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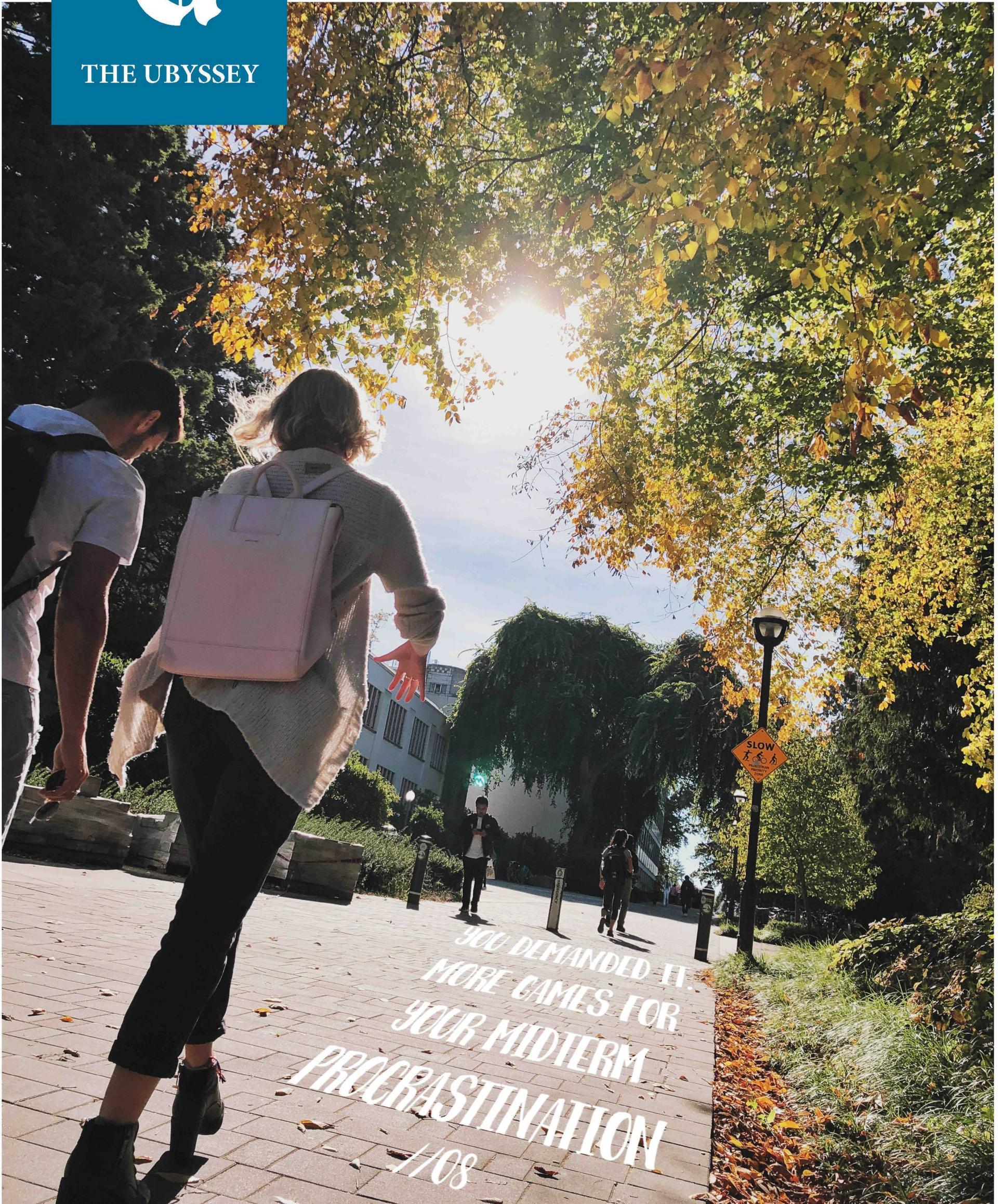
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OCTOBER 23–31

FRIGHT NIGHTS AT PLAYLAND

7 P.M. – 12 A.M. @ THE PNE

Let's get scared, folks! From Wednesday 'til the end of the month, Playland's famous Fright Nights are back! \$35 will get you into the most haunted of houses this spooky szn.



SATURDAY, OCTOBER 26

WHAT WE DO IN THE SHADOWS AT THE RIO

4:15 P.M. @ THE RIO THEATRE

From the minds of Jermaine Clement and Taika Waititi comes a *very real* documentary about New Zealand vampires. The Rio's existence seems to be threatened every few months, so go out and support!

ON THE COVER

COVER BY

Elizabeth Wang

"Fall"



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ubyssey.ca/events

THE UBYSSEY

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OUR CAMPUS

Mental health resource accessibility is the goal for Campus Lightbox



"If we find something interesting, we can develop solutions that would help people in similar situations."

COURTESY PROJECT AURORA

Sonia Pathak
Staff Writer

As more mental health resources establish themselves on campus, Project Aurora is shining a light to make them all a bit more accessible.

Campus Lightbox is a website that consolidates all the on-campus mental health resources available into an interface that students can use to filter through their options and find the resources that best fit their needs.

Campus Lightbox was created by Project Aurora, a student-run mental health initiative that "seeks to dismantle the barriers between campus mental health resources and those who are in need of it."

STARTING OFF

Project Aurora was founded by Bhaskar Yechuri and David Kang in 2017, just after their second year in the department of electrical and computer engineering. At the time, Yechuri and Kang were working through their own share of difficulties regarding mental health. It was also around then that they began to realize how prevalent the issue was amongst their peers.

"We noticed everyone else was in a very difficult spot and that ... a lot of these people could have benefited from going out and seeking help. Only a very, very small subset of those people ever actually did," said Yechuri. "The magnitude of the problem was staggering in the sense that every single person seemed to be struggling with it and no one really knew where or how or when to get that help. The problem is everyone has very busy schedules and actually going out and seeking that help would mean taking time outside of classes."

Once they'd taken a step back from school, with Yechuri on co-op and Kang taking a gap year, they began to realize their experiences were part of a larger issue.

"We started thinking, 'Hey, we have all this free time now. Why don't we see if we can learn a little bit about why this is happening? And maybe if we find something interesting, we can develop solutions that would help people in similar situations ... That'd be amazing,'" said Yechuri.

WHAT'S THE PROBLEM?

But before they could develop solutions, they first had to understand what barriers exist that prevent students from seeking support. To find that answer, Yechuri and Kang began a year-long research phase.

During this phase, they spoke to various mental health organizations on campus, like Student Health Services and the AMS's Speakeasy and Vice, for their perspectives on the issue.

"[We reached out saying] 'We are a couple students who are trying to learn more about the mental health system at UBC and the landscape in the efforts that maybe we can learn something and try to build solutions that bridge some gaps that exist.' So that was enough for all these people to lend us some of their time and talk to us about what they saw," said Yechuri.

Encouraged by the feedback and support they'd received, Yechuri and Kang sent out a student survey to better understand the campus perspective.

"We just wanted a space where people can talk about their experiences, and which resources they reached out to and what helped them the most and things like that," he recalled.

With the help of some of the organizations they'd talked to, Yechuri and Kang promoted the survey with platforms such as Kaleidoscope and the Mental Health Awareness Club. It was through these groups that they were able to get a diverse pool of responses.

"We got way more than we expected. We got about 150 to 160 responses from first year [students] ... all the way to graduate school. And from various faculties, so we had applied science, sciences, arts ... it was a good mix, surprisingly," said Yechuri.

The survey results were telling. When asked to indicate the on-campus mental health resources they knew about, 46 per cent of survey respondents knew of two or fewer resources, with 19 per cent of those respondents having no knowledge of on-campus resources.

"And that's a striking statistic

because on campus we do have a wide diversity of mental health resources. And the fact that the average person only knows two or one or zero is kind of concerning," said Yechuri.

CATALOGUING CAMPUS

Through their research and dialogue with other campus resources, the Project Aurora team realized that consolidation was one of the needs to be addressed for students.

"And the way we know that is because we aren't the only ones who realize this issue. Pretty much every student advising body on campus, every faculty, every department has their own list of these mental resources that they pass out to students who come asking for this kind of stuff," said Yechuri.

"So far the solution has just been to create a list or a PDF or a website with bullet points."

According to Yechuri, the resources are all accessible, but their lack of visibility proved to be a problem.

After brainstorming potential solutions, Yechuri and Kang decided on Campus Lightbox, which "seemed to be the most concrete, tangible and most short-term immediate change we could make," said Yechuri.

With the framework in place, Yechuri and Kang began recruiting for their web development and outreach teams. Slowly but surely, Project Aurora began to expand into a group of students passionate about mental health and wellness. Finally, they successfully launched the first version of Campus Lightbox on May 1, 2019.

But they weren't done yet. According to Yechuri, Campus Lightbox is the first of many phases that Project Aurora plans to implement.

"I think we're going to be doing yet another research phase. It's about time now — it's been two years where we spent building this first thing. Things may have changed," he said.

"So it's time to re-check with the students again and see if the knowledge that we have is still accurate and to make sure that we're not building based on old information." ☺

FAMILIES //

BC government announces \$3 million in funding for new childcare spaces on campus

Myla White
Contributor

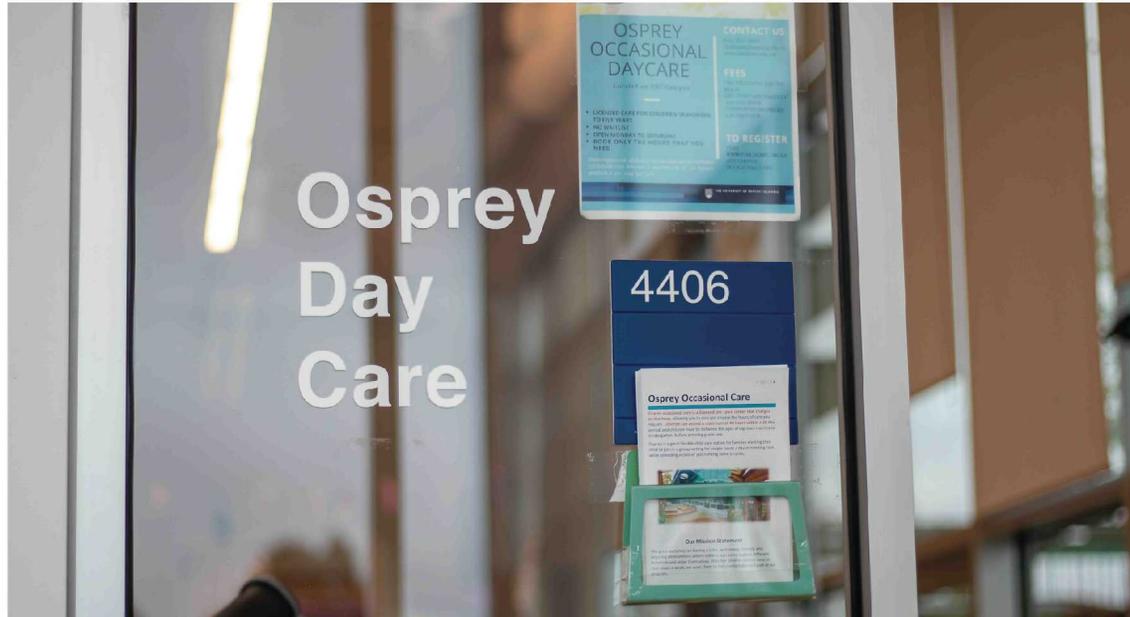
The BC provincial government has announced that it will be investing \$3 million to create 91 new childcare spaces at UBC.

Childcare is one of the highest costing services offered by UBC Student Housing and Hospitality Services (SHHS), as labour accounts for the majority of its operating cost. Childcare for ages zero to three comes at a greater expense due to the higher ratio of caretakers to children within the age group.

“We’re at just about a two-year wait list for families to get their child into an under-three program,” said Andrew Parr, the managing director of SHHS in an interview with *The Ubyyssey*. “And you can imagine that sometimes a child actually ages out of that area before they actually get an offer.”

In a media release Joey Hansen, executive director of the Association of Administrative and Professional Staff (AAPS) at UBC, stated that “a number of our members have had to leave their roles at UBC as they could not find [sic] childcare that accommodated their work and transit time.”

The new spaces will prioritize



Currently, UBC is seeing a trend of older faculty retiring and the recruitment of younger faculty, some with families. ZUBAIR HIRJI

admitting children of UBC students, followed by those of faculty and staff and finally children of the surrounding community. While UBC has committed to 40 per cent of their childcare spaces for students, the lesser demand from students has resulted in their using of approximately 35 per cent of

spaces, with the rest being used by faculty and staff.

Currently, UBC is seeing a trend of older faculty retiring and the recruitment of younger faculty, some with families. According to Parr, a key reason for the investment is that access to affordable and high quality childcare is a “critical piece of

building community and to support recruitment and retention of really great students, faculty and staff.”

Spaces created by the investment will be offered across three new centres in the Acadia Park area and will be available for infants and toddlers, three to five year olds and school-aged children. One has already been opened, and

the final two are scheduled to open in November.

The Childcare BC New Spaces Fund is part of Childcare BC and is targeted to fund the creation of 22,000 new licensed childcare spaces across the province.

As well as providing capital incentives, the BC government also provides fee reduction incentives to childcare providers. This translates to roughly a \$150 to \$300 reduction in fees for guardians per child in UBC childcare services.

There are an estimated 2,869 new housing units planned for UBC neighbourhoods by 2024 and in that time the number of residents living in the area is expected to more than double from 11,000 to 24,000 residents.

“I think this one announcement is going to be great for UBC students and I think it will have a positive but lesser effect for staff,” said Hansen in an interview with *The Ubyyssey*.

“When you hear that UBC childcare is popular with faculty and staff and students, I don’t think it’s just because of location, but because people really understand and appreciate that if you send your kids there, you’re getting first rate childcare.”

TEXTBOOK WOKE //

AMS advocates for open educational resources in Textbook Broke campaign



MAYA RODRIGO-ABDI

According to AMS VP Academic and University Affairs Julia Burnham, the campaign received responses from around 500 students.

Amrita Aggarwal
Contributor

With the beginning of the academic year came another iteration of the AMS’s #TextbookBrokeBC campaign.

Now in its fifth year, #TextbookBrokeBC engages students about the costs of learning materials by asking them how much they spent on textbooks. The campaign is part of the AMS’s larger advocacy efforts for the development of open educational resources (OERs) at UBC.

This year the BC government

committed \$3.26 million towards the development of OERs to help alleviate the financial burden on students.

According to AMS VP Academic and University Affairs Julia Burnham, the campaign received responses from around 500 students.

Typically located in front of the Bookstore, the #TextbookBrokeBC booth was set up in the Nest this year. But location isn’t the only thing that has changed about this year’s campaign. It’s now focusing more on advocacy in addition to raising awareness.

“All our previous campaigns have been about unaffordability of textbooks and their rising costs, but this year more and more students — because of the advocacy that AMS has been able to do every year — already know about the issue and what open education resources are,” said Burnham.

“They are more informed to advocate for themselves and demonstrate to the university that this is what they care about.”

CHAMPIONING PROFESSORS

The AMS campaign has also

expanded its scope to include faculty members.

Burnham noted that OER development is often the result of unpaid and unrecognized labour from faculty members, so the AMS developed a “Shout out an OER Champion” sub-campaign to recognize the work of faculty members who develop OERs for their classrooms.

“This year, we’re celebrating the OER champions, the faculty that have successfully been able to adapt their course content so that the students don’t have to buy expensive textbooks anymore,” she said.

“And by celebrating them, we hope to engage more people with our cause, grow our community and lead a cultural shift.”

While there are some faculty members who have had a positive impact on the campaign, there is still a long way to go before the entire university can become textbook-free.

“Most of the publishers that approach faculty members come up with attractive offers of in-built assessment quizzes and materials so that the already overworked faculty don’t have to worry about another thing,” said Burnham.

To combat this, UBC’s Centre for Teaching, Learning and Technology, the provost office and other members of the campaign are trying to provide the faculty with more support and resources.

The AMS is also drafting an open letter, signed by students to faculty members, about overcoming the stigma associated with voicing financial concerns felt by the students. The letter articulates the different ways OERs

can be used in the classroom and the kind of impact it can have on students’ learning experiences.

It proposes three courses of action for the faculty members to cut textbook costs. First, the faculty members can look into the BC campus repositories and see if any open texts already exist for their disciplines. Second, they could look at creative commons licensing for their own works like journal articles. Third, they can use support available on campus, especially the new OER fund, and apply for OER grants.

Dr. Jonathan Verrett, an instructor at the Chemical and Biological Engineering department (CHBE) has been striving to make open resource education available to all students. With his colleagues at the CHBE, Verrett has developed an online homework system, spanning 13 engineering disciplines, called WeBWorK.

“Other resources cost \$40 per student, so if you multiply that by 1,000 engineering students the costs would start to add up,” said Verrett. “We also ran a survey to gauge students’ response to the platform and found that students preferred WeBWorK to other platforms in terms of ease of use, and enhanced learning.”

Verrett and his colleagues were able to secure \$50,000 from the UBC Teaching and Learning Enhancement funding as well as \$7500 from the BCcampus OER fund.

Ultimately, Burnham hopes that by lessening their financial load, the campaign will help students succeed in and enjoy their studies.

“We’re here for the process of learning and teaching,” she said.

HOME AWAY FROM HOME //

First Nations House of Learning launches Indigenous Student Collegium



FILE ALEX NGUYEN

The space in the Longhouse is available for “self-identified Indigenous [students] only.”

Paige Mayo
Contributor

UBC now has a special collegium that will serve as a home away from home for Indigenous students.

Recently opened in the First Nations Longhouse for the 2019/20 winter session, the Indigenous Student Collegium (ISC) was created in collaboration between the First Nations House of Learning (FNHL) and UBC’s Collegia program.

According to FNHL Director Dr. Margaret Moss, the ISC is distinct in two main ways. First, it is available for “self-identified Indigenous [students from around the world] only” and second, it is available to students of “any level” — whether they’re first years, fifth years or grad students. Both students in residence and commuter students can benefit from the new space.

According to Moss, the ISC replaced the Social Lounge in the Longhouse which previously contained rooms that could be booked.

“They decided to repurpose the space and make it very specific to

student use only,” she said.

There has been a discontinuation of the booking spaces, repainting, new furniture and a “refurbished kitchen with a dishwasher, new counters” and other amenities.

“Collegias are supposed to be a home away from home. We encourage people to take a nap if they want to, or leave their lunch and so forth,” Moss added. “We’re not heavily programming inside their ‘home.’ All the usual activities in the Longhouse will remain with the Longhouse.”

For the time being, Moss is serving as the professor in collegium offering tutoring and academic guidance. She also noted that the space will always be managed by a student collegium advisor as well.

In order for Indigenous students to have a place of their own where “they can feel safe,” members of the ISC can only access the space using a key card.

“It is a locked space and designated for members only. It’s not a space for staff to be in or anybody else,” said Moss.

Generally, collegia have about 250 members, which is thought the optimal number for building community. Moss said that the ISC has not “reached that number yet and they’re waiting to see how that works out before they come to any decisions.”

Overall, she’s pleased with how the space has improved and how the community has responded.

“Before, it was just space and now it’s actual program space to hopefully help increase usage and participation.”

If you are a member of the Indigenous Student Collegium, The Ubyyssey would love to hear about your experience. You can contact our news editors at news@ubyyssey.ca.

CONTRACT FACULTY //

Sessional lecturers face layoffs as English 112 is phased out



SHEREENLEE

“I felt that I had been so focused on helping students during all those years that I had totally forgotten how disposable I was officially.”

Maneevak Bajaj
Staff Writer

As UBC transitions from ENGL 112 as a writing requirement, several sessional lecturers who taught the course will lose their jobs.

The second term of the 2019/20 Winter session will be the last to offer ENGL 112 as UBC plans to completely replace it as an undergraduate writing requirement with WRDS 150, a course in the Arts Studies Research and Writing (ASRW) program. As a result, the sessional lecturers who taught ENGL 112 will no longer be needed.

Although the number of positions instructing WRDS 150 will increase in turn, one sessional lecturer at UBC for ENGL 112 still believes many sessional lecturers like herself will be lost in the transition. She asked to remain anonymous because she does not want to face backlash from her employer, especially while her standing is so precarious.

“When I heard that UBC had decided to get rid of us, it came as a huge shock,” she said. “I felt that I had been so focused on helping students during all those years that I had totally forgotten how disposable I was officially.”

The Ubyyssey corresponded with a number of other English instructors who expressed similar concerns but declined to comment further for the same reasons.

Dr. Stefania Burk, the associate dean, academic of the faculty of arts confirmed to *The Ubyyssey* that ENGL 112 would be completely phased out after the 2019W session.

“The writing studies program [ASRW] will offer enough sections of WRDS 150 to meet student demand,” she said. “Other faculties also offer writing and communications curricula for their students, and the writing studies program will be working with other faculties as they expand to ensure strong coverage and options for both arts and non-arts students.”

“The transition away from ENGL 112 is part of a global consideration of how we

teach writing at UBC,” wrote Associate Dean of Arts, Faculty & Equity, Dr. Gillian Creese in a statement to *The Ubyyssey*. “It is not unusual for Faculties to re-evaluate programs and program requirements.”

According to UBC, such program reevaluations are enough reason to not renew the contracts of sessional lecturers, and it’s one of the few valid reasons provided in the UBC Faculty Association’s (UBCFA) collective agreement.

“The only reasons for non-renewal of appointment of a Sessional Lecturer shall be (a) teaching performance; or (b) lack of funding; or (c) discontinuance or non-scheduling of a course or section of a course; or (d) for just cause as is generally recognized at law,” reads Article 10.1 of the agreement.

The lecturer said that while the ENGL 112 layoffs may not violate collective bargaining, they still show that UBC’s financial considerations — not loyalty to faculty — are its bottom line.

“This is, of course, totally legal as well as to be expected,” said the anonymous lecturer. “It’s just sad that ... a university that sees itself as being among the twenty best universities in the world follows the same money-centric path as all other average businesses instead of taking the lead and fighting this warped value system to create a better world.”

According to Article 10.6 of the collective agreement, sessional lecturers whose contracts are not renewed are guaranteed a severance package equal to “one month’s salary for each year of full-time equivalent service.”

ADVOCATING FOR CONTRACT FACULTY

The ENGL 112 layoffs come as the UBC Board of Governors oversees faculty renewal, appointing the Academic Renewal Working Group over the summer to develop “strategies for growing the professoriate.” Since 2006, the size of UBC’s faculty has all but flatlined while its student population has steadily increased.

The plan created by the working group will determine how UBC addresses sessional lecturers going forward. But the Board has faced backlash for making many of their meetings confidential and failing to appoint a faculty representative to the working group.

Contract faculty have still been making their voices heard in other ways. In October 2018, many instructors wrote postcards to President Santa Ono to protest against precarious employment status, high workload and low wages.

The issue was also highlighted in a May 2019 bargaining session for a new collective agreement. The bargaining document included proposals to give sessional lecturers a priority in hiring for newly created lecturer positions.

According to UBCFA’s website, sessional lecturers with “continuing status,” who have taught at least 36 credits worth of courses in a six-year timeframe, have greater job security and are entitled to severance pay if their appointments are not renewed. The sessional lecturer said she suspects those without continuing status will be more susceptible to termination.

In the recent bargaining session, a proposal was made to simplify severance payments for the affected continuing lecturers. According to UBCFA, the current policy does not define which month’s salary will determine the lecturer’s severance payment.

“... parties have relied on past practice: calculating the average salary over the past academic year — and sometimes two where the amount of work has been reduced — to ensure that months of higher earnings are part of the severance calculation,” reads the UBCFA’s website.

The proposal aims to standardize the calculation to be based on “the highest month’s salary in the previous three years.”

After the previous collective agreement expired on June 30, bargaining is still underway. In a statement to *The Ubyyssey*, UBCFA wrote that it recognizes the issue of ENGL 112 sessional lecturers facing redundancy and is working to negotiate a solution.

“We have been working for months with the Faculty of Arts and Faculty Relations to find an equitable solution that respects our members’ academic abilities and recognizes their long-standing service to the institution,” wrote UBCFA.

But the anonymous lecturer worries that a solution, if there is one, won’t come in time to save her and her colleagues’ jobs.

“People who made the decision to get rid of my colleagues and me never even bothered to find out who we were or what we had done or not done for our students and how well we had or had not taught them,” she said.

“And we all have invested tons of time and energy into our work — way more than we ever got paid for.”

— with files from Benoit Dupras

President's Concert Series

Featuring on Kimura Parker and Desmond Hoebig.

6:30 pm | Tuesday, November 12, 2019
The Chan Centre for Performing Arts

Assigned seating: \$40
Limited free seating for UBC students

Tickets: ceremonies.ubc.ca/presidents-concert-series

GOOD FOOD //



Homesick Cooking: Grandpa's chicken congee

Tiffany Wong
Contributor

My grandfather's congee is revered amongst my family. It's the perfect warming food during winter, the perfect sweat-inducing meal during summer, delicious when fresh and even more indulgent when eaten the next day.

As I grew older, his chicken congee became more of a rarity, only appearing when we came to visit and asked for it. Congee, as my grandfather made it, was a labour-intensive process. He would wake up as early as 3 a.m. to slow cook it as the sun rose, ensuring that when us lazier individuals of the family woke up, we would wake to the smell of simmering deliciousness.

Congee, or 粥, is a traditional food found in many cultures. In Hong Kong, it is typically a thick, savoury, melt-in-your-mouth porridge made from rice. It's a dish that can be as complex or as simple as you want it to be.

Like many others from his generation, my grandfather never cooked with a recipe, preferring instead to cook with what was on hand. This made his congee a thing of art and novelty. You never knew what surprise would lay hidden beneath the thick layers of soupy rice.

Would he have thrown in succulent pieces of roasted duck or perhaps pieces of leftover *char sui* — slow-roasted pork marinated in sweet BBQ sauce. As a college student, it's a lot rarer to have such prime leftovers to toss in, but, as I said,



The finished product.

TIFFANY WONG

congee is really what you make it to be. But this time, I wanted to make it exactly the way I had it as a child.

THE SECRET INGREDIENT

Dried shrimp and dried scallops. Both not commonly found ingredients, but I found them at T&T, a popular Asian grocery store with various locations around Vancouver. Dried scallops do tend to be expensive, so skip

them if you're on a budget and perhaps throw in more shiitake mushrooms for added umami and adjust the seasoning.

THE END RESULT

This past summer, I pestered my grandfather for his recipe or at least for a loose approximation of a recipe. But he refused time and time again. It wasn't till I loosened his tongue with dinner from his favourite restaurant that he began to speak. I hurriedly recorded him and this recipe is the result of very vague instructions and things I've deduced from years of eating his food. The end result is, to me, still a step away from his — but for those that never tasted the glory of his congee, this is a good recipe for a traditional and authentic Cantonese chicken congee (much more traditional than anything you will online, trust me I've searched).

Cooking the congee was a sensuous experience from the start, from feeling the different textures of the ingredients, to the rising aromas as you simmer it, to the first satisfying taste. The texture of the rice was perfect, studded throughout with tender pieces of chicken, strands of scallops and the chewiness of the mushrooms. Soaking the rice and slow-cooking it — I let my pot simmer for around two hours — yields a thick, melt-in-your-mouth texture. The combination of dried scallops and shrimp lends a depth of flavour to the congee that elevates it beyond just a simple chicken stock and trust me, it doesn't taste fishy at all! The end result is a comforting and hearty soup that's perfect for a rainy autumn day or for recovering from a post-midterm cold. 🍲

Ingredients

Makes 4-5 servings

- 4 chicken thighs, skin on and bone in
- 1 ¼ cup rice (preferably jasmine)
- Approx. 10 cups water
- 2 thumb-sized pieces of ginger (julienne one, keep other whole)
- 2 stalks green onion
- ¼ cup dehydrated scallops
- Handful dried shrimps
- Salt
- Ground white pepper
- 1 cup diced shiitake mushrooms
- 1 tsp. sesame oil
- 1 dried bean curd stick (optional)

WORDS: TIFFANY WONG, GRAPHICS: THOMAS O'DONNELL

Cut these out to make the recipe at home!

Steps

1. Rinse rice and soak in water for at least 2 hours. If using, soak bean curd sticks in water.
2. Soak dried scallops in hot water for 30 minutes. After soaking, break scallops into strands.
3. Cut meat off chicken thighs and slice.
4. Toss the sliced chicken with salt, sesame oil and julienned ginger and set aside.
5. Boil chicken bones with water to make chicken stock. Bring water to a boil and let simmer for half an hour. Skim any foam off the top and filter through strainer to clarify it.
6. Combine soaked rice with chicken stock and whole ginger piece. Bring to a boil then lower heat to a simmer.
7. Add in chicken, mushrooms, dried shrimps and scallops. If using, tear bean curd stick into small pieces and add. Let boil then lower to a simmer.
8. Add salt and white pepper to taste.
9. Simmer for at least 1 hour to 90 minutes, adding water as needed. The longer you let it simmer the richer and thicker the congee. Once you can no longer see individual grains of rice, you know it's done.
10. Ladle into bowls and garnish with chopped green onion and additional white pepper.

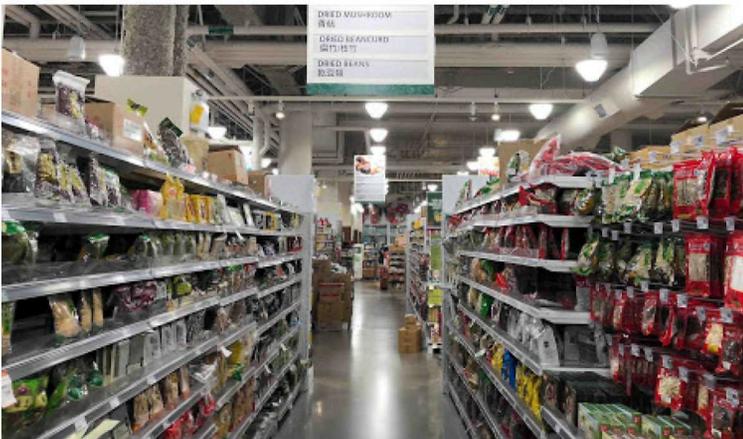
Tips

- Too lazy to make your own stock? Just use chicken bouillon instead!
- Save the water you soaked the scallops with and add to the chicken broth for extra flavour.



Dried scallops and dried shrimp.

TIFFANY WONG

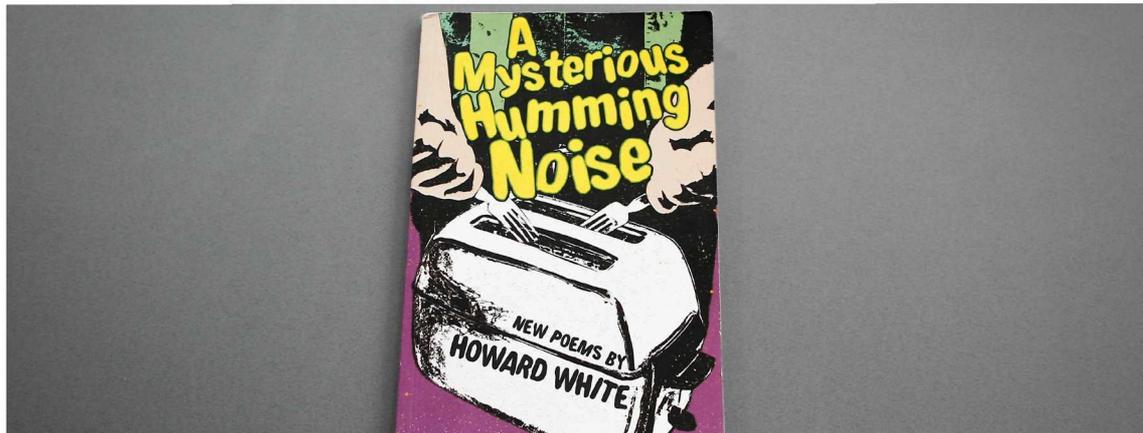


T&T Market.

TIFFANY WONG

POEMS //

Review: *A Mysterious Humming Noise* is charmingly offbeat



We do not advise you stick forks in a toaster.

ELIZABETH WANG

Jonathan Harris
Contributor

A Mysterious Humming Noise is a collection of poetry as charmingly offbeat as its title. UBC alumnus Howard White writes clearly, with a wry wit. He shares vignettes of the Pacific coast, his changing perspectives with age, and starkly real glimpses into his family life. White's voice links the book's five sections, each focusing on a different facet of his life. Ultimately his down to earth and playful voice is the strength of the book. That sense of humour saves the day whenever the book

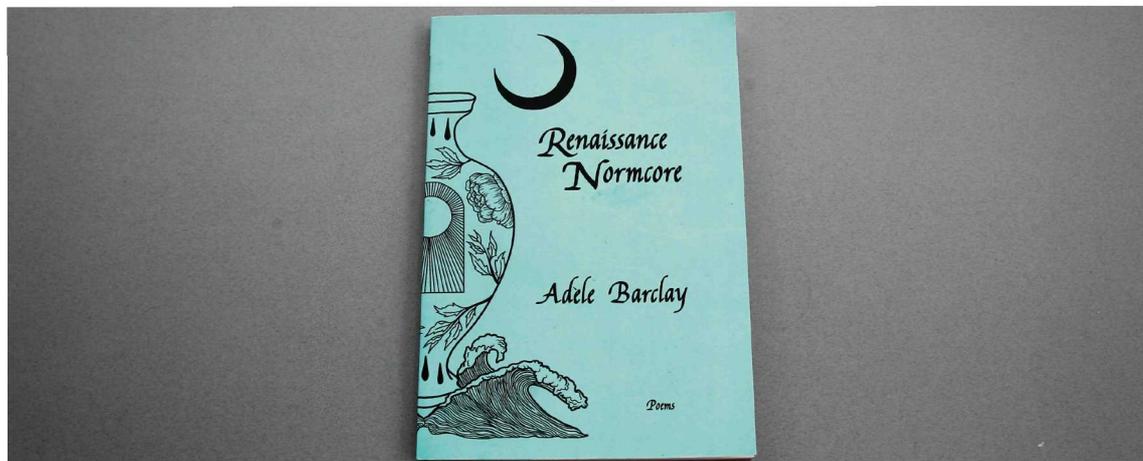
lingers too long on an extended metaphor or goes off in a wild direction.

If you have to oversimplify *A Mysterious Humming Noise* into one idea, it would be seeing things change. Seeing the little ways technology impacts our lives, seeing your childhood through an older lens and seeing your family grow older. It is heartbreaking to hear how frank White is about his father's ageing and, eventually, his death. There are plenty of self referential poems about writing and White's career. White scrounges up humour out of boring everyday things.

It is easy to read one of White's clever bite-sized poems, and then another and now you've gone through 30 pages. Those poems could be about his errands or bulldozer driving but as a collection, it defines a character. The conversational tone also works to build a real feeling person. Considering the breadth of topics, it is hard not to find something to relate to or be tickled by. *A Mysterious Humming Noise* can take you somewhere, make you think or bring you back to being a kid and you'll likely be grinning the whole time. 📖

MORE POEMS //

Review: *Renaissance Normcore* feels intimately familiar



What a nice colour for a cover.

ELIZABETH WANG

Tara Osler
Contributor

Renaissance Normcore is a poetry collection that presents a sharp-tongued yet intimate look into the art of navigating romance and identity in an increasingly difficult social climate.

Dr. Adèle Barclay, an instructor in UBC's faculty of arts, is the voice behind this searing collection, her second publication following the award-winning *If I Were in a Cage I'd Reach Out for You* in 2016.

This second collection is a darkly humorous mix of deeply personal micro-histories and abstract musings on the nature of the heavens. At times both critical and tender, Barclay's stripped-down, minimalist verse leaps off the page in the minutia of Aeroplan points and Justin Bieber songs. The microscopic details of her day-to-day mundanities contrast with

the grandeur of her astrological descriptions as she seeks to question the nature of power, love and identity.

Astrology features heavily in this collection, a common thread between many of the poems. The constant references to the lesser-known details of solar astrology weigh down many of the poems — at times, this theme seems somewhat cliched in the current astrologically-saturated climate, where everyone and their mother seems to know their sun and moon signs off by heart.

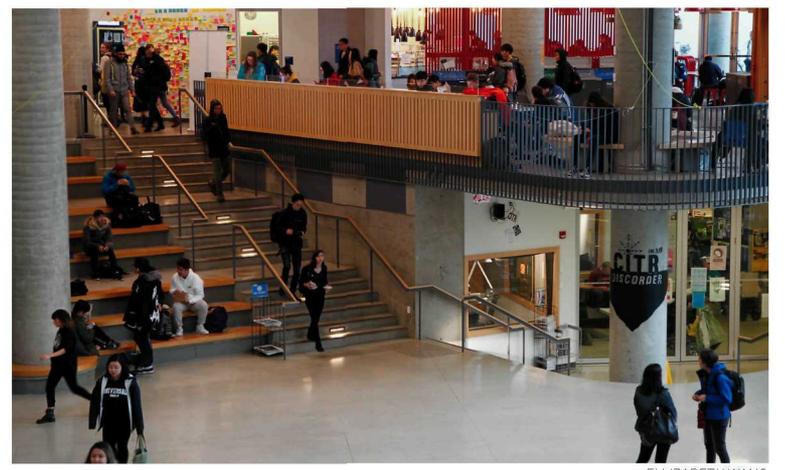
But Barclay's use of micro-anecdotes brings her poems to life in a vibrantly vulnerable way. Her descriptions of seemingly unimportant snapshots give an intimate look at the emotions that underscore her daily activities — a single line about her inability to get out of bed on time tints the entire poem with a sense of futility.

These moments are where Barclay lays herself emotionally bare to convey a deeper emotion — and they work. For the reader, these startlingly intimate moments immerse themselves in the emotional atmosphere she creates. Rather than an outright statement of feeling, Barclay's verse pulls the reader into the moment and forces them to feel it as she does.

Overall, Barclay's biting vocabulary and cynical pop-culture allegories deftly weave a tapestry of painfully modern experiences — the end of Greyhound Bus service in Western Canada, the price of Spotify premium, the fatigue of grading first-year papers. This collection successfully capitalizes on our current culture of "relatable" content, as the raw and real experiences in Barclay's verse construct a story that is intimately familiar. 📖

GUS'S HOUSE //

What does it take to make an announcement in the Nest?



ELIZABETH WANG

The best time to hear an announcement is between the hours of 11 a.m. and 3 p.m.

Harshit Kohli
Contributor

Everybody goes to the Nest for all kinds of reasons all the time, but did you know there's a Public Announcement (PA) system in the building? Probably a huge surprise even for those who spend a large fraction of their waking hours doing WeBWorK in the Nest. You might've just discovered its existence recently when no less than four announcements were made in a single day, or maybe you thought that was your guardian angel. Either way, we spoke to AMS VP Administration Cole Evans to find out more on the system!

An announcement is set in motion by either the AMS president, VP administration — Evans himself — or the managing director. Then, a script is written and sometimes even a special voice is selected to achieve the right intonation. Announcements are mostly up to the discretion of the AMS team, "for whenever [they] feel like [they] need to use the PA System," described Evans. For instance, they saw a benefit in announcing that voting in the federal election was open — to encourage students to go vote.

"Do we have guidelines for when we post on Facebook?" Evans added, to convey the announcements are meant to be light-hearted (well, unless they're about emergencies) and don't have a developed framework.

The PA system has two access points — one in the building operations office (near Blue Chip), and one up in the AMS main offices. Announcements are very rare. While the team does have the ability to advertise events and happenings, it's also something that "[they] don't want to over-abuse," said Evans, since it's easy for them to be reduced to a mere nuisance — similar to airports which we all love. While the ideal time would be when the Nest is busiest — 11 a.m. to 3 p.m. — you can still expect to hear one at any time.

For anyone who'd like to experience the complete glory of the PA system, the building closure announcements happen daily at around 11 p.m. or 12 a.m. for Pit Nights. Otherwise, you can only hope to be blessed with a day announcement, which now you know, don't happen without a good reason! 📖

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THE UBYSSSEY'S ART WALK

ILLUSTRATION BY ALEX VANDERPOT
WORDS BY THOMAS O'DONNELL

When the midterms and papers start getting to you, it can be best to take a bit of a break from it all. Rather than hop on YouTube and watch Bon Appetit videos for an hour, why not take in some art and give your legs a bit of a stretch? There is a lot of great public art on campus, so here's a walking tour of some art we think is worth looking at.

CORNER OF KOERNER. This statue is supposed to be a fountain, but it never seems to be filled with water. Bet you didn't know that the four figures of the statue face the points of the compass. That's a freebie fact you can tell someone the next time you have a date at Koerner's.

①

Classical Toy Boat

AT THE UCLL. Tucked away by the Rose Garden, "Classical Toy Boat" makes you feel like you're in a bath with all your toys. We don't advise that you actually go for a dip though.

②

Transcendence

The Sun is Setting on the British Empire

MUSIC BUILDING. Get it? It's music art by the music building! If you hit it, does it make a sound? We don't know, find out for us! But maybe don't actually hit the art.

③

BELKIN ART GALLERY. You don't have to be Roman Mars to appreciate this work of art. While you're here, actually think about what the BC flag means and how we can decolonialise our lives and 'official' symbology.

④

Tuning Fork

Wood for the People

BELKIN ART GALLERY. Sometimes art can make you REALLY MAD and this piece makes us REALLY MAD. It's not real wood, it's concrete. If you're from a place where you're used to seeing wood piles, it may make you feel right at home, especially when the lovely people at the Belkin Gallery cover it with a tarp.

⑤

Symbols for Education

BROCK HALL ANNEX. The colours! The rectangles! Each shape is supposed to represent a faculty or department on campus, so you can spend hours trying to figure out which one is which. It sort of reminds us of art that your grandma would have, but in a cool way.

⑥

FRANK A. FORWARD BUILDING. This wall was made so people could find the entrance to the building, how practical! If you really like a tactile art experience, rub yourself against this art. Why the fuck not, we say. Take the art viewing experience into your own hands. Art should be something you remember and the best way to remember something is to shimmy against some bricks.

⑦

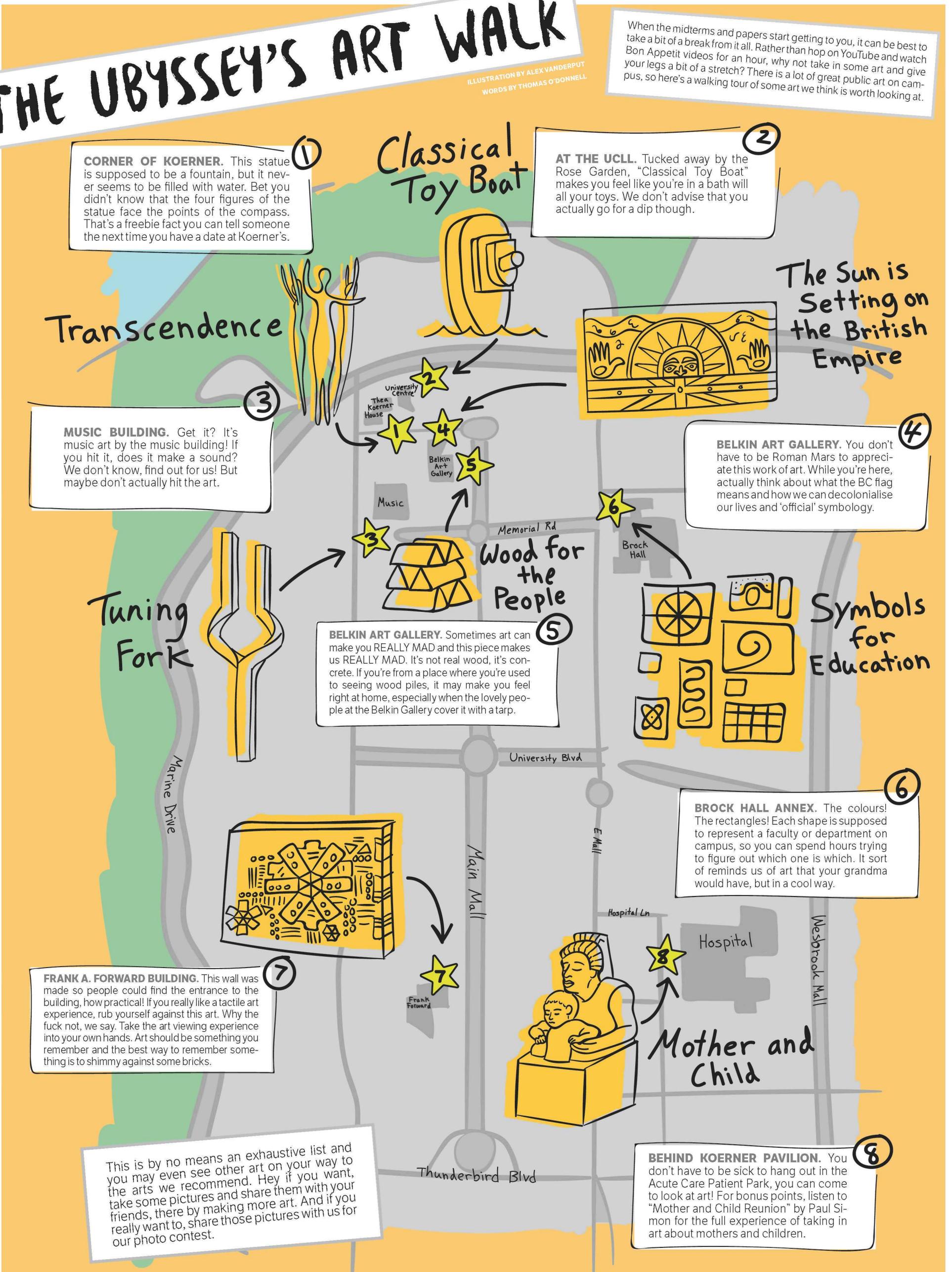
Mother and Child

BEHIND KOERNER PAVILION. You don't have to be sick to hang out in the Acute Care Patient Park, you can come to look at art! For bonus points, listen to "Mother and Child Reunion" by Paul Simon for the full experience of taking in art about mothers and children.

⑧

This is by no means an exhaustive list and you may even see other art on your way to the arts we recommend. Hey if you want, take some pictures and share them with your friends, there by making more art. And if you really want to, share those pictures with us for our photo contest.

Thunderbird Blvd



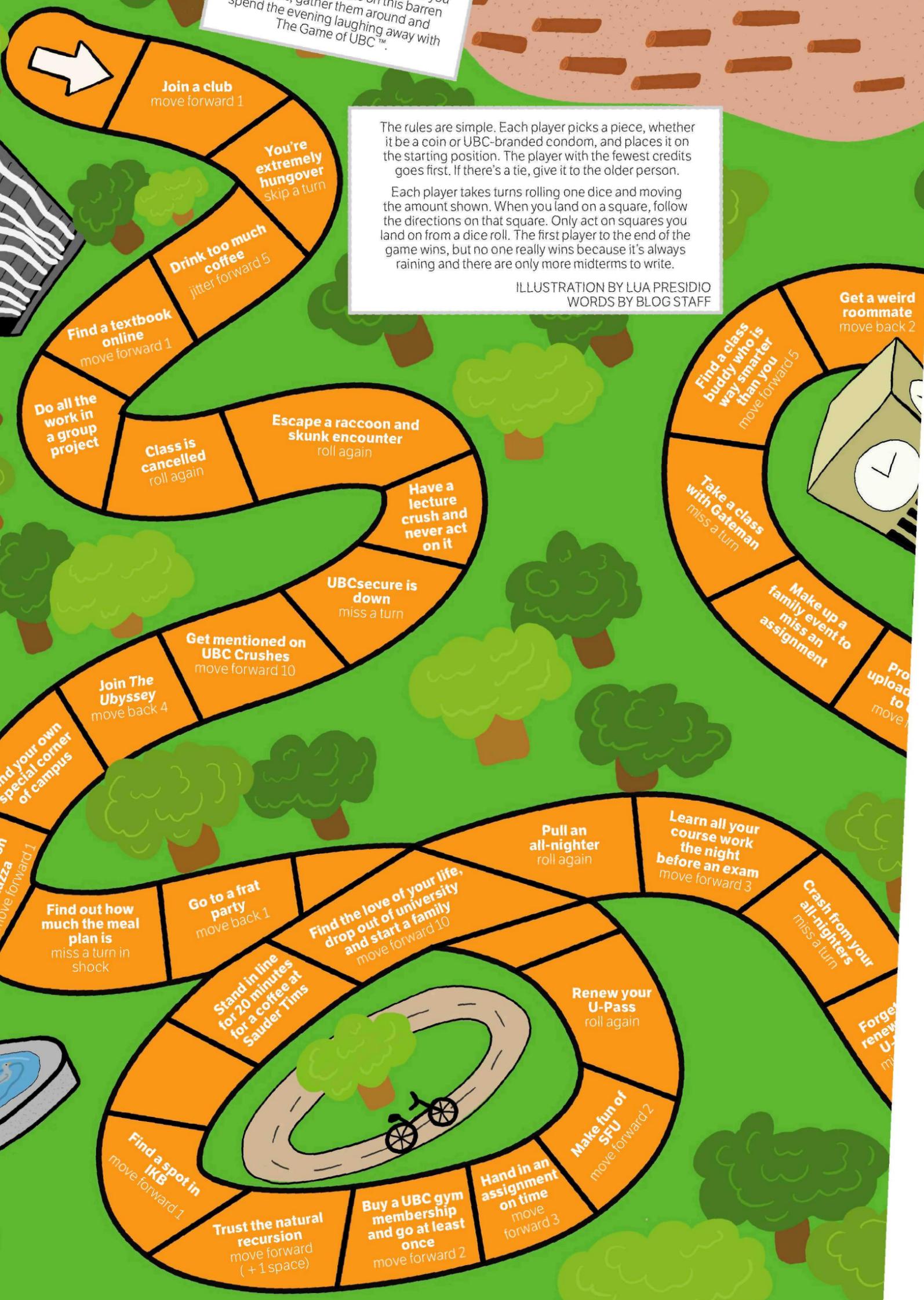
WELCOME TO THE GAME OF UBC

The Game of UBC™ is a fun way to map out your university career, look back on past mistakes or relive your glory days two decades down the line. If you somehow have friends on this barren campus, gather them around and spend the evening laughing away with The Game of UBC™.

The rules are simple. Each player picks a piece, whether it be a coin or UBC-branded condom, and places it on the starting position. The player with the fewest credits goes first. If there's a tie, give it to the older person.

Each player takes turns rolling one dice and moving the amount shown. When you land on a square, follow the directions on that square. Only act on squares you land on from a dice roll. The first player to the end of the game wins, but no one really wins because it's always raining and there are only more midterms to write.

ILLUSTRATION BY LUA PRESIDIO
WORDS BY BLOG STAFF

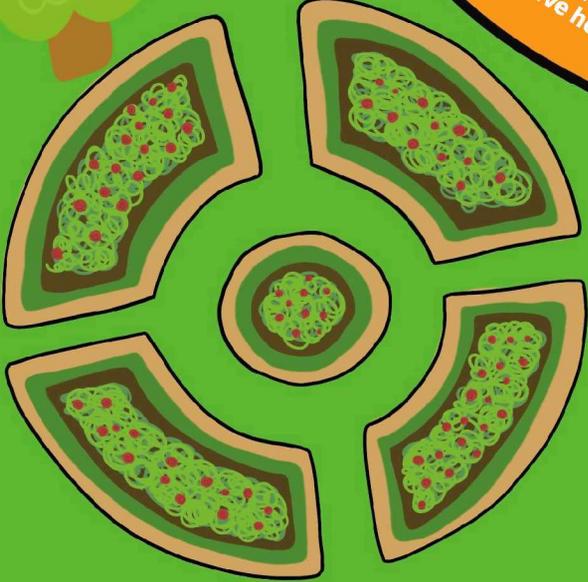




Think you know everything about a subject after one 100-level course
 Have a good exam schedule and leave early
 Take too many edibles on transit
 Have your parents disapprove of a tattoo
 Go for a swim in Martha Piper fountain
 Take a class that dismantles all your opinions
 Have a breakdown
 Change your major
 Vote in the AMS election
 Fall in love with your prof
 Have an awkward run-in with first year date
 Lie down on the Knoll and don't move for five hours
CONGRATS, YOU'VE GRADUATED!

Become a Ubyessey editor
 Take a minor
 Have someone ask "What can you do with your degree?"
 Go to a frat party sober
 Go on exchange, day-drink the entire time
 Show up to an event to eat free food
 Get mentioned on r/UCB
 Have two full buses go past you in the morning
 Get a good roommate
 Have a breakdown
 Miss 2 turns
 Go back to the beginning
 Miss 2 turns
 Go back 2

f forgets to assign Canvas
 Check Rate My Prof for a 4.5 or above
 Get made fun of by UofT
 Buy Blundstones
 Get transfer credits
 Fall asleep at your desk
 Your prof bumps your 49 to a 50
 Move forward 2
 Move forward 2
 Move forward 2
 Move forward 2
 Move forward 5
 Miss a turn
 Move forward 4



SCHOOL OF HARD KNOXVILLE //

Their Campus: Two years in Tennessee

Zachary Tharpe
Contributor

“Two years is a long time to study abroad,” you might be thinking. I would say you’re right, had I actually studied abroad there. However, that is not the case. In fact, I studied, worked and lived in Tennessee for the last two years.

Originally from Miami, I decided to go to the University of Tennessee after high school, as a few of my family members had done. Located in Knoxville, Tennessee, the University of Tennessee (UT for short; commonly mistaken for the University of Texas or the University of Toronto while abroad) is the largest public university in the state and one of the oldest in the country, having been founded in 1794.

UT is mostly known for its football and basketball teams as the national women’s basketball hall of fame is located in Knoxville. The campus is relatively big but nowhere near the size of UBC. Similarly to UBC, UT is also located on Indigenous land; the lands of the Cherokee Tribe which lived there for millennia before settlers arrived. However, UT does not often mention — outside of a few buildings not near the main campus — that the university sits on Cherokee lands.

The focal points of campus



During my freshman year, I did what the average freshman boy does and went to football games.

COURTESY ROBERT KARMA/FLICKE

are: John C. Hodges Library, “The Hill,” a big hill where much of the STEM buildings are located and Neyland Stadium; a 100,000+ seat football stadium that is one of just three college football stadiums that you can “sailgate” from (tailgating from a boat) seeing that it’s right on the Tennessee River. During my freshman year, I did what the average freshman boy does and

went to football games and joined a fraternity.

However, unlike most freshman experiences, mine was slightly marred with confederate protests. As a person of colour, this was the first time I had run into people who hated me for the colour of my skin. It obviously wasn’t a great feeling that people were fighting so hard to keep a monument to honour people

who fought and died for their belief that they should own another human being — a monument that was erected for reasons of intimidation and well after the Civil War.

With all of that, it wasn’t until my second year, that I began to question my reasoning for being there.

After returning to UT for my second year I had run into issues with my fraternity for not being

able to participate with a float for homecoming and telling the truth to the university about my pledging experience. In exchange for this, I was ostracized from my community. After formally leaving my fraternity, I struggled to make new friends and my mental health plummeted. With only a few counselors, the university did very little.

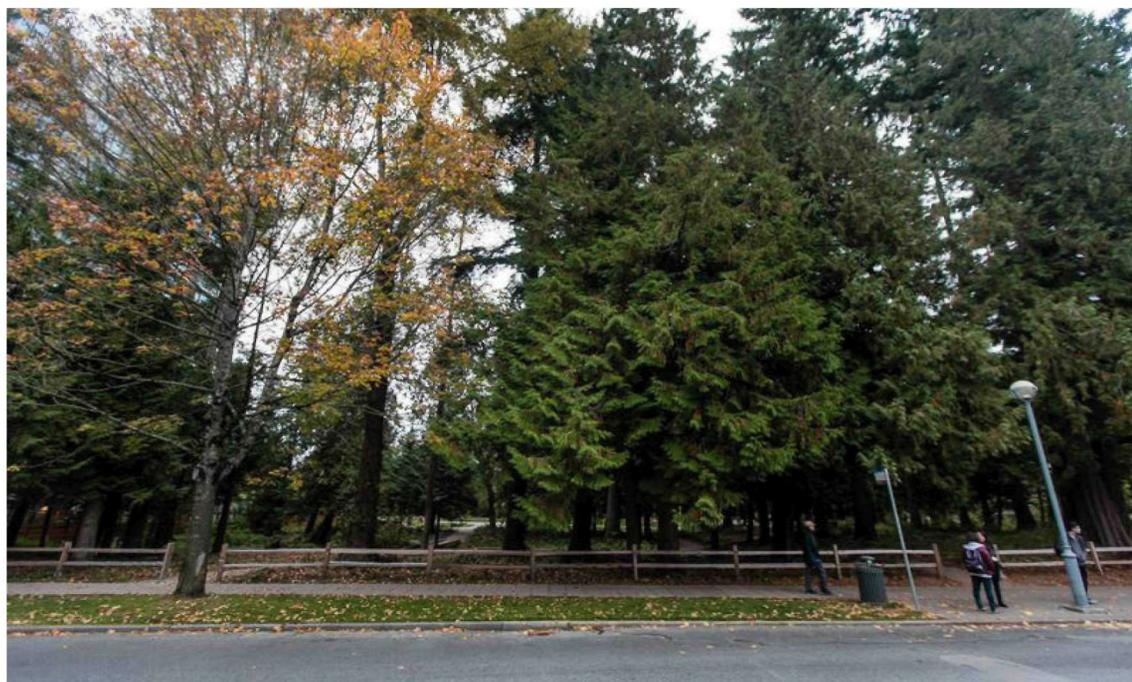
Unfortunately, my experience there would continue to decline until it reached a breaking point. This breaking point was a case of racial profiling that I experienced in the final few months of my time there. This was the point when I decided to leave.

When deciding to switch schools, I looked for a school that was in a more progressive location, had outstanding academics and friendly people, with the help of someone very close to me, I found UBC. Given the events I have just shared with you, I’m still glad I went to UT.

I still made great friends who still support me to this day and I speak with all the time. Having not gone to UT, I would have never thought of exploring new horizons beyond my home country and I would have never met the amazing people here or had the experiences I’ve had over just the past few weeks I can’t wait to see what else UBC has in store for me. 🇺🇸

UNIVERSITY PLANNING //

Charles Menzies: The environmental impact of the perpetual growth of UBC



“It is time for real action; an end to the status quo.”

FILE CARTER BRUNDAGE

Charles Menzies
Contributor

Over the course of my term as a governor on UBC’s Board I have heard a lot of presentations about growth: academic growth, student enrolment growth, reputational growth and on it goes. I can’t say I am surprised, but what was once opinion is now an observed fact: growth in various ‘metrics’ is a core feature of governance discourse and the operation of UBC. The cultural frame of our day pervades discussions in such a fine grained way that it may well be difficult for governors and administrators to escape the

discourse of perpetual growth.

During the September meeting of UBC’s Board of Governors, there were three public presentations highlighting growth of UBC’s Okanagan campus. We learned about the campus’ “robust growth in students, faculty, staff, and research funding, within the context of surrounding communities also undergoing a period of significant development and change.” We further learned about the “significant potential for innovation. ... [and] thoughtful way[s] that advance implementation of the strategic plan.” This is simply one case among many and is highlighted here for no other reason than it

was the primary work of the formal meeting. One could review the meeting documents of the past two years and, without much effort, find similar discourse.

The reports and formal discussions are filled with terms that resonate with the grand modernist project of late capitalism. There are four key terms. Growth, a natural, inevitable process of expansion that indicates success. Innovation, to turn ‘knowledge’ into ‘value’ (usually dollar value). Advance, to add (often through innovation) to a body of practice or reputation that indicates success. Development, an idea of improvement and expansion typically linked to

physical plant, but may also include knowledge and innovation. Change, in this rendering change implies both development and advancement moving in a forward direction, change is positively valued and tied to notions of inevitable growth.

After careful observation, detailed reading of the board meeting packages, and close listening to what is said during meetings these are the operational definitions used in our university’s governance. This kind of language naturalizes growth in a way that renders solutions not premised on growth impossible to execute, unreasonable, impractical or even against the university’s own best interest.

It would seem reasonable that even an institution that benefits from capitalism might at least consider managing its growth more expeditiously in order to reduce its negative impact on our shared ecological future. But even here it seems hard for the governance structure to pay any serious attention to the idea of managing without growth. I can personally attest to the bemused responses from developers, planners, administrators and other governors to the very idea it might be reasonable to throttle down on UBC’s unrelenting growth. When ideas run against naturalized perceptions and beliefs it is rather difficult for adherents to take such ideas seriously.

The hard fact of the matter is that with each project, each modest moment of growth, each tiny

expansion we are pushing ourselves that much closer to the ecological brink. With each capital approval we pass at the board, with each new project or program we agree to, with each new digital infrastructure we support, with each small incremental increase in enrolment, we are adding to the ecological harm inflicted on our world and locking in a future none of us on the board or senior management would ever wish to live in personally. Yet we continue with impunity.

Oceans are warming. Weather patterns are changing. Sea levels are rising. The time to act slowly has passed. It is time for real action; an end to the status quo. We need to make amends for the way we have ransomed the future of our children and our children’s children for our own immediate gratification.

Part of doing things differently requires rethinking growth. As we do that we can make some intermediate changes that place a hold on growth right now. Long term changes would reorient the university away from the concept of perpetual growth toward one of equilibrium with our social-ecological world. UBC has a place to play, not in climbing global rankings, but in leading real change that ensures a thriving, ecologically sound future for all. 🇺🇸

Dr. Charles Menzies is a professor of anthropology and an elected member of the UBC Board. The views and opinions expressed in this commentary are those of the author and do not necessarily reflect the official policy or position of UBC or the Board of Governors.

KNOWLEDGE //

Impress your friends as you walk around campus with hot UBC trivia



The Chan Shun Concert Hall is shaped like a cello!

COURTESY DON ERHARDT/CHAN CENTRE

Tait Gamble
Senior Staff Writer

THE CHAN SHUN CONCERT HALL IS SHAPED LIKE A CELLO.

Did you know that the Chan Shun Concert Hall's cello-like shape creates an even distribution of sound, allowing the instruments and voices onstage to flow through and fill up the space? Inspired by a shoe box, the shape of the hall makes for a consistent listening experience for every seat in the house.

THE BEATY MUSEUM'S BIG BLUE WHALE IS 26 METRES LONG.

The Beaty Museum is home to the largest blue whale skeleton in Canada. Measuring in at precisely 26 metres long, the female blue whale named Big Blue hails from the northwestern shore of Prince Edward Island. The whale was found in 1987 and the excavation and recovery of Big Blue began in 2007. Visit her and you'll have a whale of a time!

DOROTHY SOMERSET STUDIO'S NAMESAKE WAS AN ACTRESS TURNED UBC FRENCH PROFESSOR.

Ever wonder about the namesake of the production studio on campus? Who exactly was the elusive Dorothy Somerset? She was a leading lady of the Vancouver stage in the 1920s. While pursuing her acting endeavours, she began teaching French at UBC. She later acted as the supervisor of drama in the fancy-shmancy "dept. of extension." In this role, she helped make acting an accepted and celebrate academic discipline at the university — bravo!

FREDERIC WOOD THEATRE USED TO BE A COFFEE BAR.

In 1951, it was decided that the Totem Coffee Bar would be repurposed and redesigned to be a centre on campus for theatre and academics. In 1952, it reopened as the Frederic Wood theatre. Today, with a fly-tower, traps and built-in revolve, the theatre is the heart of UBC's theatre department.

THE MAIN MALL FAIRY LIGHTS ARE HERE TO BRIGHTEN UP OUR WINTER.

Ever wonder what those lights along Main Mall are all about? This initiative started a few years ago with the aim of brightening up Point Grey campus during those dark and dreary winter months. The project was started by the UBC Community Development and Campus Experience. From December to March, these LED-powered and energy efficient, artsy dorm room lights are strewn across Main Mall. Let there be light!

THUNDERBIRD STADIUM WAS DESIGNED BY A YUGOSLAVIAN-POLYGLOT-WORLD-CHAMPION-ATHLETE.

Ever wondered who was behind our beloved stadium? Who came up with those sweet, sweet semi-circle rafters and delicate concrete overhang? None other than Vladimir Plavsic, an award-winning Yugoslavian-born architectural student at UBC. Plavsic could speak five different languages, was a world champion swimmer and water polo player and not to mention a renowned sailor who won Canada's first international racing trophies. 🇨🇦

SEPARATISM //

The Dingbat: The Bloc Québécois didn't run a candidate in Vancouver Quadra and I'm very, very mad about it



I haven't slept or showered since the writ was dropped.

ELIZABETH WANG

Edith Coates
Staff Writer

Over the past few weeks, thousands of Vancouver Quadra residents made their voices known in this great Canadian system that we call Canadian democracy. As they filled out their ballots, these brave voters noticed a void amongst the list of candidates: a light-blue, centre-left void, to be precise.

That's right. If you're a resident of the west side of Vancouver and wanted to vote for the Bloc Québécois, prepare to be disappointed. Then, prepare to get mad.

First, a little background: According to Wikipedia, the Bloc Québécois are a party of "social democracy,"

"Quebec sovereigntism," and "environmentalism," amongst other things. At least two of those are incredibly relevant to UBC students. But when you CTRL+F "UBC" on said Wikipedia page, you get a measly two results, both located in the references section, which no one reads.

The party has a lot of explaining to do if it wants to get UBC students to ever vote for them.

In the English language debate, when Yves-François Blanchet said that his party will "stand up for Quebecers and only Quebecers," a presumably non-zero amount of Vancouverites resonated with the leader's statement. Who will speak for these people?

It seems our great Canadian democracy is great Canadian

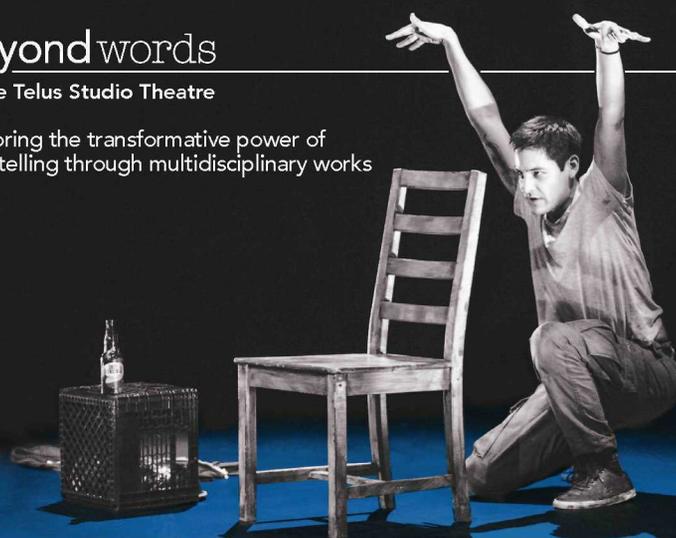
broken. How dare you, the Bloc. How dare you, Blanchet. By not running a candidate in UBC, you've guaranteed that nobody here would vote for you. We only have three left-of-centre parties to choose from.

I'm so mad. I haven't slept or showered since the writ was dropped. If enough people had joined me in this, the Bloc would have had no choice but to run a candidate here. Now that the 2019 federal election is over, no candidates are able to run in it, no matter how much of a Quebec sovereigntist they truly are. 🇨🇦

The Dingbat is The Ubysses's humour column. You can submit completed pieces or pitches to blog@ubysessey.ca.

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SNEAK SNEAK //

‘Technological creep’ in fishing technology presents resource management challenge

Chimedum Ohaegbu
Staff Writer

“Technological creep,” or technology’s growth outpacing our awareness of its effects, is harming fish stocks, according to a new study out of UBC’s The Sea Around Us research initiative.

The study surveyed 51 case studies over the course of two and a half years, looking at data from countries including Canada, Australia and Mexico, among others. The study observes catch per unit of effort (CPUE) and how it has shifted from 1860 up to 2011.

The “creep factor” means that fisheries are depleting fish populations faster than ever, while behaving as though they are accomplishing the same CPUE as they did in the past. The paper suggests more sustainable harvesting and management efforts be undertaken by fisheries in order to conserve the stocks, proposing a new equation to more accurately calculate the CPUE.

“For us to be able to manage fisheries properly, we need to have the correct information,” said Dr. Deng Palomares, senior scientist and project manager at The Sea Around Us. “If we are

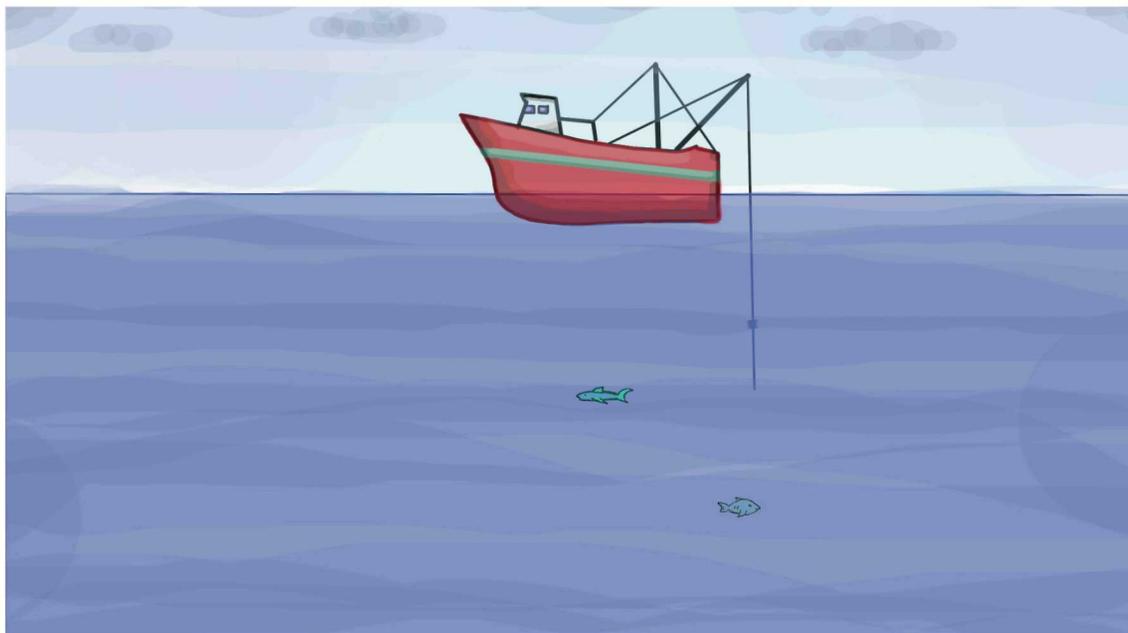
underestimating [the] catch per unit of effort, then we are not providing that whole picture.”

Palomares co-authored the study with longtime collaborator and colleague Dr. Daniel Pauly, the principal investigator at The Sea Around Us. Published in *Ecology and Society*, the study also looked at the negative societal impacts of rapid fish stock depletion in the Anthropocene — our current geologic era, defined by profound human change of the environment — stating that “newer technologies are profoundly different in that they have much greater environmental impacts than do the older ones.”

“Say you have 10 boats fishing in the 1950s. Take those 10 boats, fit them with all this new technology,” said Palomares. “Those 10 boats will be fishing with the strength of 40 boats.”

Fish populations are suffering from this, but the numbers also have taken their toll on the researchers, who found their discoveries illuminating but discouraging.

“I almost actually dropped [the study] because I was not getting enough data,” said Palomares. “However, we thought that it really was needed.”



The “creep factor” means that fisheries are depleting fish populations faster than ever.

AMRIT KRISHNA

While many fisheries already set restrictions on how many vessels are allowed into given bodies of water, underestimating these ships’ hidden capacity has in turn led to a harmful overestimation of marine populations suitable for fishing.

“Maybe you have \$100 left in your bank account. But you’re writing checks for \$1000,” said

Palomares. “It’s the same thing. If you’re giving limits, but the limits are much over what the population can provide, then you are over[drawing].”

The study seeks to serve as a reminder and a reality check for fisheries. It also aims to provide background that lets fisheries in different countries advance in

an informed way by cooperating for the good of the ecosystem at large. Palomares emphasized how, in this post-climate strike world, technology creep has far-reaching consequences.

“All of the economies that are depending on the stocks will suffer,” said Palomares. “So it’s time that they work together.”

Cancer Decoded
Episode twelve: Colon Cancer

More comics, animations, + interviews @ ubccac.com/learn!

Monthly comics on: **WEB TOON** **tapas**

Writing: Diane Kim
Illustration: Daphnie Situ

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| <p>1 Colon cancer is the second most common cancer in Canada, and is one of the leading causes of death in men and women alike.</p> | <p>2 As the final step in our digestive system, the colon is responsible for absorbing water from waste products and forming stool.</p> | <p>3 Our colon is divided into the cecum, ascending, transverse, descending, and sigmoid colon. The symptoms and prognosis of cancer can vary, depending on its location.</p> | <p>4 Right-sided cancer is harder to detect, because the colon is wider and the stool is softer. Therefore, the blockage or pain from the tumor only becomes noticeable when it has significantly enlarged.</p> |
| <p>5 On the other hand, the left colon is narrower with harder stool, so pain is detected in earlier stages. Bright red blood in stool is also a characteristic of left-sided colon cancer.</p> | <p>6 On both sides, however, cancer can arise from the little bumps on the lining, called ‘polyps’. They are common and mostly benign (non-cancerous), but can become dangerous when advanced.</p> | <p>7 Therefore, regular screening through colonoscopy is important to detect and remove them.</p> | <p>8 With its high occurrence and lower rates of earlier diagnosis, researchers are seeking ways to improve treatment and prevention for colon cancer. To find out more, check out our Spotlight episode!</p> <p>To be continued!</p> |

UPSET OF THE YEAR //

Thunderbirds storm back to shock Saskatchewan in home finale

Tanner McGrath
Contributor

Despite the heavy rain and the burden of this year's disappointing performance, the Thunderbirds football team pulled off a massive upset in their home finale Saturday afternoon, defeating the University of Saskatchewan Huskies in the Frank Smith Legacy Game 38-37.

It was an incredible game honouring an incredible coach. Frank Smith is far-and-away UBC football's most successful coach. Smith's tenure spanned 21 seasons, from 1974 to 1994, included two Vanier Cup Championships, five Canada West titles and 126 total wins. But his accomplishments don't stop with championships, as 47 of his former student-athletes went on to play professionally in the Canadian Football League.

The game itself didn't have all the makings of a classic. With Canada West's worst overall defence, the 'Birds were hosting the Huskies and Canada West's most potent offence.

The Huskies attack is powered by superstar running back Adam Machart, who rushes on average for over 150 yards a game an 8.7 yards per rush.

Machart's skillset was on display from the very first play from scrimmage, as he took a handoff up the middle of the field for a 22-yard gain.

However, the 'Birds' defence stalled the drive and quarterback Gabe Olivares went to work, pushing the 'Birds' offence deep into Huskies territory. Kicker Garrin McDonnell knocked in a 23-yard field goal to make the score 3-0 for the Thunderbirds.

On their next drive, the Huskies were at 2nd and 10 on their own 45-yard line when their quarterback Mason Nyhus threw a bad pass to the right side.

UBC linebacker Ben Hladik intercepted it and returned it 50 yards for the 'Birds' second defensive touchdown of the season and a 10-0 lead.

The Thunderbird crowd was



Daniel Appiah makes the walkoff run to give their Thunderbirds their first home win of the season.

SALOMON MICKO BENRIMOH

ecstatic, but the party didn't last long.

On the very next drive, Huskies' receiver Sam Baker cut through the Thunderbirds zone coverage and Nyhus didn't miss his wide-open receiver. Baker took that pass 83 yards to the house, cutting down the T-Birds' lead to 10-7.

The two teams traded field goals, and after the Huskies opted to take a two-point safety instead of a punt from their endzone, the score stood at 15-13 in favor of UBC with eight minutes left in the first half.

Beginning at the UBC 44-yard line, Nyhus faked a handoff to Machart and hit receiver Colton Klassen on consecutive plays for 11-yard and 14-yard gains respectively.

Next, Nyhus hit Baker again for his second receiving touchdown of the game, a 19-yard score that gave the Huskies the lead at 20-15.

After another Huskies field goal, Olivares took over with his team down eight and 2:45 left in the half.

Olivares proceeded to run a near-perfect two-minute drill. The Huskies were playing a lot of cover-one and cover-two defence. Olivares gashed them underneath with 13 yards to Trey Kellogg, 7 yards to Jacob Patten, 6 yards to Lucas Robertson, 9 yards to Nick Pollitt, 11 yards to Lliam Wishart, and then 9 yards again to Lliam Wishart for the touchdown.

Wishart's catch was a beauty. He ran a fade into one-on-one coverage, Olivares tossed it up to the left side of the endzone and Wishart went up and snagged it like a center rebounding a basketball. It was the receiver's first touchdown catch of the season, and the team was predictably excited.

The game looked poised to go into the half with the T-Birds down only one point at 23-22. However, it was not meant to be. Machart showed why he's the best in Canada West, taking a toss to the left side, avoiding one tackle and shaking off another before cutting up the field for a 77-yard

gain. Machart scored two plays later and the Huskies led the 'Birds 30-22 at the half.

The second half didn't duplicate the first half's offensive explosion. The 'Birds were held to a field goal through the entire third quarter and the Huskies capitalized on a 10-play, 75-yard touchdown drive late in the third quarter to put the 'Birds in a 12-point hole at 37-25.

While the whole year hasn't gone according to plan, fourth quarters have been especially unkind to the Thunderbirds this season. But they were hellbent on changing the narrative.

"We know we can compete with any team in this conference and we're finally starting to play our type of football," Kellogg said after the game.

Things started to change as the fourth quarter got underway. The defence stuffed a Huskies fake punt rushing attempt on 3rd and 6, capitalizing on the turnover with a McDonnell slotting back a 35-yard field goal.

Two Saskatchewan drives later and the 'Birds front seven made another massive play. They managed to tip one of Nyhus's passes at the line and UBC linebacker Daniel Kwamou snagged the ball just before it hit the turf. Olivares had the ball back on his own 32-yard line with just under eight minutes left in the fourth quarter.

Olivares started gunslinging. The 'Birds quarterback was making quick reads, good decisions and accurate throws. Patten made big play after big play, catching four straight targets from his quarterback for a combined 65 yards and a diving touchdown. It was now a two-point game at Thunderbird Stadium and drama ensued shortly after.

The 'Birds defence forced a huge stop on the Huskies next drive. Huskies punter, David Solie, proceeded to punt the ball only 37 yards down the field, giving UBC great field position with three minutes left in the game. The offence struggled, but did give McDonnell a 42-yard field goal opportunity.

In windy conditions, McDonnell's kick went wide, leaving the 'Birds down two points, with 1:40 left in the game.

The UBC defence came up big. Daniel Kwamou made another big play, sacking the Huskies quarterback for an 8-yard loss on 2nd and 6. Saskatchewan's kicker shanked another punt which resulted in a net-gain of only 27 yards, which set up the UBC offence for a game-winning drive at the opponent's 42-yard line.

Jacob Patten, already having one of the best games of his career, inconceivably made another huge catch. On the very first play of the drive, Patten beat his man and Olivares targeted him over the top of the defence. Patten made the clutch diving grab at the 12-yard line, setting up McDonnell for a much easier game-winning kick. After a successful 11-yard attempt, the 'Birds were up one point with only 30 seconds left in the game.

Nyhus and the Huskies offence did manage a drive to give their own kicker a 49-yard attempt. But the conditions and the situation proved too tough for Solie, as he missed wide right. Second-year running back Daniel Appiah returned the attempt out of the endzone to avoid the one-point rouge and run out the clock. The 'Birds stormed the field to celebrate their only home win of the season.

"The first thing you have to remember is that this is a really, really young team," Thunderbirds Coach Blake Nill said after the game, "Mistakes really hurt us, but at the end they just made enough plays to win."

It was a tough year for Thunderbirds football. A lot of players graduated and they made a lot of mistakes. But this was a hard-nosed, resilient victory by a talented young core of players.

"I told them about a game in '07 when I was coaching in Calgary, when we beat [Saskatchewan] on a similar thing, and it turned the program around," Coach Nill said. "I'm hoping this is the same." 🦋



Jacob Patten makes the catch that would allow kicker Garrin McDonnell to make the game-winning field goal.

SALOMON MICKO BENRIMOH

MIND, BODY AND SOUL //

Recreating Recess: Meditating on the meaning of yoga

Brendan Smith
Senior Staff Writer

It's a Sunday night in October, but I am too hot.

Seated cross-legged on my mat, I feel the heat from the generator massaging my body as the sound of bare feet slapping the floor comes and goes with each person entering the room.

The calm voice of the instructor then tells us to start meditating.

I close my eyes and begin the yoga practice.

Why do people do yoga? Aren't most yoga classes for really rich people? What kind of workout is it really?

These are the types of questions people ask me when I say I go to yoga classes.

Up until now, I have not been able to provide a sufficient answer to them. But a good place to start the answer would be to first explain what yoga is, and what it is not.

So what is yoga?

To the once-a-week yogi, such as myself, it is something you do to combat the lower back pain that comes from spending all that time hunched over studying.

To the more devoted yogi, it is a form of physical exercise and an enhancer for mental health.

To the yoga teacher, it is the practice of sharing extensive knowledge on body and mind to your clients through daily classes.

To the guru, however, yoga is associated with a deeper meaning. A meaning with ties to religion and philosophies that date back thousands of years.

Yoga, in essence, is a Sanskrit term and a school of thought in South Asian philosophy that views life as an illusion due to ignorance.

In this way, yoga is meant to transform this illusion into reality



Yoga is a lot of things to a lot of different people in the world.

FILE MAYA RODRIGO-ABDI

by transcending ignorance, so a person can experience a union between the individual self and the cosmic self, which is referred to as the Truth.

Does this mean that the devoted yogi, the yoga teacher and other yogis like myself are missing the point when it comes to explaining why we do yoga?

Actually, our reasons for doing yoga are different because we practice what many people call "modern yoga."

Whereas the yoga that originated in South Asia is built on the foundations of philosophy and religion, modern yoga is a term used to describe the result of Western ideals changing the idea of yoga to associate more

with physiology and physical fitness.

As a result, the Western-raised yoga teacher and yogis are more inclined to view yoga in terms of its health benefits rather than its deeper spiritual purpose.

There is no place where this distinction is clearer than Vancouver, the birthplace of Lululemon. Lululemon apparel has become synonymous with yoga, but this yoga is more modern than it is traditional.

The clothes and apparel are designed to promote active living and physical fitness, but rarely is there any type of reference to the principles of South Asian philosophy and religion.

As you can see, this is why

there is no universal answer when it comes to describing the meaning of yoga.

Yet as for why I do yoga, I believe my experience has taught me to view it as a way to achieve mental and physical fitness and not as a practice with religious or philosophical implications.

Still, it is worth mentioning the health benefits that yoga can provide.

From my experience, yoga is especially helpful for reducing pain from tight muscles.

Yoga positions can target back pain, a common occurrence for the typical college student as well as other areas that get tight from sitting in class or in the library all day long.

One key recommendation is to make sure that you understand the yoga class before you sign up for it because each class features different postures — called *asanas* — and paces.

For example, yin yoga is a more relaxing class where you hold the postures for extended periods of time, while hatha yoga has a faster pace where you are almost always in movement between positions.

Another important health benefit of yoga is its positive effect on mental wellbeing.

Yoga has been shown to be an effective way to decrease the body's response to stress, and one possible reason could be its emphasis on breath control, called *pranayama*.

As you move through the postures, the instructor will remind you to keep your attention on your breath.

At first this may be difficult, but eventually you will get to the point where your attention will be diverted to your breath instead of your thoughts.

Isn't yoga just for women?

Absolutely not. I highly recommend yoga for everyone because it can provide the many health benefits mentioned earlier. And if you are a traditional yogi, it also acts as a place for philosophical or religious practice.

Around campus, there are lots of options for yoga classes. There are even free classes at certain student residence buildings, so make sure to ask the front desk staff if you are interested.

Is there a problem with being a modern yogi?

In the end, it is important to know that yoga was never meant as a fashion show of athletic apparel, but rather as a school of thought that was later adopted and altered in the West. 🧘

CHAMPIONS //

T-Birds win first Canada West rugby crown

Salomon Micko Benrimoh
Sports Editor

UBC women's rugby have won their first Canada West title in the program's 20-year history.

The weekend saw the 'Birds travel to Lethbridge, Alberta, for the Canada West Championships hosted by the University of Lethbridge Pronghorns.

The 'Birds first played rivals the University of Victoria Vikes in the Canada West semifinal.

Gillian Boag opened the scoring for the Thunderbirds with a try while Shoshannah Seumanutafa was successful on a conversion attempt to give the 'Birds a 7-0 lead.

Seven minutes later, the Vikes responded with a try and conversion of their own to tie the game at 7-7. Seumanutafa would score a try of her own at the 36th minute and make a successful conversion to put the 'Birds up 14-7 going into the halftime break.

Breanna Aikens would score a final try for the 'Birds and another conversion by Seumanutafa gave the 'Birds a 21-7 lead.

They would hold on to that lead



The T-Birds will head to Ottawa for the national championships

FILE ELIZABETH WANG

for the rest of the game, keeping the Vikes at two tries.

A missed conversion on their first meant it kept the 'Birds up by two points and gave them the win at 21-19.

With the first half of the upset complete, the 'Birds now faced the University of Calgary Dinos in the Canada West final.

The Dinos finished in first place in Canada West but only squeaked past the Pronghorns 8-7 in the other semi final.

Down 12-5 at the half, the 'Birds came out swinging and scored 21 points in 21 minutes off a penalty try and two more by Boag and Rachel Smith respectively. Seumanutafa would be successful on both conversions, leaving her perfect all throughout the weekend. She was crowned 2019 Canada West Player of the Year, the first T-Bird to be given the honour.

The Thunderbirds will now travel to Ottawa on October 30 for the U Sports National Championships. 🏉



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WEEKEND RUNDOWN



Men's soccer dominate Fraser Valley Cascades

Diana Hong
Staff Writer

Coming off a bitter 4-1 loss to rivals Trinity Western University on Friday, the UBC Thunderbirds men's soccer team dominated the University of the Fraser Valley Cascades on Sunday with a 3-0 victory. This win gave the T-Birds their eighth-straight Canada West Pacific division title.

"We wanted to have a better performance today after a very poor performance on Friday night, the game we lost, so that

was certainly the hope for today and we got some other players in the game, which was good," said Mike Mosher, the T-Birds' head coach.

Right from the beginning, T-Birds' defence performed very well, keeping the ball away from their end for most of the game and limiting the Cascades' offensive chances.

In the 21st minute, third-year midfielder Sam Fletcher scored directly off a corner kick made by second-year defender Jordan Haynes to give the 'Birds a 1-0 lead.

Right after the T-Birds' first goal, another came via fifth-year midfielder Kerman Pannu off another successful cross made by Haynes.

Shortly after half time, the T-birds were given a free kick just outside the box. Second-year midfielder Thomas Gardner took advantage of the chance and gave the T-Birds a commanding 3-0 lead with beautiful kick that sailed over Cascades defenders and past their leaping netminder.

The Cascades kept battling for goal opportunities, but the T-Birds played well defensively and rarely let them past the halfway line.

The T-Birds will play against University of Alberta Golden Bears this Friday at 7 p.m. in the opening round of the Canada West playoffs. Sunday's win also meant the Cascades were eliminated from playoff contention. [T](#)



Thomas Gardner's free kick sailed past the Fraser Valley defence.

SALOMON MICKO BENRIMOH



Players from both teams scramble for the puck in front of the Regina goal.

SALOMON MICKO BENRIMOH

T-Birds split weekend against Regina Cougars

Bill Huan
Staff Writer

The UBC Thunderbirds continued to look for their first win of the season against the Regina Cougars Friday night, coming up short in a 2-1 loss.

The Thunderbirds dominated possession for the first five minutes of the game, generating multiple scoring chances against the Cougars.

A partial breakaway for Regina forward Arthur Miller lead to a penalty shot just under five minutes into the first period, which was saved by Thunderbirds goalie Patrick Dea.

Shortly after, the home team would take two consecutive penalties, which resulted in a five-on-three power play goal by Cougars captain Tristan Fei when his pass deflected off a Thunderbirds defenseman and into the goal. Both teams took another penalty in the opening frame, with neither of them being able to capitalize.

The second period saw lots of back and forth action between the two squads without many stoppages in play. UBC tied the game just under 14 minutes into the frame when Quinn Benjafield tapped the puck into a wide open net after Cougars goalie Brandon Holtby was left out of position following a fanned shot by another Thunderbirds player.

The period would end with a scrum, resulting in a powerplay for Regina to start the third.

After successfully killing off the penalty, the Thunderbirds maintained the majority of possession for the rest of the period.

However, it would be the visiting side who broke the tie, as an odd man rush resulted in a top shelf snipe for Regina defenseman Clayton Eisler with just over a minute left in the game.

The Thunderbirds would pull their goalie right after the ensuing faceoff in an attempt to force overtime, but came up empty-handed.

Sunday held a better result for the Thunderbirds, as they came back from an early deficit to beat the Cougars 4-1. [T](#)

Thunderbirds tie Dinos and beat UNBC 3-1, set sights on playoffs

Andy Phung
Staff Writer

After settling for a 0-0 draw with the University of Calgary Dinos on Friday, the UBC Thunderbirds women's soccer team beat the University of Northern British Columbia (UNBC) Timberwolves 3-1.

The T-Birds dominated their opponent right from the start. The first goal came in the ninth minute when T-Birds forward Alyssa Hunt shot a gracious curved ball that went into the upper-right corner of the UNBC goal.

Faced with overwhelming odds, UNBC failed to register a single shot on the UBC goal in the first half. At the 29th minute, UBC forward Michelle Jang got her name on the scoresheet after curving the ball into the right corner of the goal.

Twelve minutes later, Hunt

scored her second goal after receiving the ball from Jang, ending the first half 3-0 for UBC.

While still dominating, dangerous chances weren't as plentiful for the T-Birds. One such chance came in the 64th minute when UBC forward Liesanne Musico's shot hit the crossbar.

UNBC got their consolation goal in the 84th minute when forward Sofia Jones received the ball from Kiana Swift and scored.

"We jumped on them early, and we moved the ball well," UBC head coach Jesse Symons remarked. Regarding the playoffs, Symons added "we're excited and we're ready to go. It's that time of the year that everyone is excited for, and on we go."

The T-Birds will play their first Canada West playoff game against the University of Lethbridge Pronghorns this Friday. [T](#)



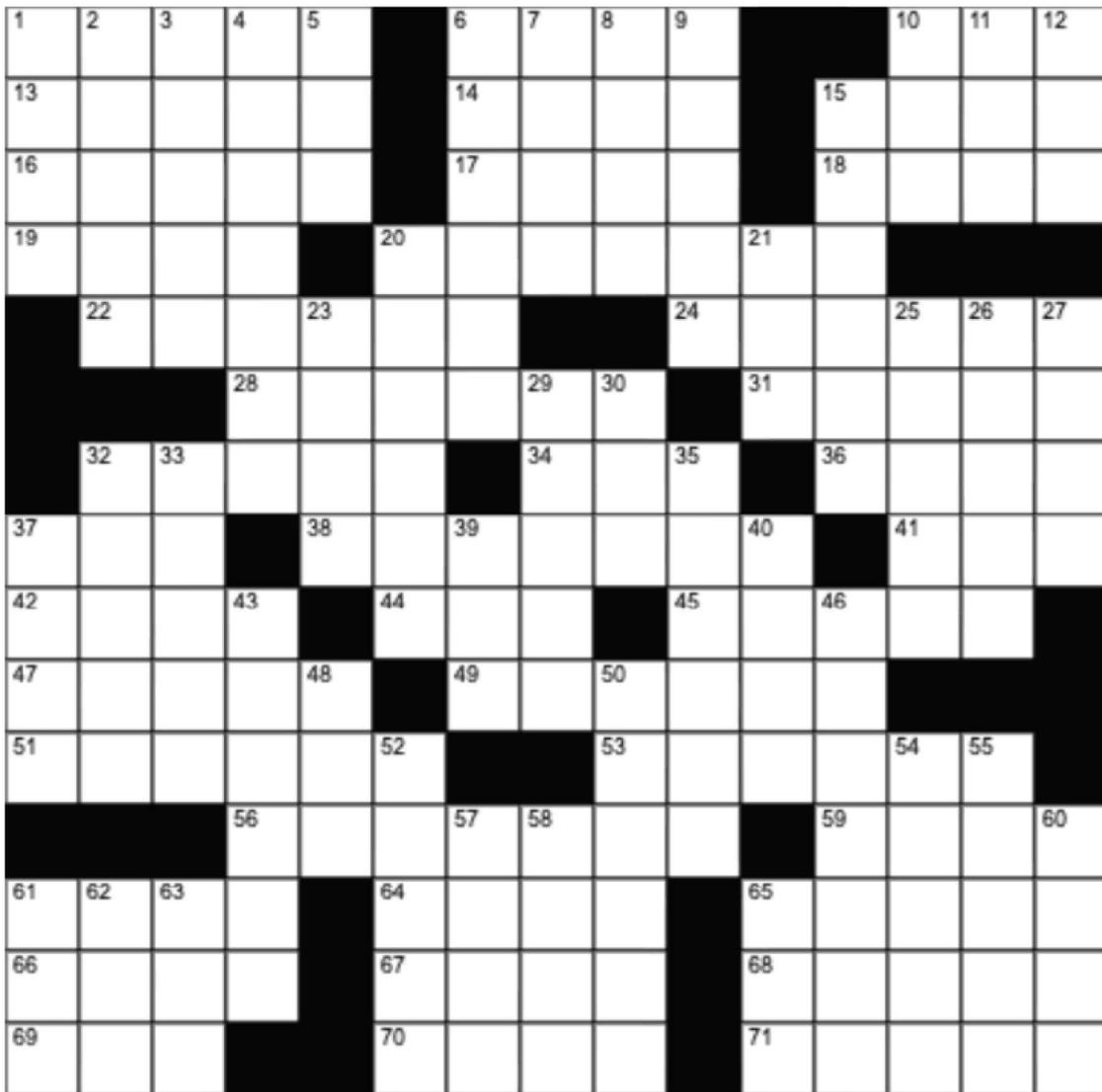
The women's team will prep for the opening round of the Canada West playoffs against the Lethbridge Pronghorns.

AMANSRIDHAR

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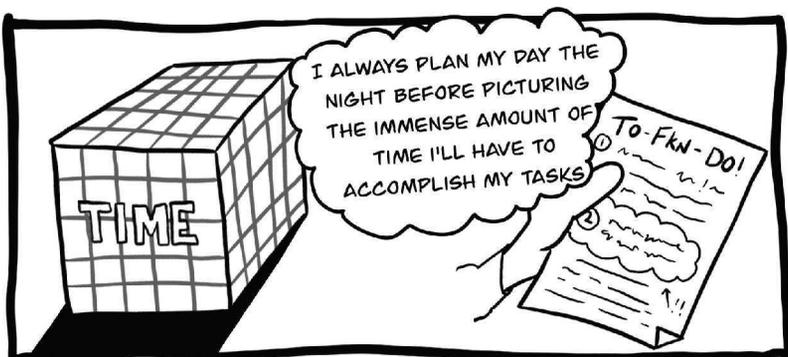
ACROSS

1. Judge's cry
6. "The Dukes of Hazzard" deputy
10. Vane dir.
13. São ____
14. Actress Campbell
15. Bosc
16. Go off-script
17. Coconut-husk fiber
18. New thought
19. Make it to the end
20. Graceful roundness
22. Checked
24. Reflecting surface
28. Security
31. Hang loosely
32. Page of music
34. Former nuclear agcy.
36. Toledo's lake
37. City official: Abbr.
38. Elderly person
41. Demise
42. Disfigure
44. Snockered
45. Monetary gain
47. Wee hour
49. Trader
51. Workroom
53. Half the diameter
56. Requests
59. Steep cliff
61. Mild cheese
64. Baseball family name;
65. Take to the ice;
66. Deodorant brand;
67. Aggregate of fibers;
68. Ignited again;
69. Caribbean, for one;
70. Risked a ticket;
71. Sailing;

DOWN

1. October birthstone
2. "M*A*S*H*" name
3. Edible red seaweed
4. Snob
5. Steal from
6. Encrypt
7. Noble gas
8. "Metamorphoses" poet
9. Word with truth or blood
10. Actor Beatty
11. Not for a Scot
12. Pitcher's stat
15. Capital of South Dakota
20. Ballpoint insert
21. Disencumber
23. Western pact
25. Less common or less cooked
26. Express a viewpoint
27. Saxophone part
29. Flavor
30. Eventually
32. Factory
33. Farewell
35. Underground room
37. OT prophet
39. Accomplished
40. Wished undone
43. Title for a woman
46. Chirping insect
48. Fire starter?
50. About
52. Green-lights
54. Russian range
55. Composer Erik
57. Smack
58. Golfer's "watch out!"
60. "___ grip!"
61. Road curve
62. Deserved
63. Football's Parseghian
65. Madrid Mrs.

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