campus ... to strategise what we can do to ensure we are supporting students, staff, and faculty in meeting their basic needs,” Mamer said.

Who is helping the FSS?

The majority of the FSS’s support comes from the Waterloo Food Bank. “We heavily rely on the food bank of Waterloo Region as a source of food donations. They are our main partners and greatest support, as they provide the majority of our food donations and help keep our stock afloat,” Jarman said.

However, the FSS also collaborates with the university colleges and satellite campuses. According to Mukkar, the FSS provides the university colleges and the Stratford satellite campus with non-perishable food items that cannot be used in their hampers to prevent food waste. The FSS also provides satellite campuses with hampers to “make [their] service more accessible to all students and faculty.” The FSS has serviced the satellite campuses in the past by



“I’d like to encourage everyone to take a second and consider how often we or people around us may be impacted by food insecurity. It could be as simple as not buying a particular grocery item due to price or as far as not being able to afford food at all. There is no stigma or shame behind this, food is essential.”

- Kristen Jarman, research executive at FSS





Maida Majeed

For more information on the WUSA Food Support Service visit their website at fss.wusa.ca or their instagram, @wusafoodsupport.

Five steps to adopting a sustainable lifestyle on campus

Bethany Helaine Pörtl, Contributor

Sustainability is a broad concept that can encompass environmental, financial, and social sustainability. What comes to mind when you hear the word “sustainability?” There are many opportunities to get involved in sustainability on campus and learn about strategies you can use for a sustainable lifestyle.

#1 Set your sustainability goals

Sustainability and integrating sustainable practices into your day-to-day life is an ongoing journey. Consider where you are in your academic career, what your life goals are at the moment and how sustainability can work together with your current habits. You can set sustainability goals to meet daily, weekly, monthly or even things you want to achieve by the end of the year.

#2 Connect with the campus sustainability community

The UW Sustainability Office is one place to start when looking for sustainability resources, workshops, and volunteer opportunities. From Bike Month to Waste Week, the BioBlitz and more, the Sustainability Office has many opportunities for students to get involved. Check out [@uwsustainable](#) on Instagram

to see more about events and the UW Sustainability Report which outlines the sustainability goals and progress of UW.

KWRepair runs the repair community on campus, offering workshops where you can bring in items for repair and learn about repair techniques. By repairing items and extending their life, you can cut back on waste.

UW Campus Compost is one of many campus clubs dedicated to sustainability, collecting compost on campus, leading workshops, and gathering a team of volunteers to create sustainability content. You can learn more [@uwcampuscompost](#) and sign up to volunteer.

Academically, UW has nearly 500 courses related to environmental sustainability. Sustainability related diplomas and specializations can be added to your degree, and the Sustainability Office has a webpage dedicated to educational opportunities.



For those living in residence there are sustainability opportunities unique to Campus Housing and the university colleges. Green Residence Ambassadors are students who live in Campus Housing residences that play an important role in driving campus sustainability. UWP has an organics collection program you can sign up for. United College has a dedicated green team.

ENVigorate is another opportunity to participate and volunteer. The festival is comprised of various sustainability-themed workshops such as tree printmaking, connecting to the land through dance, beeswax candle and wrap making, spoon carving and more.

To find campus opportunities check out UW social media, reach out to friends who are involved, or start your own sustainability project.

#3 Find your passion

As you set your sustainability goals and explore the various campus resources available, you can develop your passion for a specific sustainability topic or keep your interests broad! The WWF Living Planet Leader program is a program you can self-register for and log your environmental and sustainability involvement. Receiving a Living Planet Leader designation can help in developing your sustainability knowledge and passion.



#4 Take action

Getting involved is the first step to taking action, and action plays an important role in changing yourself and your community for the better. Participating in and organizing workshops, helping start conversations about sustainability, and volunteering at sustainability events are all ways to put your sustainability ideas into practice. Taking sustainability-themed courses and learning about the history and future of sustainability and putting that education into action through involvement will ensure a sustainable campus.

#5 Build community

Sustainability is a community effort. Talk to your friends, reach out to family, set sustainability goals together, and keep each other on track. Working together, connecting with others, learning from each other, and building a sustainable community is important to effect lasting sustainable change.



Rookie Goalkeeper Natalie Mouradian Starting for Women's Soccer Team



Humreet Sandhu, Staff Writer

The UW Women's Soccer Team has a new starting goalkeeper this season, and she is a rookie. Natalie Mouradian is in her first year studying recreation and sports business, and has been playing soccer since she was a little girl. However, as Mouradian explained, being a first year and starting as a rookie goalkeeper can be a nerve racking experience.

Neil Wilson, the head coach of the team, talked about how goalkeepers don't usually peak until later but Mouradian is starting young. "It doesn't matter if you're a rookie goalkeeper, what matters is if you're good enough to play," he said. He mentioned that Mouradian is not a regular rookie player and that she has confidence and tools that are well beyond her years.

Mouradian explained how the captains and coaches on the team made the whole process very easy and welcoming, and has grown to love her position as a goalkeeper. "I had a very smooth recruiting process, however, I was quite nervous," she said. Mouradian enjoys being able to see the whole game in front of her, which makes it easier to pinpoint things that are going right and wrong, and likes shot stopping.

Mouradian's recruiting process started when she was approached by the previous head coach of UW's Women's Soccer Team after one of her games between her team Cambridge

and Waterloo, a big game because of the longstanding rivalry between the teams. "I ended up starting the game in net and kept a clean sheet. Then, in the second half of the game I played as a striker and scored one of the opening goals," she said. Mouradian's team won that game, after which the head coach came out to a few more of her games before making her an offer as the first recruit of the season. "The process was smooth because in other cases the athlete usually reaches out to coaches, which is what I did for other schools but Waterloo came to me," she said.

Having a supportive team can help any athlete get to where they want to be, and Mouradian says her team has been nothing short of amazing when it comes to supporting her new position. She mentioned how new head coach Neil Wilson and assistant coaches Vita Mckenna and Melanie Jimenez have helped to ease the transition. Mouradian talked about how Wilson did a great job planning the training camp with the little time he had. "Wilson did a great job at making me feel welcomed and I am sure all the other rookies can agree with that too," she said.

Mouradian also praised the practices, stating that they are "well-thought-out which contributes a lot to the team's success." The practices include video sessions that pinpoint the team's strengths and weaknesses. She mentioned how the head goalkeeping

coach Michael Neptune and assistant coach Morgan Berg have both helped her a lot with her position and are the reason she is improving every game. "I couldn't ask for a better coaching staff. I don't think I would be seeing the success that I'm seeing if it wasn't for them and the training they have been giving me," she said.

Wilson mentioned how the previous head coach John O'Brien saw the potential Mouradian had when she played in the prospect camp. "She did an amazing job at the recruit camp and was recruited shortly after," he said. Neil talked about how Mouras dian shows maturity and leadership and he really couldn't ask for more from her. He then added how it's not easy for first years to be confident when they are playing with older players. Neil explained that Mouradian is open-minded and has a growth mindset. "Natalie is receptive to her feedback and is constantly using it to improve," he said.

"I appreciate the leadership role I have, and have been adjusting well to my school and soccer life," Mouradian said. She talked about how being in the recreation and sports business program has made it easy to balance school and soccer life. Mouradian explained the importance of organizational skills in university and in sports, stating that "[it] is something that is necessary to not fall behind in school and outside of school."

#20



The Summonings

By Ananya Muralidharan

It was four years ago when my older sister was compelled to walk out in the middle of her English class, and through the burnished brass doors of her school – doors that had stood in our town for almost a century.

I remember that day succinctly. The leaves of the season were just starting to turn from a summer green to a bronze autumn orange. The fall air was crisp and the sky was so blue, injecting the day with a sense of unbridled optimism, as if nothing could go awry.


It was through this patina of well-being that my sister was swiftly being walked with steps so unlike her regular gait. By the time the school principal had been alerted of the situation, she was already out of the neighbourhood, heading to the Square on Main Street, towards the abandoned Highway 413.

The principal alerted the Sheriff, and the sirens started. When people heard those tell-tale sirens racing through the town, they let out a sigh of relief, a shared sense of tension suddenly easing. Relief that another year had passed and that they had been spared.

We learned early on that there was no stopping someone amidst a Summoning. A couple of years prior, when Lee Graham had stopped mid-lick and dropped his waffle cone on the checkered black-and-white floor of the ice cream parlour, Mrs. Graham had only assumed that it was a mistake on his part. He was young after all. When she looked

down at him, however, he was heading out of the parlour, leaving a trail of ice cream steps in his wake. Mrs. Graham was by no means an athletic woman, but she had the wits of a fox, and it didn't take her too long to recognize the circumstances under which Lee Graham had left the ice cream parlour that day. She had wrestled her way to Lee, where she held him by his tiny arm and wrangled him to the Sheriff's office.

About an hour later, they had made preparations to put little Lee Graham in the ground, still alive. Mrs. Graham screamed and cried, of the injustice of it all, of how it just wasn't fair. The Sheriff was a man of iron, though, and he affirmed that it would only take a night or two of solitude, and Lee Graham would be back to his normal little self. It was in Lee Graham's best interests, the Sheriff insisted, for whatever lay at the end of Highway 413 was bound to be a worse fate. By then, half the town had heard of Lee's Summoning and came to witness the casket being lowered into the ground. They planned to bring him back up in two days, to see if time had erased whatever this curse was. But the next day, they awoke to find a dug-out hole containing an empty casket that had been broken open, or



perhaps broken into. There were slivers of wood protruding from the dirt around the hole, like bloodied thorns emerging from the wet earth. And next to the open casket lay a couple of Lee Graham's tiny fingers, sliced off and covered in an oozing, yellow slime. Leading away from the casket was a red trail, as if something had dragged Lee Graham out of town, up Highway 413, and into Bell Witch Cave.

We didn't know who or what was behind these Summonings. We just knew they happened once a year, around the time that the leaves began to change colour. One person would stop what they were doing and start walking, always towards Highway 413, always into Bell Witch Cave, and never to be seen again.

They always happened around this time, with summer at its end and the beginning of fall apparent in the air. As the seasons changed, a palpable sense of tautness seemed to heighten

in town. People walked a bit faster, kept their heads a bit lower, held onto each other a bit tighter. There was an unspoken shared consciousness that lingered in conversations at the grocery store, in line at the bank, or just before religious services, that seemed to ask: Who would be next? And when? After Lee Graham's Summoning, one thing became frighteningly clear to us – we were to never interfere with these Summonings.

That is why, though the sirens had reached my sister in time, just at the edge of the Square, hardly anything was done to stop her ascent. They simply hung a plastic knapsack around her neck as she walked past, complete with a dagger, wheat crackers, a small jar of blueberry jam, a water bottle, and a silver chain with a cross affixed to it. "There was no saving her at that point," the Sheriff would later recount. She was gone forever, disappeared up Highway 413 and into the craggy

entrance of Bell Witch Cave.

There were many stories that I had heard of Bell Witch Cave – stories passed down and circulated as clandestine bedtime whispers between brother and sister, off-kilter remarks at the dinner table, or tales from the crypt around a blazing campfire.

During a walk home from school, when I was a bit younger, once Mother had picked me up from my last class and as we traversed the wooded trail that led up to our house, she began sharing her own tales.

A former opal mining pit, now the site of these Summonings, it was generally advised to never seek out Bell Witch Cave. It didn't matter though, because no sane being had ever gotten close enough to see what was on the inside. Everyone who had ever attempted to explore its dark depths returned from their journey dead, their bodies appearing in all sorts of odd places around town.

A place nastier than Hell itself, light never penetrated past the entrance of Bell Witch Cave. The air was said to be so stale, so old, so preternatural, that no human had breathed it in decades.

“What about everyone who has been Summoned? Did they not go inside?” I asked, reaching for the comfort of Mother’s hand. That day, the wooded trail seemed more vacant than usual, and the forest breeze was biting, as if it had been blown down the mountain from the hellish depths of Bell Witch Cave itself.

What had started out as a light tale had suddenly turned cautionary as Mother held me by my shoulders. “There is a darkness that is bred in the shadows of the Bell Witch Cave, a darkness that will drive you mad. You must never seek it out.”

“What’s so wrong about going mad?”

I pondered.

She paused, and her eyes, bright and full of life, were downcast towards me. Then a light chuckle, a light squeeze of my hand. “Nothing wrong with being a little mad,” she said, “Nothing at all.”

A week later, as my sister was being Summoned, Mother had obstinately tried to follow her up the highway, despite warnings from all around us. I’d like to presume she simply ended up tripping on a rock or a tree stump and hit her head. Something quick and painless. Either way, she was dead and three days later I had opened my front door to find her draped across the balustrade of our front porch, bent forwards at the waist, like a towel drying in the wind. Her face was sickly bloated, as if she had drowned in a great river and just washed up. Her skin was covered in the same yellow slime that Lee Graham’s dismembered fingers had been immersed in. There were drops of blood that fell from the ends of her hair emerging from a scalp that had been split open. The putrid, rotting smell that emerged from the body fouled the air and made it so that I couldn’t even bring myself to take her off the porch, to even gaze upon her face.

These are the things I recall as I walk up Highway 413. The memories come back to me like images,



playing one after another incessantly. My hand clasped in Mother's, her bright eyes gazing down at me. The changing leaves rustling in the autumn wind the day my sister was Summoned. Lee Graham's blank eyes as the casket closes over him. What images was he seeing, in those moments?

I remark to myself that this is madness. Pure madness. But there is nothing wrong with being a little mad. I've stepped in something, roadkill maybe, which is silly thought, because cars and trucks never drive on Highway 413. There is a festering slime on my shoes now, staining my imminent trek an evil shade of yellow.

And then just there, I see it – the entrance to the cave, half-obscured by the saw-toothed edges of fallen rocks. There is something hanging from my neck – a plastic knapsack. I feel inside it, sorting through its contents, before stiffly curling my fingers around a pendant attached to a metal chain, shaped like a cross.

I stare into a diseased darkness as I approach the

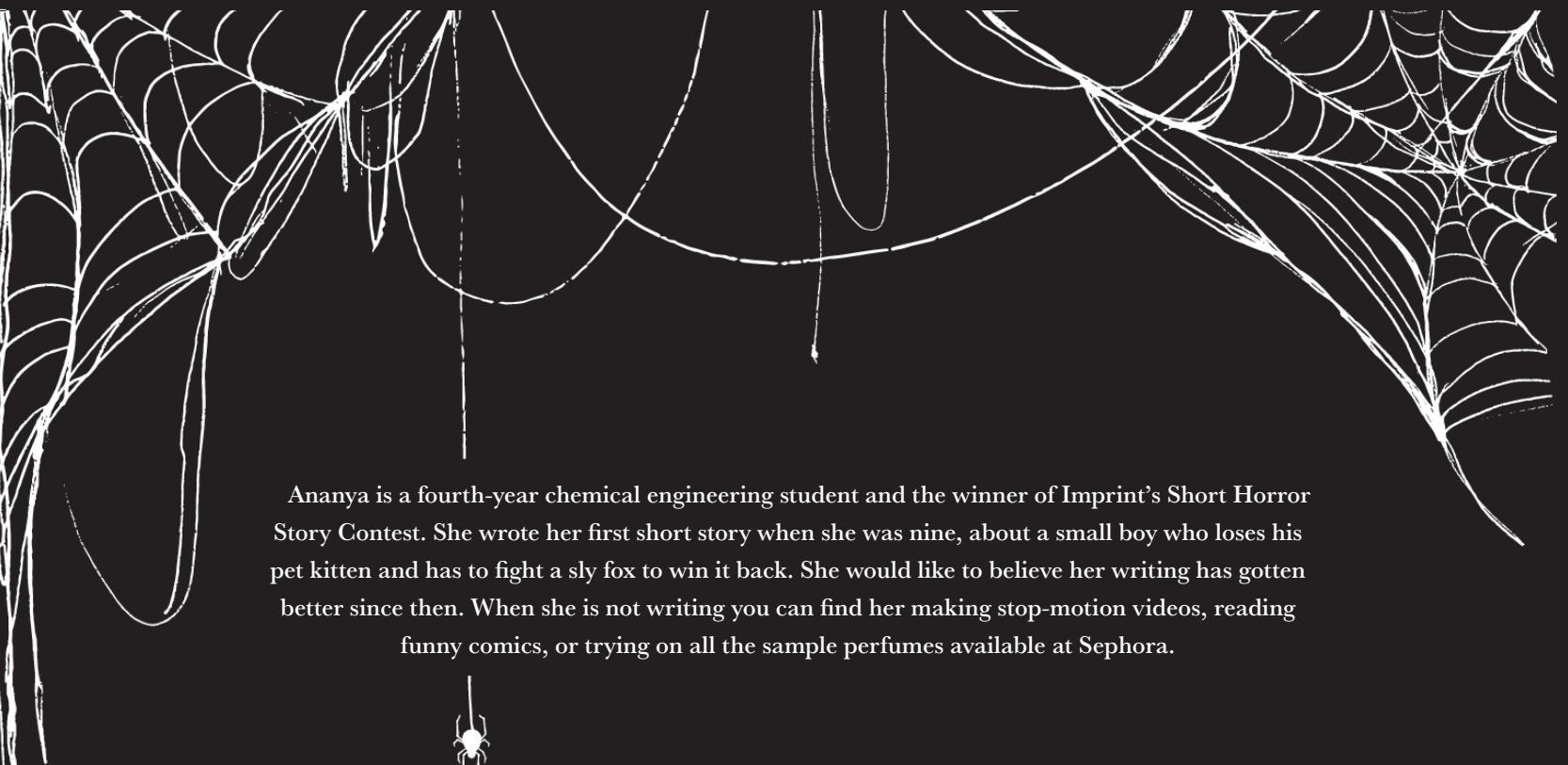
mouth of Bell Witch Cave. The darkness leers back, as if mocking me. Something crunches under my feet – perhaps a tree branch, or a stone. I can't stop moving. I feel the wind beneath my soles, urging me to step forth into the darkness. A rancid stench fills my nostrils. The shadows spread around me like ink on a page, and a final image flashes in my mind – the rotting flesh on Mother's distended scalp – and suddenly I'm free, realizing where I am and what has happened.

The sound of silence echoes.

I wait with bated breath. I have finally stopped walking, and the toll of my journey up Highway 413 finally registers. A chorus of voices sounds from deep inside Bell Witch Cave. Amongst the unearthly sound, I hear my sister calling to me.

And even the cross I tightly clasp cannot help me as I am knocked off my feet by some unseen force, falling into a pile of not branches, not stones, but bones, belonging to all those who have been Summoned before me.





Ananya is a fourth-year chemical engineering student and the winner of Imprint's Short Horror Story Contest. She wrote her first short story when she was nine, about a small boy who loses his pet kitten and has to fight a sly fox to win it back. She would like to believe her writing has gotten better since then. When she is not writing you can find her making stop-motion videos, reading funny comics, or trying on all the sample perfumes available at Sephora.

Because you matter.



**WUSA
Glow Centre**

Promotes a healthy attitude towards all sexual orientations and gender identities & provides a wide variety of peer support, social events, advocacy work, and resources.



**WUSA
Mates**

Offers confidential one-to-one peer support to Waterloo undergraduate students. Support is offered through listening, collaborative problem-solving, offering resources, and helping students navigate additional mental health services.



**WUSA
RAISE**

Serves to address racism and xenophobia on the Waterloo campus through education and advocacy, peer support, and community building.



**WUSA
Women's Centre**

Aims to provide a female-positive and supportive environment on campus for all women and trans folks. Connects students with resources about sexual health, healthy relationships and more.



**WUSA
Food Support
Service**

Offers free food hampers to combat food insecurity while raising awareness of hunger through unique food raising events.

Check out our WUSA Services page to learn more: wusa.ca/services

Eggplant Parm

Ingrid Au, Contributor

It's that time of the year when we ask ourselves the age-old question: "What do I do with these Thanksgiving leftovers?" To me, this question is specifically directed at stuffing. Every Thanksgiving, I always end up with more filler than I imagined. The perfect solution is an eggplant parm — the stuffing provides a deep flavour that allows you to do the bare minimum for maximum impact.

Tools

A casserole dish or a deep glass baking dish

A ladle

Ingredients

4 eggplants (depending on the size, if you are using globe eggplants, use 2)

½ cup of stuffing

1 whole fresh mozzarella (sliced and no, you cannot use pre-shredded)

3 tbsp of tomato paste

3 cups of pre-peeled canned tomatoes

5 cloves of garlic (thinly sliced or finely chopped)

2 shallots (sliced)

3-4 anchovy fillets

Cooking oil, e.g., grapeseed oil

Salt

Black pepper

Optional: oregano, parsley, basil (fresh or dried)



Eggplants

To give the eggplants a nice golden crispy rim, slice the eggplants into thick cuts, and generously salt the side of the cut facing up. At medium to high heat, heat a pan (preferably a skillet) with the cooking oil of your choice. Cook the eggplant until both faces of the cuts are lightly golden. You do not have to thoroughly cook the eggplant as it will further soften in the oven.

Sauce

In a pot with oil, cook the garlic, shallots, and anchovies at medium to low heat until the garlic is lightly golden, the shallots are softened, and the anchovies have melted. Turning the heat to high, add your tomato paste and cook until the bright red paste has slightly darkened — this should take about 5-6 minutes. Pour in your can of tomatoes and add a pinch of salt. If you are using fresh herbs, add them now. Let the sauce simmer at low heat for 20 minutes.

Assembly

Preheat the oven to 350F.

Using the ladle, spread 1-2 scoops of the sauce on the bottom of the dish and place the eggplant slices on top. Place the mozzarella slices on top and repeat in the order of:

1. Sauce
2. Eggplants
3. Mozzarella

You should reserve a final 1-2 ladles of sauce for the top layer. Once completed, sprinkle the stuffing and place in the oven for 15 minutes or until the stuffing is golden brown.



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WCRI continues proving the power of community

Alicia Wang, Senior Editor

Since its founding nearly 60 years ago, Waterloo Cooperative Residence Incorporated, more commonly known as WCRI, has continued growing and establishing its reputation as a unique provider amongst students, not just of housing, but of community — and it shows no sign of slowing down.

The cooperative now houses just over 1,300 students from UW, Wilfrid Laurier University, and Conestoga College. Erin Larmondin, WCRI's cooperative development manager, discussed its most recent expansions, those being the construction of the Fen-

wick apartments completed in 2019, and the September acquisition of seven properties located on the intersection of Columbia Street and Spruce Street, formerly under Schembri Property Management.

Larmondin said that while WCRI doesn't necessarily aim to house "millions of students," "[their] goal is to provide affordable and accessible housing to as many students as [they] possibly can."

Larmondin highlighted that WCRI houses more than just students, explaining that in the early days of the pandemic, they rented one of their properties, the Hammar Dorms, to the Region of Waterloo in collaboration with the Working Centre to ensure those experiencing homelessness had access to housing. WCRI then sold the building to the region, which Larmondin explained gave WCRI options.

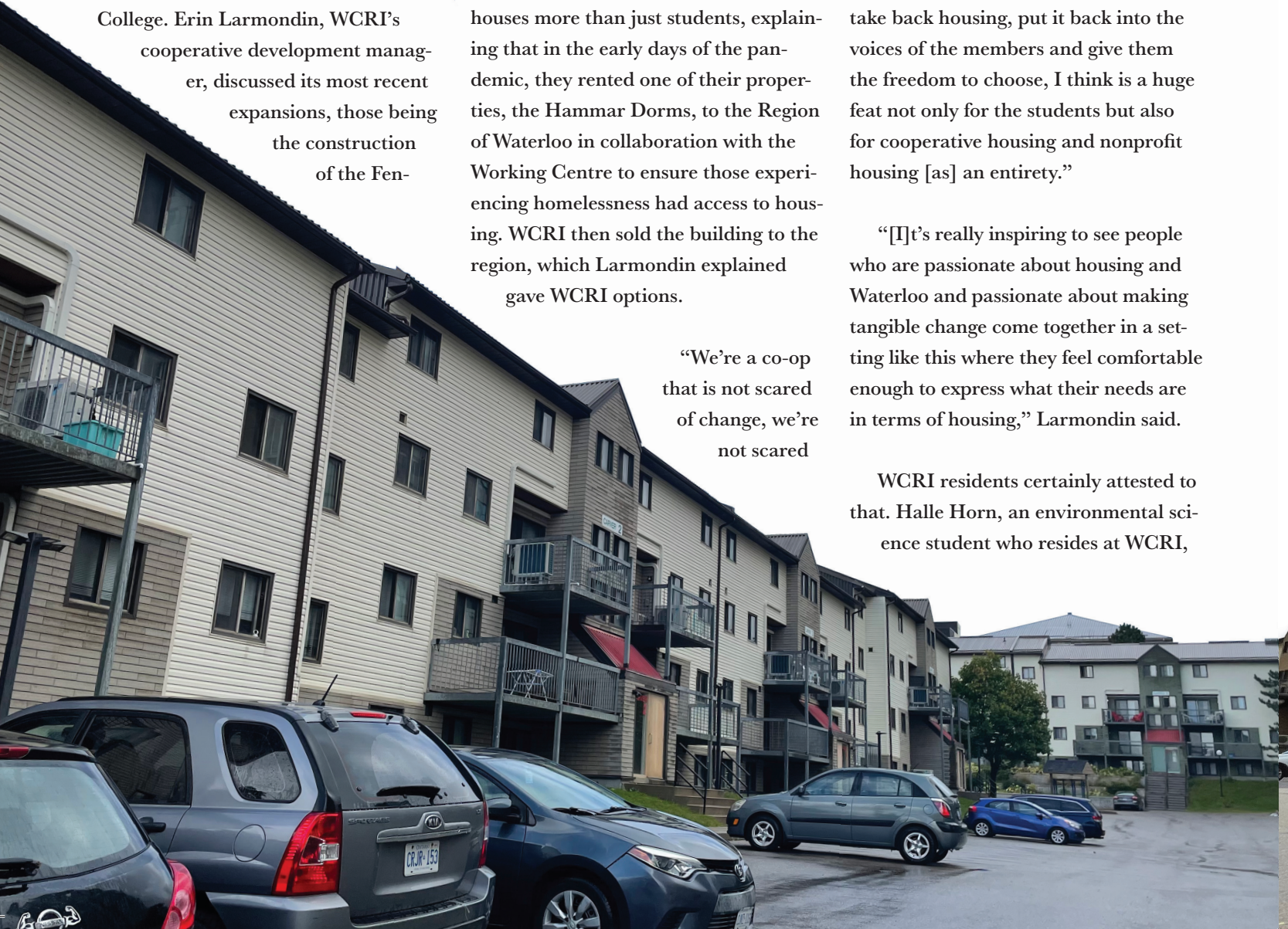
"We're a co-op that is not scared of change, we're not scared

of growth, and we benefit from the more members that we have. And we were really fortunate that at the time of looking to sell, that there were also a few buildings that were looking to come on the market and were going to be available for purchase," she said.

Larmondin highlighted the conversion of the buildings from being for-profit housing to non-profit housing, which she said was rare in the housing sector. "[F]or us to be able now in 2023, [to] come out of the pandemic ... expand what our housing looks like, take back housing, put it back into the voices of the members and give them the freedom to choose, I think is a huge feat not only for the students but also for cooperative housing and nonprofit housing [as] an entirety."

"[I]t's really inspiring to see people who are passionate about housing and Waterloo and passionate about making tangible change come together in a setting like this where they feel comfortable enough to express what their needs are in terms of housing," Larmondin said.

WCRI residents certainly attested to that. Halle Horn, an environmental science student who resides at WCRI,



explained the importance of the WCRI community. “[W]hen we face rent increases ... we feel protected because it’s not like it’s going to line someone else’s pockets. It’s going back into the cooperative,” she said.

Horn is also on the Inter Cooperative Council (ICC), which provides support for WCRI members and helps introduce them to the WCRI office. Horn explained that she joined the council because she wanted to help WCRI create the community it’s known for, especially for those far from home.

“[I]t can be scary sometimes. So for us to create a safe space and create opportunities for them to make friends and community and in some cases, a family. ... I find that really meaningful and I want to be a part of that,” Horn said.

Karmraj Sisodiya, a recent graduate in public studies, also praised the WCRI’s unique ability to foster community amongst international students in particular, something he felt was lacking at other institutions like UW.

“The community I’m finding here, it was very hard to find on campus,” he said, describing how in talking with other international students at WCRI, he had to refer them to resources on campus like the International Peer Community because they were unaware of their existence.

Sisodiya also spoke of how welcoming the co-operative model felt in general due to the membership being made up of students and recent graduates. “I felt like even though I was a new member ... I still had a voice,” he said.

Horn explained that despite the housing crisis caused in part by pandemic-induced low occupancy leading landlords to sell property, WCRI has “just kept chugging along,” one example of this being the maintenance of its social events.

According to Horn, the ICC has set the goal of hosting at least one event each month, which can vary from trivia nights to karaoke nights to cardmaking in an effort to “[bring] out all sorts of people who are just interested in trying out different things.”

“It’s members who also have the best interests of members in mind. We’re not in it to ... just swindle you out of your rent check and raise the price when we don’t need to,” Horn said.

Regarding the WCRI’s future, Larmondin acknowledged the intense demand for spots in the WCRI, both due

to its lower cost in comparison to market value for student housing in Waterloo and due to its reputation for fostering community, but stated that growth also depends on what its members want.

“[W]e’re always open to growing, we’re always open to redevelopment and to purchasing ... [but] we’re always looking for that right fit, we’re not just going to purchase something because we want to, it has to make sense for our current and future members as well,” she said.

“It’s really inspiring to see people who are passionate about housing and Waterloo and passionate about making tangible change come together in a setting like this where they feel comfortable enough to express what their needs are in terms of housing.”

Erin Larmondin, WCRI’s cooperative development manager





KEVIN J. EASTON

“We’re a co-op that is not scared of change, we’re not scared of growth, and we benefit from the more members that we have.”

Erin Larmondin, WCRI’s cooperative development manager

“Food is national security. Food is economy. It is employment, energy, history. Food is everything.”

— Chef José Andrés

Chef José Andrés thinks food is everything. What do you think?

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Bubble tea: A drink that grew with UW

Andrew Yang, Head Video Producer
Alicia Wang, Senior Editor
Andie Kaiser, Staff Writer



What’s your opinion on bubble tea? Love it or hate it, the bubble tea craze is clearly here to stay, and Waterloo is definitely no stranger to that — on the contrary, the Taiwanese drink has had a presence on campus for much longer than you might think. To provide some context, the concept of “boba” (a popular slang term for bubble tea) — chewy tapioca balls in milk tea — only originated in the 80s. Sweet Dreams Tea Shop, the boba spot right beside E7, was started by fourth-year economics student Jin-Hee Song in 1999, in an era where tapioca pearls, the staple topping of bubble tea, were being described as “marble-sized gummy bears.”

Sweet Dreams has continued its long-held good standing with the UW community for almost 25 years, hosting events both in store and with on-campus partners. UW students’ obsession with bubble tea has led to more boba on campus as well. DC now has its own Chatime Express location, allowing quick and easy access to boba between classes. There’s even a campus club created around the drink, UW BobaTime, which offers themed events and up to 20 per cent discounts to local boba spots around KW to members. Gillian Middleton, an events director for UWBoboTime, said that the club has garnered a community that meets both online and in person to hangout, play video games, host dance nights, and, of course, drink boba.

Here at *Imprint* we love boba as much as everyone else, so we decided as an office to rank our favourite boba spots around UW’s main campus and see which one is best. To keep things simple we tried a classic milk tea at half sweet with tapioca from each location.

Chatime

Convenient? Yes, absolutely. Basic? Also a yes, absolutely.

I think for many, Chatime was their introduction to bubble tea, so I can accept that for some there's a certain nostalgia factor that draws them to it, and I can even relate to some extent — a Chatime opened up in the plaza I frequented during high school, and I remember clearly how we once tramped down to the spot to treat ourselves after what felt like a pretty sub-par computer science exam.

However, its existence as a nostalgic memory is exactly how it should remain. I found Chatime way too sweet for my taste, even at half sugar, which completely overtook any flavour from the milk tea that might've been there. We all know that the ultimate compliment for any Asian dessert (speaking for my own East Asian heritage, at least) is that it's "not too sweet!" Because that's not how I would describe it — quite the opposite — I can't give Chatime any more than two stars.

Rating: 2/5 stars



Alicia Wang, Senior Editor



Sweet Dreams

If you go to UW, it's unlikely that you haven't at least heard of Sweet Dreams. Located in University Shops Plaza, you hardly have to step off campus to enjoy a variety of boba flavours, as well as many other food options. With such a wide variety on offer at Sweet Dreams, it can be hard to know which flavours are truly worth trying — I would suggest going for their specialties, or asking staff what their favourite menu items are.

As for their classic milk tea, this seems to be a great option for those who really like to customise how sweet their drink is. We tried the sweetness at 50 per cent, and compared to some of the other drinks on this list (looking at you, Chatime) the milk tea from Sweet Dreams was anything but sweet. It maintained its milkiess, but provided a super strong tea flavour even amidst the sweeter-tasting boba. I might have wanted a little more sweetness, but that's just me.

Rating: 3/5 stars



Andie Kaiser, Staff Writer



Coco

I think Coco is overlooked by the community based on the fact that it's tucked away, and the ubiquity of Coco internationally. Though I do think the quality of Coco justifies its expansion. Coco has many different options like their Yakult series with good quality tapioca pearls that have reasonable QQ texture (bouncy texture). With reasonable prices compared to places like The Alley, Gong Cha, and Machi Machi, students living at UWP or around University Avenue should be glad that a Coco is close by for their boba fix.

Rating: 4/5 stars



Andrew Yang, Head Video Producer



Gong Cha

A well established chain, Gong Cha offers a large menu with seemingly endless customization options. Located right on King Street, this is a great option for anyone looking to step out of their boba comfort-zone. For those who like the classics, however, Gong Cha remains a worthy choice. The classic milk tea boba offers a variety of sweetness and ice options, as well as the option to add any number of toppings. With such a personalised experience, it's hard to go wrong here. I thought the balance between sweetness and tea flavour was great, and also appreciated that this item won't break the bank.

Rating: 3.5/5 stars



Andie Kaiser, Staff Writer



Now Tea

Now Tea is a pretty convenient spot especially for anyone living on or around Lester Street, nestled right between kebabs, Korean fried chicken, and what is likely the only Nigerian place in town. The hanging lanterns and mildly dark lighting make for a comfortable atmosphere, which is always a plus, and the milk tea itself isn't too sweet or otherwise strangely flavoured. Boba can be a pricey habit, but unlike other competitors on this list, getting your fix here is a little more worth the impact on your wallet, as it's probably the best boba you're going to get near UW's main campus. It's got the actual milk tea flavour, tapioca that walks the line between bouncy (or what Andrew would say, QQ) and gummy, and a really adorable hedgehog on the cup that, in this writer's opinion, does indeed deserve its own call-out.

Rating: 4.5/5 stars



Alicia Wang, Senior Editor



October crossword

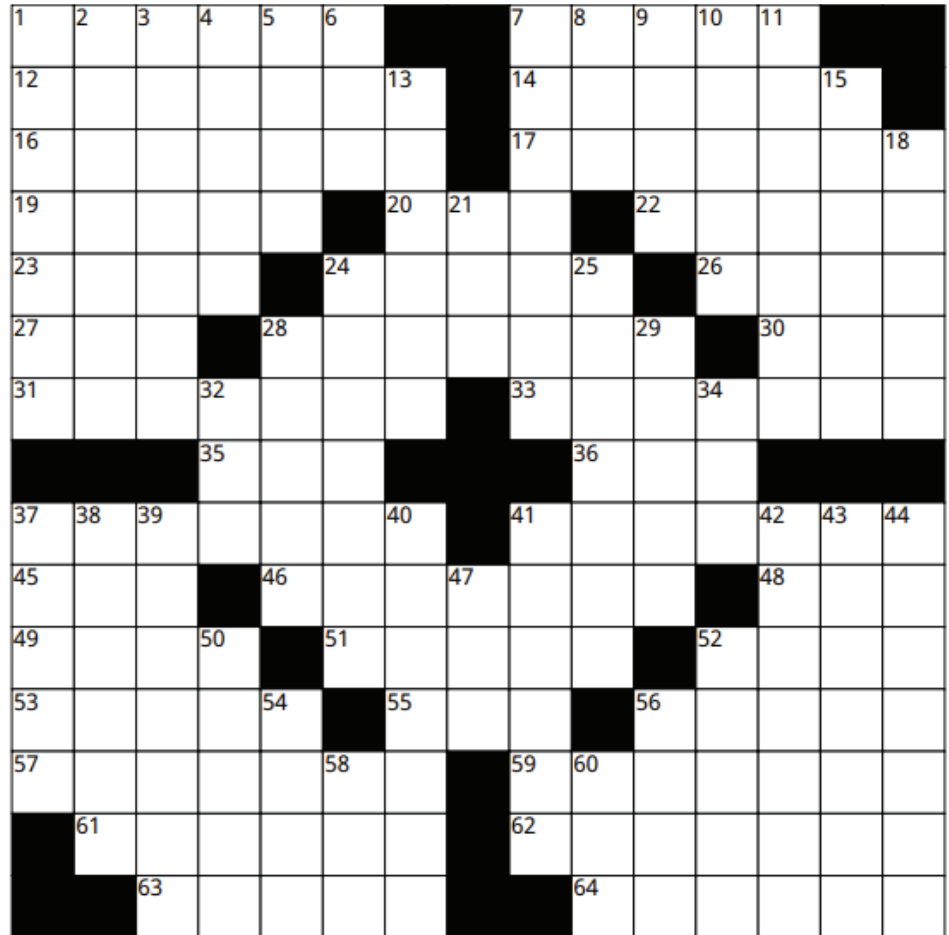
Zoe Cushman, Contributor

ACROSS

- 1 Floor mat traditionally made with a core of rice straw
- 7 Brewery kilns (for malt and tavacco)
- 12 Love-___ (flower also known as devil-in-a-bush, three words)
- 14 Feels sorry for
- 16 Kijiji listing condition (two words)
- 17 Scholarly
- 19 Windblown soil
- 20 eSports organization formerly known as Electronik Generation, for short
- 22 Neighbour of Nigeria
- 23 Whole numbers, for short
- 24 Small unit of bread
- 26 Acts to be repented
- 27 One-eighty (note: the crossword creator apologizes for having to put this in the puzzle)
- 28 Brother of Sans
- 30 Private nonprofit, for short
- 31 Sacred beetles
- 33 I did not rember :(
- 35 Broadband acronym
- 36 Somewhat outdated means of communication
- 37 Assembles, as a playlist
- 41 Body wash alternative (two words)
- 45 Slayed, in slang
- 46 Former name of United College
- 48 In the style of (two words)
- 49 Software prerelease stage
- 51 CR ___ de Gama (Brazilian sports club)
- 52 Milwaukee competitor
- 53 Small African antelope
- 55 Pokémon that evolves from Grimer
- 56 ___saur (classic starter Pokémon)
- 57 Long fish sandwich (two words)
- 59 Leashed (three words)
- 61 Huis Ten Bosch city
- 62 Course outlines
- 63 Excel file page
- 64 Branching soft coral (two words)

DOWN

- 1 Twentieth-level character in this term's THPERF faculty performance



- 2 Type of substance that possess negatively charged ion
- 3 Have a break, as the British say
- 4 Make ___ of (screw up, two words)
- 5 Units of hrs.
- 6 Student Success Office resources for UW students from abroad, for short
- 7 Less claustrophobic form of common brain imaging machine (two words?)
- 8 Lung contents
- 9 Whack, as a toe
- 10 Sea level peaks
- 11 Net fishing
- 13 Dweeb
- 15 Strong beer, as the British say
- 18 'Scandalous' and 'macabre' painter James
- 21 Fellow
- 24 What households had before streaming services were popular (two words)
- 25 Word that when repeated eight times is a grammatically correct English sentence
- 28 Histories

- 29 Glide in the air
- 32 International information-sharing initiative, for short
- 34 Prescriptions, for short
- 37 300-kilometre trail of Nova Scotia
- 38 Womb, synonym
- 39 Layer of photoreceptors, plural
- 40 Most likely the identity of a new tumblr follower with no posts or reblogs
- 41 Swaggering youngins
- 42 Low-maintenance hydrangea
- 43 Online storefront where you can buy molasses by the metric ton
- 44 Character class of 1-Down
- 47 Orange tuck shop in AL
- 50 Embarass
- 52 Roman dictator before Caesar
- 54 "Got it" (two words)
- 56 Christian of 'American Psycho'
- 58 Hey, girl, are you a purple yam? Because I'd like to call ___ ;)
- 60 Its capital is Albany (abbr.)

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