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THE UBYSSEY

NEW SUB DELAYED? 3
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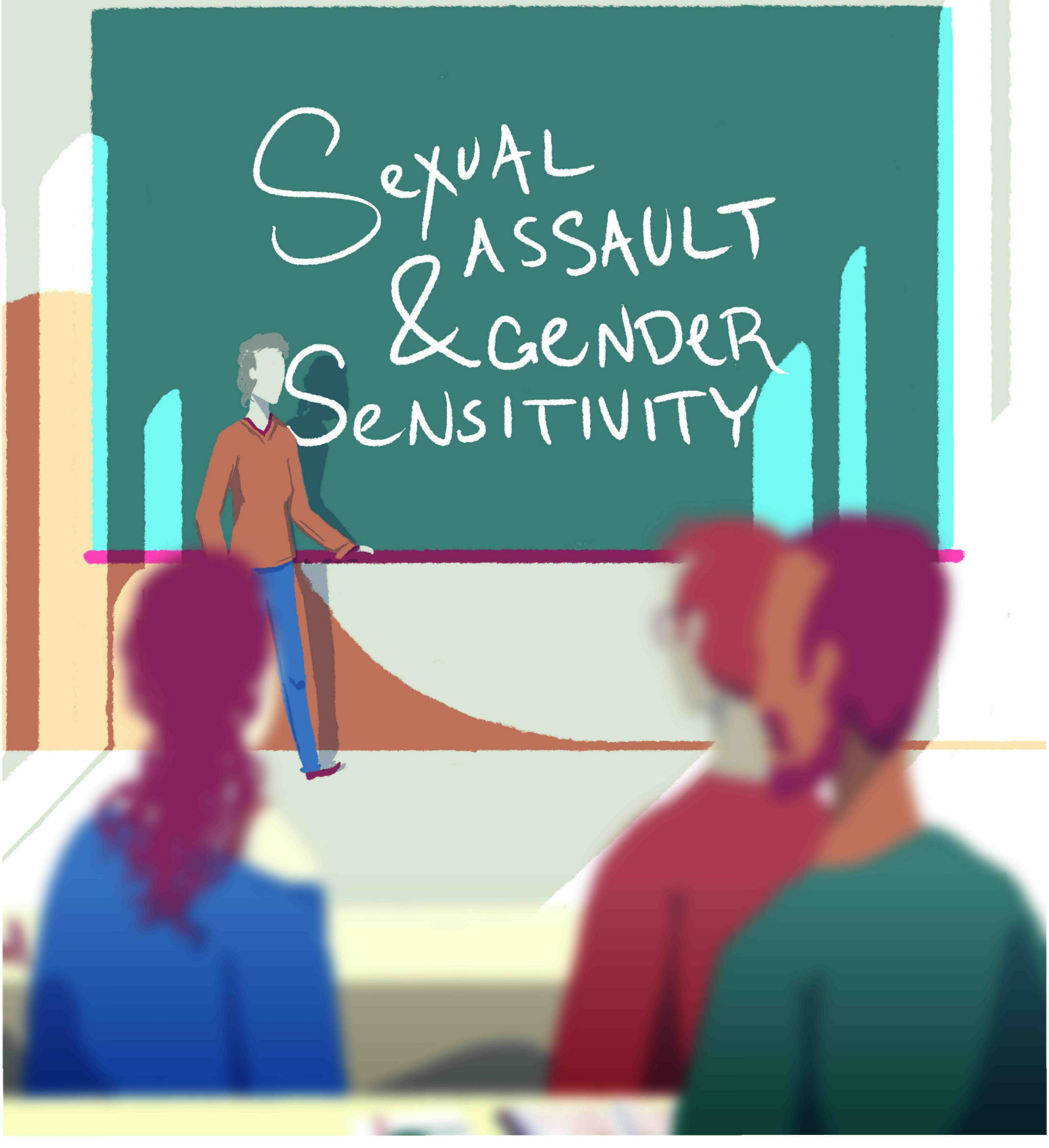
WOMEN'S BASKETBALL 11



EVENTS // THIS WEEK, CHECK OUT ...

FRIDAY / 20

ACADEMICS VS EXPRESSION
10:00 A.M. - 12:00 P.M. @ FIRST NATIONS LONGHOUSE
A part of Rule Out Racism week, panelists will discuss the fine line that must be walked between freedom to personal and academic expression and racism. A light lunch will be served after the event. *Free*

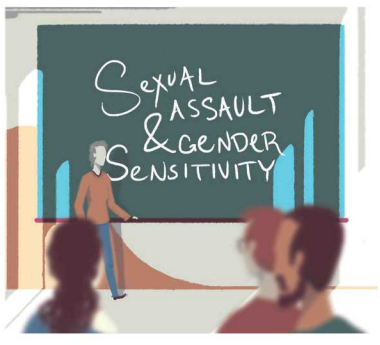
SATURDAY / 21

CANADIAN CANCER SOCIETY YUKIGASSEN
10:00 A.M. - 4:00 P.M. @ ROBSON SQUARE
Come and watch what will most likely be the last (and only) snowball fight of the season, cheer on a team from the CVC and support a good cause at this Japanese Snow Battle. *Free; donations encouraged.*

SUNDAY / 22

STORM THE WALL
9:00 A.M. @ UBC CAMPUS/SUB NORTH SIDE
Even if you're not participating, you can observe others giving their all in one of UBC's most hallowed traditions. Cheer on the first round of brave souls who will be trying their best to climb a wall. *Free*

ON THE COVER



This conceptualization shows a topic that might otherwise be difficult to convey. - Illustration Jerry Lin

Want to see your events listed here? Email your events listings to **ourcampus@ubyssey.ca**.

THE UBYSSEY
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OUR CAMPUS // ONE ON ONE WITH THE PEOPLE AND BUILDINGS THAT MAKE UBC

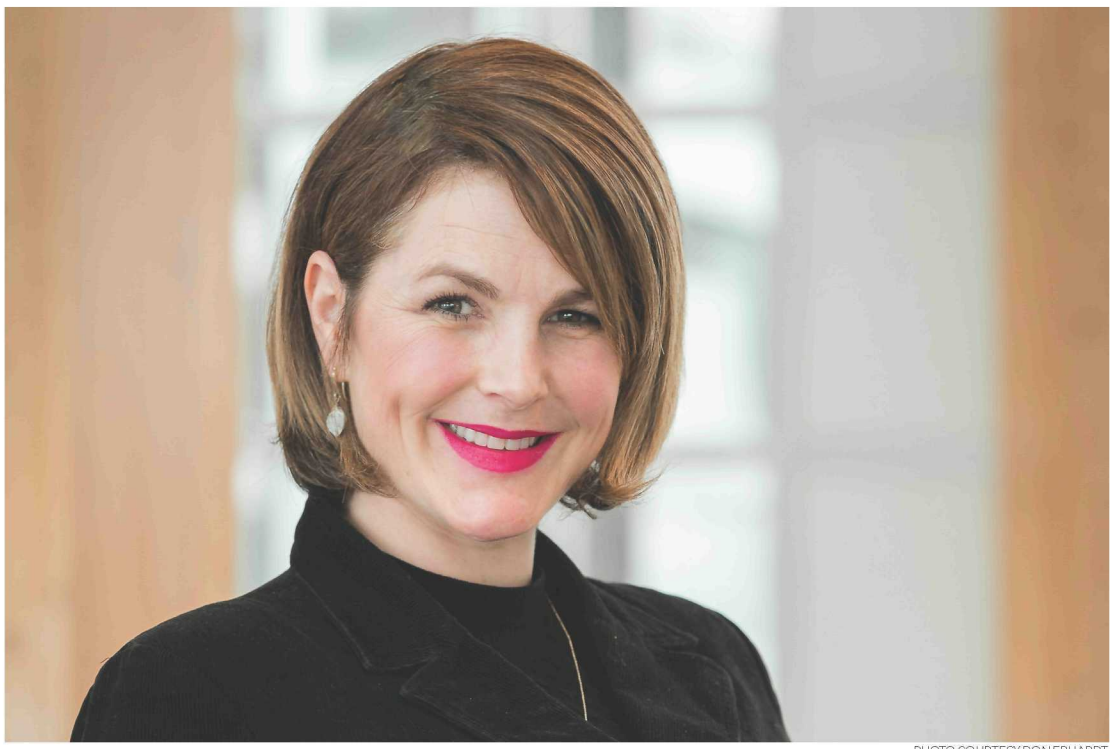


PHOTO COURTESY DON ERHARDT

Carole Jolly works within Campus and Community Planning to forge connections on campus.

Carole Jolly is building community spirit on campus

Serena Chao
Contributor

When one thinks of university, academics is most likely what first comes to mind. On a campus as large as UBC's, however, there is a lot going on behind-the-scenes to build and maintain a sense of community.

"The UBC Campus and Community Planning unit has a commitment to building a complete, thriving and vital community here at UBC," said Carole Jolly, the director of community planning.

> **I don't think we can measure success by the number of people who attended the event but rather by the lasting memories and experiences that it creates for those who attend."**
>
> **Carole Jolly**
> Director of UBC Community Planning

Though not always in the spotlight, according to Jolly, her team is dedicated to "developing a community where people can live, work, learn and play all in one spot." It's a fairly new unit, just over a year old, and was created to support the academic experience, to build the campus community and to look for ways to leverage the campus' public outdoor spaces.

Jolly, originally from Ontario, graduated with an honours degree in geography from the University of Guelph.

"I always had an affinity and affection for urban spatial issues and land use planning but didn't quite know how to define it," said Jolly.

She moved out to B.C. in 1999 after a road trip across Canada and eventually found herself in Vancouver. Shortly thereafter, she completed her master's degree in urban planning here, which led to working at UBC focussing on transportation and land management initiatives. That role evolved into transportation planning and she has been in her current position since this unit was established.

The community development unit aims to facilitate opportunities to animate campus spaces. Celebrate UBC, one of the organization's most successful initiatives, was a series of events varying from collegial pop-up sporting events to mini-concert series.

"I don't think we can measure success by the number of people who attended the event but rather by the lasting memories and experiences that it creates for those who attend," said Jolly.

The largest event that the team has ever done, the Harvest Feast, was initially developed to foster connections between the campus community and beyond. It was focused on strengthening opportunities around social sustainability and was held as part of UBC Ripple Effect, a broader sustainability engagement campaign on campus. Due to the dedicated partners — especially the AMS and UBC Food Services — the event was largely successful because of, according to Jolly, the "lasting impression[s] with many people and [the] desire to explore opportunities to continue the tradition moving forward."

The team is currently finding ways to leverage the upcoming UBC Centennial celebration and UBC's well-being initiative in addition to the delivery of community programs. Jolly's team is focusing on delivering community programs such as the Youth and Kids Fit programs, the community grant programs and building on the partnerships with the academic facilities on campus.

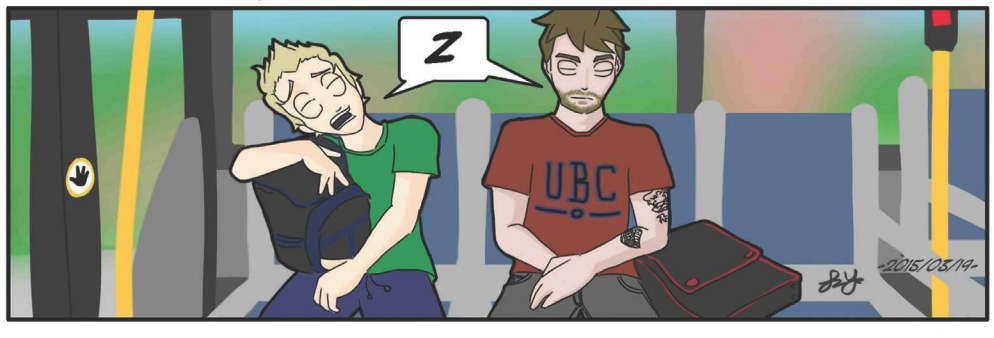
In addition to upcoming events and programs, the community development unit oversees the U-Pass program, the SEEDS program, the sustainability engagement program, the sustainability coordinator program, public space bookings and filming permissions.

"[It] leads to enhancing vibrancy on campus and making our space available for our students to occupy and to do cool things outside in our public realm," Jolly said.

One of the most anticipated public spaces at UBC is the new SUB. When looking at ways to bring vibrancy to this space, they held an Ideas Fair. At this point, the design decisions had already been made but it was input on the opportunities for programming in those spaces that they were looking for. Jolly encourages and invites students to help them leverage our public realm.

"We have a great team dedicated to all of these components and all of them combined are enhancing the UBC experience, supporting the academic mission, and creating extraordinary campus experiences."

Life — on — Campus



POLITICAL SCIENCE »

Students propose policy on sexual harassment to political science department

PHOTO CHERIHAN HASSUN/THE UBYSSEY

The policy proposes putting information about seuxal harassment on all political science syllabi.

Veronika Bondarenko
News Editor

The Political Science Students Association is pushing forth a department-wide policy on sexual harassment and gender sensitivity.

Sydney Snape, VP academic of the PSSA, said that the policy was born from what she, along with several other executives and political science students, saw as an urgent need to address the lack of conversation around sexual assault and consent both at UBC and in larger society.

"We recognized that this is something that goes on everywhere, especially at any university," said Snape. "There's something that needed to be done as an educational process and a tool, so students have an easier time accessing resources and understanding what consent means."

The PSSA's three objectives in the policy include making educational resources on sexual assault available for professors both in their offices and online, implementing open and optional workshops on — and possibly adding a summary on — consent and sexual harassment support resources on the syllabi for all political science courses. Suggestions in the proposal include engaging with staff at the Sexual Assault Support Centre and UBC Access & Diversity to organize workshops and asking professors to spend some time going over sexual assault during the first class of the term.

"If you have that on every syllabus and every student is looking at that and in the first class, you go over TurnItIn, you go over your assignments, you go over what the professor thinks about this and that, and in that little summary in the first class you have the professor saying, 'this is not tolerated, this is why this is not tolerated. You have resources available and I will not tolerate this as a professor,'" said Snape. "As soon as you have that accountability, it uses that as a way of prevention."

According to Snape, the PSSA hopes that UBC will implement aspects of their proposal in September. The PSSA is currently in the process of meeting with professors in the department to discuss the specifics of putting it into place.

"We wanted to create a policy and an open environment so that students and faculty could communicate a lot better about how to get these resources," said Snape. "So the second part of that is 'How do we get students to get these resources?'"

Katharina Coleman, political science professor and chair of the equity committee that will be evaluating the policy, said that the committee will look at the proposal, make recommendations on it and then pass it on to the head of the department.

"We have had a chance to review the proposal," said Coleman. "The process then is that we would provide comments on it to the head of the department and it would then go to a discussion within the department, a department meeting."

Coleman also said that it is too early to say when this meeting will take place or whether any part of the proposal is likely to go through.

Still, Snape said that she hopes that the PSSA can set an example for similar policies for implementation in other departments and faculties at UBC.

"Even though I'm in political science, engineering and biological sciences are dealing with the same issues because it's the same type of academic culture and it's the same worries and concerns and gaps in the system that every department has, so it's not just specific to political science," said Snape.

NEW SUB »

Fire safety consultation leaves April opening of new SUB in limbo

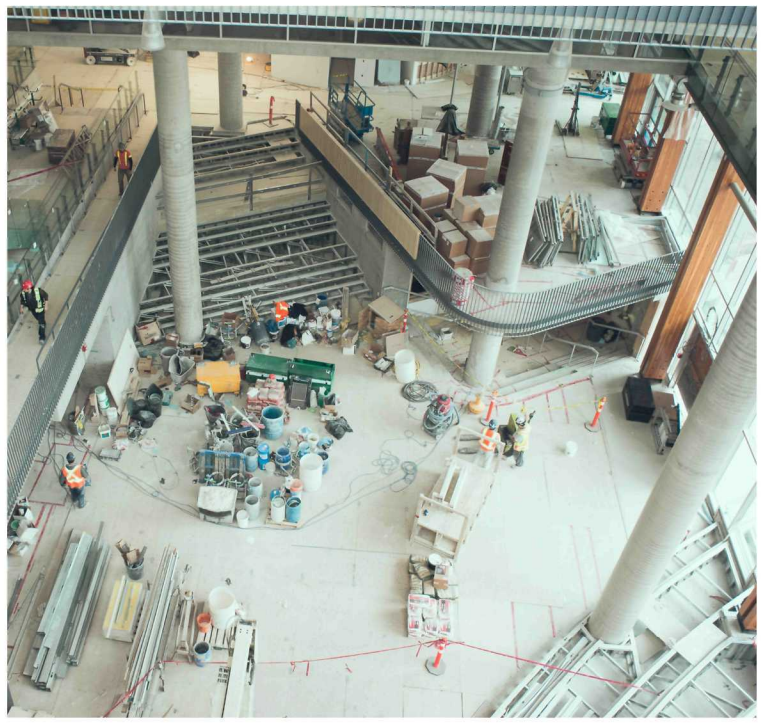


PHOTO WILL MCDONALD/THE UBYSSEY

An unexpected sprinkler installation might delay the opening of the new SUB again.

Kosta Prodanovic
News Administrator

Fire safety concerns threaten the April opening of new SUB.

After a fire, health and safety consultation last Monday, the AMS was informed that the new SUB might need to have sprinklers installed in areas where there currently are none. According to VP Admin Ava Nasiri, there was a discrepancy between the plans that had previously been laid out for fire sprinklers and the consultant's interpretation of the fire code during a recent walkthrough of the building.

The impact this might have on the new SUB is uncertain. Nasiri mentioned that the consultants were still deciding whether the sprinklers are necessary and that the AMS doesn't know if they have come to a conclusion yet.

"They are still sitting down and interpreting that code, so we are not 100 per cent sure what is going on right now," said Nasiri.

The ambiguity is guaranteed to be unnerving for anyone hoping that the new SUB will open soon. Up until now, the AMS has been optimistic about a tentative opening in early April.

Nasiri echoed this optimism but was sincere about the possibility of a later opening.

"I don't want to say it's not opening in April because it very well could, and I don't want to say it's opening in April because it very well could not if [the consultants] come back and say that they have decided to reinterpret the fire code and then ask us to install sprinklers in areas where we will have to rip out the ceiling," said Nasiri.

Instead, Nasiri has been pushing what she calls a "zero-based scheduling tactic," in which the AMS will wait until the new SUB gets occupancy before announcing an official opening date five days from that point.

When pressed about releasing an exact opening for the new SUB Nasiri's response was honest and calculated.

"If I had one, life would be so great — at this point we're in a place where we don't want to invest in a date that is very, very variable," she said.

DIVESTMENT »

Hillel UBC's policy discourages dialogue with BDS supporters

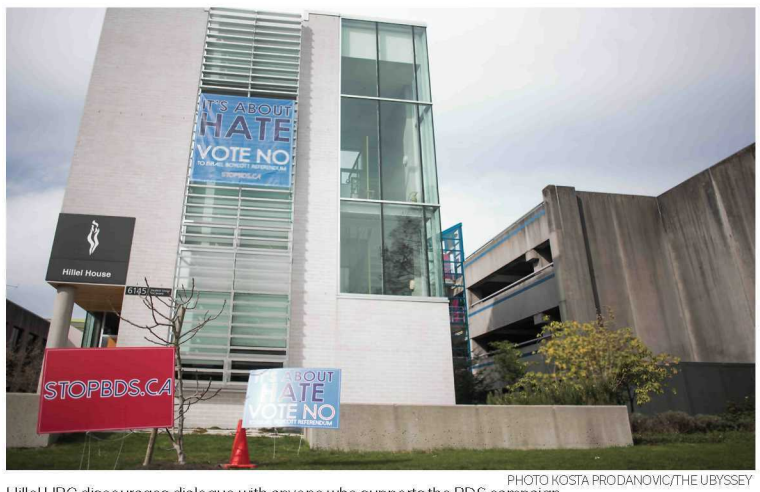


PHOTO KOSTA PRODANOVIC/THE UBYSSEY

Hillel UBC discourages dialogue with anyone who supports the BDS campaign.

Olivia Law
News Producer

UBC's Hillel has declared that, despite their open engagement policy, they will no longer engage in conversation with groups endorsing 'yes' in the upcoming BDS referendum.

Rabbi Philip Bregman, executive director of Hillel BC, said it's important to be aware of the beginnings of the BDS movement.

"You have to go back to its founders, one of them being Omar Barghouti," said Bregman. "Barghouti talks about a one state solution, in which there really is no room for dialogue."

Rabbi Bregman said that Hillel is welcoming and open to any group wishing to use their space for discussion and dialogue. However, he said that UBC's branch of Solidarity for Palestinian Human Rights (SPHR) is closing themselves off to conversation between the two groups, refusing to acknowledge or allow any conversation.

"When I spoke to them first on Imagine Day, I asked whether the two groups would get together and talk," said Bregman. "The individuals responded 'we have a no dialogue policy with you people.'"

This is the main concern for members of Hillel at UBC. Rabbi Bregman is alarmed for reasons beyond the elimination of dialogue with SPHR.

"It's really not about dialogue at all, it's about elimination of the state of Israel," he said. "When BDS comes to a campus, we see constantly the marginalization of Jews, the targeting of Jews, the toxicity that is brought to the conversation, and in some instances, violence."

SPHR member Hussain Khan said that his group has no formal policy on terms of engagement.

"We don't have a formal policy on engagement, but we have a policy on the terms of the dialogue," he said. "We have something called the anti-normalization policy."

According to Khan, this policy is about acknowledging the horror of what goes on in the occupied territories.

"Because of that, when we do have a dialogue with somebody in an open event, there has to be a kind of acknowledgement," Khan said on SPHR's policy. "When groups want to deny what's going on and so then there's not really a point in having a dialogue. Dialogue by itself is not necessarily a good or a bad thing."

The divisions and debates have created animosity within Hillel groups all over North America. Swathmore Hillel, located 30 miles outside of Philadelphia declared themselves an 'open Hillel,' thereby disassociating themselves with Hillel International's rules for association with the BDS campaign against Israel.

UBC's Hillel branch has come to this position through their frustration with the opacity of SPHR and their campaign.

"We've given them a list of things they want to boycott in Israel," said Bregman. "I don't believe the BDS care about one product being boycotted, I think the BDS is about marginalising and demonizing Israel, and by extension Israelis and Jews on campus. This is why we're in this and why we're so concerned."

Khan said that the SPHR continues to be open to dialogue and informing students.

"If you go from 'open dialogue' to 'shut down hate' I feel it's a bit disingenuous," said Khan. "We do engage in dialogue naturally just by virtue of the events we do to try and get the student population involved and informed."

Although there are views that the SPHR have an anti-dialogue campaign, Khan is keen to stress that the initiatives put forward by the group are largely based on conversing with students.

"A lot of people have this misconception that we are anti-dialogue despite the fact that our initiatives are based on conversing with students," said Khan. "That is not the case, it is just being critical of what that dialogue entails. Dialogue alone is not enough, it should be supplemented with actual peaceful ways to bring about a more just world."

However, every leader of the three major Canadian political parties has stated their opposition to BDS in Canada.

"They are not making it a political issue," said Bregman. "There are plenty that these individuals do not agree on, and it's interesting that each leader has made statements on how opposed they are, because of what it brings to a campus."

So although Hillel are at the forefront of UBC's open engagement policies, they are also of the belief that there is little worth in trying to engage in communication with SPHR and similar groups. They have expressed concerns that the referendum is worded in ways which make the potential outcomes unclear, linking the statement to a blank cheque.

"Dialogue is tough, it's really tough, because you really have to be able to listen to what the other person is saying, even if it goes against what you've been taught or what you believe," said Bregman on Hillel's policies. "That's the challenge, but also the beauty in that we get to hear someone else's narrative."

3D PRINTING »

Alumni hope to make 3D printing more accessible with composter that turns used plastic into material

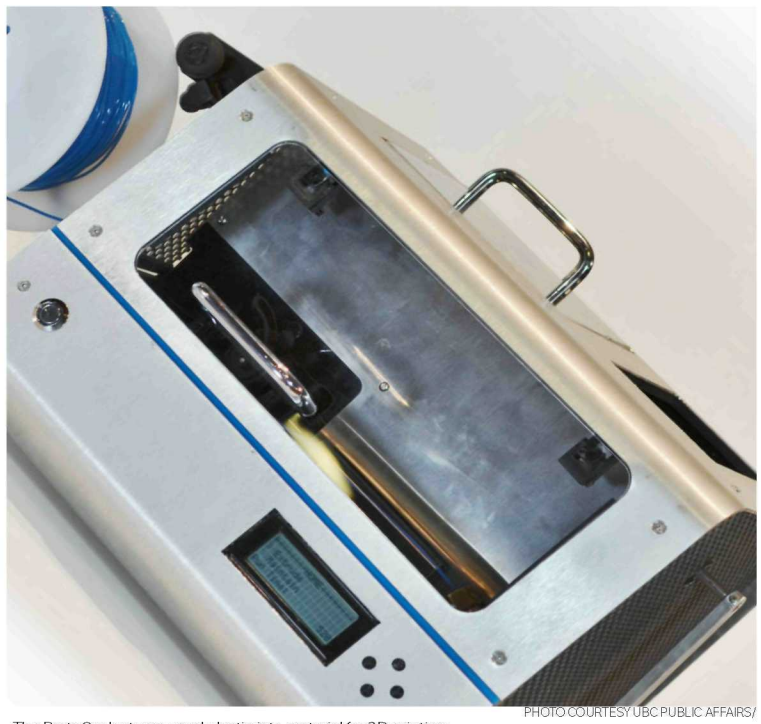


PHOTO COURTESY UBC PUBLIC AFFAIRS/

The ProtoCycler turns used plastic into material for 3D printing.

Ben Wilson
Contributor

It might seem crazy that the plastic in the lid of your coffee cup could be more valuable than aircraft grade titanium, but according to UBC alumnus Dennon Oosterman, that's the nature of today's 3D printing industry.

Oosterman, Alex Kay and David Joyce, two other UBC Engineering physics alumni, are the brains behind the ProtoCycler, a machine that turns scrap plastic from products such as pop bottles into usable filament for 3D printing.

Oosterman said that those who have used 3D printers before are well aware of the high cost of plastic filament. The ProtoCycler emerged out of a desire to reduce this financial barrier and make 3D printing more accessible for people outside engineering.

"For the first time ever, anyone can make whatever they want without having to worry about the cost, the time or anything. It's truly unlimited creative freedom," said Oosterman.

Oosterman also said that one of the biggest challenges with printing in the third dimension is producing a consistent diameter filament to print with. Without it, the results can be messy.

"If you can believe this, it's even more annoying to fix than a paper jam," said Oosterman.

According to Oosterman, his team's ReDeTec team (short for Renewable Design Technology) was the first to try and automate their device so that the ProtoCycler will produce consistent printer filament without the need for tinkering.

In the future, he imagines a time when every high school will have access to a 3D printer and ProtoCycler, which will inspire future generations to create in a sustainable way.

"The whole maker movement is really taking off. People want to make their thing the way that they want it and will take the time and effort to learn that, which to me is nothing short of fantastic," said Oosterman.

After their recent success raising money for the recycler on the crowdfunding site Indiegogo.com, the ReDeTec team is currently finalizing the design for the ProtoCycler, with a plan to start shipping this fall.

SHTANKY »

AMS hopes to control smell coming from new composter by the end of week

PHOTO KOSTA PRODANOVIC/THE UBYSSEY

The new composter recycles scraps of food, but packs a strong smell.

Sarah Pribadi
Contributor

The AMS has been trying to curb the smell coming from their new composter over the last few weeks.

After installing a sustainable composter in the basement of the SUB as part of their sustainability initiative in November, the AMS started using it to compost scraps of food in January. But not long after the installation, many of the nearby clubs and businesses started complaining about the smell coming from the composting room.

"For me, It was a bit unpleasant. I can smell it strongly from the basement hallway at the SUB," said Jordan MacKinnon, who works at the UBC Bike Kitchen. "We started noticing the smell since 3-4 months ago and for now, the problem hasn't been solved yet. The smell was not interrupting for me here, but it just seems so unacceptable since it's been ongoing for months."

The composter is made of stainless steel, processes large loads of food waste and delivers clean compost out in the end.

According to AMS Designer Michael Kingsmill, the composter was designed for use in the interior of building. It is fully computerized, so the technician from Montreal is the one who checks the humidity level, adjusts the cycle and the odourizer and ensures that the drum is rotating continuously. The composter also comes with two odourizers — one on the vessel itself and one in the surrounding room. The vent from the vessel carries exhaust from the composter to the exterior.

Kingsmill also said that the smell is due to a broken ventilation part and difficulties getting it to work smoothly during the installation process. He expects the composter to only start working properly in the next few months, as it'll take some time for the technician to make the machine fully operational.

"It takes a number of things to happen for the compositing operate properly," said Kingsmill. "The technician told us it was about four to six months before the composter is going to settle down. We're heading into the last period right now since it was installed and finalized around the beginning of January. When the composter operates properly, it'll be virtually odour-free."

Still, MacKinnon hopes that the composter will be fixed soon.

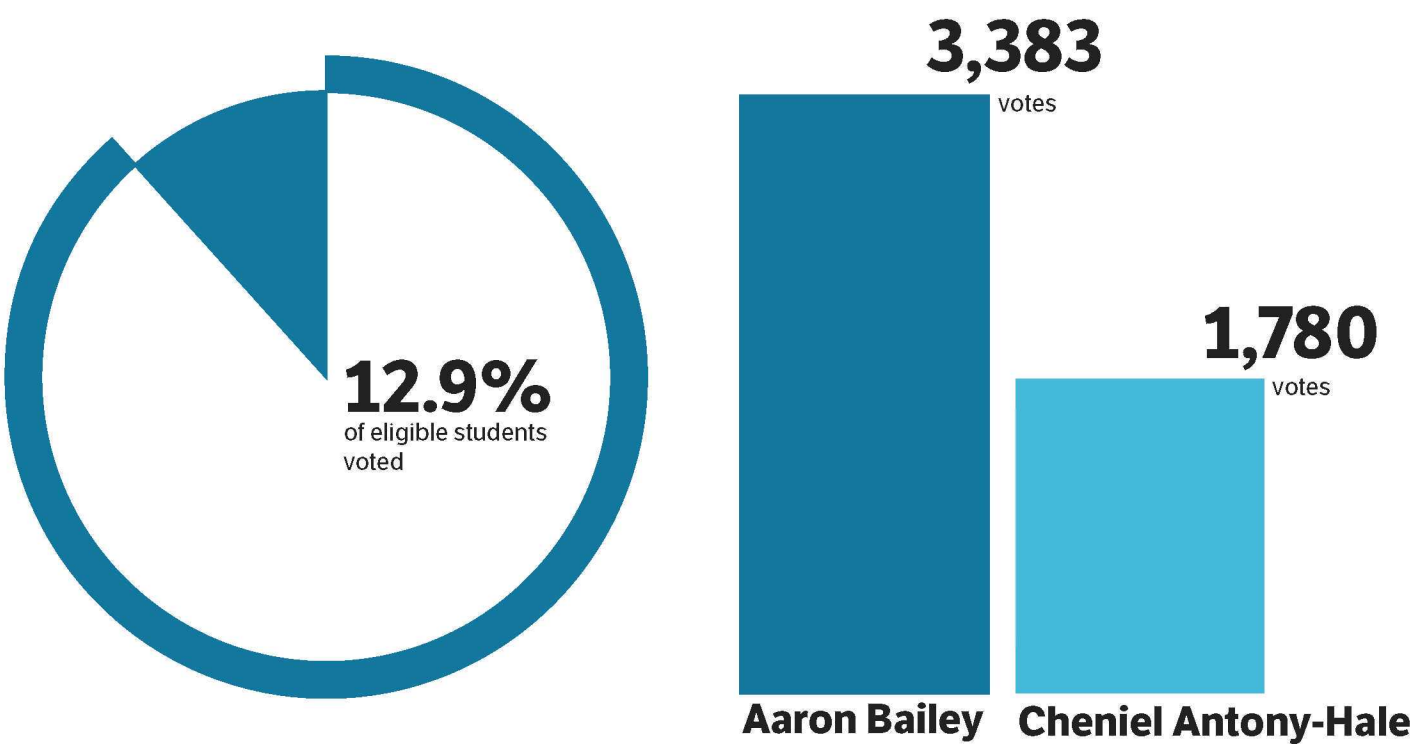
"I think what they should really do to solve this ongoing problem as quickly as possible, probably to reroute the ventilation of the composter or change the location of the machine," said MacKinnon.

Kingsmill said that a technician will be coming in next week to temporarily control the smell until the machine is made to be fully operational over the next few months.

"We will have it all fixed next week, we have [the] Vertal main technical advisor from Montreal," said Kingsmill. "Unfortunately he had other business to do, soon he'll be here and go in with the tools, get some adjusting," said Kingsmill.

AMS ELECTIONS »

Vote numbers released for 2015 AMS Elections



GRAPHIC NICK ADAMS/THE UBYSSEY

12.9 per cent of all eligible students voted in the 2015 AMS Elections.

Veronika Bondarenko
News Editor

The AMS has released the voting numbers from last week's elections.

A total of 6,155 students or 12.9 per cent of all eligible voters cast ballots.

Aaron Bailey won the presidential race, defeating Cheneil Antony-Hale 3,383 votes to 1,780 in their sorted majority. He also beat joke candidate V 4,075 to 969 votes.

4,251 students voted in favour of Jenna Omassi, who was running unopposed, taking over the role of VP academic & university affairs. Nine per cent voted against Omassi and 24 per cent abstained from voting in this race.

The race for VP finance saw Mateusz Miadlikowski re-elected with 2,669 votes for him as opposed to 1,349 for his adversary Will Pigott.

Ava Nasiri was re-elected to VP administration, beating James Jing 3,149 to 849, and Remtulla 2,663 to 1,519 in their sorted majorities.

Jude Crasta beat Janzen Lee for the role of VP external, with 2,229 votes compared to Lee's 1,552. The largest total number of voters, 37.2 per cent, abstained from this executive race.

Veronica Knott led the race for the Board of Governors with 3,230 votes while Julie Van de Valk secured a spot with 2,340 votes. Tanner Bokor followed closely with 2,177 votes, but was not elected to the Board.

The Senate race was closely contested, but the students with the highest numbers of votes were Aaron Bailey (2,890), Gurvir Sangha (2,655), Jenna Omassi (2,537), Marjan Hatai (2,424) and Eric Zhao (2,046).

The Student Legal Fund Society was a slated race. Cameron Sharpe was the only member of the Students for Responsible Leadership slate to be elected into the society with 1,199, or 8.9 per cent, of votes. The other students, all members of the Students for Accountability, were Tanner Bokor (1,900 or 14.1 per cent of votes), Ron Gorodetsky (1,667 or 12.4 per cent of votes), Jude Crasta (1,558 or 11.6 per cent of votes), Kathleen Simpson (1,533 or 11.4 per cent of votes) and Carol Dou (1,188 or 8.8 per cent of votes).

The full voting results and race breakdowns can be found on the AMS website.

ACTIVISM »

5 Days for the Homeless completes weeklong activism project

Mateo Ospina
Senior Staff Writer

A group of students camped out in front of the IKB Learning Centre from Sunday night to Friday afternoon to raise awareness about homelessness in Vancouver.

The group calls itself 5 Days for the Homeless and is part of a national movement that aims to bring awareness of the issues of homeless people onto university campuses across Canada. The UBC Chapter is donating all funds raised during the campaign to the Downtown Eastside Women's Centre.

The students held cardboard signs and asked for donations during the campaign.

First-year Arts student Lindsay Peliquin lives in the Downtown Eastside and hopes that this campaign will get students thinking about homelessness.

"I want to bring awareness where there is no awareness," said Peliquin.

Participants believe that by making their position easily visible in the open space of UBC they will be seen by students who might otherwise not know about the issue firsthand.

"Many students won't realize it's an issue until there are other students in front of them," said Emily Sullivan, second-year Sauder student.

Up to this point, the response has been positive. The executive team has had the opportunity to discuss many of these issues.

"The fact that we're students makes us relatable," said Emma Thompson, a fourth-year Arts student and co-director of 5 Days for the Homeless. "I think a lot of students don't understand how easy it is to end up homeless."

PHOTO CHERIHAN HASSUN/THE UBYSSEY

UBC students sat out in front of IKB to raise awareness about homelessness.

Some of the criticisms of the campaign had to do with the apparent hypocrisy of UBC students attempting to look homeless. The sight of students laying on sheets and sleeping bags in the rain was contrasted with the MacBooks they were working on to finish school assignments and the breaks they took to go to class.

However, Sullivan made it clear that their fundraiser was not an imitation of actual homelessness.

"We realize we can't replicate the struggle of the homeless," said Sullivan.

Along with the funds collected, 5 Days for the Homeless has also donated cupcakes and spent time volunteering at the Downtown Eastside Women's Centre. But along with the funds and awareness that they raised, Thompson hopes that this campaign will inspire other students to get involved with shelters around town.

TUITION »

UBC hosts town hall on annual two per cent tuition increase

Moira Warburton
Contributor

The university hosted a town hall Monday as part of their consultation process on the annual two per cent domestic tuition increase.

Present at the town hall were five members of the administration, including Angela Redish, vice provost and associate vice president of enrolment, Ian Burgess, comptroller and Louise Cowin, vice president, students.

At its height, nine students were in attendance, with VP Academic Anne Kessler, EUS President Veronica Knott and student senator Aaron Bailey representing the AMS.

The town hall began with questions about what factors were causing the tuition increases, whether the university was lobbying the provincial government for increased grants and whether the university was concerned that its status as a public institution was in jeopardy, considering how much of its operating budget was comprised of tuition fees and revenue sources.

Cowin said that one of the university's concerns was the reduction in funds coming from the provincial government. Although they lobby the provincial government for increased funding, none of the administration sounded optimistic, with Burgess noting that "the possibility of tuition increases is not a 2015 phenomenon. It's something we're going to have to face in upcoming years as well."

According to Redish, the university is doing all that it can to avoid making cuts in other areas in order to balance out tuition increases.

"We're doing all we possibly can to minimize the growth of administrative [costs] so we can concentrate as much as we can on delivering great education," said Redish.

When Bailey asked if the cuts to provincial funding were a political choice or if there were no other options for the government to take, Redish replied that the government had limited options.

"Are they making a choice? Yes. Are their hands tied? Yes," answered Redish.

Burgess said that 7.5 per cent of the two per cent increase in tuition would be allocated towards the pot of financial aid and awards the university makes available to students each year.

The one per cent cut in grants provided by the provincial government is equal to $8 million, he said, in comparison to the $3 - 3.5 million which will be gained through the two per cent tuition increase.

The two per cent increase has been an annual occurrence for UBC since 2005, when the government restricted yearly increases for domestic tuition to that level.

MUSIC »

Sonic Boom celebrates emerging talent

PHOTO COURTESY VANCOUVER PRO MUSICA

The Sonic Boom Festival is taking place March 25-29.

Jenica Montgomery
Culture Editor

Often times classical music is thought of as being stagnant and unchanging — a picture of a time past. However, Vancouver Pro Musica's Sonic Boom Festival will see newly composed contemporary classical music performed by Vancouver musicians.

The festival is returning for its 28th year of new music, composed and performed by local ensembles and musicians. Ensemble-in-residence Turning Point Ensemble will play 11 new compositions at their concert on March 29 and featured artist — the Piano and Erhu Project (PEP) — will perform songs composed specifically for their new sound on March 28.

"There will be lots of different styles represented so [audiences] would get an excellent cross section of emerging creative talent in Vancouver," said Owen Underhill, artistic director and conductor for Turning Point Ensemble.

PEP comprises of pianist and UBC professor Corey Hamm and erhuist Nicole Ge Li. When the duo originally formed the project, they noticed a lack of progressive musical styling for piano and erhu. Since their formation, they have reached out to 43 different composers and asked them to write new and stylistically different pieces for piano and erhu in hopes of increasing the repertoire for the combination.

"We deliberately set the path to not just have one type of style, but to have as many different styles as we could to see what people would come up with," said Hamm. "And we've really been overjoyed that the composers have been so excited to write for this unusual combination."

The Piano and Erhu Project will play three new pieces composed specifically for the project and one older piece, "Who Made the Inch of Grass," written for the duo by the Sonic Boom Festival's composer-in-residence, Aaron Gervais.

"It's a beautiful piece," said Hamm.

Similarly, the Turning Point Ensemble intend to present audiences with 11 new and stylistically varying pieces in their performance.

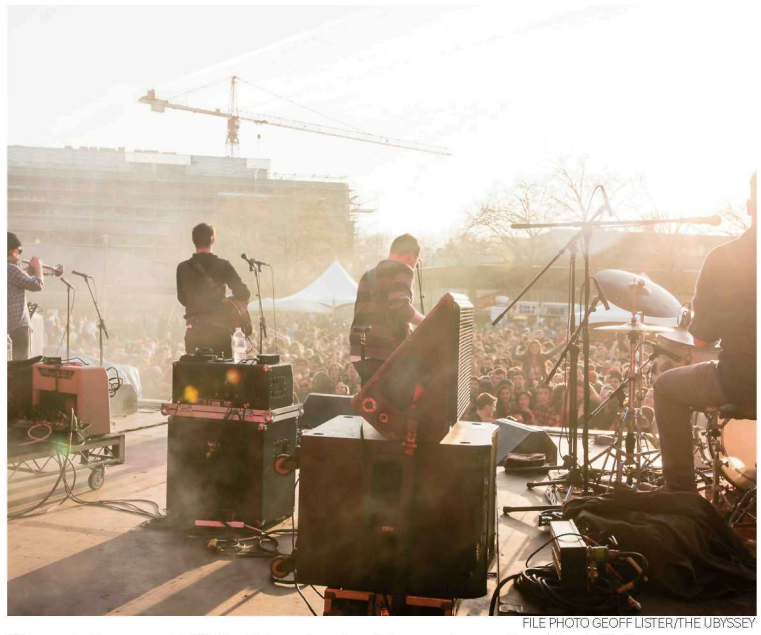
"What's fun is that there's a mix of everything from young composers — there's one composer who's not out of high school yet — two composers who are in their 70s, not to date anyone necessarily, but it's from really young to retired people even, and they've all written in different styles," said Underhill.

"So it's quite a range from some things are kind of cross over with jazz, some are more avant garde idiom some are in a more popular idiom so the concert will represent 11 different pieces."

The Sonic Boom Festival will be taking place on March 25-29 at Pyatt Hall and the Orpheum Annex. Tickets are available online.

AMS »

Block Party line up announced



FILE PHOTO GEOFF LISTER/THE UBYSSEY

Sincerely Hana and MGH! will be returning this year for another Block Party.

Jenica Montgomery
Culture Editor

On Monday, the AMS announced the lineup for this year's Block Party and it includes electro-funk giants Chromeo.

Block Party veterans Sincerely Hana and MGH! and Yukon Blonde will be performing along with this year's Last Band Standing winners Bowen and the Uproar. The night will finish off with Canadian favourites Tokyo Police Club and Chromeo. Chromeo will be performing a DJ set.

This year's last day of classes event will be hosted in the parking lot next to the Technology Enterprise Facility 3 (TEF 3) building and capacity will be 2,000 less than last year.

Early bird tickets sold out in an hour and a half; however, general tickets are for sale both online and in the SUB.

Like movies? We do too.
Join the force.
culture@ubyssey.ca

CHOIR »

Erato Ensemble explore the myth of Orpheus

PHOTO COURTESTY WILL GEORGE

The Erato Ensemble is comprised of many UBC alumni and one Doctor of Musical Arts student.

Jolin Lu
Contributor

The legendary Orpheus is a minstrel in Greek mythology who has the ability to charm with his music all living things, even the most untamed creatures.

The Erato Ensemble is an art-song chamber collective comprised of UBC alumni Stefan Hinterstein-inger, Christine Lin, Samantha Fu and conductor Kevin Zakresky, as well as current Doctor of Musical Arts student Michael Park, Catherine Laub and William George.

In the ensemble's upcoming performance, The Songs of Orpheus, they have set to unveil the mysteries of Orpheus — his musical finesse, his romantic quest and ultimately his death — by featuring music from various time periods.

"I thought it would make an interesting program to interpret the history of Orphic music by juxtaposing Renaissance and contemporary music to form completely new works," said George, the artistic director and tenor for the Erato Ensemble.

The performance will begin with works from Renaissance, early Baroque and Classical periods. "First half of the concert follows the arc of the story in a way. It introduces the character and goes into the love story when Orpheus goes to the Underworld to bring Eurydice back," George said. The ensemble, however, will add a twist by introducing a modern flute solo as an overture to the earlier repertoire.

"We are planning to have the flute played from above the audience. There will be a catwalk in the annex and the flautist will be completely in the dark," said George.

The second half of the performance, featuring four world premieres, will bring audiences back to the modern age and depict unheard stories about Orpheus. "I paired composers with poets to create something completely new," said George.

One of the four premiering pieces, *Burnaby Mountain Song*, "deals with Eurydice because we never hear about what happened to her ... it examines something that could happen to Eurydice in modern days ... [The lyricist] came up with an idea that Eurydice was protesting against the pipeline in Burnaby Mountain and she died there somehow. Then Eurydice was being called up by all the construction and ecological danger. It was an interesting concept to work with musically," said George.

Another piece, *What the Hound*, started off as a comic opera "but ended up being a little darker. It deals with Orpheus going to the Underworld to bring Eurydice back. She doesn't want go because she has a racket in the Underworld," said George.

The combination of classical portrayal and contemporary reinterpretation of Orpheus not only reinvigorates tradition but also offer a fresh perspective for its modern-age audiences.

BUGS »

Bugs on display at Beaty Biodiversity museum

PHOTO COURTESY IAN LANE

Ian Lane was a self-titled amateur photographer who took photos of bugs.

Momoko Harino
Contributor

Everyone has something to contribute to this world — Ian Lane started from his own back garden by photographing insects.

The Beaty Biodiversity Museum's new exhibition, shutterbug, showcases Ian Lane's story as a self-titled amateur photographer whose meticulously recorded photo collection of insects has made a valuable contribution to science. Running from March 11–September 16, the exhibition features some of the most detailed and beautiful images out of Ian's 10,000 photographic slides donated to the museum's Spencer Entomological collection.

"The museum is about people taking a look around them and appreciating the beauty of biodiversity. This was a gentleman that did exactly that," said Yukiko Stranger-Galey, exhibits manager for the museum. "He wasn't formally trained but he loved the natural world, and he spent so much of his time and energy celebrating that. It's exactly what Beaty wants to inspire others to do."

In one section is a series of time lapse photographs of a moulting dragonfly, a particular favourite insect of Lane's. Another section explores his greatest discovery as a natural photographer in 1999, when he made the first breeding record of the petal tail dragon fly on Cypress Bowl.

"It's truly a testament to his patience and dedication that he just got soaked with mud coming up to his knees for two hours and took the time lapse photo. Time lapse is something that people do but they usually just leave the camera, or they do it at home. It just shows his dedication and passion," said Stranger-Galey.

Interactive tables are integrated into the exhibition to welcome visitors to take part in hands-on activities that include sketching a dragon fly, playing a game of ladybird bingo and making origami bugs. There is also a station to dress up as a bug and take a selfie to share on social media with #beatybug.

Over 100 people attended the March 10 opening night of shutterbug, and many of Lane's family and friends, along with museum staff, guests and community partners, were amazed to see the scale of his work and contributions to organizations like Nature Vancouver.

Many of the featured insects in shutterbug are from the lower mainland, which inspires visitors to take a closer look at the natural life around them and rediscover biodiversity in their everyday life from a different lens.

The exhibition is part of the Capture Photography Festival, an annual photography festival that features photographers in exhibitions all over Vancouver.

NETFLIX »

Bottom of the Queue: *Sharknado 2: The Second One*

GRAPHIC MING WONG/THE UBYSSEY

Sharknado 2: The Second One knows it's a bad movie and it works.

Sam Fruitman
Staff Writer

The *Sharknado* movies are like potato chips. You know they're probably not great for your health, but you can't just have one of them. After seeing the first *Sharknado*, *The Ubyssey* simply couldn't resist watching another.

The aptly titled *Second One*, produced once again by the boys at The Asylum Production Company (the Michael Jacksons of bad movies — take that comparison how you will) attempts to ramp up the action by switching location to The Big Apple. It doesn't get any bigger than that, right? The film picks up where the first left off: once again following Fin and his on-again-off-again wife April (now celebrated shark-slayers after their success in L.A.) as they battle a seemingly unending supply of sharks and tornadoes in the streets of New York. Sound a little too familiar? Fin puts it best when he states, "It's happening again." Hey, the first one worked; why not use the same recipe?

Our biggest fear was just that — we were worried that the film would borrow a little too heavily from its predecessor. Although it does in certain aspects of the plot (Fin's idea to once again blow the tornadoes up with homemade bombs) we're happy to report it wasn't overkill. There were enough original elements to it that made it stand out from the first film. Particularly of note was the opening plane scene featuring a cameo from non other than Robert Hays (*Airplane!*), and probably the most literal example of the phrase "jumping the shark." Okay, we're just going to say it. We liked this film better than the first one. No, you didn't read that wrong.

Sharknado 2: The Second One feels more comfortable with itself. Like the previous *Sharknado*, it still doesn't give a damn about taking itself seriously, but it feels more cohesive. The jokes hit better, the action rarely lets up and a Sharknado in New York just feels right — not that we have anything against New York if any city could handle a Sharknado, NYC could. There's also a slew of amusing cameos, including Al Roker periodically chiming in with weather updates to warn citizens of the impending Sharknadoes. And the CGI sharks themselves? Still not up to James Cameron levels of awesome, but definitely better than the first go-around.

The bottom line: If you're a fan of the first *Sharknado*, you're going to enjoy this one. If you aren't, this one might just change your mind.

MUSIC »

Alumnus composes original soundtrack for *Colours of Edziza*

PHOTO COURTESY VIMFF

Colours of Edziza follows a team through the Mount Edziza Provincial Park.

Adam Waitzer
Contributor

Thomas Beckman, who studied classical viola at UBC, recently wrote and recorded the soundtrack for the film *Colours of Edziza*.

The film premiered at the Vancouver International Mountain Film Festival. The documentary follows an eclectic team on their expedition through northern B.C.'s Mount Edziza Provincial Park.

As his first film score, this project marked an exciting departure from Beckman's previous work. Although Beckman said his decision to pursue music "was clear from a pretty young age," he did not necessarily envision himself producing film soundtracks.

"I had a band, Sons of Granville, and I suppose that was my first official experience writing music," said Beckman. Beckman went on to busk on the streets of Vancouver, both with his band and on his own.

When approached by the filmmakers and asked to write a score, Beckman quickly set to work on creating a composition that would accentuate and encapsulate the ideas behind the film.

"Without going into too much detail, the film is 40 minutes about a bunch of people who decided to traverse one of the northern sections of B.C.," said Beckman.

The expedition brought together a team of Tahltan natives, Canadians and others from around the globe. As the diverse group trekked through the remote terrain, its members worked towards mutual respect and understanding. These notions of teamwork and empathy run through the film and are reflected in its soundtrack.

"The idea was to see how well they could communicate and work together as a team, despite coming from such different backgrounds," said Beckman. "I thought the music should have a degree of tension as well as a degree of interesting harmony ... and also the sense of soldiering on — there's a real sense of trudging through very difficult landscapes."

Beckman's composition took further form as he saw pictures of the Edziza region. As suggested by the film's title, the terrain is dramatically coloured due to the region's heavy mineralization. According to Beckman, his score attempted to "conjure up the aspects of big massive spaces, mountain ranges, beautiful distances."

Having had no previous experience in film scoring, however, Beckman struggled to create an end product that aligned with the filmmaker's objectives.

"You have to really get inside the director's head, be sure you understand what it is they're trying to create. It's a balance between following your own creative impulses but within the constraints of their artistic vision," said Beckman.

Beckman reflected warmly on his years at UBC, the highlights of which included his first recital and his participation in the UBC musical ambassador program. He credited one professor in particular with helping him build his confidence as a musician.

"My professor, David Harding, was a great teacher and he gave me a large sense of hope. And in music, it's not always very easy to have hope," said Beckman.

Beckman is now working on his second film score, and the *Colours of Edziza* soundtrack is soon to be aired on Laurie Brown's CBC broadcast *The Signal*.

"As a musician, you should never just think that all you can end up doing is playing in an orchestra or teaching. In actual fact, there are many opportunities around that. I would encourage UBC musicians to think outside the box, to not be too concerned with how people see them, but rather be concerned more with how they can get themselves out there, meet people, form unlikely collaborations," said Beckman.

Or, at the very least, "email bomb a couple people."

Beckman's soundtrack for Colours of Edziza *is available to stream and purchase at thomastheviolist.com.*

Varsity Rowing's Erg-a-thon

PHOTOS MACKENZIE WALKER/THE UBYSSEY

Nick Adams
Design Editor

The men's and women's UBC rowing teams held their third annual rowing marathon at Strong's Market last Sunday in support of the BC Cancer Foundation. Both teams participated in the 12-hour event, constantly having four athletes rowing throughout the duration.

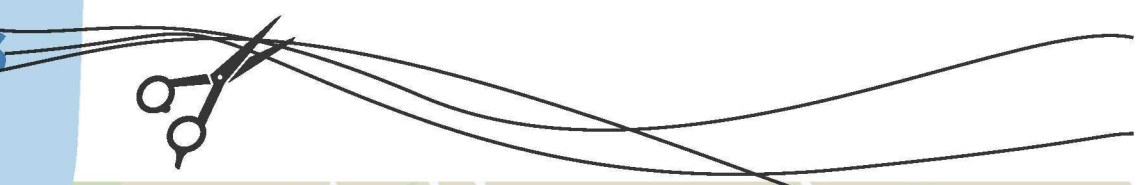
The event was created three years ago in an effort to raise funds for cancer research and compete with their rowing rivals, University of Western Ontario. However, according to Aaron Lattimer, athlete and the team's business manager, the heart of the event is more than just a rivalry.

"Our competition at this event is not based on history or rivalry, but to define that we as #ONETEAM are competing against time to create and fight for a chance to help save a life, one meter at a time," said Lattimer.

The team was able to gather $1,200 to put towards cancer research by rowing almost 700km in total.

"The ultimate victory in competition is derived from the inner satisfaction of knowing that we have done our absolute best, from what we have the ability to give: our time, talents and efforts," said Lattimer.

10 inches
of hair donated



$2,700
raised

667,149m is approximately the distance from Wreck Beach to the Student Union Building and back.

257 times

LAST WORDS »

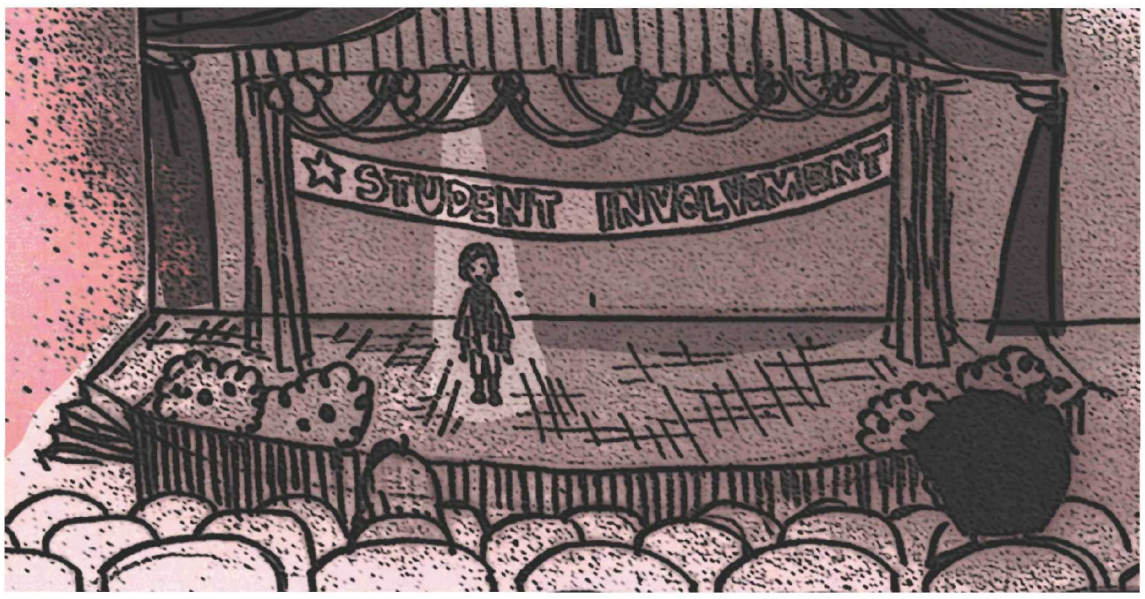


ILLUSTRATION PRESTY WULANSARI/THE UBYSSEY

Student engagement in town halls is up 300 per cent over last year!

LAST WORDS // PARTING SHOTS AND SNAP JUDGEMENTS FROM THE UBYSSEY EDITORIAL BOARD

TUITION TOWN HALL RECORDS RECORD TURNOUT

Following the protests over the housing and tuition cost increases this year, we were sure that students would show up in droves to the tuition town hall on Monday, and we definitely weren't disappointed.

Through pure student passion and activism, the roughly nine students who showed up were just able to outnumber the university administrators at the event. That pure dedication from the student body to never stop challenging the university definitely won't go unnoticed.

Sarcasm aside, yes, the town hall was only for the annual two per cent increase in domestic tuition. But we wish more students would take advantage of the opportunity to talk to some of the university's top administrators about how much we pay for tuition and why.

There aren't a lot of opportunities for students to get up close and personal with those who govern our school, so if people really want their opinions to be heard they should take advantage of them when they appear.

If no one shows up, it's easy for UBC to assume that nobody cares — and maybe nobody does.

NEW SUB SHOCKER (WELL, NOT REALLY)

Shocking piece of breaking news here: the April opening of the new SUB might be delayed again. You'd almost think we were making these headlines up for comedic relief, but this news is far from what goes down in those scripted reality shows.

While we're loathe to blame Ava Nasiri entirely for delays that have more to do with fire safety and the construction team than her personal leadership, she was certainly asking for trouble when she said that the new SUB would open in April by any means necessary at last week's council.

This very surprising (or not) turn of events brings up what we were saying over the course of the year: it's much, much better to say 'Hey, the construction team ran into some difficulties and will need another month to finish the new SUB' and face the music than to promise an early opening to appease people and then have to go back on it again and again. You'd think that the AMS would have learned this by now.

We hate to sound like a broken record, but we've moved past the point of ridiculousness with this. Going back on your word time after time makes you look worse than being honest from the outset — even if it's being honest about uncertainty.

COMPOST CONSPIRACY

The composter located in the basement of the SUB finally got a fan to help disperse the stench that emanates from it — kind of. Really, it still smells — just not as bad.

As basement dwellers, we're pretty pleased that now the only strong aroma in the basement will be the smell of sadness and body odour radiating off all the students cramming for their exams. Though we'll be the first to admit that our office has it's own unique perfume, nothing could be worse than the smell of rotting garbage.

While we congratulate the AMS for doing good by the environment, they clearly weren't ready to handle the stinky consequences of the composter. Then again, they mostly have their offices on the top floor, where distance and several walls separate them from the olfactory torture we've suffered for the past few months. But we're optimists; at least it's not as bad as it was before. Also, given the potential new SUB delays, our office may still be in the basement by the time this gets fixed.

BDS »

My opinion on BDS: everyone should have an opinion

GRAPHIC CHERIHAN HASSUN/THE UBYSSEY

Audrey Abergel argues that not taking a stance on BDS is acting through inaction.

AUDREY ABERGEL
Letter

Have an adamant stance on BDS? Yes? Okay. Then this is not for you, but you're welcome to keep reading. Have no official stance on BDS? Okay. Then I beg you with every ounce of my being to keep reading.

My name is Audrey Abergel. I'm from Valencia, California and a first generation American from a Moroccan-Jewish household. As a Californian, I was raised to be calm and progressive. As a Moroccan Jew, I was raised to be earnest and traditional. This collection of characteristics has made my beliefs both far left and far right, with an overall tendency to lie right in the middle in terms of every thought, interaction and relationship I have.

This view gave me confidence as I moved to Vancouver three years ago and began my degree in political science. During my studies I have learned that life is nothing but a 'median'. I'm sure you all can relate as you've heard once, or a million times, that everything in life is about a certain level of balance.

Now that we have mutual understanding, let me take this a step further. If life is nothing but a median, then I guess we may also say that life is nothing but a grey spot. There is no such thing as 'black and white' when everything is on the verge of having double meanings, multiple consequences and variable conditions. As progressive students, we are taught that believing in anything contrary is not only characteristic of a simpleton, but that it is plain ignorant. However, I'm here to tell you that I reject that. Here is why.

For the past two months, I have been on the quieter end of the Boycott Divestment Sanctions (BDS) movement, asking the student body to vote no on the upcoming referendum boycotting Israeli products. My decision to be on the quieter end has been an interesting one as I am the current president of the Jewish Students Association (JSA) at UBC.

One would think that as a leader of a Jewish Organization on campus, my involvement would be as fervent as would be required. This decision was based off of the idea that I did not want to alienate any member of the JSA who did not agree with my stance or Hillel B.C.'s on BDS.

For me, the JSA has always been first and foremost a cultural club, not a political one. Neutrality was my goal and I intended to keep it that way. As a child of the median and as a student of 'everything is grey', I truly believed that what I was doing was right. But as the recent weeks have passed and as I became more knowledgable on the referendum, I realized that my stance was ultimately not positive for myself, nor the whole movement.

Like many other students, I fully understand that the Israeli-Palestinian conflict is complicated to say the least and that if you do not have an abundant knowledge about the conflict, you are mostly left feeling confused. This confusion has most likely led many of you to take the typical 'neutral' stance as you can easily admit that both sides have actions to answer to. Yet you do not want to offend any one group as you do not believe that you have enough confidence or knowledge to do so.

I'm here to tell you that your neutral stance is action by inaction. By not voting yes or no, you are making a decision. You are actively choosing to ignore the fact that a referendum which seeks to ignore the notion that both countries have a basic right to exist, ineffectively pursue peace through one-sided condemnation and ultimately further polarize Arab-Israeli and, by extension, Jewish relations is taking place on your university campus.

Voting NO is allegiant to your neutral agenda. Voting NO means that you believe in having conversations with people who love or hate Israel and/or Palestine. Voting NO means that you believe in a peaceful resolution and recognition for Palestinian and Israeli Human Rights and Liberties. Voting NO means that you understand the irony that being conditional, a median, a grey spot can also be in accordance with what is black and what is white.

For these reasons, I have decided to take a stance and vote no to boycotting Israeli products and I hope for the sake of being bold and having conviction that what you're doing is ethically right, you will too.

Audrey Abergel is a third-year political science student and president of the Jewish Students Association.

BDS »

Chief Dr. Robert Joseph shares his thoughts on BDS

ROBERT JOSEPH
Letter

I understand that the UBC Club, Solidarity for Palestinian Human Rights (SPHR), has handed in a petition asking students to support an AMS Boycott, Divestment and Sanction (BDS) of Israeli companies.

As the current ambassador for Reconciliation Canada and as a member of the National Assembly of First Nations Elders Council, I believe that respect and open dialogue is the true path to peace and reconciliation. Fear and intolerance is defeated only when people come together to share their stories and to explore positive solutions to difficult issues. Unfortunately, this move can pre-empt communication and meaningful interaction, and thus foster animosity towards individuals of Israel and, by extension, all people of Jewish descent.

My belief is that, rather than bringing people together, boycotting, divesting and sanctioning shuts down dialogue and forces people farther apart. I believe that both Jews and Palestinians have the right to their own land, where they can safely live side by side in peace. And I believe that the only way this can be achieved is through reconciliation.

Hillel B.C., a Jewish non-profit organization on campus, endorses dialogue and believes that having conversations and being able to listen respectfully to each other's narratives is an important stepping stone on the path to peace. In fact, dialogue and respect are some of the only methods through which I believe that we can heal our world.

UBC must take the lead on establishing meaningful dialogue workshops that encourage our future leaders to have hard conversations and listen to each other's stories. In fact, as Canadians it is our responsibility to ensure that UBC, Vancouver and British Columbia are not only safe for all of our fellow brothers and sisters, but to also act as role models to the world.

Join me in my efforts to establish strong meaningful relationships that will help make our world a better place. The epicentre for the Palestinian-Jewish conflict will only grow to be imported or exported in an endless circle that will do no good for anyone if we fail to develop deeper understanding and, therefore, new relationships.

Please give peace and reconciliation a chance. We stand ready to assist in whatever way that we can.

With deep respect,
Chief Dr. Robert Joseph.

Robert Joseph is Ambassador for Reconciliation Canada and a member of the National Assembly of First Nations Elders Council.

BASKETBALL »

The Young/Sidhu show: women's basketball season in review

FILE PHOTO: KOSTA PRODANOVIC/THE UBYSSEY

Fifth-year Kris Young (6) made her last season as a Thunderbird count, scoring a school-record 40 points in a single game and taking home CIS MVP honors.

Mason McIntosh
Staff Writer

"Our goal this year is to win our conference and to earn the right to host Canada West Final Four, be Canada West Champions and make our way to nationals," said head coach Deb Huband at the beginning of this season. Huband's dream came true when the girls won the Canada West Championship in heroic fashion over the University of Saskatchewan.

Thanks to an incredible 18-game winning streak, the Thunderbirds made their fans proud by earning bronze at the CIS championships in Quebec City. Now it's time to look back on the season and see who stepped up for this UBC squad.

The run

This 2014-2015 Thunderbird team was a talented bunch that attained an overall record of 30-5 and 17-3 in the crowded Canada West conference. UBC hit the ground running from tip-off in their first exhibition game against the University of Guelph, winning in overtime 75-69. The 'Birds didn't stop there; they continued to win seven in a row, which included gold at the Ryerson Darcel Wright Memorial Classic in Toronto.

After a stint of trading wins and losses with inter-conference foes, the Thunderbirds were able to close the season and continue into the CIS Final 8 with 18 consecutive wins until their heartbreaking defeat against McGill University, which saw the 'Birds lose in a nail-biter that ended with the Redmen winning 57-59 in overtime.

The duo: Young and Sidhu

Kris Young's impressive play didn't go unnoticed this season. Her dominance earned her scoring leader at the CIS Final 8, CIS Tournament All-Star, second in all-time UBC scoring and the all-time UBC record for most points in a single game (40).

Huband utilized her star as much as she could; she knew if anyone could handle it, it was the fifth-year All-Canadian. Young averaged more than 30 minutes per game in 33 games played this season. Her efficiency on offence and hard work on defence set her up for an extraordinary stat sheet: she averaged 17.3 points per game (26.3 during the CIS Final 8), 6.6 rebounds per game and 2.9 assists per game.

"Overall we had a season that none of us will ever forget and I am extremely devastated that this season and my UBC career are over," said Young. "It has been an amazing season and I am so proud of all my team has accomplished this year."

Young's successful season could not have happened without her partner in crime, Harlene Sidhu. The once-NCAA Division 1 player had a strong final season as a Thunderbird; she showed resilience and skill to a team that looked up to her success and her ability to be a leader on and off the court.

Sidhu kicked off the season by tearing apart the University of Guelph for 34 points and 16 rebounds in 31 minutes; she finished with an average of 14.5 points per game, 6.8 rebounds per game and with an impressive .807 free throw percentage.

The Huskies rivalry

It seemed like Huskies vs. Thunderbirds was the defining matchup for any game that had fans on the edge of their seats this season. The rivalry began in the pre-season at the Ryerson Darcel Wright Memorial Classic; the game started evenly and was hard-fought on both sides, but the 'Birds were too much for the University of Saskatchewan.

The rivalry continued at the War Memorial Gym on November 28, which saw the T-Birds win 60-50 — Sidhu finished the game with 16 points, Young with 15 and Adrienne Parkin with 12. However, on that Saturday night the University of Saskatchewan proved to the 'Birds that they meant business. The Huskies won by 13, highlighted by Dalyce Emmerson's 18-point effort; the game ended 75-63.

But all of this was child's play compared to the Canada West final hosted at UBC. This gold medal game was one for the history books. War Memorial Gym was swaying with echoing chants as the girls showed true perseverance in the fourth quarter after the game had gone back and forth from tip-off. The final minutes saw both teams exchanging crucial threes when they needed them the most, but it was none other than the superstar herself, Kris Young, who sealed the deal with a tough layup with less than five seconds on the game clock; needless to say, Thunderbird fans went wild, making a night that no one on the court, or in the stands, would ever forget.

PHOTO COURTESY MATHIEU BELANGER/LAVAL UNIVERSITY

A strong future

As much as the seniors lit up the score board this season, the T-Birds would not have had such a successful campaign if it weren't for the rest of this hard-working Thunderbird lineup.

Kara Spotton had a breakout year and was an offensive force to be reckoned with. Her game of the season came against the University of Alberta, which saw her rack up 21 points and six boards, leading to a UBC victory. Spotton ended the season averaging 8.3 points and 3.7 rebounds per game.

Cassandra Knievel also had an unbelievable year. Knievel was in charge of being the coach's voice on the court at the shooting guard position; she was also a hard-working pest on defence, averaging a steal per game. Knievel finished the season averaging 7.3 points and 2.6 assists per game.

Without their seniors, this Thunderbird squad will be adjusting to a new-looking team next year, but don't be surprised to see this group excel with fresh legs that have waited long enough for their time to shine.

HEALTH »

Free (and almost free) fitness classes in Vancouver

ILLUSTRATION JULIANYU/THE UBYSSEY

Trendy fitness classes are usually outside the budget of a broke student.

Olivia Law
News Producer

Everyone wants to look and feel their best — particularly in a city as outdoorsy and sports-focused as Vancouver. But in such a city, fitness trends fluctuate with the seasons, and thus can be as pricey as a month of rent. I have taken it upon myself to search out some of the best deals and offers around for fitness classes — and am here to report back my findings.

FILE PHOTO PETER WOJNAR/THE UBYSSEY

1. RIDE Cycle Club

Spin classes are one of the most effective cardiovascular workouts, and studios are abundant all around Vancouver. RIDE Cycle Club stands out through effective branding, a top location and a unique party atmosphere in each class — all of which ends up as a hefty $720 for three months. Not exactly the most accessible price for a student such as myself. But there's good news: they offer your first class for free, which you can use for a 30-, 45- or 60-minute class. The spin room is dark with party lights, candles and loud, pumping music. If it weren't for the rows of spin bikes, you feel almost as though you're hitting the clubs.

Classes fill up quickly, so you are advised to book ahead online. There are several classes every day, and you get complimentary (clean) shoes, towels and small beauty and skincare products post-workout. Certainly nicer than what you might get after a night of clubbing.

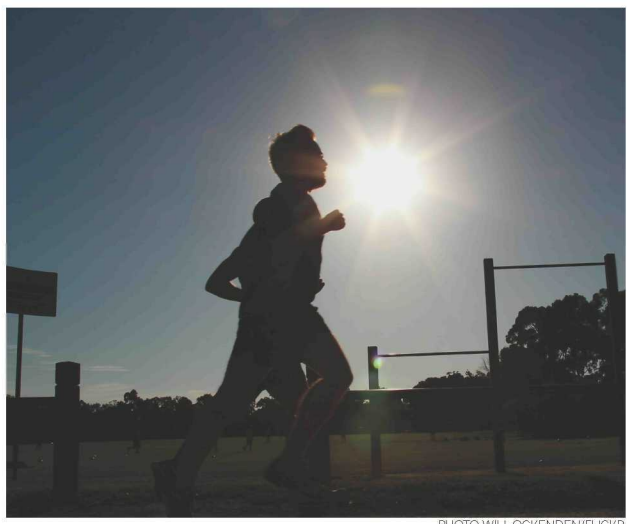


PHOTO WILL OCKENDEN/FLICKR

2. Lululemon #werunkits

For the runners amongst us, it can be difficult to motivate yourself to head out on a gloomy morning, or after a long day of classes. Having a group of like-minded individuals to encourage and motivate you can definitely make all the difference, and leads to a regular, enjoyable running habit. Lululemon stores all over the country have free events from yoga to guided runs, and the store on fourth Ave is host to the twice-weekly run club, on Thursdays at 6 p.m. and Saturdays at 8 a.m. A mix of speed work, longer runs and always a scenic view and good company, the group had a range of speeds, which meant nobody got left behind. The club meet at the store on West fourth just before each run, and runners share nutrition guides, running tips and funny stories. There are sometimes post-run brunches or beers, which is definitely a well-deserved reward.

FILE PHOTO CHRIS BORCHERT/THE UBYSSEY

3. Semperviva yoga

If you've got a friend with a membership to any one of their four local studios, you can attend a free class with Semperviva. Specializing in vinyasa power, hatha, yin and the (initially unknown to me) kundalini yoga styles, newcomers to the studio are entitled to a free taster class with no commitment. The studio hands out free tea to patrons, and mats and other equipment are all provided. Being a passionate power-yogi, I ventured to try the Kundalini style. Entering the class with no expectations or preconceptions, the class started with some 'standard' practices, until the class stood up and danced, sang and ran around the room to loud, exultant music. Initially self-conscious, by the end of the class I was just as into it as everyone else, and emerged feeling refreshed and completely positive about the rest of the day.

PHOTO WILLIAM MURPHY/FLICKR

4. MEC race series

After your twice-weekly running sessions with the Lululemon run club, you'll definitely want to sign up for a race, right? Right. Until you look up the registration fees, compare it to the price of a large pizza and slump back down into the couch. But wait — good news. The Mountain Equipment Company (with a base at UBC) have a series of races between $0 and $30, ranging from the attainable 5k to the more challenging half marathon. Registration is available on the day of the event as well as online, and take place all over the Greater Vancouver area. These races give you a chance to run in new places, to see new scenery you might otherwise have missed out on and the insane sense of achievement with each new personal record (and if it's your first race, you automatically gained a best time).

PHOTO MELISSA DOOLEY/FLICKR

5. Barre fitness

Keeping up with the latest fitness trends is definitely something at the forefront of many individual's minds. Barre fitness first sparked a trend after the Black Swan phenomenon, and now can be credited for the long, lean limbs of Charlize Theron, Katie Holmes and Kelly Ripa. Barre Fitness in Yaletown offers a two week unlimited trial for new members, and with around eight classes each day, there's no excuse for not being able to fit in a workout. The staff at Barre Yaletown are testimony to the powers of this workout, and although it won't quite kill you, it will definitely make you stronger. Post workout, my inner thighs were new levels of painful (but in a good way) and it was definitely one of the most fun ways to work literally every major muscle group.

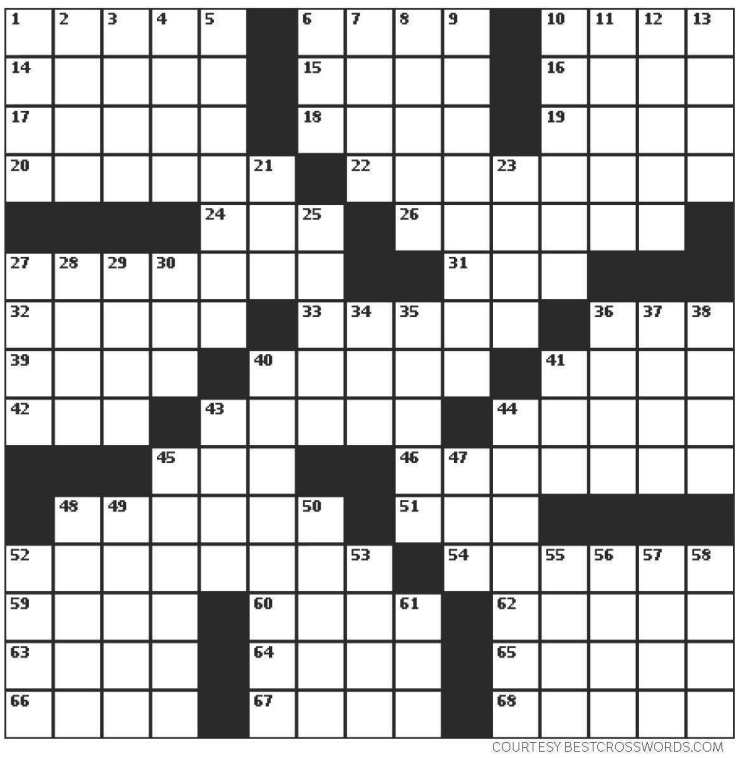
Fitness junkie? Write for us.

The sports and rec section isn't just about sports. Write about fitness, hiking, skiing, the outdoors and whatever else your little heart desires. Sports@ubyssey.ca

Photo of the Day

The lights at night on campus can give a new perspective to ordinary scenes.

PHOTO MICHAEL JIN/THE UBYSSEY



COURTESY BESTCROSSWORDS.COM

8	4	2	9	6	1	7	5	3
6	9	1	3	5	7	8	4	2
7	5	3	4	2	8	1	6	9
5	3	7	6	1	9	4	2	8
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9	2	8	7	4	5	6	3	1
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MAR 16 ANSWERS

MAR 16 ANSWERS

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COURTESY KRAZYDAD.COM

ACROSS

1- Disney deer
6- Mex. miss
10- Smell or fragrance
14- Pertaining to the small intestine
15- Actress Deborah
16- Hawaiian goose
17- Sheer fabric
18- Support beam
19- ___ yellow ribbon...
20- Bitter conflict
22- Pert. to first man
24- Not to mention
26- Tooth covering
27- One that prowls
31- College sr.'s test
32- George of "Just Shoot Me"
33- Buenos ___
36- Juilliard deg.
39- Type of gun
40- Possessed
41- Trim
42- Driving peg
43- Pooh's creator
44- Examine account books
45- Gal of song
46- Portable lamp
48- Prescription
51- Common ID
52- Promontory
54- Subject to legal action
59- Traditional prayer ending
60- Some digits
62- Sensational
63- Gospel singer Winans
64- Decked out
65- Be gaga over
66- Small children
67- ___ but known...
68- Ascended

DOWN

1- Fragments
2- Immensely
3- Golda of Israel
4- Indonesian holiday resort
5- Steep part of a glacier
6- Snow runner
7- First name in country
8- Commerce
9- Put in order
10- Punctual
11- Thaw before takeoff
12- Actor Ryan
13- Genuine
21- Compass dir.
23- Roman god of war
25- Speak in a slow manner
27- Hey, over here!
28- Nerve network
29- Arch type
30- Pale
34- Tavern
35- Staggers
36- Ancient Persian
37- Free from bias
38- Env. notation
40- Petroleum industry
41- Crackpot
43- Letters, e.g.
44- Ring-shaped
45- Views
47- Horse-like animal, term of insult
48- Lover of Juliet
49- Set up
50- Name on a bomber
52- Truth
53- Six feet under
55- Quattro maker
56- Warner ___
57- Italian bread?
58- Paradise lost
61- Star Wars letters