*Inside*UBC

DAY PLANNER

Dino 101

My first exam was still months weeks days hours away. Luckily, I had already started studying - if you count buying the text book on the first last day of class as studying. But me worried? Naah.

I had DINO. The best stay-up-all-night-till-your-eyeballs-turn -lobster-red-and-your-brain-morphs-into-a-bowl-of-confused-jello study aid on campus.

DINO picks you up and doesn't let you down until every drop of milk and real italian espresso has coursed through your body like a bullet of intelligence on its way to your brain.

Yeah, DINO would let me learn understand comprehend memorize all I needed to know.

Look for the nifty coupon in this swell book.

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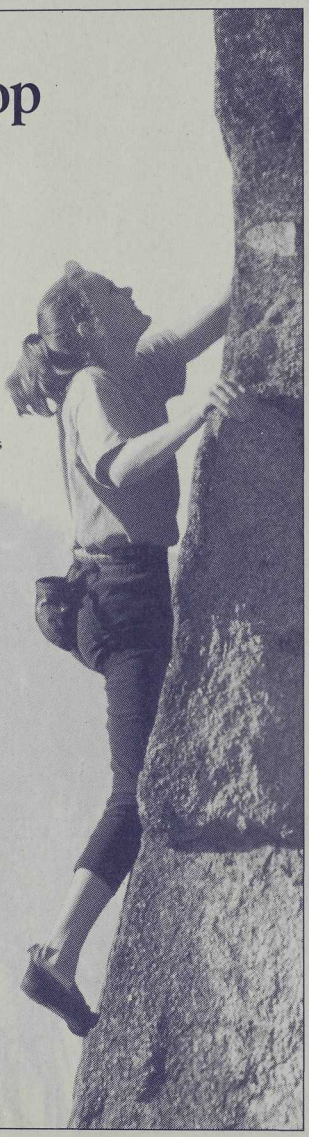
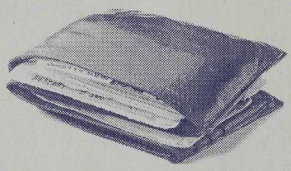


DAY PLANNER

Is your wallet lighter than your term paper?



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For more information contact,

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Bank of Montreal

IT *is* POSSIBLE

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THE COVER

The piece is called Spirit of an Eagle, *by Susan A. Point, a Coast Salish artist from Vancouver. Coast Salish art is relatively unrecognized—most people are more familiar with Haida art—but Susan's innovative revivals of the form can presently be found in collections in twenty countries.*

The editor would like to thank Susan—and Jeff Cannell of Coast Salish Arts —for giving the book a very striking, meaningful and beautiful face. ■

DAY PLANNER

The Mission of the Alma Mater Society of UBC

TO IMPROVE THE QUALITY OF THE EDUCATIONAL, SOCIAL, AND PERSONAL LIVES OF THE STUDENTS OF UBC.

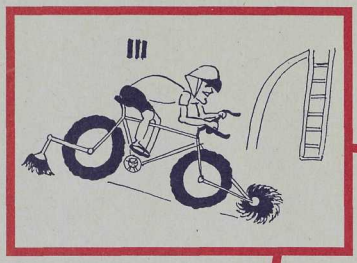
The Alma Mater Society will promote high-quality student learning. It will advocate student interests, as well as those of the University of British Columbia and post-secondary education as a whole. The Society will provide its members with diverse opportunities to become exceptional leaders. It will be flexible enough to accommodate the changing world.

The AMS's priorities will be determined by its members. The Society will foster communication, both internally and externally, in order to be democratic, fair, accountable to, and accessible to its members. It will provide services students want and can use. It will cultivate unity and goodwill among its members, but will also encourage free and open debate, as well as respect for differing views. It will solve problems constructively.

The AMS will be among the best student associations in the world. ■

UBC

(Underwater Bicycle Courier?)



(Underground Bicycle Cleaner?)

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Editorial

Words From the Wrong Side of the Deadline

DESPITE WHAT I CAME to suspect were deliberate attempts to sabotage the production of this handbook, you've obviously managed to get your mitts on it. Congratulations.

Sadly, my reign as editor has—by the time you read this—ended. I hesitate to say that it was fun. Challenging, yes. Fun, no. In the final days and nights of production, some workmen tried to come into my office to lay some new carpet. I held them at bay with a power drill and a seven-sixteenths bit. It's a good thing they had all that new, unsullied carpet...

Right, back to the handbook. This year's book has two, uh, *innovations.*

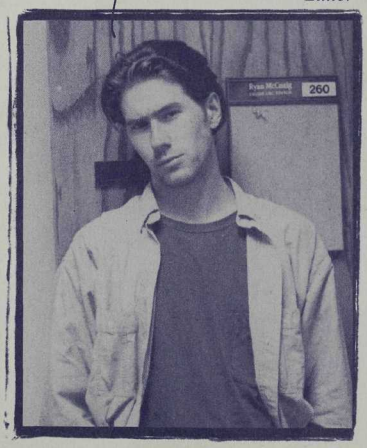
The first is that the handbook isn't quite as comprehensive as in past years. This is not a complete guide to UBC; I guarantee that I've missed a thing or two. This year, I solicited a bunch of articles that touch on things and stuff that I think is important to know or just interesting. This book is simply a start. The question I asked about each article in this book was «if I read this piece and *didn't* call the 'for further info' numbers, would I still have gained something?» I tried to make sure the answer was «yes.»

The other change is that the day planner has been rendered more useful, to make you want to take your *Inside UBC* everywhere, to love it and cherish it as you cherish life itself. I think the point of this is obvious (but then, I would): it's blackmail. If you carry the day planner, chances are you'll carry the handbook, too, and maybe even read it, so I won't have to lecture you about the importance of «getting involved» if I run into you at some party. It's been known to happen.

I hate to do it, but it's a good way to cap off this article about how I, as Supreme Editor, can but gently nudge you onto the path to enlightenment yet cannot care enough to walk a mile in your shoes on it, *etc.* (Yes, that was the point. *Wake up*!) Anyway, brace yourself:

Tuum Est. (Latin for «it is up to you,» or «it's yours.» Sometimes translated as «up yours,» but not here). ■

Ryan McCuaig,
Editor



DAY PLANNER

Bill & Dave's

WELCOME TO *Inside* UBC *94/95*, and welcome to UBC. As a UBC student, you're automatically a member of the Alma Mater Society—your «student union.» As your President, it's my reponsibility to ensure that your concerns are addressed by the University, and that you are supported in the pursuit of your academic goals.

The AMS is one of the largest student associations in Canada. With over two hundred and thirty clubs and constituencies, and over fifty different programs and services, we have something to offer everyone. Every time you eat in the Student Union Building, swim in the Aquatic Centre, or just catch a nap in the Conversation Pit, the AMS is working for you.

Alastair Bird

This year, the AMS is undergoing an internal review and restructuring. Through this review, we are hoping to dramatically improve our ability to communicate with and to support our membership. By adopting a mission statement for the first time in our eighty-year history (see page 3), the AMS can now, better than ever before, allocate the $8 million that is spent in our annual budget «to improve the educational, social and personal lives of the students of UBC.»

This fall, we will be asking you, through a referendum, to approve some of the more radical changes proposed as a result of this review—these include new bylaws and a redesigned AMS structure. These changes will dramatically improve the AMS's ability to represent you at the University and Government levels, and to increase opportunities for student involvement.

Enjoy your time at UBC. Acceptance to this institution already says a lot about your academic potential. The opportunities and benefits of a University education go beyond the classroom. Make sure you take advantage of it.

Be informed, be involved and make a difference. ■

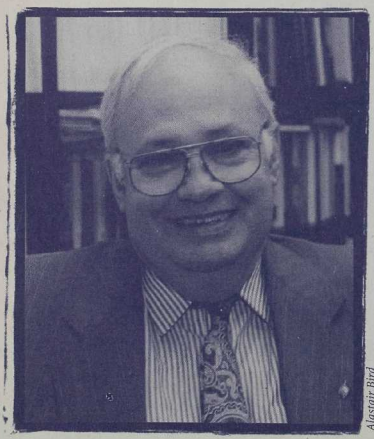
Bill Dobie
President, Alma Mater Society
SUB 256, 822 3972

Excellent Intros

IT IS A PLEASURE for me to welcome new and returning students to UBC for the 1994/95 Winter Session.

I was installed as President of UBC in 1985, and my current term ends in 1997. I was attracted to UBC because of its reputation as one of the very best institutions of higher education in Canada. During my tenure here, I have focused a lot of effort on fund-raising from individuals, foundations and corporations. These gifts, combined with matching government funds, will provide the facilities, scholarships, endowed chairs and equipment required to fulfill UBC's mission to continue to be «a world-renowned institution of higher education and research.»

As stated in the University Act, «the president of the university…shall be the chief executive officer and shall generally supervise and direct the academic work of the university.» In this capacity, I am a member of the Board of Governors, and serve as Chair of the Senate.



Alastair Bird

I received my doctorate in Physics at the University of Toronto. In the sixties, I worked in the private sector, and held faculty positions at the University of Colorado, MIT and the University of Toronto. Then, as Chief of the Geophysics Branch of NASA, I was in charge of experiments on the moon for the Apollo program and was involved with the science of moon rocks. NASA was a honing-ground for my management skills, and I applied these skills when I returned to the University of Toronto to serve as Chair of the Geology Department (1973–80), and afterwards in my positions as Vice-President, Academic and Provost (1980–83) and President (1983–84).

I am proud to be associated with this institution, and we are very proud of our students. I wish you the best of luck as you undertake a new year of studies and extra-curricular activities. ■

David W. Strangway
President & Vice-Chancellor, UBC

DAY PLANNER

UBC Aquatic Centre

FALL 1994 AND WINTER 1995 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UNIVERSITY SWIMS MONDAY THRU FRIDAY 7:30 AM TO 9:00 AM					RLSS LESSONS CO-ED AQUACIZES 10 - 11 AM	
FIT SWIM & AQUACIZES 9:30 AM to 11:25 AM	SENIOR SHAPE-UP 9:30 AM to 11:15 AM	FIT SWIM & AQUACIZES 9:30 AM to 11:25 AM	SENIOR SHAPE-UP 9:30 AM to 11:15 AM	FIT SWIM & AQUACIZES 9:30 AM to 11:25 AM	FITNESS AREA 11:00 AM to 1:00 PM	FAMILY SWIMS 10:30 AM to 12:45 PM
UNIVERSITY SWIMS MONDAY THRU FRIDAY 11:30 AM TO 2:25 PM					PUBLIC SWIMS 1:00 PM to 5:00 PM	PUBLIC SWIMS 1:00 PM to 5:00 PM
FITNESS AREA ONLY 2:30 PM - 4:30 PM		FITNESS AREA ONLY 2:30 PM - 4:30 PM		FITNESS AREA ONLY 2:30 PM - 4:30 PM		
UNIVERSITY SWIMS MONDAY THRU FRIDAY 4:30 PM TO 5:30 PM						
FITNESS AREA ONLY 5:30 PM - 7:30 PM	FITNESS AREA ONLY 5:30 PM - 8:00 PM	FITNESS AREA ONLY 5:30 PM - 7:30 PM	FITNESS AREA ONLY 5:30 PM - 8:00 PM	FITNESS AREA ONLY 5:30 PM - 7:30 PM		
PUBLIC SWIMS 7:30 PM to 10:00 PM	LOW IMPACT AEROBICS 5:00 PM - 6:00 PM CO-ED AQUACIZE 7:00 PM - 8:00 PM	FAMILY SWIMS 7:30 PM to 8:30 PM	LOW IMPACT AEROBICS 5:00 PM - 6:00 PM CO-ED AQUACIZE 7:00 PM - 8:00 PM	PUBLIC SWIMS 7:30 PM to 10:00 PM	PUBLIC SWIMS 6:30 PM to 11:00 PM	PUBLIC SWIMS 6:30 PM to 10:00 PM
	ADULT SWIMS 8:00 PM to 11:30 PM	PUBLIC SWIMS 8:30 PM to 10:00 PM	ADULT SWIMS 8:00 PM to 11:30 PM			

LESSON AND ADMINISTRATION INFORMATION 822-4522
24 HOUR SCHEDULE INFORMATION 822-4521

Win Friends & Influence Landlords

A Guide to Off-campus Housing

SO, RESIDENCE ISN'T good enough for ya? Or are you just looking for little more space? Then move out, and join the exciting world of renting!

Pros:

- Mostly cheaper rent and larger rooms.
- Usually get to choose your roommates.
- Houses have yards, neighbourhoods, and can be close to entertainment.
- There's less paperwork if you want to have a party.

Cons:

- Transportation hither and thither is now a factor.
- Additional responsibilities of Hydro, cable, housework, yard work, and leases.
- Possibility of being evicted at owner's discretion.

HOW TO FIND A PLACE

- Call the AMS RentsLine™ at 822 9844.
- Check housing bulletin boards, such as the one in the North SUB stairwell, or check the notices at the Bus Loop.
- Look in big newspapers, like the *Sun* or the *Province*, or smaller rags like the *Courier* or the *Georgia Straight*.

TYPES OF STUDENT HOUSING

1. *Shared Apartment/Suite*: Usually you sign a lease agreement, and find one or two friends to share the rent on a monthly basis. Problems can arise with finding an apartment for the right number of people that pleases all of them, and finding a replacement roommate when one leaves. Sometimes this type is in the basement of owner' s house, so the landlord is just upstairs, recording your conversations.
2. *Shared House*: This is like a shared apartment, but features the additional problems posed by having up to eight roommates rather than one or two. There are more of them to miss rent payments, it's

DAY PLANNER

a bit of a pain dividing the Hydro eight ways, and they will all have relatives who don't know how to use cutlery over as house guests for six weeks at a stretch.

3 *Room*: These are usually to be found in a house with some family, so there might be some stringent rules to follow. On the other hand, rent can be dirt cheap, and discounts can occasionally be arranged in exchange for babysitting, housework, or other duties.

HOW TO CHOOSE A CRAPPY PLACE TO LIVE

Select a place that has one or more of the following:

- Dysfunctional oven, fridge, toilet, or sinks (peek into the fridge, turn on the stove and feel for heat with your hands above the elements. Flush).
- Suspicious odour which could be gas, or is maybe just a dead rat behind the drywall.
- Dead rats.
- Live rats (look in cupboards for pellets).
- Leaky roof, leaky faucet, leeky garden (try the faucets in the bathroom and kitchen. Go at the leeks with a backhoe).
- Bad insulation (easy to find in old houses. Ask about Hydro bills).
- Weird landlords and/or rental agreements (seeing clauses in the lease like «III (*a*) *ii*. Bare feet are at the peril of the renter» should tip you off. You'll have to use your instincts for this one).
- Neighbours from hell (look for auto carcasses or frothing pitbulls in the yard, government signage with the words *halfway house* in the title, or bumper stickers reading «Postal workers do it in the rain»).
- No windows (unless you're Dracula).

ROOMMATES

Roommates can be the best part of a university experience. You learn how to deal with real issues, and can sometimes make lifetime friends. Roommates can come from a rigourous selection process, or just be the result of blind luck. In general, living with other students is advisable, because your schedules will be similar (for instance, everybody will have exams in April).

Pros:

- Sharing the rent, utilities, and chores.
- Pooling of resources, *eg.* «I have a CD player. She has a TV.»
- Meet new people.

Cons:

- Sharing the bathroom, fridge, pots and pans, and dishes.
- Sometimes you just want to kill them all, and stack them up in the yard like so much cordwood.

PROBLEMS: SOURCES AND CLARIFICATIONS

1 *Deposit*

The deposit may not exceed 50% of one month's rent.

There is only one deposit for a rental. There is no such thing as a key deposit, Hydro deposit, or otherwise. It is simply a security deposit.

AMS RENTSLINE

To hear the latest rental listings, call

822-9844

(All calls to this number are free of charge.)

For details on advertising for a roommate, please see the

AMS Box Office

on the SUB Main Concourse
($5.00 charge per ad.
Valid student ID must be presented.)

Looking for a place to live?
Need a roommate?

Try the RentsLine

Off-Campus Housing Registry

- Phone the RentsLine system **24 hours** a day from any touch-tone telephone
- Hear up-to-the-minute rental listings for the Greater Vancouver area
- Advertise for roommates **instantly**—the ad goes on the system as soon as you call

ALMA MATER SOCIETY
UBC STUDENT GOVERNMENT

DAY PLANNER

This is to be paid within 30 days of entering the tenancy agreement. Within 30 days of the termination of the tenancy, the landlord must return the security deposit, plus interest (there is a standard calculation table), but possibly minus damages believed to be beyond normal wear and tear. Disputes can be filed with the Residential Tenancy Branch for a $35 fee, recoverable if the claim is successful.

Only once did I not receive the entire deposit back, and it wasn't even my fault. Honest. The deduction was for a huge burn mark on a wooden counter top, probably from a super-hot pan. It was there when I moved in, but the person who did it had moved out a year earlier. I got stuck with part of the deduction because I was in the house when the landlord chose to move back in. It was a hot potato passed on from tenant to tenant. Go through the place with the landlord looking for damage before you move in, and have it noted.

2 *Rent*

To be paid on a pre-arranged day every month. If no day is specified, the rent is due on the first of the month. Nonpayment is grounds for eviction, and a notice can be served the day after the rent was due, to take effect ten days after the notice is served.

Translated from legalese: «Paying rent right on time is a very good idea.»

The landlord is not permitted to seize any of your property as collateral for unpaid rent. The landlord cannot increase rent with intent to evict, either. He must provide three months notice for any increase, which cannot take place until twelve clear months after the first rent is collected.

LEADER OF THE PACKS

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VANCOUVER ■ CALGARY ■ TORONTO ■ OTTAWA ■

WHEREVER ON EARTH YOU STRIVE TO GO, MOUNTAIN EQUIPMENT CO-OP CAN SUPPLY YOU WITH THE GEAR.

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DROP IN AND SEE US AT 428 W. 8TH AVENUE OR FOR A FREE CATALOGUE CALL TOLL FREE 1-800-663-2667

3 *Access*

The landlord may not enter your dwelling without your permission, except for genuine emergency (or if you get abducted by aliens, and the place looks abandoned).

The purpose of this rule is clear: it prevents your landlady from dropping in unexpectedly while you are dancing on the living room couch wearing nothing but socks and listening to «The Best Of Bread». Not that this has ever happened to me, or anything.

The landlord may not limit access to your guests, but keep in mind that you are responsible for damage done by them.

Incidentally, the landlord cannot deny access to political candidates, either. Go figure. Neither you nor the landlord can have the locks changed without the other's permission.

4 *Firetraps*

Fire Marshall Bill had been trying to make an appointment to inspect our house for at least a year. The usual routine was to hide in the basement when he called (we had a lot of practice avoiding unknown knockers, since we were on one of the main Jehovah's Witness thoroughfares). Anyhow, he eventually did catch us upstairs, and one peek at our furnace room was enough to make him flee like a deer from a rifle range. The word «fireload» was uttered as he flew down the front steps in terror.

This particular safety hazard was our landlady's responsibility.

On the other hand, I distinctly recall one of my roommates, who is employed

The AMS RentsLine

Need a place to live, or a roommate for the place you've got now? Try the AMS RentsLine: UBC's 24-hour off-campus housing registry that can be accessed from any touch-tone phone.

If you're looking for a place to live, just call 822 9844. The RentsLine is accessible any time, and allows you to listen to the latest rental listings in the Greater Vancouver area. All listings are categorized according to the type of housing, geographical area, and whether the place is furnished or unfurnished. In addition, all listings posted within the previous 24 hours appear in the *Today's New Rentals* category, which allows you to hear up-to-the-minute listings as soon as they become available.

If you want to advertise for a roommate, go to the AMS Box Office on the SUB Main Concourse. There, you can buy a student passcode that will allow you to create a RentsLine listing. Passcodes are $5 for students (valid student id must be presented), and are valid only until midnight of the date of purchase. Once you have your passcode, just call 822 9847. This line is also open 24 hours a day, and it'll take you through all the steps of recording your ad. Ads will stay on the system for 14 days, after which they are automatically deleted.

If you're a non-student wishing to advertise on the RentsLine, you do not need a passcode. Just call 1 900 451 5585 anytime. Ads for landlords and other non-students are $20 for two weeks, and will be charged directly to your telephone bill. The ad goes on as soon as you hang up, and some rentals have been filled using the RentsLine in as little as 15 minutes!

If you want to change your ad or delete it early, or if you have any other questions or concerns, please call 822 0888. Leave a message, and a RentsLine™ representative will be happy to call you back and help you out. ■ —*Roger Watts*

DAY PLANNER

as a pyrotechnician for the Canucks, proudly showing off a firecracker the size of a raccoon one day. Our theory was that if a fire ever started in his workshop, we'd have to call the Chilliwack fire department, as that's where the house would finally land.

This particular safety hazard was our responsibility.

Do you see the distinction?

RESOLVING PROBLEMS

If you have a problem you can't work out with your landlord, don't come crying to me. Call the Residential Tenancy Branch at 660 3456, or drop by their office on the 4th floor at 5021 Kingsway (in Burnaby). ■

Graeme Kennedy *did not make up any of the incidents mentioned in this article. He suffers from a rare congenital condition that causes the laws of physics and probability to be suspended in his immediate vicinity.*

$12,000 EVERY MINUTE.

That's what ICBC pays out in insurance claims.

Use your Road Sense.
Protect yourself & your vehicle.
Road Sense is about saving lives & money.

Road Sense ICBC

Tightfistedness 101

Getting money & keepin' it for as long as possible

Illustration of tuition fees charged
a) 30 credit program at $73.25 per credit:

Tuition (30 x $73.25)	*$*	*2 197.50*
Student Fees	*$*	*168.30*
Plus applicable student society fee	*$*	
	$	*(total)*

—UBC Calendar, 1994/95

It's now September, and that dreamy vision that your summer job would pay for your entire school year is fading fast. The National Bank of Mom & Dad has closed its door and tuition is due next week.

Uh oh.

This next year will empty those pockets pretty fast, but hopefully it won't be too painful. All you need to know is where to find money, where it goes, and how to make it last.

FINDING MONEY

1 *Student Loans*

The Federal and Provincial governments have programs for funding assistance, but to be eligible you have to be either a Canadian citizen or a landed immigrant. The provincial student loans (BCSAP, OSP, *etc.*) are available from your home province. Money comes first from the federal funds and is supplemented by the provincial funds.

One thing to keep in mind is that these are loans and will have to be paid back someday. Current legislation states that Canada Student Loans are interest-free for the duration of your schooling, and payments may be deferred until six months after you cease your full-time studies. BC Student Loans currently have no interest relief. For clarification on your particular loan status, call your friendly neighbourhood banker.

2 *Bursaries*

Bursaries are a cross between loans and scholarships, and are awarded on the basis of financial need. Priority is given to appli-

DAY PLANNER

cants for government assistance, but anyone can apply to the Office of Awards and Financial Aid. Bursaries are often limited to those meeting specific criteria. Applications will only be accepted until 1 October, so get them in early.

3 *Undergraduate Scholarships*

Scholarships are awarded on the basis of academic achievement, and there are two kinds that are available at UBC.

The first type is controlled by the University, and recipients are selected by a committee of faculty members. There are a number of general entrance and transfer scholarships available, as well as specific faculty and school entrance scholarships. Also, there are awards for continuing full-time students in the top 4% of their class. Continuing students do not need to apply to be considered.

The other kind is called an *affiliation scholarship*. These awards are funded by donors outside of the University, and have certain requirements, such as membership in an organization, union, or industry, as well as scholastic achievement. Applications must be submitted by 15 May to the Office of Awards and Financial Aid.

4 *Work Study*

If you have exhausted all other means of acquiring funding, and are still short of money, the Work Study program is also available. This program is jointly funded by UBC and the BC Ministry of Skills, Training and Labour, and is governed by the BCSAP guidelines. Positions are available to those who are unable to meet financial obligations by loans, scholarships or bursaries. Applicants receive an on-campus job for a maximum of ten hours a week, and can often get a job in their field of interest for a decent wage.

5 *AMS Emergency Student Loans*

The AMS has given out over $100 000 in emergency loans since this program was started in 1990. Designed as a last resort to fill the gap between the tuition fee deadline and when student loans arrive, it will only pay for costs directly associated with study, such as books, tuition, rent and food. You must document your need.

The fund used to receive $10 000 per year from Blue Chip Cookies, and now stands at around $50 000. Loans are given out for as long as the fund has a positive balance. Application forms are available from the Coordinator of External Affairs (Leah Costello) in SUB 252.

FIGURING OUT WHERE IT GOES

Now that you've got all this money (or, ideally, before you've got it all), you should spend a week or two learning about your spending habits. Making the money last is much easier when you have a good idea where, when and how much it's hemorraging from your bank account.

What you should do is keep track of when, where and on what you spent every last penny, for that week or two.

There are any number of ways to keep track of what you're spending, ranging from relying on memory to buying a «personal digital assistant» (which would mean you've missed the whole point here). You want the system to be simple enough that you'll actually stick with it for the full two weeks. Here are some good systems:

1 keep a 3 by 5-inch notepad and a pen in your pocket and write down expenses as they happen.

2 Get a receipt for everything—no matter how small—and put it in an envelope that you keep on you. At the end of the day, go through the receipts and fill in any missing or vague information, such as «grocery...$25.97.»

Once you feel you've collected enough information, sit down and add everything up. It's usually pretty educational to take the totals and multiply them to reflect how much you'd spend in a year if this were a typical week.

Now, just when your friends have started thinking you've gone over the anal-retentive edge, you can stop obsessively recording everything. However, it's a good habit to have, say for when

you buy any item for over ten or twenty dollars. If your spending habits change drastically (for many, this happens at nineteen), you should spend another couple of weeks getting a clear picture.

MAKING IT LAST

So, now you've got money and you know where it typically goes. What are you going to do with it all?

Some may say that it is time to splurge for that new stereo system they've always wanted, that great outfit that's been a bit too expensive, or even the trip to Mexico that's been a dream for so many years.

Wait!

Remember tuition and books? These still have to be paid for, even in January. It may seem like they're months away (actually, they are), but these payments still have to be considered.

For most students, their bank balance on 1 September is the largest they will have for a long time. The trick is to keep it in a positive balance for the full school year. Thus, we'll delve into budgeting.

Budgeting sounds like one of those tasks that are boring, totally unnecessary and take up too much time. However, it just could make the difference between eating normally for those last two months of school, and making stew from McDonalds ketchup packets.

The concept is quite simple: just calculate how much you will need to spend (tuition, room and board, entertainment, *etc.*) and then compare that to how much you have to spend. If a realistic estimate of your expenses exceed your income, you have a bit of a problem. Go back to the section on finding money.

A budget is not a hard and fast rule that you have to live by; it's a guideline to let you know where you should be throughout the year. If you find your spending has changed over the year, you can adjust your budget accordingly.

Preparing Your Budget

1 determine your income from all sources (monthly allowance, student loans, summer/part time job).
2 calculate your planned expenses (tuition, books, rent, food, telephone, clothing, laundry, entertainment, transportation, household

supplies).

3 put some extra money aside for unplanned expenses that may arise from time to time (for that weekend that you just need to get away from it all, *etc*).

Note that some expenses, like tuition, can be taken care of in one big outpouring of cash once in a while, so you don't need to worry about it every month. Others, like entertainment, can be a constant trickle and can change from month to month.

Sticking To Your Budget

- Shop around; make sure you are getting the best deal in town on whatever you buy.
- Pay off the full balance on your credit card as soon as possible to avoid outrageous interest charges.
- Don't take out more money than necessary from your bank for those «just in case» situations. I mean, really, how often do you run into trouble studying at 3 AM?
- Keep most of your money in an account that you can't access through a bank machine or point-of-purchase machine. This little trick will help you curb impulse buying.
- Make sure you are not paying unnecessary service charges at your bank. Some institutions have special packages for university students.
- Carefully distinguish between needs and wants. Remember that your needs should be met first (needs meaning the basics you need to get by, not as in «I really need that CD»).
- If you're using credit, don't allow your payments to exceed 30% of your gross income (or cute income if you've got a really sweet job).
- Keep track of your bank account balance. Writing NSF cheques and using overdraft protection are two expensive ways of banking.
- Never, *never* borrow from one creditor to pay off another. ■

Lynn Van Rhijn *used to have no clue whatsoever how to manage her money. Five weeks of arduous reprogramming by* CIBC *created the fiscal dynamo you read before you, and left no ill effects save a tendency towards sudden amnesia when using instant tellers.*

Which Rat to Ride in the Race?

Commuting to UBC

On a lovely, sunny spring day about two and a half years ago, I slammed my bicycle full speed into the back of a parked car during my commute to UBC. My helmet did me no good whatsoever, as most of the impact was absorbed by my chin. I still have the scar in my lower lip.

As you see, getting to UBC is not always a cut-and-dried exercise. Whether you're coming from White Rock or Blanca Street (or Gage Towers, for that matter), there is always room for a bit of adventure on your way to and from the campus. In my time at the University, I've used most of the means available to get here. Each has its charms.

WALKING

This is one of the few activities for which human beings seem reasonably well adapted, probably in order to follow those herds of wildebeest around the African Savannah. Walking is only really a regular option for those living west of Alma Street, but it has many advantages.

First, it's free, or only as expensive as whatever fuel you had for breakfast. Second, it's good for you, as long as you aren't carrying a load of books heavy enough to induce scoliosis. Third, you'll see some pretty nice scenery no matter which way you go, especially if you feel comfortable wending your way through Pacific Spirit Park. And, you get to say «hi» to all those West Side residents walking their perfectly-groomed dogs along the way.

CYCLING

As I mentioned above, this has its hazards (especially if you're not looking where you're going). However, you can quite reasonably commute by bicycle to UBC from nearly anywhere in the Lower Mainland. I made the one-hour trip from Burnaby for most of my last five years at UBC, and I know people who bike in from Surrey and the North Shore.

Cycling is almost as cheap as walking once you get past the cost of buying a bike and maintaining it, and it gives you really sexy legs

after only a few weeks. Which route to take? From the north side of the city, I recommend West 8th Avenue to University Boulevard. From the south—despite the fact that it's one long, boring uphill climb—SW Marine Drive is about the only way to go.

THE BUS

As a weather-wimp cyclist, I spent most of my winters taking BC Transit to UBC. The University is the second-largest transit destination in the Lower Mainland after downtown, so there is certainly no shortage of bus routes to ponder. On any weekday, you may have the choice of the #4, #9, #10, #14, #25, #41, #42, and #49, as well as any number of limited-run or express buses which can bring you from places as diverse as Metrotown and the hills of West Vancouver. All of them drop you off mere steps from SUB, where you can get a pretty decent coffee before you go to class.

If you live sufficiently far away to be taking the SkyTrain on part of your route, nearly any bus which isn't painted blue (*ie.* the West Van types) will connect you to the rapid transit line. Among the fastest if you live in East Vancouver or beyond are the #25 Brentwood and the #31 Broadway Station (when it runs).

DRIVING

Sometime in 1989, after driving to UBC for almost three years, I discovered that, *a*) it's really expensive, *b*) parking sucks, and *c*) if you just pulled an all-nighter, it's a lot more practical to sleep on the bus than at the wheel of your car. When you do all the calculations, it's

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hard to imagine how much more expensive you could make a commute to UBC, save hiring a limo to drop you off every morning.

Nevertheless, cars are fast and desperately convenient despite the expense. You'll find yourself doing a lot of that walking I mentioned earlier if you park in B-lot, though. The other parkades have limited space and cost major bucks to use. So, no matter what, you'll save a lot of money (and maybe get some preferential parking) if you carpool with others. Call Parking & Security Services at 822 4721 to find out more about the perks for carpoolers. And then if you're nodding off after an all-nighter, one of your passengers can whack you upside the head. ■

A special President's Advisory Task Force assigned to investigate the various sightings of the fictional Derek K. «Dik» Miller has concluded that not only does Mr Miller exist, but has a student number, a degree and a diploma, and plays drums in The Pit on Tuesday nights.

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276-2432

Surrey
8977A 152nd Street
589-1255

North Vancouver
1200 Marine
986-2220

Get A Job!

Employment & Volunteer Services

Looking for a job? Depending on whether you simply need money or are looking for valuable working experience, there are several services that you may find helpful in your job hunt.

AMS JOBLINK STUDENT EMPLOYMENT CENTRE
SUB 100A/100E **822 JOBS (5627)**

JobLink provides students with the tools to seek or even create employment opportunities. The Centre, located at the north end of the SUB main concourse, is staffed by UBC students; it's the only student-run employment centre in Canada.

During the spring and summer, JobLink has job postings displayed on the bulletin boards outside its office. There are listings for recreation, clerical, marketing, retail, labour, education, and research jobs, among others. You'll also find postings of employment news, information about the labour market, and tips on job hunting.

JobLink also runs the Casual Labour Registry, a file of prescreened UBC students who have registered to perform casual or temporary work, typically of less than one week duration. Students benefit from the flexibility in hours, the breadth of work experience, and the quick cash opportunities. The Registry also includes tutors in the areas of ESL, math, languages and science.

Throughout the winter session, JobLink holds a series of job search seminars geared towards preparing students for the summer job hunt. It also offers free one-to-one employment counselling in the areas of preparing resumes and cover letters, assessing personal skills, and polishing job search strategies.

Joblink is where you to go to register for the 24-hour Touchtone Jobsline, an innovative service that lets you hear about on- and off-campus job opportunities (both full- and part-time) from any touchtone phone. To register, bring your AMS card or some other proof that you're currently a UBC student to the Joblink office between 11:30 AM and 1:30 PM, Monday to Friday.

UBC CAREER & PLACEMENT SERVICES
BROCK HALL 307 **822 4011**

Career & Placement Services actively promotes UBC students and graduates to employers in Vancouver and around the world. It handles all types of employment opportunities, including part-time, summer, full-time and career placements. Career & Placement Services handles on-campus Work Study and Library positions—these are normally listed from late August through to November.

AMS VOLUNTEER CONNECTIONS
SUB 100D **822 9268**

Volunteer Connections helps UBC students find volunteer opportunities in the Lower Mainland and on campus. Finding paying jobs can be tough for students during a seemingly interminable recession. However, there is never a shortage of volunteer positions in which you can gain valuable working experience and new skills that may help you find a paying job in the future [I got my first paying design job as a result of volunteering—*Ed*]. Being a volunteer, you can increase self-esteem, explore career alternatives, and meet new people from different fields.

Volunteer Connections is associated with Volunteer Vancouver, and has up-to-date, detailed descriptions and files on thousands of volunteer positions. If you are looking for a specific job related to your studies or your career goals, you can make an appointment with one of Volunteer Connections' own volunteers. ■

In their spare time, Tamara Malloff and Karen Tan are gathering an army of valiant freedom fighters to help repel the predicted 1996 invasion of the Earth by saucer aliens.

Resume tips

1. Keep your resume to two pages or less. Long resumes are a chore to read when an employer has to sift through hundreds of applications.
2. Should you include references on your resume? Preferably not. Bring references to the interview, so that you get to speak for yourself first. Make sure you've asked potential references to speak for you before giving an employer their names.
3. Don't include personal (and irrelevant) information such as your social insurance number, age, birth date, weight, height, etc.
4. Make a couple of different resumes tailored toward the target job market: for example, you may want to design one that stresses your marketing skills, and another that stresses your clerical experience.

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The Delly also carries many **Hot Snack** items including Meat and Vegetable **Samosas** and an appealing selection of Vegetarian Food for veggie lovers.

The staff is very **friendly** and you can expect courteous service.

The Delly is located on the SUB Lower Floor between the Pub and the Bank of Montreal. Hours are Monday to Friday from 7am to 6:30pm.

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SUB Lower Floor

Valid Until March 4/95

Yesterday & Today

The History of UBC and the Alma Mater Society

> *No university in the world I know of owes as much to its students as does the University of British Columbia. That applies not only to buildings...but to participation in the actual operation of the University at a variety of levels. This, I believe, is good for the university and good for you, for it is in exercise of that kind that you gain experience and maturity and become, in a real sense, actively interested in and supporters of the University.*
>
> —UBC President Norman MacKenzie, 1954

The idea that a university would be an asset to BC was first officially supported by the provincial superintendent of education, John Jessop, in 1877. Nothing happened until 1906, when the province incorporated the Royal Institution for the Advancement of Learning, a local board which supervised higher education in BC. Understanding that the need for a university was urgent, the Institution allowed McGill University College to open its doors on the Vancouver General Hospital grounds in 1907 and the drive to establish a «student union,» of which every student was a member, resulted. Thus the Alma Mater Society of McGill was born.

Meanwhile, the Provincial Government forged ahead and passed an amended University Act which incorporated the University of British Columbia in 1908. UBC held its first Convocation in 1912, hired Frank Fairchild Wesbrook as its first President, and, in 1910, created a Provincial Commission to look into where the University would be located. The Commission finally picked a large tract of Crown Land at Point Grey—on the western edge of Vancouver—and the Province negotiated with the Federal Government to secure the site. Architectural plans were drawn up, and the Science Building (now the Old Chemistry Building) was started in 1914. Then WWI intervened, and construction ground to a halt.

Urgent to launch the University, the Government opened UBC's doors on 30 September 1915 on the site of McGill University

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College, transferred all of the assets of the College, and brought many professors who had taught at McGill to UBC. The student body followed the lead of other Canadian and American universities by adopting a system of complete student self-government, and renamed itself the Alma Mater Society of UBC.

With the exploding student population, the VGH campus failed to meet the academic demands. In 1922 the AMS spearheaded the moving of the campus to its current Point Grey location. Students banded together and took up the idea that «the government be petitioned to take the necessary action which will result in the University being moved...» By October of that year, 56 000 signatures had been collected.

Crowning these efforts was Varsity Week, which began on 22 October 1922, and ended with a pilgrimage to the wilderness of Point Grey on 28 October. The students had acquired two German artillery pieces from Sherwood Lett, the first AMS President, so they took them along on the trek to reinforce their intention that the Government of the day would «see the Point» of a new university out at Point Grey.

The climax of that journey was the building of the Cairn commemorating the journey. As the campaign leaders stated:

> *The cairn has been erected, not as a monument either to the Campaign Committee or the student body, but to mark now and for all time one of the biggest events in the history of our University: the building of a real and permanent home at Point Grey.*

A few days later, the petition was presented to the government. On 9 November 1922, Premier John Oliver announced that the government would spend $1 500 000 on the construction of the University, to begin immediately. By the autumn of 1925, the Science Building, Main Library, and a block of semi-permanent structures were ready for the first session of UBC on the new site. When UBC held its first session on the Point Grey campus, students had to sit on the floors because the seats hadn't arrived yet. But they had succeeded in moving UBC to its permanent home.

That pilgrimage in 1922, now known as the Great Trek, has secured a place at the centre of the various traditions of UBC.

The next 65 years saw the students contribute significantly to the

growth and development of the campus. In 1923–24, when the University decided academic buildings would have priority over much-needed athletic facilities, AMS Council started to raise funds to construct a gymnasium and a series of playing fields. Results came quickly, and in 1929 the Gymnasium beside Main Library was completed. Student contributions built the Varsity Stadium in 1937, while at the beginning of 1940, Brock Hall—the first student union building at UBC—was officially opened. The construction of War Memorial Gymnasium (completed in 1951) was initiated by veterans who were returning to their studies, delayed by WWII.

In 1956–57 the Great Trek spirit was revived as students staged another campaign to enhance the University. Over the Christmas holidays, the AMS collected 86 000 signatures on a petition which demanded a remedy for UBC's chronic need of new facilities. The result was the construction of the Law Building, the Main Library Extension, the Buchanan Building and some much-needed student housing. The AMS voted for a special fee levy to provide a student contribution to these projects.

Growth through student initiatives continued throughout the next two decades. The Thunderbird Winter Sports Centre was constructed in 1963, and was expanded in 1968. At the same time, UBC students campaigned and gathered over 260 000 names petitioning the Government to create additional universities for BC in the «Back Mac [UBC President John Barfoot MacDonald] Campaign.» As a result, Victoria College of UBC became the University of Victoria, and Simon Fraser University was built at the summit of Burnaby Mountain in 1965.

Meanwhile, construction at UBC continued. After ten years of planning, the much-anticipated grand opening of the Student Union Building in 1969 finally provided the AMS with a home for all its diverse and flourishing activities. The AMS also played the leading organizational role (and a significant financial one) in the 1978 building of the Aquatic Centre.

The tradition of independence and initiative in its students is, in a very real sense, what this University was built upon. ■

Despite UBC's motto Tuum Est, *it is not actually up to you. It is up to* Bruce Armstrong *and* Iolanda Weisz, *whose secret control over the universe also extends to the centre lane of the Lions Gate.*

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Withering Heights

AMS Council, SAC and You.

So you're wondering how the AMS functions as a decision- and policy-making body, are you? That's interesting. So are we. But we think we've finally got it figured out.

AMS STUDENT COUNCIL

Let's begin with that paragon of student politics, the AMS Student Council. The Council is the central decision-making body of the AMS, and all major stuff and things performed by the Society must be ratified by Council: everything from the approving the annual budget to hiring personnel to the naming of the food outlets in the SUB. The whole enchilada.

Every two weeks during the school year (and usually every three during the summer), the Council meets in SUB 206 and gets down to business (such as it is). The meetings are held every other Wednesday at 6:30 PM, and are open to all students who'd like to come down, listen, speak or make comments. If you're interested, feel free to drop on by—oh, who am I kidding? There's free pop and cookies! Come on down!

While watching the Council at work (and happily nibbling away at a chocolate chip cookie), you may ask yourself, «So who's on this Council, anyway, and how'd they get there?»

The first question is easily answered: the Council is made up of about 45 people, all elected to it by a variety of means. The assembly is chaired by the AMS President, who is elected from and by the student body every January. At the same time as the President, the other four AMS executive officers—all of whom also sit on Council—are also elected: the Vice President, the Director of Finance, the Director of Administration and the Coordinator of External Affairs.

The rest of Council is made up of representatives from each faculty, each of whom is elected sometime in second term from and by the students of the faculty that they represent. The number of representatives from each faculty is determined by the size of its enrolment. Arts and Graduate Studies are the largest faculties on campus, so they have five seats each on the Council. Science is next

with four, Engineering and Education have two each, and the rest have a single representative. These people make up the bulk of the 45-or-so people on the Council. Other people who sit on the Council are two student reps from the UBC Board of Governors, two student reps from the UBC Senate, and the AMS Ombudsperson (who is a non-voting member).

A small aside here: these people don't actually sit on the Council. They sit at the table in chairs like everybody else.

So the idea is that the Council directs the executive officers to put together and run the various programs and services that the AMS runs.

While Council has been known to act as a whole when making decisions and endorsing proposals, most of the detail work gets done by Council committees. Usually, if Council wishes to do something major, it will choose certain Councillors to form an ad-hoc committee to work out the details (this is what we political analysts technically refer to as Passing The Buck). Typical ad-hoc committees will consist of six to ten Councillors and one or two students-at-large, who meet once or twice per week to hammer out a report. The report is then brought to the next Council meeting to be approved, sent back for more changes, or rejected (technically referred to as Chucking The Buck).

In addition to exciting, spur-of-the-moment ad-hoc committees, there are also a number of stodgy, year-round standing committees that won't go away.

The Committees

Got some time to kill, but don't want to be an elected official? Call the Vice President (Janice Boyle) at 822 3092 about student-at-large opportunities on these committees and more!

Committee — *Fun Rating*

Budget ★½
Sets all the AMS's budgets for the upcoming year. Bean Counters R Us.

Code & Bylaws ★
Ya know the saying, «Just when you thought you knew all the answers, they changed the questions?» Well, these are the people that change 'em. They review the legalese by which the AMS operates.

External Affairs ★★★
Concerned with what we like to call «Outer Space:» dealing with folks like the BC Government and organizing activities involving postsecondary education issues and the like.

Facilities Advisory ★★
Conducts facility negotiations with the University. Hasn't had much to do in recent years.

Hiring ★★★
Interviews and selects certain paid AMS positions. You'll be amazed at how many friends you suddenly develop with a spot on this one.

Honouraria Review ★★½
Awards honoraria as set out in the AMS Bylaws. Also known as the We-Really-Appreciated-Your-Time-So-Here's-A-Wad-Of-Dough committee.

Programs ★★★½
Reviews and recommends programming, entertainment and other special events. This is kind of a cool one, too, as you get to plan and put together all of the parties.

Publications Board ½
Primarily deals with the *Ubyssey* so that Council doesn't have to. Tradition, however, dictates that each crop of new Councillors gets a kick at the cat, so you're there to listen to the concerns of editors who are headed for the chopping block anyhow.

Renovations ★★★★
Meets every couple of weeks and talks about all the new cool renovations that are being planned for SUB. One of the happiest committees around.

Selections ★★★
Interviews and selects people for certain non-paid AMS positions, like the Ombudsperson. Another good one for making lots of friends in a hurry.

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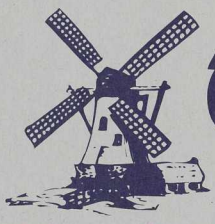
These advisory committees exist so Council can take all the boring stuff it has to deal with on a regular basis and throw it into the laps of a handful of Councillors and students-at-large in one big lump. Fortunately, these committees have membership restrictions, and are therefore harder than most to get sucked into serving on.

That's about all there is to say about Council. If you want to know more, give the AMS President a call: his name is Bob Dobie, his number is 822 3972, and he just loves to chat.

The best way to get involved with all of this stuff is to help out with your undergraduate society. All you have to do is find out where their office is and go there (check the undergraduate society listings starting on page 44). Step inside, introduce yourself and tell them you'd like to get involved with their activities. If there's a particular thing you'd like to do, such as help organize a dance, or work on a fundraising program, say so.

You'll probably be lucky if they let you leave. That's how I got sucked into all of this.



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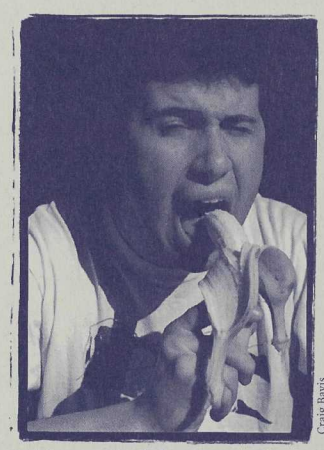
THE NEW, IMPROVED, HAPPY, AND FUN-LOVING STUDENT ADMINISTRATIVE COMMISSION

If you're less interested in politics and more interested in just doing stuff, the maybe the Student Administrative Commission (SAC) is for you. SAC is the principal administrative body of the AMS. That simply means that if AMS Council could be considered the brains (boy, there 's a stretch, ha ha), you could probably characterize SAC as the hands. The role of SAC is to put Council's policies to work, as well as take care of the operation of some of the AMS's more essential services.

Of course, the most important thing SAC does is help you, the student, get stuff done with the AMS. In addition, SAC can help clubs with special events, funding grants and other facilities.

The bottom line is, it's here to serve you.

The AMS Director of Administration, Tim Lo, is the Chair of SAC. It also has ten other students who sit on it (usually called SACees, but often called a variety of other amusing things) which are selected by the D of A and AMS Council's Selections committee. Each SACee is appointed a specific portfolio. These portfolios include:



Craig Bavis

Please, don't let your babies grow up to be SACees.

1 **SAC Secretary** (Grant Rhodes): gets to be the chief Party Whip.
2 **Elections Commissioner** (Samson Hui): runs the AMS Executive elections, and assists in undergraduate society elections when necessary.
3 **Art Gallery Commissioner** (Ruta Fluxgold): oversees the operation of the AMS Art Gallery.
4 **Security Commissioner** (Roger Watts): supervises and manages security teams working in SUB.
5 **Building & Bookings Commissioner** (Quinnie Pak): handles all student and commercial space bookings in SUB.
6 **Clubs Commissioner** (Craig Bavis): oversees all AMS clubs.

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7 **Fundraising Commissioner** (Henry Kong): helps clubs organize and promote fundraising events.
8 **Coat Check Commissioner** (Alison Coles): coordinates club staffing of the coat check in the Pit.
9 **Special Projects Commissioner** (Joe Cheng): Special stuff that comes up from year to year.
10 **Student Court Clerk** (Bernice Tsang)

If you want more information about sac, please call either Tim Lo (the D of A) at 822 3961, or Grant Rhodes (the SAC Secretary) at 822 5466. ■

Roger Watts, *the 93/94 Director of Administation and a 94/95 SACee, has by way of many thrilling and chilling misadventures earned himself the unfortunate but enduring nickname «Chump.»*

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AMS Student Council 1994/95

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To contact your councillor, please call **822 2901** or **822 3971**

Pride & Prejudice

The AMS Executive and You

AH, TO BE part of a group of people loved by six percent, hated by four percent, and generally ignored by the other ninety percent of the student body: this is what it's like to be an executive officer of the Alma Mater Society.

Let's meet them, shall we?

The first stop on our tour is the Vice President's office. **Janice Boyle** is an expatriate Edmontonian, but most people try to see past that. She handles all the details, which, given the current President's attention span, is a damned good thing. She keeps records, minutes, *etc.* and chairs the Code & Bylaws and Budget committees. She's also supposed to keep the undergrad constituencies in line. This usually amounts to telling them to stop being such a bunch of whiners, which clears up most problems quite handily.

Now let's meet the Coordinator of External Affairs: **Leah Costello**. Leah's whole job is to deal with Outer Space: other student organizations, the government, the whole Shoemaker-Levy comet thing, you name it. Leah has recently been fitted with a true-multitasking operating system so that she can get other things done during pointless, interminable meetings. (The system was tested in the Pit during Game Seven of the Stanley Cup final; she managed to label 95 colour-coded folders and watch the game. The only reported glitch was a general confusion as to why everyone was so upset at the end of the third period; after all, there's still the fourth…).

Let's move on to the Dog's office. **Tim Lo** has been a career SACee, and is now the Director of Administration. He chairs SAC and the Renovations committee, and reigns supreme within the walls of the SUB. He, along with SAC, wields near-total authority over all AMS clubs, bookings, *et al.* Oops. From a quick peek through his new window, we can see that Tim, unfortunately, is in. Tim makes a very good «bad cop,» and is still somewhat cheesed that I stole his office chair, so let's just leap past his open door to meet the commander-in-chief.

Bill Dobie, the President, is to Miller's magic number* what Roger Bannister is to the four-minute mile.He appears to be on the phone with yet another reporter, a half dozen people are sitting in

his office with little numbered stubs, and his pager is impressively vibrating its way around his desk. Bill's official duties are to chair Council meetings and prepare its agenda and sit as a non-voting member of every committee under the sun. This year (his second term as prez), he's been kept even busier with restructuring the AMS through the Committee for Organizational Review and Planning.

Now, we'll meet the last and quietest of the executive, the Director of Finance. **Randy Romero** keeps the books. He sits on Budget committee, so he's had a lot of practice looking so pained at the suggestion of spending money that you consider just shrugging and saying «ah, never mind…we didn't need it anyway.»

Despite four years in the Faculty of Science, Randy believes everything is composed of varying degrees of four qualities: «high/low budgetness,» «high/low maintenance,» «versatility,» and «modernness.»

Well, there's the exec for ya. They aren't inherently evil—at least as far as the lab tests show—so why not come on up to the northwest corner of SUB and meet 'em sometime? ■

* Miller's magic number (7±2) is the number of «things» that you can simultaneously hold in your short-term memory (like a single phone number of seven digits, between five and nine names, *etc*).

Alastair Bird

left to right: Randy Romero (Director of Finance), Tim Lo (Director of Administration), Bill Dobie (President), Janice Boyle (Vice President), Leah Costello (Coordinator of External Affairs).

DAY PLANNER

Heart of Darkness

UBC's Board of Governors and You

THE BOARD OF GOVERNORS DETERMINES the «management, administration, and control of the property, revenue, business and affairs» of UBC. It's the body that sets tuition fees, allocates spending, authorizes building construction, signs contracts, and hires faculty and senior officials (including the President). Essentially, it sets the policies for the University administration.

The Board meets once every two months: this year's dates are 6 October, 1 December, 19 January, 16 March, 18 May, and 20 July. To attend a meeting or to write to the Board, contact the Board Secretary, Nina Robinson, at 822 2127.

The current members of the Board are:

The Chancellor: Robert H. Lee
The President: David W. Strangway
Faculty Representatives: William R. Cullen and Dennis J. Pavlich
Government Appointees: Thomas R. Berger, Barbara Crompton, Shirley Y. Chan, Tong Louie, Michael A. Partridge and Roslyn Kunin
Student Representatives: Orvin C. W. Lau and Michael K. Y. Hughes
Staff Representative: Lois Moen

If you're interested in being on the Board, you'll need to pick up a nomination form from your undergraduate society office or the Registrar's Office in November. Return it, completed, to the Registrar's office before the last day of classes in first term. The election of student reps to BOG is held at the same time as the AMS executive elections in late January. The term lasts one year, starting on 1 April.

We are on BOG to represent the concerns and interests of students, and to ensure that they don't get forgotten in its many decisions and discussions. If you have any concerns or questions, come and see us! We need as much input and information as we can get. You can reach us in SUB 262, or phone us at 822 6101. ■

By changing tuition and financial aid policies, Michael Hughes wants to make UBC more responsive to students' needs. He thinks that the decision-making process must be more open, and wants the Board to seek out genuine input from the community.

Orvin C. W. Lau's interests are to make the Board more open and responsive to the UBC community; to ensure that teaching is a priority at UBC; and to keep the University's physical infrastructure from deteriorating further.

Koerner's Pub
Graduate Student Centre
822-8954
6371 Crescent Rd (Gate 4)
Open Every Week Day
Mon-Thurs
11:30 - Midnight
Fridays
11:30-1:00am

Drink Specials
Monday through Thursday
PUB GRUB
DAILY BEVERAGE SPECIALS
POOL DARTS
BIG SCREEN TV
FUNCTION SPACE AVAILABLE

DAY PLANNER

Crime And Punishment

UBC's Senate and You

You stare dumbfounded at the last essay question of your exam, a question worth 75% of your final mark—75% that you cannot afford to lose:

«7. What is UBC's Senate and its function?»

This must be another symptom of the increasing lack of relevance on UBC examinations, you think to yourself. Some facts begin to surface in your suddenly murky mind:

Composition: the Chancellor, the President, the Vice President Academic and Provost, the Deans, the University's Head Librarian, the Registrar, 34 elected faculty, 11 elected alumni, 3 appointed members and 17 student representatives (12 faculty student senators and 5 student senators-at-large).

Function: Academic governance of the University.

Meetings: Once a month from September to May, on Wednesday evenings in Room 102 of the Law building.

Hmm..., you think to yourself. Looking at what you scribbled, you wonder whether perhaps this group of people with so many bigwigs in it might have some relevance after all. You start to ponder the term «Academic Governance.» It's pretty broad. Depending on how you interpreted it, anything at all might come under the purview of the Senate, since anything might affect the academic function of the University. You begin writing down some of the things the Senate actually does:

Grants and awards degrees · Rules on academic discipline and appeals · Determines library rules and regulations · Publishes that monstrosity known as the *UBC Calendar* · Assists the President in the preparation of the Budget · Maintains the quality of teaching and the teaching environment· Makes recommendations to the Board of Governors.

Your list isn't complete, but you stop anyway, rubbing your brow. It seems like the Senate isn't just the final authority on academic discipline and student appeals, but could also rule on tuition fee strategies, building needs, class sizes and maybe even the tenure process. You're quite impressed. But then a thought strikes:

With this much power vested in one body, how can the average student know what's going on?

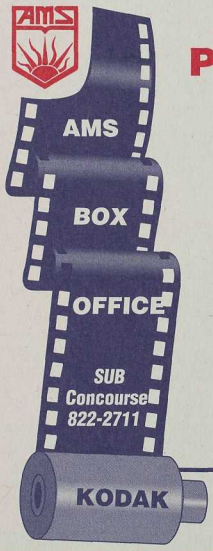
Oh, right, you remember with relief, *the student representatives*. The student reps are actively involved in keeping UBC a place where students' concerns are heard. You note some of the things they've done over the past few years:

Set up a committee to examine the quality of teaching at UBC · Set up a committee that's looking into the environment for teaching · Followed closely the policies regarding supplemental examinations · Proposed that the examination schedule be made available during course selection · Made sure that rules and regulations

which unfairly penalize students—the unwritten rules students don't know about—were removed.
I guess the Senate isn't as irrelevant as I thought it was. You also recall that the Senate representatives can be found in SUB 262 or contacted by phone at 822 6101, and that they want to hear the concerns of their fellow students. ■

Emile Woo, *a valiant freedom fighter in the attempted invasion of the Earth by saucer aliens in 1992, sits on Senate.*

AGRICULTURAL SCIENCES
Azim A. Raghavji
APPLIED SCIENCE
Keith R. MacLaren
ARTS
Andrew G. Heys
COMMERCE
Stephen C. S. Tam
DENTISTRY
Hugh H. F. Leung
EDUCATION
Paul G. Chan
FORESTRY
Brian B. Telford
GRADUATE STUDIES
E. Brian Goehring
LAW
Chris Lim
MEDICINE
Emile C.-H. Woo
PHARMACEUTICAL SCIENCES
Shelina Y. Dawood
SCIENCE
Kevin A. Douglas
AT-LARGE
Jim Boritz, Lica Chui, Byron B. M. Horner, Jan A. King, Dave B. Preikshot



Your Complete Photofinishing Centre

colour developing & printing reprints
enlargements, copy prints
black & white services
slide processing, prints from slides
copy enlargements
video transfer services
portrait packages
laser copies, photo puzzles
photo C.D. transfers

15% Discount with valid UBC student card

KODAK COLOURWATCH SYSTEM MEMBER

DAY PLANNER

UBC Food Services

Call "UBC-FOOD" (822-3663)

ARTS 200

Arts 200 is a snack bar located in the Buchanan A Block. A great rendezvous place for coffee, muffins, soup and sandwiches **822-2002**

Roots

Tucked away in the MacMillan Building Lounge, Roots is open weekdays for snacks and beverages.

822-6118

ANNA'S AT I·R·C

A busy spot in the medical block of the Instructional Resources Centre. Quick take-out service for sandwiches, soups & beverages.

822-4291

Edibles

Edibles remains closed while the Scarfe Building is under construction. For your convenience, the Edibles Trailer is located on Main Mall in front of the Scarfe Building.

UBC Catering

UBC Catering is a full-service, quality catering operation. We offer refreshment breaks, drop deliveries, buffets, bar service, barbeques, complete wedding arrangements, receptions and much more. **822-2018**

THE BARN

Located on the south campus, the Barn has been popular for quick breaks and delicious lunches for over 25 years.

822-3651

Yum Yum's

Yum Yums in the Old Auditorium offers delicious Chinese food cooked in huge woks right on the premises.
New menu items are constantly being introduced by our talented cooks. Sharpen up your chopstick skills and check it out! **822-2569**

Trekkers & EXPRESS

Trekkers is UBC's only full-service restaurant. Conveniently located on Main Mall next to the David Lam Research Centre, it is a popular place to meet with friends and view campus life. For fast take out service, come to the Express at Trekkers.

822-3258

UNDERGROUND

Studying at the library and need a break? The Underground, located in the lobby of Sedgewick Library offers a wide a wide variety of baked goods, a custom sandwich bar, soup, beverages and snacks.

822 6867

PONDEROSA

Ponderosa Cafeteria has been renovated and offers a variety of grill items and a custom sandwich bar with soup. Delicious desserts and pastries are also available. Ponderosa rooms may be booked for special events by calling UBC Catering at 822-2018. **822-2372**

PACIFIC SPIRIT at the SUB

ESPRESSO ON THE GO

Newly decorated and with a new name, this is UBC's largest gathering and eating place. Located in the Student Union Building, this cafeteria offers a wide variety of menu choices for breakfast, lunch and dinner. Espresso On the Go is located at the entrance of Pacific Spirit Cafeteria and proudly serves the complete line of Starbucks coffee as well as delicious desserts and pastries.

822-3461

The Bonus Card... Make A Meal of It!

Available to students, faculty and staff, the **Bonus Card** is a convenient way to pay for meals and snacks without carrying cash. It's a **debit** card you can use at most UBC Food Services' locations. Students do not pay GST with a minimum purchase of $250. Plus, cardholders enjoy a special **bonus amount** calculated to reflect your purchase, and added to your account balance. **(The more you purchase, the greater your bonus!)**

Pick up a copy of our brochure at the Meal Accounts Office, 2071 West Mall or call 822-5839, and find out how to get your **Bonus Card, and make a meal of it!**

UBC FOOD SERVICES

UBC Food Services

The Art of War

AMS Constituencies and you

ACTING UNDER—and sometimes at cross-purposes to—AMS council are a number of faculty organizations. If you were to consider the AMS to be UBC's federal student government, the constituencies would be like provinces.

If you're a student at UBC, there is a constituency to which you automatically belong; the Board of Governors collects your membership fee along with your tuition. So, someone somewhere has from five to forty dollars of your money, and will no doubt spend it.

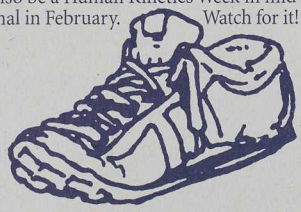
The upside is that there is absolutely nothing preventing you from going and getting your money's worth out of your constituency. In fact, given the general lack of manpower at most of them, its executive would probably be thrilled find another interested warm body.

H K U S

Each and every student in the School of Human Kinetics is a member of the HKUS (formerly PEUS). Each year, the elected council and energetic representatives team up to to provide services, functions and opportunities to all Human Kinetics students.

We organize exciting dances, afternoon bzzr gardens and social events. We also sponsor a peer-counselling program and an annual scholarship. This year will see the introduction of special events designed specifically for new students.

There will also be a Human Kinetics Week in mid-October, and perhaps a formal in February. Watch for it!



OSBORNE 208/209

822-6175

HUMAN KINETICS UNDERGRADUATE SOCIETY

The Arts Undergraduate Society

With a membership of about 8 000 students, the Arts Undergraduate Society (AUS) is definitely the biggest and one of the most happenin' student associations at UBC. Besides providing student services such as locker sales in Buchanan A107 the first week of school, publishing the "Underground," and being a leading force in Intramural Sports, we throw the most raging bzzr gardens on campus. Held the last Friday of every month (week?), the Buchanan Arts Bzzr Gardens consist of plenty of bzzr, psider, and pizza. Also, we usually feature a popular, funky Vancouver band as our musical attraction. Arts Bzzr Gardens are a great way to meet/make friends and to "warm up" for Friday Night! The event which we are best known for is the annual ARTS COUNTY FAIR—the #1 social event of the year—held the last day of classes at Thunderbird Stadium. If you haven't attended this spectacle which combines 500 kegs of bzzr, 5000 litres of psider, 5 bands and 12000 people, you have really missed out in a big way.

If you are interested in joining our fun group and in getting valuable experience in organizing events and student government, the AUS Council elections will be held in September. Get involved. You will meet tons of people and have a great time. Come by our office in Buchanan A107 or call us at 822-4403. Good luck in school.

UBC ARTS

DAY PLANNER

Presenting ...

The Graduate Student Society

We are the Society representing graduate students at UBC. The GSS is democratically run by an elected Executive and Council. All graduate students are encouraged to participate in the many committees which give direction to the Society. In addition to providing advocacy, the GSS operates the Thea Koerner House Graduate Student Centre as a hub for the recreational and social activities of graduate students. The centre houses a Pub (Koerner's), a fully licensed lounge, (Thea's), a ballroom, a quiet study/reading area, as well as the offices of the GSS.

Thea's

Smoke 'n study lounge.
Second floor. Open daily.

Koerner's Pub

Koerner's Pub and Patio.
Everyone welcome.

The GSS provides recreational programmes such as live music and dances, pool, dart, broomball and softball tournaments. In addition, the Society organizes professional development seminars, self-defence courses, poetry readings, and sponsors the occasional guest speaker on topical issues.

The New GSS Extended Health Care Plan (London Life)
Sign-up period throughout September in the GSS offices. Call 822-3203 for information.

ORIENTATION '94

- Live Music & Dances
- Food & Drink Specials
- Wine & Ale Tasting
- University "Bigwig Soapbox" Extravaganza

Watch *The Graduate* newspaper for details.

THEA KOERNER HOUSE GRADUATE STUDENT CENTRE
6371 Crescent Road • Vancouver • BC • V6T 1Z2
tel (604) 822-3203 • fax (604) 822-6858
E-MAIL: gss1@unixg.ubc.ca

The Commerce Undergraduate Society

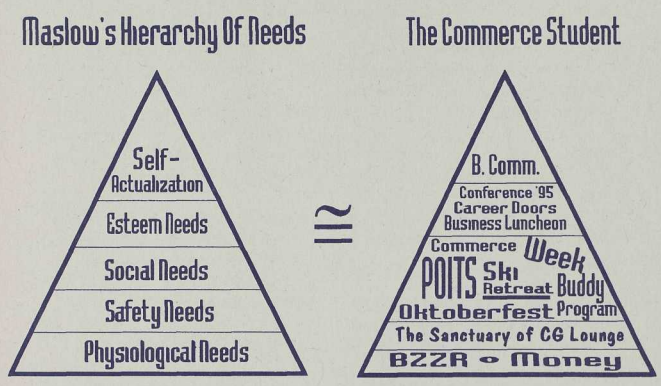


Figure 4.45

About the Commerce Program...

With top notch facilities and services such as the David Lam Library, the Commerce Career Centre, the Commerce Undergraduate Office, and the Study Abroad & Exchange Program, and an experienced group of dedicated instructors, the Commerce Program here at U.B.C. has become one of the most highly regarded in all of North America.

Life in Commerce...

Being part of the Commerce family, you need a sense of humour since the work load is no laughing matter. That's why the CUS makes sure all students laugh hard, play hard while taking care of business. From the folly and high jinks of Gotcha to the sinful debauchery of Final POITS, we do it all!

So drop by our favorite stomping grounds, CG lounge, and get to know your fellow Commies. ☺

DAY PLANNER

THE 432 SPEAKS WITH THE RIGHT HONOURABLE JEAN CHRETIEN, PRIME MINISTER ABOUT SCIENCE WEEK '95

by Kevin Phillips Bong and Gord Van McOlundsky

Jean, thanks for flying all the way to Vancouver for an interview. It must have been expensive to run your private jet on so long a trip.

Well, I don't like unnecessary expense, and if it 'ad been up to me, I would 'ave 'itch'iked out 'ere. But de RCMP made me fly... security reasons and all. I've 'eard dat if anyone from Calgary ever found me standing alone on de 'ighway....

Yes, well, we've heard that too...anyway, the first thing on most Science students' minds these days is some concern about that annual extravaganza known as Science Week. You see, when your government cut federal funding for UBC's KAON project from the budget, it stirred up some fears that the $743 million grant for Science Week '95 was also in jeopardy. Is there any truth to this?

Absolutely not. De Liberal government recognizes de importance of regional cultural events such as Science Week. Dey are de kind of ting dat binds dis country together and makes it so unique and so special - besides, of course, de fact dat if you buy six donuts, you don't 'ave to pay tax on dem. What a bargain...

So the Underwater Trike Race will ride again, and the ever-popular Gyotaku Fish Prints will grace the clothing of UBC once more?

'Ey... does Jacques Parizeau ' ave a bad 'aircut? Darn tootin', as you Ouesterners say. We've even saved de last 150 rock cod in Newfoundland specifically for de Gyotaku program.

And the famous Science Week dance?

What can I say? Bzzr, bands... we'll 'ave dose kids jumpin' around like Preston Manning at a Bloc Quebecois rally.

Rumor has it that some of Canada's leading dignitaries—even yourself—may be in attendance.

Dat's true. Unfortunately, it looks like Lucien Bouchard won't be joining us.

Oh? Why not?

Someting about dat even if 'e did come, 'e'd probably 'ave to split early...

SCIENCE WEEK '95

JANUARY 16–20

The Science Undergraduate Society of UBC
CHEMISTRY B160
Ph: 604 822 4235

SCIENCE UBC

EDUCATION STUDENTS' ASSOCIATION

Scarfe Annex Room 7 · SUB Box 131 · 822 5632

10 BEST THINGS ABOUT TEACHING
1. Tormenting students
2. Using tough questions to make yourself look smart
3. Sending students to principal's office
4. Teacher's pet who does everything you want
5. Get to see the staff room
6. Don't get supervised
7. Student teachers who do your job
8. Only takes one year to get certified
9. Good salary
10. SUMMER VACATION

10 WORST THINGS ABOUT TEACHING
1. Getting tormented by students
2. Bright students who are smarter than you & can answer your toughest questions
3. Can still be called to principal's office
4. Teacher's pet who does everything you want except leave you alone
5. Have to eat lunch with former teachers
6. Don't have help to supervise students
7. Substitute teachers who don't do your job
8. Enormous debt from outrageous tuition
9. Spending half your salary financing your debt
10. DON'T GET PAID DURING SUMMER

In the Education Program, they scare you to death in the 1st term, work you to death in the 2nd term, and bore you to death in the 3rd term. Student teachers tend to be stressed-out individuals, usually found displaying a look of panic and fatigue. To help alleviate these symptoms, the ESA holds frequent BZZR bashes. The ESA also provides lockers, organizes Intramurals teams, sells t-shirts, arranges grad functions, and publishes *Perspectives in Education* and the *Annual Review*. If you'd like to help (and we really do need help!) or have suggestions, then come down to the Staff Room in Scarfe Annex.

ARCHUS (ARCHITECTURE)
Lasserre 402 (822 2030)

AUDIOLOGY/SPEECH SCIENCES
c/o the School of Audiology

DENTISTRY
MacDonald 350 (822 6433)

ENGINEERING UNDERGRADUATE SOCIETY
The Cheeze Factory (822 3818)

FAMILY & NUTRITIONAL SCIENCES UNDERGRADUATE SOCIETY
FNS Building 110A (822 4651)

Here's the nifty coupon.

Buy one Dino get another Dino free

Imagine what you could do with two cartons of Dinoccino. You could ~~share give save sell~~ guzzle them both. Yaaah.

DAY PLANNER

AGRICULTURE UNDERGRADUATE SOCIETY

Agriculture is a lot more than just farming! Our faculty consists of Animal, Food, Plant, and Soil Science, as well as Agricultural Economics. We may be one of the smaller constituencies on campus, but we have a close-knit, enthusiastic enrollment which allows the students to feel they are all working together.

Join us at our annual Welcome Back BBQ in September, bzzr gardens celebrating various joyous events throughout the year, and AGGIE WEEK in January, where we will have displays attempting to show everyone how important Agriculture is to the sustainability of the world.

Pick up a copy of our newsletter, Straws in the Wind, every third Wednesday for student news, and the Agriculture Yearbook.

The AgUS Council meets Thursdays at 12:30; further details and the room location can be found in the AgUS office in Roots, or by calling 822-5085.

Remember, Agriculture is for everyone!

FORESTRY UNDERGRADUATE SOCIETY

Macmillan 62 (822 6740)

LAW STUDENTS ASSOCIATION

Curtis 164 (822 6342)

LIBRARY & ARCHIVAL STUDIES STUDENT ASSOCIATION

Main Library 831 (822 2404)

This coupon entitles you to one free carton of Dinoccino when you buy a second carton. Limit one coupon per package, per customer. Valid on Dinoccino 235mL and 475mL.

To the dealer: Dairyworld will reimburse the face value of coupon plus regular handling fee provided you accept it from your customer on purchase of item specified. Other applications may constitute fraud. Failure to send in, on request, evidence that sufficient stock was purchased in previous 90 days to cover coupons presented, will void coupons. Coupons submitted become our property. Reimbursement will be made only to retail distributor who redeemed coupon.

Offer expires June 30, 1995.

For redemption, mail to Dairyworld Foods, Box 3000, Saint John, N.B. E2L 4L3.

Cashier: Please fill in Selling Price: $

36502703

Pharmacy Undergrad Society

PhUS believes that an education should include more than lectures, labs and homework. That's why we provide a variety of extraordinary extracurricular activities during the year.

First and second year Pharmacy students pair up with third and fourth years for the Big Brother/Big Sister dance in September. The Halloween Dance, Talent Night, and Reach for the Beach are always successful, but nothing compares to the annual Skits Night (something everyone—including the faculty—gets involved in).

Pharmacy Week in March (full of fun and educational events) includes the popular Pharmacolympics.

Pharmacy has an extensive co-rec sports program which has each year of Pharmacy Students competing agains other years and the faculty in basketball, soccer, broomball and many other events for the coveted Norm Zach trophy. There are also lots of PhUS teams in Intramurals.

PhUS Council meets weekly and keeps in touch with the other health sciences through HSSA, CAPSI, the AMS, Senate, LKS, Kappa Psi and the Pharmacy Grad Committee.

Read the Pharmagram newsletter to find out what's going on throughout the year, stop by the PhUS lounge in Cunningham 171 or call 822-4634.

MEDICINE UNDERGRADUATE SOCIETY
c/o the Faculty of Medicine (875 4500)

MUSIC UNDERGRADUATE SOCIETY
c/o the School of Music (822 6877)

NURSING UNDERGRADUATE SOCIETY
Acute Care Unit T-183 (822 7450)

PLANNING STUDENTS ASSOCIATION
Lasserre 433 (822 4409)

REHABILITATION MEDICINE UNDERGRADUATE SOCIETY
Acute Care Unit T-106

SOCIAL WORK STUDENT ASSOCIATION
c/o the School of Social Work

DAY PLANNER

Issues of Concern

ACCESSIBILITY

At UBC, the minimum GPA required for admission is a 2.5, or the equivalent of a C+. Before you kick yourself for almost killing yourself studying for an A on your June exams, rest assured that no one in the last six years has been accepted into UBC with a C+ average, so all of your hard work was justified.

In fact, if you are reading this book right now, you probably had at least a 3.22 or higher. Congratulate yourself for accomplishing the increasingly amazing feat of getting into university (and thank your mother for locking you in the laundry room with your Math book for the past five years).

There were many students who are fully capable of doing well in university who were turned away from entering UBC this year, to say nothing of all of those who were discouraged from even applying. It is the firm belief of the AMS that society is not best served when some of our young people are not afforded the opportunity to get an education. Stay tuned.

TUITION

For anyone who has ever leafed through the UBC Calendar in search of enlightenment, the Fees section is something of an anomaly.

ARE YOU PREPARED?

To compete in today's job market you need more than an education. You **NEED** practical business skills. ***Business Foundations for the '90's*** will give you the hands on experience you require to:

- ⇑ **Increase your employment options**
- ⇑ **Focus your career path**
- ⇑ **Develop your knowledge of business**
- ⇑ **Enhance your entrepreneurial skills**

Harbourside COLLEGE

◆ NICO ◆
PROFESSIONAL SERVICES

We welcome your enquiries. Please call 733-6530.

Whereas most sections of the Calendar are roughly as long as War and Peace (and nearly as exciting), the Fees section is a mere four pages. This is because UBC never wastes time in apprising you of how to pay them and when.

The very first words you'll see in the section are, «The University reserves the right to change fees without notice.» Succinct, *non*? However, even more interesting is the fact that you are next served notice that:

> *Increases in tuition fees will be equal to the annual percentage increase in the Vancouver Consumer Price Index for the preceding year plus 4.5% in 1994/95, 4% in 1995/96 and 3.5% in 1996/97.*

Consider that wages for students aren't increasing to help pay for tuition. In addition, the average cost of living within a 45-minute commute of UBC is the highest of any university in Canada. Students still have to buy books, food, bus passes and the like. It

Koerner's Pub
Graduate Student Centre
822-8954
6371 Crescent Rd (Gate 4)
Open Every Week Day
Mon-Thurs 11:30 - Midnight
Fridays 11:30-1:00am
LUNCH NOON - 2:30
DINNER 4:15 - 8:30
Mondays & Tuesdays FREE POOL
Monday thru Thursday DRINK SPECIALS
Fridays LIVE ENTERTAINMENT
PUB GRUB
DAILY BEVERAGE SPECIALS
POOL DARTS
BIG SCREEN TV
FUNCTION SPACE AVAILABLE

DAY PLANNER

would be interesting to see the University calculate tuition increases according to how much more students could pay, rather than how much they will (not surprisingly, the Fees section doesn't spend a lot of time waxing philosophical on this point).

As well, there has not been an improvement in the services that the University provides to students which corresponds to the fee increases. They would be more palatable if the University could tell us that the increases in tuition were because they were specifically trying to decrease class sizes by hiring more professors, for example. Instead, the extra money simply gets thrown into the big pot of «General Purpose Operating Funds.»

And remember, all of this could be «changed without notice.»

The AMS is currently working on a Tuition Fee Planning Process with the university. Under the proposed formula, the Board of Governors would have to announce at every September meeting what tuition would be for the next year, formally consult with students regarding the proposal, and ratify it at the Board meeting in January. Ideally, the university would set out a long-term plan for tuition increases—say, for the next three or four years—so that students could budget appropriately for their education.

SAFETY

We are very isolated from the rest of the Lower Mainland. The lack of sensible and working lights, as well as accessible night parking, is a serious deterrent for students—particularly non-traditional students—to taking classes or working on campus in the evening. This, combined with the weak Provincial Trespass Act, makes virtually all buildings and land on campus a pretty scary place to be at night. Because the University «aims to provide a safe, healthy and secure environment in which to carry on the University's affairs,» more effort needs to be focussed in this area. ■

Leah Costello *is the 1994/95 AMS Coordinator of External Affairs, and would be totally thrilled if you brought your concerns to SUB 252.*

The Environment

THE EARTH IS A LIVING SPHERE, made up of an infinite number of linked circles, each a part of the whole. Together, the circles and interconnections form a living system: our environment.The environment is different than it would be if you did not exist, as every move you make and every motion of your body affects this living system. Every part of you in turn is affected by it.

In recognizing the interactions that occur in our surrounding environment, the way we view the world changes. We come to realize that *every* action—however large or small—has consequences which change our surroundings, and these in turn change us.

As you read these words, your hands are holding a book or a piece of paper. As your hands move, the paper moves. You feel the paper, you respond to it and to the words on the page. You may like what you are reading, or you may not.

A simple example is provided by the act of wiping one's mouth with a disposable serviette rather than a cloth one, which has far-reaching consequences in the forests, seas, and the air. Forests are cut to provide wood for pulp, which is used to manufacture paper products. This forest loss causes irreversible animal habitat loss and the extinction of species, soil erosion, and spawning-stream degradation. The mills that turn the wood into pulp pollute the air and water with chemicals—many of which have unknown effects and remain in natural systems for unknown periods of time. Fish and other marine life become too toxic to be eaten by humans and other animals in the food chain.

Meanwhile, the wood, pulp and finished paper serviettes are transported by vehicles which use fossil fuels, contributing to the global warming effect. The box that the serviette is transported in also requires wood, and the plastic packaging is a petroleum product (like the fossil fuels).

The vehicles and machinery used in all of these processes require materials extracted from the earth by mining. Mines have a huge ecological impact, both as a result of the mineral extraction, and as a result of the energy required to process the minerals.

This is just a sampling of the environmental effects of producing

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and using a simple disposable serviette.

Driving a car, like using a paper serviette, is not an isolated action. Some of the negative consequences of both actions are similar, including depletion of the ozone layer, global warming and decreased health in both humans and ecosystems. CO_2—spewed from car exhausts—is the main greenhouse gas contributing to global warming.

The potential effects of global warming are so complex that they can neither be easily explained nor predicted—even by experts working with computer modelling systems. However, scientists have indicated the increase in temperatures will likely create hotter conditions in some regions of the earth. The increase in the dryness of these regions will destroy forests, resulting in an increase in vegetation decay, which releases more greenhouse gases into the atmosphere, and perpetuates the greenhouse effect.

Other problem gases include chlorofluorocarbons (CFCs), which are used in the air conditioning systems of many cars. The thinning of the earth's protective ozone layer is caused by the presence of CFCs in the upper atmosphere. A thinner ozone layer allows more ultraviolet radiation to reach the earth's surface, resulting in eye damage and skin cancer, as well as damage to plants and crops. Ironically, while the ozone layer is disappearing, ground-level ozone is being produced by chemical reactions between certain automotive emissions. Ground-level ozone is a major component of urban smog, which also damages vegetation and irritates the respiratory system (as any pedestrian or cyclist from Vancouver will tell you).

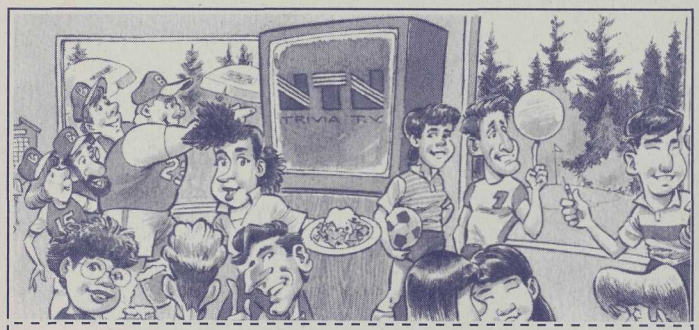
Walking, cycling or taking the bus sets off a chain of positive effects, just as driving a car sets off a chain of negative effects. Cycling produces no exhaust fumes, and the manufacture and maintenance of a bike requires far less of the earth's resources than does a car. If you walk or cycle, you are one of the many humans helping to prevent the destruction of the ozone layer, and the production of smog and greenhouse gases. If you cycle, you will become aware of inadequate bike routes and facilities, and the displeasure of breathing in automotive exhaust. Perhaps you will inform decision makers of these problems, and suggest solutions. One person's decision to leave the car at home *is* a significant contribution the well-being of the earth. The contribution is reinforced, one step at a a time, when one more person decides to decrease his dependence on the car.

We have the power, in the decisions we make, to affect the environment. We can ride a bike or take a bus. We can depend more on reuseable cloth products, and less on disposable paper products. We can communicate with elected decision makers and tell them what we want. These actions are within our power, and can have far-reaching consequences such as cleaner air, cleaner water and a healthy, thriving planet with people recognizing themselves as part of nature.

Chaos theory says a butterfly flapping its wings in North America can cause a tropical storm in Africa. Imagine what *you* can do! Flap your wings on over to the AMS Student Environment Centre if you want to find out about or get involved with issues affecting our environment. ■

AMS Student Environment Centre SUB 218, 822 8676.

Sonya Skumavec *is the 1994/95 Coordinator of the Student Environment Centre.*



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The Shock of the Possible

Development in the Third World

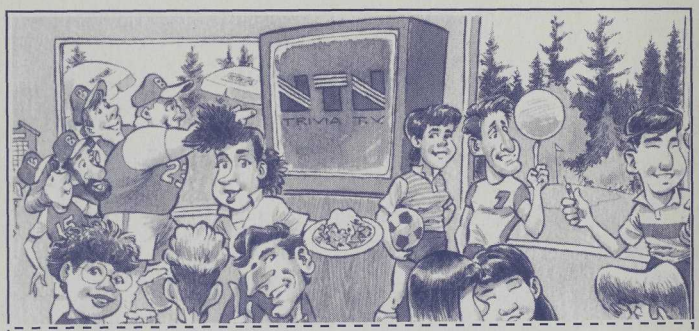
JUST FOR A MOMENT, forget everything negative you've seen or heard about the Third World and think about this shocking fact: It is possible to end the crisis of poverty in the Third World.

We can put an end to serious malnutrition. We can provide universal primary education, primary health care, family planning, and safe water to those millions currently denied them in Africa, Asia, and Latin America.

This is all possible, and within our means.

The United Nations estimates that basic human development goals for the Third World can be met for another $20 billion a year.

It's a lot of money, but put the cost in context: A three percent cut in the annual military spending of the world's industrialized coun-



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tries would liberate $25 billion a year to spend on meeting basic human needs.

This is not charity, but an investment in human potential. The Third World's greatest resource is its people, and by meeting their basic needs, we can free the people of the Third World to share equally in a productive, prosperous future.

We can only do it if we have vision, and a clear understanding of what is possible. Too often, our perceptions of the Third World are dominated by the usual images of starvation and despair, of shattered landscapes and shanty towns, and of helpless, hopeless people. What we seldom hear or even think about are the astonishing achievements already made in the Third World in the face of overwhelming odds.

In literacy, nutrition, and life expectancy the Third World has achieved in thirty years what took the industrialized world a century. Over eighty percent of the world's children have been immunized against the six major infectious diseases. Smallpox has been eliminated. Birth rates have stabilized at a point where basic income and health needs can be met. Every day, men, women, and children in Third World countries are showing that people who are given the chance to participate in their own development have used simple techniques to yield impressive results.

Of course, many problems still remain to be solved. Today, 77% of the world's people earn only 15% of its income. Each year, the Third World gives more to the industrialized nations that it gets from them.

Yet the circle of hope is starting to close on the cycle of despair. According to the UN's 1991 *Human Development Report*:

> *We know... that it is too often a lack of political commitment, not of resources, that is the ultimate cause of human neglect. If we can mobilize the political base for action—nationally and globally—the future of human development is secure.*

The challenges are enormous, but so are the possibilities.

The time to act is now.

? *What do you see:* The overwhelming problem of population growth, and people made poor by having too many children to feed.

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! *Look at it this way:* People have large families because they are poor and need the extra hands to earn enough to survive. It has been shown that when people break out of poverty, the population growth slows.

? *What do you see?* Famine, starvation, and the insurmountable problem of hunger.

! *Look at it this way:* Millions are going hungry in a world of plenty because people are too poor to buy food. Since 1950, global food production had grown faster than the population. The world produces more than enough food to feed everyone.

? *What do you see?* The industrialized countries are pouring hundreds of millions of dollars in aid each year into a bottomless pit.

! *Look at it this way:* The Third World sends back to the industrial nations much more than it receives in aid. In the eighties, the Third World nations sent $241 billion more to their industrialized benefactors (in profit and debt service payments) than they received in aid.

? *What do you see:* The industrialized countries are very deeply in debt, for the most part, and can't support their own citizens, let alone those of foreign countries.

! *Look at it this way:* $2.5 billion is:

1 The expenditure needed for health care for fifty million children in one year.

2 The expenditure on cigarette advertising in one year.

3 The expenditure on the worldwide military in one *day.*

? *What do you see:* Each year, the industrialized nations spend over $830 billion on the military.

! *Look at it this way*: Just three percent of the industrialized world's annual military budget is more than enough to eliminate serious malnutrition and to provide primary education, primary health care, family planning, and safe water for everyone in the Third World. ■

AMS Global Development Centre SUB 237B, 822 9612.

Sarah Slack *and* Tanya Richardson *would like to credit the Canadian Council for International Education for this article.*

The Word is «Out»

THIS ARTICLE IS about invisibility. Invisibility is not something relegated to college chemistry accidents or mad scientists in B-movies. For many people, an estimated ten percent, invisibility is a daily reality to contend with. These people are lesbians, gays and bisexuals. This article is about an everyday struggle for visibility.

closet /'klawzit/ *n.* **1** A word used by heterosexuals to define a place for hanging clothes to gather dust (*my jacket is in the closet*). **2** An unseen, unheard space for warehousing a life (...).

The closet is where we all start. The assumption that everyone is heterosexual puts us there. Lesbians, gays and bisexuals are born into a world that assumes heterosexuality. The images presented to us by television programs, advertising and our schools are heterosexual. Role models for us are scarce, non-existent or negative. This creates the closet. The closet is a place of isolation. It is where we live in the shadow of heterosexuality, unable to communicate our reality with others. We live in fear of ourselves, with the homophobia we have internalized, and in fear of discovery, powerless to speak out when we are insulted by homophobic remarks or attacks. In the closet, we are invalidated.

out /aut/ *adv. & n.* —*adv.* **1** A dull, everyday word used by heterosexuals to denote absence from the home, usually apologized for (*Sorry, they're out. Could I take a message?*). —*n.* **2** A state of being open about one's sexuality (*are you out?*).

Being out affords us self-respect. It allows us to defend ourselves from insults and attacks. It allows us to communicate with each other and educate others. It allows us to be who we are. Being out is holding hands on the street, dancing together, kissing, talking in dark corners of cafes, having dinner, phoning each other at work, laughing with each other and all the «acts» heterosexuals take for granted.

This can often result in harassment.

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Lesbians, gays or bisexuals who are out are frequently accused of «flaunting it.» By this heterosexuals mean talking about our sex lives or who we are seeing and publicly exhibiting our sexuality. However, heterosexuals flaunt their sexuality by wearing engagement and wedding rings, walking around hand in hand, kissing in public and discussing their dates from the night before. This contradiction has yet to be recognized.

Contradictions like this, and overt homophobia, can make being out difficult.

As lesbians, gays and bisexuals we have had to deal with «the backlash» when ever we speak out. It is nothing new. The feeling that you 'd much rather crawl back into your closet is always there. It seems easier on many occasions to not say anything and make awkward social situations easier. Sometimes it is just too early in the morning to deal with it.

Out is never the conceptual place that the closet is, rather it is a process.

coming out /'kuhming aʊt/ *v.* **1** A phrase used by heterosexuals to refer to leaving a place (*will you be coming out of the bathroom?*). **2** A continual process of moving from the closet to being out, acting against invisibility (*coming out allowed me to be proud of who I am*).

Coming out, the act of acknowledging your sexuality, is not something that can be done and is then over. It takes time and it never really ends. When you have come out to your family and your friends, someone new will appear. Each new acquaintance, co-worker, classmate and teacher is a coming out experience. Coming out means dealing with the complexity of your relationships. It can also mean losing them. Families can be the hardest part of this.

Fortunately, it doesn't have to happen all at once. You can come out to people selectively as you feel more comfortable and able to deal with the stress of opening up. As you feel more comfortable with expressing your sexuality, with being visible and being proud it will become easier. ■

Gays, Lesbians & Bisexuals of UBC SUB 125G, 822 4638.

Paul Dayson *originally wrote this piece for the 1991/92* Inside UBC.

The Chilly Climate at UBC

THE CHILLY WHAT?

We hear the term «chilly climate» more and more often, but many people are still confused about what the term actually means.

Let's first define a «healthy climate» for UBC: It is one in which the policy, administrators, faculty, staff, and students of an institution treat everyone equally regardless of sex, race, dis/ability, sexual orientation, religion, economic class, and age. It's a climate that provides everyone with equal opportunities and encouragement to learn, includes a diversity of voices and opinions, and is open to debate.

BUT, THE CHILLY WHAT?

«Chilly» refers to the idea that this learning environment and policies guiding are unwelcoming or even hostile to certain groups. «Climate» recognizes that in instances when the University, its policies, or its personnel are unwelcoming or hostile (that is, they are racist, sexist, etc), they are not isolated incidents, but part of a larger discriminatory environment, or «climate.»

SO «CHILLY CLIMATE» REFERS TO A BIGGER PROBLEM THEN?

The term «chilly climate» implies that discriminatory remarks and policies, and incidents of harassment and assault on this campus are not just a large number of isolated happenings. Rather, they are an integral part of this institutional environment, which has for many years discriminated against certain groups, including women (universities were originally founded and designed for men only).

I HAVEN'T NOTICED THE «CHILLY CLIMATE» (I DON'T THINK)...

You may not be aware of the name it has been given, but if you attend UBC, you have felt the chilly climate.

You may not have been discriminated against personally, but others have been and continue to be. We can all see the chilly climate manifested on campus:

- women are sexually harassed,
- professors leave content by women or people of colour out of their courses,
- faculty and staff make derogatory remarks about lesbians, gays, and bisexuals,
- women develop «silent understandings» between them about which male professors to avoid,
- women and people of colour receive hate mail,

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- students' marks are jeopardized or adversely affected by speaking out against discrimination, or speaking out as feminists.

WHAT CAN I DO ABOUT THE CHILLY CLIMATE?

Get involved with campus and community groups defending women, people of colour, the poor, people with disabilities, and lesbians, gays and bisexuals (check out the list of clubs and services in this book). Speak out against discrimination in the classroom and of your peers. Report incidents of discrimination to the Sexual Harassment Policy Office, your department office, the Provincial Ombudsperson. Demand the inclusion of diversity of opinion and background in your courses. Speak up!

WHERE CAN I FIND OUT MORE?

The AMS Women's Centre is a women-only lounge and resource centre open to all women and their children. The Centre, at the north end of the main concourse, is open whenever the SUB is open, and is staffed by volunteers. We provide free information on and referral to services, support, activities and events sponsored by the Women's Centre, other groups on campus, and the larger community. Also, reports, books, and magazines are available from our library during office hours. We provide the space and resources to organize around issues of concern and interest to women, and to provide advocacy for ourselves and other individuals and groups. All women are always welcome, and there are plenty of ways to get involved! ■

AMS Women's Centre	SUB 130, 822 2163
Women Students' Office	822 2415
Sexual Harassment Policy Office	822 6353

Sara Dorsey *is one of the 1994/95 coordinators of the* AMS *Women's Centre.*

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DATE _____

TIME _____

In Your First Week...

Stuff Ya Really Should Get Around to Doing

IT'S THE FIRST WEEK of classes. What do you need to do?

BUY (OR SELL) YOUR TEXTBOOKS

Many of you probably travelled out to campus during August, visited the UBC Bookstore, and have already bought most of the ones you need. If you didn't, you'll be receiving your introduction to UBC's famous line-ups pretty soon; the Bookstore hasn't yet adopted TicketMaster's wristband idea, so it's a bit of a free-for-all in the first couple of weeks.

So, booklist in hand—keep those elbows high...yup, that's the stuff—wade in and find your texts. But, once you've bought them:

Don't open them!

Don't even look at them!

Here's a useful procedure that can save you hundreds of dollars:

1 Buy all your textbooks at the Bookstore, put them aside, and hold on to that receipt. The Bookstore rarely orders as many texts as there are students registered in a given course, so if the following steps don't work, you're still covered.

2 Look for used copies of the same textbooks. Go to the AMS Used Bookstore, or take a gander at any vertical surface on campus. Lots of upper-class students are trying to unload their textbooks from last year at a discount.

Buy as many used texts as you can. You'll find that the critical information is already underlined, and answers to the problem sets are sometimes written in the margins (you can also find out interesting personal information about the previous owner that could prove useful if you need to raise your tuition fees through blackmail).

Don't worry if the text is one or even two editions out of date. Evil Capitalist Publishers are notorious for renumbering the exercises and tweaking the design so that they can double the price. Sometimes you can get away with an old edition, and borrow some sucker's copy of the current one for the problem sets. Profs generally side with the student—after all, they have to buy the new editions, too—and have been known to give exercise numbers three

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editions back when they give problem sets.

3 Take the new books back to the Bookstore before the posted deadline for a full refund. Remember those elbows, or—better yet—bring a cattle prod.

It's just that simple.

You can also sell off your collection of $50 paperbacks on consignment at the AMS Used Bookstore. There's no fuss, no muss, you set the price and the AMS takes a 20% cut. You only get the money when your books sell, though, so don't plan any bill payments around it.

This is a much better option than *Buy Back* at the UBC Bookstore. When they will consider buying your text (there are limits on the number they'll buy back), you will typically be offered a quarter of the price you paid—take it or leave it. The Bookstore will then turn around and sell it as a «recycled book» for 10% less than the original price. They also won't buy old editions that still have some life in them. In other words (and less math), ya gets screwed.

GO GET YOUR LIBRARY CARD

You've probably already got it since you're reading this book, which, barring any major problems, is being distributed at Sedgewick. You're a number now, too; it feels creepy and dehumanizing, doesn't it? Read on only if you don't already have it.

You probably won't even need your library card during the first month or two, at least not to take out books or anything. You don't have to start writing term papers until late November. UBC's library system is great if you need to find up-to-the-minute data on the reproductive rates of *E. coli*, but is next to useless if you're just looking for a good book with which to curl up in the sun. Head down to the Vancouver Public Library at West 10th and Sasamat if you need casual reading material.

You will need the library card to get into the Pit for free (assuming you're either over nineteen or possess really good fake ID). It's also your ticket to free swim time at the Aquatic Centre, nets you free admission to all T-Bird Varsity games, and allows you to vote for various people you don't care about. You will also need to get this before you write your Christmas exams, 'cause it's the ID they ask for to prove that *a*) it's actually you writing that test, not your

genius cousin, or *b*) you actually do exist.

Don't be especially keen to get this card right away. There are about six thousand other people trying to get the same thing, which means you could be standing in the basement of Sedgewick Library for most of first term. The best time to go is in the late afternoon, in the latter part of the week. The keeners spend most of Tuesday standing in line for this piece of plastic, but it only takes a couple of five-minute trips later in the week.

One other note: library cards may soon be the most important thing you'll carry in the nest few years. The University is looking at putting everything on this card. It'll be your key to get into buildings, to use the photocopiers, vending machines, ATMs, long distance telephones, and everything else that can possibly be wired into the system. No word yet on when this is being phased in, how much it will cost, or what it will actually do. The project is no doubt being addressed at a committee chaired by at least one Vice-President, meaning action won't be taken until sometime in the next century.

MAKE SURE ALL YOUR FEES ARE PAID

The University is very serious when it comes to collecting the money you owe them (although it takes nearly two months to receive any sort of refund). You will be de-registered if you forget to pay even a nickel of your tuition, kicked out if you forget to pay for residence, or find your library borrowing privileges suspended for a measly $138 late charge.

Pay off the University as quickly as possible. Think of it as protection money; it's hard to see what you get for your money sometimes, but you'll get someone knocking at your door with concrete overshoes if you don't cough up the cash.

You can pay tuition at any branch of the Bank of Montreal—even the ones in Montreal—with the little stubs in your Registration Guide. So, if the branch in SUB has one of those famed line-ups, you can head down to the one at 10th and Sasamat. Or, if you have a chequebook and no need for a receipt, there are drop-off boxes in Brock Hall.

If you're having a problem with funds, go talk to the department in question. Most of the time, they'll show some compassion and give you an extension if your story is really good.

GO TO CLASS

This seems fairly obvious, but if you're on a waiting list of any kind, it's even more important. By showing up and asking the prof if you can be forced in, you can get into almost any class, even the ones TELEREG says are full. Students drop like flies in the first few days, so there will probably be room. Going to labs in the first week is also critical, because if you don't register, your name will be deleted, and one of those people on the waiting list will take your place.

Try to meet your prof, if you're the type that doesn't mind having your name associated with your face. They don't like being in rooms with a few hundred people they don't know, either.

This is also one of the more cunning ways to pass the year. It's so simple the University will never even suspect that you're getting the upper hand.

START FINDING ABOUT WHAT'S GOING ON

Read your copy of *Inside UBC*; it tells you when, where and how to get involved. Read *The 432* or any other campus paper [oh, it has to be said: "or the *Ubyssey*"—*Ed.*]; they'll provide a great source of reading material during those boring lectures. Come on out to Frosh Week, Clubs Days or any of the other events in the first month. You'll meet interesting people and do exciting things that make the year memorable. ■

Blair McDonald *is the new editor of* The 432 *and hopes to observe the deadline once or twice.*

Learning to Live with the Library

It's here to stay, so deal with it

THE UNDERGRADUATE'S NIGHTMARE, professional academic's resource, and graduate student's second home: This is the UBC Library system, home to three million books, periodicals, microforms, newspapers and recordings. Finding your way between them may be the most difficult and useful thing you learn at UBC.

To this end, the Library offers free tours every September; watch for the signs in Main and Sedgewick to tell you places and times. It hires a huge number of reference librarians, whose job it is to sit around and answer strange questions like «How do I find the *National Geographic* video on artichoke interrogation practices?» And for the last several years, it's been vigorously placing its entire catalogue onto computer.

FINDING A BOOK

UBC uses the rather arcane Library of Congress cataloguing system, running the alphabet from AC for General Magazines to Z for Information Studies Bibliographies. Pay attention, now: every book, magazine, or other item has at least two sets of letters and numbers printed on it— say, PR 9001 T 86 R 3. Each letter-number set takes you one stage closer to the particular book; the first pair is always the most general subject, and it gets more specific from there.

Books are then sorted in alphabetical and numerical order by

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NOON - 5:00 SUN

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to its rightful place.

FINES

Beginning officially last September, *all* overdue items are fined. This is a major change from the Russian Roulette fining of past years: now, if you keep an item past the due date, you will be assessed $1 per day until you bring it back. Weekends count. Reserve books and other items with loan periods shorter than one week will nail you for $5 per day. No matter how quickly the fine mounts, however, there's a ceiling of $30 per item.

Library fines are hard to avoid paying. Among other things, you can't get credit for finished courses or even order transcripts while you have outstanding overdue fines.

One of your hidden University fees pays for your library card. It's good for all campus libraries except the Wilson Recordings Collection, which has a separate annual membership fee. Apply at the Sedgewick Librarian's Office.

COPYING

Photocopying on library machines costs 15¢ a page, or 7½¢ if you buy a copy card. There's a Xerox colour copier in the Fine Arts Library ($1.50 a sheet), and an oversize copier in the Map Library that can output an 18 by 24 inch sheet for $1.

You can get Library copy cards at the Copy Centre in Main, or use the grey dispenser boxes scattered through the system. Each card requires a $1 deposit, but you can get this back anytime by returning the empty card to the Circulation desk.

Note that AMS copy cards will *not* work on Library machines.

BRANCHES

MAIN STACKS The largest and most maze-like campus library, Main has six floors and three storage areas quite overstuffed with books. This is where to find advanced works on most Arts and Science topics, as well as current newspapers (6th floor) and magazines (5th floor). Leave a trail of breadcrumbs.

FINE ARTS LIBRARY This home to all things artistic and architectural lies around the corner from Main Stacks, and is poised just over the Fine Arts Gallery.

MUSIC LIBRARY In the Music Building, this is the other fine arts-

oriented branches. It contains the University's collection of sheet music, almost all of its musicology books, and many of its recordings.

CRANE LIBRARY This branch has braille and large print books, as well as recordings. Most of the materials here are restricted to those who need them.

WILSON RECORDINGS COLLECTION This used to be a separate library housed in the Sedgewick building, but has recently been combined with the general Sedgewick collection. You do, however, need a special paid membership to borrow its wares.

SEDGEWICK UNDERGRADUATE LIBRARY Designed to complement Main, it contains every text in the system for the first two years of Science, and the first four years of Arts. Since all of your classmates know this too, it's often worthwhile scouting out Main for rarer texts.

MACMILLAN LIBRARY Forestry and Agriculture students, who live in the MacMillan building anyway, can spend their days in its

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forestry and agriculture sections.

WOODWARD BIOMEDICAL LIBRARY It contains almost all the biology and biology-related texts, as well as a fair number of Medicine books for Point Grey students and staff. The Biomedical Branch (at the main site of VGH), St. Paul's Hospital, and the Hamber Library (at the Grace Hospital Site) also have wide medical holdings. Ask at Woodward for delivery of books from these branches.

LAW LIBRARY Tucked into the southwest corner of the Curtis Building, it contains virtually all the University's law books and journals. It caters to students who actually want to be lawyers, yet it's a remarkably pleasant place to study. Ask your table-mate what a SNAIL is.

MATH LIBRARY Also quite comfortable, with several plush chairs in a small reading lounge, fine texts such as *Basic Arakelov Theory* and *The History of Pi* accumulate here, in the Math Building.

MAP LIBRARY Conversely, this library—around the corner from Main—is quite a poor choice of study area: with a complete set of Geological Survey of Canada landscapes, charts of glaciation for the past three ice ages, and maps of every other corner of space and time, it has far too many wonderful and exciting distractions for any work to get done.

EDUCATION LIBRARY On the 6th floor of Scarfe, it contains an extensive juvenile non-fiction collection, with some fiction as well (much more juvenile fiction lurks in Main Library's Juvenile Collection). Oh, yeah, it has some books on teaching, too. Go figure.

ASIAN LIBRARY In the Asian Centre, it has all the material written

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in Asian languages.

LAM MANAGEMENT LIBRARY In the David Lam Building, it covers commerce and business administration topics.

INTER-LIBRARY LOANS If the book you want isn't in any of the branches, talk to these people on the 5th floor of Main: they can get you texts from almost anywhere in the world. If you're still out of luck, the book either burned with Alexandria or else hasn't been written yet.

OFT-CONFUSED TERMS

Hold: A reservation on a book that' s signed out. As soon as it comes in, it will be set aside for you at the Circulation Desk in Main, and you'll have one or two days (depending on the book) to claim it.

Library Card Number: This is not quite the same as your student number! It' s the full ten-digit code on the front of your library card, probably beginning with a 93– or a 95–.

Reserve: Books and articles set aside for a particular course, with loan periods ranging from two hours to three days. Sedgewick and Woodward libraries have Reserve items; only students and faculty may sign them out.

Stacks: Bookshelves. When there are enough of them in one place, library folk change the word on you. ■

David W. New is *a saucer alien, and he's planning to invade the Earth sometime this decade. He's currently communicating with his evil masters from the frozen wastes of Edmonton.*

The Info Super-Duper Highway

How to get on it and why

IF YOU HAVE an active UBC student number, you can get an Internet account on UBC's computers. It will allow you access to electronic mail, «Usenet» news, and an information browsing system known as «gopher» for up to twenty minutes a day, completely free.

This system is known as *Netinfo* (in keeping with all the dumb analogies you find in the media, *Netinfo*'s like taking the bus in the right-hand lane…that is, it's a start).

To get an account, find a computer with a modem and terminal software. Call 822 4477 at any speed between 300 and 14 400 bps, and type «register» when you see a «login:» prompt. You'll have to read a few screensful of agreements, then the system will ask you a few questions. Before you know it, you're registered, and now you get to see what all the fuss is about.

What is all the fuss about? Well, through the «Net» you can send e-mail anywhere in the connected world in minutes to hours, at virtually no cost. You can join discussions on any topic imaginable (UBC currently carries over 2 500 different discussion groups, or «newsgroups»), or browse the catalogs of thousands of different libraries around the world. Or—the downfall of many a computer science student—you can carry on discussions where other people's replies type themselves on the screen seconds after you typed the question (NB: you can't do this with *Netinfo*. You'll need a non-*gratis* account on the general UNIX system, or *Unixg*).

The fuss about the Net is that you can interact with people you'd have never «met» otherwise; it removes the limitation of geographical accident on human interaction. Despite what you may have read, it's not about five hundred cable channels and interactive home shopping. If you're intrigued but more than a little confused about about the «Infobahn,» I highly recommend the book *The Virtual Community: Homesteading on the Electronic Frontier*, by Howard Rheingold.

So get to it, have fun, and experiment. You can't do any permanent damage to the Internet, even if you tried. The Internet was originally designed to be impervious to nuclear attack, so if something goes wrong, the odds are good that it's not serious. Just hang up and try again.

For more information, contact University Computing Services at 822 4404, send e-mail to UCS at **help@ucs.ubc.ca**, or you can contact me at **dday@unixg.ubc.ca**

—RM

Guerrilla Tactics for Staying Afloat

Skills ya shoulda learned in high school...

So, you're in university and you're reading an article on academic skills. You've got problems. What follows are some stopgap techniques I've learned over the past few years that, as a last resort, work reasonably well. If you catch yourself having to use some of them, that's okay. But just realize that it will catch up to you sometime.

Academics is a lot like athletics; you have to practice the techniques. They can be learned, courtesy of courses or books (UBC's Student Resources Centre has many of both; call 822 3811), but you need to develop the discipline to keep training.

All lecturing aside, let's get to it.

TAKING NOTES

- Go to class. It's less effort than trying to learn the entire course from the textbook. I know many people who have attended only the first and last classes of a course, and they have almost without exception failed. The odds are against you if you don't go to class.
- Bring a pen and paper. This should go without saying.
- Sit front and centre. It's too easy to daydream, chat, sleep, etc. at the back of the lecture hall. You'll pull back to reality at twenty past to discover that you've got one completely blank page to show for the class, which sucks come exam time.
- If you can't read your own handwriting, it may be time to take a calligraphy course, or just go back to printing.
- The whole point of taking notes is to condense the professor's stream of information into something that will jog it back out of your memory. It's easier if you're constantly thinking and trying to find some structure in what he says, so always put your notes into outline form (this gets easier with practice).
- Don't take notes verbatim. Rephrase them in your own words. Notes are next to useless as a memory aid if the information wasn't processed somehow as it went from ear to paper. Many people have beautiful, calligraphic, multi-coloured notes that reflect the lecture word-for-word. They may as well have photocopied the beautiful, calligraphic, multi-coloured notes the prof is lecturing from.

DAY PLANNER

- Spend a few minutes at the end of the day reviewing that day's notes, and then another hour or two on the weekend reviewing the week's notes. Nothing is more disquieting when you're trying to cram than to have no recollection of ever writing that page of notes.

READING ASSIGNMENTS

- Don't try reading in bed. Some people claim they can without falling asleep, but they're lying. Sit at your desk, don't slouch, blah, blah.
- Move from general to specific. Take a look at the chapter or section summary first (which is—annoyingly—at the end most of the time), scan over the whole assignment to get a feel for its scope and try to have some idea of what you're going to learn before you learn it.
- Read—really read—for a set period of time, then take a break and come back to it. With practice (and discipline), you should be able to lengthen the amount of time you can concentrate. Read aloud if you're having trouble concentrating.
- Always have a pen in your hand, even if you don't intend to write or underline anything. For some weird reason, this actually will make you more attentive.
- Underline sparingly to create signals for when you review the reading. Wait until you've taken in a good-sized chunk before deciding what you should underline. Yes, it lowers the resale value, but the Bookstore wouldn't give you half of what it's worth even if you hadn't cracked the spine (trust me on this one). So, you may as well make the thing more useful.
- Stand in front of the mirror and give a lecture on the material. Look at each point you underlined, put the book down, and start talking. This is amazingly effective, and you'll get better at it and feel less stupid with practice.
- Just like with notes, you should review the reading once within twenty-four hours and once within a week. It takes less time if you've underlined well, as you can hop from point to underlined point, skipping the chaff.

STUDYING

- If you do very regular, quick reviews of your notes, you'll already know most of the information, so your major pre-exam review will consist largely of predicting the questions on the exam and practicing answering that type of question. In the major review, you should also make a checklist of the course material and make sure you've covered it all in one final review.
- Don't study the night before the exam. Go to a movie or something, or just go out and watch the pretty lights, and then go to bed. You'll do far better if you're relaxed and well-rested.
- For those keeners who are, for some reason, still in the audience, this year's LSAT sittings are on 3 December and 11 February, and you have to register by 1 November and 10 January respectively. The MCAT sittings are 22 April and 19 August; register by 24 March and 17 July. The GRE sittings are 10 December, 8 April and 3 June; register by 28 October, 24 February and 21 April.

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DAY PLANNER

CRAMMING

- Bite the bullet and don't be depressed about it. Let's be honest. At least once in your university career you will need to cram. It's okay, and you're not a real university student if you haven't watched, bleary-eyed, as the sun rises over your tear-stained textbook. However, you may be barrelling towards a Dean's Vacation if you see it rise twice, so learn from the mistake. Cramming is damage control. Your mark will suck; but o-bla-di, oh-bla-da.
- Cram with the aim of maximizing your mark. If the material is flagged «optional, «for extra credit,» etc, pitch it. Make a checklist of things you should have learned, rank them in terms of relative importance, and move from the top to the bottom.
- If you're cramming anything mathematical or logical, memorize the first principles and try to understand how the final equation, rule, etc. was derived. If you try to memorize the equation, you'll probably just get «most of it» in the exam and go in the wrong direction. If you know first principles you can then reconstruct the equation during the exam.
- Be careful what substances you use to stay awake through the night. Coffee guzzled in the middle of the night will make you feel, well, *grey* come morning. There's really no other way to put it. Keep your (finite) bladder in mind, too; chomping down rock salt before the exam is no fun at all.
- Get some sleep, even if it's only fifteen minutes at seven in the morning. The break between days will keep you from feeling dis-oriented, and will hopefully make a couple of the facts you stuffed into your mind stick. Don't rely on your alarm clock; arrange for a roomie or friend to come and shake you awake.
- At about four in the morning, you will feel you cannot possibly get any more tired. Once you're over this hump, you'll feel pretty good. Then, completely without warning, you will fall asleep and there is nothing you can do about it. Be prepared.

WRITING TERM PAPERS

- There's an apocryphal story about George Bernard Shaw, giving a lecture to some eager-beaver young writers who wanted to become as great an author as he was. He walked up to the podium in front of the sell-out crowd, cleared his throat, said «Go home and write,»

and walked off. Nothing but practice will help you. Sorry.

TAKING TESTS

- Don't make any dumb mistakes. Put your name on the paper, for starters. Read the instructions completely, and make sure you've noticed every question. Do exactly what the question asks. Don't spend half of the time on a question worth a quarter of the marks.
- If all else fails, be creative; you might still get part marks. There's a famous question from a physics exam: "How would you figure out the height of a building with a barometer?" It can be done by measuring the difference in air pressure at the base and the top, but one suggestion was to drop the barometer from the top, time how long it takes to fall to the pavement, and use Newton's Laws to figure out the distance it must have fallen. ■

Ryan McCuaig *has pulled more than forty all-nighters in the last three years, and still managed to maintain a B+ average.*

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DAY PLANNER

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Pendulum, Gallery Lounge,
Pit Pub, Pie-R-Squared,
Blue Chip Cookies,
and SUBCetera.

The Clubs

It is estimated that there are well over two hundred AMS clubs at UBC. Having tried to phone them all, I'd buy that. This list is not complete, and its accuracy goes down every day that goes by, as clubs vanish and rise with alarming speed.

For the club contact numbers, any time you see a box number, it is for the bank of mailboxes just outside the AMS Business Office in SUB. If the club you're interested in doesn't have any contact information, don't despair. On 21–23 September, over one hundred clubs will be setting up booths in SUB for Clubs Days; if you can't find them then, the club may not exist anymore. No one knows for sure.

If you want to start an AMS club, you'll need ten signatures and a constitution. Contact the SAC Secretary (Grant Rhodes) at 822 5466 or the SAC Clubs Commissioner (Craig Bavis) at 822 2361 for more info.

DAY PLANNER

Ethnic/Cultural

American Indian Sci. & Eng. Society

BOX 195 822 8944 LONGHOUSE

AISES brings together people of similar backgrounds, and provides them with the means to address common concerns. What makes people different is their perspective, and what makes people similar is a common perspective; AISES represents the Native perspective. AISES shows people that not only can we dream, but we can achieve our dreams. Natives all across North America are starting to go through a healing process; AISES is part of that process.

Bhangara Club

873 9507

Chinese Collegiate Society

BOX 17 822 6117 SUB 241D

CCS, founded in 1987, is a non-profit student organization of the AMS. As one of the largest student clubs at UBC, with well over 750 members, we aim to provide a well-balanced university life. Our agenda includes sports, cultural, community and social events. In the past years, *Songs of the Heart*, a musical fundraising production of CCS, raised over $50 000 for charity. If you want to have fun and to do something for the community, come join us!

Chinese Student Association

BOX 25 822 4339 SUB 241F

CSA is MAD and proud of it: we're a club that's Making A Difference! Dances, karaoke and sushi nights, movie nights, volleyball and badminton tournaments, ski trips, ice skating, community involvement (volunteer work at various functions), Chinese cultural workshops (martial arts, Chinese calligraphy, Mandarin classes), summer activities (BBQS, horseback riding), meeting friends and having *fun*: If any of these appeal to you, CSA is definitely the club for you! Let CSA make your university years memorable!

Chinese Varsity Club

BOX 19 822 3681 SUB 62

CVC knows that learning how to have fun—university style—is just as important as getting those grades! That's why every year, we put out a whole slew of events ranging from ski-trips to fashion shows, volleyball tournaments to wargames, and charity auctions to ultra-hip dances. Being one of the oldest student associations on campus, CVC is the pioneer of all the various ethnic clubs that flourish today. Yet, we are not only Chinese; members include Chinese, Asian, and even Caucasian students from every faculty at UBC. We know you'll like us!

Commonwealth Club

BOX 15

The Commonwealth is a voluntary association of independent states, comprising about one-quarter of the world's population. The focus of the Commonwealth Club is to strengthen communication and understanding between countries both in and out of the Commonwealth. We plan to hold lectures, student panels and social events; host cultural events; and organize the annual Student Heads of Government Conference.

Dragon Seed Connection

BOX 54 822 5213 SUB 241B

Wanna meet new friends of all sorts, or attend informative seminars on various topics? DSC is always the right choice! As one of the largest clubs at UBC, DSC provides community service opportunities, sports events, workshops and seminars, and even shopping discounts for our members. Our dances are the most famous in town. DSC aims at promoting cultural exchange and understanding between Chinese-Canadians and the local people, and among Chinese of different dialectical groups. DSC will definitely make your university life much more exciting!

Filipino Student Association

SUB 107B

Ever wonder why Filipinos would risk getting their feet chopped off doing a dance called *Tinikling*? Or why you are always offered something to eat when entering a Filipino's home? If you have an interest in learning more about the Filipino culture through various social activities such as dances, sports, cultural workshops and other activities, the come see what the FSA (*aka* Samahan ng Kabataan) has to offer. We're open to anyone and everyone interested in gaining a better understanding of the Filipino culture and traditions.

German Club

BOX 236

Great Wall Cultural Club

BOX 229 SUB 241E

HASK (Croatian Student Society)

Hong Kong Exchange Club

BOX 215 SUB 241G

Il Caffè (the Italian Club)

Benvenuti al Caffè, UBC's Italian Club. Popular events include evenings at Italian restaurants, parties, sports tournaments, participation in the production of a play or newspaper, and the Carnival Dance. Proposed activities for this year include weekly movie nights, a book club and a music exchange. Knowledge of Italian is not important, provided that you are interested in Italian culture or wish to travel in Italy and learn where to go and what to see. *Ciao*!

Indo-Canadian Cultural Association

ICCA represents one of the most diverse socially-oriented groups on campus. If you want to have more fun than you ever dreamed possible, join us! We are a strong, collective force of young, creative minds aimed towards elevating social, cultural, and athletic activities. So if you are interested in Indian culture or just want to meet people, ICCA is for you.

Ismaili Student Association

BOX 44 SUB 249E

ISA helps to cater to the needs of Ismaili students at UBC. ISA holds social, educational, sporting and religious events to create spirit and enthusiasm within the Ismaili student body. ISA also serves as a link to other AMS clubs, thereby encouraging involvement in all aspects of university life.

Japan Exchange Club

SUB 52

Do you have an interest in anything that is Japanese? Would you like to make friends with lively and interesting Japanese and Canadian students? Are you the type that likes to eat, drink and be merry? Our events throughout the year bring you some of the things that the Japanese culture has to offer. Each school term starts with our wild and famous *Sushi-Zake* night. Every year, we boast of our devoted and infamous *Yakuza* Intramurals volleyball and *Storm the Wall* teams. Perhaps the most prestigious aspect of our club is the yearly summer exchange program with Japan.

Japanese Manga Club

Korean Intercollegiate Student Society

BOX 210 SUB 111D

Kim Chi, Tae Kwon Do, Park Mania, and M*A*S*H are just a few things that Koreans are known for. KISS became a formally chartered member of the AMS in 1993 and has since grown to a club of over 250 members. KISS activities include the full range of social and academic events: skating, bowling, skiing, camping, gym nights, karaoke nights, totally awesome dance parties, free tutoring, and career counselling. It's also a great opportunity to meet a whole bunch of cool people. We will have lots of fun, and actually learn something in the process! Explore KISS (We dare you)!

La Tertulia (the Spanish Club)

BOX 113 BUCH C

La Tertulia offers you a great opportunity to practice your Spanish in a fun and friendly atmosphere. We meet once a week for conversation and plan events that are *fun*! Some of our past activities have included mounting a full-scale theatre production, competing in *Storm the Wall*, going out for dinner and dancing (of course), and having a weekly movie. We also have monthly *Tertulias* (a social gathering with music and refreshments, much like a wine & cheese). We're also one of the organizers of *Carnival*, an incredible international fiesta that cures those second term winter blues! *¡Nos veremos!*

Le Club Français

BOX 5

Vive la langue française! Nous vous invitons à nous joindre pour la divertissement, pour l'amitié, et pour la communication. Voilà l'occasion de pratiquer votre français oral, tout en vous amusant! L'année dernière, le Club a offert une grande variété d'activités, telles que les soirées de vin et de fromage, les sorties au restaurant, une soirée de crêpe bretonne et des presentations des beaux-arts. Cette année, nous vous promettons un horaire encore plus diversifié. Les réunions se tiennent chaque vendredi à 12h30 dans le lounge de BUTO, 7e étage.

Come see us, we'd love to meet you!

Muslim Student Association

OASIS Cross-Cultural Club

BOX 92

OASIS is back and membership still has its privileges. OASIS promotes multiculturalism through social interaction. That means that we sometimes hold dances, dinners and shows with a bit of international flavour. Anyone can join, and that's by design. Meet new people, make new friends and maybe learn a little about other cultures along the way.

Pacific Rim Club

BOX 61 822 6401

Explore the cultures around the Pacific Rim through activities ranging from a weekly speaker series to cooking classes to sumo wrestling. Our club offers an excellent opportunity to explore career goals on the Rim. We invite students from all cultural backgrounds to share their interest and enthusiasm for the Asia Pacific region with our dynamic club

Persian Club

BOX 85 SUB 241A

Russian Club

Seri Malaysia Club

BOX 187

Bringing Malaysian students at UBC together! This club will serve as a «A home away from home» for us to reminisce about Malaysia, organize major potlucks with authentic Malaysian dishes, exchange news, gossips, and go back to our *lahs*.

Come join us. We are a bunch of fun-loving people who live in an exotic part of the world; we have a very rich culture and the best food in the world. Being a social/cultural club we believe UBC is more than books and lectures. In fact, we make it difficult for our members to become to academically fixated.

Sikh Student Association

BOX 202 SUB 241C

Our club was the first organized Sikh student association established at a post-secondary institution

in Canada, and was instrumental in establishing a scholarship and a bursary for Sikh students. SSA's non-political objective is to bring students together for social, religious and sporting activities. Once a month, we have *kirtans* and discussions.

Singapore Raffles Club

SUB 105

Society of Arab Students

BOX 228 SUB 119B

Sri Lanka Society

BOX 71

Sri Lanka is a tropical island (the same size as West Virginia) in the Indian ocean. The Sri Lanka Society's objective is to bring Sri Lankan students as well as students of other cultures and nationalities together in social, cultural and sporting activities. We think we are the friendliest souls on earth. So why not join us for a nice cup of Ceylon tea to find out more about what we do?

Taiwan Association of UBC

BOX 191 822 9226 SUB 241H

Come! Explore the mysterious Chinese culture through activities ranging from superb dances and great parties to writing and non-political community awareness events. If you are interested in Taiwan, or just want to meet new friends and have a good time, TA is the club to join! Don't miss out; contact us now. We're here for you.

Third Culture Club

520 6236 (BANI)

If you were born to parents of one culture, raised in another, and feel like you don't belong in either, the TCC may be able to introduce you to others who have experienced the same.

Utsav

Utsav is an cultural organization formed by graduate students from India. The name *utsav* in Hindi means «festivity.» This name finds its appropriateness in India's spiritual and cultural values, and it is one of the objectives of *Utsav* to give a taste of these values to UBC. *Utsav* organizes small gatherings in addition to celebrating some of the popular Indian festivals. In October it celebrates *Divali*, the festival of lights. In April it celebrates *Holy*, a colorful festival to welcome spring. *Utsav* also organizes outdoor activities such as picnics and hiking trips.

Athletic

Aqua Society

BOX 8 822 3329 SUB 88/90

Come dive with us! AQUASOC runs a comprehensive beginners' PADI Open Water Diver program, as well as more advanced training for experienced divers. Our dive shop stocks the latest in dive gear and offers complete rental packages. The club organizes weekly Thursday night dives, charters and other social events. Come visit us—we're downstairs in the SUB across from the arcade.

Badminton Club

BOX 20 SUB 208

Let's play! Whether you're a novice or advanced player, we've got a place for you. Each week you'll have the chance to test your badminton skills or just swing your racquet with a friend. We also have skill workshops and tournaments during the year. Come out and make a racquet!

Butokukan Karate Club

BOX 59 266 6592 (DAVID)

Butokukan is a traditional karate with some of the softer influences in the form of footwork, wrist locks, pressure points, and deflection techniques. Classes focus on basic techniques, katas, street-oriented self-defense, and sparring with emphasis on balance, posture and flow. All paired activities are non-contact. The class is intended to be fun and to improve fitness and awareness in a relaxed atmosphere. Drop by and try a class; they're on Monday and Wednesday, from 6:30 to 8:30 PM in SUB 207/209.

Curling Club

BOX 27

Take the plunge and play one of Canada's great sports! The club offers new and experienced curlers a chance to meet new people who enjoy the social and competitive aspects of the game. Fees are inexpensive and we'll find you a team if you don't already have one. Just try it!

Cycling Club
BOX 97 SUB 241E

Dance Club
BOX 29 822 3248 SUB 241J

Do you have two left feet? No worries! In 16 fun and easy lessons, we'll have you waltzing gracefully around the dance floor. We offer International style Modern (waltz, slow foxtrot, quickstep, tango, viennese waltz) and Latin (jive, rumba, cha-cha, samba, *paso doble*) ballroom dance lessons taught by local professionals.

There are four levels of dancing available: Newcomer, Bronze, Silver and Advanced. Our club consists of over 700 members, so theres's always someone to dance with! Keep your eyes open for our free jive lesson prior to Clubs Days!

Dance Horizons
BOX 40 SUB 208

Dance Horizons offers stretch and strength classes and instruction in jazz, ballet, modern and hip hop dance for both beginners and experienced dancers. Our classes are taught by professional instructors who encourage hard work but also emphasize having *fun*! Aside from dance classes we also have social fundraising events, such as Side Door Nites, and we finish off the year with a performance. Dance Horizons provides a great opportunity to stay in shape and brush up your dance technique, to meet new people, and to perform.

Fencing Club
BOX 34 SUB 111A

Kendo Club
BOX 207

Meibukan Goju-ryu Karate Club
BOX 211 222 3362

Goju-ryu is one of four original styles of karate. *Meibukan* is one of the most prominent schools of Okinawan martial arts, dedicated to the teaching and preservation of the traditional art of self-defense. Practical self-defense forms and sparring principles that were handed through generations of masters are essential in our methods of training.

Paintball Club

Join in on one of today's fastest growing sports, and experience the excitement of a paintball game. We at the Paintball Club are geared towards introducing newcomers to the sport of paintball. We regularly hold recreational games at several local fields, with discounts for club members. Invite your friends to be targets—er...participants in the most thrilling game you will ever play!

Roller Hockey Club

Sailing Club
BOX 73 822 4231 SUB 58

Shito-ryu Itosu-kai Karate Club
BOX 72 SUB 111B

Shito-Ryu is one of the traditional Japanese karate styles, combining sport, self-defense and martial art. Practices focus on self-discipline, fitness, flexibility and relaxation. *Shito-Ryu* is the largest karate club in Vancouver. Come out for free introductory lessons the week after Clubs Days.

Ski Club
BOX 76 822 6185 SUB 210

Want to make University something you probably won't remember? The join us! Throughout the year we host a few major parties with bzzr gardens sprinkled in between. For the skier/boarder in you we offer inexpensive accommodations at the AMS Whistler Lodge, discounts on lift tickets and ski trips (massive parties to be sure)! Membership also allows you to participate in intramurals and receive discounts from our retail sponsors. Don't ski? That's okay; we love ya anyways. *U know U want it*!

Skydiving Club
BOX 78 822 4453 SUB 125H

Tae Kwon Do Club
BOX 219 SUB 111D

Thunderbird Booster Club
BOX 95 822 2531

We're here to make sports as fun as possible. We are the University teams' fan club. Get involved in the action! Come out and watch the Thunderbirds *decimate* their rivals. Come and say hello to us at our bzzr gardens, or join us at one of the many sporting events held every weekend. Look for the posters around campus for upcoming events, and read the

papers to find the scores. Get involved. Cheer for the blue and gold.

Triathlon Club

BOX 4 822 8675 SUB 107B

Are you interested in making friends, becoming a multi-skilled athlete, and developing your whole body—not just the one or two muscle groups that single-sport athletes develop? The Triathlon Club offers training, coaching and camaraderie. An extremely low fee gets you three coached swimming workouts per week, two guided runs through the beautiful woods of UBC's Endowment Lands or Jericho Beach, and a super Saturday cycle. The club is for participants at all levels, beginner to expert. Marathon runners, competitive swimmers and bike racers provide tips gained from their own experience, making this the best deal on campus.

Ultimate Frisbee Club

BOX 203 739 4984

The Ultimate Frisbee Club offers you the opportunity to become involved with a fun, fast-growing sport which places the responsibility for fair play on every player. Club activities include drills, pick-up games and a Hat Tournament in mid-March.

Underwater Hockey Club

Underwater Hockey is a sport for all swimmers and everyone is welcome! Whether you're looking for serious competitive training or recreational exercise, we have a program for you. Beginners are most welcome, and equipment is supplied. Come out and experience the world's most exciting underwater sport!

Varsity Outdoor Club

BOX 98 822 2228 SUB 85/86

Interested in backpacking, hiking, rock climbing, mountaineering, ski touring, kayaking, cycling, or any other outdoor activities? If you are, the VOC is for you, whether you're an amateur or an expert. We have gear for loan, offer courses such as our twice-yearly Rock Schools and organize trips every weekend. The VOC meets every Wednesday in CHEM 150 at 12:30 PM for trip planning and slide shows.

Wado-ryu Karate Club

BOX 193

Waterpolo Club

BOX 100 737 9071

The Waterpolo Club's emphasis is on fun, and we provide access to structured training and competition for all skill levels. As a recreational club, we provide an opportunity for students to participate in waterpolo at a level which is less costly and less time-consuming than other high performance sports.

Windsurfing Club

BOX 99 822 3930 SUB 57

Wing Chun Internal Kung-Fu Club

BOX 108

The spread of *Wing Chun* Kung-Fu can be attributed to Grandmaster Yip Man, who, through Bruce Lee, made it popular in movies. We have been teaching the authentic and complete *Wing Chun* scientifically and systematically for 13 years. Our

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chief instructor was trained by Master Wang Kiu, who was one of the first generation core students of Grandmaster Yip Man.

Women's Rugby Club

323 0656 (HEATHER) OR 875 9220 (GRACE)

The Women's Rugby Club is one of six teams in the Lower Mainland that compete in the Women's Rugby League. This past season, the team ended up in third place overall, and we are hoping to improve this standing in the new season. New players are always welcome—no experience is necessary.

Political

Friends of Youth Parliament

International Socialists Club

BOX 26

Do you hate the Reform Party as much as we do? Do the terms *law and order* and *family values* make you want to puke? Do you want to help build campaigns and demonstrations to take on the racists and their sick scapegoat-style politics?

If you do, then join the International Socialists Club and help us take the offensive against the offensive right wingers!

National Party Club

Natural Law Club

BOX 226

New Democrat Party Club

BOX 90 822 8616

We are the UBC New Democrats, and we are committed to democratic socialism. We get together to fight for social justice, both on and off campus. Come and participate in the renewal process of the federal party. We are also gearing up for the re-election of the Mike Harcourt government. With exciting decisions like the Forest Renewal Plan, the CORE report and the bigger childcare committments, there is more reason than ever to be a New Democrat.

Reform Party Association

BOX 182 SUB 119A

If you have longed for honesty, decency and efficiency in government... if you want a stronger voice in Ottawa than ever before... if you want more value for your tax dollars and a serious reduction in the crippling debt, then join the party that will listen to you.

Make it happen—Reform.

Sinn Fein UBC

BOX 241 SUB 265A

Spartacus Youth Club

BOX 183 687 0353

Today the capitalists dump grain in the ocean while people starve, bring death and destruction to those fighting for a decent life. Friedrich Engels said that the choices facing humanity were socialism or barbarism. We fight for socialism!

If you want to do something about the racism and oppression endemic to this system... if you want to eliminate the threat of a new inter-imperialist world war... if you want to fight for a future of equality and decency, then struggle with us to send capitalism into the dustbin of history.

Student Liberal Club

BOX 89 822 3521 SUB 249E

The Student Liberal Club is a youth organization where you will have the opportunity to meet people and experience activities that you wouldn't in any other club. For example, we work closely with the Liberal Party of Canada, attend conferences, hold the Universities Model Parliament, meet guest speakers, and hold a number of social events in the course of the year.

Young Conservatives

BOX 91 SUB 249D

Academic/Departmental

Accounting Club

SUB 125A

The Accounting Club exposes you to opportunities in the field of accounting. It also provides a forum to associate with employers through many events, ranging from semi-formal business settings to rip-roaring fast-action sporting events. This club is not only for accounting students, but for anyone interested in the field of accounting. We intend to keep our members informed about CA summer jobs, level exams and the UFE, CA, CMA and CGA desig-

nations, ACCIS forms, and more.

Information is posted throughout the year on the club board on the 3rd floor of Angus. We look forward to meeting you!

Aquaculture Club

Astronomy Club

BOX 190 SUB 125F

From Sirius to Cygnus, the Dipper to Delphinus and across the sky, come observing with the Astronomy Club! While we have members from many faculties and all levels of knowledge, we share an interest in amateur astronomy. In addition to biweekly meetings, the club holds video nights, star parties and camping trips—we even travelled to Mexico in '91 and Hawaii in '94. We operate a 12-inch telescope on campus which members are free to use.

Biochemistry, Physiology and Pharmacology Club

BOX 82 822 3980 SUB 125C

Academic *schmacademic*. The BPP Club is for those who wish to experience first-hand the effects of bzzr on the human body. Becoming a member of the BPP Club entitles you to super Intramurals rebates, exams from past years, mind-boggling bzzr gardens, and a chance to interact with others who share a common interest in the life sciences.

Biological Sciences Society

BOX 189 822 8675 SUB 241E

Biology is life! BIOSOC is for all those interested in biology, the life sciences, and living in general. BIOSOC offers both academic and social goodies for you, the student! We also act as a liaison between the department and students. We offer seminars on current research, academics, careers and more. We've got a whole library of past exams for almost every BIOL course, and some from other required life sciences courses. Our activities include gym nights, BBQs, dances, a grad party, *gyotaku*, sports, videos, movies, socials and our bzzr gardens (more than 30 brands)! Work hard, play hard, and experience the BIOSOC privileges—membership is recognized in over 130 countries!

Bio-Resource Engineering Club

822 4507

CAPSI

BOX 158

Chemical Engineering Club

BOX 204

Chemical engineers helping chemical engineers: a club where cooperation and teamwork reign supreme. From sports and bzzr parties to cramming and assignment consultations, all chemical engineers do things together. The club offers cheap pop, a snack machine and microwave, lockers, ping pong, and most importantly, a chance to share in a friendly and comfortable environment.

Computer Science Student Society

822 3798

The CS3 is a fellowship of not only compsci students, but also of those just generally interested in computer related things. We are very active in sports, and hold bzzr gardens and mass cramming sessions. We provide cheap pop, candy, a microwave and a refrigerator. Membership in our club will likely improve your grades and your memories of UBC.

Economics Student Association

BOX 206

Electrical Engineering Club

BOX 49 822 5144 MCLD 105

The EE Club is not *just* for electrical engineers. If you have the time in your schedule to come down and party, then you are welcome. Our club is located in the scenic south end of campus, and members often gather to blow off some steam. Sometimes they're just there in hopes of catching some free pizza or bzzr. We're the home of the hardest working security team on campus (next to the SAC guys, of course).

English Student Society

BOX 112

Live for cheap bzzr gardens? Interested in participating in the theatre? Want to see your creative writing published? Want to hear the pros and cons about English professors? If you answered yes to these questions, then the ESS is for you. Finally, a club that proves you can party with the best of them and be literate too!

Finance Club

BOX 87

Come invest in us! The Finance Club is a safe haven for your precious time and energy. We have stocked up on activities where you will have nothing to lose and everything to gain! Join us for our Wine & Cheese Social Night (with recruiters and other representatives from Vancouver's financial community), information seminars, sports events, the Stock Game, and many other social events. For more information about the club, please check our board (2nd floor stairwell, south end of Henry Angus).

Geography Student Association

BOX 3 822 5907

The GSA offer undergrads, grad students and faculty members the opportunity to engage in activities outside the normal curriculum. We maintain the undergraduate voice to the faculty, and provide a forum where all concerned persons can come together.

General and organizational meetings are held weekly and all interested people are welcome. Social, sporting and academic activities are undertaken, including frequent bzzr gardens (Geo-Pits), as well as the annual Ski Trip. Academic activities such as Graduate School Talks Career Night and Orientation Seminars are also organized by the GSA..

Georox

BOX 10 822 6360

History Student Association

BOX 224 822 2561

Bzzr gardens, acclaimed movies, thought-provoking lectures, wine and cheese parties, and Intramurals sports teams are waiting for you when you join the HSA. You don't have to be a history student, but a desire to learn new things and meet new people is a must. Come to our meetings: you'll laugh, you'll cry, you'll party!

Industrial Relations Mgmt. Club

822 6249

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International Business Club

The aim of the IBC is to promote awareness of international business issues, and to find out more about international career opportunities. Some of the events we have held include an informal discussion group with the Director of the World Trade Centre, meeting with the head of the Public Service Commission, and other events including international dinners and pub nights. The IBC provides a great way to learn about global business and to make contacts for the future.

International Relations Student Association

BOX 197 822 8600 SUB 111B

IRSA is an interdisciplinary club which attracts students interested in international political, economic and social issues. The largest and most active Arts club, IRSA hosts guest speakers, social events, a conference on world affairs and the UBC Model United Nations. IRSA also publishes *Partager*, a student journal on world affairs. Each year, IRSA sends a student delegation to the Harvard Model United Nations and the North American Model United Nations. In addition, IRSA provides a resource centre for old exams, and a course and faculty review. Students involved in any discipline are welcome.

Landscape Architecture Student Association

BOX 16 822 4481

Landscape Architecture is the art of integrating diverse and sometimes conflicting requirements for aesthetics, strength, economics, and human behaviour into a beautiful and meaningful place. The types of projects that landscape architects work on range from regional open space planning, urban design, parks, as well as private residences. Basically, we design it all.

LASA represents the 80+ undergraduate and graduate students working towards degrees in Landscape Architecture. We organize professional events such as lectures and field trips as well as social events like intramural teams; in fact, we may have beaten you in broomball, softball, or the tug-of-war!

Management Information Systems Club

MISC is a club that promotes the understanding of information technology and its relationship to business. We hold events such as a "How to buy a computer" seminar, an Internet seminar, Computing Professionals Night, and various social events to educate and support students in a friendly and relaxed environment.

Marketing Club

BOX 87 822 5886 SUB 249E

Mechanical Engineering Club

BOX 55

Metals & Materials Engineering Club

Microbi Club

Traditionally one of the sexiest clubs around, we welcome all students to take part in our social, sporting, and informative events . Ever had a cold? Then we've got something to talk about. Well, we're not into hearing how runny your nose was, but if you want ski trips, sports teams, bzzr brewing contests, boat cruises, the infamous Micro Mixer, bzzr gardens, car rallies or to ace your Micro courses, then the Microbi Club is for you!

BOX 69 SUB 125C

Mining Club

BOX 209 822 3641

Political Science Student Association

BOX 208 SUB 249C

The PSSA offers students from any realm a fresh new outlook on contemporary politics. We would like to initiate innovative programs to supplement our quest to understand the complexities of the world. We complement this intellectual milieu with wine and cheese, with rum and Coke, and with barrels of beer! Cheers!!!

Pphurst-Yeer Engineering Klub

BOX 113 822 3818

Pre-Dental Society

Pre-Law Society

BOX 212 594 6391 (JASPREET) SUB 111C

Thinking about law school? Then join the Pre-Law

Society! We are undergrads interested in a legal career. With our diverse collection of speakers and numerous social events, the Pre-Law Society can take the mystery out of law school.

Pre-Med Society

BOX 68 IRC G30

For those of you who want to know everything and anything about medicine, this is the club to join. The PMS offers weekly lectures hosted by various specialists, med student forums, CPR, gym nights, social nights, and Intramurals teams. Last year, the club boasted a membership of over 500, so it's also a great way to meet «wannabe doctors» like yourself! Peel yourself off your desk and come chat us up during Clubs Days!

Pre-Optometry Club

BOX 196

Looking for information on a career in vision? We provide information to students interested in optometry through our resource file, lectures, socials, and other events too numerous to mention. If you are frustrated with the extensive application processes, can't find any recent information on schools, or are just exploring the field of optometry, this is the club for you. Feel free to approach us with any questions, comments, gifts or money.

Psychology Student Association

BOX 67 822 6147 KENN 2007

Both a social and an academic club, the PSA holds Bzzr Gardens, a Wine & Cheese social with the profs, noon-hour lectures, a Grad Dinner & Dance, and is involved in Intramurals. We also have information in our office on over 100 grad schools in the USA and Canada. Come out and get involved!

Urban Land Economics Club

BOX 198

Whetstone Magazine

BOX 12 SUB 241G

Recreational/Special Interest

Amateur Radio Society

BOX 7 822 2325

Autosport Club

BOX 84 SUB 241B

Bzzr Gardening Club

BOX 213

Every Friday we get together and head out on our weekly quest to find crops of the amber liquid that mysteriously flows from numerous springs located all over the campus. Anyone from any faculty is welcome to join us as we undertake this quest in search of the nectar of the gods. Come join us at 4:30 PM in the SUB Conversation pit every Friday.

Chess Club

BOX 41 SUB 111C

Debating Society

BOX 28 SUB 249C

Love to argue? Want to improve your public speaking skills? Looking for some noon-hour entertainment? Then DEBSOC is the place to be. We provide full training for novices, and invite debaters of all levels to join us in our discussion of funny, controversial and serious issues. Throughout the year, we will be holding several in-house tournaments and sending teams to regional, national and international competitions. Spectators and new members are always welcome!

Entrepreneurs Club

BOX 80 SUB 119A

Our club provides information and contacts for those who have started their own business, would like to in the future, or would simply like to know more about the idea. Through unique seminars and social events, we bring people and ideas together to support entrepreneurship on campus, in our community, in Canada, and internationally. We are affiliated with Ace Canada and sponsored by Ernst & Young.

Film Society

BOX 35 SUB 247

Folk, Jazz & Blues Club

224 1083 (NICOLE)

Are you an original artist? Do you write your own tunes? Do you like to jam?

This club exists to promote folk, jazz and blues by providing artists with an opportunity to present their material. Artists are encouraged to participate at the regular Tuesday night Open Mike Showcase at the Graduate Centre, where the focus is on fun.

This year, objectives of the club include securing professional working opportunities on the campus through networking with other AMS clubs, and in the greater Vancouver community through networking with formal music organizations. New members are welcome.

Medieval Studium

224 4192 (PAUL)

The Medieval Studium is a group of students interested in re-creating various aspects of the European Middle Ages. With interests ranging from costuming to history, tournament fighting to woodworking, from dancing to archery, we offer a window into how things were done, with a heavy emphasis on doing rather than reading and talking. We are loosely affiliated with the Society for Creative Anachronism, in that many of our members are also members of this international educational group dedicated to reconstructing the best parts of the Middle Ages.

Personal Computer Club

BOX 199 SUB 125F

Photographic Society

BOX 64 822 4405 SUB 74/83

Pool Club

BOX 232

So you like shooting pool, huh? Whether you're a hopeless beginner or a seasoned professional, we're sure you'll learn something with the Pool Club. Learn rules of games you never thought existed. Learn proper pool technique, taught by a professional. Learn to execute some *amazing* trick shots. Compete in our 8-ball and snooker tournaments. Most importantly, meet people who enjoy the game as much as you.

Pottery Club

BOX 36 SUB 251

Science Fiction Society

BOX 75 SUB 249A

Our fridge warps reality, as well as dispensing cheap pop and munchies—get that gherkin off my shower curtain—over 1800 books line our office walls—Boustrophedon—video nights—Antigua, our treasurer ran off to Antigua—aardvark—tablecloth of the Atlantic—*C-Space*, the club 'zine—no, you wouldn't want to take us home to meet your mother—wibble—Send your clone or reasonable facsimile, we don't usually bite.

Stamp Club

BOX 185

Our club exists so that the ranks of UBC's ardent and closet collectors may meet, and enjoy the world's most popular hobby. We encourage an international flavour, which contributes to good swaps, wide variety, great cuisine and fine fellowship. There is more than one way to «travel and see» the world (and we aren't talking about peacekeeping). Our club welcomes non-students, visitors and staff as well.

Students for Choice

BOX 223 SUB 249F

Students of Objectivism

BOX 181 SUB 249D

This club provides a unique opportunity for anyone who is interested in, or curious about, the controversial philosophy of Ayn Rand: Objectivism. Club membership grants you access to our growing library, to video- and audio-taped lectures, and, of course, to our challenging Friday noon discussions.

Toastmasters International (Walter Gage Chapter)

BOX 217

Whether you love or you hate public speaking, Toastmasters is the place to be! Through prepared speeches and impromptu Tabletopics, we make each member a phenomenal speaker. Along the way we have great parties, debate burning issues of our day, and improve our networking skills. The new perspectives that guests bring are always welcome. Meetings are held in SUB 211 at 7 PM on Wednesdays.

Transportation Club

Wargamers Society

BOX 114 SUB 119A

A large gaming library and 50¢ pop draw people into the lost corner of SUB where the men roll dice, the women make sure the club runs, and small furry animals simply run. You can find people

interested in Dungeons and Dragons, Titan, Magic the Gathering, Civilization, Risk, Diplomacy, Mah-Jongg, Warhammer, GURPS, Norway, Blood Bowl, Shadowrun, Naval Combat, Nuke War, Space Marine, Bridge, Mighty Empires, ASL, Battletech, Ars Magica, Vampire, SFB, Paranoia, Supremacy, Axis & Allies, Champions, Panzer Blitz, and many more. It's the most politically incorrect club on campus, and we're proud of it.

Religious/Spiritual

Ambassadors for Jesus

BOX 62 731 9526 (DARWIN)

Our aim is to give fellow students an opportunity to investigate and experience the claims of Jesus Christ, and meet the challenges of living out our faith in the academic environment. Join us weekly for Bible studies, social activities, and practical training in how to share our faith.

Association for Bahá'í Studies

BOX 11 222 9317 (MITRA) SUB 241C

The Bahá'í Faith revolves around the principle that the unity of Humankind is the highest stage of human evolution. It recognizes the unity of God and His Prophets, upholds the principle of unfettered search after truth, condemns all forms of prejudice and teaches that the fundamental purpose of religion is to uphold harmony and concord.

The Association for Bahá'í Studies promotes the scholarly study of the history, teachings and philosophy of the Bahá'í faith, and explores their application to the present world.

Baptist Student Ministry

BOX 38 SUB 241G

Chinese Christian Fellowship

BOX 21 822 3681 SUB 62

CCF is the group of people you want to hang around with. We meet every Thursday for Bible studies, conferences, speakers, fellowship and other kind of neat things. We are interdenominational and evangelical in our faith. We are on campus to fulfill God's promises, and make our belief relevant

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to our daily lives. All are welcome to explore Christianity with us.

Christian Science Organization

BOX 22

CSO is a religious organization interested in finding practical ways of applying Christ Jesus' teachings in everyday life. Weekly testimony meetings are held which allow students to share how they have been healed through Christian Science. See *The Ubyssey* for meeting times and places. Meetings are open to everyone.

Christian Vital Group

Inter-Varsity Christian Fellowship

BOX 96 822 9253 SUB 241A

IVCF is a very active club at UBC. This high-energy group involves students from a wide variety of backgrounds in fun, upbeat activities. We provide a positive environment to meet new friends, explore leadership activities, and reflect on some important contemporary world issues. While maintaining an interdenominational openness, IVCF is committed to biblical Christianity and a practical service attitude. We also have a special interest in supporting international students.

Jewish Student Association & Hillel House

BOX 43 224 4748 HILLEL HOUSE

Located on the north side of the SUB plaza, by the new Brock Hall, we provide social, educational and cultural programming. We feature speakers, Hebrew classes, information on Israeli and Jewish issues, counselling, Shabbat dinners and great monthly parties. Our famous Tuesday Hot Lunches still pack 'em in!

Latter-Day Saint Student Association

228 9963

The LDSSA represents the Church of Jesus Christ of Latter-Day Saints on college and university campuses throughout the world. The UBC chapter acts on behalf of the church in providing classes and activities for LDS students. Classes center around the message of Christ from a spiritual as well as an intellectual background. Classes are held on campus from 12:30–1:30 PM every Monday and Wednesday. We warmly welcome all visitors—so bring your lunch and enjoy a thoughtful discussion!

Lutheran Student Movement UBC

BOX 201 224 1614

LSM-UBC is a local branch of LSM–Canada, a national, autonomous student-lead organization committed to student ministries on campuses across Canada. LSM meets weekly for discussions, ping-pong tournaments, and Bible studies, and more. The Lutheran Campus Centre (on the corner of Wesbrook Mall and University Boulevard) provides LSM with a comfortable space for meetings, activities and community events.

The Navigators

BOX 57 822 4453 SUB 125H

The Navs are students intent on living purpose-driven lives, empowered and guided by Jesus Christ. Our Bible Studies provide an opportunity to probe and apply God's word to contemporary campus life. Check out our discussions, sports nights, food, worship, prayer, and special events for fun and encouragement. If the world's varied philosophies have you muddled, don't let the Truth pass you by.

Newman Club

BOX 58

Student Christian Movement UBC

224 3722

SCM-UBC is affiliated with SCM–Canada, a national student-run organization committed to social justice issues rooted in faith. We focus on environmental, gender and social justice issues, and seek to determine how faith calls us to act in our world. SCM-UBC meets weekly for a co-op supper and activities such as seminars, discussions, pick-up volleyball and Bible studies. Meetings are held at the Lutheran Campus Centre, located on the corner of University Boulevard and Wesbrook Mall.

United Church Campus Ministries

BOX 233

University Christian Ministry

BOX 74

We believe in being… Light-hearted, but not light headed; Holy, but human; In the world, but not of

it; Serious, without causing wrinkles; Open-minded, without compromising our commitment to Christ. Come join over multi-denominational group for worship, teaching, and fellowship every Thursday at 7 PM at the Lutheran Campus Centre. You'll also find challenge and support through our Bible studies, retreats and much more.

Service-Oriented

AIESEC

BOX 77 822 6256 SUB 249G

AIESEC is the largest non-profit, apolitical, multi-racial, student-run organization in the world. We are located in 81 countries with over 700 worldwide offices, a full-time staff of over 250 people, and over 50 000 volunteers. The United Nations have officially recognized AIESEC's contribution to international education, while UNESCO, UNICEF and ECOSOC have granted consultative status to AIESEC.

AIESEC Canada is an international educational organization committed to developing students to become leaders, and to developing an international perspective among students and partners.

Amnesty International

BOX 24 SUB 241F

Are you concerned about human rights? Do you want to make a difference? Then join us. We meet in SUB every week at lunchtime to write letters on Urgent Actions (appeals on behalf of individuals around the world in immediate and extreme danger), on our Prisoner of Conscience, or on actions focussing on human rights in China. We also work to raise awareness on campus through movie events, SUB concourse displays, and guest speakers.

Circle K UBC

BOX 47 SUB 63

Do you want to volunteer and help out your world? Are you interested in making a difference and forming some lasting friendships along the way? Then Circle K UBC (not related to the convenience store) is the club for you! We're an international organization committed to service, be it towards poverty-stricken Brazilian mothers, the Boys and Girls Clubs, iodine-deficient Third World children, homeless Vancouver residents, or your favourite charity. Previous projects have included helping out with the Kiwanis TV Auction, Timmy's Christmas Telethon, Red Cross Blood Donor clinics, the Vancouver Food Bank and many other charities.

Commerce Community Programs

BOX 128 SUB 125A

Counterattack UBC

BOX 56 822 5433 SUB 125B

Come out and make a difference in the lives of others on campus. Take this opportunity to increase awareness of the dangers of drinking and driving. We're always finding new, fun ways of letting people know what we're all about. Some of our events will include conferences, designated driver nights at The Pit, and roadblocks. Our meetings are casual and everyone is welcome to attend! We hope to see you soon and don't forget: *friends don't let friends drink and drive*!

Engineers Environment Klub

Global Development Centre

BOX 63 822 9612 SUB 237B

The GDC is a service organization that provides information on working and volunteering locally or overseas, in addition to serving as a resource centre that includes books, alternative magazines and videos related to development issues.

Most of all, it is a place where you can learn to take action to bring about social justice.

Organizational meetings are held at 12:30 PM on Wednesdays, and Development Issues Discussions are Thursdays at 12:30 PM.

Phrateres

BOX 65 822 4557 SUB 64

We are a women's social service organization, raising money for various charities, while providing students with opportunities to meet people, participate in Intramurals, and have fun! «Famous for friendliness,» every year we host great parties, including our annual Winterphest. Phrateres has something for everyone.

Safewalk

822 5355 SUB 125D

Anyone who is alone and feels a need for some company to cross campus may phone us or drop by our desk (west side of the SUB concourse, opposite

Blue Chip) and choose a volunteer team: one man and one woman. Prospective escorts, please pick up an application in SUB 238, or leave a note at the Safewalk desk. There will be an open orientation session in early September.

Speakeasy Student Support

BOX 115 822 3777 SUB 100A

Student Environment Centre

BOX 39 822 8676 SUB 218

UNICEF

Volunteer Connections

BOX 48 822 9268 SUB 100D

Women's Centre

BOX 103 822 2163 SUB 130

The AMS Women's Centre is a women-only lounge and resource centre open to all women and their children. The Centre is open whenever the SUB is open, and is staffed by volunteers. We provide free information on and referrals to services, support, activities and events sponsored by the Women's Centre, other groups on campus or the larger community. Also, reports, books, magazines and journals are available from our library during office hours. We provide the space and resources to organize around issues of concern and interest to women. All women are always welcome. Drop by, it's *your* Women's Centre!

World University Services Canada

BOX 37 984 8762 (PAUL) SUB 111A

WUSC is a student organization whose primary concern is to aid refugees, and to promote awareness of their plight. With a world population of refugees numbering in the millions this crisis cannot be ignored.

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The Media at UBC

Date: Thu, 14 Jul 1994 14:46:57 -0700 (PDT)
From: Ian Alexander Gunn <iagunn@unixg.ubc.ca>
To: Ryan McCuaig <dday@unixg.ubc.ca>
Subject: For what it's worth...

Like most monstrously large campuses, UBC has two camps of students: those who actually care what's going on, and a vast majority who don't. Chances are that if you're reading this you're either scraping the bottom of the procrastination barrel, or you fall into the former category and may just learn something useful here. If you even vaguely care, read on. Otherwise the fridge could use a cleaning and your CD's need to be alphabetized. Off you go.

ELECTRONIC MEDIA

These may be the 90s, but you wouldn't know it from the technical sophistication of the campus media. UBC TV is a dream that someone seems to have had every year for the past dozen or so. Odds are excellent that someone in the next eight months will have it again. Odds are very nearly as good that it will remain a dream. It could be fun. The University of Calgary has a student TV outlet that most students are reasonably enthusiastic about. One day, perhaps, we'll have one too, but not at the moment.

Like most universities, UBC is wired for Internet news, and runs a few newsgroups for general information. Most of the time they're clogged with geeky stories about the evil alien probe—known as the «Three-Legged Dog»—that hangs around SUB, or extremely heated discussions (known as flame wars) about various campus happenings, such as the rationale behind the latest *Ubyssey* v. AMS Council skirmish. The University and the AMS both run «campus-wide information systems», *aka* gophers, that are just big bulletin boards/reference libraries. If you're not a technophobe, and have access to a computer and a modem, have it call 822 4477 (300–14 400 bps) to get a free account that lets you read Internet newsgroups, receive Internet mail, and «burrow» into the gopher

DAY PLANNER

systems for up to twenty minutes a day.

RADIO

Campus radio does exist and does cover UBC news pretty extensively. Not that anyone notices.

CITR FM 101.9 is a real radio station that broadcasts all day, every day of the year and can be heard with clarity all over Greater Vancouver. Try it. The rumours you hear to the contrary are wrong. While most of CITR's programming is music, its newsroom tries to do a decent, balanced job of reporting on UBC affairs. It scoops the campus papers fairly regularly, and if you listen you are guaranteed to hear something useful (grade-boosting, tuition-reducing, mind-opening, etc.) that you didn't know and that you won't read in the papers.

Give it a listen; CITR broadcasts UBC stuff in the mornings (6–9 AM) and evenings (5–6 PM). Better still, join 'em. They are always looking for more staff.

THE PRESS

Undoubtedly the most visible and influential medium on campus is the press. UBC has a number of papers that you will encounter over the course of the school year. They range from the constipated to the controversial, and—if the past two years are any indication—some of them spend as much time in the news as they do reporting it. Like papers everywhere, they come and go, and change editorial outlook and leaning as their writers and editors do.

Keeping that in mind, behold a rough guide to UBC's papers as of press time:

The Ubyssey: The granddaddy of UBC's papers, it has served for more than 75 years as a boot camp (as staff never tire of reminding us) for some of Canada's top names in journalism—Allan Fotheringham and Joe Schlesinger, among others. It has of late fallen out of favour with students—and AMS council in particular—for being controversial, left-wing and imperfect journalistically (formerly the hallmarks of a student newspaper, but now considered a serious liability). Last spring, for the second year in a row, AMS Council tried to increase the "accountability" of the paper with a series of changes to the paper's editorial structure and constitution. Despite reports of its death, it will undoubtedly lurch on, probably much as always.

The Campus Times: *The Ubyssey*'s independent competitor started life three years ago, when *The Ubyssey* decided not to publish out of sympathy for a strike on campus. *The Campus Times*, which is published in an office just off campus, started out very well with excellent coverage of UBC from a slightly right-of-centre student perspective that struck a chord with UBC's slightly right-of-centre student body. Credit was due mainly to a handful of great writers and editors who have since graduated, leaving the paper in competent but understaffed hands. The *Times*' greatest feat has undoubtedly been its financial survival. It is entirely self-supporting, relying on ad revenue and volunteer labour alone to fend off the slobbering wolves of bankruptcy.

The Point: As the Intramurals newspaper, the *Point* covers the enormously active Intramural sports scene at UBC. Most interesting if you are involved with the program or thinking of becoming so, it serves its purpose reasonably well and has lots of good photos—something most other campus papers lack.

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See Reverse for FREE CUE-PON

DAY PLANNER

The 432: Probably the most popular—and certainly the most *intentionally* funny—paper on campus, *The 432* is published by the Science Undergrad Society, ostensibly for and by Science students. The paper dedicates most of its energies to making you laugh. Great cartoons and occasionally brilliant humour pieces more than make up for reports by SUS executive who are obliged to write something to prove they are still alive (they don't always succeed). It also wins the award for sharpest graphic design; the paper is gorgeous… er, if you're into that sort of thing.

The Underground: This rarely acknowledged offering of the Arts Undergraduate Society seems to have some difficulty deciding whether it is a humour rag—like *The 432*—or a forum for serious student writing. It publishes sporadically and with yo-yoing levels of quality, and has thus failed to create much of a readership. One of UBC's great ironies is that *The Underground* is the kind of paper one might expect Science students to produce, while *The 432*…

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The Graduate: Published by the Grad Student Society, this paper is really only of interest to Grad students, and then only those who are interested in what their society is up to. Worth a flick-through, though, if you are considering Grad school and want some sense of the issues that will plague you if you soldier on in the halls of academe.

Discorder: «That Magazine from CITR». Supposedly the station's program guide, the paper is far better known as the mainstay publication of Vancouver's alternative music scene. 'Alternative music' is interpreted pretty loosely, and the result is articles on everyone from Reveen to the Chronos Quartet to Cub. Frequently unexpectedly fascinating, the paper's only real connection to campus is the radio station which publishes it and whose cramped program guide graces most of one page.

UBC Reports: Not a student paper at all, UBC Reports is published by the University itself, and is really a glorified newsletter for faculty and staff. The paper suffers only from a mind-numbing lack of stories the average student could conceivably find interesting. It showed some faint signs of life last year, when a couple of opinion pieces it ran caused all sorts of letter-to-the-editor writing and spawned some interesting debates on political correctness and the chilly climate for women working at UBC. ■

Ian Gunn *is a longtime campus journalistic hack who never does anything until it's way too late. Shame on him.*

COAST SALISH ARTS

Specializing in wholesale/retail Native Fine Arts, as well as private and public art commissions. Media: metal, stone, wood, glass and pre-cast coloured concrete, as well as paintings and limited editions.

Feature artist **Susan A. Point**

Please call 9–5 Monday to Friday for more information, or to arrange a studio visit. **15% discount for UBC students.**

3917 west 51st avenue, vancouver (604) 266-7374

DAY PLANNER

UBC Intramural Sports

Fall '94

• Calendar •

Date	Activity	Register	Price
SEPTEMBER			
16	***Intramural Sports OPENING CEREMONIES***		
LEAGUE	Bodin Ball Hockey (Rec & Compet)	Sep 6 - 23	*see **Guide***
LEAGUE	Todd Ice Hockey (Competitive only)	Sep 6 - 23	*see **Guide***
LEAGUE	Handley Cup Soccer (Rec & Compet)	Sep 6 - 23	*see **Guide***
LEAGUE	Field Hockey (Rec & Compet)	Sep 6 - 23	*see **Guide***
LEAGUE	Ultimate Frisbee (Rec & Compet)	Sep 6 - 23	*see **Guide***
LEAGUE	Nitobe Basketball (Rec & Compet)	Sep 6 - 30	*see **Guide***
LEAGUE	Cross Volleyball (Rec & Compet)	Sep 6 - 30	*see **Guide***
TBA	***Participant Skills Clinics for the above league sports***		
15 & 16	**Intramural Sports INFO DAYS**	*drop-in*	*free*
18	Cycle Racing Clinic	*drop-in*	*free*
24	Mountain Bike Polo Tourney	Sep 6 - 21	$24/tm-4
24 & 25	CoRec Autumn Softball Tourney	Sep 6 - 21	$65/tm-9
25	Roller Hockey Tourney	Sep 6 - 21	$36/tm-6
25	B-Lot Criterium Cycle Race	Sep 6 - 21	$6/ea
24 - O 1	U.S. Open Tennis Tourney	Sep 6 - 21	$7/ea
OCTOBER			
2	**75th annual ARTS '20 RELAY**	Sep 6 - 28	$50/tm-8 *
6	Mad Melvin Mtn Bike Challenge	Sep 12 - Oct 5	$6/ea
20	Hash House Harrier Mystery Run I	Sep 26 - Oct 19	$5/ea
14 - 16	Longboat Clinics	Sep 26 - Oct 14	incl
21 & 22	**DAY OF THE LONGBOAT**	Sep 26 - Oct 14	$155/tm-10 *
30	3 on 3 Basketball Tourney	Oct 3 - 26	$24/tm-3
NOVEMBER			
5	Pac Rim Open Badminton Tourney	Oct 11 - Nov 2	$6/ea
14 - 17	**INVADE THE DOME:**		
14 - 17	Soccer, Field Hockey & Ultimate Leagues • Final Playoffs		
14,15,16	Midnight Madness CoRec Softball	Oct 18 - Nov 10	$65/tm-9
14 - 17	CoRec Volleyball Tourney	Oct 18 - Nov 10	$42/tm-6
15	Mtn Bike Ramp Climb	Oct 18 - Nov 10	$3/ea
16	Table Tennis Tourney I	Oct 18 - Nov 10	$6/ea
27 - 30	Basketball, Volleyball, Ice Hockey and Ball Hockey Final Playoffs		

DROP-IN ACTIVITIES

Noon Runs • most Fridays from Sep 16 to Nov 25
Volleyball & Basketball • Tuesday nights, Sep 20 - Nov 22
Badminton & Table Tennis • Wednesday nights, Sep 21 - Nov 23

*Dates and prices subject to change, so please check your **Sport Guide** for details.*

UBC Intramural Sports

Winter '95

• Calendar •

Date	Activity	Register	Price
JANUARY			
LEAGUE	Bodin Ball Hockey (Rec & Compet)	Nov 14 - Jan 6	*see **Guide***
LEAGUE	Todd Ice Hockey (Competitive only)	Nov 14 - Jan 6	*see **Guide***
LEAGUE	Nitobe Basketball (Rec & Compet)	Nov 14 - Jan 6	*see **Guide***
LEAGUE	Cross Volleyball (Rec & Compet)	Nov 14 - Jan 6	*see **Guide***
10 & 12	CoRec Broomball Bash I & II	Nov 14 - Jan 6	$36/tm-6
21	Pan Am Open Badminton Tourney	Nov 14 - Jan 18	$6/ea
22	3 on 3 Volleyball Tourney	Nov 14 - Jan 18	$24/tm-3
28	Tri / Du Clinic		
FEBRUARY			
4 & 11	Tri / Du Clinics		
5	Sub 6'/5'8" Basketball Tourney	Jan 9 - Feb 1	$30/tm-5
11	European Open Badminton Tourney	Jan 16 - Feb 8	$6/ea
12	Heartbreaker Volleyball Tourney	Jan 16 - Feb 8	$36/tm-6
13 - 15	League Sports AllStar Break	*invitational*	
23	Hash House Harrier Mystery Run II	Jan 30 - Feb 22	$5/ea
26	Table Tennis Tourney II	Jan 30 - Feb 22	$6/ea
MARCH			
2	Centipede Championships	Feb 6 - Mar 1	$30&$35/tm
4	CoRec Spring Ultimate Frisbee	Feb 6 - Mar 1	$35/tm-7
11	**UBC TRIATHLON XII / DUATHLON V**	Jan 3 - Feb 24	$20-$45/ea*
18	Stadium Criterium Cycle Race	Feb 20 - Mar 15	$6/ea
18 & 19	CoRec Spring Softball Tourney	Feb 20 - Mar 15	$56/tm-9
19 - 23	Basketball, Volleyball, Ice Hockey and Ball Hockey Final Playoffs		
19 - 24	**STORM THE WALL**	Feb 20 - Mar 17	$55/tm-5*
24	***WALL DANCE & CLOSING CEREMONIES***		

** t-shirts available at additional cost* *Prices include all applicable taxes*

DROP-IN ACTIVITIES

Noon Runs • most Fridays, Jan 13 - Mar 17
Volleyball & Basketball • Tuesday nights, Jan 10 - Mar 14
Badminton & Table Tennis • Wednesday nights, Jan 11 - Mar 15

FOR MORE INFORMATION • check your ***Sport Guide***
• pick up a specific activity brochure
• look us up in **View UBC** *(gopher on unixg)*
• call the Intramural Office (SUB Room 66) at **822-6000**
• 24-hr info line **822-6688** • league sport hotline **822-6008**

Hey, you...yes, you. Get up!

Athletics and Fitness at UBC

TIRED OF STUDYING? Feel like a desk potato? Take a break; Get out and do something physical! UBC offers a complete range of sport and recreation activities. From the committed varsity athlete, to the uncompetitive social butterfly, there's a program for everyone. Or you can book a field or a gym for your own activity. Check it out!

THE UBC THUNDERBIRDS

The Thunderbird Athletic Department administers a total of 23 men's and women's teams in 13 different sports. With the exception of the University of Toronto, the UBC Thunderbirds have won more Canadian Inter-University Athletic Union (CIAU) Championships (35) than any other university in Canada.

The 1993/94 season will go down as a year to remember in UBC athletic history: Thunderbird teams won more conference and national championships in one year than any other university in Canada has in the history of the CIAU. In addition to winning CIAU Championships in women's swimming, men's cross-country running and women's soccer, the Thunderbirds finished second in the country in men's soccer, women's track and field and women's cross-country running, and won a total of eight Canada West Conference Championships.

UBC students attend games free! UBC students are entitled to attend regular season Canada West games free. The only games which students have to pay to attend are playoff games, or special events such as the Thunderball Volleyball Tournament, basketball games against Simon Fraser University, or the Shrum Bowl. Even then, the ticket price is significantly reduced for students.

For more information, including tryout dates, schedules, game times, venue information and ticket prices, please contact the Athletic Department at 822 2531 or 822 2503, weekdays from 8:30 AM to 4:30 PM. For 24-hour Thunderbird results and upcoming events, call the Thunderbird hot line at 222 BIRD.

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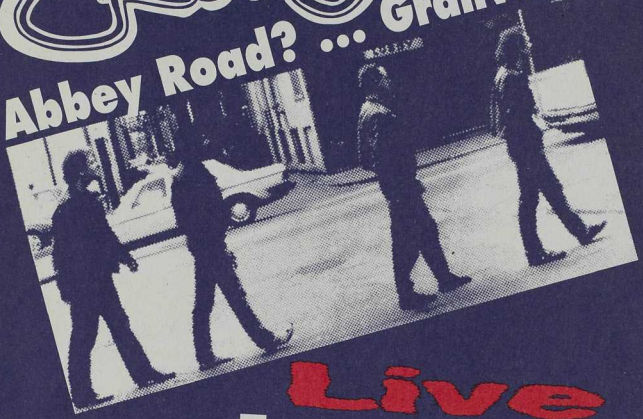

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the Roxy

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DAY PLANNER

CAMPUS RECREATION UBC

Campus Recreation UBC is a health and fitness promotion activity program which runs throughout the year.

UBC has the largest martial arts program in Canada, with some of the best instructors in Wushu, Tai Chi, Qi Gong, Aikido, Judo, Karate, Shorinji Kempo, Kung Fu, Arnis, Jujitsu, Tae Kwon Do, Sanshoudao, and Meibu Kan.

There are daily aerobics classes (Low Impact and No Jump, Kardio Funk, High Intensity, and Step Classes). The UBC Weightroom has a full range of free weights, machines and aerobic equipment for your workout. It's the 4th most popular place to socialize on campus; the Weightroom has 2 500 members who work out regularly in a relaxed, fun, club-like atmosphere. The Power Circuit, an adjunct facility of the Weightroom, contains stair-climbers, ergometers and exercise bikes, together with a light-controlled machines circuit. Memberships are required, or you can pay a nominal drop-in charge at the door.

Campus Rec also offers

- certification courses (BCRPA Fitness Instructor, Red Cross Standard First Aid, CPR Fitness Emergency, YCA Coastal Navigation, Radio Operator, *et al*),
- private and semi-private lessons in sailing, golf, tennis, ballroom dance, weight training, and
- computerized fitness assessments.

This is where you can also rent outdoor equipment, including tents, mountain bikes, and kayaks (they prefer it if you book in advance).

For Campus Recreation registration details and the complete program booklet, phone 822 3996 or visit the REC UBC Office on the main floor in War Memorial Gym.

UBC INTRAMURAL SPORTS

UBC Intramurals provides a variety of recreational, social and competitive opportunities in both team and individual activities. From league sports to special events that are unique to UBC, there's something for everyone:

- broomball, softball, 3-on-3 basketball and volleyball, Sub 6' basketball, roller hockey, walleyball and Ultimate frisbee tourneys,

- cycling criteriums, Mad Melvin's mountain bike challenge and mountain bike polo,
- drop-in badminton, basketball, table tennis, and volleyball,
- ball hockey, basketball, field hockey, ice hockey, soccer, Ultimate frisbee, and volleyball leagues,
- 3 and 5 km noon-hour runs, the Centipede Championships, and the Hash House Mystery Run
- The 75th anniversary of the Arts '20 Relay, Day of the Longboat, Invade the Dome, the UBC Tri/Duathlon, and Storm the Wall.

As well, the Intramurals program provides unique leadership training opportunities for student administrative staff, and casual employment for referees. It's a great way to meet people, maintain physical and mental health, burn off some steam, and create lasting memories of your UBC experience! Get off the couch!

The Intramurals Registration Desk is located in SUB Room 66. Call 822 6688 for current event listings, 822 6008 for the League Sport Hotline, 822 6000 for Information, or look up Intramurals on View UBC.

SPORTS-RELATED CLUBS

There are many AMS Clubs that are sport- or recreation-oriented, such as the Aqua Society, Cycling Club, Sailing Club, Ski Club, Tri/Du Club, Varsity Outdoor Club, Windsurfing Club, etc. But other organizations, such as the Chinese Varsity Club, Phrateres, etc., also have very active programs. For more information, talk to club officers during Clubs Days in September. For club listings, look on page 83, or contact the AMS Business Office (SUB 266) at 822 2901.

COMMUNITY SPORTS

Mainly a summer program, Community Sports offers a wide variety of sport and leisure activity for adults and children. The Hockey School and Children's Sport Camps are well-known internationally. Adult Hockey and Gymnastics are offered during the academic year.

For more information, call 822 3688, or visit the Community Sports Office in Thunderbird Winter Sports Centre. ■

Sue Demaine *makes you feel somewhat guilty and very lazy because she always manages to find the time to exercise. I bet she flosses, too.*

AMS Programs

XI

11th Annual AMS Welcome Back BBQ

Friday, September 9, 1994 • noon-8:00 pm • MacInnes Field

This free event offers food and beverages as well as a great line-up of local bands. This is the best known party of the year! Be there.

Live at Lunch

12:30-1:30 pm (weather permitting) • SUB South Plaza

These free outdoor concerts usually run in the months of September and March, weather permitting. We'll keep you posted on the schedule of events.

Laffs at Lunch

Every Wednesday • 12:30-1:30 pm • SUB Auditorium

This free event every Wednesday of the school year (excluding exam periods) features comedy acts from Yuk Yuk's and other places. The first 100 people through the door receive a free slice of pizza and a beverage. Line up early....

Sub-Sonic Thursdays • Live at the Pit Pub

Every Thursday • starting at 9:30 pm • Pit Pub

We have live bands, local and touring. This weekly event has no cover charge.

Speakers Series

Speakers and dates TBA

AMS Programs provides a lecture series in the SUB Auditorium. Past presenters have included the likes of Timothy Leary, Jello Biafra and David Suzuki. We'll keep in touch about the speakers this year.

SUB Ballroom Concerts

Performers and dates TBA

Past concerts have included bands like 54•40, Spirit of the West and Grapes of Wrath. These sell-out "low-dough" concerts are always an excellent opportunity to see your favourite musical act at student prices.

UBC/AMS Jazz Festival

Performers and dates TBA

The Jazz Festival will be held in February '95. Look for our schedule of events and locations in January.

Event Assistance

We can help you organize and produce your own event. Just give us a call and ask!

AMS Programs

SUB Room 220 • 6138 SUB Boulevard • 822-6273

AMS Programs Director - Pamela Tagle
AMS Programs Assistant - Nick Levens

The AMS Programs Department offers services such as equipment rentals, advertising banner space and assisting you with your event planning. We also produce our own events for your enjoyment such as musical concerts, comedy shows and a speaker series. Last year we reached over 35,000 students with 132 individual shows (some of them multiple performances) during a 152 working day period.

At the Programs Office we are here to assist you with all your special event programming needs, as well as producing our own events for the enjoyment of all the students of U.B.C. Please feel free to drop by the office (SUB 220) during normal office hours Monday to Friday (or call 822-6273). We will be more than happy to answer your questions or assist you with anything related to your special event.

Resources
Band Info
Sound Companies / PA Systems / Lighting / Staging
Stage Manager / Crew
General Production of Events
Co-Sponsorship Possibilities
Social Coordinator's Handbook
"How to Get Started" Info
and much more…

Services
Banner Space Rental
Banner Production
Audio Equipment Rental
Visual Equipment Rental
Stage Rental
Production Services
Booking Assistance

PROGRAMS SEPTEMBER CALENDAR

Everyday at 12:30pm ..... (Sept. 6-16 only) LIVE AT LUNCH outdoor concerts
Every Wednesday at 12:30pm ..... (starting Sept. 14) LAFFS AT LUNCH
Every Thursday at 9:30pm ..... SUB-SONIC THURSDAYS in the Pit Pub

SPECIAL EVENTS
(First Years - consult your Frosh Handbook for more details!)

Friday Sept. 9th ..... AMS WELCOME BACK BBQ!!!!!!!! on MacInnes Field

Also
- SoCo Orientation
- larger concerts on Campus
- International Daze
- UBC / AMS Jazz Festival

Be on the lookout for…

DAY PLANNER

PEPSI-COLA®

Keeping «Grand-» Off Your Parents

A Birth Control Primer

THE PILL

How it works: It contains hormones that fool a woman's body into thinking it's pregnant without actually being so, so ovulation stops
Effectiveness: About 98%
Cost: $15–20 for one month (this includes a dispensing fee, so it is cheaper to buy several months at a time)
Side effects: Weight gain, blood clots, mood swings, sore breasts
STD Protection: None

THE DIAPHRAGM

How it works: It forms a barrier that keeps sperm from reaching the uterus. It must be fitted by a doctor. It's used in conjunction with spermicidal jelly, and must be inserted no more than fifteen minutes before intercourse
Effectiveness: About 90%
Cost: $30 for a diaphragm and a small tube of spermicide
Side effects: Some women have experienced discomfort from a diaphragm, and it can shift out of place in certain positions. Women who have gained or lost more than ten pounds, or women who have had an abortion, must be fitted for a new diaphragm
STD Protection: Good if used with a condom

THE INTRA-UTERINE DEVICE (IUD)

How it works: It is believed to work by causing a chronic low-grade inflammation in the uterus, which creates a hostile environment for a fertilized egg
Effectiveness: about 95%
Cost: N/A (this method is not recommended, and IUDs are not even kept in stock)
Side effects: More and more studies are documenting serious effects suffered by IUD users, such as pelvic inflammatory disease (PID) and perforation of the uterine wall. IUDs can cause cramps, irregular bleeding, and heavier menstrual flow
STD Protection: None

CREAMS, JELLIES & FOAMS

How they work: A measured amount of a spermicidal substance is inserted into the vagina just prior to intercourse
Effectiveness: About 90%
Cost: anywhere from $6 to $16, depending on the brand and container size
Side effects: Quite messy, and some people are allergic to them
STD Protection: Good if used with a condom

THE «TODAY» SPONGE

How it works: A sponge soaked in spermicide blocks the opening to the uterus. Sponges can only be used once, and must then be discarded. It can be inserted up to 24 hours before intercourse, but must be removed no later than 30 hours after intercourse

Effectiveness: About 86%

Cost: 3 for $8.49

Side effects: It cannot be used during menstruation, because of increased danger of toxic-shock syndrome

STD Protection: Good if used with a condom

THE RHYTHM METHOD

How it works: Both the Daily Basal Body Temperature and the Sympto-thermal methods work by trying to predict when ovulation will happen. For more information and charts, consult your physician or pharmacist

Effectiveness: as high as 85–90% if done properly

Cost: About $10 for a thermometer

Side effects: It has an uncomfortably high failure rate

STD Protection: None

THE WITHDRAWAL METHOD

How it works: The penis is withdrawn from vagina prior to ejaculation

Effectiveness: Close enough to zero percent that you definitely shouldn't rely on it (some semen is secreted before ejaculation)

Cost: Well over $100 000 by the time your son or daughter hits eighteen years of age

Side effects: Frustration and possible pregnancy

STD Protection: none

THE MORNING AFTER PILL (MAP)

How it works: The MAP is an emergency method of birth control for use within 72 hours of intercourse. This method is reserved for emergency situations (sexual assault, condom breakage, etc). The MAP induces a very severe

hormone imbalance that either prevents ovulation or prevent implantation

Effectiveness: About 98%

Cost: N/A (can only be prescribed by a doctor)

Side effects: Extreme nausea, vomiting, a temporary disruption of the menstrual cycle

STD Protection: None

THE ALMIGHTY CONDOM

How it works: Acts as a barrier to prevent sperm from entering the vagina

Effectiveness: About 95% if used properly, and about 98% when used in conjunction with a spermicide such as *nonoxynol-9*.

Cost: varies from $6.79 to $10 per dozen (or four quarters each in the SUB washrooms). These are often distributed free by some organizations, including Student Health. Keep your eyes open.

Side effects: None known, although some spermicides can cause irritation.

STD Protection: After celibacy, using one of these is the best way to prevent STDs. A latex condom protects you from contact with potentially infected areas or fluids (NB: make sure it's made of latex rubber. The «natural» ones are porous enough to let viruses—including HIV—through).

ABSTINENCE

How it works: Sperm doesn't enter the vagina in the first place.

Effectiveness: 100%

Cost: Free

Side effects: None known

STD Protection: Also 100% ■

John Lyotier *had a great deal of malicious fun interrogating some freshly-graduated pharmacist about prices over the phone. He swears he heard her blush when he asked how much it would cost if he wanted to get started on the Pill.*

50¢ Off at the Pendulum

Receive 50¢ Off Your Purchase of a 473 ml. bottle.

100% Natural Non-Sparkling KOALA

NEW!

The "Ultimate" Fruit Quencher!
There's Nothing Quite Like A KOALA!

DAY PLANNER

Sexually Transmitted Diseases

CHLAMYDIA

Chlamydia can cause sterility if left untreated. Symptoms usually appear ten to twenty days after contact with an infected person, but some people who have chlamydia don't show any symptoms at all.

Symptoms: in females, symptoms include a raw, red area on the cervix, a pain in the abdomen which is often accompanied by fever and chills, and a burning sensation while urinating. In males, symptoms include a watery or milky drip from the penis, an itchy feeling inside the penis, a burning feeling while urinating, and pain or swelling of the testicles.

Method of transmission: vaginal, anal, or oral sex with an infected person.

Treatment: A course of antibiotics usually takes care of it, but there is a possibility of spontaneous recurrence.

CONDYLOMATA (GENITAL WARTS)

These are very similar to ordinary skin warts.

Symptoms: Genital warts appear as tiny pink, red, or grey bumps in the genital area. They will appear from two weeks to eight months after contact with an infected partner. If not treated, they can get bigger, and can grow together to from cauliflower-like masses. Usually they are painless, but they can be itchy or painful during intercourse. There is a link between genital warts and cervical, penile, and anal cancers.

Method of transmission: vaginal, anal, or oral sex with an infected person.

Treatment: Freezing or laser surgery may remove the warts, but the virus that causes them stays in your system and can recur at another time.

KOALA

Enjoy the refreshing New taste of
THE KOALA FRUIT QUENCHER
in a variety of exotic fruit flavours.

Present this coupon at the Pendulum for 50¢ Off your purchase.
This offer expires October 31,1994. One coupon per person per purchase.

HERPES

Herpes is a highly contagious virus that causes painful sores on and around the genitals, or around the mouth if contracted through oral sex. It is not a serious problem for most people, but the virus can be passed on from a mother to her baby.

Symptoms: Type 1 is characterized by cold sores, fevers, and blisters on the lips, face, and mouth. Type 2 involves sores in the genital area. There is some crossover due to oral-genital sex.

Method of transmission: vaginal, anal, or oral sex with an infected person (direct contact with open sores).

Treatment: The sores can be treated with antibiotics, but the virus stays in your system

HEPATITIS B

This is an viral infection of the liver.

Symptoms: This is the most serious of the hepatitis infections. It can cause liver cancer and/or liver disease. When the symptoms are visible at all, they usually appear two to six months after contact. They can include: poor appetite, nausea, and vomiting; headaches; yellowing of the eyes and skin (jaundice); dark coloured urine.

Method of transmission: contact with infected blood or saliva, or vaginal, anal, or oral sex with an infected person.

Treatment: there is no cure, but treatment involves rest and a healthy diet. There is a vaccine for Hepatitis B.

GONORRHEA

Also known as «the clap.» Left untreated, it can cause sterility and chronic joint pain in men and women, and tubal pregnancy (possibly leading to serious internal bleeding) in women.

Symptoms: 80% of all cases have no symptoms. When symptoms do appear, they will appear within three to five days of contracting gonorrhea. In females, symptoms include a new or different vaginal discharge, a burning feeling while urinating, pain in the abdomen, and pain during sex. In males, symptoms include a thick, creamy yellow-green discharge from the penis, a burning sensation while urinating, and pain or swelling of the testicles.

Methods of transmission: vaginal, anal, or oral sex with an infected person.

Treatment: a course of antibiotics, although some strains of gonorrhoea have become resistant to antibiotics.

SYPHILIS

Left untreated, syphilis can lead to heart disease, blindness, paralysis, brain damage, and/or death (interestingly, Al Capone and Henry VIII both died of this).

Symptoms: A small blister-like sore may appear, usually on the genitals or on the inside of the mouth between nine days and three months after contracting it. Between six weeks and six months after infection, a rash—accompanied by flu-like symptoms—

How To Use A Condom In Ten Easy Steps

1 Find a latex rubber condom, preferably one that has a lubricant containing the spermicide *nonoxynol-9*. Make sure it's latex. Lambskin condoms won't protect you from certain diseases.

2 Check the expiry date. If you have had a box sitting in your sock drawer for too long, you run the risk of the latex breaking down and failing during sex.

3 Handle the condom gently. A good spot to carry it that's unobtrusive and keeps it safe is in your sock, right against your shin. When getting it out of the wrapper, be careful not to tear it with sharp fingernails or a rings.

4 Put it on your erect penis before any genital contact. Or you can let your partner do it.
nb: a drop of lubricant on the inside of the condom will improve sensation. Use a water-based lubricant—such as K–Y Jelly—as oil-based lubricants will weaken the condom and make it much more likely to break.

5 Squeeze the tip of the condom between two fingers to get rid of any trapped air.

6 With your other hand, gently unroll the rest of the condom to the base of the penis.

may appear. Several years later, brain damage and death can result.

Method of transmission: vaginal, anal, or oral sex, or skin contact with an infected person. It spreads via open sores or rashes on the genitals, mouth and anus, as well as broken skin on other parts of the body.

Treatment: a course of antibiotics in the early stages.

VAGINITIS

This is a bacterial or fungal inflammation of the vagina. Intercourse with an infected woman can cause similar inflammations in the penis. Men can carry the microbe and reinfect treated women unless they receive treatment as well.

Symptoms: Heavy, odorous vaginal discharge; itching or pain on the inside or outside of the vagina; and redness and swelling of the vagina. There may also be pain during sex, or when urinating. Men, especially those who are not circumcised, may experience an itch or redness of the penis after having intercourse with a partner who is infected.

Method of transmission: may be a result of intercourse, or an overgrowth of vaginal yeast or fungus. Pregnancy, birth control pills, diabetes, or antibiotics can sometimes cause yeast to overgrow.

Treatment: usually treated by creams or pills.

AIDS

AIDS is a fatal condition caused by a virus that attacks the immune system, rendering it completely incapable of fending off other infections, cancers, etc. These secondary infections eventually cause death.

Symptoms: None. A blood test can tell you if you have been exposed to HIV (human immunodeficiency virus), but cannot tell you if you will develop AIDS.

Method of transmission: exchange of semen, vaginal fluids or blood from an infected person to an uninfected person. HIV does *not* spread through social contact (touch) or saliva.

Treatment: there is no cure for AIDS.

Prevention: The spermicide *nonoxynol-9* kills HIV. It is used as a coating on some condoms, which are a good idea to use anyway. You can pick up more information about safer sex at just about any brochure rack on campus.

John Lyotier *knows all. He sees all. John walked unscathed through the Stanley Cup riot. John just might be Elvis.*

7 Shake, rattle, and roll. Try not to get any of the *nonoxynol-9* in your mouth or your partner's: it's harmless, but it tastes awful and will make your lips feel numb.

8 Right after ejaculation, withdraw your penis by holding the rim of the condom to keep it from slipping or spilling.

9 Throw the condom away. Be careful; if you slip while removing it it's gonna snap back and then you'll be in a world of pain.

10 Repeat as often as desired.

Deadly serious mode on.
It is important to use a condom *every time* you have sex. Not only is it a sign of respect for your partner, but it also protects you from STDs as well as a probably unwanted pregnancy. Although you may not always want to talk to your partner about making sex safer, it is important. Safer sex is the responsibility of everyone, and if you aren't comfortable talking about it, you aren't ready for sex, period. *Deadly serious mode off.*

«help?»

Counselling services at UBC

I'm sorry it's so
But, sadly, it's true,
Bang-ups and hang-ups
Can *happen to you.*

You can get all hung up
In a prickle-ly perch.
And your gang will fly on,
Leaving you in a Lurch.

You'll come down from your Lurch
With an unpleasant «Bump!»
And the chances are, then,
That you'll be in a Slump.

And when you're in a Slump,
You're not in for much fun,
Un-slumping yourself
Is not easily done…

Somehow you'll escape
All that waiting and staying,
You'll find the bright places
Where Boom Bands are playing.

Oh, the places you'll go!
There is fun to be done!
There are points to be scored!
There are games to be won!

And the magic you do
When you're back on the ball
Will make you the
Winning-est winner of all.

Fame!
You'll be famous as famous can be,
With the whole wide world
Watching you win on TV.

Except when they don't.
Because, sometimes, they won't.

I'm afraid to say that sometimes
You'll play lonely games, too.
Games you can't win
'Cause you'll play against you.

All alone!
Like it or not,
Alone will is something
You'll be quite a lot.

And when you're alone,
There's a very good chance
You'll meet things that scare you
Right out of your pants.

On and on you will hike,
And I know you'll hike far.
But face up to your problems,
Whatever they are.

Be your name Buxbaum,
Or Bixby or Bray,
Or Mordecai Ali Van Allen O'Shea,
You'll find there are Bumps
On the roads you will travel.
Don't be afraid to get help,
Before you un-ravel!

AT UBC YOU WILL FIND that there are many times when you have to journey to a place where «the Hakken-Kraks howl.» But, you do not have any need to worry. There are many different groups, organizations, and services to help you cope with any situation that should arise.

STUDENT RESOURCES CENTRE (COUNSELLING SERVICES)

BROCK HALL 200 822 3811

The Student Resources Centre is staffed by professional counsellors who are qualified to provide individual, group, couples, family, career, and educational counselling. The services are free, and the demand is high. As a result, with the exception of emergencies, appointments are encouraged.

They deal with many types of concerns, including: difficulty adjusting to UBC, loneliness, emotional distress, conflicts about sexuality, sexual assault/abuse, and more. Barriers that stand in the way of your academic success, such as stress, anxiety, and procrastination are also dealt with individually or on a group basis. Workshops on common concerns are offered during lunch hours throughout the Winter Session.

The Centre also holds information and resources on career and educational matters. University calendars from around the world are available here, and the Centre also stocks old exams from many courses.

WOMEN STUDENT'S OFFICE

BROCK HALL 203 822 2415

The WSO not only provides feminist counselling and referral services for individual women students, but it also promotes several workshops and support groups. In the past years, there have been programs for mature women, graduate students, sexual abuse survivors, and women worrying about their weight. The workshops have included «Navigating UBC,» «Managing School Related Stress,» «Time Management,» «Being Heard in Seminars,» «Self-Esteem,» «Assertiveness,» and «Equity in the Classroom.»

The WSO has a resource library related to women's issues, and it's where you can pick up a free copy of *Navigating UBC: A Resource Guide for Women Students* or the *Safety Guide for Women Students.*

It is open for drop-in visits and appointments from 9:00 AM to 4:30 PM, Monday to Friday.

SPEAKEASY STUDENT SUPPORT

SUB 100A INFO: 822 3777
CRISIS: 822 3700

Speakeasy is a student organization, staffed entirely by volunteers. It's an avenue by which you can learn more about the services that UBC provides, or simply find someone to listen to you.

Speakeasy is both a peer counselling service and an information centre. Volunteers will try to answer any inquiries that you might have. They are required to undergo intensive training on everything and anything. It's a good source for information on nutrition, birth control, sexuality, STDs, sexual assault awareness, suicide, and other topics too numerous to list. If Speakeasy is unable to help you over the phone or in the office (SUB Main Concourse), its volunteers can find you someone who can. Speakeasy is there to listen.

The office and phone lines are open from Monday to Friday, 9:30 AM to 9:30 PM, and all inquiries are kept strictly confidential.

RESIDENCE ADVISORS

If you live in residence, there are 110 residence advisors available to assist you. Advisors fundamentally serve as a community support for students. They are on call 24 hours a day.

Because of their past experience and the extensive training they receive, advisors know a lot about residence life and the workings of the University. They are trained in providing a listening ear for your academic and personal concerns and are often the first person to seek out when you have a problem. If your problem is very serious, the advisor will likely refer you to a professional campus resource, such as the Student Resources Centre, for assistance.

INTERNATIONAL STUDENT SERVICES

INTERNATIONAL HOUSE 822 0617

ISS provides professional services for both incoming international students and outgoing Canadian students. One of its major services is non-academic advising, especially in matters such as student visas, health insurance, income tax, cross-cultural communication and cross-cultural adjustment. The International Student advisors

are available on a one-to-one basis Tuesdays, Thursdays and Fridays.

Various workshops and seminars are offered through ISS on

- dealing with the «culture shock» of living in a foreign country,
- adjusting to your home country once you return, and
- «chilly climate» (for female international students).

A few year-round support programs are run by ISS:

- the Peer Support Program is a buddy system, and helps ease international students' initial anxiety and stress by matching them with trained Canadian students on a one-to-one basis, and
- Wellness Programs, including regular fitness classes, sports events, and other social, intellectual, and cultural activities.

The following is a personal checklist that may help you improve your coping skills.

1 Accept responsibility. This is your life. No one can cope for you. Though others can and will help if you ask, the initiative must come from you.

2 Try to be objective. Step back and look at your life situation as if it were someone else's. What could this other person change? What will they just have to accept?

3 Know your inner resources. Assess your strengths and weaknesses. Be honest; you need a clear picture of what you are working with!

4 Don't try to cope alone. Accept that everyone feels some pressure. Discuss your difficulties with family, friends, or colleagues. Listen to them, and be ready to return the favour. Coping involves giving as well as getting.

5 Take a positive approach. There is always an effective way to deal with each situation. Problems *always* have solutions: it's part of the package! The solution may not be immediately apparent. It may not be easy. But it will always be possible to do *something*.

6 Be realistic. Don't expect too much of yourself. Set attainable goals. Accept that there are many life situations you can only affect indirectly, and don't always expect to be right.

7 Don't strain for absolute control; you'll just waste time and effort. Sometimes the only possible way to cope will be to withdraw from the situation, relax, and put it out of your mind for a while.

DAY PLANNER

8 Be flexible. If the first solution doesn't work, try again. Look at mistakes as good experience «for next time.»
9 Take one step at a time. Dealing with several problems at once can overwhelm you. Decide on the first step necessary to deal with one problem, and do it! Work on the rest in easy stages. Write it down if it helps.
10 Stay physically healthy. Good overall health increases your stress tolerance. Sensible eating and sleeping habits help. Alcohol, tobacco, and drugs don't. Get plenty of physical exercise—it lets off steam and sometimes that in itself amounts to 'coping'.
11 Learn to relax. Occasionally this may be your only alternative! Schedule regular recreation into your life and take restful vacations. Breathe.

Sometimes the need for help is so obvious that getting it is as simple a phoning for an ambulance or a fire truck. At other times, it can be hard to admit help is needed. This is especially true when your emotions are involved. The problem may be anything from what to do about a relationship that is spinning out of control, to a serious emotional problem such as depression.

Here are some reasons you may decide you need help:

- You find yourself feeling overwhelmed by feelings of anger or despair, and you cannot enjoy life any more.
- You used to be healthy, but now you are always feeling a bit sick and you are missing more and more time from work and school.
- Your finances are out of control, and you are worried about being able to pay the next term's tuition or next month's rent.
- You cannot get over the absence or death of someone you loved very much.
- There is too much conflict at home, or you are having relationship troubles.
- You are drinking too much or having another kind of drug problem.
- You are feeling suicidal. ■

John Lyotier, *one of the 1994–95 Co-ordinators of Speakeasy Student Support, enjoys dressing up as a Holstein.*

«Hey, cheer up! Maybe it's just mono...»

Health Services at UBC

It is almost impossible to go through a month—let alone an entire school year—without getting some sort of debilitating or degrading ailment. For most healthy, relaxed and well-rested individuals, a mild *staphylococcus* infection, cold or muscle discomfort is nothing more than an inconvenience. However, for most university students, physical impairments can greatly hinder academic performance and social intercourse.

I remember a particularly unpleasant phase of my own early university life, when I endured a cold that lasted from September until the completion of my finals in April. Most individuals can find cold relief by drinking fluids, obtaining lots of sleep and maximizing comfort. Unfortunately, though, in my case, good health was returned only when I resumed eating protein-rich food (NB: «Lewis Vending» is not a fifth food group), dropped all my classes and stopped seeing people for several weeks.

Hopefully, most students won't have to endure the discomfort and inconvenience of a such a seemingly incurable upper respiratory tract infection. If you do happen to get sick, though, it is important to know about some of the campus health services which are available.

STUDENT HEALTH SERVICE

Located on the main floor of the University Hospital's Acute Care Unit, this is where students can get medical treatment, immunizations, and consultations as needed. Medical and nursing staff are available Monday to Friday from 8:00 AM to 4:00 PM, and several physicians have set aside office hours for student visits. (You should have medical insurance regardless of your age, health status, or country of origin. Students over 25 years of age or from outside of BC should pick up an application form and information about private medical insurance from SHS staff).

If medical certificates are needed for academic purposes, SHS serves as the official campus agency for such documentation. As such, they should be notified about any serious or extended health

problems. Further information about the services SHS provides can be obtained by calling 822 7011.

An important rule when visiting the SHS offices is never to ask someone in the waiting area (usually your ex-lover or your present lover's closest drinking buddy, in accordance with Murphy's Law) why he's come in for treatment. If he's pulled his hamstring competing twice in the Ironman division of *Storm the Wall*, you'll find out as soon as you're within earshot. Rest assured, though, if the person next to you refuses to stop reading a 1987 Macleans article on Mila Mulroney's new haircut, he/she is suffering from *a*) painful hemorrhoids, *b*) massive drainage from a festering boil, or *c*) cheese-like phlegm production. Whatever the reason, you don't really want to know, so just cover your mouth and keep your distance.

SCHOOL OF MEDICINE FAMILY PRACTICE UNIT

This is another convenient facility for all students and local residents to use if they are sick or injured, located at 5804 Fairview Avenue. This site, which is labelled the Mather Building on most campus maps, is operated by the School of Medicine's Department of Family Practice. Medical graduates are on call 24 hours a day throughout the year, and appointments for visits can be made by calling 822 5431.

Keep in mind, though, that most of the Family Practice Unit's clientele consists of pediatric patients living with their parents in Acadia Park. I accompanied a friend with an ear infection to the facility's waiting area, I had two toddlers chomp on my left leg for several moments. While this poignant display of affection boosted my self-esteem and rejuvenated my maternal instincts, I have yet to find a way to remove the drool.

UNIVERSITY HOSPITAL (UBC SITE) EMERGENCY

This facility should only be used as a last resort if a Family Practice Unit or Student Health Service physician is unavailable. Line-ups for care can get very long in the evenings and on weekends, as this is one of the few major treatment centres serving the Greater

Vancouver area. Obviously, the Emergency Department operates 24 hours a day and students can call 822 7662 to find out more about their services from the typically out-of-breath nurses.

Be careful. Spending time in the Emerg waiting area can be far more traumatizing than your original injury was. After you've spent your third hour sitting next to several toothless, delirious and profusely bleeding rugby players, you'll see the old adage «the squeaky wheel gets the grease» put into practice.

Student life should be fun and activities can be appreciated most greatly when you have good health. I hope that you all have many happy—and healthy—experiences at UBC. ■

Antonia «Mom» Rozario *writes with the wisdom of someone with seven years of* UBC *behind her. She really hates it when girlfriend-boyfriend pairs just coming into first year suck face on one of her Orientation tours, so you just watch yourself, bucko.*

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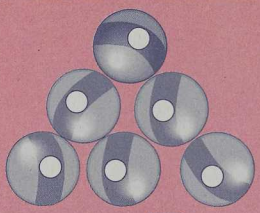
Mon-Thurs
11:30 - Midnight
Fridays
11:30-1:00am



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DAY PLANNER

Encountering *professorius malicius*

When you have problems with your professors...

SOMETIME DURING YOUR UNIVERSITY CAREER, be it your first year or your final one, you'll probably encounter difficulties dealing with one of your professors, lab instructors or teaching assistants. Many students automatically assume that since the professor has been here longer than they have, there's nothing they can do if they feel mistreated. As a result, these students grades and self-esteem take a serious dive.

Professors (strangely enough) are people too. Your prof encounters the same problems in life that you do, and what's happening to the professor outside the classroom can have a serious effect on the teaching style and standards the professor sets inside the classroom. You simply can't expect your professor to be consistently excellent three hundred and sixty-five days of the year.

Even so, if you have a serious problem with a professor, there are things you can do about it yourself, or you can contact your department office or the AMS Student University Affairs Office (SUAO) for some assistance. You have a right to understand a decision affecting you, and you have the right to have your concerns dealt with fairly, and there are people at UBC who can help you make sure these rights are respected.

GRADES

It's early Monday morning, sometime in late October. You're just about to get your first midterm back, and the anxiety giving you massive heartburn. You get your paper back, and scrawled badly across the top is... C–.

What!? You spent three straight nights studying for that exam! And all you get is a lousy C–?

You're crushed. Your prof obviously hates your guts, and you figure he'll shoot you if you dare complain. What do can do?

1 Check that the marks were added up properly. You might just have a C+ hiding in there.

2 Listen carefully to what the professor has to say about the exam. There might have been some killer questions that brought everyone's mark down.

3 If you still think you deserve more, one of the better ways to deal with it is to walk down at the end of the class and politely ask when it would be convenient to discuss the exam. Ask if he prefers to arrange a formal meeting time, or if you should just drop by during normal office hours.

Now you're standing in a lonely hall, waiting for a fellow student to emerge from your prof's office so you can have a chance to plead your case. Your turn arrives, and you take a chair across from the prof's massive oak desk. Now what?

4 Ask exactly what was missing from your answer(s). It could be that you have doctor's handwriting and your prof simply couldn't read it. Don't accuse him of shortchanging you in the marks department. Try to figure out if what is written on your paper is even close to what he's asking for, and point it out.

5 Be reasonable. You're not going to go from a C– to an A+. You might go up a few percentage points, just enough for a straight C or even a C+. Sometime the best thing to do is take the new mark, and start studying for the finals to bring up your grade.

If you still think you weren't fairly graded, most faculties have an internal appeal process to deal with academic disputes. This process varies from faculty to faculty, and sometimes even from department to department, so contact your department office or the SUAO for more information.

Aside from any internal appeal process, all students can request that their standing in a course be formally reviewed. This is done by making a written request through the Registrar's Office for a «Review of Assigned Standing.» In your application, you must clearly identify the mark you wish to appeal, and the basis of the appeal (note that according to the UBC Calendar «compassionate grounds» cannot form the basis of the review). The purpose of this review is to make sure that the student's work was assessed fairly by the stated criteria of evaluation.

Ultimately, all student academic matters can be appealed to a committee of the Senate. The process for this appeal is set out in the Calendar. A Senate appeal is a lengthy process, and can be based only on «procedural» grounds. Such procedural grounds can relate to either unfair treatment in the course, or to unfair treatment in other prior appeals (for example, internal appeals). A

Senate appeal consists of both written submissions and a hearing before the committee, during which students are entitled to and often bring legal counsel. If you are considering an appeal to the Senate, feel free to contact the SUAO for more information.

OTHER PROBLEMS

The problem you have with your professor might have nothing to do with grades and marking. Your prof may make you feel uncomfortable in the way that he interacts with the students in the class. You might be on the receiving end of what you perceive as abuse. You may not be on the receiving end of what seems a blatant case of racism or sexual harassment at UBC; more often, students feel discomfort because of a misunderstanding between themselves and their instructors. Go and speak openly about your discomfort. Your professor may gain some unexpected insight into how students perceive his teachings, and as a result become a better instructor.

If the problem persists and you still feel unwelcome or uncomfortable, you may wish to speak with the department head, or go talk with a student volunteer at the SUAO. The SUAO will usually get a third person involved, who will look objectively at all sides of the issue. Whether that person is another professor, the department head, the dean of the faculty, or a volunteer from the SUAO, it can make sure that your concern is addressed. ■

Martin Jones and Blair McDonald both still remember when they used to work for the AMS Ombudsoffice (the forerunner of the SUAO), and never tire of the phrase «When I was ombudsperson...» Why not say it to them sometime?

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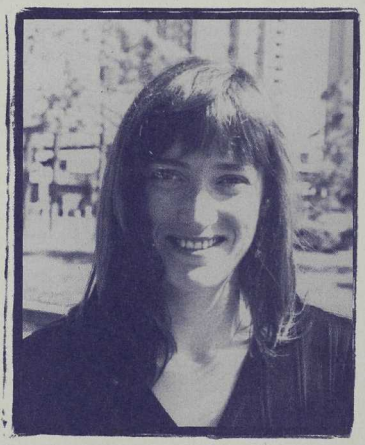
The AMS Ombudsperson

If you feel that an unreasonable decision has been made or an unfair action taken by a group or individual working under the auspices of the Alma Mater Society, the AMS Ombudsperson is available to hear your concerns.

You can expect that your complaint will be addressed in an impartial and confidential manner with the aim of finding a resolution through communication or an investigation when appropriate. The Ombudsperson may be especially helpful to those who have exhausted all of their options without success.

By virtue of the position, the AMS Ombudsperson sits as a non-voting member on the Student Council. The Office is not aligned with Student Government, however. The following resources come under the scrutiny of the AMS Ombudsoffice:

- the Student Council and its associated Committees;
- clubs;
- service organizations;
- AMS outlets or businesses;
- AMS management and staff.



The Ombudsperson may be contacted all year round. My office is located in SUB 230B. Feel free to come by the office if you have any questions or if you wish to lodge a grievance. You may also telephone the AMS Ombudsperson at 650 2395 or 822 2901. If you would like to write, send your letter to: AMS Ombudsperson, c/o the Alma Mater Society, 6138 SUB Boulevard, Vancouver BC, V6T 1Z1. ■

Leah Benner *is frequently spotted in the SUB, forcefully striding hither and thither resolving problems, which is a nice change given the last couple of year's worth of «ombuddies.»*

DAY PLANNER

Comin' Apart At The Seams

Stress & Stress Management

Picture this: you've just started yet another academic year, your five new roommates are driving you nuts, you hate the major you have chosen for the next few years of your life, and TELEREG has just explained that you are no longer registered at UBC.

What would you do? Cry? Laugh hysterically? Run screaming out of the room pulling your hair? Hire a hit man? Eat a whole chocolate cheesecake? Is this just a bad day or are you really stressed out?

Stress is the result produced when a structure, system, or organism is acted upon by forces that disrupt equilibrium or produce strain. Consider the collapsed highways in San Francisco during the last big earthquake, or your favorite silk shirt after being carelessly tossed into the washing machine.

In health care, the term *stress* denotes the physical and psychological forces that are experienced by individuals. It is generally believed that organisms require a certain amount of stress in order to maintain their well-being. When stress occurs in quantities that the system cannot handle, it produces pathological changes. Relate this to those microbes you grew in a petri dish and then subjected to various evils to determine their tolerance and equilibrium. Sometimes those *E. coli* perished at the mercy of an overzealous student.

This biological concept for stress was developed by the late Hans Selye, who intended originally for stress to indicate cause rather than effect. Through a linguistic error, however, he assigned the term *stress* to effect, and later had to use the word *stressor* for the cause.

Individuals deal with stress in their lives in different ways. Some perform well and even excel while others break down and simply cannot cope. Even our personal definitions of the term stress vary. What causes one person to be more stressed out than another in identical circumstances?

Let's start by examining personality traits which will exacerbate stress. The following traits, in moderation, are not harmful. It is when we hold these traits in excess that we will find more stress in

our lives. Do you see yourself in one of these characters?

- *The Human Stopwatch* goes beyond goal setting & time management.
- *The Throw Rug* always pleases everyone else at the cost of pleasing herself.
- *The Sabretooth* wakes up everyday thinking the world is out to get him.
- *The Judge* obsessively evaluates herself, and never grants herself a chance to celebrate.
- *The Fast Tracker* exudes ambition, trades relationships for opportunity, and never takes the time to enjoy the «trip» in life.
- *The Worrier* lives by the questions «what if...?» or «if only...?»
- *The Colorful Personality* lives in the «all or nothing» and really limits his options.
- *The Porcupine* takes everything personally and needs to learn «pastel» thinking.

The environment you live and work in may also be contributing to stress in your life. Researchers found that constant interruption—by others, the telephone, or other noises—is one of the most significant factors contributing to a higher stress level.

Researchers agree that some stress can be good for you; human endeavour thrives on challenge and realistic ambition. However, too much stress can diminish the overall quality of your life. This state of affairs may eventually lead to illness and burnout.

Research has also determined that stress is cumulative, and major events from several years ago may still be affecting you now. The key word is *major*; you are probably not still suffering from the horrible maiming your washing machine dealt to your your stuffed animal when you were five. However, if you moved away from your family to come to BC, lost a family member, or had some personal problems over the past few years, that event may be contributing stress to your life.

Stress produces the following effects on an individual:
insomnia · headaches · constant fatigue · frequent indigestion or heartburn · constipation or diarrhea · nausea · fainting spells · breathlessness · tendency to perspire for no reason · lack of appetite or overeating (NB: the last four could also mean you're in love...) · constant irritability with people · dread of the future · difficulty in concentrating · inability to finish one task properly before moving on ·

inability to cope · lack of interest in people · difficulty in letting go and laughing · caged anger · suboptimal performance · loss of productivity · illness · absenteeism at work or school · poor timekeeping · greater risk of work-related injury

What can you do about stress? You can't eliminate it completely, nor would you want to; it makes life interesting and challenging. You can, however, try to understand yourself and your reactions to stress. Prepare for the unexpected and unknown (kind of like *Star Trek*). Try not to take yourself or the events in your life too seriously. Keep a perspective: remember that you are one person on this campus of thousands. There are people all around you with problems and somehow they manage. You can too.

TWENTY WAYS TO MANAGE STRESS

1 Talk to someone you trust; if something is bothering you, let it out. Talk over your worries and concerns with someone you trust: a friend, partner, parent, family doctor, clergyman, teacher, or spouse. Talking relieves the strain and helps you put your problems into perspective.
2 Learn to accept what you cannot change, change the things you can, and have the wisdom to know the difference. It's well-worn advice, but it makes a lot of sense.
3 Avoid self-medication—this is one surefire way to screw up your body. Seek medical advice before taking any drugs.
4 Get enough sleep to recharge your batteries. Your body needs a chance to recuperate from long hours and high activity levels.
5 Take time out to play. Don't spend all your time worrying about your problems. Escape for a while into a book, a movie, or a game. «Escapism» can be overdone, but an occasional break will help you see things more clearly.
6 Give something of yourself. Doing things for others can take your mind off your own problems, and you'll have a feeling of satisfaction and accomplishment to boot.
7 Deal with one thing at a time. If your work load seems unbearable, do the most urgent job first. Put all others aside for the time being.
8 Give in occasionally. If you find yourself getting into frequent quarrels, stand your ground only when you're sure you're right. Make an allowance sometimes for the idea that the other person just might be right. It's easier on your system to give in now and then.

9 Manage your time better. Plan your time, schedule appointments, make lists, use a calendar or weekly planner, and always allow for more time than you think you need to fulfill commitments.
10 If you're ill, don't try to carry on as if you aren't. Your body is forcing you to pull back a bit.
11 Develop a hobby. Try doing something you've never done before but always wanted to try.
12 Learn to change old stressful habits and develop a healthier lifestyle. The answer lies with you.
13 Eat sensibly and exercise. You've heard this one many times before but it really makes a difference. Take care of your body; it's the only one you have.
14 Don't put off relaxing. Don't wait until you are completely stressed out to relax. You will perform better with regular bouts of R & R.
15 Don't be afraid to say *no*! Always consider how much you have on your plate before taking on something else. Saying «no» can become just as easy as saying «yes.»
16 Learn to recognize when you are tired in time to do something about it, such as ask for help, take some time off, sleep in, or treat yourself.
17 Delegate responsibility. Maybe you are the only one who can do the job...*your* way. Tell others what you want done, not how to do it. They'll often surprise you. Initially, delegating may seem more stressful, but it pays off in the long run.
18 Don't try to be perfect. There are things you like to do best, and things that give you the most satisfaction. Give yourself a pat on the back for those you do well, but don't try to get into the *Guinness Book of World Records* with everything you do. No one is perfect.
19 Ease up on your criticism. Don't expect too much of others. Try to remember that each person has unique strengths and shortcomings.
20 Don't be too competitive. Often cooperation is the best approach. When you give other people a break, you often make things easier for yourself, too. If they no longer feel threatened by you, they stop being a threat to you. ■

Nadine Sourekoff *spent more than a year on* AMS *Council without blowing any major arteries, so she has a good idea what she's talking about. The Rehab Med degree probably helps, too.*

DAY PLANNER

Only «Yes» Means «Yes»

Q & A about Sexual Assault and Sexual Harassment

SEXUAL ASSAULT

271. (1) Every one who commits a sexual assault is guilty of

(a) an indictable offence and is liable to imprisonment for a term not exceeding ten years, or

(b) an offence punishable on summary conviction.

AGGRAVATED SEXUAL ASSAULT.

273. (1) Every one commits an aggravated sexual assault who, in committing a sexual assault, wounds, maims, disfigures or endangers the life of the complainant.

(2) Every one who commits an aggravated sexual assault is guilty of an indictable offence and liable to imprisonment for life.

—Martin's Criminal Code, 1994.

WHAT IS «SEXUAL ASSAULT?»

Sexual assault is a blanket term covering all forms of unwanted sexual contact. It is most often applied to forced sexual intercourse, but it also applies to your being touched, pinched, or kissed without your consent.

«Sexual assault» is often used interchangeably with «rape», but this is incorrect, as the latter term applies only to forced penetration. This is an important distinction. Sexual assault is a much broader term; it comprises rape and every other form of sexual violation.

Sexual assault is a crime, and can carry a prison term of up to a decade. The decision to commit «aggravated» sexual assault can lead to life in prison.

Sexual assault can be and is committed against a member of either sex. The vast majority of sexual assaults, however, are committed by men against women or children.

WHY SHOULD I READ THIS ARTICLE?

Sexual assault affects everyone.

If you're a man, you have the responsibility not to commit sexual assault, to educate yourself and your friends about the issue, to speak out against offenders (no matter how good a friend he is), and to not tolerate jokes about sexual assault.

If you're a woman, you should know your rights and be able to recognize a sexual assault when it happens.

WHY ARE WOMEN SEXUALLY ASSAULTED?

Many people believe that a woman who has been sexually assaulted «asked for it» by dressing provocatively, flirting, being out alone at night, or getting drunk or stoned.

The truth? Women *never* ask to be sexually assaulted. Women may dress provocatively, flirt, are out alone at night, and get drunk or stoned, but don't ask to be sexually assaulted.

To blame a woman for being assaulted is to forget that the criminal alone is responsible for his actions. A man who has committed sexual assault could have controlled himself; he deliberately chose not to. A better question to ask is «Why do some men sexually assault women?»

OKAY. WHY DO SOME MEN SEXUALLY ASSAULT WOMEN?

Most people have an image in their minds of what a «rapist» looks like: sick, frustrated, crazed, psychotic, dirty.

Most often, however, women are sexually assaulted by men they already know. He could be a boyfriend, a husband, a friend, a casual date, an uncle, an employer... he could be anyone.

Men who commit sexual assault are not necessarily psychotic or deviant; they are men who want to dominate and control women. These men cannot be picked out in a crowd. In fact, they are often friendly, attractive and popular.

I'M A MAN, AND I'D NEVER INTENTIONALLY SEXUALLY ASSAULT A WOMAN. WHAT CAN I DO?

You should make sure you're familiar with the definition and range of sexual assault. Behaviour that you might define as simply «tak-

ing charge» could constitute sexual assault if you don't know what it is. *Always* seek out a woman's consent for sex—even if she's your girlfriend or wife—instead of assuming she's willing. If you're not comfortable with asking her, you aren't ready for a sexual relationship with her.

Always assume a woman is saying «no» unless she actually says «yes» *and is capable of meaning it*. From a legal standpoint, consent cannot be given under the influence of alcohol, drugs or coercion. It doesn't matter who she is—a first date, your wife, your girlfriend, or a one-night stand—*always* ask before you act.

Don't joke about sexual assault. When somebody else cracks a joke, let them know it's not a laughing matter.

If a female friend has been assaulted, start with listening to her and believing her.

You can volunteer with Vancouver Rape Relief & Women's Shelter (872 8212), or with the AMS's SafeWalk prgram (822 5355).

One of the simplest, most effective things you can do is educate other people about what sexual assault actually is. You'd be surprised how many people don't know.

A MESSAGE FOR WOMEN (WHICH MEN SHOULD READ TOO...)

No one has the right to touch you sexually without your consent. This means no kissing, no pinching, no «copping a feel,» and no vaginal, anal or oral sex without your explicit permission. It's your body; you have the right to grant and refuse *anyone* permission to touch it sexually, and the right to have your wishes respected.

You shouldn't have to worry about protecting yourself, but there are precautions you can take to increase your personal safety:

Don't assume others know how you feel. Speak up and make your feelings clear. If you feel uneasy about a relationship, there's probably a good reason. If you suspect the relationship may turn abusive, tell someone who can help. Never leave a friend alone with a date if you know she's too intoxicated to realize what she's doing.

If you are assaulted, seek out someone who will listen, believe, and support you. Some phone numbers are given on page 138.

WHAT SECURITY SERVICES ARE AVAILABLE IF I DON'T FEEL SAFE ON CAMPUS?

The AMS runs a service called SafeWalk, which will provide you with a free, accompanied walk to your destination. When you call 822 5355, or stop by its office on the Main Concourse in SUB, two volunteers (one female, one male) will take you wherever you're going on campus.

There is also a free security bus for women working and studying on campus which will give you a lift to any part of campus. There are regular pick-ups from the Main Library entrance after dark, and you can get a pick-up from anywhere on

campus by calling 822 4721.

If you feel unsafe anytime, anywhere, call the RCMP at 224 1322 or Parking & Security Services at 822 4721. In an emergency use 911.

WHAT IS «SEXUAL HARASSMENT?»

Any unwelcome or unwanted sexual attention—whether verbal or physical—is sexual harassment. So are lewd gestures, leering at another's body, suggestive language or comments, requests for sexual «favours,» sexual «blackmail,» comments or jokes about another's sexual orientation, and sexual assault. It can be committed by someone in a position of authority, or it can occur between people of equal status.

Sexual harassment is punishable under human rights legislation and under the University's disciplinary policies.

WHAT SHOULD I DO IF I'M BEING SEXUALLY HARASSED?

The problem won't go away by itself, so ignoring it is not the solution. If you feel safe enough to do so, tell your harasser very firmly that his or her behaviour is offensive. Some people simply do not realize that their actions aren't welcomed, and are surprised to learn that they constitute sexual harassment.

There are organizations that can help you if you don't feel you can deal with it alone, such as the University's Sexual Harassment Policy Office (822 6353), or the AMS Ombudsperson (822 2901). Keep records of the instances of sexual harassment, such as dates, times, and specific details, and be sure to note the names of any witnesses, too. ■

This article is a hodge-podge of information collected from people who would rather not have witty bios written about them. So, thanks go to the AMS *Women's Centre, to Marsha Trew and Sarah Dench of the Women Students' Office, and to* WAVAW *for writing much of it in the first place.*

Who to call for Counselling, Information & Investigation

AMS Ombudsperson	**822 2901**
SafeWalk	**822 5355**
Speakeasy	**822 3777**
Women's Centre	**822 2163**
RCMP	**224 1322**
Vancouver Police Dept.	**665 3321**
Family Practice	**822 5431**
Parking & Security	**822 4721**
Security Bus	**822 4721**
Sexual Assault Info Line	**822 9090**
Sexual Harassment Off.	**822 6353**
Student Health Service	**822 7011**
Student Resource Centre	**822 3811**
Women Students' Office	**822 2415**
WAVAW	**255 6228**

If You Have Been Sexually Assaulted

- Get to safety. Call 911 if you have to.

  RCMP, VPD 911

- Don't bathe, douche or change your clothes; you could destroy evidence.

- Ask a friend, family member, counsellor, or the police to accompany you to a doctor or to a hospital.

  WAVAW 24-hour crisis line 255 6344
  Vancouver Rape Relief 872 8212
  Speakeasy crisis line 822 3700

- It's important to see a doctor as soon as possible after a sexual assault, as you may have been hurt, come in contact with a sexually transmitted disease, or been impregnated. Vancouver General Hospital has a team of female doctors from a sexual assault roster on duty 24 hours a day.

  VGH Emergency Sexual Assault Unit 875 4995
  University Hospital (UBC Site) Emergency 822 7222

- Report the crime. Each woman reacts differently to a sexual assault, so whatever reaction you have is normal. But many women never tell anyone about their assault because of strong feelings of shame and guilt, and they turn the blame on themselves. Remember, though, you didn't ask for it, so you are *not* to blame.

  RCMP 224 1322
  Vancouver Police Dept. 665 3321
  WAVAW 255 6228

Religion and Religious Services

WE FACE many ethical issues in our day-to-day lives, and sometimes, change is upon us before we have given adequate consideration to all the implications. Campus life can be demanding, and the university experience can be lonely. We find ourselves asking lots of questions.

More and more people are taking an interest in religion and spirituality. Our spirituality is linked with our emotional, physical, and intellectual needs, and each affects our wellness. Understanding religious issues is also a big part of understanding the world and its conflicts, and with this understanding we can work together for lasting peace.

Expressing our spirituality and learning about others' religious expressions helps each one of us feel like a part of a community. It builds bridges between the diverse communities we live among, not just at UBC, but globally. We are, after all, a microcosm of the world.

UBC CHAPLAIN'S ASSOCIATION

The Chaplains' Association is made up of chaplains from various denominations and faith groups, and offer a variety of services, ranging from worship and study groups, to counseling and workshops. The chaplains work both ecumenically and within individual communities to offer opportunities for people to form friendships and become involved in special projects and activities.

The chaplains provide time and space for people to relax, and to talk about subjects ranging from student-faculty discussions to cross-cultural celebrations, and to meetings with people from different faiths. There is also opportunity for worship and prayer from several faiths and traditions.

The chaplains work cooperatively with other student service units on campus—such as Housing, Student Health, the Student Resource Centre, the Women Students' Office, and International House—in an approach to wellness that recognizes our physical, mental, intellectual, emotional and spiritual needs are linked together. Everyone is welcome to all events and communities involving the chaplaincy, regardless of any particular religious affiliation.

Anglican	Kathleen Zang	224 1410
Baptist	Rob Ogilvie	224 4308
Roman Catholic	Father Leo Klosterman, Father Neil Kelly, Father Jim Hanrahan, Father Douglas Hilmer Sister Marina Smith	822 4463
Pentecostal	Kevin Hansen	224 3722
Jewish	Zac Kaye	224 4748
Lutheran	Bill Wiegert	224 1614
United	Brad Newcombe	224 3722

STUDENT CLUBS

Student groups for religious expression are many and varied. Take time on Clubs Days to visit these clubs and see what they offer. There are several Christian clubs for specific denominations, and some that are interdenominational. There is also the Jewish Students' Association, the Native Indian Students' Union, the Sikh Students' Association, and the Association for Bahà'í Studies. After Clubs Days, you can drop off a note at the AMS Business Office (SUB 266). Mailbox numbers are available on pages 83 to 98.

CAMPUS ORGANIZATIONS, COLLEGES AND CONGREGATIONS

Hillel House (224 4748), located at the centre of campus between the North Parkade and Brock Hall, offers programs and activities for Jewish students and faculty, and invites others to join as well. Likewise the First Nations House of Learning (822 8941) encourages everyone to visit the Longhouse and experience a rich aboriginal heritage. Two theological colleges border the campus: the Vancouver School of Theology (228 9031) and Regent College (224 3245). While these colleges are separate from UBC, they also invite people to visit and be a part of programs, worship services, and lectures of interest.

Local congregations include St. Mark's College, the Lutheran Campus Centre, University Hill United Church, St. Anselm's Anglican Church, University Chapel, and St. Ignatius Roman Catholic parish.

The Department of Religious Studies (822 2515), in addition to its regular course offerings, sponsors lectures throughout the year. Watch for topics and speakers through the Department and campus newspapers. ■

Brad Newcombe *is a pretty nice guy. No, really. There isn't a punchline.*

Recognizing Cults

Students are often drawn into «aggressive religious groups», or cults. Many cults seem innocent on the surface, but may actually be very dominating and coercive when one gets involved at the deeper levels. Things are not always as they appear. Here are some tips to help you spot a cult on campus or off, and avoid the emotional trauma that inevitably comes to its members.

THE RECRUITMENT PROCESS

1 Someone will usually approach you in front of the library, the street, or in the SUB to invite you to a «Bible study.» If you go, you and two of the cult's recruiters will be the only ones there, and will end up in a very intense discussion.

2 If you give them your phone number or address, they will be sure to contact you numerous times until you come to their events, or tell them to get lost in no uncertain terms. Their persistence will border on harassment.

3 Your early experience of their «church» meetings will be reminiscent of a pep rally, at which you will meet at least six new «friends» immediately. The person who brought you will keep a close eye on your every reaction, and attempt to build your enthusiasm. You will be made to feel unusually «special.»

4 If you decide to become a part of such a group, it will assign you a «personal supervisor» who will help you begin to think and act properly in the cult community. That person will solicit very private and vulnerable information from you. Gradually you will be discouraged from commitments with other friends, social groups, and perhaps even your family. Your whole identity will be molded by the organization, and your life will revolve around its activities and agenda.

LOYALTY

The cult will seek to procure your loyalty to it by:

- Using guilt to ensure you meet the group standards of enthusiasm.
- Discouraging thinking for yourself or raising questions about group doctrine.
- Keeping you extremely busy, by scheduling several weekly activities which leave you tired and without time for reflection.
- Coercing you to move into a house or apartment with other members

of the group.

- Holding «breaking» sessions, which challenge any resistance you might have to the ways or teaching of the group.
- Drawing you into direct conflict with the leadership if you try to leave. (If you do leave, you are condemned as a loser).
- Controlling your social and dating behaviour. You will only be allowed to date and socialize within the group.
- Claiming that those in the movement are morally superior to those on the outside.

You owe it to yourself to ask for identification from strangers who ask you to join a group. Don't settle for vague answers, and don't give out private information. Many students at UBC have been hurt by naïvely joining in on the raw enthusiasm of a cult. The best defence against cults is knowledge. Consider yourself well-defended. ■

Gord Carkner *thought the Fox made-for-TV movie about David Koresh was a touch cheesy. Disturbing, but cheesy nonetheless.*

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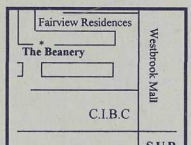

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Colophon

The Credit/Blame Page

colophon /ˌko-leˈfawn/ *n.* **1** a publisher's device or imprint, esp. on the title page. **2** a tailpiece in a manuscript or book, often ornamental, giving the writer's or printer's name, the date, *etc.* [LL f. Gk *kolophon* summit, finishing touch]

This book is dedicated to all those brave men and women who gave their lives in the quest to invent marzipan (which is at least as important as nougat).

EDITOR Ryan McCuaig
CONTRIBUTORS Bruce Armstrong, Leah Benner, Gord Carkner, Leah Costello, Paul Dayson, Sue Demaine, Bill Dobie, Sara Dorsey, Ian Gunn, Martin Jones, Graeme Kennedy, Governor Lau, John Lyotier, Tamara Malloff, Blair McDonald, Derek K. Miller, David New, Brad Newcombe, Susan A. Point, Lynn Van Rhijn, Tanya Richardson, Antonia Rozario, Sonya Skumavec, Sarah Slack, Nadine Sourekoff, an unidentified assistant of David Strangway's, Karen Tan, Iolanda Weisz, Emile Woo, and—as always—Rog.
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THE MUSIC THAT HELPED GET THIS BOOK OUT The Arrogant Worms, *Russell's Shorts*; Spirit of the West, *Save This House*; The Blues Brothers, *The Definitive Collection*; The Barenaked Ladies, *Gordon*; Three Dead Trolls in a Baggie, *Three Dead Trolls in a Baggie*; Sarah McLachlan, *Touch, Solace*; Billy Joel, *River of Dreams*; Eurythmics, *Greatest Hits*; U2, *Zooropa, Rattle & Hum*; Annie Lennox, *Diva*; Northern Pikes, *Neptune, Snow In June*.

ARTISTIC INFLUENCES ON THE EDITOR *WiReD*, *Adbusters Quarterly*, caffeine, Concordia University Student Union *Handbook 93/94*, Robert Bringhurst, Robert Slimbach, William Gibson, Howard Rheingold, *Spy* magazine, *National Lampoon*, the chicken breast sandwiches and samosas from the Delly, and an all-consuming desire to show those dorks in Admissions at Emily Carr that they can't just tell me I'm not creative enough and then throw out sixty bucks worth of portfolio slides with impunity.

THE EDITOR WISHES TO THANK Alastair Bird; John Heaman (formerly of Bowne); Ellen Scobie and Sue Ahn of DTP; Derek K. Miller; Leanne, Joan, Rene, Val, and the rest of the AMS Business Office staff (special thanks to Marnie for the paycheque); Dave New; Dad for hauling me off to Seattle for some R & R, and Mom, to whom most of the credit—or blame—can ultimately be attributed; Louis Francescutti and Ian Jackson; Janice Boyle, Leah Costello, Tim Lo and Randy Romero; Blair McDonald and Graeme Kennedy for laughing at everything, no matter how stupid; Nadine Sourekoff, for providing a nice list of stress-management rules that I managed to completely contravene (except the «avoid drugs» part); John Lyotier for just being such a with-it kinda guy; Bill Dobie for being about the easiest boss I've ever worked for but the most difficult to actually *find*; and Sarah Thornton (have a good time, babe).
For all those I've forgotten, come talk to me. Maybe I had a good reason for leaving you out. ■

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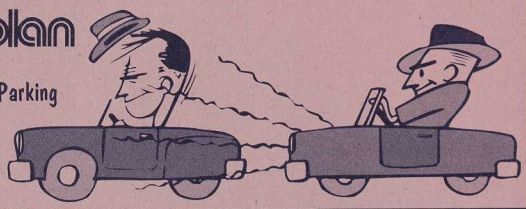

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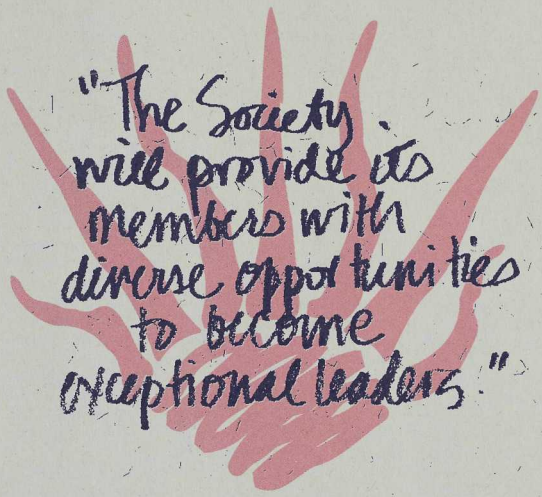
The Alma Mater Society presents



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For more information, contact
Janice Boyle, AMS Vice President in SUB room 248.

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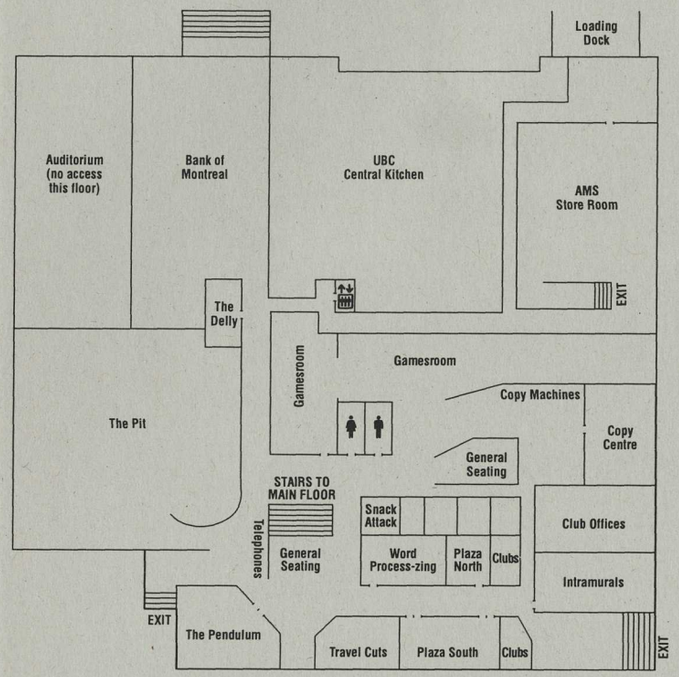
The Student Union Building

Lower Floor



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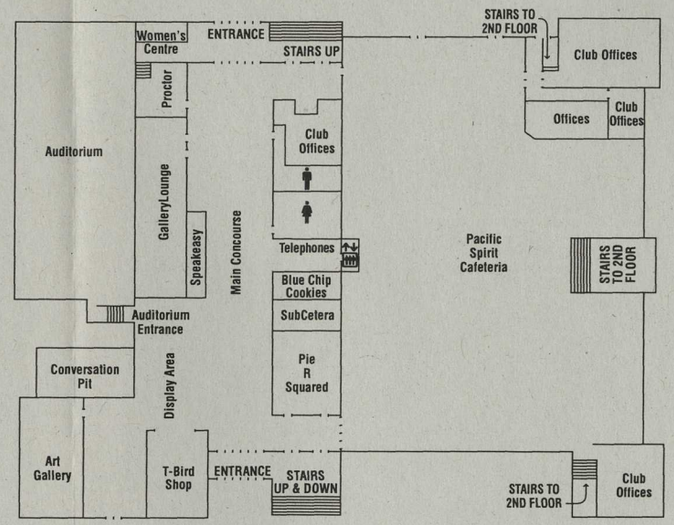

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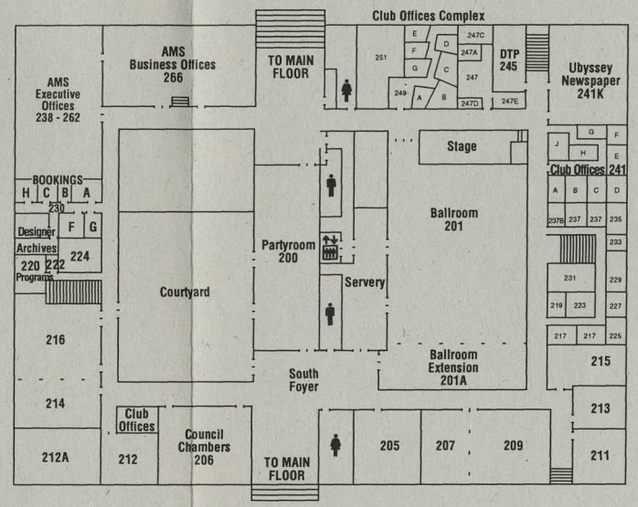

Building Abbrevs

Acute Care Unit	ACU
Adult Education Research Cntr	AERC
Animal Resource Ecology	BH 6
Animal Science Dairy Cattle	ASDC
Anthropology & Sociology	ANSO
Armoury	ARMO
Arts One	ARTS
Arts One	H014
Asian Centre	ACEN
Auditorium	AUDI
Auditorium Annex	AUDX
Biological Sciences	BIOL
Brock Hall	BRCK
Buchanan	BUCH
Buchanan Tower	BUTO
BH 8	BH 8
C.I.C.S.R.	CLSR
Carr Hall	CARR
Chemical Engineering	CHML
Chemistry	CHEM
Chemistry-Physics Annex	CPAX
Child Study Centre	CHSC
Civil & Mechanical Engineering	CEME
Computer Sciences	CSCI
Counselling Psyc Sem Rooms	CPSY
Cunningham	CUNN
Douglas Kenny	KENN
Duke Hall	DUKE
East Mall Annex	EMAX
Education	H01
Education	H016
Family & Nutritional Sciences	FNSC
Fields	FLDS
First Nations Long House	FNLH
Food Science	FOOD
Forestry Annex A	TFRA
Forestry/Agriculture Hut 4	TFR4
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Geography	GEOG
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Hut	HUT
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Law	LAW
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Library Processing Centre	LPC
Macdonald	MCDN
MacMillan	MCML
Mathematics	MATH
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McLeod	MCLD
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Mechanical Engineering Annex	HM17
Medical Block A	MEDA
Medical Block B	MEDB
Medical Block C	MEDC
Memorial Gymnasium	MGYM
Mineral Engineering	MINL
Museum Of Anthropology	MUSM
Music	MUSC
Neville Scarfe	SCRF
Osborne Centre	OSBO
Physical Education Gym	GYM
Plant Science Annex	PLAX
Plant Science Field Building	PLSB
Ponderosa Annex B	PONB
Ponderosa Annex C	PONC
Ponderosa Annex D	POND
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Ponderosa Annex F	PONF
Ponderosa Annex G	PONG
Ponderosa Annex H	PONH
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Rehabilitation Medicine	BH 3
Rehabilitation Medicine	HMS1
Social Work Building (new)	SOWK
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Stadium	STAD
Thunderbird	THUN
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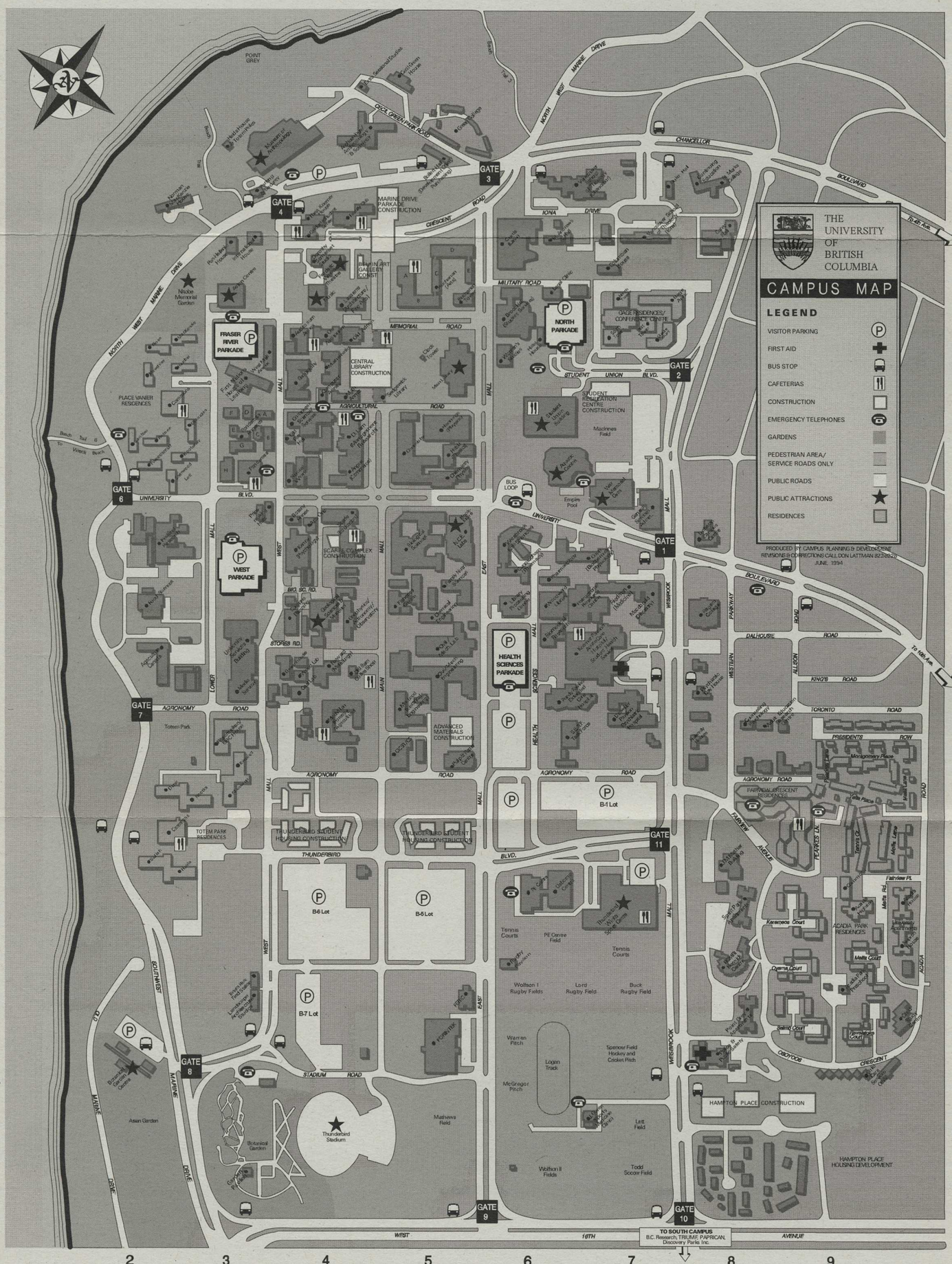
Wesbrook	WESB
West Mail Annex	WMAX
Winter Sports Centre	WINT
Woodward Instructional Res Centre	WOOD
Woodward Library	WLIB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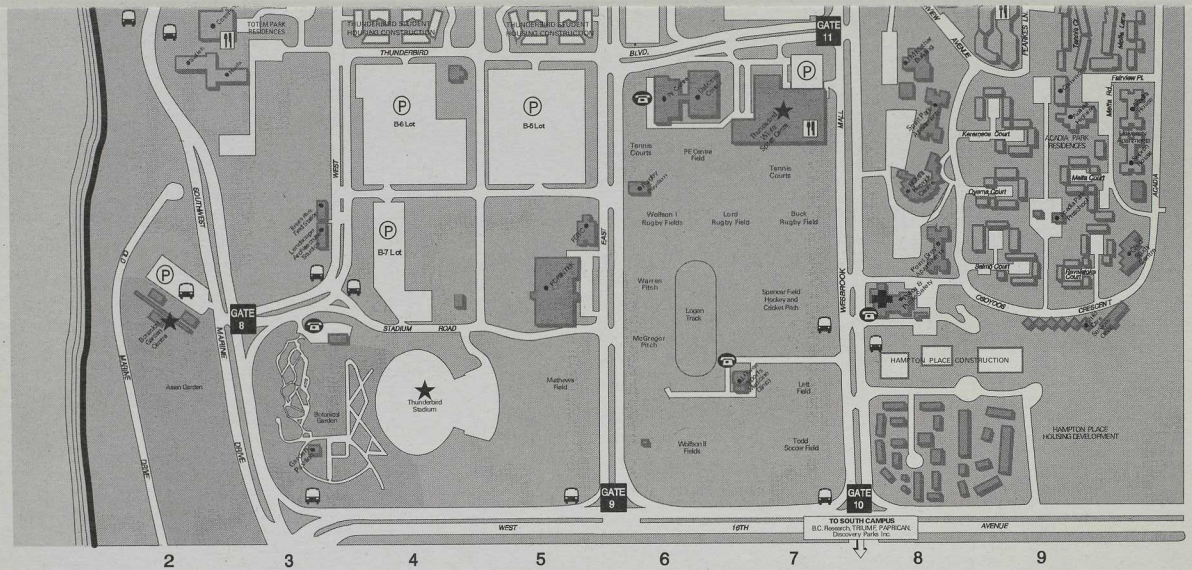
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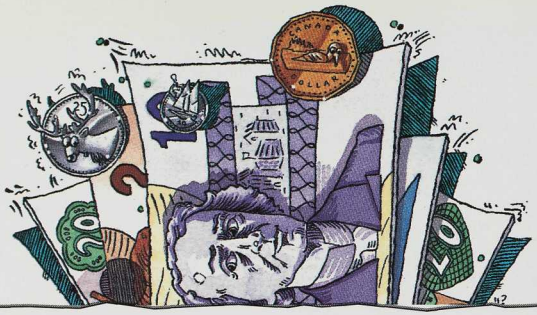

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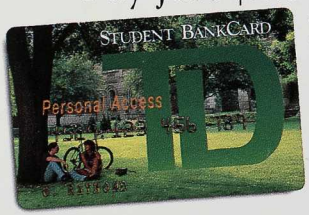

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T R A P S

EVERY YEAR, thousands of bright-eyed, cheery students start the University game with the full hope of getting at least some piece of paper at the end of their stay. Some make it. Some don't—many for really good reasons. The following are bad reasons for throwing in the towel and returning to the great unwashed from whence we all came. Check them out, and please don't fall into them.

Trap #1: Sleeping

A real danger is figuring that you must get a lot of sleep to face the daily perils of being a student. There is not doubt that a good seven or eight hours a night would be nice, but don't fall into the trap of sleeping ten to fourteen hours a day just to be sure you get enough. Oddly enough, your body will conspire with your mind in this by getting too much sleep—which feels for some reason like you're still tired. It's a hell of a vicious circle, and someone you know during the year will surely fall to this killer.

Trap #2: Television

If, in your not-too-distant past, you have shown tendencies to watch television for hours at a time, go cold turkey right away and avoid the box like the Plague. If you don't have one, don't get one. No matter how good you may think a liberal television education is, it's not worth blowing your tuition on. If your addiction is just impossibly strong, get a job that allows you to feed it. Forget about university until you get bored with the tube.

Trap #3: Bars

Suffice it to say that there are people who open the Pit at noon and close it at one in the morning. If you can do this on money from home, it probably doesn't matter. But, if it's out of your own pocket, why not devote your tuition to it, too? That extra $2 200 could keep your cronies in a lot of beer.

Trap #4: Wasting your time in the library

Going to the library is not the same as working in the library. So, if you have a tendency to bullshit yourself, watch that you don't join the hundred of library-loungers wasting their time and thinking they're working when they could be learning more at the Pit or watching TV.

Trap #5: Student Politics

As good a waste of time as anything else around here. It is, however, fraught with obstacles. You've got to dodge the ego trippers, avoid the empire builders and circumvent the lunatic fringe. Remember that while heavy involvement in student and service organizations might look good on your resume, flunking out does not. Talk to some of the hacks around the AMS about what you can do, but talk to more than one, as they all have their own pet projects.

Trap #6: The Dreaded First Affair

There is a documented case of a couple who met in the first week at York University and never left their room for a month, or their residence floor for three more, but were occasionally seen wandering around in their underwear making tea and saying, «Honey, do you know where the sugar is?»
This may be your first time away from home and your first chance to sleep regularly with the companion of your choice. But why put yourselves through the agony of having to explain to both sets of parents why both of you failed your year? It's hard enough explaining to mothers why you like the person who's stealing you away from her without giving her some real ammunition.

Trap #7: Studying Too Much

Another reasonably common ailment is spending all your time studying. Even if you do know that Manicheal Duality refers to the syncretistic religious dualism that originated in Persia way-back-when, you may be struck by the number of people who clear the room as you casually bore the hell out of them. Education, is all well and fine, and you may get into med or law, but it's really not worth it to turn yourself into a social cripple, incapable of attracting a fly of the opposite sex.

Trap #8: Professional School

There's nothing wrong with wanting to get into a professional school. There is nothing wrong with working your butt off to do it, either. But remember that there are over 12 000 students in Arts and Science alone, and only a couple of hundred places in first-year law and med school. There are a surprising number of students who, when they get their rejection slip, find that they are ¾ of the way through a degree that they don't particularly want and haven't made any alternate plans. ■

This article was shamelessly stolen from Western's handbook. Why? Because I didn't actually get around to writing an article on time management…

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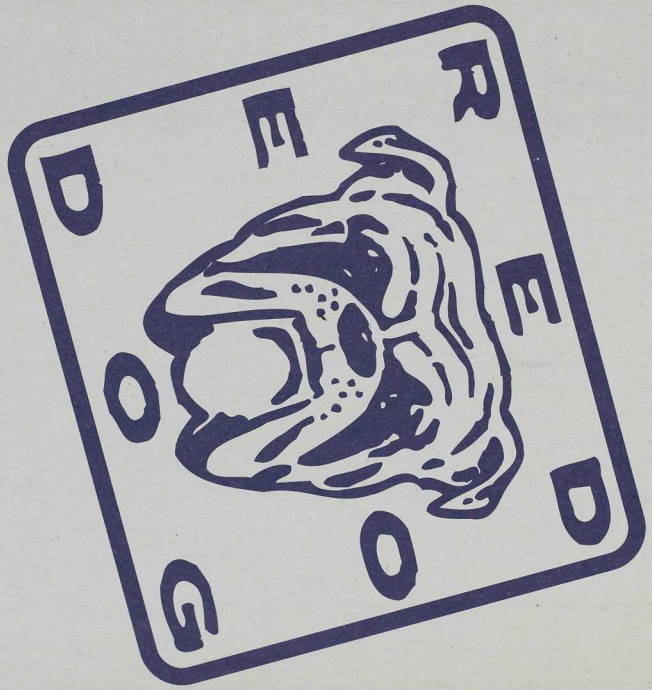

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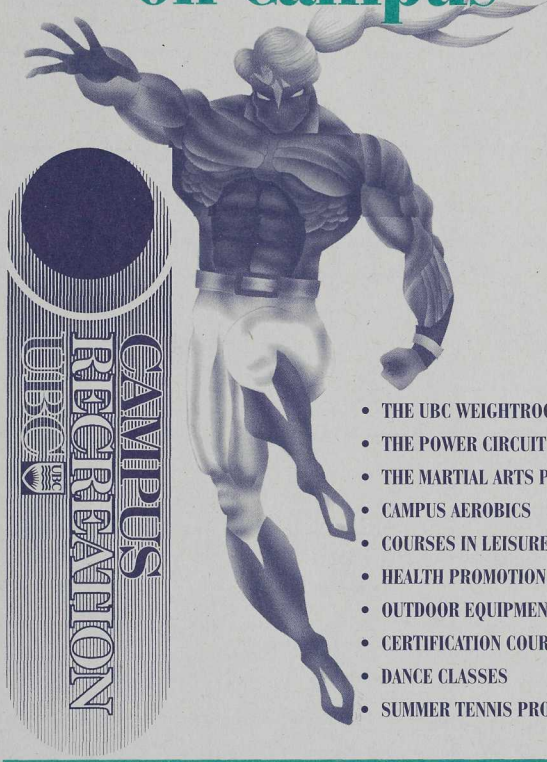
DAY PLANNER

Your Fitness Home on Campus



- THE UBC WEIGHTROOM
- THE POWER CIRCUIT
- THE MARTIAL ARTS PROGRAM
- CAMPUS AEROBICS
- COURSES IN LEISURE PURSUITS
- HEALTH PROMOTION ACTIVITIES
- OUTDOOR EQUIPMENT RENTALS
- CERTIFICATION COURSES
- DANCE CLASSES
- SUMMER TENNIS PROGRAMS

20 Martial Arts Clubs Exhibition
Oct 15 • All Day • War Memorial Gym

THE CAMPUS RECREATION OFFICE IS LOCATED IN ROOM 270 WAR MEMORIAL GYMNASIUM. **Come by and pick up your guide to recreation activities or phone 822-3996 for further information.**

graphics provided by 4th year arts student – stefan van niekerk

Alastair Bird

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SEP

DAY PLANNER

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29 MON

30 TUE

31 WED

SEP

THU 1

FRI 2

SAT 3

SUN 4

17TH ANNUAL

INDOOR PLANT SALE

Great Indoor Plants ~ Low Prices!
September 15, 16, 17 ~ Noon to 5pm

UBC Botanical Garden ~ 6804 S.W. Marine Dr

August

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5 MON

Labour Day

University closed

6 TUE

Rosh Hashana

Classes begin

7 WED

Last day for payment of first term fees

THU 8

FRI 9

SAT 10

SUN 11

DATING DILEMMA? Try something new and adventurous and gain some wisdom in the process. Debate intelligently with your partner—learn dialoguing skills. A **Vancouver Institute** membership is your best bargain all year: 20 Saturday night lectures on campus at Woodward IRC 2 at 8:15 pm, presented by the tops in their field on topics of general concern and fascination. On Opening Night Saturday, September 24, we present Nobel Laureate Michael Smith. No hassle—only $10 per student for all 20 lectures. Just come—pay then. What other stimulating fun can you have for 50 cents?

SEP

DAY PLANNER

August

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September

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12 MON

13 TUE

14 WED

THU 15
Yom Kippur

SEP

FRI 16

SAT 17

SUN 18

COMMUNITY SPORTS

Skate Sharpening ... *only* **$2.50**

with Hockey Stick Purchase

10% Discount Off All Regular Prices for UBC Students.

3355 W. Broadway • 733-1612

SEP

DAY PLANNER

August						
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19 MON

20 TUE

Last day to with-
draw from Term 1
courses *sans* a *W*

21 WED

Clubs Days

THU 22

Clubs Days

SEP

FRI 23

Clubs Days

Last day to withdraw from 2-term courses *sans* a *W*

SAT 24

SUN 25

EXPLORE THE WORLD OF STUDENT TRAVEL

Student Airfares, Railpasses, Camping Tours, Language Courses, Hostel Cards, Student Work Abroad Programme, and much more!

Remember, we have great Student prices across Canada. Book your Christmas Flights early; they won't last long!

WE ARE ON CAMPUS
SUB Lower Level ... 822-6890

TRAVEL CUTS

August

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26 MON

27 TUE

28 WED

THU 29

SEP

OCT

FRI 30

SAT 1

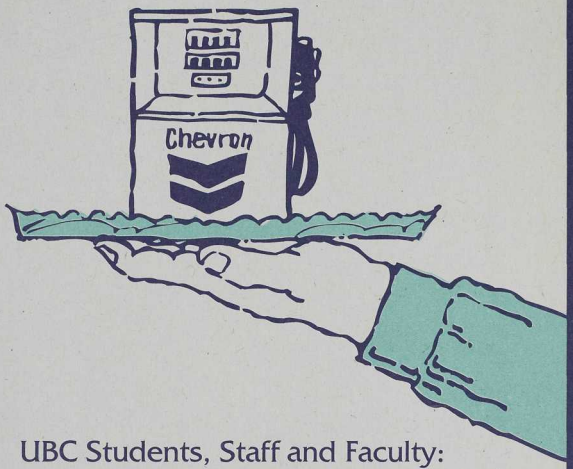
SUN 2

Try Our Delicious ...

SAMOSA &
SPINACH 'N CHEESE
PASTRIES

DAY PLANNER

At Your Service



UBC Students, Staff and Faculty:

Leave your car with us while at work or school

Full Service Bays • Government Certified Mechanics
Repairs to all Makes and Models • Provincially Authorized
Government Vehicle Inspection Facility

University Hill Chevron

Operated by Sterling Automotive Ltd.

2190 Western Parkway (behind the village)

224-1226 or 224-1713

Chevron. Your Town Pump.

Alastair Bird

OCT

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DAY PLANNER

OCT

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November						
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3 MON

4 TUE

5 WED

THU 6

OCT

FRI 7

SAT 8

SUN 9

DARLENE MARZARI

New Democrat
MLA
Vancouver
Point Grey

Welcome Back!

For any problems with student loans, housing or any government service, give us a call at 732-8683, or drop by our office at 2505 Dunbar.

DAY PLANNER

OCT

September

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10 MON

Thanksgiving

University closed

11 TUE

12 WED

THU 13

OCT

FRI 14

Last day for withdrawal from Term 1 courses

SAT 15

SUN 16

COMMUNITY SPORTS

Skate Sharpening ... *only* **$2.50**

with Hockey Stick Purchase

10% Discount Off All Regular Prices for UBC Students.

3355 W. Broadway • 733-1612

September

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17 MON

18 TUE

19 WED

THU 20

OCT

FRI 21

SAT 22

SUN 23

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Student Airfares, Railpasses, Camping Tours, Language Courses, Hostel Cards, Student Work Abroad Programme, and much more!

Remember, for the best Student Prices, book your flight for Christmas Break NOW! Space is very limited!

WE ARE ON CAMPUS
SUB Lower Level ... 822-6890

TRAVEL CUTS

September

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24 MON

25 TUE

26 WED

THU 27

OCT

FRI 28

SAT 29

SUN 30

Daylight Savings Ends

Supplying the Best of Gourmet Coffees wherever coffee is served and sold.

Call 270-2326.

100% B.C. OWNED AND OPERATED

Be a Roads Scholar

Smart students take transit to campus for some very intelligent reasons. Speed, affordability and convenience are built right into BC Transit's integrated bus, SkyTrain and SeaBus network. And many campus-bound routes are wheelchair accessible. Better still, transit is green, so you can help reduce auto emissions on the road to higher education.

A Quick Course in Economics

BC Transit's flexible fare system lets you pay as you go, or pay in advance with either FareSaver tickets or a monthly FareCard. FareSavers are available for One, Two or Three Zone travel, in money-saving booklets. But if you take more than 20 rush-hour trips per month, then FareCards are for you. FareCards eliminate the need for change, and may be used by others. And best of all, when used with Fast Trax, it becomes even more economical.

The Fast Trax Transit Strip

Fast Trax is a transit strip that you affix to your student I.D. It upgrades a One-Zone FareCard to allow you to travel One, Two or Three Zones for the One-Zone fare, anytime. Unlike the FareCard itself, your Fast Trax photo I.D. is non-transferable. Participating campuses may levy a nominal service charge for distribution.

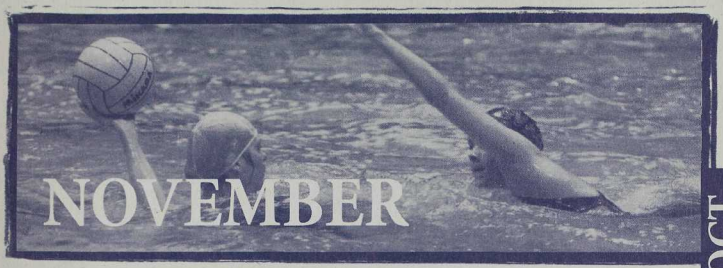
On Campus in September

Fast Trax transit strips are available at most student union associations, where you'll also find FareCards, FareSaver tickets, system timetables and the all-new TriGuide - a comprehensive, pocket-sized manual for rookie and seasoned transit users alike. Timetables are also available at public libraries, community centres and all other Transit Information outlets. Passes and tickets are also sold wherever you see the "FareDealer" sign.

Transit Information
261-5100

*With a One-Zone FareCard

BC Transit Vancouver Regional Transit System



NOVEMBER

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Avis Archives

DAY PLANNER

OCT

NOV

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31 MON

1 TUE

2 WED

THU 3

FRI 4

NOV

SAT 5

SUN 6

We have the ...

BEST SANDWICHES ON CAMPUS!

SUB Lower Floor Telephone: 228-8121

DAY PLANNER

NOV

October

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7 MON

8 TUE

9 WED

THU | 10

FRI | 11

Remembrance Day

University Closed

NOV

SAT | 12

SUN | 13

COMMUNITY SPORTS

Skate Sharpening ... *only* **$2.50**

with Hockey Stick Purchase

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DAY PLANNER

NOV

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14 MON

15 TUE

16 WED

THU 17

FRI 18

NOV

SAT 19

SUN 20

NOTES

DAY PLANNER

NOV

October

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21 MON

22 TUE

23 WED

THU 24

FRI 25

Last day for withdrawal from 2-term courses

NOV

SAT 26

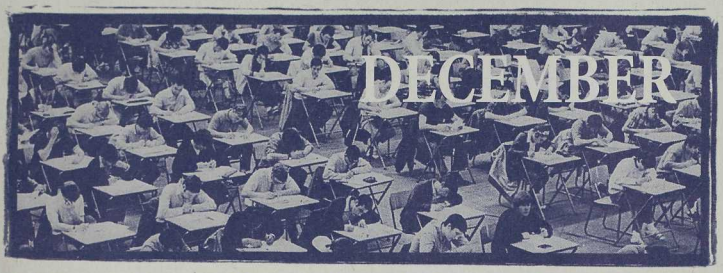
SUN 27

NOTES

DAY PLANNER

NOV

NOTES



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DAY PLANNER

NOV | DEC

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28 MON

Hanukkah

29 TUE

30 WED

THU 1

FRI 2

Last day of
Term 1
classes

DEC

SAT 3

SUN 4

COMMUNITY SPORTS

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DAY PLANNER

DEC

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January

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5 MON

6 TUE

Exams begin

7 WED

THU 8

FRI 9

SAT 10

SUN 11

DEC

NOTES

DAY PLANNER

DEC

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12 MON

13 TUE

14 WED

THU 15

FRI 16

SAT 17

SUN 18

DEC

NOTES

DAY PLANNER

DEC

November

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19 MON

20 TUE

21 WED

THU 22
Exams end

FRI 23

SAT 24

SUN 25
Christmas Day

DEC

NOTES

DAY PLANNER

DEC

November						
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26 MON

Boxing Day

University

Closed

27 TUE

University

Closed

28 WED

THU 29

FRI 30

SAT 31

SUN 1
New Year's Day

DEC | JAN

NOTES

DAY PLANNER

JAN

N O T E S

BLUE CHIP COOKIES

Best chocolate buns on campus!

JAN

REMEMBER! Bring in your own BLUE CHIP mug and fill it with coffee for just…

.70¢ plus tax

Great with any of our homemade cookies & baked goods.

Bring this coupon to BLUE CHIP & get an 8oz. regular coffee for just…

BLUE CHIP COOKIES

Expires October 31/94.

DAY PLANNER

JAN

Bring this coupon to the BURGER BAR to receive a

FREE Small Side of Fries

When you purchase the burger of your choice *(not applicable to platter specials).*

THE PIT PUB

• Must be over the age of 19 to use this coupon. •

Expires Oct. 15/94.

SATELLITE SPORTS ALL YEAR ROUND

THE PIT PUB

2 BIG SCREENS

7 T.V.s

MONDAYS Request Nite!

TUESDAYS Live "The Neurotics!"

WEDNESDAYS Dance! Dance!

THURSDAYS SUB-Sonic Thursdays!

FRIDAYS Rock 'n' Roll Part One!

SATURDAYS Rock 'n' Roll Part Two!

SUNDAYS Dart & Pool Tournaments!

Make it a CLUB EVENT!

OPEN (ALL) WEEK

NO COVER for LIVE BANDS

M	T	W	T	F	S	S
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30	31					

JAN

DAY PLANNER

JAN

December						
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January						
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February						
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20	21	22	23	24	25	26
27	28					

2 MON

University

Closed

3 TUE

4 WED

THU 5

FRI 6

Last day for payment of second term fees (to be on the safe side)

SAT 7

SUN 8

JAN

COMMUNITY SPORTS

Skate Sharpening ... *only* **$2.50**

with Hockey Stick Purchase

10% Discount Off All Regular Prices for UBC Students.

3355 W. Broadway • 733-1612

DAY PLANNER

JAN

December

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
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January

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February

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20	21	22	23	24	25	26
27	28					

9 MON

10 TUE

11 WED

THU 12

FRI 13

SAT 14

SUN 15

JAN

We have the ...

BEST SANDWICHES ON CAMPUS!

SUB Lower Floor Telephone: 228-8121

DAY PLANNER

JAN

December						
M	T	W	T	F	S	S
			1	2	3	4
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January						
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30	31					

February						
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20	21	22	23	24	25	26
27	28					

16 MON

17 TUE

Last day to withdraw from Term 2 courses *sans* a *W*

18 WED

THU 19

FRI 20

SAT 21

SUN 22

JAN

NOTES

DAY PLANNER

JAN

December

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January

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February

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27	28					

23 MON

24 TUE

25 WED

THU 26

FRI 27

SAT 28

SUN 29

JAN

NOTES

DAY PLANNER

JAN | FEB

N O T E S

FEBRUARY

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DAY PLANNER

JAN | FEB

January

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30	31					

February

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27	28					

March

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27	28	29	30	31		

30 MON

31 TUE

1 WED

THU 2

FRI 3

SAT 4

SUN 5

FEB

Register Now

Tri n Du it: ***Saturday, March 11***

REGISTRATION CLOSES

Friday, February 24

UBC Intramural Sports • SUB 66 • 822-6000

DAY PLANNER

FEB

January

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30	31					

February

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27	28					

March

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20	21	22	23	24	25	26
27	28	29	30	31		

6 MON

7 TUE

8 WED

THU 9

FRI 10

Last day for withdrawal from Term 2 courses

SAT 11

SUN 12

FEB

COMMUNITY SPORTS

Skate Sharpening ... *only* **$2.50**

with Hockey Stick Purchase

10% Discount Off All Regular Prices for UBC Students.

3355 W. Broadway • 733-1612

DAY PLANNER

FEB

January						
M	T	W	T	F	S	S
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February						
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March						
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13 MON

14 TUE

Valentine's Day

15 WED

THU 16

Mid-term break, Classes cancelled

FRI 17

Mid-term break, Classes cancelled

SAT 18

SUN 19

FEB

NOTES

DAY PLANNER

FEB

January						
M	T	W	T	F	S	S
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February						
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March						
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20 MON

21 TUE

22 WED

THU 23

FRI 24

SAT 25

SUN 26

FEB

NOTES

DAY PLANNER

FEB | MAR

N O T E S

MARCH

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AMERICANS

DAY PLANNER

MAR

February						
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March						
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24	25	26	27	28	29	30

27 MON

28 TUE

1 WED

Ash Wednesday

THU 2

FRI 3

SAT 4

SUN 5

MAR

Register Now

for **Storm Week: March 19 - 24**

REGISTRATION CLOSES

Friday, March 17

UBC Intramural Sports • SUB 66 • 822-6000

DAY PLANNER

MAR

February						
M	T	W	T	F	S	S
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March						
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April						
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24	25	26	27	28	29	30

6 MON

7 TUE

8 WED

THU 9

FRI 10

SAT 11

SUN 12

MAR

COMMUNITY SPORTS

Skate Sharpening ... *only* **$2.50**

with Hockey Stick Purchase

10% Discount Off All Regular Prices for UBC Students.

3355 W. Broadway • 733-1612

DAY PLANNER

MAR

February

M	T	W	T	F	S	S
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March

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April

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13 MON

14 TUE

15 WED

THU 16

FRI 17

St Patrick's Day

SAT 18

SUN 19

NOTES

MAR

DAY PLANNER

February						
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March						
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20 MON

21 TUE

22 WED

MAR

THU 23

FRI 24

SAT 25

SUN 26

NOTES

MAR

DAY PLANNER

February

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27	28					

March

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April

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24	25	26	27	28	29	30

27 MON

28 TUE

29 WED

MAR

THU 30

FRI 31
Last day of
Term 2
classes

SAT 1

SUN 2
Daylight
Savings
Begins

NOTES

DAY PLANNER

APR

N O T E S

Alastair Bird

M	T	W	T	F	S	S
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APR

DAY PLANNER

March						
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April						
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3 MON

4 TUE

Exams begin

5 WED

APR

THU 6

FRI 7

SAT 8

SUN 9
Palm Sunday

COMMUNITY SPORTS

Skate Sharpening ... *only* **$2.50**

with Hockey Stick Purchase

10% Discount Off All Regular Prices for UBC Students.

3355 W. Broadway • 733-1612

APR

DAY PLANNER

March						
M	T	W	T	F	S	S
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April						
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May						
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29	30	31				

10 MON

11 TUE

12 WED

APR

THU 13

FRI 14

Good Friday

(University Closed)

SAT 15

Passover

SUN 16

Easter Sunday

NOTES

APR

DAY PLANNER

March						
M	T	W	T	F	S	S
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April						
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May						
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17 MON

18 TUE

19 WED

APR

THU 20

FRI 21

SAT 22

SUN 23

NOTES

APR

DAY PLANNER

March

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April

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May

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29	30	31				

24 MON

25 TUE

26 WED

APR

THU 27

FRI 28

Exams end

SAT 29

SUN 30

NOTES

APR

DAY PLANNER

1994

January

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31						

February

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28						

March

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April

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May

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August

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September

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November

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December

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1995

January

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February

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March

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April

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May

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June

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July

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August

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November

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November

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N O T E S

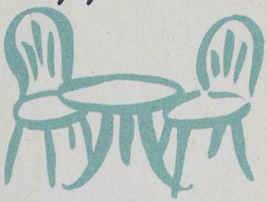
DAY PLANNER

THE PENDULUM
RESTAURANT

Come sit on the patio and sip a cappuccino with a friend. Present this coupon and have 2 cappuccinos for the price of one.

Expires October 15, 1994

cappuccino
+
cappuccino



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Located directly across from The Games Room.

2 Cappuccinos 1 Price

Listen to student musicians, enjoy art by students and join a friend for cappuccino. Present this coupon and receive 2 cappuccinos for the price of one. (You must be over 19!)

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Planning a Special Event?
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Call 687-BREW for further information

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Listen to s
students a
Present this coupon and receive 2 cappuccinos
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GALLERY
LOUNGE

Students, give yourself some credit.

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Special *NO-FEE* student offer

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Wearables and Beer Paraphernalia

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