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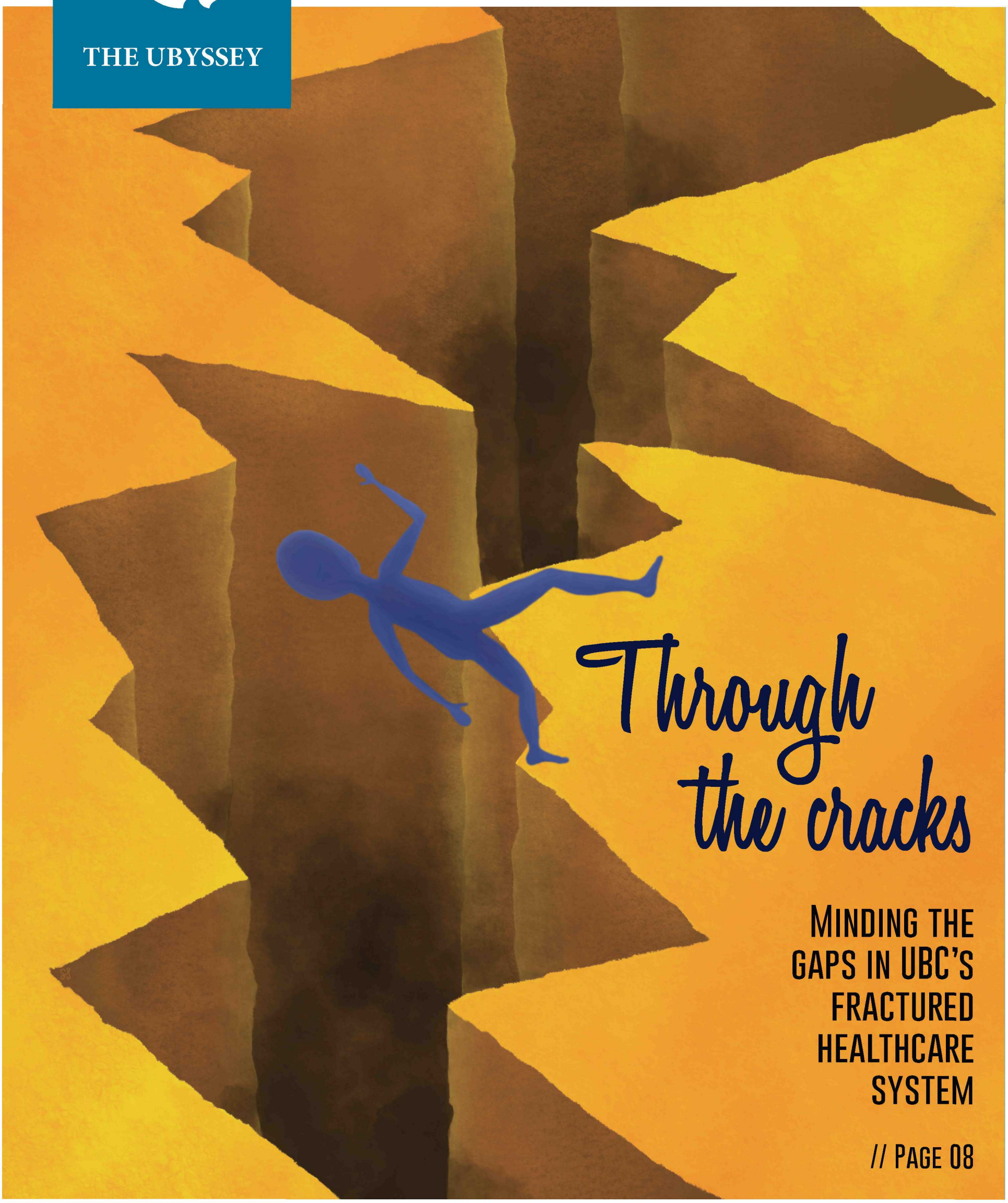

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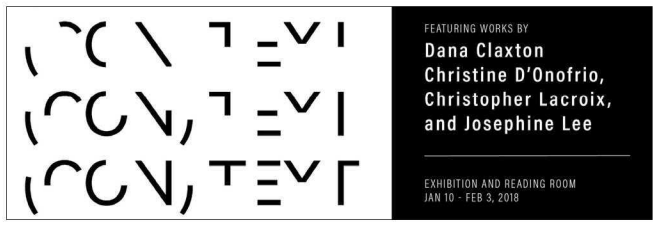

TUESDAY, JANUARY 30

CLOSING RECEPTION

5 TO 7 P.M. @ HATCH GALLERY

The Hatch Art Gallery is pleased to present *(con)text*, an exhibition curated by gallery director Simranpreet Anand.

THURSDAY, FEBRUARY 1

RUPAUL'S DRAG RACE ALL STARS 3 VIEWING PARTY

5 P.M. AND 8 P.M. @ THE JUNCTION

RuPaul's Drag Race ALL STARS 3 is about to start!

19+

SATURDAY, FEBRUARY 3

THE 15TH ANNUAL IRSA WINTER BENEFIT GALA

6 P.M. @ ROBERT H. LEE ALUMNI CENTRE

This year, they are raising funds for Kinbrace.

$40 (MEMBERS), $50 (GENERAL STUDENTS)

ON THE COVER

COVER BY

Samantha Searle

"I was this close to naming this feature after Fleet Foxes."

Want to see more events or see your event listed here?
ubyssey.ca/events

THE UBYSSEY

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LAND ACKNOWLEDGEMENT

We would like to acknowledge that this paper and the land on which we study and work is the traditional, occupied, unceded territory of the Coast Salish peoples, including the territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), Stó:lō and Sḵwx̱wú7mesh (Tsleil-Waututh) Nations.

OUR CAMPUS

Our Campus: Tandem coordinators Dimitri Prietz and Mhicaella Lopez prove the best things come in twos

Lopez and Prietz have been ingrained with multilingualism since they were young. ANDREA GARZA

Bridget Chase
Senior Staff Writer

With dozens of languages spoken at UBC alone, UBC Tandem program coordinators Dimitri Prietz and Mhicaella Lopez help students find the opportunity to join the not-so-exclusive club of bilingualism by connecting two people who want to learn each other's languages. These partnerships aim to provide learners with informal language teachers, but also to act as a bridge between the many cultures at UBC.

"Essentially what we do is kind of the dirty work behind Tandem. We focus on all the marketing — we have social media pages like Facebook and Twitter to take care of, and we arrange the volunteer facilitator team. We also run the matching system, which is incredibly glitchy at times," Lopez explained. "We try not to panic during that."

The pair also provides online resources for other universities who may want to create similar language exchange programs as well.

"I think [language exchanges are] more of a European thing to begin with, but [they are] usually on a smaller scale. Wherever [they] crop up, it's always a grassroots project. There's always a community for language exchange, it's just about finding it, so that's what we do," said Prietz, noting that the UBC program was originally founded in 2011 when graduate student Mary Leighton came back from her exchange in Europe. "The first Tandem session was about 100 people and about 50 of them got matched. Now it's not unusual for us to get 1,000 applicants a term and be able to match roughly 600."

UBC Tandem runs for 10 weeks each semester, and pairs are expected to meet once a week for 90 minutes in order to teach each other their mother tongue or a language in which they are highly proficient. Anyone within the UBC community who has a CWL account can participate and it is 100 per cent free to get involved. In the past, Tandem has matched up pairs to learn English, Mandarin, Spanish, Japanese, French, Cantonese, Farsi, Korean, Russian, Tagalog, Arabic, Swedish, Turkish, Hebrew and Ukrainian, among many others.

The student-led program also enjoys fostering collaborations with other cultural clubs, and have teamed up with UBC Signs, Polish discussion club, Project Kiva and the Russian club in the past.

"If anyone is interested in doing collaborations with us, if you're interested in intercultural understanding or languages in general, we'd love to meet you and connect you with our network," said Lopez. They're even planning movie nights alongside their professional development events.

While for some students, UBC Tandem might be their first exposure to learning another language, Lopez and Prietz have both been ingrained with multilingualism since they were young.

Lopez, who is in her fourth year majoring in French, Hispanic and Italian studies and minoring in international relations, grew up as a first-generation Filipino-Canadian. When she was young, she worked as a translator for her parents.

"Over time, I lost my mother tongue, Tagalog," she explained. "And then over the years during high school, I decided to kind of reclaim it and relearn it, even though it was kind of broken." She proceeded to take up French and Italian, and from there tackled Japanese and Portuguese, as well as American Sign Language.

Prietz moved to Canada from France around six years ago, and is in his fourth year pursuing a major in linguistics. He is fluent in both English and French, has studied Spanish, and is also practicing his Japanese as well. It was Japanese that originally got Prietz involved with Tandem — as a participant.

"I was always interested in language learning and specifically Japan, because it's a country and language that's fascinated me for years. That's how I learned about Tandem in the first place," he said. Prietz has been a participant for three years and has continued to practice his Japanese through the program, even as the current co-coordinator.

Lopez was originally interested in the intercultural aspect of both language learning and the Tandem program itself.

"Language is definitely a vehicle to understand certain concepts. It's really hard to describe a Brazilian meme without going into the language, into the history of that language and also the internet culture in Brazil. In Tandem, that's something that you can talk about, and it's something that you can use to immerse [yourself] into the culture," she explained.

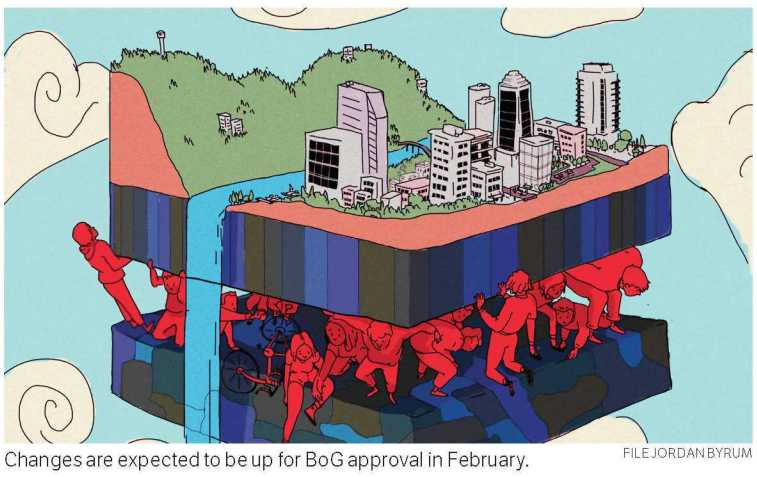
Besides being able to understand international memes, the coordinators stressed that multilingualism brings many other benefits.

"It's been shown repeatedly that being bilingual is one of the best defences against early-onset Alzheimer's," said Prietz. "I could [also] say it makes you more competitive in the job market," added Lopez. Plus, once you've got two languages under your belt, more are sure to come. This is even backed by science, as Prietz explained that "neurologically knowing another language does give you an advantage when you're trying to go into a new one."

One major benefit that both coordinators agree is important is the ability to use language as a tool for self-expression.

"There's something very exhilarating about [when you] get to express yourself in different languages. Especially [with] things that would be hard to describe in another language. I would say it's almost liberating," said Prietz.

KEEPING UP WITH THE HOUSING CRISIS //



Changes are expected to be up for BoG approval in February. FILE JORDAN BYRUM

UBC to make "housekeeping" changes following five-year review of Housing Action Plan

Alex Nguyen
News Editor

Approved in 2012, UBC's Housing Action Plan (HAP) is now undergoing a five-year review of its policies in order to address demands for affordable housing.

The results were already presented to the UBC Vancouver Board of Governors (BoG) at the November 28, 2017 committee meeting, and changes to the plan based on the review are expected to be brought back again for ratification in February.

The process has so far generated both affirmation for HAP's continuation and concern from students, staff and faculty for its ability to keep up with demands and housing costs.

"I actually expressed at that Board meeting that while we're having great success in our growth plan and meeting those targets, our waitlist continues to outstrip our growth and that's a concern," said Andrew Parr, managing director of Student Housing and Hospitality Services (SHHS).

According to him and BoG student member Jeanie Malone, there won't be new student housing for the years 2018 and 2020 due to the timing of permits and the "minimum four-year period between a project's inception and occupancy." He also forecasted that SHHS will be "processing significant waitlist again" this upcoming summer — UBC's on-campus housing waitlist hit its peak last summer at 6,200 students.

At 11,796 beds, the university still has a way to go before it reaches the student housing target set out in HAP — "50 per cent of the 2010 full-time student population or approximately 16,000 beds."

By 2019, there will be 650 new beds in the exchange residence at Gage South, bringing the number up to approximately 12,500. In 2021, it is expected that there will be 1,300 new beds from the Gage South Student Residence, which is being built along with the new bus loop, as well as another project that is "at the early design stage."

To meet further demand, UBC has enough capacity to bring in 17,000 beds. Currently, SHHS is exploring options that would allow for faster growth beyond 2022, such as constructing on sites that don't require the demolition of buildings or relocation of people and services.

Since SHHS can only borrow funding for new projects internally from UBC's own endowment at the moment, Parr also listed lobbying for external borrowing as another growth strategy. This option would allow them to borrow at a lower rate and reduce cost, but would require changes to provincial borrowing guidelines.

"I will say that the current NDP government is very engaged in the conversation," he said. "There are some very interesting conversations going on. They are very preliminary at this point, but we're hopeful and there is good conversation occurring."

FACULTY AND STAFF HOUSING

Data presented by UBC Provost and VP Academic Andrew Szeri at the November 2017 BoG meeting indicates varying progress on HAP policies for faculty and staff housing.

While the university achieved more than double the target for the supply of market-priced rentals, it lagged behind in the supply for faculty-staff discounted rentals at 13 per cent instead of the targeted 20 per cent. The latter is also facing a 1,500-person waitlist — while its total number of units sits at 511.

Managing Director of Faculty Staff Housing and Relocation Services Lisa Colby attributed this discrepancy to the different types of rentals being built on different sites. More specifically, market units are typically built in high-density concrete sites while the faculty-staff discounted units are in low-density, wood-frame sites.

"That's actually one of the challenges for us, to figure out the pro forma for doing faculty-staff rentals in concrete buildings," she said. "It's a more challenging pro forma to build staff and faculty rental in a more expensive construction format because you're getting less revenue to pay down the mortgage on it."

Colby then noted that 175 faculty-staff discounted units are being opened in "a couple months" and 650 new units in the next five years, while emphasizing that the success of the market rentals doesn't come at the expense of faculty-staff discounted rentals.

"In other words we are still targeting the full 20 per cent target for the faculty-staff below-market expansion even though the market rental expansion has been delivered beyond targeted levels," she said in a follow-up email.

"So that will be a positive end result of collectively more rental overall with no compromise on the faculty-staff target. Many students take advantage of the additional market rental in the neighbourhoods so the demand seems to be there."

HAP's policy on restricted housing ownership for faculty, which is considered a key policy by many, was not up for review — its mandate has yet to be put into practice because of complications with tax benefits and provincial regulations. Colby said that UBC is still trying to figure out the appropriate structure for the policy moving forward.

"HOUSEKEEPING" CHANGES

While specific changes couldn't be discussed prior to BoG approval, both Colby and Parr described them as mainly "housekeeping" tasks.

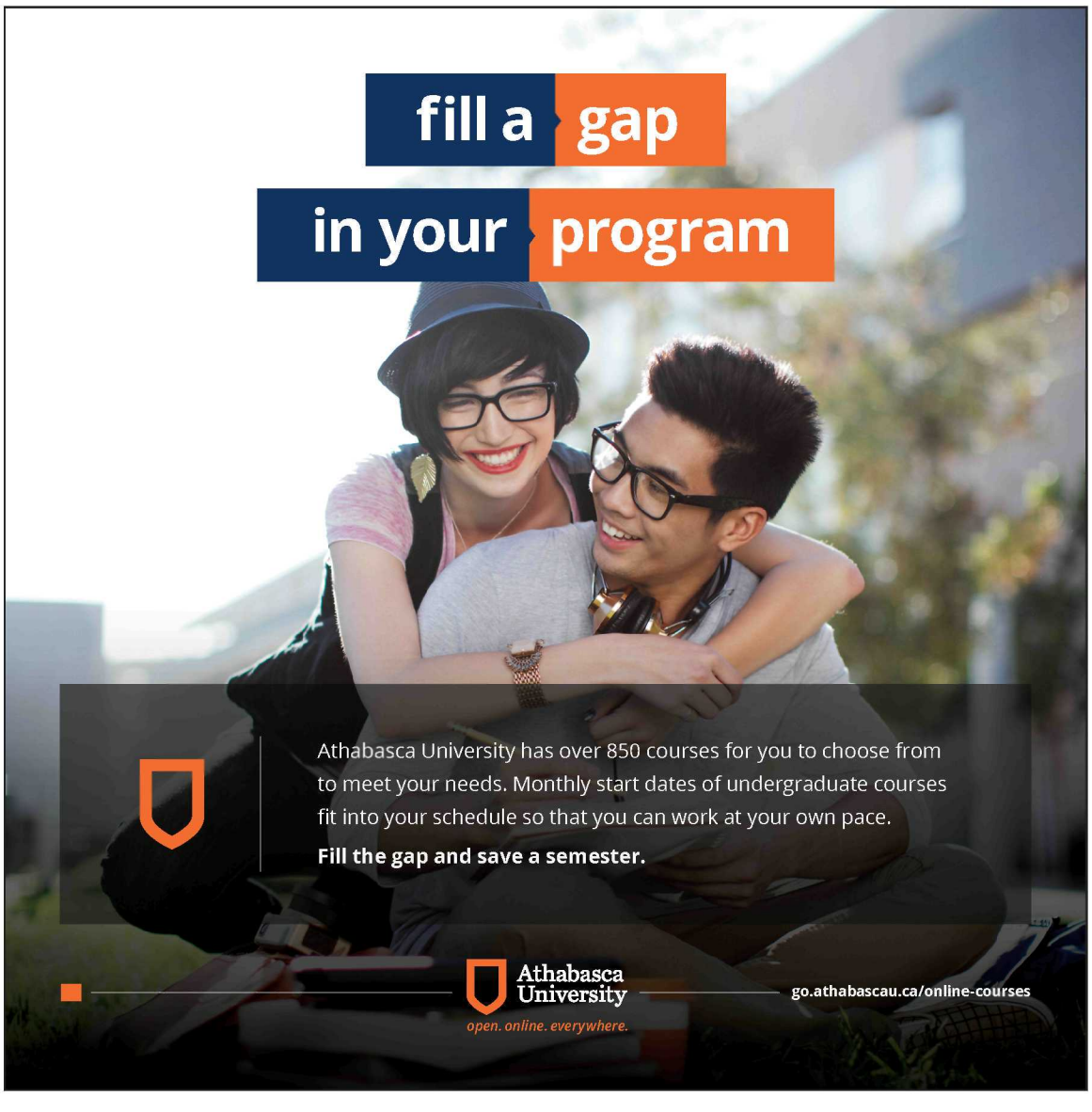
"There are some housekeeping and modifications that we have to do, but nothing substantial," said Colby. "HAP also relies a lot on the operational programs so we'll do tweaks here and there to make sure we stay on pace."

Some changes include updating certain sections' titles, such as renaming "non-profit rental for staff" to "rent-geared-to-income."

Three student housing policies that have already been completed or integrated into regular operations — like building new student housing area in South Gage and increasing the shelter allowance in BC's student loan — are also being removed.

Other potential tweaks can also come out of discussions between BoG student members Kevin Doering and Malone, AMS VP Academic and University Affairs Max Holmes, representatives from the Graduate Student Society and the Residence Hall Association as well as the UBC VP Students' office.

"The HAP was benchmarked against numbers in 2010 so I think a lot of recommendations are just making sure that we are keeping pace with the need," said Malone. "There's no desire to set a goal that isn't reachable — it just means getting a lot of smart heads in a room and trying to figure what's possible with the funding that we have and the land we have."



ICY RELATIONSHIP //

AMS soft-serves Qoola a $100,000 lawsuit

JACK HAUEN
Qoola has been frozen out of their space.

Samantha McCabe
News Editor

After the Qoola frozen yogurt outlet in the Nest didn't pay rent for over two years, the AMS has filed a lawsuit against them for a sum potentially upwards of $100,000.

On August 17, 2017, the lawyer for the AMS delivered Qoola notice of their breach of the sublease — 26 months after Qoola had been in the Nest without paying rent. At that time, Qoola owed a sum of $87,003.33 plus accrued interest of $11,266.72.

Qoola made no payment, and on August 28, the AMS terminated the sublease and demanded that Qoola vacate the premises.

Now, the AMS has filed a lawsuit asking for that rental money and additional special damages for things like marketing, building and waste management, cleaning and removing Qoola's fixtures from the space, as well as re-advertising and re-leasing the now-vacated space. They are also asking for all "costs, expenses and legal fees incurred by the Sub-lessor in enforcing this lease."

WHERE IT ALL GOES SOUR

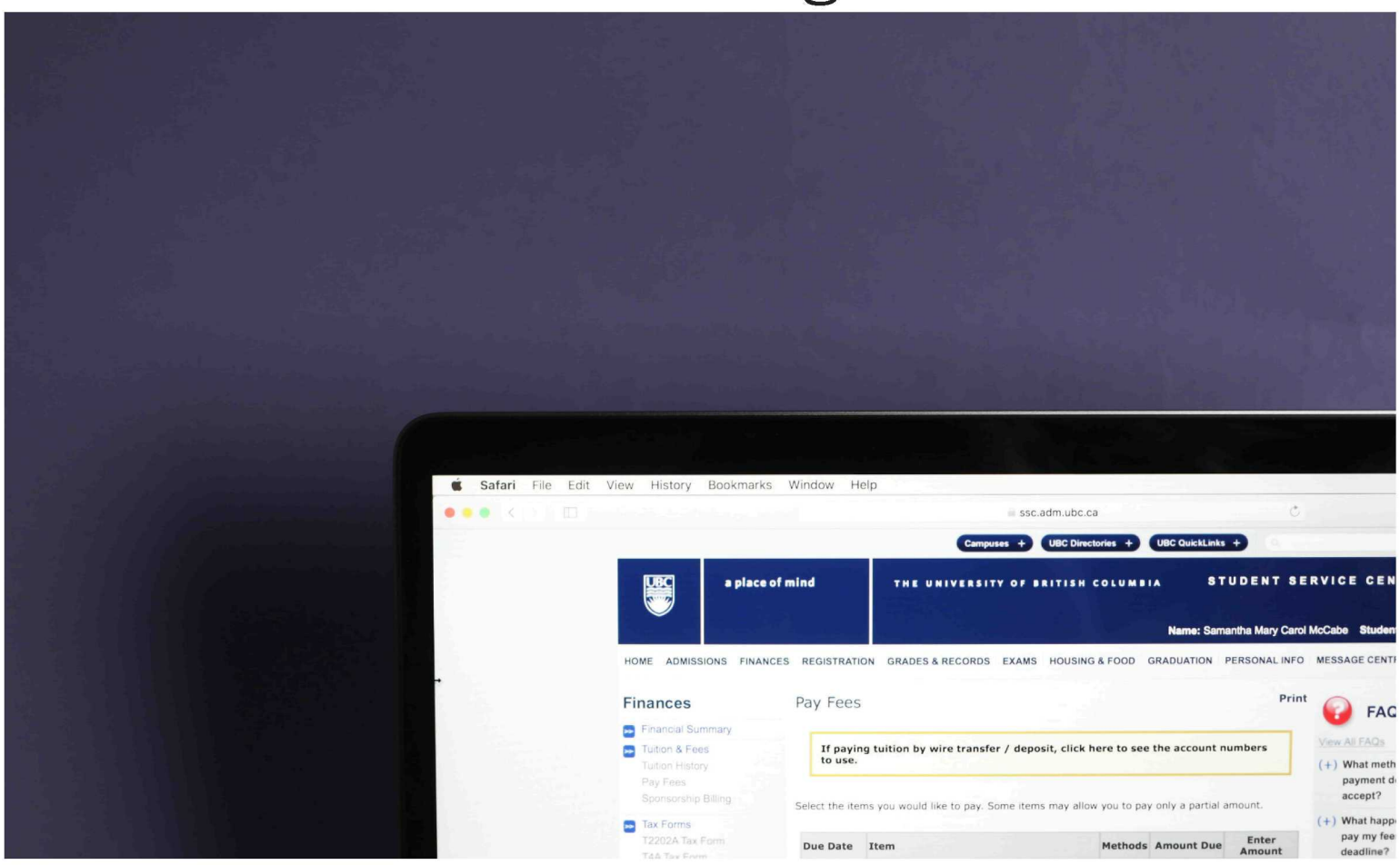
As the amended notice of civil claim notes, Qoola never actually signed the "sublease" in 2015. Instead, the terms were "set out in writing and accepted by both parties." In their claim, the AMS argued that Qoola accepted the terms "by virtue," and nonetheless retained enough benefit from the sublease that the money owed should still stand.

Qoola must submit a response to the AMS by January 30, which would be within the legal deadline of 21 days from the notice's filing date.

The AMS declined to comment other than confirming that they are "in ongoing litigation to recover monies owed to us" and that they have been in contact with Qoola. The space that Qoola occupied is currently under renovation and an RBC is slated to go in.

AFFORDABILITY //

The AMS isn't advocating for lower tuition



"If you're thinking about student experience, you've got to be as inclusive as possible — especially at a public institution, for god's sake." KATE COLENBRANDER

Jack Hauen
Coordinating Editor

Four years ago, students voted overwhelmingly to direct the AMS, "guided by the principle that education is a right, [to] advocate for reduced tuition for both national and international students."

They haven't been doing that.

Instead, VP Academic Max Holmes, who is responsible for lobbying UBC on behalf of students, said the AMS is carrying out the spirit of the referendum advanced by the Social Justice Centre (SJC) in 2014 by advocating for specific affordability measures like less expensive campus housing, cheaper alternatives to textbooks in the form of open educational resources (OERs) and more transparency when UBC hikes fees.

In AMS minutes from 2017, Holmes said he wanted to "revisit" the referendum, as it "hurt [the AMS's] image."

Holmes told *The Ubyssey* that he didn't want the AMS to look "obstructionist" in negotiations with the UBC Board of Governors over "realistic" yearly tuition increases.

"I don't think that the university is in a realistic spot to lower tuition," he said. "The only way they'd be able to do that is if you wanted to cut services from students."

UBC Board of Governors member Charles Menzies, who was one of two members who voted against this year's tuition increases, doesn't buy that the only way to cut tuition is by axing student services. For instance, he said, UBC could use some of its land development earnings to subsidize domestic tuition.

Holmes said he doesn't think that lowering tuition is "something that [UBC] would be against if it wasn't possible."

Holmes told *The Ubyssey* that he wanted to run another referendum to make the 2014 referendum "a little more clear," as it "left much to the imagination" regarding how the AMS was to go about advocating for lower tuition, but backed off after realizing that current other AMS policies clarify that.

"Plus," he said, "it's always good not to have six or seven referendums on the ballot."

SJC Treasurer Will Sullivan said he didn't think the referendum was unclear.

"I didn't see how it was limiting, frankly. ... Its intent is really clear — someone could build a set of actual steps to work towards that, and then dream up some really cool tasks to achieve it," he said.

Gabriel D'Astous, the SJC president at the time of the referendum, said it was aimed more at the province than at the university, but the group's intent was mostly to "start a conversation" about education as a human right.

"The spirit of the referendum was never really aimed at UBC itself, but rather at seeing the AMS advocate on a province-wide [level] for increased funding to higher education, which would lead to reduced tuition," he said.

In the end, he said, "I think it achieved more than doing nothing," though he doesn't think the AMS is "particularly amazing when it comes to advocating for increased accessibility for higher education."

AMS VP External Sally Lin, who is responsible for lobbying governments on behalf of students, said she hasn't brought up tuition in her meetings with the federal or provincial governments.

She echoed Holmes's comments about the university's tight budget, and said she was taking a "holistic" approach to affordability. This year, she has spoken to government officials about issues like student loans and grants, funding for sexual violence prevention and affordable campus housing, among other things.

Lin said her advocacy is focused on things the provincial government is already working on to raise her chances of success.

"It's really based on making sure we're asking for what students need," she said, "but also being strategic."

D'Astous said it was a "lost opportunity" to skip over general funding in favour of targeted initiatives.

"All the things they did talk about are amazing and great, but if you have the minister in the room, you may as well also talk about other means of affordability like up-front cost of tuition," he said.

D'Astous pointed to his home province of Quebec, where student movements often carry considerable weight, as a model for the AMS to consider.

"I always thought that our student governing bodies should work to ... create greater student solidarity across provinces to increase power when they go and talk to the minister and negotiate at various tables," he said. "I'm of the opinion that that's one of the strongest ways we can move forward and increase what students get."

Holmes is less optimistic.

"We can try to reduce tuition," he said, but "I think the likelihood of that happening, if we're going to be honest with ourselves, is not very likely."

He noted that student feedback toward yearly tuition increases has been overwhelmingly negative, and said that the AMS has been "trying to hold the university accountable" by asking the university to respond to problems students bring up in that feedback.

After UBC VP Students Louise Cowin outlined student concerns at the December 2017 Board meeting, the increases passed with no modifications.

SJC member Arpun Jopal said it was important for the AMS to lobby for free tuition because "they represent the students. It was very clear that students disagree with the increases, and I feel like the AMS is a really good channel to voice that disagreement and communicate that to the university."

Regardless, Holmes said the AMS has seen results with their affordability strategy. For instance, the estimated number of students affected by OERs has risen from around 2,000 in 2011 to almost 15,000 last year, according to the UBC Centre for Teaching, Learning and Technology.

And while the AMS hasn't affected campus housing prices, Holmes said the society is "working on recommendations" for UBC's housing plan, including calling on the university to open up more spots in on-campus housing, make older housing units more affordable and put a cap on annual housing price increases.

According to him, the AMS has also been involved with the development of UBC's new Strategic Plan and pushed for affordability measures, "including funding for the development of open educational resources." The draft plan doesn't contain a funding plan for OERs.

Sullivan said the choice between tuition advocacy and targeted advocacy doesn't have to be black and white — the AMS should continue pushing for areas in which they've had success, while insisting that education is a human right.

"I don't think you can say that you're concerned about the student experience without thinking of everyone," he said. "If you're thinking about student experience, you've got to be as inclusive as possible — especially at a public institution, for god's sake."

THAMER ALMESTADI //

UBC student, found not criminally responsible for attempted murder, to return to Saudi Arabia

Samantha McCabe
News Editor

The former UBC student found not criminally responsible for stabbing and choking another student is being ordered to return to Saudi Arabia after his release from custody.

Thamer Almestadi, who faced a ten-day trial this past fall for an attack which took place in October 2016, is moving back home with his family. This decision was made by a BC Review Board panel in early December.

During his trial, a forensic psychiatrist as well as Almestadi himself testified to his poor mental health and confusion, which began predominantly during the September of his first year at UBC. After weeks of delusions, stress and poor sleep among other factors, Almestadi listened to a religious recording and misinterpreted it as a command from God. According to Dr. Jeannette Smith, he experienced a "brief psychotic episode" that prompted the attack on victim Mary Hare in Totem Park residence.

Almestadi was found not criminally responsible due to mental disorder in late October 2017 — the judge ruled he was not capable of appreciating the morality of his actions at the time of the attack. Upon this verdict, he was transferred to the Forensic Psychiatric Hospital in Coquitlam for treatment, pending disposition by the specialized review board. With his discharge from the jurisdiction of the hospital, he will be deported under escort to Saudi Arabia.

The board did not consider Almestadi's immigration status in their decision but rather his current mental health and prospects for treatment.

They found Almestadi to be "high-functioning" and identified "positive signs that he may not relapse" — he has had no psychoses for over a year without treatment and has not been aggressive, they said — but still noted he posed a moderate risk.

"There is a significant likelihood that, under circumstances he experiences as highly stressful, Mr. Almestadi may experience a further episode of psychosis," the majority decisions read, noting an episode "could involve violence."

But the decision concluded that many environmental stressors would be lessened should Almestadi return to Saudi Arabia, and that there is no incentive or threat significant enough to keep him under his current care.

Almestadi's parents had been living in BC for the past year to support their son but wanted him to return home with them. He has no source of support in BC.

The family has found a psychiatrist located just over an hour from their family home who has agreed to provide treatment and monitoring for Almestadi on a weekly basis.

DANK BEATS //

Finding the vibe with three UBC DJs

Andrew Hung
Contributor

Being a good DJ is a difficult gig. Behind the hubbub and hype of a party, DJs have a great responsibility — to set the correct atmosphere and energy for the night. It is a constant balancing act between what is artistic and what is popular. You can play everything the crowd likes, but be an unoriginal playlist creator. You can also crank up the complexity, but make your set sound like a music appreciation course, alienating the crowd on the dance floor.

Many DJs here on campus are learning these lessons firsthand. A few of them shared their thoughts on how they maintain creativity and accessibility in their music.

"I don't think there is anything wrong with just 'pressing play,'" said Chiu. COURTESY BRYAN CHIU

THILINA RATNAYAKE

It's been less than a year since Thilina Ratnayake started DJing at UBC, but he's already in high demand. A member of the UBC EDM Club, Ratnayake has played at Pit Nights, Koerner's Pub and UBC EDM Club's events — and found a way to make each room move.

"It's like a titration for chemistry," said Ratnayake. "You throw songs in there, and you gauge the crowd's reaction." The UBC crowd prefers the newest tunes, he observed.

Drake, mumble rap or EDM have been mainstays in his catalogue, music that has had more success in getting the crowd going. But finding the right music for the night can also take a bit of experimentation.

"Let's say you throw in 'Fergalicious,' and they're really vibing to it," said Ratnayake, "then, you play some more late 2000's or hip hop stuff. If they're not vibing to it, then you try a different track. If you see that they like it, then you go in the direction of those songs."

Ratnayake's job is more than simply playing records. He must also watch the crowd and sense the mood of the party and be able to adapt to what the public wants. If Ratnayake had his choice, he'd play tracks with varied drum patterns and moombahton — a genre influenced by reggaeton, dancehall reggae and Dutch house. Nonetheless, the public is his first priority.

"When I'm playing a set, it's really about what the audience wants to hear and how can I incorporate my own style into it," he said.

At dire times, when the dance floor begins to thin, Ratnayake also has a repertoire of "emergency songs" to win back the crowd, including Usher's "Yeah," Nelly's "Dilemma" and Fergie's "Fergalicious."

"What I look for is what will make me dance and what will make the crowd dance," he said.

KOJI AIKEN

Koji Aiken always knew he would be a performer. Before he was a DJ, he was a hip hop dancer, and his dad is a street performer and juggler.

"I've got a little bit of the performer blood in me," said Aiken, a third-year kinesiology student. "A part of me is really addicted to that performer-audience exchange. I'm just hooked on making people happy, and dancing."

Aiken first began DJing in February 2017, when his friend Brent Mosher — a DJ going under the stage name DMO — suggested that he play at his department's formal. It was nerve-wracking experience for the rookie DJ, with a few hiccups during the set. But fast-forward 11 months and Aiken is now a regular DJ at Koerner's Pub — moonlighting at numerous nightclubs around Vancouver including Bar None, Republic and MIA.

The secret to his success isn't playing music, but listening to it. He often immerses himself in different genres and styles for upcoming gigs, slowly but constantly expanding his musical library. This allows Aiken to follow and guide the mood of the night and the aesthetic of his set, instead of simply filling up airtime with an old set.

"The next step in DJing is molding the energy," he explained. "In order to do that, you need to know the music you have in your library. Often, well-loved songs have the greatest success in electrifying the crowd.

"Pretty much any song where everyone knows the lyrics and can belt it out is huge."

For Aiken, who got his first DJ deck only nine months ago, being the mastermind behind the party's atmosphere is something that has surprised him.

"It just goes to show that if you're really passionate about something, it can take you to crazy heights," said Aiken. "I did not expect to be where I am right now at all. The magical thing about it is that the doors just keep opening."

BRYAN CHIU

Bryan Chiu has DJed at the hottest nightclubs in Vancouver, including Republic, Caprice, Venue and Celebrities. But lately, he's been turning down gigs. By stepping away from the spotlight, Chiu hopes to deepen his own artistry instead of simply hitting the 'play' button.

"I don't think there is anything wrong with just 'pressing play,'" said Chiu. "But the reason why I distance myself from it isn't any animosity or hatred towards it. It's more so trying to figure out a way for me to not get bored. Also, if you can find the middle ground to both please the crowd and to take an original piece of work and make it your own, I think that's really rewarding."

Chiu is already looking beyond UBC and the Lower Mainland, hoping to expand his artistic possibilities through DJ battles such as the Red Bull 3Style World DJ Championships and DMC World DJ Championships.

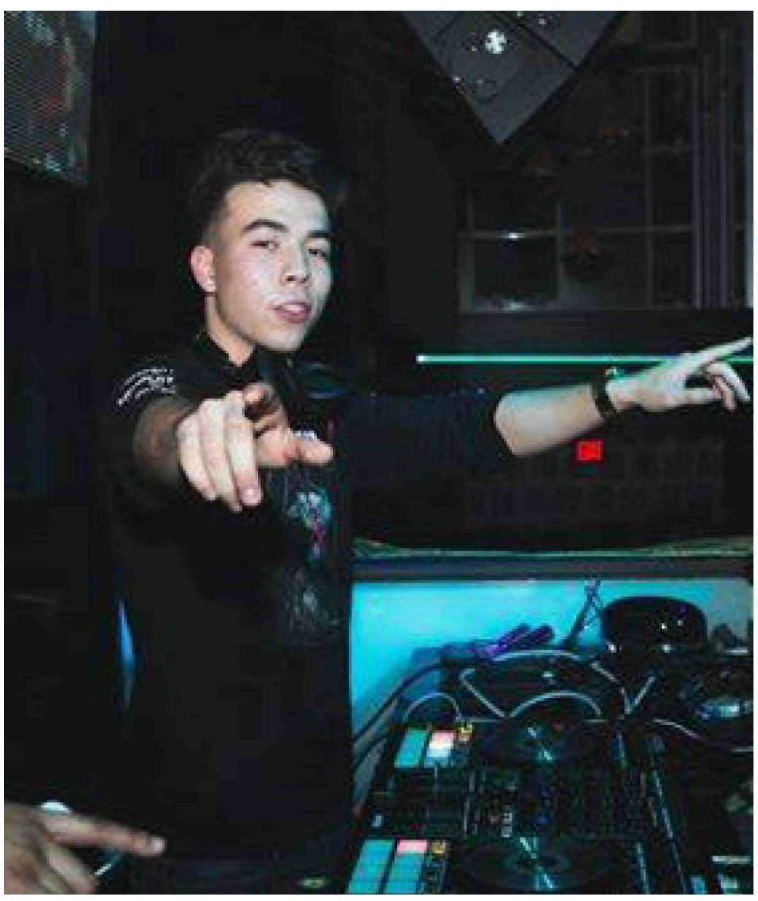
These competitions incorporate turntablism, the area of DJing in which the artist manipulates pre-existing records to create original music. With techniques like scratching, DJs can create entirely new sounds from existing records — a skill he said is under-appreciated.

"To the common person, they don't see scratching as music," said Chiu, a member of the UBC EDM Club. "They just think it's noise. It's very raw and guttural."

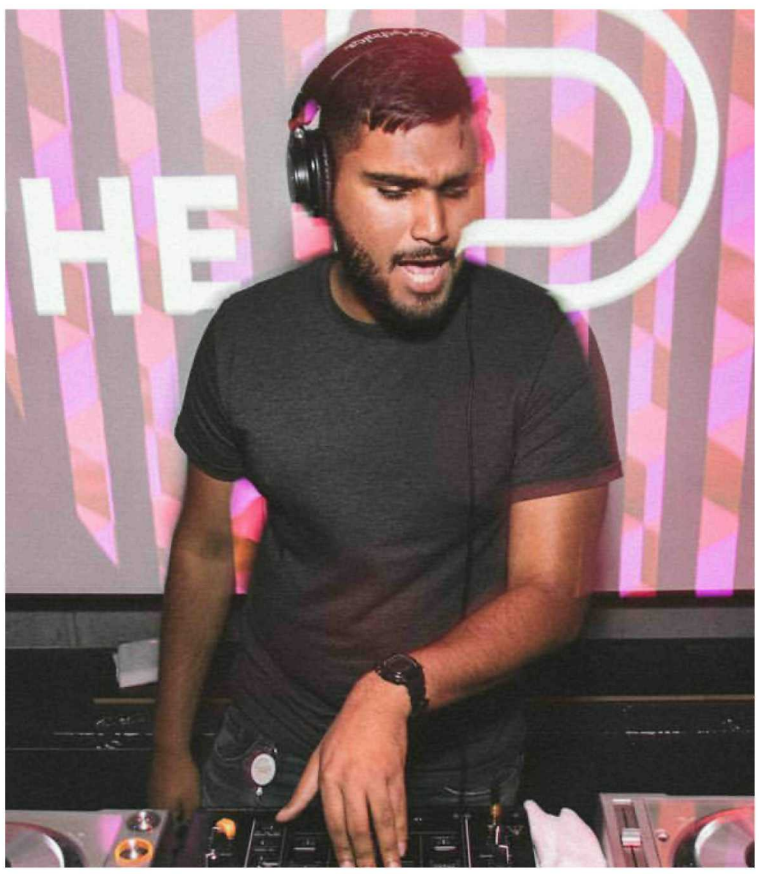
Some of these innovative sounds and techniques can be heard in Chiu's December Demo Mix. In addition to scratching, the DJ also showcases a little bit of wordplay, where he mixes the words of different tracks to create interesting effects. At one point in the mix, Chiu transitions from DJ Khaled's "All I Do is Win" by mixing the line "all I do is" with the same line from Fetty Wap ft. Drake's "My Way." Using the same line, Chiu creates a lively, slick transition between the two tracks, as well as a poignant musical dialogue between the artists.

One of the challenges of turntablism is finding songs that have space for the DJ to be inventive, but still sound good. Chiu said that the best tracks are those that aren't too dense and can be more easily rearranged.

"If you can deconstruct the song and pull it apart, it gives you the freedom to put it together in a way you want to," he said. "This makes it more like a performance than a jukebox."



"I've got a little bit of the performer blood in me," said Aiken. COURTESY KOJI AIKEN



"It's like a titration for chemistry," said Ratnayake. COURTESY THILINA RATNAYAKE

SUBCULTURE //

The night the goths came out to dance

This is Descent, the Red Room's goth party that has been tradition for almost a decade. GRETA JANG

Henry Anderson
Staff Writer

Is there anything more adorably edgy than dancing to death metal on the sabbath?

I was turning the question over in my head as I surveyed the room. On the dance floor, a single woman in a flowing black dress swayed, her arms flickering before her like a witch casting a spell. Nearby sat eight of her friends at a long table, all chatting amiably while clad in the uniform: bulky combat boots, black lipstick, gratuitous eyeliner, leather jackets, long flowing overcoats, pinstripes, pseudo-medieval dresses, gaudy silver chains, chokers, metal studs — the list goes on. Every so often, she would revisit her friends for a sip of her wine and some friendly conversation, then head right back to her lonely incantations.

This is Descent, the Red Room's goth party that has been tradition for almost a decade. For a modest $5 cover, you are promised the opportunity to "push away the dark memories of 2017 and dance out your tension" to the best that punk, electronica and metal music had to offer.

The event has no dress code, emphasizing that all are welcome. As the event's Facebook page advertises, "Jeans and a t-shirt? No problem. Full out Goth? Totally AWESOME! Punk kid? Rock god? Sk8tr girl? Great! Sweet! Wicked!"

As I bought my bewildered friends a drink — my request to go to a goth party on a Sunday was out of the blue, to say the least — the bartender assured me the club was just starting to fill. I was in for a wild night.

Sure enough, the goths began to trickle in, joining the lonely enchantress on the dance floor and filling the barstools. There was a tiny girl with vivid pink hair and glittering black face paint that flowed from her eyes like a mask. A stout, tough, older woman with short hair played pool with a flamboyant young man sporting a cowboy hat, scarf and tucked-in tank top — all black, of course. A pair of bald, leather-clad bikers played the next game. A tall, muscular man with a blonde ponytail and black earrings shared drinks with a young woman. In the dim neon lighting, he looked like a moody Chris Hemsworth. His shirt said, "Wolves don't lose sleep over the opinions of sheep." Behind them sat a dark, handsome man of about thirty with a skull on his t-shirt, brooding. At first he looked uncomfortable, never dancing or talking to anyone, but he stayed for hours and slowly began to loosen up, strolling about and nodding to the music. He looked, like after years of searching, he had just found the place where he truly belonged.

A couple in their mid-fifties cuddled in a booth. The man wore a sheer, black top under an unbuttoned collared shirt with shiny metallic studs. His dark gray hair was rakishly tousled, pairing nicely with his painted raccoon-eyes and studded choker. His partner wore a sequin black top and red lipstick. I imagined they had been married for decades and spent all week looking forward to these date nights, where they could channel their youth and wax romantic.

A new DJ subbed in, and the music escalated from bewitching electronica to screaming death metal. I forced my friend to come dance.

With the crashing guitar chords and eviscerating vocals, the style of dance took on a new flavour. Gone were the magical gestures and graceful twists. Now the crowd stomped and thrashed ferociously, comfortably in solitude, possessed and enraptured by the surging music, oblivious to their surroundings. One woman squatted with her hands on her knees and whipped her hair back and forth like a wild Willow Smith. A man in a fedora and overcoat writhed on a raised platform — he had a pointy beard and moustache that made him resemble the Guy Fawkes mask. The middle-aged couple slow-danced amidst the chaos.

The man who stuck out in my memory the most, however, wore black teardrop eyeliner, a studded choker and a t-shirt emblazoned with the name of an obscure Scandinavian metal band. He repeated the same move endlessly, a cathartic gesture where he reached to the ceiling, grabbed at the air and then rushed his hands downward to clutch at his stomach, bent over like he'd been shot in the gut. As the throbbing guitar and screaming swelled, his movements became increasingly convulsive. He shook as he reached for the sky, trembling as he keeled over into his ball. It dawned on me that he was no longer in control of his body, that the shear, ecstatic anger of the music had become him.

When the song ended, he and everyone else snapped out of their trances and cheered.

The whole experience left me with a silly smile. We live in such cynical times — as if we're conditioned to scoff at emotion when we see it. But here was a small community sharing an experience so pure and ecstatic that the members didn't care about how they were supposed to feel or look. It's ironic that a subculture which so many people associate with intense sadness and nihilism is built around such a self-evidently meaningful experience. But the goths are right: life is sad. It's tragically short, full of unfulfilled dreams and suffering. It seems to me we need to cling to ecstatic experiences like what I saw at Descent and find the right people to share them with.

Whether you want to dress up like Edward Scissorhands, brood in a corner, dance like a witch around her fire or simply soak it all in like me, you'll be sure to feel like you were a part of something special there.

THE LIBERAL ORDER //

It was a talk that left the audience with an anxious optimism. ZAK VESCERA

Francis Fukuyama is still waiting on the end of history

Zak Vescera
Senior Staff Writer

Few political theorists have inspired as much discussion, admiration or ire as Francis Fukuyama. In 1992, Fukuyama famously predicted that the collapse of the Soviet Union signalled a global regression towards liberal democracies, which would lead to an "end of history" as we knew it.

Twenty-six years later, with Donald Trump in the White House, deteriorating democracies — like Poland — as well as authoritarian regimes in Turkey and Russia, Fukuyama paid UBC campus a visit as one of the Lind Initiative speakers on the unraveling of the global liberal order. This time, he brought fewer predictions but many more warnings.

Fukuyama started his talk on the premise that between 1970 and 2008, everything was pretty swell: the great powers never went to war — at least not directly, anyway — everyone who took part of free trade benefited and the quality of life universally improved. We imagine many folks in the global South wouldn't be so convinced by that — but let's let Francis do his thing. The number of democracies increased in this period, and for Fukuyama, that means history was on its way to its eventual statis — a world where every country is a liberal democracy, adverse to war and ruled by and for its people.

But one group of people is being left out of all this great change: low to medium-skilled workers in industrialized countries.

Sandwiched between automation and globalization, they suddenly aren't touching the benefits of all this growth. And they're pissed — so pissed that they're going populist, opting for short-term nationalistic and economic gains over the steady growth offered by liberal democracies. The result is the economic and populist one-two punch of Brexit and Trump, the extreme right co-opting the identity politics of the left, and perhaps, the unravelling of the liberal order.

When it came to the liberal order, Fukuyama was unclear what the solution was — or if there even is one.

The fabric of democracy, he said, is holding strong. Institutions, the intelligence community and the media are fighting the erosion of democracy for all they're worth. But even if the material is holding, the weaving is off — the shift to identity politics on the left, said Fukuyama, has undermined its traditional working class support base. The pilfering of those politics by the right has created its own series of menaces.

And for that, Fukuyama was understandably short on solutions.

Do we move away from identity politics altogether? As one student pointed out during the question period, those politics also brought a profound amount of social change for minorities that can't be forgotten. Do we return to the leftist "great coalition" that implemented so many socio-economic protections in the mid-twentieth century? Fukuyama would like that, but pointed out that it might collide with more progressivist visions of the left.

All the while, he stressed that we shouldn't underestimate the voter — that people wouldn't be easily fooled by another Trump.

It was a talk that left the audience with an anxious optimism. The global liberal order might be unravelling, but Fukuyama is confident that we can weave it all back together. The question then — and the ending note of the talk — is whether we should weave it back into what it was or envision something new. In a post-Trump world, when we eventually do see it, what will normal look like?

You'll have to buy the man's next book to find out. In the meantime, Fukuyama is still ready, waiting on the end of one history and the start of another.

FASHION //

New(ish) fit, who dis?: A guide to local thrift

Helena Zhang
Contributor

It's 2018 and a new year means the unbearable pressure of making everything in your life new — especially the way you look. Of course, some new clothes are the easiest way to fix all that. Too bad you're working with a student budget dependant on free 99 bus rides and you've already sold your right kidney for those new textbooks. Luckily, Vancouver has tons of secondhand shops for guys, gals and non-binary pals.

Here are the best of them so you won't have to dropout of university (or sell the other kidney) to afford some snazzy new threads.

TURNABOUT — 3112 WEST BROADWAY

Strictly speaking, Turnabout isn't a thrift store — it's a consignment store. While thrift stores feature donated items, everything in a consignment store is curated and brought in by the original owners for resale, which means you too can sell your clothes here — but they keep a big cut of the profit.

They have shops all around Vancouver and selection varies by location. They're definitely at the more bougie end of secondhand. Not faux fur bougie, but more like, $300 Vivienne Westwood sweatshirt bougie. Luxury streetwear aside, they also carry sizeable collections from Aritzia, Club Monaco and those kinds of brands. It's a great place to thrift if you don't want to look like you thrift.

- Price: $$ to $$$
- Pros: Quality stock
- Cons: Limited styles
- Vibe: Contemporary, chic, for people who have an uber professional LinkedIn profile

VALUE VILLAGE — 1820 E HASTINGS ST.

Value Village (aka VV Boutique) is basically a secondhand department store and has everything you love and hate about thrifting: that weird secondhand smell, aisles upon aisles of junk and the satisfying feeling of finding that one unique piece that you and *only you* will have. VV Boutique's located far from campus, but it's totally worth the trip if you're willing to do a little bit of treasure hunting.

Pro tip: become a "super savers club" member and you'll get a heads up any time they have their massive 50 per cent off sale.

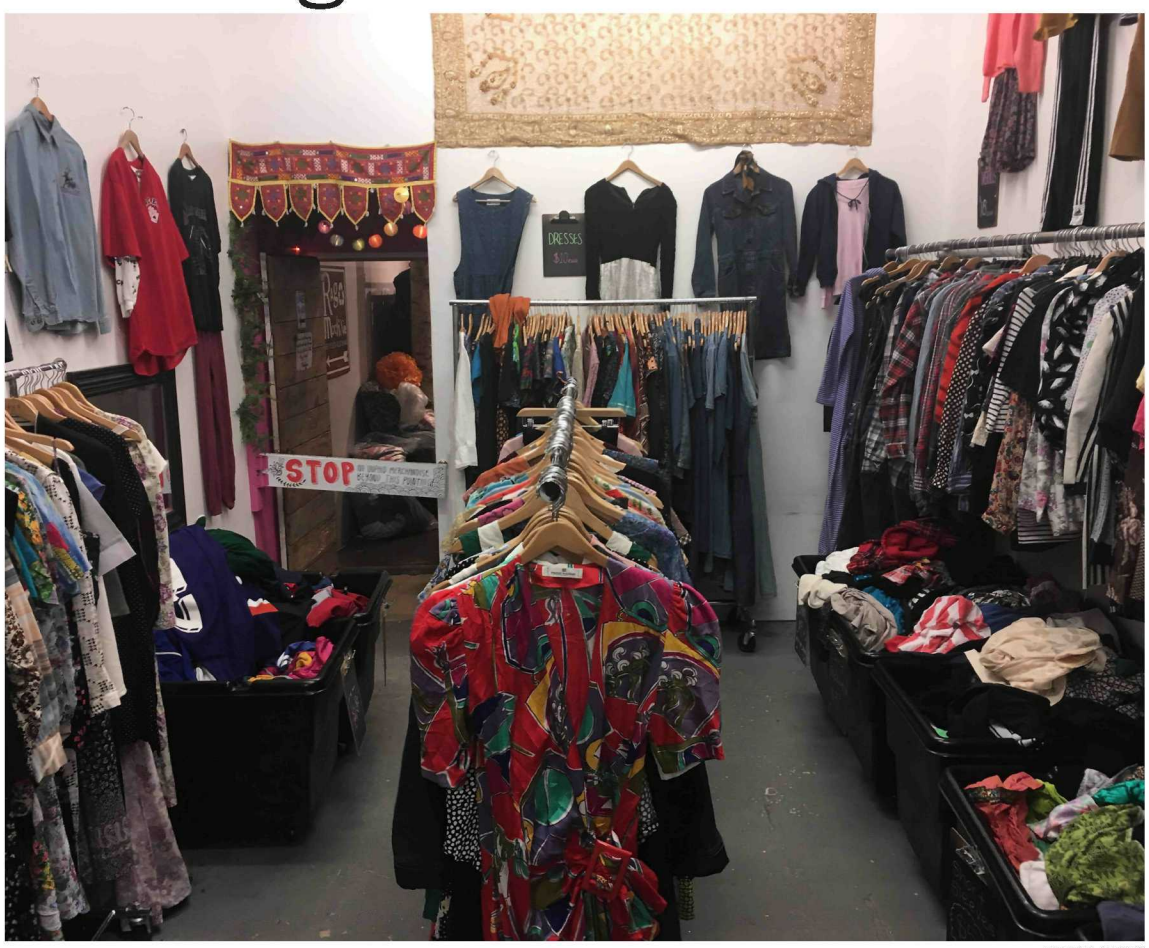
- Price: $
- Pros: Tons of stock
- Cons: Tons of junk too
- Vibe: All of the vibes. All at once. They have everything here.

FRONT AND COMPANY — 3772 MAIN ST.

Front and Company is a long-standing consignment store known for their dazzling window displays and their highly curated stock. The "Front" side of the store sells a blend of new local brands and regular to high end consignment that's always stylish, trendy or both.

The "Company" side features an ecclectic mix of adorable gifts and cards. Once a season they even open a pop-up next to the main shops, and the "Front" and "Company" come together to feature a selection of goodies for a specific theme. This month's is "wellness" — and it's well worth the trip if you want to feel better both inside and out.

- Price: $$ to $$$
- Pros: Quality stock
- Cons: Limited styles



Vancouver has tons of secondhand shops for guys, gals and non-binary pals.

HELENA ZHANG

- Vibe: Stylish, local, for people who have at least one succulent plant at home

WILDLIFE THRIFT STORE — 1295 GRANVILLE ST.

Located in Vancouver's Entertainment District, this low-key thrift store is a refreshing change of pace from the quick fashions and department stores of downtown. It's a midsize shop with apparel, books and household goodies to boot. Their stock varies, but much like VV Boutique, you're going to have to do a little digging to get to the good stuff. But hey, it all goes to a good cause*. If you like Wildlife Thrift Store, the SPCA Thrift Store (3626 Broadway) is a good one to check out, too.

- Price: $
- Pros: Variety of styles
- Cons: Hit or miss stock
- Vibe: Cool vintage, newer stuff too

COMMUNITY THRIFT & VINTAGE — 11 W HASTINGS ST & 311 CARRALL ST.

Community Thrift & Vintage is a social enterprise initiative that employs women of the Downtown Eastside (DTES). It also donates its profits to the Portland Hotel Society Community Services which advocates for housing, services and advocacy for residents of the DTES.

They have two locations right around the corner from each other — The Unisex Shoppe at 11 W Hastings St. and The Frock Shoppe at 311 Carrall St. Both stores offer nicely curated vintage pieces at reasonable prices. You can expect to find a sweet bomber jacket and some local soy candles at the Unisex Shoppe, while the Frock Shoppe has more dressy and femme apparel. Both are definitely worth a trip to the DTES, and while you're there, check out Duchesse Vintage if you're looking for some cute vintage duds.

- Price: $ to $$
- Pros: Quality stock
- Cons: None, it's perfect.
- Vibe: Stylish vintage

F AS IN FRANK & THE RAG MACHINE — 2425 MAIN ST. AND THE ALLEY BEHIND IT

Located just off the 99 B-line, F as in Frank has one of the largest selections of vintage street and athletic wear in Vancouver. In the main shop, expect to see racks on racks of overpriced flannels, bombers, jerseys and reworked vintage. While you won't be breaking the bank, you're definitely paying a little extra for the ease of having all the good stuff in one place.

- Price: $$
- Pros: Quality stock
- Cons: Repetitive stock
- Vibe: The abandoned '90s lovechild of Will Smith in *The Fresh Prince of Bel-Air* and the entire cast of *Twin Peaks*.

That's where the magic of The Rag Machine comes in. Located just behind F as in Frank — you can access it through the store or the alleyway — The Rag Machine offers quality thrift at dirt cheap prices that rival VV. Bins of clothing are sold by the pound while some pieces are by the unit. Overall, you can expect some pretty unique finds. Plus, if you creep through their instas, @fasinfrankvan and @theragmachine respectively, you'll find out about their latest drops and maybe even catch a pic of yours truly in there.

- Price: $
- Pros: Unique finds
- Cons: Some digging required
- Vibe: Whatever you want it to be

Well there you have it! Some of the best thrift Vancouver has to offer. Doesn't matter if you're bougie or cheap, or somewhere in between, you'll be sure to find your newest (new-ish?) fit at one of these great stores.

**At the time of this article, the charities that the Wildlife Thrift Store donate to are Coast Mental Health, The Gathering Place, Positive Living B.C. and Vancouver Rape Relief & Women's Shelter.*

The Rag Machine offers quality thrift at dirt cheap prices.

HELENA ZHANG

AS UBC AND THE AMS WORK TO FILL THEM, GAPS IN STUDENT HEALTHCARE PERSIST

WORDS BY MOIRA WYTON
ART BY SAMANTHA SEARLE AND NATALIE MOR

First-year science student Michelle Huang self-identifies as a "unique profile" — one of the "difficult students" who attend UBC.

But she doesn't mean difficult in terms of behaviour.

Huang, who is a mature student at UBC, suffers from a reading disorder, central auditory processing disorder and mental health concerns — including PTSD — which have severely impacted her studies. Throughout her time at UBC, she has accessed services through UBC Student Health Services (SHS), UBC Counselling and Access & Diversity — none of which she feels are equipped to handle cases as "complex" as her own.

"I was told they weren't able to help me because my case was more complicated, because I have both a learning disability and mental health concerns," said Huang, who has taken multiple semesters off, reduced her course load significantly and even switched out of required courses to maintain her health.

"I'm one of those people who falls through the cracks all my life, so I'm kind of used to it."

For Huang and the many other students with complicated or chronic health concerns, the gaps in UBC's ability to support and care for its students well-being are cast in sharp relief. In the context of a fractured national and provincial healthcare system, the financial and logistical constraints of insuring and getting students the care they need have impacts on more than physical health.

'UNIQUELY INCOMPLETE'

Even in a country as lauded for its healthcare as Canada, structural barriers to covering and accessing care continue to catch students and other vulnerable populations in the mud.

According to Dr. Steve Morgan, a professor of health services and policy at the UBC School of Population and Public Health, Canadian medicare is "uniquely incomplete."

"Medicare is a cherished institution, this idea of universal public insurance for medically-necessary services is laudable in many ways," said Morgan.

"But every other comparable country with high income in a westernized, democratic society achieved universal health insurance in the post-war era, or a couple of them in the pre-war era. And every similar program is much more comprehensive than Canada's is."

Among the areas in which Canadian healthcare lacks consistency in coverage are dental care, vision care, pharmaceuticals and long term or home care services, although many provinces have committed to expanding coverage in a variety of areas. Ontario recently implemented free pharmacare for all youth under 25, while in Quebec, a commitment to providing universal primary mental health care coverage has been made.

A similar pharmacare plan is unlikely to come to BC anytime soon, but the BC NDP and Greens included a commitment to "develop a proposal to implement an essential drugs program, designed to reduce the costs of prescription drugs," in the confidence and supply agreement signed between the two parties in order to form government.

While the budget and progress towards this goal will not be announced until BC's budget is released on February 20, Morgan sees pharmaceuticals in particular as a point of pain in the care and coverage of students.

"You would have thought that in the '70s and '80s, we would've expanded to have pharmaceutical coverage, expanded to have dental coverage. And those gaps in coverage matter a lot, particularly to groups that can't avail themselves of work related private health insurance that covers those gaps," said Morgan.

"We have this fragmented system of insurance that makes the cost of the services expensive, but also creates a safety net that is fragmented and through which people can quite realistically fall through the cracks."

'THE ONLY AFFORDABLE OPTION'

Students unions, just like federal and provincial governments, face financial and logistical challenges as they work to bridge the gap between public insurance provisions and the healthcare needs of students. For students who don't have extended coverage through their parents' workplaces or who don't qualify due to part-time student status or having aged out — like Huang — insurance provided by the AMS is the only affordable option.

"[Student populations] don't have that work-related health benefits and as a consequence, student unions are in the position of trying to negotiate those benefits on behalf of their student bodies," elaborated Morgan. "Depending on the student union [and] on the student group, they may or may not have full coverage for dental services ... and they certainly may or may not have full coverage for pharmaceuticals.

"That can result in burdens for people who have needs for those uninsured services."

Alim Lakhiyalov, the current AMS Vice-President Finance, decides where and for whom those burdens are too much. As the lead executive for the AMS/GSS insurance plan provided through StudentCare — which currently costs students $232.49 per year — Lakhiyalov works to monitor and evaluate usage of the plan in order to balance utility and affordability for its over 40,000 subscribers.

But if the AMS is to fill the most important gaps, it has to navigate the troubles of insuring a massive population, maximizing student money and avoiding an insurance gaffe that could endanger students' lives. Recently, the University of Victoria Student Society changed their own plan, which resulted in a drastic reduction in the number of prescription drugs covered under the plan and excluded a $250,000 per year medication that one student takes to manage her cystic fibrosis.

"I'd like to see it expand in terms of yes, the number of services and the number of in-network practitioners, that would be awesome, but at the same time I do want to keep it as affordable as possible for students because I think that's really the key here," said Lakhiyalov.

Included in the plan as it stands is coverage for prescription drugs (up to 80 per cent of cost), psychology services ($300 per policy year) and substantial vision and dental care coverage, among other partially-covered services such as physiotherapy and chiropractor work. According to Lakhiyalov, the plan sees strong utility from students, but the AMS is certainly looking to improve it in

'Through the cracks'

RIS

areas where supply for coverage doesn't meet demand.

"We don't want to cross boundaries where the health plan becomes less affordable for students and it's ery hard to actually get access to it. So it's like we're aying in a balanced medium."

MAKING DO

In recent utility reports, Lakhiyalov noted that the coverage for psychology and counselling services is often maxed out.

"One of the real focuses that I want the plan shift towards is that mental health support etwork," said Lakhiyalov. "We need to start — while aintaining the benefits it already has — gearing it ore towards the mental health stream."

He noted that this goal could be achieved through ew services offered such as the 24/7 counselling otline Empower Me, or by increasing the $300 nit on psychology claims. With the average market te for psychology running around $120 per hour, e benefit currently covers just over two sessions of ivate counselling.

According to Dr. Marna Nelson — director of UBC HS — the wait for a non-emergency appointment ith a SHS psychiatrist or psychologist is now "down one to two months."

"We have contracted to have services from two lditional psychiatrists, one who was full time in e last six months, and we have another who was on ave who is now back. So we have substantially more sychiatry appointments than a year ago," said Nelson.

Still, UBC students continue to raise concerns out the length of the wait for psychology and unselling appointments. According to the 2017 cademic Experience Survey (AES) conducted by e AMS, only 27 per cent of undergraduate students ve accessed help from SHS, with only 10 per nt claiming that it "helped significantly." Of the per cent of undergraduates who have used UBC unselling Services, only 4 per cent claimed that it d a significant impact on their mental health.

Huang — who was assigned a psychiatrist rough UBC SHS and then had her request to ange psychiatrists denied after she felt they d not "click" — feels that the lack of consistent and immediate care available for mental health support shows a gap in the mindset of SHS in general.

"[SHS are] more equipped to deal with topical issues, like anxiety or depression, so it's very basic mental health support. I don't feel like they were able to help me with more complicated issues," said Huang, who has now paid for her mental health support out of pocket into the tens of thousands of dollars since beginning at UBC in 2004.

"They're definitely not there for long term support, they made that clear."

Morgan echoed Lahkiyalov's concern for the "shameful omission" of public mental health coverage, noting that it is one of the areas that is difficult to approach from a policy perspective because there is no regulatory body for all types of mental health care providers in BC or Canada.

"People make do. People who have some sort of mental health coverage maybe through the AMS or maybe through their parents' workplace, might find they can get a limited amount of counselling sessions, but that's another area of our healthcare system where there's definitely room to improve," said Morgan.

LEARNING TO COPE

As SHS continues to offer a broad range of youth-specific health services — from dermatology to contraceptive services to sports medicine — students' varied health concerns persist, especially for those with chronic health issues.

Gabi Rosu is a second-year combined science major who lives with Crohn's disease, which causes her extreme abdominal pain, bleeding and excessive washroom use. While she has had positive experiences with SHS and Access & Diversity, Rosu is concerned that physical illness and chronic conditions in general aren't discussed enough.

"People just push off physical illness to the side like it's nothing ... and it's hard to be a university student with such a severe level of Crohn's," said Rosu in a previous interview with *The Ubyssey*.

Nelson, who finds it "very rewarding" to help students with chronic health conditions thrive at UBC, reiterated that SHS is focused on keeping students healthy so they are able to do well in their studies.

"Ideally, if you are in good physical and mental health, that increases your chance of doing well."

Concerns from "unique" students like Rosu and Huang, however, also illustrate a common misconception surrounding healthcare concerns — that university students are healthy to begin with.

"We tend to think, 'well, lack of coverage for services for young adults is not that big of a deal because they don't need it on average,'" said Morgan.

"As a consequence ... you can kind of brush aside the whole demographic because of their average health but in fact what's happening is you're ignoring the particular needs of small populations."

With these concerns and the Okanagan Charter for Health Promoting Universities and Colleges in mind, UBC has moved forward on its Student Wellbeing Strategy with the launch of the Student Wellbeing Promotion Unit (SWPU), which will focus on making students aware of resources available to them on campus and training faculty and staff to incorporate wellbeing practices into their own work.

"This new unit is an expanded effort that the university has undertaken toward health promotion and education," said Patty Hambler, director of the SWPU. "We work both on proactive approaches [and] we also work responsively with faculties in the sense that they require consultation or coordinated support for students."

In the broader discussion of health in a university's student population, Hambler emphasized that her goal is to support students in learning the skills to take care of themselves, too.

"We can consider university as a rehearsal space for life — there are daily stressors that you experience as a student and part of being a university student is learning how to cope with those daily stressors," said Hambler.

"[And] we do recognize that student well-being is multifaceted."

However, both Nelson and Hambler largely discussed maintaining student health only to the point that these students are able to graduate.

"Our family physician team and our psychiatry team as well have been encouraged by the number of students we have been able to help cope and graduate in a timely manner," said Nelson.

SPEAKING THE LANGUAGE

Even for "typical" student health problems, UBC and the AMS face structural, political and financial barriers that make it difficult to fill the gaps between what government and insurers provide, what UBC feels it can do and what individual students need.

"[Canada has] this long history of private and fragmented public programs for everything outside of the hospital [so] we don't speak the language of 'this is just a fundamental human right,'" said Morgan.

Ultimately, it remains difficult to repair the cracks in a fragmented system when the financial and political wills simply aren't there at all levels.

"I think that it can be said that even if this weren't economically sound, it's still the right thing to do."

"Our society continues to stigmatize not only survivors of sexual violence, but we also continually fail to support survivors of all backgrounds."

Photos & Design by Samantha McCabe, Emma Hicks & Natalie Morris

Letter: Sexual assault and mental health support — we can do better

Max Holmes
Contributor

This letter details personal experiences of sexual assault, sexual harassment, suicidal thoughts and suicide attempts. If you need support, please contact Sexual Assault Support Centre, Student Health Services and/or the Wellness Centre.

Three years ago, when I was 16 years old, I was sexually assaulted in a dorm room by a male classmate. I said no, I pushed back, I froze, I gave up, and he raped me. Afterwards, I had bruises and internal injuries that plagued me for weeks, and my life was forever changed.

After my assault, I realized what it was like to live in a society that still stigmatizes and fails to support survivors of sexual violence and people who face mental health issues — and that needs to change.

This is a reality many survivors must face but which no one can truly understand until becoming a survivor.

To speak about when you were sexually assaulted is one of the most difficult things that a survivor can go through. As a male-identified person, I have come to realize that people will question your sexuality, your "manliness" and why you couldn't fight off your attacker — as if being sexually assaulted isn't enough, you try reaching out for a helping hand and nobody's there.

Our society continues to stigmatize not only survivors of sexual violence, but we also continually fail to support survivors of all backgrounds. There is no template to being a survivor because anyone can face sexual violence.

At UBC our conversations typically surround how we can support women and how we can educate men. In many conversations it is assumed that survivors are women and assailants are men. We must also recognize that this dichotomy especially hurts anyone who is non-binary and that we still don't face the problem that we treat victims of different races with different levels of importance.

Even the most senior administrators who work on these issues make assumptions about who can be a survivor. A university administrator told me that they thought I'd be a good addition to a conversation surrounding sexual violence because I, as a male student, could speak up for respondents — those accused of sexual violence under UBC's sexual assault policy (Policy 131). As a senior university administrator who has worked with the AMS before, they know it is my job to advocate for all students, survivors and respondents, but they assumed that as a male student I would be a "great addition" for respondents. They never assumed I could have been sexually assaulted — they had a template of what a survivor was and I didn't fit it.

Being sexually assaulted has left me with lasting scars on my life. I am someone who will always have to overcome trust issues with any romantic relationship I try to have with a man. I am someone who has tried committing suicide. I am someone who can lose my breath and have panic attacks. I am someone who has often felt powerless despite knowing better. I am someone who has devalued themselves due to an assault I had no control over. I am someone who could not face my assault and previously even denied that I was ever assaulted. I am someone who struggles everyday to tackle these challenges and more within my life.

Survivors can experience immense struggles that aren't completely visible to those around them, but that they experience nonetheless.

After a couple of years trying to bury my emotions, I tried committing suicide during my first year at UBC. I failed — and I am thankful that life gave me another chance.

It has now been over a year since my suicide attempt and I was lucky enough to be saved by my friends and by my work. My friends, often my current and past co-workers, have been there for me and have helped me out when no one else would. My work at the AMS gave me a support system and purpose in my life where I had failed to find one, when I was ready to give up.

I have been lucky to be surrounded by those who love and support me. However, our community still has a long way to go when it comes to supporting survivors of sexual violence. Recently, I had to work with someone who not only made me feel uncomfortable about my own sexuality but whose inappropriate comments reminded me of my attacker when I saw them. At the time, as a survivor, I wasn't able to speak up as much as I wish I could have and I realize that they could never know the impact their words had on me.

To be powerless again reminded me too much about how I didn't have the power to stop the man who assaulted me. This is a reality that is faced too often and by too many, within our community and beyond.

One issue that is faced too often at UBC is what we say. We go to one of the top universities in Canada and the world, yet so many of us still don't know how to talk about mental health or sexual violence respectfully.

Rape isn't a joke, sexual harassment isn't a joke, depression isn't a joke, suicide isn't a joke — anything that hurts someone isn't a joke. It doesn't take years to learn how to speak respectfully about mental health and sexual violence, all it takes is a little effort that all of us should be willing to put forward. We are all of course going to make mistakes along the way — I know that I have — but what what matters is that we continue to improve our dialogue and knowledge on these issues.

Another issue is our failure to promote all resources available to survivors. It is well known after the passing of Policy 131, during different orientations and trainings, that there was a failure to advertise all options available to those who experience sexual violence. People were only informed of the new Sexual Violence Prevention and Response Office, an office that did not have a full staff at the time it was being advertised. People were not told of the AMS Sexual Assault Support Center or any other third-party resources available to survivors. We shouldn't care where survivors of sexual violence get support, we should care that all survivors know the support resources available to them.

At UBC we tackle so many different problems — we should never be afraid to work as a community to tackle the issues of sexual violence and mental health. As an entire community, we need to not be held back by a lack of resources, a lack of initiative, or a lack of responsibility to tackle these issues. We must recognize that we need to do everything we can to tackle the issues surrounding mental health and sexual violence. We need to build a community that doesn't care about the stigmas surrounding sexual violence and mental health. We need to send a signal that as students, instructors, administrators and staff we are here to support each other when we fall. We need to build and support a better community at our university.

It has taken me three years to begin to heal and talk about my sexual assault and the events that have transpired since. No survivor should have to remain silent because they are alone. No survivor should have to remain silent out of a fear that they will be stigmatized. To be sexually assaulted is more than painful and a survivor should not have to experience more rejection and pain from our society due to their assault. I remained silent for so long because I couldn't come to terms with my own assault without support and without knowing those around me would be able to support me.

If you are a survivor, please know that you are not to blame and that you are not alone. Even if not everyone is going to help you, there are wonderful people willing to support survivors everywhere. People who won't make you feel worse but people who will listen, support and be there for you. If you don't have anyone in your life who can do that for you there are so many support resources for when you are ready. There is no one way to move forward from being sexually assaulted. Don't let anyone pressure you about how you recover.

If you are someone struggling with mental health issues, please know that there are people who want to listen. Be sure to take your time and know that no one is rushing you to feel better — or if they are, they shouldn't be. You are not weak, you are not crazy, you are not a burden and you are not alone in feeling the way you do. You never need to do anything that makes you feel uncomfortable. Know that no matter how long you take there will always be people who are ready to help and listen.

No matter how you may be struggling or how you decide to recover and heal I hope that you do take care of yourself and find people to help support you.

I hope that as a university we can foster an environment where we support every member of our community. We are all going to fall down at some point in our lives, but what matters is that we all have someone to help pick us up.

Max Holmes is a second-year arts student, AMS VP Academic and University Affairs and a student member of the UBC Vancouver Senate. All opinions expressed in this article are his own.

WAR //

E-Week Pranks: All of the 'E's on the Sauder sign have been stolen

Joshua Azizi
Senior Staff Writer

The Sauder School of Business sign that adorns the front of the Henry Angus building has received a little makeover, courtesy of the engineers.

All of the 'E's from the sign have been removed — it now spells "UBC Saud r School of Busin ss" and "Rob rt H . L Graduat School."

Now, there's actually no hard proof that it was the engineers who did this. But considering how it was specifically the letter 'E' that was stolen and that the theft occurred during E-Week, it's pretty easy to connect the dots.

It now spells "UBC Saud r School of Busin ss" and "Rob rt H . L Graduat School." r/UBC

[-] OsmanTheMan Engineering 47 points 2 days ago
Careful lads the sauder students are going to try and steal the cairn now for revenge
permalink embed save report give gold reply

[-] Thoughtulism 49 points 2 days ago
steal
buy
permalink embed save parent report give gold reply

[-] buddywater Finance 35 points 1 day ago
Acquire
permalink embed save parent report give gold reply

[-] CyberneticTitan Engineering Physics 19 points 1 day ago
Takeover
permalink embed save parent report give gold reply

[-] Kinost Political Science 15 points 1 day ago
Steal
permalink embed save parent report give gold reply

[-] Jbeerrito 6 points 1 day ago
Finesse
permalink embed save parent report give gold reply

r/UBC

On r/UBC, a computer engineering student wrote "We neither confirm nor deny any connection to any such missing 'E's." Other posters joked that this means Sauder students are now going to steal/buy/"acquire" the beloved engineering Cairn in revenge.

By engineering prank standards, however, this prank is pretty small stuff. In the past, the engineers have put a Volkswagen Beetle on top of the clock tower, dangled another Volkswagen Beetle off of the Golden Gate Bridge and dumped a heavily-graffitied pickup truck with flat tires in the middle of the Buchanan fountain. Did they not have a spare car to terrorize this time around?

Whatever the case, this prank is good but small-scale. Let's see if they can put a green Volkswagen Beetle on the roof of the Sauder building by the end of the school year — now that would be a hoot.

WAR 2.0 //

Arts students kick 'E-Week' up a notch, join engineers in pranking Sauder

Joshua Azizi
Senior Staff Writer

After the engineers stole the 'E's off of the Sauder School of Business sign in front of the Henry Angus Building, the arts students decided to kick things up a notch.

Through rearranging some letters, the sign now spells "UBC Arts School of Busin ss" which keeps intact the engineers' original prank.

UBC arts students aren't particularly known for pranks — we're too busy working at Starbucks, of course — but it was the middle of Arts week, which was essentially a better time than ever for them to cause mischief. It's also pretty great how the sign looks even more dilapidated than in its previous incarnation. As one Redditor wrote, "[t]hose letters are literally taped on to the sign."

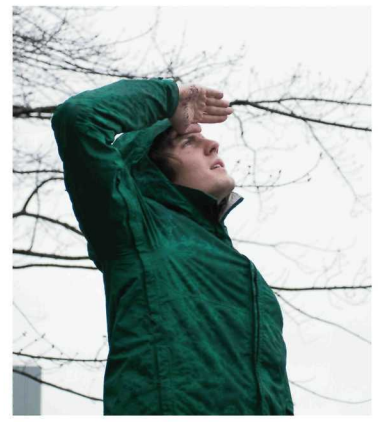
So what will happen next? Will LFS students go full-on nihilist and remove everything? Or will some SFU student who is still angry about the meme war staple a "SFU Beedie School of Business" sign onto it?

Let's find out.

The sign now spells "UBC Arts School of Busin ss." r/UBC

GREY SKIES //

99 things to do at UBC: I'm ready to yell at Mother Nature for all this rain


99 things to do in the rain. ZUBAIR HIRJI

Tristan Wheeler
Senior Staff Writer

#71 FORGET WHAT THE SUN LOOKS LIKE AFTER A MONTH OF RAIN

As a son, I had a special kinship with that orb in the sky, up until the moment I realized the difference between "son" and "sun."

Growing up, the sun was my go-to source of heat and fun, and I hoped that would continue well into my university career — but I hoped wrong.

September is always great; it's essentially still summer. I would be remiss if I didn't mention all the times I came to class wearing board shorts and a wetsuit in those sunny, halcyon days. But as classes drag on, the sun slowly slips from our collective consciousness like last year's viral phenomenon.

Pictures of sunny climates seem as if they're from demented sci-fi movies and our main source of heat is from second-hand space heaters. The sun becomes a fixture of legend — people start to think that maybe there is no sun and we actually orbit around a raincloud.

There's a very grim moment in early January where the word "sun" conjures no image at all. You look at the sky and see nothing but grey. Is that the sun? I gazed into a puddle and saw my muddy reflection. Is that the sun? What even is... a sun?

#72 BREAK DOWN IN TEARS WHEN YOU FINALLY SEE THE SUN

But then for a brief moment, the sky opened. Rays of what people called "sunshine" hit my face.

Oh yes, this is the sun.

Its warmth was hitting my face for the first time in over a month. Tears welled up in my eyes as memories flooded my brain. I remembered everything — summer picnics with my parents as a child and all the times they pushed me off my bike.

For the first time in months water that wasn't rain ran down my face. As I stood smiling and staring into the sun, I revelled in its warmth. Forty seconds later, the clouds swallowed it up again, erasing every trace of the great warm orb.

You can find me posted up in my puddle of tears and rain.

RELATIONSHIP SCIENCE //

Study: Smell your partner's borrowed hoodie for stress relief

Alison Knill
Contributor

"This suggests that people are tapping into a support network that they have associated with their partner..." LAURIE HULSEY/FLICKR

Throughout daily life, people will experience stress from a difficult commute to an impending deadline. While some may turn to a hot bath and a glass of wine to relax, researchers at UBC have found that exposure to a romantic partner's scent can help reduce stress.

Marlise Hofer, a social psychology graduate student and the lead author, conducted the study in Dr. Frances Chen's Social Health Lab. The study examined the effect of scent on females' stress responses using t-shirts.

To get the scent of a stranger or romantic partner, males wore the shirt for a period of 24 hours while foregoing deodorant and using unscented soap, shampoo and laundry detergent. Males were also given instructions to avoid certain foods, such as garlic and onions, to obtain their natural scent. The scent was then preserved by keeping the shirt at -30 degrees.

Once the scent was collected, the females were given ovulation strips and were scheduled for a lab visit when they reached the luteal phase of their menstrual cycle. The phase was chosen by the researchers because females have been shown to have the largest measurable response to stress during that time.

At the lab, females were randomly assigned to smell an unidentified t-shirt either worn by their romantic partner or a stranger, or a shirt that was not worn at all before completing the Trier Social Stress Test (TSST).

The TSST is frequently used to induce stress in an individual — it uses a mock interview and a surprise mental arithmetic task.

Stress levels as a result of anticipation, peak stress and recovery after the TSST were all collected throughout the scheduled time. Measurements of stress were obtained through self-reported, perceived psychological stress and cortisol levels using saliva samples.

The study found that females who smelled their romantic partner's shirt experienced a lower anticipatory perceived stress compared to those who smelled a stranger's shirt and a lower recovery phase stress compared to both stranger and unworn shirt conditions.

Results examining cortisol levels throughout the test showed that females who smelled a stranger's scent had higher levels of cortisol during anticipatory, peak and recovery stress phases compared to those who smelled their partner's scent.

"Generally, this suggests that people are tapping into a support network that they have associated with their partner and that this is having a calming influence on them and leading them to have lower stress reactions in stressful situations," said Hofer.

Previous research has been conducted to examine the role of smell in a committed relationship, particularly during times apart. The study found that both men and women will report intentionally smelling their partners clothing during separation and doing so gives them a level of happiness, comfort and security. Another study examined whether humans can smell genetic similarity and found that males prefer the scent of females who are more genetically different from themselves.

While there has been past research looking at how smell plays a role in relationships, none of them have looked at the impact on stress levels before Hofer's. Taken together, past and current research demonstrate that smell can impact how people choose their partner as well as how secure and connected they feel with them.

University is a stressful transition period, so having a support network is important. Having a partner there during overwhelming times can be helpful, but the findings of the study suggest that even those in long-distance relationships can still benefit.

"The major takeaway message is, for people in their day to day lives, they potentially could expose themselves to the scent of their partner by wearing their sweatshirt or a scarf and that might help when you're separated," said Hofer.

Whenever you're feeling stressed, reach out, grab your partner's borrowed hoodie and take a deep breath. It'll help more than you might think.

SPACE //

Don't hang around a dying main sequence star

Very large main sequence stars can quite literally go out with a bang. FILE LUA PRESIDIO

Kristine Ho
Contributor

On this vast Earth, your favourite spot to hang out might be around The Boulevard or The Pit. Your favourite spot to hang out outside of Earth, however, probably shouldn't be around a dying main sequence star — unless you want to risk a very tragic end.

Main sequence stars, the most common type of stars, exist thanks to a process that takes place in their interiors known as nuclear fusion, in which hydrogen atoms fuse together to create helium atoms. The energy produced through this process not only results in a star's luminosity, which we perceive as lights in the night sky, but also creates a pressure that prevents stars from collapsing under their own weight.

Unfortunately, stars only have a limited supply of hydrogen, which serves as their fuel and determines their lifespans. Although bigger stars have larger hydrogen reserves than smaller stars, they usually die faster because they convert their hydrogen at a much faster rate.

Once a star's hydrogen supply is depleted, it no longer has the energy to support itself or counter the gravitational force that encourages it to collapse. The core of the star then begins to collapse on itself, and becomes much hotter.

Eventually, larger and cooler stars called red giants are formed when the star's core pushes the outer layers of the star until the star expands and cools. Unable to sustain itself, the star's nuclear core becomes increasingly unstable until the star ends up pulsating and pushing away its outer layers, resulting in a cloud of gas and dust. The final fate of the star, however, depends on the size of its core.

For smaller, typical stars such as our sun, the star will continue to eject its outer layers until its stellar core is exposed. Called white dwarfs, these dead stellar cores exist without collapsing due to the pressure of their quickly moving electrons. They lack a source of energy production and are extremely dim as a result, eventually fading away to nothing as they cool down.

If white dwarfs are in close proximity to a neighbouring star, its gravity can attract matter from the outer layers of that nearby star into its surface layer. Most of this matter is hydrogen, and when a sufficient amount of hydrogen has built up on its surface, a nuclear fusion explosion — called a nova — occurs.

Very large main sequence stars can quite literally go out with a bang in a phenomenon called a supernova. Unlike a nova, where only the star's surface explodes, a supernova occurs when a stellar core collapses and then explodes.

If a supernova's collapsing stellar core is a certain size, the collapse will continue until tiny particles called electrons and protons merge to create neutrons. The result is an extremely dense neutron star, which emits powerful beams of radiation from its magnetic field.

If a supernova's stellar core is big enough, it will collapse completely to form an infamous black hole. With infinite density, black holes exert enough gravity that everything in its surrounding, even light, is swallowed by it.

In time, the leftover remnants of supernovae and novae mix with the surrounding interstellar gas and dust. The heavy elements and chemicals deposited by star deaths are then recycled to be used for the next generation of stars.

So if a main sequence star starts its dying process around you, imploding in on itself and getting impossibly hotter, just #unfollowhim and get outta there.

Kristine Ho is a third-year student studying English literature and psychology who enjoys hiking.

NAMES TO NOTE //

Family comes first as Shephard siblings reunite at UBC

Moira Wyton
Features Editor

Basketball and volleyball fans at UBC might be confused by seeing "Shephard" on two different roster sheets this season, but for siblings and T-Birds Danae and Grant Shephard, sharing a competitive circle has been part of their lives since they were kids.

A first-year arts student and member of the men's basketball team, Grant started at UBC the same year his older sister, Danae, transferred into her fourth year from Capilano University to play volleyball.

"UBC is the stronger program, it offered better academic potential," said Danae, who chose UBC over offers from Dalhousie and Thompson Rivers University. Now at UBC, she's also been pleasantly surprised by the team dynamic.

"I think [head coach] Doug [Reimer] recruits really nice people, not just good players. I'd say we're all pretty like-minded and pretty focused on like our classes and just building good relationships and being good at our sport."

Grant, who was recruited by UBC and turned down offers from other university programs including NCAA Division 1 schools, is also excited to be back on familiar turf. He played most of his career in Kelowna, where the Shephards grew up, before spending his final year of high school playing in Florida at Montverde Academy, a private preparatory school.

"I really like my team because I ... have known most of them for a couple of years already, I played with three or four of them on different teams in high school, and then I've known the coaches for a couple of years," said Grant. "They've been recruiting me since about grade 10, so it's just a well-known place for me."

While UBC offered both siblings plenty of opportunities to grow as students and athletes, they agree that family was also a massive deciding factor in their school choice.

Siblings Danae and Grant Shephard stand tall at 6'2" and 6'10" respectively. ELIZABETH WANG

"I thought Vancouver in general would be a better fit for me because my family and my friends were all here and I had made connections at Capilano already," said Danae.

"A lot of family lives around here so they can come watch our games, so that's probably one of the bigger reasons why I chose here instead of a school in the States," added Grant, who made his decision after his sister accepted her offer.

"Even if she weren't here, I definitely would have chosen UBC, but it's definitely a big plus that she's here."

As Grant begins his first year of university and Danae moves into her fourth, both appreciate having family around to support them — especially when academics, sport and sleep seem to always be fighting for time.

"I feel a lot more relaxed though now because I'm better at time management now that I am a fourth-year," said Danae, who takes a full course load in the natural resource conservation program in addition to practicing with the team. "It's pretty much the same as everyone else, but I'm just in a sport, so that's taking like two more or three more courses."

Grant, who stands at 6'10", is under particular scrutiny as current veteran and star forward Conor Morgan is in his final year of eligibility — leaving space for someone to move in on UBC's starting lineup.

Danae credits their athletic goals to their parents' own commitment to athletics and steadfast refusal to let her or her brother quit anything even when "[they] just want to sleep."

"Our parents were good at not letting us quit something that we had started. They made sure that we stuck with things and like actually tried our best," said Danae, recalling a time she had a "total temper tantrum" over going to karate and her parents still made her go. "That's something I think we've probably carried into our lives now."

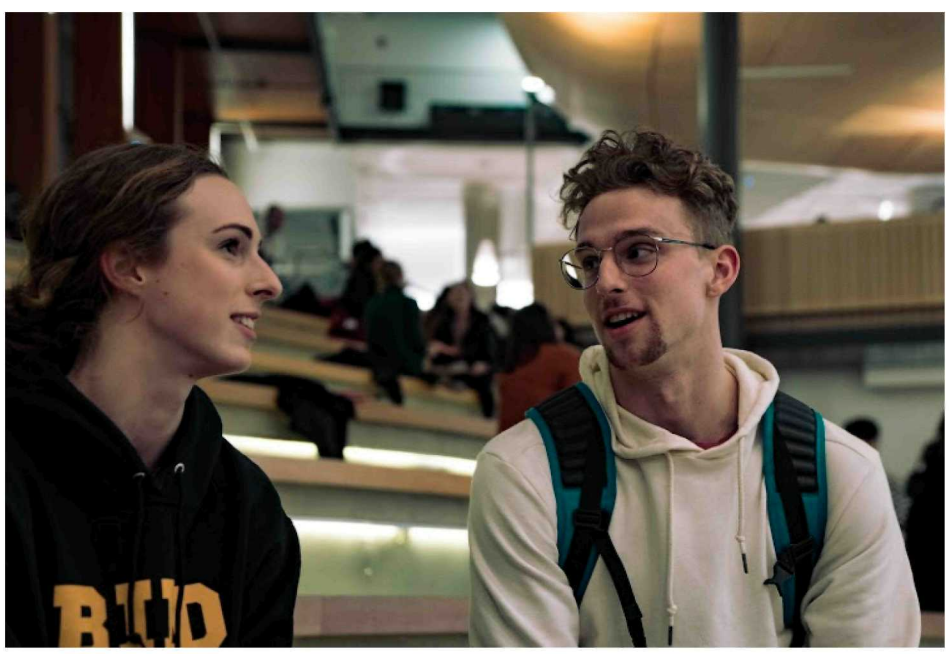
And even though the siblings are still competitive — family bike rides often turn into races between the two in seconds — they're also each other's biggest supporters when it comes to athletics.

"We just kind of encouraged each other because we play different sports," said Grant. "But if it's a game or something like that — any other game not even involving sports — then we'll be really competitive."

Ultimately, the two are happy to see more of their family — their "biggest fans" — and of each other as they transition to life at UBC.

"Being here just feels like home," said Grant.

Danae plays for the women's volleyball team, while Grant is a men's basketball rookie. ELIZABETH WANG


Grant is in first-year arts, while Danae is in the natural resource conservation program. ELIZABETH WANG

MEN'S HOCKEY //

'Birds fly into playoffs with solid weekend performance against Saskatchewan

Liam Fisher
Contributor

Playoffs, baby.

Canada West's current team to beat — UBC men's hockey — gave the Saskatchewan Huskies their first consecutive losses of the season with a 3-1 win on Saturday, continuing their now six-game win streak. The win follows a huge 5-1 conquest on Friday night, which boosted UBC into a playoff spot.

"I don't want to use any clichés but ... I feel collectively everyone has elevated their play to a man," UBC head coach Sven Butenschon said of his team's performance following Saturday's game.

Butenschon also noted the solid game from goaltender Rylan Toth, who earned his first Canada West win — made even more special coming against his hometown.

"He's a really good guy; he's had some tough luck this year but we always knew he had it in him. When [Matt Hewitt], your fifth-year guy, is on a roll [you've] just got to wait your turn. He's a real relaxing presence back there and you know, as a coach, I like it and I'm sure the players do too."

For Toth, the game was an easy one to get hyped up for. "Yeah, it was easy to get up for games like these, especially against your hometown team," he said.

The Huskies outpaced and outshot UBC early, leading to the only goal of the first period eight minutes in as Josh Roach cut the crease which led to a rebound put away by MacKenzie Johnston.

The T-birds picked it up though, as passing plays caught Saskatchewan defenders out of position creating back-to-back slashing penalties. UBC ended up outshooting their opponents 11-10 by the end of the first frame, including a shot at the buzzer that hit the crossbar at a peculiar angle.

A great start to the second for UBC saw Riley Guenther find himself in the slot to put in their first goal. Physicality ramped up through much of the period as each team took a couple of bad penalties. But, the T-Birds pushed through and controlled much of the play in the second, outshooting the Huskies 25-19. On the few chances UBC did give up, Toth stayed strong through a couple key saves that allowed for a 1-1 tie going into the third.

A penalty-laden third allowed for UBC's second goal on a bomb from the point by Jerret Smith. Eight penalties in all slowed the pace of play down significantly, which was just fine for UBC as it allowed them to cruise to another win as Chase Clayton sealed the game, scoring an empty-netter with two seconds remaining.

With the points this weekend, UBC have clinched a playoff spot and are in good position to host a first round playoff series, although Butenschon remained even keeled on the topic.

"Last year we were pretty ecstatic when we clinched [the playout slot]. This year, I think we are so focused on the process and getting better every day that we're not even looking at the big picture," he said. "[We have] a business-like mentality right now ... [the players just] want to come in and work hard and be better than they were yesterday."

UBC will seek to continue their win streak next weekend as they go to Calgary to play the Mount Royal Cougars.

The T-Birds celebrate post-game on Friday. LUCY FOX

Fixtures

Sport	Home	Score	Away
Friday, January 26			
Hockey (W)	Saskatchewan	2-0	UBC
Basketball (W)	UBCO	55-82	UBC
Volleyball (W)	UBC	3-2	Brandon
Hockey (M)	UBC	5-1	Saskatchewan
Volleyball (M)	UBC	3-1	Brandon
Basketball (M)	UBCO	47-73	UBC
Saturday, January 27			
Rugby (M)	UBC	22-20	Victoria
Hockey (M)	UBC	3-1	Saskatchewan
Volleyball (W)	UBC	1-3	Brandon
Basketball (W)	UBCO	48-66	UBC
Hockey (W)	Saskatchewan	2-1	UBC
Volleyball (M)	UBC	3-0	Brandon
Basketball (M)	UBCO	63-84	UBC

Other Results to Note

Men's rugby claimed the Wightman Boot for the fifth straight year after defeating Victoria 22-20.

UBC teams that have clinched a playoff spot in Canada West: men's and women's hockey, men's and women's basketball, and men's and women's volleyball.

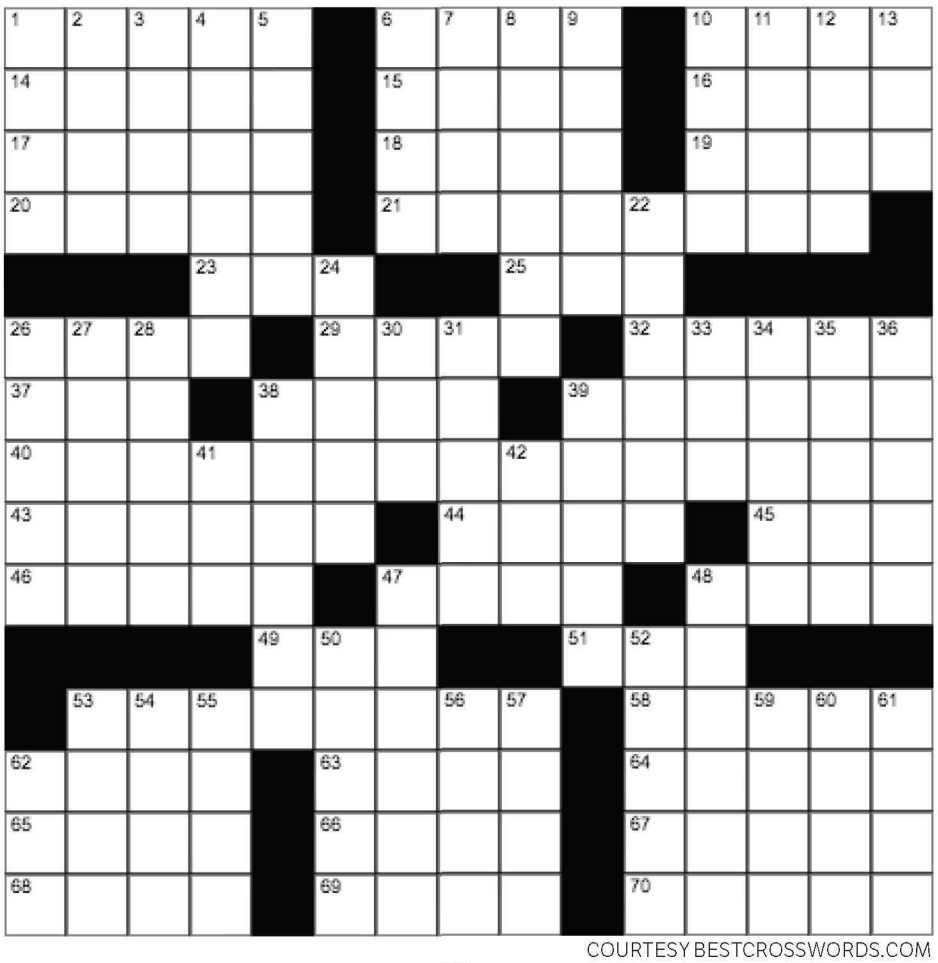
THUNDERBIRDS //

T-BIRDS 5-ON-5

OLYMPIC AFICIONADOS

by Novera Sayed
photos courtesy UBC Athletics

	KATIE CLARKE	MARGARET PHAM	NATALIE HOPE	KATHERINE LUCAS	ARIELLE SADAKA
	Rowing	Field Hockey	Field Hockey	Track and Field	Track and Field
1. What sport have you binge-watched for the Winter Olympics?	I have watched countless hours of ski racing, freestyle skiing and bobsled. During the Summer Olympics, I love to watch track and field.	I usually binge watch the Canadian ice hockey games because they are typically really exciting. However, I am a big fan of [ice dancers]Tessa Virtue and Scott Moir.	I always binge watch the Canadian ice hockey games. But, I have also ... watched sports such as alpine skiing, speed skating, and sometimes curling or figure skating.	If I had to pick a favourite I would say figure skating or freestyle skiing — I love watching all the tricks.	I'll watch any sport where Canada is represented. I especially like watching freestyle skiing, hockey and speed skating.
2. What winter sport do you wish you were Olympic-level at?	I wish I was at the Olympic level for ski racing. I dream of one day representing Canada for rowing.	I wish I could play Olympic level ice hockey. Before playing field hockey, I played ice hockey for many years as a kid and I really enjoyed it.	I wish I was an Olympic-level ice hockey player.	Definitely figure skating, I would love to be able to do all those spins and jumps in the air.	I'd love to be good at ski jumping!
3. Which live events have you stated up late/ woken up early to watch, if any?	In 2014, I got up at 3:30 a.m. to watch my cousin, Justin Dorey, compete in the halfpipe.	I've definitely stayed up to watch the ice hockey finals.... I also really enjoy watching snowboard cross... as well as any freestyle skiing events.	I have always stayed up late to watch the opening ceremonies for the Olympic Games.... I have stayed up to watch gold medal matches in some of the sports that I binge watch.	Really whatever event is on! During the Olympics I try to watch as much as I can and get in the spirit.	Although this isn't directly answering the question, one of the most memorable experiences I had while watching the Winter Olympics live was during the women's gold medal hockey game in Sochi.
4. Which sport do you think should be recognized by the Olympics this year?	I'd like to see ice climbing recognized as an Olympic sport.	One sport I think should be recognized more by the Olympics this year is cross-country skiing.	The sport I would like to be recognized by the Olympics would be ringette.	Synchronized skiing, I think that would be super entertaining.	In the '88 and '92 Winter Olympics, they had ski ballet as a demonstration sport ... I think it's time for ski ballet to make a comeback.
5. Which country has impressed you the most with their team gear in the last few Olympics?	The Norwegian curling team always impresses me with their crazy pants.	I might be a bit biased but I have always loved the Canadian team gear. The colours aren't too flashy and the athletes always look professional.	The team that has impressed me with team gear will always be Canada, as I have always loved our team wear.	Canada, of course! It has been my dream to make a national team so I am always eyeing the gear.	Canada (in my extremely unbiased opinion).



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CROSSWORD PUZZLE

ACROSS

1- Grassy plain;
6- Mother of Ares;
10- Goes out with;
14- Pianist Claudio;
15- That's ___ haven't heard;
16- Catch a view of;
17- Hagar the Horrible's dog;
18- Vintner's prefix;
19- Reclined;
20- Surfer wannabe;
21- Highly productive;
23- Pea holder;
25- Finish first;
26- Impetuous;
29- Brio;
32- March man;
37- Turkish honorific;
38- Envelope part;
39- Breadwinner;
40- In spite of;
43- Richards of "Jurassic Park";
44- Scots Gaelic;
45- Buckeyes' sch.;
46- Country singer Tucker;
47- ..._____ forgive our debtors;
48- Dagger;
49- Cut (off);
51- Summer hrs.;
53- Undated;
58- Cut;
62- Actress Ward;
63- Mischief-makers;
64- Bellowing;
65- Cauterize;
66- Futile;
67- Hotelier Helmsley;
68- Stumble;
69- Tolkien tree creatures;
70- Item having exchange value;

DOWN

1- Money;
2- Florence's river;
3- TV horse;
4- Flourish made after a signature;
5- Perform better than;
6- Cager's target;
7- Steven Chu's cabinet dept.;
8- Fame;
9- Garlic sauce;
10- Ego;
11- Morales of "NYPD Blue";
12- Large-scale;
13- Thesaurus wd.;
22- Certifiable;
24- 4th letter of the Greek alphabet;
26- Charged;
27- Greek marketplace;
28- Glossy fabric;
30- Well, ___-di-dah!;
31- Church areas;
33- Old California fort;
34- Conjunction;
35- Inward feeling;
36- Bicker;
38- Closing number;
39- Relaxed;
41- Method;
42- Credit-tracking corp.;
47- Tarzan, e.g.;
48- Gazes fixedly;
50- Antipasto morsel;
52- Milan's La ___;
53- Antlered animal;
54- Jai ___;
55- Waterproof cover;
56- Roasting rod;
57- IRS IDs;
59- Outback hoppers;
60- Windmill part;
61- Part of QED;
62- Fast flier;

THE UBYSSEY

We'll miss you next week, but look for our **annual magazine**, hitting the stands on Tuesday!

JANUARY 23RD CROSSWORD ANSWERS:

ANTHONY LABONTE

UBYSSEY
BOARD OF DIRECTORS
NOMINATIONS

Nominations are open and will close February 16, 2018; voting runs March 5-9, 2018. Nomination forms are available at the NEST, Room 2209. This is not an editorial position. Members of The Ubyssey Publications Society Board of Directors are responsible for overseeing the finances and administrative operations of the newspaper. Responsibilities include attending monthly board meetings, tending to business as it arises and overseeing special projects.

Eight students will be elected from the general membership to serve as directors-at-large. Directors shall elect the president at their first meeting following the Annual General Meeting.

For further details please contact *business@ubyssey.ca*.

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