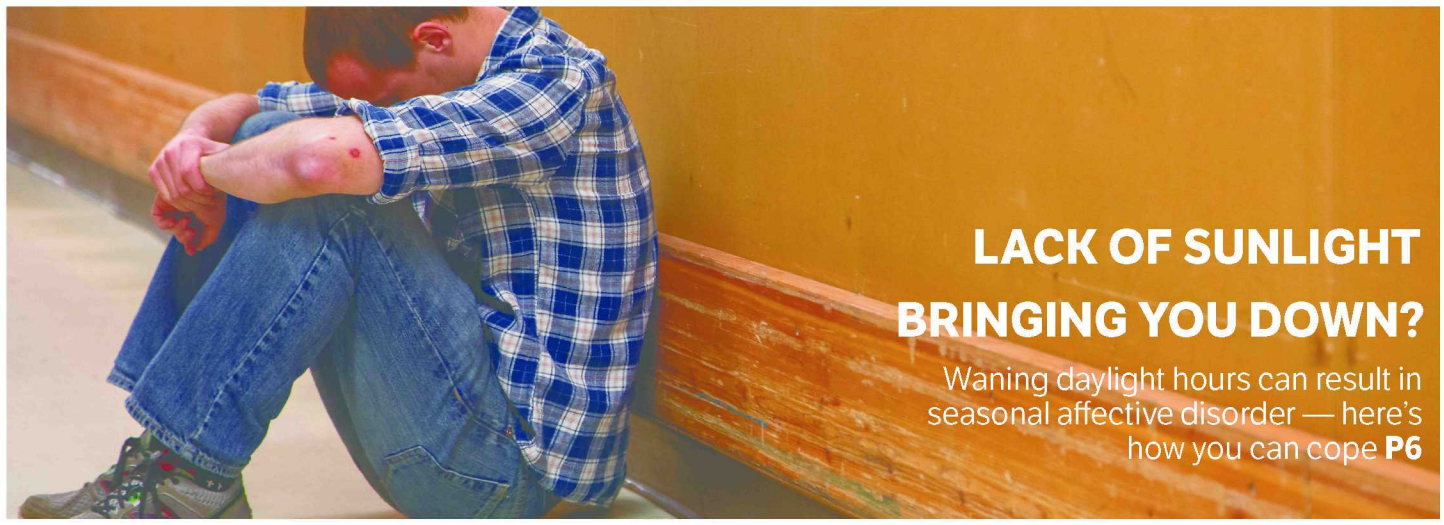
THE UBYSSEY



LACK OF SUNLIGHT BRINGING YOU DOWN?

Waning daylight hours can result in seasonal affective disorder — here's how you can cope **P6**

VARSITY SPORT OR COMPETITIVE CLUB? // UBC proposes how they will determine the future of sports teams **P3**

EVERYTHING OLD IS NEW AGAIN // At the Freestore, one person's trash might be your brand new come-up **P7**

AND WE CAN'T STOP

UBC men's soccer takes home the national championship for the second straight year **P5**

WHAT'S ON // THIS WEEK, MAY WE SUGGEST...

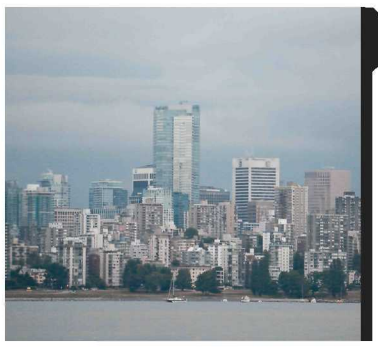
THURSDAY / 10

COWS ON CAMPUS
11:30 A.M. - 2 P.M. @ PARKING LOT BEHIND MACMILLAN BUILDING
The BC Dairy Association's mobile classroom comes to UBC to talk about sustainable farming practices. Also, live cows.
Free

FRIDAY / 11

PRIDE AND PREJUDICE
7:30 P.M.–10 P.M. @ FREDDY WOOD
See Jane Austen's witty classic come to life — watch UBC's production of *Pride and Prejudice*. Colin Firth won't be there, but it'll still be good. Read our preview on page 6.
Regular $22, seniors $15, students $10, youth $2

SATURDAY / 12



GO OFF CAMPUS
ALL DAY @ VANCOUVER
You have a U-Pass. Papers aren't due for another two weeks. Go out and explore Vancouver. Main Street. Commercial Drive. Downtown. The possibilities are endless.
Free (in terms of transit)

ON THE COVER

The T-Birds won their 13th Sam Davidson Memorial Trophy this weekend, continuing their two-year undefeated streak at the CIS nationals. Rookies and seniors banded together to fight through the tough opponents. A celebratory embrace was just a matter of time. Photo by Fran Harris.

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

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OUR CAMPUS // ONE ON ONE WITH THE PEOPLE WHO MAKE UBC

Staff abuzz at spelling bee in IKB

PHOTOS CARTER BRUNDAGE/THE UBYSSEY
Top: teams gather to compete in the spelling bee. Bottom: Harry Young holds up the much-coveted championship trophy.

Ming Wong
Managing Editor, Print

Middle school spelling memories were evoked as university staff members participated in the fourth annual UBC Library and United Way Spelling Bee.

The top floor of the Irving K. Barber Library was taken over by spelling enthusiasts on Wednesday afternoon. The goal of this spelling competition was to raise awareness for the United Way charity.

"The idea is to get people out," said Harry Young, the organizer for the event.

Young said each department at UBC typically holds an event in support of United Way. Four years ago, UBC's libraries decided to host a spelling bee and it's been going strong ever since.

Unlike a Scripps-style spelling bee, this competition is in a team format. For four rounds, each team writes the word down after the quizmaster says it, and afterward, they mark their own paper. The team with the most correct words win.

Wordplay was the name of the game, which also called for puntastic team names including Building Operations' Bumblin' Beez and CiTR's Spellcasters.

Word difficulty increased as the rounds went on, moving from spelling "minuscule" to "maelstrom" to "olecranon."

After four rounds of spelling in a team, there was a tie between Ceremony Affairs' Lexicons and the Sauder School of Business' Show Me the Honey, so it was down to an old-fashioned spell-off.

"[Just like] primary school spelling bee, folks," said spelling quizmaster Trish Rosseel.

Both teams sent representatives to the stage, and in the end, Sauder's Jan Wallace won it for her team with the word "prosopopoeia." The David Lam Library head librarian was enthused to beat the English Department, who had been the reigning champions for three years in a row.

"We have been competing with them for several years," Wallace joked. "We've always eyed them enviously and finally we've dethroned them."

A self-professed bookworm, Wallace said her knees were shaking when she stood up front.

Although the spelling event was aimed toward staff, one student team managed to sign up.

Alexandra Valahu, a first-year Arts student, saw the poster, and requested to make a student team. Though they did not emerge victorious, the four first-years — Valahu, Mohammad Memon, Ana Cristina Barajas and Winnie Ng, of the A Bee Cs — all recommend that students join next year.

Shagufta Pasta of United Way said they have raised over $220,000, which is about 38 per cent of their goal of $590,000 this year for both the Vancouver and Okanagan UBC campuses. The money goes to support stopping bullying, childhood poverty and senior isolation in the city.

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2015

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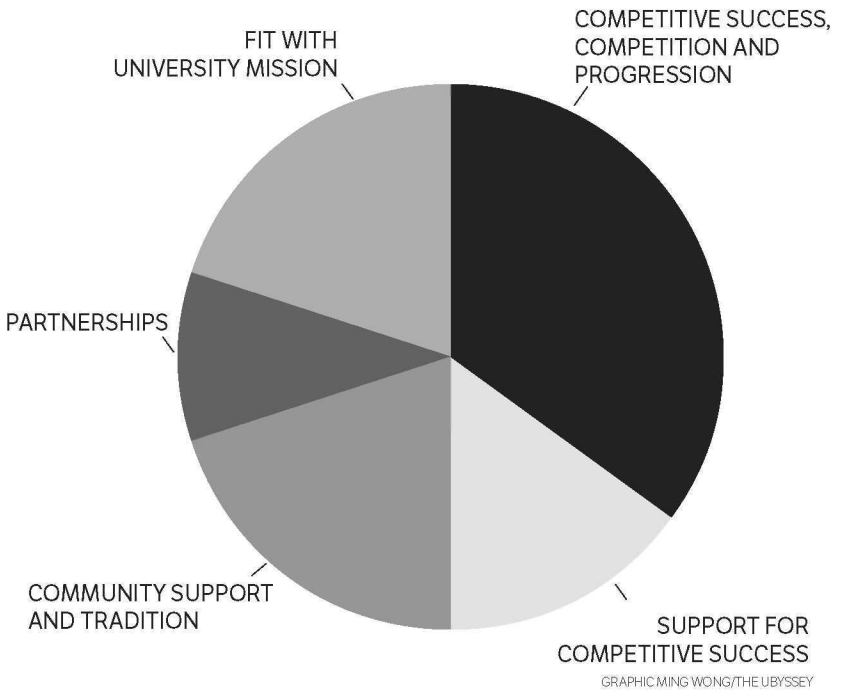
VARSITY SPORTS »

FILE PHOTO KAI JACOBSON/THE UBYSSEY



GRAPHIC MING WONG/THE UBYSSEY

UBC will be deciding which of its varsity teams keep their status. and which ones are reclassified as competitive sports clubs.

UBC Athletics announces criteria for sports review

Brandon Chow
Senior News Writer

On Nov. 8, UBC Athletics released an outline of the criteria they will use to classify sports teams.

In an upcoming athletic review, UBC will examine its 29 existing varsity teams and decide which of them will be shifted into a new strand dubbed "competitive sports clubs."

The restructuring will be done by a UBC think tank founded by UBC VP Students Louise Cowin in May 2012, which follows a model provided by Canada Sport For Life.

Using this criteria, teams would be judged based on five categories, with different weight assigned to each. Thirty-five per cent is allocated for competitive success, competition and progression; 15 per cent for support of competitive success; 20 per cent for community support and tradition; 10 per cent for partnerships; and 20 per cent for a fit with the university's mission.

Teams will be asked to provide data on these criteria for a minimum of five preceding years, but can provide data for additional years as well.

According to the UBC media release, the criteria was created by an advisory team made up of representatives from the university, coaches, athletes and alumni. This team met with alumni, student athletes and coaching staff prior to creating the criteria.

UBC is currently asking for feedback on the criteria. This will be open until Dec. 1. Teams will submit their data for the criteria in early 2014. The changes are scheduled to come into effect in September 2015.

"[UBC Athletics is] going through this criteria development and agreeing on which sports will go where on the sports model and why," said Ashley Howard, UBC's managing director of athletics. "Once the model is agreed [upon], we'll go through the assessment phase of all of our teams, and some teams would be placed in our competitive clubs strand."

Teams that could be reclassified as competitive clubs include both varsity teams and competitive non-varsity teams. Under the new structure, varsity teams moved into the competitive sports club category would undergo a restructuring of the resources they currently have access to.

"Right now we're looking at the types of things a competitive club would have access to," Howard said.

"And rather than a full time coach, we're discussing honorarium coaching support, or if the club is student led, then a student leader. We are also discussing subsidized facility access during non-peak times."

She also said UBC is still figuring out branding for competitive teams in this classification.

"We're still open in terms of our discussion about whether competitive teams would be Thunderbirds or whether they would be UBC competitive clubs, but in some way that doesn't exist now, they would be recognized as UBC teams, so there would be that sense of legitimacy and appreciation for what they do," Howard said.

"There is a big difference between the two strands, but we are really excited about the new strand and the opportunities that it offers."

Rob Ragotte, head coach of UBC's Nordic skiing team, said that the proposed criteria appear to be fair.

"I don't think any of it came as any surprise to people based on what I've read and discussed so far," said Ragotte. "We think that we're in a position where we'll end up being a competitive club, which might be a benefit for us. It's kind of a wait-and-see type of thing just because ... what it means for each team hasn't been decided yet, but overall I think the [proposal] is a solid set of criteria that seems to judge the teams on a level playing field."

Doug Reimer, head coach of the women's volleyball team, also thinks the criteria seem reasonable. "The key criteria are sound since they weigh competitive success and coaching as most important, but is well rounded as it includes student academic success, community involvement and impact as well as tradition," said Reimer. "I think they are taking a lot of input and time to try and capture the wide variety of varsity sports experience at UBC."

NEWS BRIEFS

BOOM! Pizza blows up
At last week's AMS Council meeting, councillors decided to scrap the name BOOM! Pizza for the pizza place in the new SUB and replace it with the name Pie R Squared.

After spirited debate, Council voted to keep the name BOOM! Pizza 14-17-1. But later in the meeting, VP External Tanner Bokor motioned to reconsider the vote, citing blowback from students about the name.

After debating the motion again, Council voted 20-8-2 to change to name of the new pizza place to Pie R Squared.

The name change cost the AMS $5,000 since they already spent that money developing a brand around the name BOOM! Pizza.

The debt are walking
The AMS has launched a "Walking Debt" campaign that aims to make post-secondary education more affordable.

"Actual financial assistance is core to why we're at university. It's what's driving our ability to get an education," said Tanner Bokor, AMS VP external.

According to Bokor, students in B.C. owe an average of $27,000 in debt after their degree.

Bokor said there will be a discussion forum regarding the issue within the next few months.

"We're hoping for a positive dialogue with the provincial government," said Bokor.

DRUGS »

Researchers challenge ruling against prescription heroin

Arno Rosenfeld
Features Editor

Is access to heroin a human right?

If you are a chronic opiate addict, it just might be. At least, that's what Providence Health Care and five patients are arguing in a constitutional challenge to the federal government's decision to ban doctors from prescribing heroin to patients exiting a joint UBC-Providence research trial.

"Challenging the federal government in court is not a decision we took lightly," Providence president and CEO Dianne Doyle said at a press conference announcing the legal challenge Wednesday morning. "But we feel it is unethical for us to do nothing when the human rights of one of Canada's most vulnerable patient populations is being threatened."

The conflict emerged when federal health minister Rona Ambrose announced in early October that heroin and other illicit drugs could no longer be prescribed under a special exemption Health Canada had granted Providence physicians.

The decision directly impacts the SALOME trial, a joint research project between UBC and Providence examining heroin's effectiveness treating people with chronic heroin addiction who have not benefited from other treatment drugs such as methadone.

PHOTO CARTER BRUNDAGE/THE UBYSSEY

Scott MacDonald and Larry Love spoke at a press conference Wednesday morning.

"This is treatment — a treatment for an illness, similar to how we treat diabetes or high blood pressure," said Scott MacDonald, a physician involved with the trial. "I do not understand why the health minister overturned the decision by Health Canada."

The minister's decision, announced on Oct. 3, will not affect current patients involved in the UBC-Providence study, as university research was exempt from the new regulations. However, when SALOME trial subjects finished their twelve months as part of the study, many were continuing to receive treatment with the drug.

"People are coming forward, volunteering to help the creation of new knowledge, and until the results are known, people want to continue to receive the study drug — they expect to get it," said Aslam Anis, a health economics professor at UBC overseeing the logistics of the SALOME trial.

Anis said he believed the minister's decision was ideological and hoped the Providence legal challenge was successful.

So far, 76 patients have completed the trial, set to conclude in 2015. MacDonald said 21 were approved for a 90-day prescription of heroin before the minister's decision.

"Our government has closed loopholes that allow for the feeding of addiction under the guise of treatment," read a statement emailed by health ministry spokesman Michael Bolkenius, who declined to answer questions by phone. "[The exemption] was not intended as a way to give illicit drugs to addicts."

Larry Love, a SALOME patient, told media at the press conference how his life had changed since he began receiving regular doses of heroin from the Providence clinic.

Before, he said, "I would get up in the morning and I would go wherever and get some heroin and inject it, and that's pretty much all I did all day — it was a life of hell, sometimes you don't eat."

Now, he said, he receives a regular dose of heroin twice a day and is able to maintain an otherwise stable life.

"We are bringing this legal challenge to save our lives and the lives of others," said Love.

Providence has retained Joseph Arvay, a prominent Vancouver attorney specializing in constitutional rights, to argue their case before the B.C. Supreme Court.

Arvay said the constitutional challenge will focus on three points: that healthcare is a provincial not federal matter; that the health minister's decision violates heroin addicts' right to maintain physical well-being; and that the Insite safe injection site case set a favourable precedent.

Arvay is confident that science is on the side of Providence and the five patients behind the legal challenge.

"It seems to me that the government will be left to rely on political ideology rather than science and medicine," Arvay said.

DRINKING AND PARKING »

Push for prepaid parking

PHOTO CARTER BRUNDAGE/THE UBYSSEY

Two students sent a letter to the City of Vancouver about their parking initiative.

Hannah Scott
Contributor

Two UBC undergraduate economics students have sent a letter to the City of Vancouver, asking the city to offer prepaid parking for drinking drivers.

Leighton Hay and Curtis Kuznecov said their proposal is aimed at those situations where people drive downtown for an evening out. Afterwards, they may end up without a designated driver.

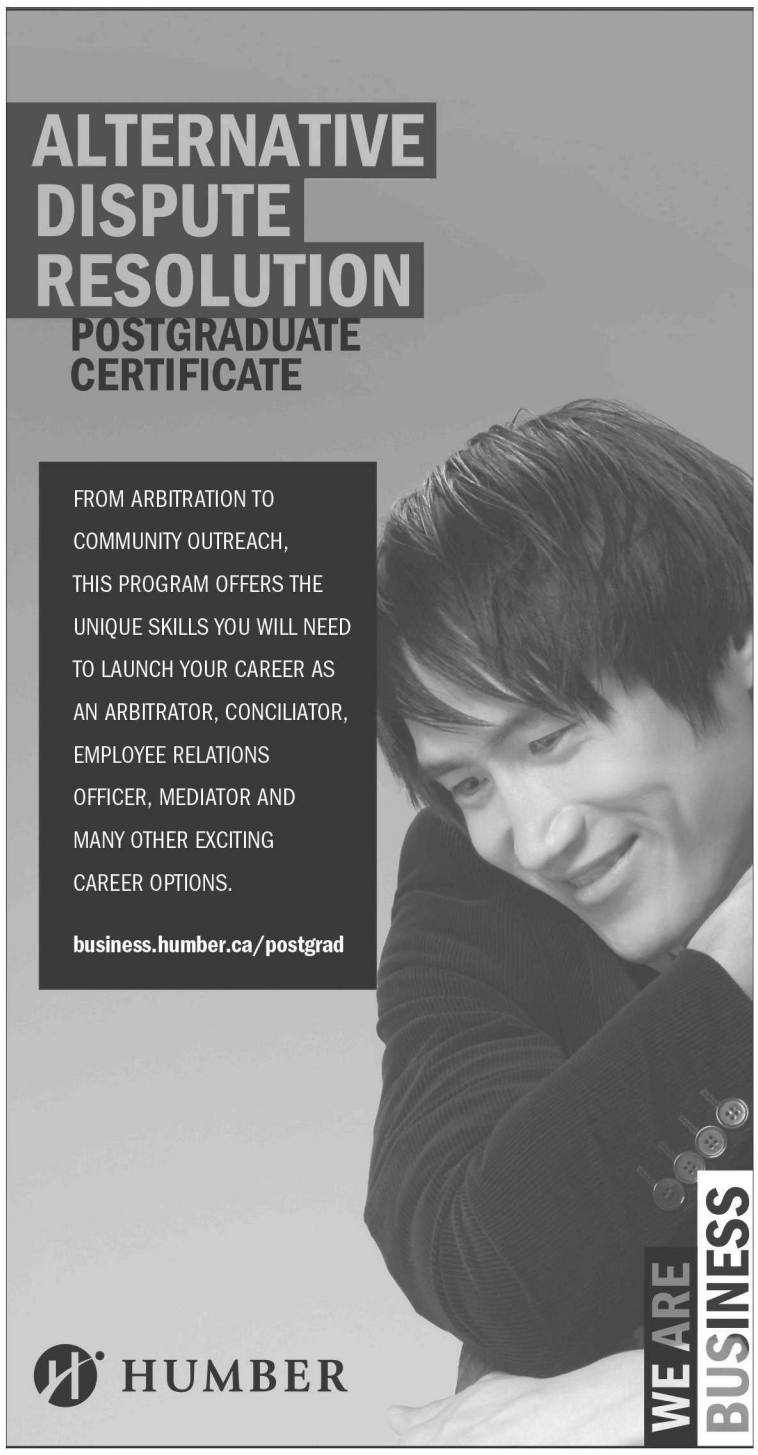
"Currently, you would have to go back either onto your phone or to front-load the meter at 9 a.m. to pay for that parking. You cannot do it beforehand," said Hay.

They hope the program would be initiated in the downtown Vancouver entertainment district, and expand from there if successful.

"It's a win-win situation," Kuznecov said. "For the government, the City of Vancouver, they get more revenue from parking, and it's good for all the citizens around here because they have that option, [and] there's [fewer] drunk drivers on the road."

However, this option may not appeal to everyone. When undergraduate student Alex Wickett goes downtown with friends, they choose to take a cab back. "Divided by four, it would probably be cheaper than prepaying," she said.

Hay and Kuznecov developed the initiative as an assignment for UBC professor Robert Gateman's Economics 210 course.



MINING »

PHOTO CARTER BRUNDAGE/THE UBYSSEY

Activists and students raised concerns about the ethical aspects of a joint UBC–SFU mining institute at a campus talk.

New mining institute raises ethical concerns

Project aims to teach mining practices in developing countries

Vinicius Cid
Contributor

On Thursday, Nov. 7, the Social Justice Centre hosted a talk debating UBC's role in a new mining institute, as well as broader ethical implications associated with the mining industry.

The Canadian International Institute for Extractive Industries and Development (CIIEID) will be funded by a $24.6 million grant from the Canadian International Development Agency (CIDA) which will go to both UBC and SFU. The institution is intended to help educate people in developing countries about the best practices for mining.

Yves Engler, a Montreal-based writer and political activists who has written several books critical of Canadian foreign policy, led the talk.

Sam Stime, a UBC civil engineering graduate student involved with "Not From My Campus," a blog critical of the CIIEID, opened the talk. He introduced the audience to the moral and ethical concerns surrounding overseas mining by Canadian companies and the implications of establishing the CIIEID at UBC.

"This is our time to ask tough questions to our government and universities," Stime said. "Through this institute, there is now a link between us and the federal government's agenda of imposition.

"This development intervention [the CIIEID] is poorly thought through. I say, hold on until consultations are made and the right people are guided."

Engler then took the stage, talking about human rights abuses by Canadian mining companies abroad, the pro-company foreign policy of Stephen Harper's government and the rerouting of development aid to corporate projects.

Engler highlighted the example of the Porgera Gold Mine in Papua New Guinea, which is administrated by Toronto-based Barrick Gold and headed by magnate Peter Munk.

Engler said mine security personnel gang raping locals was brushed off by Munk as "a cultural habit," and severe ecological damage caused by the mine led the Norwegian government to divest its stake in the project.

Engler followed up by elaborating on the intrinsic ties between Canadian mining companies, the various Canadian federal agencies such as the Canadian International CIDA and the Canadian Security Intelligence Service (CSIS) and Canada's foreign policy.

"I would assume the majority of students at UBC, when shown the facts about what Canadian companies and Harper's governments are doing — they will not be particularly fond of the idea of UBC enabling the process," said Engler.

The Q&A session focused on the role the CIIEID would play in the mining industry, in Canadian foreign policy and in developmental efforts abroad.

Marcello Veiga, an associate mining engineering professor at UBC and leader of the CIDA proposal to establish the CIIEID, rebuked links between the new institute and Canadian mining corporate interests, emphasizing that the CIIEID would centre its efforts on artisanal mining and researching better practices for developmental purposes.

"It is the main mining-related problem in the world because of the environmental destruction it causes in developing countries. They need the know-how. We also know corruption is a tremendous problem and we will work to combat it," said Veiga.

When an audience member brought up social concerns regarding CIIEID projects, Veiga said they too would be an important component of the institute's activities.

"We're working with NGOs in Colombia, Peru and Ecuador. We have Latin America first in our minds," Veiga said.

Engler maintained his opposition to the institute.

"Canadian mining corporations capitalize mining projects and undermine artisanal mining. The idea that the federal government would give dozens of millions to promote that is ridiculous. There is a bigger picture out there."

After the talk, Stime elaborated on steps that can be taken to minimize corporate influence on the CIIEID.

"What we're proposing is for the institute to receive no in-kind aid from corporate companies and no mining executive associated with the mining industry. It's a conflict of interest and inappropriate," said Stime.

Engler took a more extreme position, believing that the CIIEID's work, corporate interests and Canadian foreign policy will inevitably clash.

"The intent of funding the CIIEID is not about bringing actual regulations and development abroad; it's about giving a gloss of corporate responsibility," said Engler, "No matter if the money is public or private, it jives with Harper's pro-mining policy.

"Even if those within the institute were to lobby against the policy, I don't think it would do any good."

Ale Hinao, a SFU graduate student, thinks the CIIEID role is misguided.

"There's this perception that the people in Canada know better and go south to teach them their mining practices. It worries me a lot," said Hinao. "There are a lot of problems that First Nations are having with the extractive industry. The government should work with communities here."

Hinao thinks localized efforts are a better alternative to solving challenges surrounding mining.

"There are efforts coming from South American governments to create an organization so that foreign companies can go to trial if they violate human rights and harm the environment, so I think that's a good initiative to support."

Andrea Vasquez, a forestry graduate student at UBC, agreed.

"It's colonialist, and that's what we keep doing with development aid and institutions like the CIIEID."

SOCCER »

T-Birds take second straight national title

3-1 win over Laval Rouge et Or in final gives UBC its 13th championship

TOP PHOTOS CHARLES VANEGAS/THE EYEOPENER BOTTOM PHOTO FRAN HARRIS/CIS

Clockwise from left: T-Birds celebrate after their gold medal win; Greg Smith gives a victory cry; Harry Lakhan fights Laval for the ball; Lakhan passes across field. Below: Niall Cousens shields the ball from a Laval defender.

Nick Adams
Staff Writer

The UBC men's soccer team are CIS champions once again.

This weekend, they fought three hard battles in order to lift the Sam Davidson Memorial Trophy late Sunday afternoon in New Brunswick. On Thursday, the 'Birds defeated the Université de Montréal Carabins 1-0, then beat the York University Lions in a tight 2-1 match to gain entrance into the CIS finals for the second year in a row.

Following a rest on Saturday, the 'Birds didn't seem as ready to go as one might think. After conceding early in the first, they were chasing at the half. Some words in the locker room, however, would prove to be enough of a difference to give the 'Birds the edge they needed to win 3-1. At the end of the day, the 2012 champions proved with vigour why they deserve to be repeat champions.

"Winning doesn't get old," said head coach Mike Mosher. "Every time is better than the last, and to go back-to-back is a pretty sweet feeling."

Mosher now has four national titles in his 18 years as UBC head coach.

The T-Birds' run for their record 13th national title started last Thursday in their quarter final match against the Montreal Carabins.

Some final scores don't fully reflect the match that was played. This game, however, was not one of them. UBC outshot Montreal 6-1, and although a 16 per cent goals per shot average is less than ideal, it was enough to put them ahead of a pushing Montreal side.

Early in the game, both sides were fighting and the referee was quite aware. Thirteen fouls and two yellow cards later, the first half was an entertaining one that showed neither team wanted to go out in the first round. Putting up a good show, Montreal keeper Kenan Morina stopped five UBC shots, but let the sixth by.

In the 68th minute, UBC defender Sean Einarsson broke the deadlock and scored his first of the tournament — but not his last — and also the first of the game. In the end, the single goal would prove enough to push Montreal off the podium and send UBC forward to contest York in the semifinal on Friday.

After pummeling St. Mary's University 3-0 on Thursday, York was on a high heading into their match against UBC on Friday. Finishing with an 18-3-1 overall record, the York Lions seemed like a worthy adversary to the T-Birds' nearly lossless 19-1 season.

Although the 'Birds aren't used to trailing, as their +39 goal difference for the 2013 season suggests, they proved that they can be an underdog team very quickly in the first half. Lions striker Dylan Sacramento put York ahead in only the 12th minute.

Passion and a possible head injury would turn the tides. Once again, Einarsson stepped up to the plate. After going down only minutes after the York goal, Einarsson came back on with a mummy-wrapped head. The apparent injury, however, proved to be exactly the opposite. With 25 points throughout the season, Navid Mashinchi stepped up to take a corner. Einarsson met Mashinchi's curling corner with his bandaged head and leveled the game at 1-1.

"It was very inspirational to us," Mosher said after the game. "I told our team at halftime that we needed everyone to play like Sean."

After that, the 'Birds turned up the pace. Although the Lions outshot the 'Birds 5-3 overall, the chances on net were not nearly as impressive as the ultimately fruitless creativity in the neutral third.

Creativity and chemistry are a deadly combination and an important factor in any match. Luckily, teammates Mashinchi and Milad Mehrabi have a good dose of it. Showing off late in the second half, Mehrabi finished a beautiful behind the back pass from Mashinchi for the 59th minute game winner.

Although the Lions pushed hard in the closing minutes, their efforts fell short. They went on to play UNB — and lose 1-0 on PKs — in the bronze medal match. UBC, however, would go on to play Laval for the 2013 CIS title.

The 'Birds were eventually able to solve the Université Laval Rouge et Or in a roller coaster of a game.

Starting out shaky, the 'Birds once again trailed in the first half when Laval midfielder Amaury Fauvergue scored his first of the tournament. After a foul in the middle of the park, Laval chipped the ball into the box and, upon a clearance from the UBC defense, Fauvergue sent the first-timer shot dipping across the net and over UBC keeper Luke O'Shea.

"In the first half, the effort was there," UBC striker Niall Cousens said after the game. "Maybe we got a little bit nervous and the mental side wasn't there, but we just calmed down in the second half and kind of trusted our abilities, trusted each other, and we got it done."

Cousens was a pivotal part of the UBC offense, holding the ball up top and allowing the midfield to push forward. Without him, creative players like Mashinchi, Mehrabi and Reynold Stewart wouldn't have the space to score their combined 28 goals over the course of the regular season.

The 'Birds displayed perfect example of this in the 51st minute. On a defensive break, Cousens held the ball at the circle, allowing Mashinchi to run down the right flank. Breaking past the left defender, Mashinchi cut back and placed a slow pass onto the running foot of Cousens. With a clinical finish that comes only with the experience of a striker like Cousens, the shot was placed over the hands of Jean-François Desrosiers, the Laval keeper. Cousens would go on to be named tournament MVP.

As they proved in their semi-final match, the T-Birds' talent shines when pressured. Eleven minutes later, Mehrabi found a ridiculous amount of unmarked space off a flick from Cousens. Completely open with the keeper out of position, Mehrabi put his head down and pounded home the game winner.

Finalizing their victory, Mashinchi rounded up a weak Laval clearance and slotted home his lone goal of the tournament. At the end of the day, the 'Birds proved their dominance with a 3-1 victory.

Back-to-back titles in any sport is a difficult feat, but there is a reason UBC's mens soccer team has been able to do it.

"A long time ago, Joe Johnson, my father [Dick Mosher], Dave Partridge, the players that I played with and the players who played with me before that [created] a winning culture," Mosher, who was named CIS men's soccer Coach of the Year, said happily after the game. "That's the expectation here. The bar has been raised very high and it's up to the boys to strive to that level."

With solid coaching and a team with lots of young depth, the 'Birds definitely have a shot at three-peating the CIS title again next year. Until then, they'll just have to be content with being the first back-to-back CIS men's soccer champions in over a decade.

MEN'S SOCCER BY THE NUMBERS

30-1-3	wins-losses-draws over last two years
2	straight CIS national championships
6-0	wins-losses at nationals in the last two years
4	points for CIS MVP Niall Cousens

LIFESTYLE »

Healthy living in the dark times

How to cope with seasonal affective disorder as a university student

PHOTO CARTER BRUNDAGE/THE UBYSSEY

Seasonal affective disorder, or SAD, causes depression during certain months of the year.

Sarah Manshreck
Contributor

It's that time of year.

Exams are kicking into high gear, and the general consensus on campus is to revert to poor eating habits and lock yourself away from daylight in the basement of the Koerner library. Even more noticeable is the change in daylight hours: days are shorter, colder and much wetter.

Between breaking out the rain boots and pulling consecutive all-nighters, it's easy to slip into a depressive cycle. Most students can identify with having "winter blues"; however, fewer may have heard of SAD, or seasonal affective disorder. Although SAD can be serious, there are many ways to break yourself out of the winter blues and improve your mental health.

According to the Canadian Mental Health Association, SAD is a mental health disorder where shortened daylight hours and lack of sunlight cause clinical depression, most commonly during the winter. Humans have a natural biological clock that tells us to sleep when it's dark outside. This clock affects brain chemicals such as dopamine and serotonin, which are directly linked to happiness levels, and the internal clock of those affected by SAD is strongly affected by the change in seasonal light.

Symptoms of SAD can often be similar to bipolar disorder or thyroid problems. They include overeating and carbohydrate craving, fatigue, avoidance of social situations and anxiety. This contrasts with typical cases of clinical depression, which include symptoms such as insomnia and lack of appetite.

Raymond Lam, professor of psychiatry and medical director of the UBC Hospital Mood Disorders Center, studies depression and SAD. During a 2008 lecture at the annual meeting of the Society for Light Treatment and Biological Rhythms, he discussed light therapy as a treatment for SAD. This treatment involves exposing people affected by SAD to a light 50 times more powerful than a normal light bulb for 30 minutes a day. He reports that this treatment has reduced symptoms in patients and has proven effective.

There are less intensive methods for breaking students out of the winter blues, however. The UBC Health and Wellness Centre encourages meditation in order to allow students to get "connected to the present moment." Although the wellness centre cites many kinds of meditation, some that involve chanting or watching an object, all involve "attention and focus." Engaging in this positive mental activity requires no equipment, and groups on campus such as the UBC Meditation Community are open to beginners looking to get involved.

Exercise also contributes to building positive mental health, according to the Canadian Mental Health Association. Not only does exercise reduce such symptoms as depression, anxiety and fatigue, but it also creates social situations to put people in contact with others who share an interest in an activity. Furthermore, after as little as 10 minutes of activity, exercise releases endorphins — chemicals that cause bliss.

There are numerous opportunities to engage in physical activity on campus. The Birdcoop and UBC REC host classes daily, and the Fun Run Club provides a tight-knit group to run the Wreck Beach stairs. If you're looking for something a little more unusual, the Quidditch Club fulfills two niches: physical exercise, and indulging your inner Harry Potter nerd.

To fuel physical activity, healthy eating is critical for positive mental health. The 2006 Feeding Minds study, from the UK Mental Health Foundation, draws a link between additives and trans fats to diseases such as attention deficit disorder.

The Canadian Mental Health Association expands on this by noting that food consumed is directly used to create brain matter; in other words, you are what you eat. To optimize brain function and mood, foods consumed should include protein, omega-3 fatty acids, whole grains and fresh fruit and vegetables. Instead of eating dinner out of a package or a Domino's box regularly, buy as much fresh food from your local grocer as you can and cook your own meals. If eating out or snacking regularly while at school is a problem, pack a lunch — and a water bottle to stay hydrated.

It's important to note that if conditions worsen or you begin to contemplate suicide, you should see a doctor immediately. Furthermore, if stress continues to overwhelm you, the Speakeasy counter in the SUB is a free AMS service that offers a non-judgemental ear and academic, spiritual and emotional support.

Exam season can be difficult. However, UBC provides a plethora of ways to maintain good mental health during the dark season.

THEATRE »

Pride and Prejudice comes to life on UBC stage for bicentennial

Kanta Dihal
Staff Writer

It is a truth universally acknowledged that a great novel must be in want of many adaptations.

Pride and Prejudice, Jane Austen's best-known novel, is widely adored, disliked, prescribed and adapted — and it's 200 years old this year. Theatre at UBC is joining in the celebrations with a stage production of the novel, starring BFA acting students.

The classical story of Elizabeth and Mr. Darcy finding each other after having overcome pride and prejudice hardly needs an introduction. Amidst the hundreds of adaptations in dozens of different media, how will this year's production handle the famous novel and cater to its fans?

Surprisingly, the cast members themselves are not big fans of the novel. "I didn't even know the story," admitted third-year Matt Kennedy, who will be playing Mr. Darcy.

Kat McLaughlin, a fourth-year starring as Elizabeth Bennett, used to outright dislike it. "I was forced to read *Pride and Prejudice* in high school, and I have never enjoyed a single class ... where I've been forced to read it," she said. "[However], reading it for pleasure, you find a lot of the wit that you might have missed before."

"I did not like Darcy," said set designer Shelby Bushell, a sixth-year double major in English literature and production design. "He's just useless and mean all the time. But then I went to see the first run-through of this [play] ... and it's the first time that I've actually empathized with Mr. Darcy."

Now, however, the actors are taking the novel and play seriously. Kennedy has not only grown real sideburns for his part as Mr. Darcy ("They're a little uneven ... [they'll be] probably just right come closing show"), he has also done thorough research in the UBC library. "There is just so much information," he said. "Just having access to that amount of information, looking at the themes of the book, the concept of art versus nature ... really helped [me] define my relationship with Elizabeth."

"I had to figure out what it meant to be a 'good woman' in those days, which is completely different from what it means now," said Nicole Yukiko, a fourth-year, who will fulfil the roles of both the mean-spirited Ms. Bingley and the motherly Mrs. Gardiner.

The actors were overwhelmed with advice from friends and family. "It was tough!" said Daniel Meron, also a fourth-year, who will play both the eligible bachelor Mr. Bingley and the kind, middle-aged Mr. Gardiner. "My mom and sister absolutely love [*Pride and Prejudice*], and so when I found out that we were doing [the play], they immediately wanted to start coaching me and say, this character is like this and this character is like that."

Pride and Prejudice has seen its story rewritten dozens of times. Some adaptations, such as Helen Fielding's *Bridget Jones* series, have become massively popular themselves. Others, such as *Pride and Prejudice and Zombies* and *50 Shades of Mr. Darcy* (yes, it exists) have tied in the famous story with contemporary hype.

"Oh no!" the four actors groaned collectively when confronted with the existence of the *Pride and Prejudice* meets *Twilight* adaptation *Vampire Darcy's Desire*. Meron, however, does see this as proof of the quality of *Pride*'s story. "You're not going to have, in the next 200 years, various adaptations of *Twilight*. This is a story that can be told time and time again, century after century, because it's about real people."

This does not mean that such eccentricities have been adopted in the Theatre at UBC production, however. "We wanted to bring out the novelistic aspect of it," explained Bushell. The *Pride* set is her first theatre design. "We wanted to bring it out as though the characters have literally leapt out of the pages and are telling this story."

So don't expect aliens, vampires or zombies; the play is roughly true to the time in which *Pride and Prejudice* was originally written. A contemporary adaptation would have been difficult, according to the cast.

PHOTO COURTESY DEB PICKMAN

Jane Austen's cadre of sassy ladies will find renewed life at UBC in the theatre department's staging of the classic tale.

"The whole story takes place in such a different mindset," Yukiko said. "A big aspect is the idea of marriage, and what it means for the women in these times, because there were so few options for occupations at that time. Marriage was your occupation."

"Darcy gets rejected by Elizabeth for a dance. I mean, here, you get rejected in the club by a girl, you move on. [That] would never happen [in 1813]," added Kennedy.

And yes, even the most hardcore Austenites in the audience will be catered to. "I'm excited for them to come and see [the play]," said Yukiko. "They're going to love it."

Pride and Prejudice runs at the Frederic Wood Theatre from Nov. 14–30.

SWAG »

Feel-good free goods

UBC Freestore trades monetary economy for campus culture

Alice Fleerackers
Staff Writer

A breast pump and two rice cookers, wool coats and fuzzy slippers, a full *Legend of Zelda* costume — these are only a few of the treasures to be discovered at UBC's first ever "free store."

A completely volunteer-run and student-lead project, the UBC Freestore is exactly what it sounds like: a place to pick up lightly used books, clothes and other supplies, completely free of charge.

"One man's trash is another man's not-trash," said Kramer Rappos, Freestore volunteer and one of its unofficial founders, in an attempt to summarize the project's philosophy.

At the most basic level, the Freestore is a recycling resource, providing students and other community members with a convenient place to discard unwanted items or pick up useful second-hand goods. Although waste reduction is a key motivation for the project, Rappos, who is pursuing a double major in political science and philosophy, emphasizes that the Freestore's goals are wide-ranging and difficult to define.

"The Freestore can show folks that alternatives exist to super-wasteful capitalism," they explained. "However, I'm not sure there is necessarily an essential feature to it. It's what you make of it.

"If you think it's a pile of trash, it's a pile of trash; if you think it's treasure, then it's treasure."

Political science student Sam Dabrusin, another Freestore volunteer, agrees that there are many reasons to use the store. In addition to "raising consciousness about disposable culture," he explained that the Freestore aims to improve students' financial situations by providing an affordable way to meet important needs for things such as clothing and school supplies.

Charvel Rappos, an Arts student and Freestore volunteer, adds that in addition to meeting their material needs, the store allows students to discuss ideas, study, or just hang out in an open and accepting environment. She said their location in the Student Union Building "provides a very safe space for any students...be it on campus and off campus," and fosters a sense of community within the university.

Recently, however, the question of space has become an increasingly pressing concern for the Freestore. An offshoot of the UBC Student Environmental Center and Social Justice Centre, the store currently runs out of a communal meeting room it shares with these resource groups. This arrangement is problematic: its small size limits how much "merchandise" the Freestore can provide, and the noise of shoppers rifling through clothing racks is disturbing to the meeting proceedings of other clubs.

In the hope of obtaining a room of their own and increasing their overall presence on campus, the Freestore is debating moving to official AMS club status. However, becoming an AMS club poses several challenges for the store, including electing a treasurer, president and vice-president and charging members a minimum fee of $1 each. All three volunteers agree that these changes would undermine the Freestore's core values. Dabrusin goes so far as to call these changes "pointless" and ultimately "counter-intuitive to the whole goal [of the Freestore]."

Despite these challenges, however, the volunteers remain steadfast in their dedication to the project. "Life is a disaster," said Kramer Rappos, and "the Freestore makes [it] better in a small way."

If you're interested in what the Freestore has to offer, they are located in Room 245 of the SUB. Their free stuff stack is moved outside of Sprouts in the SUB basement every Friday from 11 a.m.–2 p.m.

PHOTO CARTER BRUNDAGE/THE UBYSSEY

The smiling fellows on the couch have organized the Freestore, a campus resource which allows students to trade free stuff.

MUSIC »

The man behind the brass: playing the "Last Post" on Remembrance Day

COURTESY LOGAN BENNETT

Logan Bennett played the "Last Post" at this year's Remembrance Day ceremony.

Alexandra Meisner
Staff Writer

As the clock approached its eleventh hour, he stepped before the gathered crowd to deliver one of the most recognized bugles in wartime history.

On Monday, Nov. 11, Logan Bennett, a trumpet player for UBC Pacific Spirit Brass quintet, helped to honour those who fought and died in both of the World Wars. His performance of the "Last Post" was followed by two minutes of silence as his notes settled in the air, and a blanket of emotion covered the crowd.

The Remembrance Day ceremony held in the War Memorial Gym hosted a variety of community and university organizations. Attendees included members of the UBC Alumni Association, UBC Athletics and AMS president Caroline Wong. The musical portion of the ceremony was left to Bennett and his fellow brass players. "I've never actually done a Remembrance Day ceremony before," Bennett said, during refreshments following the ceremonial activities.

"I had a bit to relate to in terms of what the ceremony is about," he said. "My grandpa was in the military."

The second-year masters student at the UBC School of Music said that during his performance of the well-known piece, professionalism is his main focus. "In the moment it's not so much emotional, it's more about getting the notes out. But right after, it was really emotional."

The "Last Post" had a prominent presence in military tradition during both world wars. Assumed to have been composed by Franz Joseph Hayden, it was used to signal the end to a soldier's day of fighting, or a hard night of drinking. In the modern world, it can be heard at the funerals of soldiers as a final farewell to the men and women who have made the ultimate sacrifice.

Bennett conveyed the significance of the bugle call by connecting it to his grandfather. "He played in the military bands during World War II, so I tried to use that as fuel to make it mean something."

The Pacific Spirit Brass music group consists of UBC students, and was featured at the ceremony this year through a high recommendation by their director, Robert Taylor. "A lot of the gigs UBC School of Music groups get are through word of mouth — our director will approve if we can play," Bennett said.

This year's ceremony was a special opportunity for the quintet. "There's been a different quintet that's done [the ceremony] for the past couple of years," Bennett said, "and one of the trumpet players couldn't do it this year [so] our director recommended us."

"Between the two trumpet players, Nick [Hall] and I, because I'm Canadian ... I thought it would be better if I played [the "Last Post"]." Bennett proudly took up the responsibility of delivering the "Last Post" for the emotional enjoyment of all in attendance, and in remembrance of all those who have fought.

CULTURE VULTURE

It's a gallery inside a gallery

With a multitude of artists producing work that transverses every medium, Vancouver has quickly developed an expansive art scene over the past several decades. For Quebec native Samuel Roy-Bois, it's a perfect fit.

Roy-Bois, a local interdisciplinary artist and faculty member at UBC Okanagan, has altered traditional perceptions of art galleries with his newest installation, *Not a new world, just an old trick*. After receiving an invitation from SFU's gallery curator, Melanie O'Brian, Roy-Bois created a work best described as an innovative harmonization of architecture and art — a gallery inside of a gallery.

Deriving its namesake from the famous *New World Symphony* by Czech composer Antonin Dvorak, Roy-Bois' installation is currently featured at SFU's art gallery in Burnaby.

"I thought that by building some sort of enclosure or space, I would be able to create more interesting connections between the pieces," said Roy-Bois. He describes his work as "user friendly," allowing visitors to explore the installation and develop an interaction influenced by the architecture. The gallery is constructed of different levels and furniture items that are open to public use.

"It was like an almost full-scale model," said Leslie Van Duzer, the director of the UBC School of Architecture and Landscape Architecture, who participated in a roundtable discussion with Roy-Bois last Monday. "Rather *Alice in Wonderland*-like in terms of its scale."

THEATRE »

Decrepit dinner guests and contemptible canapes

Farcical comedy *Cocktails at Pam's* staged by UBC alumni on Granville Island

COURTESY MARYANNE RENZETTI/STAIRCASE XI THEATRE SOCIETY

Audiences will get to experience the schaudenfraude of a dinner party gone wrong in *Cocktails at Pam's*.

Maura Forrest
Contributor

It's 1965, and Pam Cochrane's perfect cocktail party is falling to pieces. There are too many floral arrangements, uninvited guests are showing up and some of them even suggest a most uncivilized game of charades.

But audiences of Stewart Lemoine's *Cocktails at Pam's*, a new comedy presented by Vancouver's Staircase Equity Theatre Collective, may find themselves chuckling at the high-strung hostess' expense.

"Let's just say her anxiety gets the better of her," said Maryanne Renzetti, a UBC theatre grad who co-produced the show and stars as Pam. "That's probably putting it lightly."

This is the second Lemoine production for Renzetti, who started the Staircase XI Theatre Society in 2009 with fellow UBC alumna Becky Shrimpton. The company's version of *Evelyn Strange* was a hit during the 2011 Fringe Festival. Renzetti has been hoping to premiere another of Lemoine's plays in Vancouver ever since.

"I knew that I liked his style," she said. "I read this play in a Starbucks, by myself, and I laughed out loud. I couldn't help it — it's just so funny."

The production hasn't all been smooth sailing, however. *Cocktails* has a cast of 11, which makes it Staircase's largest undertaking to date. That's made everything more difficult to organize — not to mention more costly.

The show is directed by Stephen Heatley, a faculty member in UBC's department of theatre and film. He is very aware of some of the challenges facing independent theatre companies in Vancouver.

"Here on campus we have a fair amount of infrastructure," he said. "But this [production] is a little bit of a labour of love. Everybody has to pitch in to make sure that it all comes to pass."

Still, he says that directing a play off-campus has given him the chance to work with a varied group of actors with different types of experience.

"It's interesting to get that kind of mixture of training and interests and style," he said.

He also points out that the larger cast means more opportunities for young actors. Five members of the company and both of the show's designers have graduated from UBC within the last 10 years.

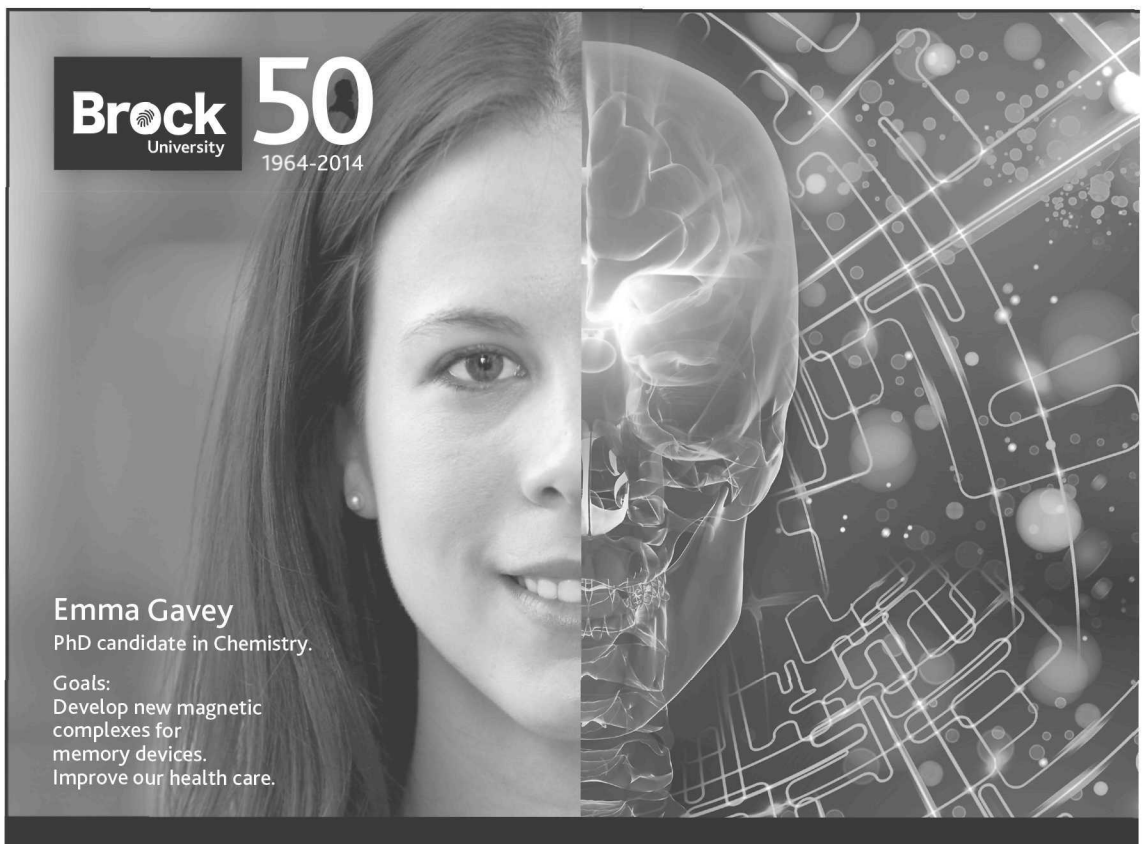
Georgia Beaty is one of those recent alumni. She finished the acting program earlier this year, and she has now landed her first professional role as Rita, Pam's maid.

"It's been an awesome experience," she said. "You get to bring experienced actors together with people like myself who are just starting out. I couldn't really have asked for more."

She thinks that the show will appeal to just about everyone, from UBC students to an older audience.

"It's a very quirky, fun, high-energy show," she said. "And for people who are interested in seeing a period piece, I think it's also a good fit for them."

Cocktails at Pam's *runs until Nov. 30 at Studio 1398, 1398 Cartwright St., on Granville Island. A discount rate is available for students. Tickets are available at http://cocktailsatpams.bpt.me/.*



FILM »

Cineclub film series crosses cultures on the silver screen

Marlee Laval
Staff Writer

If the highly coveted foreign cinema class fills up too quickly during registration this year, the department of French, Hispanic and Italian Studies is offering an alternative — without the hefty tuition price.

Screening twice weekly at no cost on the seventh floor of Buchanan Tower, the FHIS Cineclub is showing notable and modern European films in French, Spanish, Portuguese and Italian, complete with popcorn and English subtitles. With these films, the club aims to provide both education and entertainment for both film fanatics and lovers of language.

"Through movies, we can learn a lot about culture and current events that were happening [at the time]," said Ana Robles, a graduate student in the FHIS department. "In the past years [the screenings were] more centered on education, but this year, we want to make it more of a fun project, to familiarize audiences with a wide variety of films from different languages."

"It was movies that got me into taking Italian," said Gabriela Angel, a first-year economics student who heads the Italian film screenings. "I found out about this club through an email asking for volunteers and I knew I'd love to be a part of it."

The Nov. 4 screening featured a 1994 Italian film called *Il Postino: The Postman*, a simple story of how a famed poet helps his postman express his love towards a beautiful waitress in an effort to win her over. Filled with metaphors, light comedy and even subplots of political tension, the film manages to be a breathtaking portrayal of Italy in the 1950s, receiving high praise in reviews everywhere and garnering a spot on the Cineclub's roster.

Each screening typically only features one language from the department, but the Cineclub has plans to combine a multitude of languages in one film, with a screening of *The Phantom of Liberty* scheduled tentatively for the latter half of the second term.

"Our goal is to bring everything together," Robles said. "This movie encompasses a lot of the different languages and cultures."

In the meantime, the Cineclub hopes to attract an enthusiastic crowd of cinema lovers on Mondays and Thursdays from 4 to 7 p.m. to intimate, cultural and thought-provoking shows.

MORE ONLINE

Read our web-exclusive preview of Malian singer Rokia Traoré's concert at the Chan this weekend at **ubyssey.ca/culture**.

LETTERS »

What happens when you try to make a class project 'real'

Robert Gateman, a well-known UBC econ prof, assigns his students a 'real-life' group project. Here are ideas from two such groups.

PHOTO KAI JACOBSON/THE UBYSSEY

One group's plan would allow residents to "adopt" a care for a transit station or bus stop.

Adopt-a-Stop to clean up TransLink stations

Dear TransLink Board of Directors:

Bus stops are heavily used parts of our city and are as much a part of a community as streets, pathways, parks and plazas. Unfortunately, due to their high use, bus stops are consistently littered and in need of care.

We understand the enormous cost associated with maintaining individual bus stops. In the interest of city cleanliness, safety and community involvement, we propose that TransLink consider introducing an "Adopt-a-Stop/Station" program.

With this program, individuals or groups could apply to adopt a TransLink bus stop or SkyTrain station for a commitment of one year or more. The adopters pledge to care for the location, performing a specific set of duties and receive recognition and other incentives.

A tremendous precedent has been set for Adopt-a-Stop/Station programs. Cities such as Denver, Portland and New Jersey, among others, have implemented successful programs. Vancouver is already home to the "Green Streets" program and North Vancouver's "Adopt-a-Street," showing that community adoption programs can work in the Greater Vancouver area.

The Adopt-a-Stop/Station program aligns directly with TransLink's values and policies:

Environmental sustainability: The program would reduce litter and vandalism, which affect the environment and Vancouver's appearance (with potential negative effects on tourism and collective efficacy). As reported by the Transportation Research Board of the National Academies, "cleaner, safer stations and stops" is one of the "top benefits of the program."

Community sustainability: The program would improve TransLink's relationship with the community as well as having the positive spillover of increased social capital such as community goal setting, and teamwork among individuals and organizations.

We understand that Vancouver's transit system is a integral part of Vancouver living.

We applaud TransLink's aim "for continual innovation and improvement in all aspects of [their] business." We believe an Adopt-a-Stop program is an excellent opportunity to continue the improvement of TransLink and Vancouver as a whole. This initiative is an opportunity to capitalize on volunteer work power, increase the efficiency of bus stop maintenance, improve community relations and reduce the negative impact of litter on our city.

Sincerely,

Daniel Robertson, Kathy Ho, Sita Cheung, Keith Shotta and Connie Tang

The authors of this letter are working on a group project for Robert Gateman's economics class.

PHOTO GEOFF LISTER/THE UBYSSEY

A snowy December shut down campus and forced some students to take their final exams in January last year.

Fix deferred exams to make things fair

A sports injury, religious holiday, sickness or even "heavy" snowfall can affect anyone. In the last year alone, students wrote around 700 deferred exams. In other words, we all might find ourselves trudging back in the middle of summer to deal with an unfinished exam.

When someone has to defer an exam, they will generally find there are three different options to reschedule. The examination policies vary between faculties, but generally:

1. Students may reschedule the exam personally with their professor, provided that professor would agree to such arrangement.
2. Students may also write the exam in the following final exam period, provided that the course is offered in the next semester.
3. Finally and most dreadfully, students have to write the exam in late July or early August if the first two options don't work out — and in many cases, they don't.

The problems we found within the current policy include preventing students from registering for courses that have prerequisites until the exam is taken, delaying applications to majors and prolonging students' graduation time.

These delays result in disadvantages for students applying for jobs or graduate school. Furthermore, students who have to write the exam months after the material was taught must spend extra time reviewing the course material.

The time spent reviewing the course material during the summer results in the loss of income from summer jobs, and may even jeopardize the fun and thrills of summer that everyone looks forward to.

In addition, one study by Giorgio di Pietro showed that "the shift of final exams to the end of the academic year had a negative effect on student achievement." In other words, the study suggests that a prolonged period of time before the actual examination period results in a lower exam score.

Also, the financial burden upon international students — flying back to take the exam in late July and the associated additional living expenses — can be enormous, especially in the city of Vancouver.

What if we could eliminate the current issues?

An alternative UBC could implement is to add another regular deferred exam period in early January for exams deferred in December, and in early May for exams deferred in April.

With last year's unusual snowfall in December on the last day of final exams, UBC made the executive decision of moving the deferred exams to the first week of January. If it worked then, why not implement that option permanently?

Ideally, as di Pietro concluded, "examination arrangements should be tested for their impact on student performance before they are introduced. Sadly, many changes in higher education are driven not by student learning considerations, but by other reasons such as financial and administrative convenience."

If you want to get more information, or even get involved in helping us change UBC's policy, please email us at manorman12@hotmail.com. In the mean time, please share your thoughts with us and kindly fill out this survey as we need your help to make a change: https://www.surveymonkey.com/s/JHS2PQ2

Mirko Ball, Cheng Peng, Matthew Norman, Prapon Wongsangaroonsri and Adrienne Moopenn are second- and third-year students who started a group project for Robert Gateman's economics class aspiring to improve conditions for students that find themselves in the unfortunate position of having to defer an exam.

BIRD SCALE

GOOD WEEK

Men's soccer: Back-to-back national championships.

Rob Ford: Yes to smoking crack — and almost half of Toronto still behind him. Hilarity.

Pizza: AMS is keeping Pie R Squared. BOOM! Pizza is finally dead.

MEH WEEK

Heroin: Federal health minister shut down heroin prescriptions for chronic opiod addicts, but UBC's trial with the drug can go on.

Ice sculpture in the SUB: It melted.

Quidditch: Just generally. Also, Ryerson lost to the University of Ottawa 270-0. Wow.

BAD WEEK

AMS Council: Their flip-flop on Pie R Squared was embarrassing for everyone involved.

Canadian University Press: Invited highly partisan, allegedly racist "journalist" Ezra Levant to speak at their national conference.

Kanye: Why won't you love us back?

ILLUSTRATION JETHRO AU/THE UBYSSEY

Communal "stores" like the Freestore are neat ideas, but let's make sure the quality stays good. Donate nice stuff!

LAST WORDS

PARTING SHOTS AND SNAP JUDGMENTS FROM THE UBYSSEY EDITORIAL BOARD

CRITERIA BRINGS SOME TRANSPARENCY TO SPORTS REVIEW

Well, after much rumour-mongering and stone-throwing, UBC's sports targeting review criteria are in, and they give a much clearer picture of what lies ahead.

The review puts a lot of weight on criteria many thought it would: success, support and competition. But this doesn't clear up what will happen for some teams — especially football, which suffers both a poor 33-48 record over the last 10 years (performance and competition is worth 35 per cent) and from an expensive program. While backroom talk makes it sound like the sport is safe, it would have to score extremely well in areas like community support (20 per cent) and partnerships (10 per cent) to keep up with sports like basketball and swimming.

At the end of the day, the university is reserving 20 per cent of the criteria to its own discretion, essentially. While it specifies what that discretion is — student success and "fit" — it ultimately gives the committee a lot of power which we hope they use prudently.

FREESTORE RADICALS?

The UBC Freestore's problem with attaining AMS club status exemplifies the archetypal issue that faces subversive organizations: the need to be recognized as legitimate, while simultaneously disavowing the institutions that grant this legitimacy in the first place.

The AMS' policy for constituting new clubs is, in some respects, arbitrary. In addition to requiring a club to create an executive committee and charge fees to its members, official clubs must also

> Essentially, students are supposed to team up and create projects related to economics that have a real impact in the world. Cool!

submit a plan of programming, an operating budget and a list of assets to the AMS — plus, at least two thirds of their members must be members of the AMS. These restrictions hamper the ability of groups like the Freestore to achieve their goal: the creation of a non-discriminatory, on-campus community.

That said, there is a difference between a club in the conventional sense and an AMS Club with a capital C. The latter is eligible for loans and grants from the AMS, as well as other privileges such as a mention in the annual guidebook. It requires time and money to support a Club, which is presumably why the AMS has the constitution policy that it does.

The Freestore already operates under the purview of the Resource Centre groups, which are currently struggling to make use of their AMS-allocated budget — so while not having their own space is inconvenient, the Freestore is hardly without support. Furthermore, there are other, non-official clubs at UBC (such as the Night Club of UBC, who hosted the Resurrect the Pit event at the beginning of the month) who are still able to sustain their own programming without AMS support.

> If the Freestore is all about creating a model for alternative value systems and lifestyles, they might be better off without the AMS anyway.

And if the Freestore is all about creating a model for alternative value systems and lifestyles, they might be better off without the bureaucratic restrictions of the AMS anyway, much like the unofficial Slacklining club.

GATEMAN!

Apparently, well-known economics professor Robert Gateman likes to give his introduction to economics students "real life" projects. We don't know the details, but essentially, they are supposed to team up and create projects related to economics that have a real impact in the world. Cool! Look at that modern classroom.

Problem is, last year it seemed like the whole class decided to make their hip project the elimination of student fees — you know, the things that pay for the Sexual Assault Support Centre, *The Ubyssey*, the AMS and more.

Wow! Great idea, guys! No way that could go wrong! Your month-long economics project should totally impact student services in a massive way.

Jokes.

This year, though, people are working on some neat projects. You can check them out in two op-eds and a news article published in *The Ubyssey*, and presumably by lurking around outside Gateman's lectures. Have fun...

PHOTO LOO BUHCI/FLICKR

Juan Camilo Serpa argues that the campus community shouldn't shy away from the night.

Poor sexual assault policing hurts otherwise innocent pedestrians

JUAN CAMILO SERPA
Op-Ed

I am not sure how many of you are aware of David Suzuki's 30x30 challenge, but here is how it works: commit yourself to spend at least 30 minutes a day outside in nature for 30 days. As a campus resident constantly toiling away in front of my computer screen, the fluorescent lights of my office bearing down on me, I thought it would change my life for the better.

And it has. Since I began, I have enjoyed the hour each night I spent walking around campus.

But lately, things have changed. Over the last few weeks, I have been approached by campus security three times. First, it was a flashlight pointing at my face, just outside of my residence. I had no other reaction but to go back into my residence and postpone the walk. The second encounter was at 9 p.m. on a weekday. This time, the security guards approached me, and asked a couple of questions: "Are you a student?" "Where do you live?"

The guards were very friendly, but the encounter was all but soothing.

One night, things hit rock bottom. I was sitting on a bench beside Green College at 8:45 p.m., enjoying the peaceful atmosphere. Two guards drove towards me and got off their vehicle. They asked me to provide identification and my phone number. They were very friendly and almost apologetic. They reassured me I wasn't doing anything wrong.

However, the sole fact that I had to explain myself, and to provide personal information, was daunting.

I immediately came home, looked at the sketch of the sexual assault suspect and compared myself to the man. We are not very alike, but I do fit the criteria: 5-foot-8, light skin with an olive tone, a beard and, yes, a hoodie. I was very distressed, especially because campus security has my phone number and a few records about my voyages. I decided to avoid walking on campus at nights, at least for the short term.

I am not a sexual assaulter, and I wasn't doing anything suspicious or inherently wrong. Why should I be feeling guilty? Yet through increased questioning, flashlights and gathering of my personal information, law enforcement is discouraging me from taking advantage of our magnificent campus.

I sympathize with the victims of the recent wave of sexual assaults. We do need increased security. But we cannot intimidate pedestrians. If anything, we want more pedestrians.

> I am not a sexual assaulter and I wasn't doing anything suspicious or inherently wrong. Why should I be feeling guilty? Yet through increased questioning, flashlights and gathering of my personal information, law enforcement is discouraging me from taking advantage of our magnificent campus.

To see why, let us for a moment assume that there are two types of people: the "good" ones and the "bad" ones (that is, the assaulters). When the good ones go out at night to enjoy a walk around campus, away from the busy streets, they are providing a public service for the campus community. They are providing an extra set of eyes, ready to report any suspicious activity and ready to aid a potential victim.

Economic research supports this claim. There is lots of evidence that the intensification of pedestrian activity leads to a reduction in crime rates. However, if campus security begins questioning pedestrians simply because they are walking on campus at night, the guards will be discouraging the provision of this beneficial activity.

So, how to secure our campus? This is my approach. After dinner, go and stand in front of a mirror. Ask yourself, "Am I a sexual assaulter?" If the answer is no, then you should go and enjoy a walk around campus. If you feel unsafe, invite a couple of friends. Enjoy the quiet places and embrace these spaces. Human agglomeration will drive the "bad" people away. In other words, your walk will impose a good externality on the community.

I understand these measures are taken with the best of intentions. I am reminded, however, of a story from my home country, Colombia.

Seventeen years ago, the guerrilla groups began kidnapping travellers on the inter-city highways. The initial reaction of the authorities was to question the travellers, to check their baggage and to collect their information. This was a terrible strategy — it didn't solve the problem and created unnecessary fear. People felt guilty about travelling. So how did we tackle this issue? The population decided to travel again. This time, however, intercity travel was done en masse, in groups of 50 or 100 automobiles at a time. It was impossible for the guerrilla men to assault these groups. The end result: intercity kidnapping was completely eradicated from society.

Let us learn this lesson. Let us approach the problem in the same way. Let us congregate on campus at night, when victims are most susceptible. And if you ever get questioned by campus security, just blame it on David Suzuki.

Juan Camilo Serpa is a commerce graduate student at UBC.

MORE ONLINE

Come visit our tumblr page at ubyssey.tumblr.com to check out our sweet graphics and all of our tumblr notes.

PIC OF THE WEEK

PHOTO CARTER BRUNDAGE/THE UBYSSEY

Be it the serene view from Pender Island or your dorm room, make sure you make time for breaks in between your studies.

COMIC »

slip'n'trip by Tubey

What I'm thinking about these days

30%	30%	30%	10%
Homework, midterms and exams.	Avoiding homework, midterms and exams.	I'm hungry.	Why Timmy never called me back in Grade 5 after our Slurpee date.

CATCULTY

ARTS

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COME BY THE UBYSSEY OFFICE
SUB 24, FOLLOW THE SIGNS

Engineering Graduate Studies
University of Toronto

Solving the world's most important problems, one stem cell at a time

Nika Shakiba wants to understand how to best put cells in a time machine. As a biomedical engineering PhD student, she is investigating the mechanism by which the watch hands can be turned back in mouse cells. Those Induced Pluripotent Stem (iPS) cells then have all the ability of embryonic tissue to morph into any cell a body needs. If Nika — a Vanier Canada Graduate Scholarship recipient — gets a closer look at the clockwork in iPS cells, it will mean less dependency on embryonic stem cells, bringing us one step closer to a self-healing world. Her future? Healthy.

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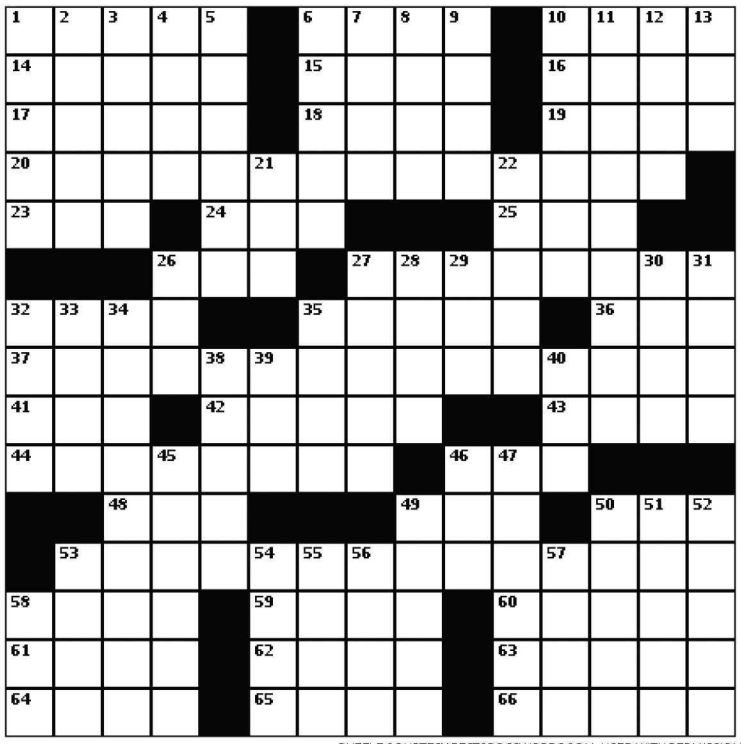

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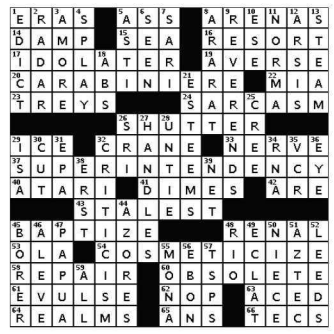
ACROSS

1- Songbirds
6- "Aquarius" musical
10- Nae sayer?
14- Actress Verdugo
15- Indian exercise method
16- Class
17- Sum
18- Soon
19- Away from the wind
20- Distinguishing feature
23- Witch
24- Encountered
25- Sawbuck
26- Latin word meaning "nothing"
27- Climbed
32- Not ___ many words
35- Actor Davis
36- Carnival site
37- In spite of
41- "Car Talk" airer
42- High times?
43- Deck quartet
44- Having no junction
46- Besides
48- Calendar abbr.
49- Wind dir.
50- Tropical cuckoo bird
53- Halt in the growth of small organisms
58- *Othello* villain
59- Picasso contemporary
60- Vestige
61- In ___ of
62- ___ Rhythm
63- Truman's Missouri birthplace
64- Shade trees
65- Fine and delicate
66- Omit in pronunciation

DOWN

1- Lewd one
2- Hawaiian greeting
3- Label anew
4- Knot in wood
5- Italian sausage
6- Hilton competitor
7- Top-flight
8- Aviation pioneer Sikorsky
9- Hindu princess
10- ___ Island Ferry
11- Having the form of a cylinder
12- Crude cartel
13- Driving peg
21- Animation frame
22- Dutch painter Jan
26- At the present time
27- Orgs.
28- Grounded fleet
29- The Company
30- Mozart's "___ kleine Nacht-musik"
31- Canines
32- Bed-and-breakfasts
33- Uh-uh
34- Scheme
35- Cries of discovery
38- Bay
39- Foot digit
40- Family man
45- Viscous
46- Beast of burden
47- Stinging plant
49- Like a smokestack
50- Me too
51- Battery type
52- Grenoble's river
53- Remove water from a boat
54- Pianist Gilels
55- Baltic capital
56- Camaro model
57- Asian sea
58- Land in la mer

Nov. 7 answers



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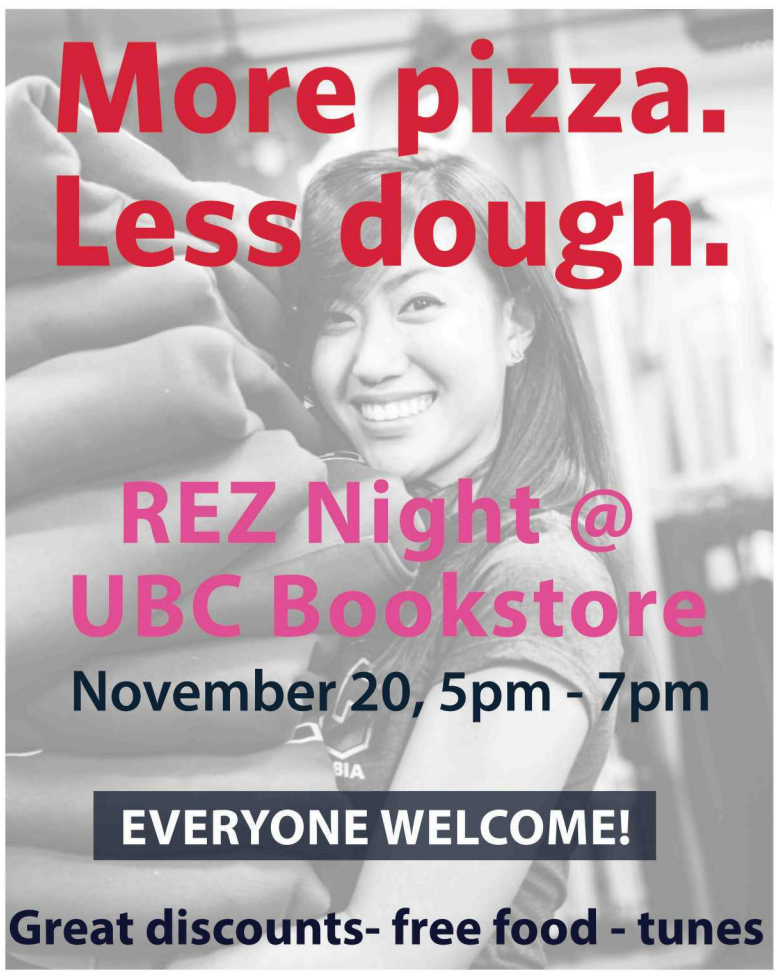

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