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Events



QUEERS AND BEERS
OCTOBER 6TH 8PM-11PM @ TREE BREWING

THE KELOWNA CURLING CLUB &
STEAM WHISTLE BREWERY PRESENTS:
BEER + YOGA

BEER + YOGA
OCTOBER 5TH 4:30-5:30
@ KELOWNA CURLING CLUB



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HALLOWEEN AT BNA BREWING
OCTOBER 28TH
4PM- 12:20AM

News

PRESIDENT SANTA AT UBCO

Dayne Patterson – News Editor



Sarah James/ The Phoenix News

President Santa Ono was in Kelowna for the UBC Board of Governors meeting, and had some time to talk about the future of UBCO, his thoughts on the recent Textbook Broke campaign, and offer some advice to students.

Dayne Patterson: Santa Ono, you're the 15th president of UBC, first Japanese-Canadian UBC president, recognized by Inside Higher Education as America's most notable University President in 2015 when you worked at the University of Cincinnati. You also have a very heavy social media presence. When you were in Cincinnati you had around 77,000 twitter followers and now at UBC you have about 15,000 – can you tell me how you think the social media presence is integral to communication with the students?

President Santa Ono: First

of all, I want to say that I am really pleased with the rate of growth in social media interaction here, at UBC. That 77,000 followers in Cincinnati was after 6 years. If you do the math, if its 15,000 a year, and it's only been a year here, it should exceed the engagement even in Cincinnati, so I'm really, really happy with the pace by which I'm interacting with students and faculty and staff here; and I think it's incredibly important because it's a way that I can communicate, and a lot of the followers are actually students, and I hope that more students will actually follow me. The handle is @UBCPrez, as you know. So, it's great, because I hear directly from students, sometimes they'll just tweet out to me in the open, and sometimes they'll direct message me and I learn all kinds of things about what we're doing right, but also what we can do better as an institution. So, I'm thrilled,

and I've also noticed there's quite an uptake in following and interactions on Facebook and Instagram as well. It seems like Instagram seems to be very, very popular at Vancouver and in the Okanagan.

DP: With being on Social Media so often you have probably seen the hashtag #textbookbroke that's been circulating around several schools. Within the UBCSUO, as you know, the open educational resource has been something they have been pushing for since the beginning of the year – it's already been taking place in UBC Vancouver, and University of Victoria, can you tell me a little bit about your thoughts on the movement and free textbooks in general?

SO: I think that on average, if I hear correctly, the amount that students spend per term is approximately several hundred to eight hundred dollars –

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The editorial staff encourages everyone to submit material to *The Phoenix* but reserves the right to withdraw submissions from publication for any reason. "Any reason" could be material deemed to be sexist, racist, homophobic, or of poor taste or quality. *The Phoenix* will not publish materials which condone, promote, or express actions which are illegal under current laws. This does not include articles which provide an in-depth examination of both sides of a controversial subject (e.g. legalizing marijuana).

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Continued from previous page.

which is a lot of money on top of tuition. I understand the movement and I think that it’s important for universities to do everything they can to manage the cost of textbooks. It’s a complicated issue because publishers and presses have contractual agreements, therefore they have quite a bit of control over cost. So, I think that the movement is really an appropriate one and I’m looking forward to working with students to see what we can do to decrease the cost. I was actually involved in Cincinnati, you can see it online, in trying to help in terms of distribution of earlier editions of textbooks. One thing that faculty members can do is to not mandate the most current edition so that students can use used books from prior years where there isn’t that much change in content, so, there’s all kinds of different things that can be done. The University, such as UBC that has such an outstanding faculty can create content that might be more affordable to students, so there’s a lot of different things that can be done – so I applaud

the movement.

DP: Great. You have said that you want to put UBC in the top 20 schools across the country, how do you plan to incorporate UBCO and UBCO’s Campus Master Plan into that?

SO: Well UBCO is UBC, and our standing reflects not only faculty and students in Vancouver, but also the Okanagan. There’s no secret to the fact that UBCO has been an amazing success story – in just 10 years, 11 years, look at what’s happened. At today’s Board of Governor’s meeting we were actually talking about the future of UBCO, and there was a visioning session last night with the Board of Governors. We’re looking at the land, but we’re also looking at the potential of this campus. The consensus is that the sky is the limit for UBCO. It’s going to be increasingly part of strengthening the entire university, and we’re very excited about that.

DP: Okay, we’ll lighten up a bit here and move away from the heavy questions. As most

students forget, professors and presidents like yourself, were students at one point, undergraduates as well, can I ask you some mistakes you made as an undergrad, or some advice that you have for the new students coming into UBCO.

SO: Well, I’m just a normal student, and I made every mistake that’s possible and students should be okay with that; and parents and faculty should remember back to when they were students. Everyone is a human being, everybody makes mistakes – that’s how you learn. My comment at Create and at Imagine was that if a student is feeling nervous or scared about this new chapter in their life all that means is that you’re about to do something brave – that’s just a normal part of any phase of life. If you think about the first time you jumped off a diving board. When you’re a little person and you’re on this diving board and looking down at the water, you’re probably scared, right? And you had to do it. Maybe the first one wasn’t a very successful dive

but you keep doing it and you eventually get pretty good at it, that’s what life is like. So, my advice to students anywhere at any stage is: to not be worried about being scared or being nervous, because that’s just a part of the development process; and to live life to the fullest; and to seize the day; and to take advantage of everything that UBCO has to offer. It’s an amazing place and as you know the library is being expanded, and it’s a beautiful environment and great faculty and colleagues; and to be engaged and make the most of what the campus has to offer. **DP:** Okay. We’ll finish off with what your favourite memory of being a student, undergrad was.

SO: My favourite part was really, I loved being in classes, I went to the University of Chicago, but the part I’ll never forget are the interactions with my fellow students. You learn just as much from your fellow students as you do from faculty members and staff members and I would encourage students to talk about the difficult issues; especially to talk with

students that have a different point of view, because through those difficult conversations, sometimes late into night, that’s how you actually grow as a human being and citizen.

DP: Actually, last, last question, what’s your favourite thing about the Okanagan, Kelowna, UBCO?

SO: Just the scenery is amazing. Just driving from where I was staying to the campus, and the bright light, you know, we didn’t have that much bright light during the summer because of the fires, but, the morning light and looking at the mountains, that’s my favourite part of it.

DP: Mine too! Well thanks for coming.

SO: You’re welcome, and thanks for rocking the bow tie. I’m sorry I don’t have mine on today!

DP: That’s okay, next time. We can join up for the theme!

UBCO CONTINUES TO GROW

UBC can’t house all of its students on campus, forcing many to find other places to live in Kelowna

Dayne Patterson – News Editor

UBC Okanagan is growing, and it’s growing fast. This year’s group of first years is set to be the largest in the school’s history. However, to anyone following the enrollment record of the campus, this should not come as a surprise. In UBCO’s final Campus Master Plan document, there is the explicit understanding that with “the initial capital investment and construction program for the Okanagan Campus completed in 2012,” the student enrolment has been “anticipated to increase at a gradual rate of approximately 1% to 2% per year.” This means that 2017/18 will not be the only year to have an influx of new first-year students. If UBC Okanagan continues in the way it has projected, every year there will be an increase in the number of students accepted. UBC Okanagan has

historically had a steep growth rate, as the Campus Plan indicates. When the University first opened its doors in 2005, UBCO had 3,500 students enrolled. By 2012, that figure had more than doubled to 7,500. This year, Deputy Registrar Fred Vogt stated that while the numbers aren’t final, “we are looking at about 2,250 new-to-program first-year students.” While momentous, this influx does pose a housing issue. The University is undergoing construction with plans for more residences in the future, but the new students have already arrived. UBC Okanagan still does provide a guarantee for first-year housing, but there are a few catches. The base requirements are fairly simple. According to UBC’s housing website, to be eligible, “UBC’s offer of academic admission”

THE UNIVERSITY IS UNDERGOING CONSTRUCTION WITH PLANS FOR MORE DORMS IN THE FUTURE, BUT THE NEW STUDENTS HAVE ALREADY ARRIVED.

had to be accepted by June 1, UBC had to receive the application for winter session residency online, and you must be “eligible to live in residence based on your age and academic credit load.” However, there is one other criterion that must be met. Currently, to be eligible for guaranteed housing, a student must be “entering UBC directly from high school” not having completed any post-secondary coursework, and “graduated from high school between June 2017 and June 2018,” or, “you are a newly admitted first- or second- year international undergraduate student.” While this encompasses a large number of first years, it does not account for all of them. Neither does it account for the thousands of other students that attend UBC Okanagan. According to the University’s

website, this year, there is a total student population of 9,000. The University does not have enough housing on campus to accommodate all 9,000 students, so many live off campus. The massive influx of students into the Okanagan over the course of the past decade have created opportunities for Kelowna-based real estate companies like the Mission Group to fill this gap in housing. According to their website, both Varsity 2 and U5 are completely sold out, and they won’t be finished until summer of 2018. This intense market for housing near the University will only continue as UBC Okanagan rapidly grows and follow in the footsteps of sister campus, UBC Vancouver.

ABORIGINAL CENTRE BRINGS STUDENTS TO TRADITIONAL SALMON FEAST

Dayne Patterson – News Editor



Photo provided by The Okanagan Nation Alliance

From September 15 to the 17, people from across British Columbia gathered at Okanagan Falls for the annual Salmon Feast. The weekend-long ceremony has revitalized a traditional event that has been prominent in Syilx culture for decades and celebrates the Syilx culture and customs through drumming, singing, dancing, and the oral sharing of stories, as well as many other activities that transpire over the span of the three days.

For the Syilx Okanagan Nation, the ceremony and feasting that take place are central activities of the event. The Salmon Feast itself was held on Sunday around noon, with the songs and teachings being sung while those participating in the ceremony lined up for a piece of Salmon before officially beginning the feast.

The setting of the feast, the Okanagan falls, is a culturally significant site and an important ancestral fishing and trading ground for the Syilx people. The Feast is held in honour of Chief Salmon, one of the Four Food Chiefs, and demonstrates the importance of the sockeye salmon, a primary food source for generations.

A plaque near the river

owes the success of Skaha Lake and the Okanagan River to the devotion of the Okanagan Nation in their “inherent responsibilities to restore and protect its salmon fisheries [and] ensure the survival of the Okanagan Nation Sockeye for the benefit of our people today, and future generations,” as stated by

SYILX LEADERS PRESENT AT THE CEREMONY SHARED THEIR VIEWS AND COMMUNICATED THE SIGNIFICANCE OF PROTECTING “OUR PEOPLES, LANDS, RESOURCES AND SACRED WATERS.”

Chief Clarence Louie of the Osoyoos Indian Band.

However, the Salmon Feast is also “a connection to our ancestors,” says Pauline Terbasket, the Executive Director of the Okanagan Nation Alliance in charge of the event. It is not only a celebration of place and space but “it’s the sharing of this history with others,” she

says pointing out into the crowd, “this is part of the perpetuation of culture and shared learning.”

As Terbasket explained, it’s a manifestation of “our culture, our language, our title, our rights, and our ceremonies. The sharing of our Indigenous culture through what others may see as just an event, for us as Syilx, is much, much more in embracing [our] traditions, such as the Salmon Feast. [We] are being strengthened by our very witnessing, sharing in the experience, and the deep relationships and links we have [built] by hearing our nsyilxcen language and teachings – our nationhood that was nearly lost, if not severely disrupted throughout contact and colonization.”

The Syilx leaders present at the ceremony shared their views and communicated the significance of protecting “our peoples, lands, resources and sacred waters,” Terbasket added – a reminder that should resonate with all peoples.

TUITION FEES FOR GOVERNMENT ASSISTED KIDS ELIMINATED

Dayne Patterson – News Editor

B.C. Premier John Horgan announced in Nanaimo at Vancouver Island University on Friday that British Columbia has waived tuition fees at all post-secondary schools for former youth in care. The removal of tuition fees has been issued as a way to allow those potential students that aren’t privileged to financial assistance from parents or guardians the right to an education.

“The post-secondary education system in British Columbia can be a tool for success, so long as it is financially and geographically accessible,” says Simka Marshall, Chairperson of the BC Federation of Students, “today’s decision to waive tuition fees for youth from the care system opens doors to opportunities that were previously closed for some of BC’s more vulnerable and marginalized young people.”

The opportunity for former youth in care children to access the waiver was previously established at 11 post-secondary schools in British Columbia but has now reached all of the 25 institutions. The waiver applies to all who have spent a collective minimum of

at least two years in foster care, and are aged between 19 and 26.

The decision to offer former youth in care the opportunity to advanced education was influenced by several issues. Approximately 80% of future jobs in the province will require some form of post-secondary degree, and without the family financial support that is common to many university students, they are often unable to meet the growing expense of education.

Additionally, these aged-out youth, that are too old to benefit from government care, are not afforded essential needs such as food and shelter while they study; unlike many other students who are offered these necessities by their parents, former youth in care must fund their studies and provide for themselves. “By bringing down barriers to opportunity, and making advanced education more accessible, we can clear the path to success for these young people,” says Horgan.

Students eligible for the waiver who have already paid their tuition fees for the current year will be refunded, following their application acceptance.

TEARING UP THE COMMONS FIELD

Noelle Viger – Staff Writer

Walking around UBC Okanagan this year is to dodge around all sorts of construction. From the new transit system, the John Hindle Drive closure, and the construction of the new Teaching and Learning Centre, construction is always visible on campus. However, there is one aspect of construction that is not as immediately obvious as to why it is taking place- the construction to the Commons field.

For the few that may not know, the Commons is the field north of the UNC which residence buildings Kalamalka, Nicola, and Purcell all face toward. Since school has begun, half of it has been closed due to construction. Unlike some of the other construction occurring around campus, UBCO is receiving a Federal Investment from the Government of Canada to update and repurpose the field, as a part of the Western Economic Diversification of Canada.

This investment is part of Canada’s 150 Community Infrastructure Program. According to the Government of Canada’s website, this

\$300-million fund was put in place to celebrate “Canada’s 150th anniversary of Confederation”, while investing in “the community spaces that bring Canadians together.” Of the \$300-million allotted to this “up to 92.4 million is being invested across Western Canada.”

This investment was announced on August 17 and is part of the eight projects that are taking place around the communities of the BC Interior. The Government of Canada is giving \$970,000 for these projects to foster “safer, more reliable infrastructure.” In regards to the Commons, this money will be going toward upgrading and repurposing the field. Deborah Buszard, Deputy Vice-Chancellor and Principal, stated that these enhancements to the field “will have a significant positive impact on student life and make the field more versatile for community recreation.” Buszard thanked the Government of Canada as well for the investment to UBCO’s infrastructure. Soon, the campus will have a brand new field to accompany its new buildings and transit systems.

Arts

HEALING THROUGH ART

Creating pieces that not only promote oneness but also promote healing

Curtis Woodcock – Arts Editor



Photo provided by Aaron K Metz

Aaron K Metz is a local innovative artist who aims to bring serenity and peace wherever his work goes. His work ranges from small to wall-filling, but they are always vast and eye-catching with an emotional awe-inspiring depth to them. He paints celestial stellar landscapes of art. Aaron layers different mediums such as acrylic paint, crystals, minerals and alcohol inks, all topped off with a hard coat of resin to make it shine. Aaron has developed this particular style of art for a while and now it has really taken on a wonder and presence that is making an impression. “Throughout my artistic development, I have always had the desire to communicate those intangible concepts within me through my art. Stargazing into our night sky has the capacity to churn feelings of joy, wonderment and awe of how vast life and creation truly is. This renders us into a state of harmony. My intention in my art is to echo those emotions.

I strive for you to be able to immerse yourself into my creations and recognize the craftsmanship, care and unique visible and invisible qualities of my work.” Metz encourages his audience to gaze deeply into his art and into ourselves to really explore the subtle nuances that make life magnificent.

He created the Selenite series. This was a project of affordable art where only 100

pieces were made with the healing crystal selenite infused in the resin over the acrylic cosmos painting. The goal was to grid the planet with these pieces, as they provide endless health benefits due to the crystals, and they shipped all over the world. Only 12 remain in stock, the rest have dispersed throughout the earthly cosmos.

Aaron never uses black for these paintings. It is the deepest purple acrylic that acts as the base or first level of the piece. Next, Aaron lets the divine energy guide him in his meditation and his hand follows the guidance he receives. It really is different every time. Sometimes you have a smattering of stars laid out and other times they are whipped into a stardust nebula. Other times a massive beautiful vortex takes up the bulk of the canvas. Even spheres of negative space filled with stardust are the results of this guided approach. After this step, Metz adds the crystals, which vary in type but are most often Selenite. It is one of the more powerful healing stones that Aaron is drawn to use. He also uses amethyst, citrine, tourmaline, chrysocolla, peridot, and lepidolite. Next, comes the rush of a thick resin followed by the solar flare of a blow torch to release the trapped air bubbles. Alcohol inks are then dripped, manipulated, and danced into

place. Then comes the time for the piece to rest for the day to get ready and show off its shine on the morrow.

Some of his more recent pieces contain sacred geometry and glow in the dark features. His face mount prints have LED lights built in “giving an illumination that couldn’t be duplicated by any external lighting.” Currently, he is working on developing some really innovative pieces that infuse sound responsive LED lights. These wonders will be dawning at an installation at the new technology building downtown, which will show off how technology can beautifully interact with art. He makes wall art and prints, as well as including his art on watches (modifywatches.com) and clothes.

His works can be found for sale at zeropointart.com and to view on Instagram at his main account [@aaronkmetzartist](https://www.instagram.com/aaronkmetzartist) or [@exhaleartgallery](https://www.instagram.com/exhaleartgallery). They are also currently on display at Chaibaba Tea on Ellis, Float space, 421 gallery, ExNihilo winery, and will be featured at Karmyc Bazaar on October 1st. He was also nominated for local artist of the year for 2017. His work is truly a wonder to behold and his personal demeanour is also one of compassion and love.

BECOMING THE GREATEST HERO IN THE WORLD

Creating pieces that not only promote oneness but also promote healing

Daniel Greene – Lifestyle Editor

Who doesn’t love superpowers and a main character who really makes you root for them! Well, that’s exactly what audiences will get with ‘My Hero Academia’. It debuted April 16 2016 and is currently going into its third season. It boasts a fantastic group of characters who you grow an unexplainable fondness towards throughout its first season. The show introduces a world where people have developed superpowers called ‘quirks’ that they usually develop in childhood. It can be anything from super strength or speed to having a cat head. The main protagonist named ‘Izuku Midoriya’ is a quirk-less child who dreams of one day becoming a great superhero. He idolizes the current roster of pro heroes and keeps a notebook for studying everything about them and what it would take for him to become a pro himself. A chance encounter intertwines Midoriya’s fate with that of his utmost favorite hero, ‘All Might’, activating the first season with an explosive start. It also holds a subtle positive message that even ordinary people without super powers can make a difference and that’s one of the reasons the show is so uplifting.

It is a 13-episode emotional, exciting, and action-packed first season that leaves you craving more instantly. It does rely on certain clichés that are expected of the Shonen genre, but it doesn’t over-clutter it or take away from its quality. The animation is top notch and the characters are multi-dimensional so they are

easy to enjoy and relate to. The quirks are clever and varied which keep it fresh and interesting and if you have the time, it will probably make you want to binge every episode available.

Unfortunately, thus far the villains are grossly underdeveloped and their backstory is almost nonexistent. There is enough detail there to develop some fear for what they are capable of doing in the future but none of the ‘why’ they are doing it. It leaves a lot of development for the next season and beyond, which is not a hindrance, but it would have ultimately made them more interesting characters.

It always helps to have superbly voice-acted characters to help draw you into an animated show and, in my opinion, this series doesn’t disappoint. From the booming proud voice of All Might (voiced by Christopher Sabat) to the rage-filled, gritty voice of Midoriya’s ‘frenemy’ Bakugo (voiced by Clifford Chapin) and everyone in between, you can feel the passion and candour that these characters are expressing. It serves to submerge you into the adventure and laugh, cheer or, dare I say it, get a little misty when the characters experience the trials and hardships that come with trying to be a hero in training.

OUR BRAINS ARE ALIVE WITH THE SOUND OF MUSIC

Willa Holmwood – Contributor

The universal language of music has been a widespread form of artistic expression for thousands of years. In fact, the oldest song in the world is a Sumerian hymn written approximately 3400 years ago. Tracking the evolution of music proves its immense popularity, despite the probability that ancient Sumerians would have been terrified of modern-day dubstep. Music relies on humans to nurture its existence, but what if this correlation is reversed? Perhaps humans need the healing presence of music just as badly. Medicinally, the sound of music keeps our brains healthy and can even hold the power to prevent neurodegenerative diseases.

A functional Magnetic Resonance Imaging scan (fMRI) can actively scan a subject's brain while they are performing a task and provide real time results. When a fMRI scanned the brain of a subject who began listening to music, the results were astonishing - nearly every region became active (unlike our brains during 8:00 a.m. lectures). When

listening to songs with lyrics, the language areas of the brain called Broca's and Wernicke's areas were activated. Similarly, when a familiar song was played, the long-term memory region of the brain called the hippocampus became stimulated. Maintaining a dynamic brain can help keep the different regions fresh and sharp as you age.

Speaking of getting old, did you know that the charmingly squishy mass that you so generously carry around ages too? Like other body parts, time takes a toll on the efficiency and stability of the brain. Music-induced brain activation can help the elderly retain their mental functions. For example, the relationship between music and Alzheimer's disease provides an interesting examination of the powerful healing effects that music holds. Songs can evoke emotions that rejuvenate memories. In patients who have dementia, musical aptitude and appreciation are two of the final abilities that remain intact. Evidently, using musical

therapy as a treatment for Alzheimer's disease would be beneficial as it has the potential to return lost memories and slow the degenerative process.

Another clinical example involves Tourette syndrome. In a person who has Tourette's, they experience a spectrum of trademark symptoms called "tics" which include uncontrollable vocal and motor behaviours. It has been scientifically proven that participating in musical activity can substantially reduce the frequency of tics. For some individuals, their tics completely disappear when they are playing a musical instrument. Considering the disruptive and previously irrepressible nature of this syndrome, music may truly become a hero in disguise for those who suffer from Tourette syndrome.

Quick - imagine you're lying in bed with a bucket of ice cream listening to Adele. As she hits the high note in her melodic tune, "Someone Like You" suddenly you feel it - a cold shiver piercing through

your spine as your nerves come alive. The chills felt while listening to music are caused by the release of dopamine, the neurotransmitter known as the "pleasure chemical". Low dopamine levels cause fatigue, mood swings, and memory loss among other symptoms. Severe dopamine deficiency can result in Parkinson's disease, a debilitating degenerative disorder. Music therapy in patients with the disease has been shown to be more effective than physical therapy in regaining movement and subsequent happiness. In this case, music is literally happiness.

Have you ever learned something that genuinely blew your mind? Well, get ready for takeoff because music is back at it again with its mysterious supernatural powers. Listening to music has been found to be more effective than prescription drugs in reducing anxiety before medical operations. Imagine the results this could have on the healthcare system if more people were aware of

this data. Not only would this benefit the liver as it would have fewer drugs to process, but music also provides the advantage of being much more cost-effective than overpriced prescriptions.

Besides all this magical science babble, how does music really affect human beings at our core? Ultimately, people listen to music as a way to escape. Whether they're feeling alone, want to relate their emotions to a concrete outlet, or simply need to get lost, music provides the golden path to emotional well-being. The listener is Dorothy on a journey through the Land of Oz to the Emerald City, which we all know as YouTube and Spotify. This city radiates the sound of music that allows our brains to heal and flourish, despite the challenges of life. As the reggae legend Bob Marley once said, "One good thing about music, when it hits you, you feel no pain". And he was right.

MOTHER EARTH AND THE DAMAGE DONE

Curtis Woodcock – Arts Editor

Darren Aronofsky is known for his surreal yet disturbing films, and his latest, *Mother!*, is no exception. At the surface level, it is terribly confusing and unbearable at times, but underneath the jarring imagery and intense emotional stimuli, it holds an appropriate message. As a warning to the reader, there will be spoilers ahead, but only enough to make understanding the message possible. It is an incredibly complex piece of work and can easily be written off without a second thought. The writings upon the walls in *Mother!* need a little nudge before the ink reveals itself. Jennifer Lawrence and Javier Bardem both play their roles amazingly and are a perfect

dichotomy.

Did you leave the film and ask yourself, "What the f**k did I just watch?" Well, you are not alone.. Viewers are supposed to be angry and disgusted after the film, and maybe even somewhat ashamed. After all, Jennifer Lawrence is the physical embodiment of our home. She is based on *Mother Earth*, hence the name *Mother!*, and the film is a 2-hour compression of all of the atrocities that we have put the earth through. The sheer selfishness of humanity is at the forefront in Javier Bardem's character and every other person that shows up at their home. All Jennifer Lawrence's character wanted to do was create a paradise, but it was never

enough. Earth is our paradise, and we are just turning it into a cesspool of selfishness.

Darren Aronofsky is an environmentalist fed up with how powerless he feels in his ability to change the world as we know it. He channelled all of that rage into the making of this film, and you feel it with every fibre of your being. An in-depth explanation of his reasoning for creating this masterpiece of conversation can be found on Vanity Fair's website in an article titled *Mother! Mastermind*. Darren Aronofsky Explains His Disturbing Fever Dream. Reading a few reviews going into the film would be helpful for any potential viewer. It gives one an idea of what to look for and a

small basis for why everything is so insanely offensive to the senses. It creates an atmosphere where, even though the film can be hard to sit through and probably won't be watched twice, will continue to be talked about for a long time. It does everything that controversial art should do, and for that, should be respected immensely. The conversation needs to start, and it needs to be thrown in the public's face, because people refuse to listen thus far. Aronofsky should be thanked for forcing the conversation, while simultaneously putting audience members in therapy to process the intense stimuli. *Mother!* gets a 9 out of 10 for creativity and using the medium to bring about

change, but only a 6 out of 10 overall, as it was challenging to watch and the message does get somewhat convoluted if you go in without any knowledge of the film prior. Doing some research before going in is advisable, so you understand that there is something to take from it and that it's not just a baseless sensory assault.

WOODCOCK MEETS WOODHAWK

Calgary's Woodhawk cast a spell on Doc Willoughby's Pub

Curtis Woodcock – Arts Editor



Photo provided by Mario Montes

Saturday September 23 saw Calgary's Woodhawk strike back and bring their brand of classic rock inspired wizardry to Doc Willoughby's pub. I was able to sit down with Mike and Turner beforehand to talk about touring and the new album. Kevin was dreaming of amazing drum grooves in a galaxy far far away.

Curtis: How many times have you played Kelowna?

Turner: This is our third time. We were here in April last year and this is our second time here on the Beyond the Sun tour.

C: If there was one song that you really felt would explain the feeling of your band on the new album what would it be?

T: I personally would choose Beyond the Sun I think it has the most variety with the writing. It goes from soft to heavy and it covers a lot of ground which I feel is a good sum of the way the whole record kind of was. It's not all just heavy balls to the wall but it's kind of all over.

It shows a lot of elements that aren't in every single song kind of a sum up.

C: So far on the tour, what city do you feel has the best crowd or the most energy?

Mike: Probably Vancouver. It was the first time in a long time that we've seen a mosh pit.

T: It was a big crowd for that one. We've played Vancouver a lot of times. We've played everything from the dives on east Hastings, which I guess this one was too laughs, to the Commodore with Airbourne. This was kind of the first medium kind of show that people came out to see us which was really nice. It was one of my favorite shows so far. I find Vancouver so weird. You think to go to a big city like that that it's going to be great. There are so many bands and people thought that it's hard to get people to come out. When there is that many people in a city to get your name noticed is a lot its hard. This genre this kind of Doom, Stoner Rock genre is just thriving in Vancouver.

Bands like us are kind of a dime a dozen there. We are lucky that we've been able to stand out for some of our shows and kind of push above that, but there is a lot of bands who are very big in that scene. It's very easy to get washed in with them.

C: How did you enjoy playing the Commodore?

CURTIS: SO FAR ON THE TOUR, WHAT CITY DO YOU FEEL HAS THE BEST CROWD OR THE MOST ENERGY?

MIKE: PROBABLY VANCOUVER.

T: yeah it was nuts! We were in the middle of recording the record. Some of our friends from a local band, who were asked to open by live nation, they couldn't do it. They knew we were in town so they called us and asked if we wanted to do it. They asked if we could open for Airbourne the next night and we were like yeah

for sure! It was still the biggest crowd we have played to date. It was sold out which was packed! It was a little nerve racking going from venues like this to the Commodore. Here you walk on and set up your stuff. There they have like stage managers who walk us through and we had our own sound guy we had the full treatment. After that show, I labeled every one of my guitars because everyone was like where does the stuff go and were like I have no idea. We learned a lot from that show. It was surreal, to say the least!

C: So, the album was recorded in Vancouver?

T: Yeah with Jessie Gander at Rain city, legend of legends.

Curtis: Is there a particular message that you guys are looking to send to fans or is it more just having a good time writing good music?

T: Have fun, relax, and appreciate things. Were really happy on stage were always smiling and joking around. Even during the record, the

theme of it is you work so hard to escape the reality in which you live in that you don't realize how good you actually have it. We didn't say that for months after the album came out until people could perceive it on their own.

C: Yeah give them a chance to absorb it on your own and figure out what it means to them.

T: Pick out the story on however it feels best to you but that was kind of our intent writing it.

The crowd was mesmerized throughout the evening both Vancouver's Bort and Calgary's Woodhawk delivered masterful performances. It truly was a journey beyond the sun. Let's hope there is a Return of the Woodhawk tour to follow. They are a must see and are very down to earth individuals. Go check out their music as you will not be disappointed! Check out the full interview on the Phoenix Website.

Lifestyle

A COMMUNITY WITHIN A COMMUNITY

An interview with Erawan Club

Wey Lynn Liong – Contributor

One of the reasons UBC Okanagan is such a tight-knitted community is the number of clubs that cater to students' different interests, helping local and international students alike to feel more at home on campus. Many clubs were started out by students and are run by a committee of students. Because of that, many students have been taking the interest in starting clubs, making the number of clubs on campus grow rapidly.

Meet one of UBCO's newly-started clubs, the Erawan Club! The club is currently lead by president, Richard Bell, along with his VPs, Rattanun Chanchamcharat and Katie Tribunyatkul. After going through options with their committee team for a name, such as 'Thai Club', 'Thai Community Club', 'Thai Culture Club', they decided to give a more unique name to their club.

"We wanna create a community where everyone can join and so we looked up at UBC Vancouver where they have their own Thai club. It's a very big organization there. It's called Thai Aiyara, which is an elephant name. So, cause we're brothers and sisters right, UBCV and UBCO, we came up with the idea 'why not create a name that's relevant to each other?'. So we came up with the name, Thai Erawan, which is another name of an elephant," said VP, Rattanun. Richard, the president, added that they didn't want to seem inclusive of only Thai people and while it's related to their

Thai roots, it's not excluding anybody.

The club was started out by a group of passionate Thai students and it all started from a community. Richard, explained, "My personal reason was I never really knew anyone who was Thai or got to know them well but I always wanted to start a club like this... but when there was more and more Thai people here, it only made sense to become an actual club." With the help of a friend named Duang, who helped gather everyone together, the idea and the execution connected and the club was born.

By building a community, it led into starting the club, "Basically, I walked past [Richard] a lot. I knew he was Thai so we get to talk a little bit and he also came up with some events but it never really happened," Rattanun clarified that it was because there wasn't anyone who could host the events, "So that's how we actually wanted it to happen, so we gather and make a club."

Being a freshly started club, the committee team is working hard towards their goals for this club. Katie, the Co-VP, stated that she wanted to break the stereotypical thoughts about Thailand.

"Another goal is that, Thailand has always been shown in such a bad light... when people think of Thailand, they think of ladyboys or a bunch of stereotypes. So, we want to kind of get rid of that and actually show people what

Thailand's all about, with all the culture and the food and all the good stuff."

Agreeing with Katie's words, Richard also added, "Our main goal is purely to create a better sense of community through unique experiences of Thai culture"

By spreading awareness in their own culture, as well as building a community, the secretary, Thaksachan Sirikulthada, shared that he felt at home being in Erawan, "What I've gained personally is a lot of warmth and also more of a sense of belonging as... when I first came, I wish I had this sense of warmth and now I'm filling that hole with this club."

The club has been actively promoting themselves since Expo Day and is gradually gaining lots of member registrations along with interest. I also got a chance to sit in on one of their meetings and the club seems to have many events planned, such as their first food event, a culture event named Loy Krathong, and premium memberships! Loy Krathong, as explained by Richard, "is an activity that's meant to be stress-free relief for students where students will come and wish away their bad luck and at the same time have a nice calming evening, talking to fellow students who are probably going through the same thing." Make sure to keep an eye out for all these interesting events!

ONE MEAL TO RULE THEM ALL

Daniel Greene – Lifestyle Editor

The older one gets, the more it seems that every class in high school was useless except Foods. Okay, calculus is important, and so is English, but understanding the subtle differences between metonymy and synecdoche doesn't seem to do any good when one is hungry and on a budget. According to a 2015 study by Morgan Stanley, 53% of millennials say they eat out at a restaurant at least one day per week. That may not seem like a lot, but that money adds up.

One thing that students probably don't realize is that vegetables are very cheap. A bag of potatoes and some carrots, onions, and broccoli might set you back ten dollars. And if you know how to cook and store these ingredients properly, it is possible to make enough meals to last you through the week.

One of the easiest and most delicious meals of all time is the stir-fry. 'Stir-fry' isn't exactly one thing; it can be any number of combinations of vegetables and protein fried together. That's the wonderful thing about stir-fry; you really don't need a recipe. Just roughly chop all the ingredients you have on hand and fry them in oil on medium heat until the vegetables are lightly caramelized and the meat is cooked through. To save time for schoolwork throughout the week, make a huge batch and leave the whole pot in the fridge to portion out each night. If you make so much that you feel you won't get through it all within the next three or four days, freeze some. Also, rice is cheap, as most students know, and will stretch the longevity of the stir-fry even further. If you get sick of rice, switch it up

for dried noodles. They take only two minutes to cook compared to rice which takes about fifteen. A simple, homemade teriyaki sauce is actually easier to make than one may think. After the vegetables and meat have cooked and the rice or noodles are ready, mix together equal parts soy sauce and water. Then, cut up one or two cloves of garlic (depending on how much you like garlic) and grate about 1 tablespoon of fresh ginger. (If you use dried ginger, add less, but fresh ginger is very cheap. Also, frozen ginger can be grated much more easily than when it's not frozen). Mix the ginger and garlic into the soy sauce concoction and then pour the works over the vegetables and meat. This will give you a salty, satisfying sauce for the rice, and will help marry together all the flavours of the fried vegetables.

This 'recipe' could feed you through your entire post-secondary education. Stir fries are very forgiving and it's hard to imagine a vegetable that wouldn't taste good fried in oil and tossed with teriyaki sauce. But in reality, this won't be the only meal you cook for the rest of your life. The stir-fry is a gateway meal, a recipe that can be perfected in order to build confidence in the kitchen. And once you feel confident about cooking, it will no longer feel like a chore.



Seger Nelson/ The Phoenix News

RESTAURANT/GROCERY STORE REVIEW: ONE BIG TABLE

Kelowna grocery store encourages the community to participate in local food

Daniel Greene – Lifestyles Editor



Seger Nelson/ The Phoenix News

On 1440 St. Paul Street sits the unique grocery store-restaurant hybrid called One Big Table. Upon entering, I was immediately struck by the intimacy of the space. The dining and shopping areas are separated by a mere few steps. My familiarity with supermarket giants such as Superstore had conditioned me to expect long aisles and vast produce sections, but the atmosphere at One Big Table feels more like a coffee shop or a bistro. At the front counter, which doubles as the espresso bar, bins of pears and apples lie below baskets of fresh baguettes and pizzas. Roma tomatoes are placed alongside onions, garlic, and fresh herbs, and shelves along the walls offer ready-made sauces, ketchup, and even Caesar mix.

Chef and owner Giulio Piccioli greeted me warmly and offered me a seat by the window. I ordered the soup of the day—tomato, rosemary, and chickpea—and a latte from a bare-bones menu of rotating seasonal ingredients. When the food arrived, I was astonished by its fresh simplicity. The tomatoes were bright and acidic, the rosemary aromatic, and the chickpeas, an ordinarily bland ingredient, offered a savoury balance. But, according to Giulio, this is how food should be.

Part of his philosophy is the idea that when you buy fresh, local produce, flavour comes naturally, regardless of how common the ingredients are. At One Big Table, everything is local, from the coffee roasted at The Bean Scene and Canoe Coffee Roasters, to the fresh-

dried farro from the Lower Mainland.

Giulio takes full advantage of the wonderful and diverse flavours that are possible in the Okanagan. At the end of my meal, he offered me a fresh almond grown right here in Kelowna. At that moment I realized something—I had never seen a whole almond before, with its plush, yellowy-green hull, and brown, fibrous shell still intact. As I peeled back the layers to expose the fleshy white kernel, Giulio commented on how people usually aren't aware of the meticulous labour involved in the mass production of almonds. Hours of work go into producing a ready-to-eat bag that will probably be consumed in considerably less time. Experiences like these show that food is more than a means of sustenance. It is a method of transmitting knowledge and culture, a way to build relationships and understand geography.

Before I left, a fresh shipment of produce arrived. Giulio greeted the supplier with as much respect and appreciation as he had shown me, realizing that every step in the process of delicious food is just as important as any other.

Before I left, I couldn't help but purchase a baguette. And having enjoyed said baguette with peanut butter and coffee (non-traditional, I know) just prior to writing this, I can attest to its unparalleled freshness. If you live in Kelowna, this has to be at the top of your list of restaurants to try.

FOUR THINGS NEW TENANTS SHOULD KNOW

About The BC Residential Tenancies Act

Daniel Greene – Lifestyles Editor

Leaving home poses a number of challenges for students who are new to Kelowna and UBCO's campus. Adapting to the university setting straight out of high school is hard enough without the stress of finding a place to live. For many students, living on residence is just not an option. But with living off-campus comes a whole new set of questions and anxieties.

Upon finding a place to live, students are assumed to understand their rights and responsibilities as tenants and to sign a legally-binding contract—daunting tasks, given the multitude of other seemingly more important things that need to get done within the first few weeks of classes. So here is a breakdown of four of the most important things students should know

about The BC Residential Tenancies Act.

1. Security or damage deposits cannot exceed half the cost of one month's rent. Not all landlords are created equally. While it would be wrong to treat all potential landlords with scathing suspicion, it is still wise to watch out for dishonest people. Knowing this rule beforehand can eliminate uncomfortable situations before they occur. With British Columbia's hot rental market, some renters will use people's desperation to their advantage and ask for more than what is allowed.

2. Landlords cannot restrict your

boyfriend or girlfriend from visiting or staying the night. Assuming that the space you are renting is solely yours with no common areas such as kitchens or bathrooms, your landlord does not get to decide who comes over. Of course, if your guests disturb the peace or damage property, that is another story. And, unfortunately, a pet does not count as a 'guest'—landlords are allowed to restrict tenants from keeping pets if they so choose.

3. Landlords must provide 24 hours of notice before entering your unit. Exceptions to this rule do exist. Landlords can enter your unit without notice in the case of an emergency, be it because of damage to heating systems or pipes, or if

they have an order of the director which authorizes their entry. Otherwise, you are entitled to live in your unit peacefully without the fear of being barged in on.

4. Tenants must give at least one month's notice before terminating the lease. While this is the bare minimum by law, it may be wise to give more. It is important to build a friendly relationship with your landlord, and being honest and upfront about things will facilitate that. Not only does friendliness make life easier for everyone, it will make finding another place to live easier in the future should you ever need references. Why burn a bridge if you don't need to?

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Opinions

IRONY AND ULTIMATUMS, COURTESY OF PRIME MINISTER TRUDEAU

The experience of interviewing a three-time Republican Presidential nominee

Tayana Simpson – Contributor



On September 6th, 2017, Prime Minister Justin Trudeau visited our university campus and hosted a town hall, a time for students, staff, and community members to meet the PM, and welcome him to our campus and city. The event seemed to be a time for individuals to discuss issues, ask questions, and engage with the leader of our country, but sadly, that was not the case.

At the event, members of UBCO's Indigenous Students Association arrived with banners emblazoned with messages such as "STOP SITE C DAM", "WATER IS LIFE", and "Missing and Murdered Indigenous Women". IPS is a group whose mission is to "... properly represent the Indigenous student body in a

good way while also holding cultural and social events... to be a face for Indigenous presence on campus while extending invitations to join in (their) efforts and events", and so their presence at the event was with the intent of representing the Indigenous population of UBCO and engaging with PM Trudeau on important Indigenous issues. They were approached by a group of security, who confiscated the banner regarding missing and murdered Indigenous women, subsequently lost it, and then gave an ultimatum to the rest of the group; they could go inside, if they gave up the banners. The group decided to stay outside with the intent of showing the banner to the people waiting in line

to see Trudeau. Later, when the building was at capacity, Trudeau came outside to shake the hands of those who had not gotten inside. The members of ISA called out to him, and as he walked away, he threw a thumbs up over his shoulder, and said "thanks for

"STOP SITE C DAM", "WATER IS LIFE", AND "MISSING AND MURDERED INDIGENOUS WOMEN"

the involvement".

The frustration of the ISA members was obvious. Not only had they not been allowed inside with their banners to a meeting where the intent had seemed to be engagement, but they had also had a banner they had worked hard on taken away. Let me repeat that: at a town hall, which, by definition, is "an event at which a politician or public official answers questions from members of the public", students from an organization dedicated to Indigenous rights, who had come prepared to discuss and engage with the PM on issues that matter to them, were not even allowed to take their banners into the building and had one confiscated.

Many may claim that the incident was not intended to be discriminatory, but it runs deeper than that. First off, Indigenous students do not have the option to be silent. They enter into a world where it is their responsibility to fight for their land, a land that is unceded, and is now facing environmental challenges without consent, such as dams and pipelines. Non-Indigenous people have the option to sit back, but Indigenous peoples do not, which is why having your Prime Minister refuse to acknowledge you is not OK. There's also the ironic symbolism in confiscating – and then losing – the banner about missing and murdered Indigenous women, a topic that Trudeau says he's focusing on, although obviously not enough to discuss with

Indigenous students. While the symbolism is ironic, the censorship is not.

But most importantly, this is Indigenous land, specifically Sylix of the Okanagan Nation. As a country supposedly in an era of reconciliation, how can our Prime Minister come to someone's territory and not engage with its peoples unless they don't bring up the issues they want to be heard? Listening to Indigenous peoples is important as is, considering Canada's history, but listening to the peoples whose land you stand on, as a leader of our country, is necessary.

The incident was a quick, but damning one. Trudeau, whose hope is re-election, is now facing criticism from UBCO students not only for the way his questions went, but also with who he let in, and his treatment of those he would not engage with. Racism is no longer blatant. It comes in the form of lower graduation rates, of white people who take Indigenous Studies because "it sounds easy", and in leaders who refuse to listen to Indigenous peoples at a meeting on a university campus that is on Indigenous land. Trudeau, as a leader of Canada, and as a leader that counts tolerance and a focus on Indigenous issues as his strengths, should be more aware, more open, and more accepting of Indigenous students who come with issues they want answers for.

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CULTURAL CHANGE AND THE ATTACK ON MILLENNIALS

Has changes brought on by technology and the different ways that millennial think also caused the backlash that we get from previous generations?

Curtis Woodcock – Arts Editor

A label that an entire generation has disdain for, ‘Millennials’. This term has been used derisively in the media and has most older generations saying that millennials tend to be the most controversial, lazy, and rude generation thus far. There is a constant stream of articles condemning us as the “Me Me Me” generation and as non-contributors to society. This couldn’t be further from the truth.

Between all of my own anecdotal evidence and all of the research out there we are actually one of the more productive and forward-thinking generations as well as some of the more kind hearted and respectful people. I think the only reason it seems as if this generation is worse than previous ones may be that every action is now documented and the people who ‘yell the loudest’ are seen the most.

To impart evidence that I have noticed; these claims that are imposed on us from older generations are almost

entirely a projection of their own actions. Being that I work in a retail setting I interact and study the psychology of people everyday. I have been working with the public for about 14 years and I have always been interested in what makes people do the things that they choose to do. Considering this, something has been prominent in that 14 years, the most difficulty I have with customers are the ones who are categorized into the generations who talk down to millennials. Hands down the most customer returns, requests to speak to the manager, complaints and rudeness come from these demographics. I personally only return products if they are faulty, but there are many returns at all types of retail stores simply because someone didn’t like the taste or they didn’t want it anymore. I am labeled as a millennial and my mentality is that unless it made me sick or doesn’t work the purchase is on me. I am not so entitled as to simply return things

because they didn’t suit my every criteria. This version of entitlement, as proven in my lengthy retail career, belongs to the older generations. It’s a phenomenon that I like to call Western entitlement. Only in the affluent countries

THERE IS A CONSTANT STREAM OF ARTICLES CONDEMNING US AS THE “ME ME ME” GENERATION AND AS NON-CONTRIBUTORS TO SOCIETY.

do we waste food as if we will never go hungry, pollute like the trash will never consume us, and take what isn’t ours like a covetous unknowing child. This is entitlement and selfishness at its finest

and these peculiarities are pushed by the generations that have set out to belittle the millennials. Maybe it’s because we want change and are willing to create ways in which to implement these changes that scare the older generations. We all know our instincts want us to avoid change at all cost to keep us safe so perhaps millennials have out grown this a bit and that may seem like a threat to generations prior.

Boyan Slat, is a young Dutch man, who created solar power booms that will be put in the Pacific Ocean to clean it up. He was in high school when he came up with the idea. To contrast that the current president doesn’t even believe in climate change. Millennials see the flaws in systems that only benefit dying ways of thinking and we will evolve past them to keep the species going. Change is always a challenge and I believe this is why the Millennials are so hated. We bring uncomfortable change and it has effected all areas of the

economy. Hooters are closing, sorry Donald, big box retailers are going bankrupt, the 9 to 5 landscape is changing and we accept it willingly.

My goal is not to talk negatively about any other generational group as we all have our faults and our strengths. We as separate groupings have also been through different world events and technological advancements which makes our thought processes different. All I am asking is that everyone try and have respect and kindness for one another. The way our world is changing may be kind of overwhelming but focusing on how individual groups are weak or do poorly in different areas is no way to make or adapt to changes. If we start talking about how a group is being beneficial then we can really start to modify generational labeling from a way to segregate into a way to elevate.

CANVAS VS CONNECT

Many UBC students face frustration due to having their courses on two different learning platforms

Noelle Viger – Staff Writer

As most know by now, UBC Okanagan is currently in the process of switching its learning platform over from Blackboard Connect to Canvas. This change is taking place over the course of this academic year, with the plan being for all courses to be using Canvas come fall of 2018. Due to this transitional year, some students still solely have courses on Connect, while some have most on Canvas, while others yet have a mix of both.

Taylor Chan, a student in her third year at UBC, has the aforementioned mix of both. She is currently pursuing a

degree in Zoology, and she has two classes on Canvas, with another two on Connect. While she is familiar with Connect after using it for the last two years, she states that she “prefers Canvas to Connect,” due to the easy use and accessibility of the Canvas app. Chan enjoys the ease of being able to access her course grades and syllabus through the app, so that she doesn’t have to constantly pull up a website if she wants to quickly check her grades or due dates.

However, Chan expressed frustration with having her classes split on two



canvas
BY INSTRUCTURE

platforms. Chan’s two first year courses that she is taking for electives, are both located on Connect. She states that she “understands having a transition year,” even though she finds it bothersome, but she doesn’t understand why her two first year classes wouldn’t be on Canvas. She

finds it “odd to teach first years on Connect” initially, due to the fact that after this academic year the rest of their schooling will take place on Canvas.

All in all, Chan is happy with the switch over to Canvas, but she looks forward to next year when all of her courses

and course material will be located in the same place.

Sports

HEAT RUGBY GETS 2017 CAMPAIGN UNDERWAY

Rugby season got going for the Heat as the men took on United, and women faced off against Kamloops

Kevin Fisher – Contributor & Grayson B. Leahy – Sports Editor

On September 16 the UBC Okanagan Heat men's rugby team faced off against United, a team from the lower mainland. The scoring was opened with an early try by United which was answered within minutes by a Heat try, registered by outside center Trevor Yip. A UBCO offside resulted in United registering three points on a penalty kick, giving them a lead of 8-5 early in the first half.

Both teams played with structure on defence and during set pieces, allowing United to maintain their lead until Daniel Merenyi touched down a try for the Heat, which was then converted by Dom Haynes. UBCO then closed out the first half with a lead of 12-8.

The play remained even and contested into the second half, with UBCO having a small edge in possession and in set pieces. The Heat recorded the first score of the second half with Kai Duchnycz scoring a highlight-reel try after blocking a United kick from deep within their own zone. UBCO's lead was extended by Trevor Yip registering his second try of the match on an impressive run.

United answered quickly with a try of their own, which was then converted, narrowing the Heat's lead to just seven points. The Heat's defense held strong despite numerous substitutions and managed to close out the game with a lead of 22-15.

The Heat women's side also played their first match of the BC Rugby Division One season on September 16, as they played host to Kamloops RFC. The final result was 64-19 for the visitors, despite impressive

performances from throughout the Heat roster.

On top of being the first match of the season, it was the first competitive rugby match ever played by Heat additions Nicole Kramer, who converted a try in the opening half, and Gina Oostlander, whose work in preseason training won her a spot on the starting line.

The score was 31-14 at the end of the first half, but the Heat couldn't quite find that same stride in the second, while Kamloops ramped it up.

Joining Kramer and Oostlander as a newcomer to the Heat program was, whose speed and ability to pick lanes earned her a pair of tries and UBCO's player of the match honours. The Heat's third try on the day was scored by Lauren Klassen, who touched down in the second half after a collective push from her team near the line.

"Although we did not ultimately receive the result we wanted to achieve, I couldn't have been more proud of the baseline we have established for this club," said one Heat coach after the match against Kamloops. "Having only been together for two weeks, with many new faces not only to the club, but to the sport of rugby itself, I think we have an outstanding platform to build from."

Other noteworthy performances in the women's match came from Charlotte Hall, whose aggressive play up front earned her forward of the match, and fifth-year Heat veteran Hayley Fiebelkorn, whose success at moving the ball and finding open pockets had her named back of the match.

"I COULDN'T HAVE BEEN MORE PROUD OF THE BASELINE WE HAVE ESTABLISHED FOR THIS CLUB"



Photo provided by Greystoke Photography w/ UBCO Heat SID

RIZUN ACE PUTS HEAT ATOP HOME TOURNAMENT

A hole-in-one by Oliver Rizun helped the Heat golf team take top prize in opening PACWEST weekend

Grayson B. Leahy – Sports Editor

“Not since 2008 has the eighth hole of the Bear Course at the Okanagan Golf Club – a par 4 – been aced,” opened the official Heat Sports Information recap of the first tournament of the PACWEST season, “but third year UBC Okanagan golfer Oliver Rizun did the trick on Saturday after draining it from 251 yards with a 4 iron.”

The first tournament of the PACWEST golf season was on familiar territory for the UBC Okanagan golf team, as they hosted at the Okanagan Golf Club. The Heat men finished at the top of the leaderboard, with a two-day total of 572 strokes, seven better than the second-place finishing University of Fraser Valley Cascades.

The high points of the first PACWEST weekend for the Heat were Rizun’s ace, James Casorso’s continued excellence, and the play of rookies Ryley Johnson, Nik Federko, and Dylan Johnstone. Johnson played as an individual for the weekend, shooting a 147 (+3), while Federko and Johnson scored 148 (+4) and 150 (+6) respectively.

Rizun’s hole-in-one was on the par-four eighth hole of the Bear Course, earning him what is referred to as an ‘albatross,’ and cutting three strokes off his team’s level to par with one cut. Those three strokes were good buffer for the Heat men,

giving them room to work with and helping them to their first tournament victory of the year. “Proud of the team for picking up the first two wins of the season,” said Rizun after the second PACWEST tournament, at Morningstar Golf Club in Parksville, B.C. “The young guys have stepped up early on and James has been playing at his all-Canadian level. We all love to compete and I think that’s what sets us apart.”

Talking about his ace on the

“I COULDN’T HAVE BEEN MORE PROUD OF THE BASELINE WE HAVE ESTABLISHED FOR THIS CLUB”

opening weekend, Ollie added, “The hole in one was a pretty surreal moment but honestly I was more focused on shooting a good score that day and helping the team out to the team win.”

With Casorso and Rizun setting the pace, the first two weekends have been a success for the Heat men, putting them in a good position early on.



Photo courtesy of Heat Sports Information

“I was very proud of every member of the team for the first event of the season,” said Heat head coach Cass Hritzuk after the opening tournament. “Our veterans didn’t disappoint and led by example which paved the way for our rookies to follow suit and allow the overall team score to be deep enough for the victory.”

On the women’s side the Heat finished in second in their home-course tournament, shooting a team total 347 over the two days. McKenna Lesuik had the best score of the weekend for the Heat women, as the second year Management put up 86 on Saturday and 85 on Sunday for a tournament total of 171 (+27), earning her

a third-place individual finish. The UFV Cascades stood atop the tournament podium with 319 strokes, and their Emery Bardock had a team-best 155 (+11) two-day total to take the individual tournament win out of the women’s draw.



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HEAT WOMEN HOST COASTAL POWERHOUSES TO OPEN HOME SCHEDULE

With UVic and UBC coming to Kelowna, the Heat saw top-tier competition in their first appearances on home turf this season

Grayson B. Leahy – Sports Editor

After starting their Canada West schedule with four games on the road, the Heat women’s side returned home to Nonis Field to host the University of Victoria Vikes and the University of British Columbia Thunderbirds on Saturday, September 23 and Sunday, September 24.

Coming into their first weekend on home turf the women were without a win, and weren’t able to get their first victory against either of the perennially top-ranked visitors over the weekend. Despite good showings against the Vikes and Thunderbirds, the Heat fell 1-0 and 2-0 on Saturday and Sunday respectively.

Heat keeper Francesca Balletta was the lynchpin of the Heat defence over the weekend, fielding nine shots on goal and making six saves over the weekend. She was aided by five defensive saves from the Heat’s backfielders, but the offense wasn’t able to provide the goal support to earn her a win on either day.

Against the Vikes in the Saturday matchup, defence was the dominant aspect throughout most of the 90 minutes. The ball rarely left the centre area of the pitch, with neither offence truly taking the momentum deep into the

offensive end. Balletta and Puck Louwes, the keeper for the Vikes, each had a single save in the game, coming roughly a minute apart. The lone goal of the Saturday afternoon contest came in the first half, with Balletta getting beaten by a deflected corner kick from Stephanie Badilla Gutierrez in the 31st minute.

Sunday had the Heat matched up against the nationally-ranked Thunderbirds, who sit at #3 on the U Sports Top 10 list for women’s soccer and are alone at the top of the Canada West Pacific Division standings. The final score was 2-0 for the visitors, keeping the Heat offence off the board for the weekend.

In the Thunderbirds sixth straight victory, they netted a goal in each half, and held the offensive momentum throughout the full 90 minutes. Jasmin Dhanda (23’) increased her lead in the Canada West goal standings in the first half, and Margaret Hadley (81’) netted her third of the season with a nigh perfectly-placed shot to beat Balletta in the final ten minutes of the match.

Balletta made her two most impressive stops of the weekend against the rival Thunderbirds, shutting down a clear drive from inside the box



Photo provided by UBCO Heat Athletics

in the first half and fending off a clear free kick in the second.

After their first home weekend the Heat women fell to a record of 0-5-1 and are still chasing their first win of the 2017 regular season. The UVic Vikes moved up to

second in the Pacific Division standings after the weekend, at 5-1-1, behind just the 6-1 UBC Thunderbirds.

The Heat’s schedule has them on the road against the Trinity Western Spartans (4-2) and UFV Cascades (3-2-1) on

September 29 & 30, then facing off against the TRU WolfPack (1-5) in a home-and-home series on October 5 & 7.

HEAT WOMEN’S VOLLEYBALL HEAD TO QUEBEC TO OPEN PRESEASON

A three-match stint at Laval gets the Heat on the road to the first tip of the 2017/18 Canada West schedule

Grayson B. Leahy – Sports Editor

The UBC Okanagan Heat women’s volleyball team got their preseason going this year with a trip to Quebec to take on the Laval Rouge et Or. Last year’s second-place finisher in the RSEQ were a tough opponent for the Heat, earning a clean sweep of the weekend on their home court.

The three matches saw the Rouge et Or beat the Okanagan squad 3-2, 3-2, and 3-1 on September 21-23. In the second match, on September 22, the teams traded sets with Laval taking the deciding fifth. Set scores were 22-25, 25-23, 23-25, 25-16, and 12-15.

The Friday night contest saw

Ann Richards, a fourth year outside hitter who transferred to UBC Okanagan after three years with the University of Central Florida program, make her mark as a part of the Heat attack. Richards finished on Friday with a team second-best 14 kills. Michelle Jakszuk also had 14 in the five-set contest, Siobhan Fitzpatrick added 13, and Erin Drew led the way with a team-high 15. Fitzpatrick also added 18 digs in the match, just one behind Sophie Furlan whose team-high 19 digs was a pillar for the Heat defence on the night.

The final match of the weekend saw Laval win in four sets. The

Heat took the first set decisively, before the Rouge et Or side took the next three straight to close out the trip. Set scores on that Saturday were 14-25, 25-13, 25-18, and 25-19.

The veteran attackers were leading the way for the Heat on Saturday, with Michelle Jakszuk and Siobhan Fitzpatrick earning 11 kills apiece in the weekend’s final match. Erin Drew added nine of her own on the day, with Aidan Lea rounding out the top four with six kills on 24 attempts. Drew was also the most dominant at the net for the heat, earning 2.5 total blocks in the loss.

The weekend trip was the first appearance in competition with the Heat for freshmen Sydney McKinlay (outside hitter), Sadie Taylor-Parks (middle blocker), and Kenzie Wallace (middle blocker). Jennifer Oakes, a freshman libero from Calgary, saw no floor time on Friday or Saturday, the two days for which there are recorded statistics available from the trip.

McKinlay saw her first time on the floor on Saturday, when she played one set and contributed three digs. Taylor-Parks was on the floor for three sets over two days, putting up a dig and a block assist in one set on Friday

and taking a swing on a pair of attacking attempts across two sets on Saturday. Wallace saw the floor for a set Friday, and had her first statistical contribution with a service ace on Saturday.

The regular Canada West season will get underway for the Heat women when they’ll be the host in a tough rivalry matchup against last year’s national U Sports champions, the UBC Thunderbirds. Those first two matches will be in The Furnace at UBC Okanagan on Friday, October 20 and Saturday, October 21.



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