MAKING THIS PAPER BETTER THAN SEX SINCE 1918

THE UBYSSEY magazine

UBC'S OFFICIAL STUDENT PUBLICATION

nerd steroids

calendar

E-MAIL US EVENTS AT FEEDBACK@UBYSSEY.BC.CA

14-20

14 FRIDAY — Lecture
Prof. Muhammad Yunus Nobel Peace Prize winner
Where: Chan Centre
Time: 10-12am colloquium & 8-9:30pm lecture
Cost: Free for students in AM
Details: 8pm sold out

15 SATURDAY — Rally
stopwar.ca's Iraq Protest Rally
Where: Vancouver Art Gallery
Time: 12pm
Cost: free
Details: Speakers, comedy, and music by DOA

16 SUNDAY — Movie
Responsible Consumption Week's Movie Night
Where: Totem
Time: See below
Cost: Free
Details: Student-made films at 6pm, *Inconvenient Truth* at 8pm.

17 MONDAY — Test of strength
Rock, Paper, Scissors
Where: Norm Theatre
Time: Film screening at 7pm and 9pm, tournament at 11pm
Cost: $5 for movie; free tourney
What: Earn up to $100 in what may be the world's best game .

18 TUESDAY — Lecture
Canada's Response to Human Trafficking
Where: Law Building 149
Time: 12:30 - 2pm
Cost: Free
What: If you're not in class you might as well learn something.

19 WEDNESDAY — Local food
Farmer's Market
Where: In front of Bernoulli's Bagels, SUB main concourse
Time: 11am-4pm
What: Learn how to spend your food allowance on something other than Kraft Dinners.

20 THURSDAY — Movie
No Country for Old Men
Where: The Norm
Time: 9:30pm
Cost: $4
What: Cocky directors, four Oscars, and an attaché case full of cash make for one great film.

coverimage: Rosemary Ellis

THE UBYSSEY

We want your ideas and input in *your* UBC paper.

WRITE A LETTER

feedback@ubyssey.bc.ca

Letters

Editor's note: the following are comments on stories that originally appeared on the Ubyssey's website.

In response to "Insite reduces HIV: scientists" (News, March 7th)

"Dylan"
Darcy was by far the high point of the "conference". The rest consisted of the ethically confused research of the BC centre for excellance [sic] in AIDS research. The audience enthusiastically applauded how very liberal they were for being at a conference on Insite. It was surreal, these were, for the most part, people that have never seen someone high and would avoid E. Hastings like the plague. I work at Insite, in addition to being a grad student. The whole scene was odd. I encourage everyone to look into the work of The Centre for Excellance in relation to their exploitation of the biovalue of the urban poor.

In response to "Students beware, at least at Ryerson" (Editorial, March 11th)

"Keith"
This a failure of the institution, not a failure of student compliance.

It would be foolish to assume collusion only exists if you can see it. Whether Ryerson expels him or not, we live in age of mass dispersion of information and instantaneous communications. What will academia do if a site like wikileaks was set up for students?

This should be a signal for institutional change—for professors to design courses appropriately where possibilities of cheating is stemmed. Otherwise, adding a line to the Student Code of Conduct will do jack.

In response to "What do you think of Trek Park 2?" (Web exclusive Steeters, March 4th)

"Mike Smith"
It's an eyesore.

"eve wilensky"
A building with retail space, million dollar condos and an underground bus loop in the centre of campus...

Now THAT'S an eye sore
And in repsonse to the comment, "you cannot grow grass on concrete"—No! You canNOT grow grass on concrete—that's the problem!
That's the rub.

"Jeremy Wood"
Eve, you're awesome...

BUT...

Grass can grow on concrete. With enough sod, as we proved last time, it can outlast the attention of the people who plant it.

Viva Trek Park 2.

Classifieds

announcements

STUDENT MODELS
wanted for SUS' Fashion Show Fundraiser on Wed, March 19. Models must be available from 4-8 pm on event day and for a 1 hr fitting. Contact pro.sus@gmail.com if interested with your height & size.

CAREERS IN PSYCHOLOGY.
Information section. Coast Mental Health is in search for individuals who are in their final year or with completed degrees in psychology. Wed. March 19 from 12-1pm. UBC Buchanan. www.coastmentalhealth.com.

announcements

FASHION SHOW FUNDRAISER.
The Science Undergraduate Society's Red Carpet, is a live human labour auction and fashion show fundraiser for the charity, Free the Children. 8 local designers. 19 popular students, auctioning off their services in a live auction and much more. Wednesday March 19, 5:30-8:00pm at the Ladha Centre. Min. $2 donation.

RESPONSIBLE CONSUMPTION WEEK.
March 17-20. Events, speakers, activities and much more. Encourage critical thinking on the impact our decisions have on others and the environment. www.ubc-rcw.org

announcements

SPARTACUS YOUTH CLUB CLASS SERIES.
Permanent Revolution vs. Bourgeois Nationalism. For International Workers Revolution to Defeat Imperialism. March 26, Wednesday at 6:00pm.

services

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GOT A BROKEN IPOD?
Its battery won't hold a charge? Get it fixed by a UBC student for less. Call 604-719-1814.

help wanted

NEED SOME MONEY?
Work part-time during the year as a part of the marketing team &/or work during the summer as a painter. jh9@interchange.ubc.ca, 604-562-3572.

UVOTE
- a student club promoting awareness of political issues - is looking for a UBC student to manage the club website as the IT officer. Gain valuable leadership experience and make a difference for UBC students. Send inquiries to uvoteubc@gmail.com.

help wanted

ENJOY FOOD?
Every week, Sprouts volunteers hang out in the SUB kitchen, listen to music, and make soup, fresh bread and cookies. We desperately needs more hands to help it happen! Email sprouts.store@gmail.com for more info.

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OFFICE RETAIL.
Professional office for lease. Across from St. Paul's hospital. 3 offices + reception. 643 sq. ft. 604-738-8505.

Free classifieds for students: For more information, visit Room 23 in the sub or call: 604-822-1654

THE UBYSSEY
March 14th, 2008
Vol. LXXXIX N°46

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The Ubyssey is a founding member of Canadian University Press (CUP) and adheres to CUP's guiding principles.

Letters to the editor must be under 300 words. Please include your phone number, student number and signature (not for publication) as well as your year and faculty with all submissions. ID will be checked when submissions are dropped off at the editorial office of The Ubyssey; otherwise verification will be done by phone. "Perspectives" are opinion pieces over 300 words but under 750 words and are run according to space. "Freestyles" are opinion pieces written by Ubyssey staff members. Priority will be given to letters and perspectives over freestyles unless the latter is time sensitive. Opinion pieces will not be run until the identity of the writer has been verified. The Ubyssey reserves the right to edit submissions for length and clarity. All letters must be received by 12 noon the day before intended publication. Letters received after this point will be published in the following issue unless there is an urgent time restriction or other matter deemed relevant by the Ubyssey staff.

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rabble rabble rabble

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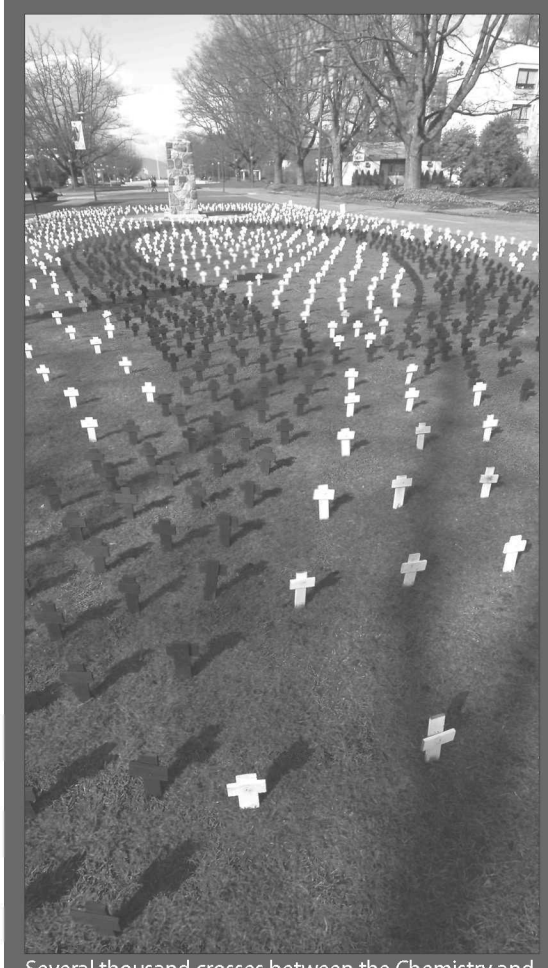
UBCPROFILES

AIDS displayed on the lawn.



Several thousand crosses between the Chemistry and Angus buildings raise awareness of AIDS victims.

UBC students attending class on the west end of campus this week will be greeted by 8000 crosses laid out along the grass of Main Mall. The crosses, arranged by UBC Pharmacy and Stay Well Africa, are designed to promote Sala Hantle, a 5km fundraising walk and fun run to benefit a Salt Spring Island-based organization that supports Sub-Sharan African communities devestated by AIDS. The run takes place Sunday March 16th, with registration open up until the event.

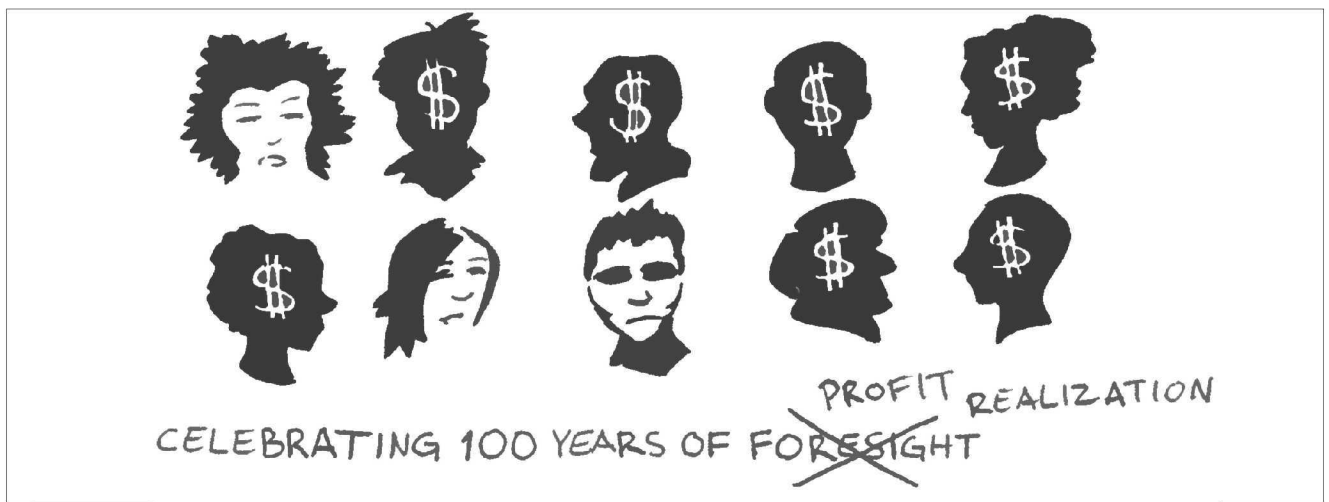
Lack of funding, cultural resistance, and suspicion of foreign interference in sexual politics all play a role in the continuuing African epidemic. Furthermore, Richard Lee, a noted anthropologist from the Universtiy of Toronto, adds that rising prosperity in urban ares, combined with gender inequality, has led to a culture of "transactional sex": risky, casual sex with multiple parters related to climbing social networks. Lee therefore believes that working to increase women's social and economic status is key to curtailing the spread of AIDS.

For those with access to advanced treatment AIDS is no longer the three year death knell it once was. Dr Julio Montaner, director of the BC Centre for Excellence in HIV/AIDS, recently told UBC that for those continuously undergoing HAART (highly active antiretroviral therapy) treatment not only is life expectancy and quality of life drastically improved, but the levels of contagious virus in the body are reduced to the point that women can frequently give birth safely without transmitting the disease to their children. Furthermore, among other advances, researchers at the University of Alberta have been able to identify and isolate a gene that stops the spread of HIV in the human body, leading to many possible avenues of research into possible cures. However, fewer than 15 per cent of people infected with AIDS in sub-Saharan Africa have access to treatment, and of those countries hardest hit, only Uganda has been able to reverese the decline in life expectancy that has accompanied the epidemic.

However, even here in North America, researchers have noticed a rise in infection rates over the past several years. Believed to be tied to decreasing social perceptions of the danger of AIDS due to the availability and power of treatment, the rise in infections indicates a need to raise awareness of AIDS in all areas.

For more information on this weekend's walk/run see www.staywellafrica.com

BY MATTHEW JEWKES
PHOTO BY KELLAN HIGGINS



MICHAEL BROUND GRAPHIC / THE UBYSSEY

Happy Birthday UBC, now it is time to open your presents

UBC is in the midst of celebrating "100 years of foresight." We at *the Ubyssey* got caught up in the excitement and decided to get it presents. Here is a selection of what *Ubyssey* editors decided to give as birthday gifts.

A campus planner: For years you've been making holes and sticking every which thing in them—which is fine, we all get a little wild in college—but it's time to grow up and make a commitment.

—The Master

For your hundredth birthday, I am going to say congrats on making it to 100 and award you with something most students consider a staple—a box of Kraft Dinner. Maybe this will help you remember your younger days and what it was like to be a student. Maybe if you remember student life, you will remember that there are still students on this campus, not just old, rich people who want to purchase million dollar condos.

—The Carpenter

UBC, I wanted to buy you a special present. I really did. I had it picked out, and was at the checkout, credit card in hand. But when the cashier scanned it, I was stopped by the most shaming of messages—insufficient funds. You see, my alma mater, I am in debt. $26,000 of it. And my degree in linguisitics, which cost me so much time and money, is paying me back at a rate of $9.45 and hour. Interest relief was a help for a while, but it cut out after five years, and now I'm quite broke.

So please just accept my love and appreciation, UBC. You were my life for four years, and between the liver damage and the creditors, I will never be able to forget it.

—The Owner

Happy Birthday UBC! For your birthday *the Ubyssey* got you a birthday card—you'll get it in the mail in seven years when you *actually* turn 100. Considering you are taking the University Act anniversary as your own, *the Ubyssey* plans to take the next seven years to further elaborate on all your glory.

—The Champ

HAPPY BIRTHDAY UBC! In celebration of your increasing decrepity, I've decided to pay back the $47 in library fees I've owed you since 2003.

You see, every year I tell myself I'm gonna save a few bucks by buying a couple flats of creamed corn at Costco and paying off my fees through the library's annual can drive. Alas, my laziness has consistently gotten the best of me. But now, with your upcoming b-day (and my impending desire to graduate and not get my transcripts withheld), I've decided consider my fees a contribution to that birthday facelift you so desperately need.

Regards,
The Chief

UBC. For your hundredth birthday, I thought I'd light a fire in your loins. Of course I soon realized that, as a you're a campus and not a sexy lady, you have no loins. So I lit a fire in your closest nether-region analog: Totem. At first it was beautiful, but then things kinda got out of hand. Anyhow, Febreze should clear out the smell of burnt pubic hair; you should be able to sweep up those charred remains—I know it looks bad, but it was all consensual. So just remember that it's the thought that counts.

Here's to another 100 kinky years.

—The Boss

You can't hang around me any more. You're older than my mom, her mom, or her mom's mom. No, we can't cuddle. I didn't want commitment, and you just want all of my time. I liked what we had, but I never thought we'd still be together after five years. You're robbing me of my youth, and you've put too much ugly in me, and your basement pipes leak something foul. I see that you're trying to change by rebuilding and developing your body, but you're just selling out now. Don't try to trick me with offers of free mugs or Reiki—it's getting old. Old like you.

Love,
The Blade

Here's a pair of high-powered binoculars for the next time you plan on building towers above Wreck Beach. Use 'em wisely.

—The Duke

Although it's your birthday, I feel I must tell you something. I'm sorry UBC, now that you are a hundred years old, I've decided to leave you. It's not the fact that you've been around, had many, many people come in to you, rather it's me. I feel like we've gotten to that point in our lives where we can't be together anymore. No, after five years I've decided that I have to go elsewhere to be satisfied. I'm moving on to a younger and more well-endowed school.

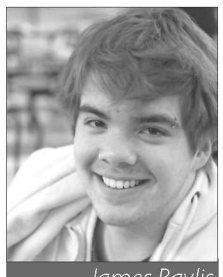
—The Shaft

STREETERS

Streeters is a twice-weekly column in which students are asked a question pertinent to UBC.

See their full comments online at www.ubyssey.ca

What's your summer job?



James Baylis
Science 1

"I have plans to lifeguard with the city of Burnaby. It will be much fun teaching swimming lessons and such."

Megan Asher
Unclassified

"I'm either going to some research for the Vancouver Providence Health, or, if not that, will find something unstressful, work at a cafe, relax a bit."

Nicole Maunsell
Archival Studies 2

"I work for the Queer Film Festival during the summer. I'm a marketing and media assistant. I do outreach work and help edit the program guide."

Amelie Paquette
Accounting 3

"At Deloitte in Montreal I'm going to work as an auditor and it's a fourth-month internship."

Mark Maney
Theology Grad

"My summer job will involve me working in a Korean Methodist Church and working for the military as a reservist, as a clerk."

—Coordinated by Jacob McNeil, Samantha Jung, and Champagne Choquer, with photos by Levi Barnett

Click on ubyssey.ca all weekend to follow the men's road to a National title.

We'll be at Carleton University in Ottawa covering the T-Birds run live from the court.

»THE UBYSSEY ONLINE«

OH YES, THERE WILL BE PONG...

NEW

THE RIDICULOUSLY LONG LASTING GUM*

RIDICULOUSLY LONG PING PONG RALLY

IS COMING TO CAMPUS!

STRIDEgum.ca

WHEN: March 18, 2008
9am - 6pm

WHERE: University of British Columbia
Student Union Building

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COURTSIDE COMMENT

Men's Basketball aims to make it four national titles for UBC in four weeks.

Must take down six time defending champions first.

BY JUSTIN MCELROY
Sports Staff

OTTAWA—It's been a charmed year for UBC varsity sports.

It started innocuously enough, with a national title in men's soccer way back in November. But in the last three weeks, our school has set a standard of success rarely seen in Canadian university sports.

Less than three weeks ago, the women's swim team won an 11th straight title. A week later, a thrilling women's volleyball tournament culminated in the first championship for UBC in 30 years. And the week after that, the women's basketball team won its third Bronze Baby, the trophy for the top team in the country, in five years.

So after three straight championships by the women, it's time for the men to step up to the plate—or in this case, the hard court. The men's basketball team enters the CIS championship tournament tonight as the No. 2 seed and Sunday night a national champion will be crowned. After talking to experts, reading the blogs, looking at the bracket, and crunching the numbers, I've come to following conclusion:

> *After three straight championships by the women, it's time for the men to step up to the plate—or in this case, the hard court. The men's basketball team enters the CIS championship tournament tonight as the No. 2 seed and Sunday night a national champion will be crowned.*

It's damned cold out here in Ottawa. It was -3° yesterday, with a biting wind that made it feel worse, and I have been assured that this is "normal" for March. Now, maybe this makes me un-Canadian, but I have no clue how people manage this for five months of the year.

It's either genes, or some pill people take in their coffee at one of the three million Tim Horton's outlets in Ontario.

As for the Thunderbirds, thanks to a swath of upsets in the various conference playoffs, UBC enters the tournament ranked No. 2, giving them a quarterfinal game against the No. 7 Brock Badgers.

Should they win today, a semifinal match up awaits against either a Saint Mary's team that has been up and down all season, or the Western Ontario Mustangs, who barely scraped into the Ontario West playoffs, and are the Cinderella story of this year's playoffs.

Even a pessimist would admit that the UBC side of the draw certainly looks inviting.

However, the T-Birds go into today's game after a 12 day competitive break, twiddling their thumbs as all Ontario, Quebec and Atlantic teams fought for a CIS playoff spot last weekend. Coach Kevin Hanson points out that this gives players with aches and pains plenty of time to rest up, but he acknowledges that rust could be a factor.

Meanwhile, the Brock team that they face in the first round has three graduating seniors in their starting five, and the team with more players facing it's last shot at glory tends to be the more desperate bunch.

In addition, the T-Birds have gone into the tournament as one of the favourites for the past two years only to lose in the first round. A fact the veterans are well aware of.

On the other side of the draw is where the perennially No.1-ranked Carleton Ravens sit, the tournament's most intriguing team for a number of reasons. They are going for their sixth straight CIS Championship, a record only exceeded by UVic, who won seven in the 1980s.

They are also undefeated this year, and are hosting the tournament after 25 years of it being held in Halifax. So if it's possible for a university team in Canada to have buzz, this team has it.

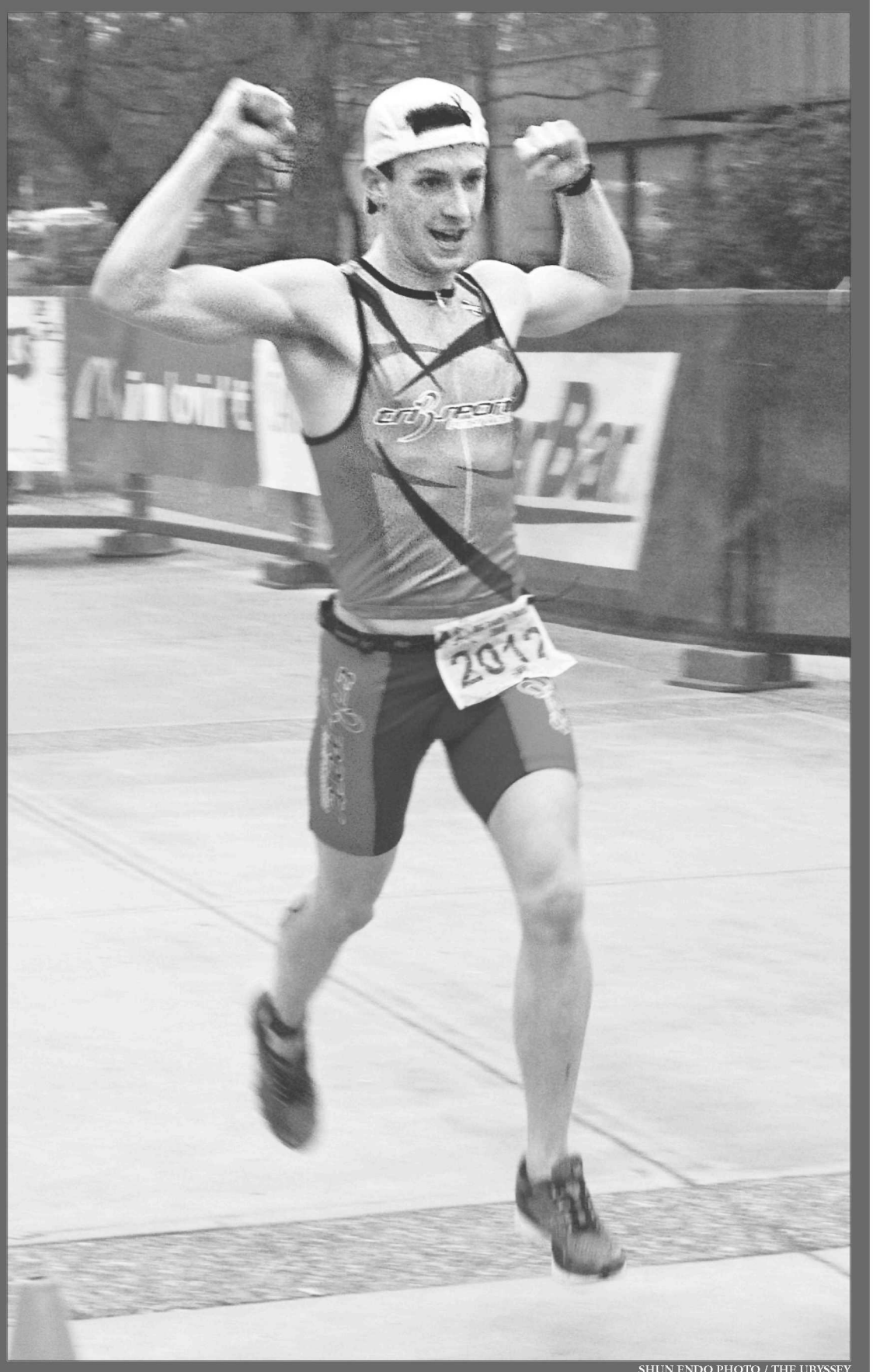
Coverage of the tournament has been wide spread and consistent in the Ottawa market and it's expected that upwards of 40,000 people will be attending the games this weekend. Most of them will be watching to see if the Ravens can pull off one of the greatest seasons in CIS basketball history.

There is a reason I don't make bets in Vegas, but the T-Birds have a good chance of reaching the finals and that game may likely be against Carleton. This would give the T-Birds their chance to end a dynasty's championship run.

And the best part is that it may be in front of Carleton's 13,000 hometown fans.

The drive for four championships in four weeks is very much alive.

Triathlon? more like triaTHONG



SHUN ENDO PHOTO / THE UBYSSEY

Nathan Killam raises his arms as he crosses the finish line Sunday. He finished with a time of 2 hours, 8 minutes and 31 seconds, putting him in seventh place overall in the Olympic distance. He finished more than 11 minutes behind Jeff Symonds, who won the race clear ahead of the field by over six minutes ahead of his coach.

Athlete tops own coach to win triathlon

Symonds, Cutjar finish one-two out of almost 1000 competitors who challenge various distances

BY FRANK TRACHTENBERG
Sports Writer

After a mile swim, a 40km bike, and a 10km run, it was just over six minutes that separated a coach, who has not competed in over two years, from his up and coming protegé in UBC REC's annual triathlon Sunday.

The coach Kevin Cutjar and his athlete Jeff Symonds both competed in the Olympic-distance race that saw Symonds lead all competitors with a time of 1:56:59. His coach finished second overall and took first place in the 35-40 class of the race with an unofficial time of 2:03:23.

After extensively training with Symonds for this event and the upcoming season, Cutjar knew that Symonds was ready to shine in the Olympic distance race.

"I knew Jeff [Symonds] would be the man to beat," said Cutjar. "He's an elite competitor and one of the up and coming athletes in Canada."

In addition to the Olympic-distance race, there was also a sprint course, a short course, a duathlon (run, bike, run), a children's aquathlon and a relay.

Symonds, who started competitive racing during his last year of high school, was a member of the track and field team during his time at UBC. After his second year of university Symonds decided to start competing in triathlon events. While he recently graduated in the spring of 2007 with a degree in commerce, Symonds is now focusing full time on being a successful triathlon competitor. This was not a simple transition from track because of the swimming component. Symonds' will to win kept him motivated throughout the grueling race, which he described in his most positive frame of mind as "a good hurt that keeps you going."

Cutjar finished over six minutes behind the leader despite it being his first competitive race in over two years. Both trained for this event and the upcoming triathlon season in Symonds' home town of Penticton, BC. Conveniently, Penticton is also the home of Canada's Ironman championship.

While Cutjar spent a couple years away from racing, it was inevitable for him to return to the sport he has competed in for 17 years.

"This sport is more of a lifestyle sport," said Cutjar. "If you like to stay in shape you will be able to keep entering races and more races keeps you going."

For the women, Sarah McMillan took the top spot in the Olympic-distance with a time of 2:25:42, for 22nd overall.

"The Triathlon/Duathlon is its largest impact event for the community," said event organizer Brian Poole. "It is the largest indoor triathlon event in North America and sported a variety of competitors from across Vancouver, the Okanagan and even a few from the States."

However, it is not the largest triathlon. It is called an indoor race because only the swim portion is contested in a pool as opposed to open water as is the case with most races. The bike and run portions are still contested outside and that is why receiving good weather is important.

"Last year we had the unfortunate luck of it [the weather] being a monsoon," said Poole. But this year the weather cooperated and about 100 more people participated compared to last year bringing the number of participants up to about 1000 people.

A speed skater's worst nightmare: a 535-metre ice ramp

Ottawa hockey player smashes his way through Red Bull Crashed Ice course in Quebec City

BY BEN MYERS
The Fulcrum (University of Ottawa)

OTTAWA (CUP) - Listening to Corey Thibaudeau describe a Crashed Ice course is like hearing a kid describe their favourite level in Sonic the Hedgehog.

"There's this ramp that goes straight down—it's huge...then you have a little bit of a flat over a tabletop and into a mogul section, and then another tabletop, and then you take a steep bank into a staircase section," Thibaudeau explained, reliving an exhilarating 60 seconds.

Crashed Ice is the latest in extreme sports, one which seems to be designed with Canadians in mind. It's a full-contact race down a 535-metre ice ramp, with competitors dressed in full hockey equipment, including skates. The course is designed to be as treacherous as possible, with steep inclines, hills, dramatic corners, and ramps. The result is bodies flying in every direction as competitors try, often helplessly, to stay on their feet.

As a member of the University of Ottawa men's hockey team, Thibaudeau is no stranger to racing around a sheet of ice while his opponents try to crush him. But this event, which took place in Quebec City on January 26, was an entirely different animal. In his first Crashed Ice competition, he finished 34th out of 64 insane competitors.

"I had a great start out of the gate, I had a lot of speed, and I was leading the race," Thibaudeau explained, "[But] I got tripped up in the mogul section and I couldn't recover from [that]."

Entering the competition ranked in the top 20, Thibaudeau had high expectations for himself.

> It gets your heart beating a little faster, everyone is screaming, and all you could see was people hurt—they wind up all over the place.
>
> **Corey Thibaudeau,**
> *U of O hockey player and Crashed Ice competitor*

"I'm a little disappointed in the outcome, but it was a fun weekend nonetheless," he said.

Those who had experienced Crashed Ice in previous years had an advantage over young hockey players like the Ottawa right-winger.

"Experience, I think, was huge," he said. "All the guys in the top-15 [ranking] had done something like this before. So they had an idea of how to handle the course."

Another factor that Crashed Ice rookies may not consider is the intense atmosphere that envelopes the course when the event is held. This year 85,000 bewildered on-lookers crowded around the track to catch a glimpse of this abnormal sport in action.

"It was wild," Thibaudeau relayed. "They had the music pumping in the background. You could see yourself on the big screen to the right, and they had the cameras all up in your face."

"It gets your heart beating a little faster, everyone is screaming, and all you could see was people hurt—they wind up all over the place."

Thibaudeau received encouragement from Ottawa teammates Kevin Glode, Sylvain Houle, and Winston Shariff, who had taken part in the event last year when it was held in Helsinki, Finland.

His teammates, however, still had to take care of business while Thibaudeau was speeding down the hills of old Quebec City. The team faced the University of Ontario Institute of Technology on January 27 and easily defeated the Ridgebacks 6-0 at home.

Back in Quebec, a Finnish skater won the Crashed Ice competition, defeating dozens of Canadians as well as competitors from nine other nations.

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UBC Responsible Consumption Week

From March 17 to 20, students at the University of British Columbia will challenge the UBC community to re-think the power of their everyday choices in shaping social and ecological health.

UBC Responsible Consumption Week features a variety of events including workshops, speakers, and demonstrations and a fair. These events will encourage critical thinking about the ethics of consumption and the responsibilities of government, business and citizens.

This project brings together several groups including:
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Productive pills—Better than sex?

BY JOANNA CHIU
ROSEMARY ELLIS
ILLUSTRATIONS

Adderall: Psychosis, Instant Genius, or just jumping on the bed?

The first time I took Adderall, I knew very little about the drug. I was just desperate to finish a term paper that was already a few days late. Arts students do not often take focus drugs, especially not to write essays, but I figured that if smoking marijuana or drinking whiskey didn't help me concentrate, I might as well try something new.

Adderall contains a low amount of amphetamine that helps people suffering from ADHD (attention deficit with hyperactivity disorder) concentrate. It is a schedule II drug, which means that there is an established medical value, but there is also a high potential for abuse.

The drug is emerging as the stimulant of choice for students who are attracted to the idea of being able to study intensely for eight hours straight without the distractions of wanting to sleep, eat, or browse Facebook. Adderall is popular especially amongst undergraduate students in the "harder" disciplines. Use of other drugs prescribed for ADD and ADHD, such as Ritalin, is not nearly as common.

I got the Adderall from my friend, a math major, who does not have ADHD. She had purchased a small stash to help her cram for finals and offered me half a capsule. In my kitchen, she emptied out the little blue dots on a wet square of tissue paper, rolled it up in a bundle, and told me to swallow.

Although Adderall is supposed to take around half an hour to take full effect, it seemed like almost instantly I had abandoned the pile of books on my desk and was plucking the strings of my Chinese instrument, realizing that music was the only really wonderful thing, and that all the essay crap I had cared so much about was a waste of time.

Eerily calm, I decided to drop out of school. It made me feel so relieved. I looked forward to travelling, reading books I love, and obtaining a real education free of stress, useless evaluations, and exhausting all-nighters stuck at my desk.

That morning, as soon as Brock Hall opened, I booked an appointment at the counselling office. I was hoping to obtain a psychologist's note so I could get out of my campus residence contract. I felt crazy enough to earn a legitimate excuse. I went to my friend's place, couldn't stop crying in front of him, and then took a Bible from his room and stole away.

I zombie-walked into a restaurant at the Village, but Adderall had eliminated my appetite. I bought a bottle of water and could not even drink that. Instead, I flipped open the Bible right to a section with the heading, "Wisdom is Meaningless." I borrowed a pencil from a girl busily studying biology at a table next to mine and underlined the verses, "What does a man get for all the toil and anxious striving with which he labours under the sun? All his days his work is pain and grief; even at night his mind does not rest. This too is meaningless."

I have never been Christian, but as I was coming down from Adderall, I wanted to read the Bible from cover to cover.

Symptoms of psychosis are a less common side-effect of taking Adderall. These symptoms can occur among people with no previous history of bipolar disorder or depression, but Adderall can also exacerbate pre-existing behaviour disturbances or thought disorders. Even at recommended doses, other possible effects to the central nervous system include hallucination, delusional thinking, seizures, insomnia, depression, tremor, panic states, and the uncontrolled movements and bursts of speech associated with Tourette's syndrome.

Adderall has also led to sudden death from stroke and heart attack. Although people who have ADHD are not immune to undesirable symptoms when they take Adderall under prescription, people who take Adderall for non-medical reasons have a higher risk of experiencing fatal side-effects.

Rola Khalil-Priatel, pharmacist at Medication Info UBC, emphasizes that "a heart attack is hardly worth a modest increase in concentration, which may give you a per cent or two extra on a test."

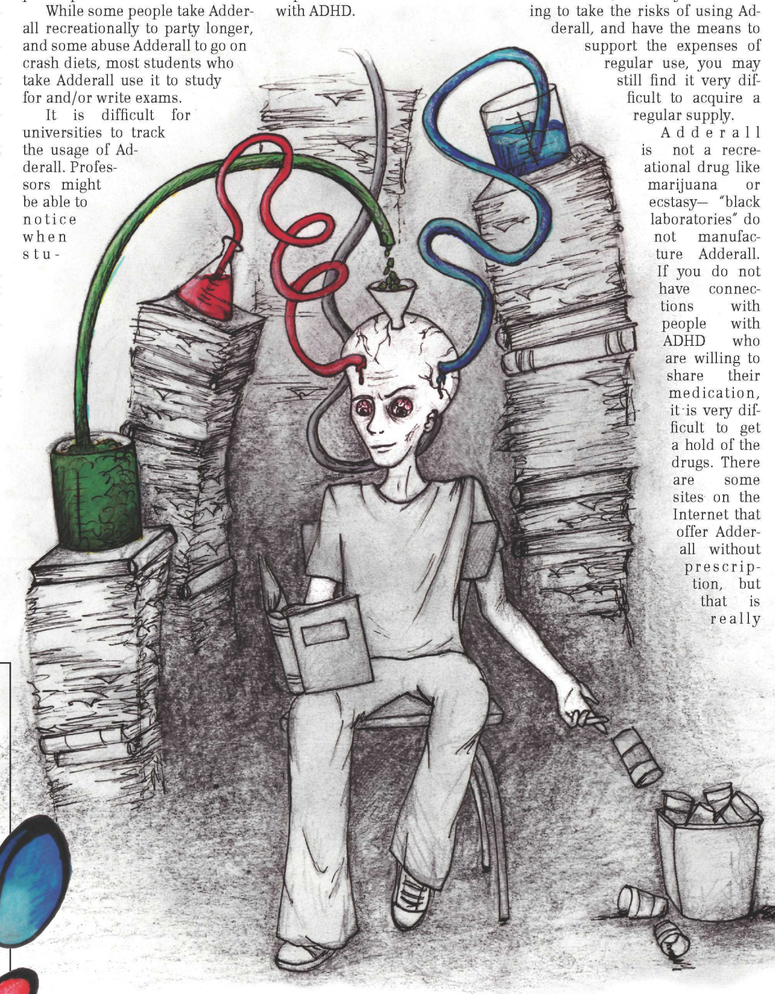
Despite the serious risks of taking Adderall, student usage of the "miracle study drug" or "nerd steroids" is on the rise in Canada and the States. One estimate from the Drug Free America Foundation claims that anywhere from four per cent to 36 per cent of students take Adderall without a prescription.

While some people take Adderall recreationally to party longer, and some abuse Adderall to go on crash diets, most students who take Adderall use it to study for and/or write exams.

It is difficult for universities to track the usage of Adderall. Professors might be able to notice when students come to class high or drunk, but most students who take Adderall without prescriptions have little difficulty hiding their use from others.

At UBC, according to the University council, UBC Academic Affairs and UBC External, Legal Affairs, there is currently no policy that explicitly prohibits or outlines consequences for the use of focus drugs in academic settings.

While Council for Drug Free America's statistic may or may not be applicable to UBC, I was surprised to find that quite a few people I talked to had tried Adderall at least once. Some knew friends with ADHD who had offered them Adderall for free. Others were able to purchase Adderall from friends with ADHD.



Rola Khalil-Priatel is a registered pharmacist and director of Medication Info UBC, a medication information program for the public.

"Students with ADHD should know that what is safe for them may not be safe for people without their condition and should a side effect occur they could be found liable in civil court," she said.

Unfortunately, I think that the average student worries more about getting good grades than about the side effects of taking a drug that can make them very productive. Many students who take Adderall illegally are also not concerned about the ramifications of "getting caught."

However, even if you are willing to take the risks of using Adderall, and have the means to support the expenses of regular use, you may still find it very difficult to acquire a regular supply.

Adderall is not a recreational drug like marijuana or ecstasy— "black laboratories" do not manufacture Adderall. If you do not have connections with people with ADHD who are willing to share their medication, it is very difficult to get a hold of the drugs. There are some sites on the Internet that offer Adderall without prescription, but that is really sketchy because you do not know what you are actually getting.

I talked to an engineering student who uses Adderall from time to time, but has to purchase from unreliable sources (people who know people who know people who know a certain dealer with only a certain quantity). He pays seven to ten dollars for one pill, knowing that the dealer wants to make a 100 per cent profit, and that the middlemen make a lot of money as well. Furthermore, because his access is erratic, he never knows if he will have the pills for scheduled exams or projects.

This student decided to take Adderall primarily to deal with his stress and to stay sharp during exams even without sleep. He compares the alertness he got from Adderall to the equivalent of having a big caffeine buzz that lasts much longer.

"I took Adderall to write an exam, and I was able to think purely about the questions. Of course, that slowed me down too, but the stress just went away. Sometimes, when you open an exam, you can be so stressed you cannot focus, and Adderall diminishes that," he said.

When I asked him if he considers taking Adderall cheating, he said no. After thinking about it for a bit, he explained his rationale: "With focus drugs, it's not cheating, because it does not enhance your ability to think. The drug does not make you learn the material. You're just trying to cope with the stress. I want to be an engineer in physics, and with all the stress and homework, I think I have the right to find methods to help me focus."

In order to get another perspective from a student who also takes Adderall to study, I interviewed a third-year student at UBC who is working on her prerequisites to switch from the Arts faculty to Engineering.

"I have never studied this much in my life," she said.

The first time she tried Adderall, she became so fascinated with her math questions that she told me she did not want to get up to pee.

Usually, the side effects that she experiences from taking Adderall are lack of appetite, insomnia, and fatigue when the drug wears off. Sometimes, she experiences a sense of euphoria, which she describes as a "calm, general loving feeling." Other times, however, she notices that her heart rate would increase while on the drug.

"Once, my heart started beating really rapidly. I was so freaked out, but there wasn't much I could do. I just kept working and waited for it to stop," she said.

Neither student takes Adderall every day. "Even if I had easier access to Adderall, I would not want to take it regularly," said the Arts student. "There's always the fear of becoming psychologically dependent. If people take Adderall during an exam, and get a good mark, then they might become afraid of going into another exam without taking Adderall. They might start doubting their abilities without Adderall."

When I asked her if she considers taking focus drugs, even just for studying, as a form of cheating, she said, "Cheating is a strong word, but I do think that people who can take Adderall do have an unfair advantage above those who don't."

Besides, Adderall does not work for everyone, and the drug's efficacy diminishes after prolonged use. Adderall can also actually make your marks go down if you experience emotional side effects, or if you find that Adderall hinders your creativity.

I am still shocked at how crazy I got from taking Adderall under stress the first time, and I would not choose to take Adderall when I am desperate about schoolwork again. But while I think that it would be irresponsible to use Adderall without knowing about its side effects, and would be scared to see it as a ubiquitous part of first year welcome packages, at this point it certainly seems to be a permanent part of the university environment.

A few warnings

If you are still thinking of taking Adderall, or will continue to use Adderall, here are some things you need to keep in mind:

1. Mixing Adderall with alcohol, antidepressants, or sleeping pills can lead to serious side effects.

2. Do not drive or operate machinery while on Adderall—not that you would want to tear yourself away from your textbook anyway.

3. "Stacking" Adderall pills to get a speed high, or snorting Adderall increases your risk of dangerous side effects.

4. Do not take Adderall if you have pre-existing psychological disorders, or feel very anxious, tense or agitated before taking the drug (Trust me on this one).

5. Do not take Adderall if you have heart problems, glaucoma, or have moderate to high blood pressure.

Adderall Timeline, Take 2

Since I do not know anyone with ADHD, and because Adderall is expensive and such a hassle to buy illegally, I figured that I would never get a chance to try Adderall again. I admit, though, that after talking to students with personal experiences on Adderall, I felt curious about whether the focus drug could affect me in a similar way.

For the past few months, I have been trying to teach myself Mandarin as a personal project, but I have been making disappointedly slow progress. When my friend offered to sell me an Adderall pill last week for five bucks, I paid her on the spot.

Before taking the little blue pill, I tidied up my room, laid out my Mandarin books on my desk, and brought in a lamp to create optimal lighting. I ended up working on memorizing Mandarin vocabulary non-stop for seven hours. I kept a notebook next to me while I was working, and it went a little like this:

4:47 am
Waiting for it to kick in. Starting to read the phonics section.

5: 25 am
Making an English-Chinese dictionary starting with the A's. But I need a ruler to make the chart neat! Don't have one, so I'm using the clear packaging from my new dildo.

5:52 am
Happy thought: If I weren't so hard on myself, I could feel as good and have as much pleasure in learning without using focus drugs as I am right now. I wasn't trying hard or taking the time to learn Mandarin before because I was afraid that even if I try, I still might not be able to do it. If I get rid of the stress and anxiety though, I can at least try and have fun. I procrastinate all the time because of fear, insecurity and perfectionism, but I can learn how to cope with stress and take care of myself so I can focus better naturally! I am going to sleep more!

6: 25 am
Grouping words into categories. This is better than sex.

7: 41 am
Hear stomach growling, but dislike the thought of eating. Chew gum instead.

10: 52 am
Still at it!

11: 31 am
Fingers hurt, but I still want to keep going. Doing adjectives.

12: 09 pm
Jumping on bed. Don't feel like reading anymore. Hyper.

Apparently, my second time taking Adderall was much more positive than my first time, but because of my "happy thought," I am planning to work on dealing with my stress in healthy ways, rather than look for a job to support my drug dependency. I figure that if I do not learn how to cope with pressure I will burn out eventually.

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Be Kind Rewind calms the mind

Smart-stupid flick good for nostalgic humour

BY RAIEN NARAGHI
Culture Writer

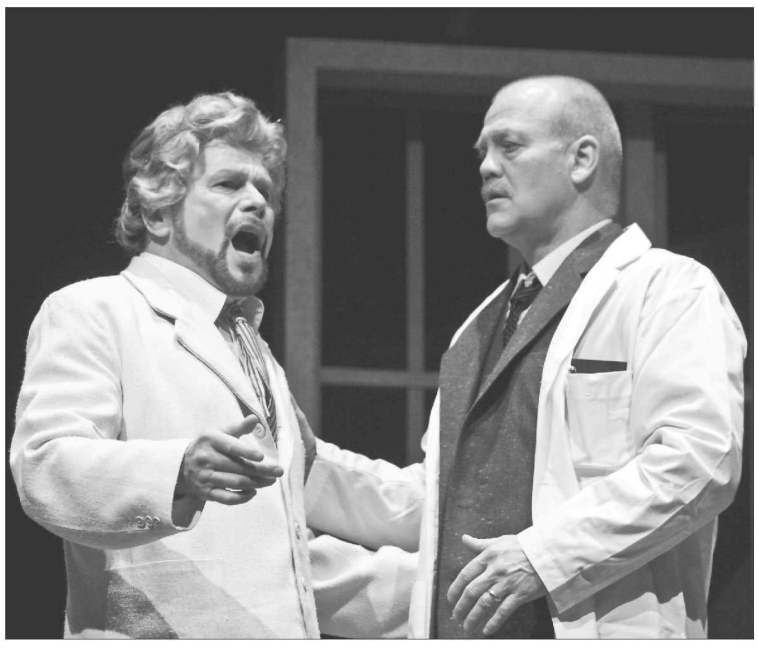
For the past two weeks, every morning I get up, chase the bus until I reach school, and all I can read is why people didn't like Michel Gondry's latest film, *Be Kind Rewind*. When they asked the Pope whether he liked the movie *The Devil Wears Prada*, he said, "Nice shoes." There is no movie that is absolutely good or terrifically horrible. *Be Kind Rewind* is not one of those emotionally intense movies that is supposed to make you laugh out loud or cry like a baby. It's one of those films that you go see when you just want to keep a subtle yet significant smile on your face throughout the entire film.

The film itself has a simple and predictable story. A video store clerk (Mos Def) and his friend (Jack Black) are trying to save the store's business after they realize that they accidentally magnetized all the tapes, thereby erasing them. (It's a movie. Suspend your disbelief.) The film then takes the audience on a nostalgic tour, recreating old movies with a quirky charm.

By recreating *Rocky*, *RoboCop*, *2001: A Space Odyssey*, *Driving Miss Daisy*, and so many more, Gondry seems to be giving his thanks to cinema by representing what we as a culture have been enraptured with for the past 100 years. Since much of this film revolves around classic adventures, I would not advise any modern-day teenager to watch *Be Kind Rewind*. In fact, don't bother watching this film if you can't recognize the films that I just mentioned.

I wouldn't quite consider this movie to be an "art film" or even a senseless chick flick, but instead, I would say that it is somewhere in-between those two genres. This is a film you don't need to think about but is intelligent at the same time. It's a smart-stupid flick, which really doesn't seem to get made that often. Enjoy this classic before it joins the rest of the classics.

The Dream Healer tackles mental illnesses



BY RAJ MATHUR
Culture Writer

The Chan Centre was a befitting venue for last Saturday's performance of *The Dream Healer*, a two act performance based on Timothy Findley's book, *Pilgrim*. The opera was directed by the UBC School of Music professor Nancy Hermiston, and the music director was professor Richard Epp.

The plot revolves around Dr Carl Jung, who has a vivid reoccurring dream about a patient from England known only as Pilgrim, who claims to have had multiple lives, and now wishes to die. In Dr Jung's consciousness, the dream is so immensely strong that Pilgrim seems to be alive and interacts with other patients and the medical staff at the clinic, as well as with Emma, the wife of Dr Jung. The the story deals with the ways of treating mental illnesses. At the end, Pilgrim escapes from the clinic and passes away. Dr Jung, however, continues to listen to the problems of the poverty stricken people and the patients who had been suffering during the healing process.

In *The Dream Healer*, the cast put forth excellent performances in both the sombre moments as well as the humorous ones.

Due to its remarkability in all respects, as indicated previously, the performance was fervently applauded by Saturday's audience at the Chan Centre.

Moka Only on hipsters, scenesters, fuckheads and more

BY JULIE PICKERING
Staff Writer

Moka Only is a Vancouver-based rapper who's been working the Canadian scene for more than a decade, collaborating with artists such as Chali 5 of Jurassic 5, Jay Dee from A Tribe Called Quest, and MF Doom. He scored a mainstream hit in 2001 when he released *Bad Dreams* with Swollen Members. He split from Swollen Members in 2005 to focus on a solo career. He released his latest effort, *Dog River*, a collaboration with Def 3, last September.

Ubyssey: Can you tell me about the "Moka Only" behind your latest solo work, Vermillion?

Moka Only: It's gonna sound silly, but one day, I just thought of the title Vermillion, that bright red, and that was it. I make every song sound bright red. I like to think in colours. There's always that technical aspect...but if the mood isn't there, then I don't bother.

U: When you do work on your music?

M: Usually at nighttime cause everyone else is sleeping, so I don't get disturbed. Or I make the beats in the daytime. I'll start at like 11pm and go 'till 7am. I can make a whole album in that time. I can do it from the start: the beats, everything. I can do a whole album in one night.

U: With the same theme in mind?

M: Yeah, unless I get sidetracked, and start working on something else. I have this one I'm trying to do right now, it's called "Carrots & Eggs." It's been a real hassle because I first thought about doing it, starting making moves towards doing it, and then, you know, life happens. I mean, I got distracted, so I'm really having to crack a whip on my back to try and finish it because it's supposed to come out in July.

U: And that'll be a solo?

M: But also with Def 3, the *Dog River* album, it wasn't intentional. I was out there and we just had a session, just cause I know the guy, I've known him for a while. It's just some fun stuff and we ended up with five or six songs from that trip. We thought, let's just make a mix tape, something we could give to our friends: brand new, original songs. Next time I went back to Regina, we did some more, kinda thought about maybe putting out an album. The third and final installment, we spent a couple of days doing some stuff, basically wrapped it up and decided, okay, we'll make this an album.

U: What's your take on these sorts of collaborations? Is the creative process completely split?

M: Well, it's like in science, with alchemy. Mix two properties together, you come up with a new whole. That's the way I look at doing collabos. Like, the stuff I did with Swollen didn't sound like me, and the stuff that Madchild and Prevail did for the group is definitely different than what they normally do. We melded together [to make] a new whole. Do I like doing collabs? Yeah, sometimes. I like it to do my own thing 'cause there are no restrictions. I don't have to wait for somebody to write the rhyme. When I was doing the *Dog River* stuff, god bless Def 3, but, whoa, he takes a long time to write. For inspiration, I either make the rhyme up on the top of my head or write it within two to five minutes. Get it down, cause it's like a snapshot of music, I wanna capture a mood. If I take too long, the mood's gonna fly away.

U: Regarding your solo work, can you talk a bit about how Vermillion is different than your previous stuff?

M: There's a little frustration in it. After I left Swollen and I did the *Desired Effect*, the label made me change a lot of things. I just had a sour experience a year or two after Swollen...I think it shows in that album. The frustration and pressures still make me do what I consider a better job.

U: Are you underground?

M: Yeah, I'm proud of that actually. In the past, underground always meant originality and individuality; it didn't mean someone who's struggling for their work and not getting paid for it. People these days insinuate that. Yeah, I like the underground tag, I really do. And it feels like a movement. There's this information happening, musically, under the surface, that 85 per cent of the population has no real idea about. It's secret; we speak in code, that's what I find exciting about the underground. New developments, all the possible collaborations, and the fact that it takes less people to screw in a light bulb, so to speak. Technically, I don't need anybody. I don't even need to sign to a label. I am with labels, but they're just real open agreements. Like with the underground, all you need is a computer.

U: Does the fact that you are seen as "underground" give you a different fan base?

M: I have contact with some fans that have been with me since 1994, 1995. They're all grown up, some of these people have families. It's exciting; it's like a relationship. Not to knock what we did with Swollen, but it was catering to our fan base, which was a demographic of 13 year old white girls, predominantly. Or young skateboarders. And we tried it, we wanted to appeal to everyone. The way the marketing appeared to people, that's who jumped on it. Those people just weren't there the next year. Whereas, even with Swollen, our underground fan base, they were there the whole time, they're still there. That's loyalty, right? As a music fan, I completely know where that comes from. There are people I've followed since I was a boy.

U: How does Moka Only fit into the Canadian music scene?

M: I don't know where I fit in, I honestly don't. I'm not a scenester.

I know where I think I want to be. I like to try to cater towards real music enthusiasts. Someone who can listen to Frank Zappa, and then the Beatles, and then some Black Moon. People with eclectic taste. That's where I aim my stuff.

U: Are you surprised with the results of your writing?

M: Yeah, sometimes I even get let down. Some places I'll do a show and maybe I'll expect a certain type of people to show up, people I can converse with about music and emotions, and I'll end up getting a crowd of beer-swilling fuckheads. Maybe the next show, it'll be all hipsters. With their hankerchiefs around their necks and their Chuck Taylors and tight pants. And as much as I tease those people, I admire it, because they're kind of freakish, and I like that. Around here, they have these parties on Fridays and Saturdays and I've seen people dressed like robots. What is it about hipsters and robots? You throw a robot suit on and it's just all good, and rap Beastie Boys' lyrics. The funny thing about the hipster scene is I notice everything is based on irony, that's the underlying theme.

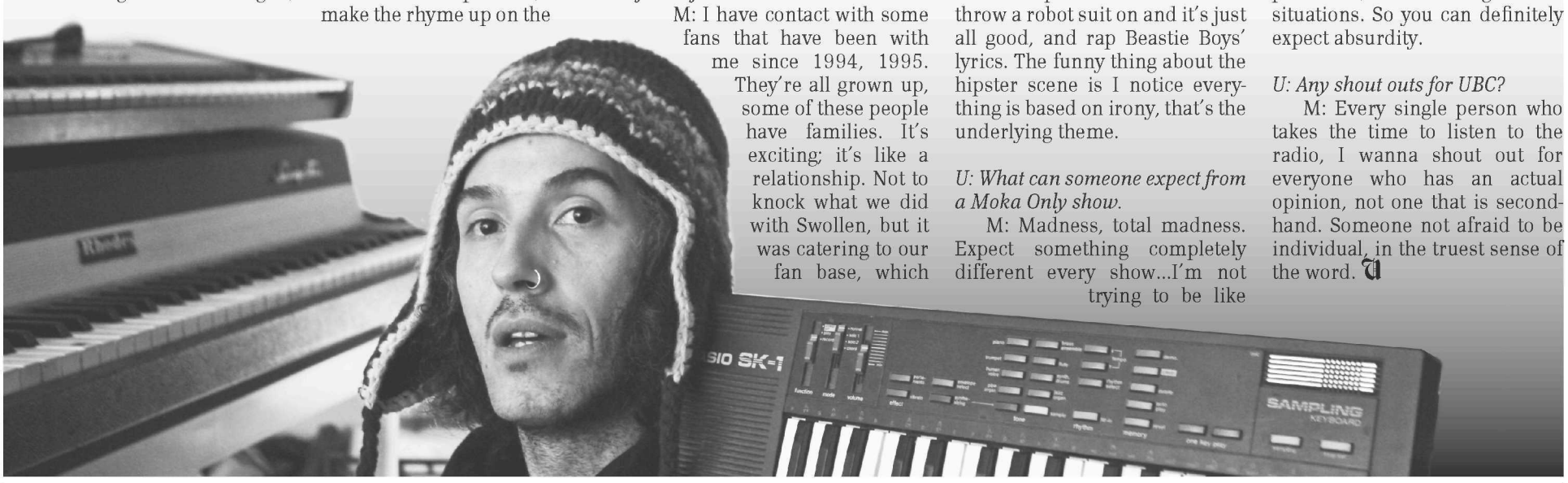
U: What can someone expect from a Moka Only show.

M: Madness, total madness. Expect something completely different every show...I'm not trying to be like the Roots, it's still electronic and sample-based music, but I like to do things that become visual, that becomes an artistic presentation rather than a karaoke event, which is how I feel about a lot of rap shows. There's just a backing-track and an MC walking back and forth. I want to do something crazy, I take off my pants sometimes. Live is my opportunity to scare some people. To create a spectacle, a situation. I've always been interested in the art movement of Dada and post-Dada, and creating absurd situations. So you can definitely expect absurdity.

U: Any shout outs for UBC?

M: Every single person who takes the time to listen to the radio, I wanna shout out for everyone who has an actual opinion, not one that is second-hand. Someone not afraid to be individual, in the truest sense of the word. U

OKER CHEN PHOTOS / THE UBYSSEY
Moka Only shown as he relaxes with his extensive shoe collection in his East Side apartment, where he lays down phat beats.



POSITION PAPERS ARE DUE ON MARCH 20TH!

If you want to apply for a position at the Ubyssey, you must have your position paper in by March 20th, or you will not be considered for the position. All positions are elected, then ratified by the staff. To vote, you must be a staff member of the Ubyssey, which you can become simply by contributing three times (articles, graphics, copy editing on production nights, etc.) and also coming to three meetings. The following positions are available:

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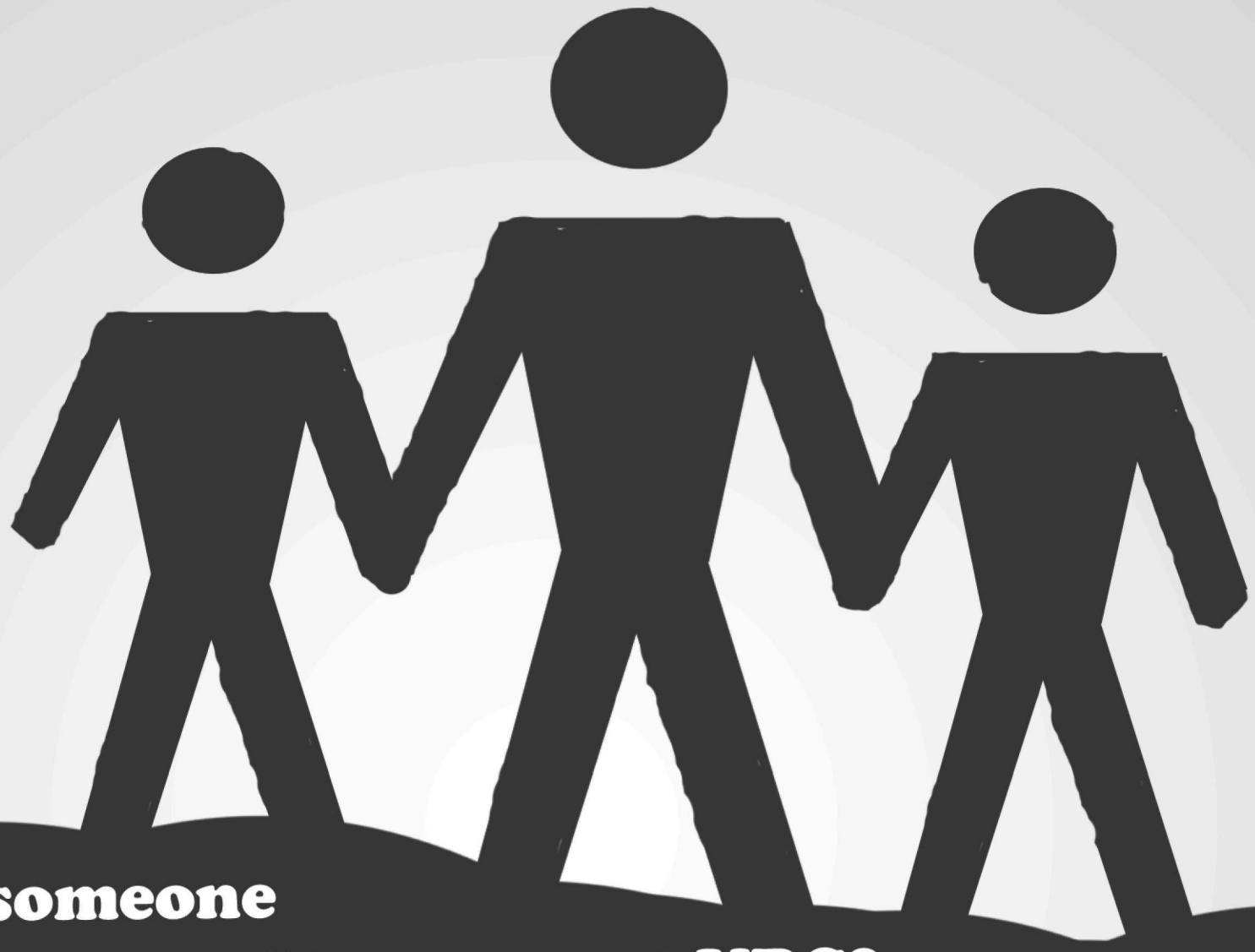

Know someone who's made a difference at UBC?

At the Ubyssey, we feel that a sense of community on campus is important. Since 1998, we've been putting our money where our mouth is, and offering $3,000 Ubyssey Community Contribution Award. This annual award recognizes returning UBC students who have made a significant contribution to developing and strengthening a sense of community on the UBC campus by:

1. Organizing or administrating an event or project, or

2. Promoting activism and awareness in an academic, cultural, political, recreational, or social sphere.

The award is open to all returning, full-time UBC students, graduate, undergraduate and unclassified in good standing with the Ubyssey Publications Society. For the 2007-2008 academic year, we will award a $3000 award for a project. Deadline will be April 1 2008 and the award will be disbursed to the successful candidate on April 10 2008.

Nominees for the award will be judged on:

1. The impact of the contribution made - the number of people involved or affected.

2. The extent of the contribution - the degree to which it strengthens the sense of community on campus.

3. The innovation of the contribution - preference will be given to recognizing a new contribution over the administration of an existing one.

4. The commitment of the individual to UBC as a community.

Nominations should include a cover letter by the nominator, either an individual or a group, briefly stating the nature of the contribution made, the individual being nominated, contact information of the nominator and the nominee and a letter (approximately 500 words in length) describing the contribution made and how the above four criteria have been met.

Students are welcome to nominate themselves, but those doing so must attach a letter of support from another member of the campus community. The award will be judged by a committee chaired by a representative of UBC Student Financial Assistance and Awards office and members from various parts of the campus community.

Deadline for submission of completed nominations should reach the Ubyssey, Room 23, SUB, no later than Tuesday, April 1, 2008.

For further information, please contact Fernie Pereira, Business Manager, The Ubyssey, at (604) 822-6681 or email: fpereira@interchange.ubc.ca

UBC's *Madman* to play on world stage in April

Theatre program sends students to the Czech Republic

BY SAMANTHA JUNG
Culture Staff

"And she shall marry him. And she shall marry him..."

So begins the Russian comedy *Diary of a Madman*. UBC Theatre will be sending ten students to perform this play for an international audience at the Setkani/Encounter Festival in the Czech Republic, being the first of two schools from North America to attend.

The play is based on the short story of the same name by Nikolai Gogol and was adapted by director and MFA student David Savoy.

Savoy sees the festival as a learning experience. "Here in Canada, we don't get to see other people's work, especially other countries, and they never get to see ours," says Savoy. "It's a wonderful opportunity to be able to observe and learn and talk to people who are doing the same thing."

The play was originally a minor project of Savoy's, and UBC Theatre performed it in February 2007. According to Savoy, it was very well received, leading theatre faculty member Tom Scholte to mention the festival with hopes that Savoy would enter.

FABRICE GROVER PHOTO

A video version of the play was then edited and sent to the festival. Festival officials called the application "flawless" and, in February of this year, chose UBC, as well as Columbia University in New York, as the first schools in North America to be chosen to participate in the festival.

The play is about a civil servant who falls in love with his boss's daughter. However, his love is unrequited, and the play takes a journey into his mind as he goes mad.

Aslam Husain, a fourth year BFA student, enacts the Madman of the play. He says that the play is a dark comedy, describing the characters as "grotesque" and "a little ridiculous at times." Actors must move like clockwork in order to make sure the play is executed perfectly.

Husain also notes that the play is very intense. "It's an hour long show, but it's nonstop. For me, as the Madman, there are no exits, so I'm constantly onstage," says Husain.

The festival itself is in its 18th year. It is sponsored by the Czech Republic's Ministry of Culture and the Czech Commission for UNESCO, and takes place from April 15th to 20th. This year, 14 countries in total were selected, featuring Poland, Russia, and South Africa.

Savoy and nine other UBC theatre students will be attending the workshops, lectures, and social events at the festival, as well as meeting students from all over the world. While they are at the festival, they will perform the play three times in one day, says Savoy.

"As an actor, it's been fascinating remounting the show, because I get to come and take a look at the show from different perspectives," says Husain. "And you don't get a chance normally, especially in theatre school, to do a show that many times, and have a distance between the shows too."

In addition to affecting the UBC theatre community, Savoy feels that the festival will have a large impact on the university as a whole. He hopes that the festival will start a trend at UBC; knowing that the festival is an option can influence choice of performance material, and could be a way of attracting other students by means of what UBC has to offer.

"You know, sports teams at universities always get to go off to different places. And they act as ambassadors for the University," he says, "but you never really get the arts or the theatre department doing that often enough. So it's just nice the university is behind the theatre department and we get to be UBC's delegates across the globe."

Savoy is optimistic about the future: "Next year, the moon!" he says.

The cast and crew of *Madman* will be performing the play at UBC this Saturday in the Freddy Wood Theatre at 7:30pm. The show is a fundraiser for the company to raise money for next month's trip. Admission is by donation.

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