

The Phoenix



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Events



REMEMBRANCE DAY AT KELOWNA MUSEUMS
NOVEMBER 11TH AT 11:30–16:00



UBC'S OKANAGAN CAMPUS REMEMBRANCE DAY
CEREMONY
COURTYARD, UBC'S OKANAGAN CAMPUS
TIME: 10:45 AM - 11:30 AM NOVEMBER 9TH
RECEPTION TO FOLLOW IN THE ARTS BUILDING FOYER



OPEN MIC NIGHT AT KETTLE RIVER
NOVEMBER 2ND AT 6PM–9PM



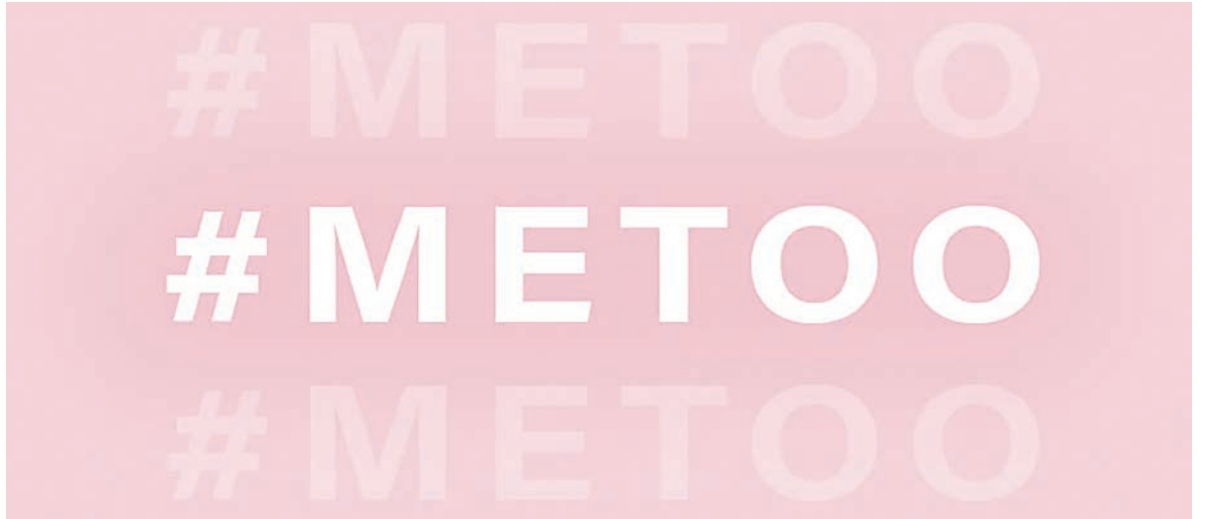
LUNCHBOX SPEAKER SERIES: DYLAN RANNEY @ THE
KELOWNA ART GALLERY
WEDNESDAY NOVEMBER 1ST @ 12PM - 1PM

News

“ME TOO” MOVEMENT SHATTERS IGNORANCE

New Social Media Trend Highlights Ubiquity of Sexual Assault

Dayne Patterson – News Editor



Two simple words have been causing a radical uproar across all platforms of social media – “me too.” This minuscule phrase has grown exponentially in just several days, soliciting responses from journalists, high-ranking celebrities, and news outlets across North America.

The original “me too” movement began nearly a decade ago with activist Tarana Burke, who began the movement as a means of “reaching the places that other people wouldn’t go, bringing messages and words and encouragement to survivors of sexual violence.”

Recently, actress Alyssa Milano resurrected the phrase on Twitter; stating, “If all the women who have been sexually harassed or assaulted wrote ‘Me too.’ as a status, we might give people a sense of the magnitude of the problem.” Within 24 hours of her twitter post being published, it amassed widespread support from the social media populace and accumulated more than 12 million Facebook posts and over 500,000 tweets hashtagged #MeToo.

The post was allegedly in

response to the numerous sexual assault accusations against Hollywood producer Harvey Weinstein.

Many have posted “Me too,” without any further details on their own experiences, while others have added their own wrenching stories of sexual assault in their posts.

The movement creates a shocking realization of the normality of sexual assault and sexual harassment. Jaclyn Salter, the coordinator for the Women’s Resource Centre on campus, believed the simplicity of the movement was its strong point and allowed it to move so quickly, stating that “the first step is realizing.”

However, she felt that “[This many] women saying [they’ve been] sexually assaulted is eye-opening but we’ve been saying it for ages at this point, nothing new has been said here.” She continued by saying, “Frankly, if you weren’t aware that women were facing such widespread sexual abuse issues you haven’t been paying attention.”

SACHA, a sexual assault centre, reported that one in three women will experience some form of sexual violence

in their lifetime, and it is estimated that between 15-25% of university-aged women in North America “will experience some form of sexual assault during their academic career.”

Salter agreed that, although the campaign “[highlights] the frequency of assault” it won’t amount to any change “without the people responsible changing their actions.”

She concluded that although it’s difficult for bystanders to be able to stop all forms of sexual assault and sexual harassment, there are preventative actions you can take. In some circumstances it’s as easy as “people [stepping] in at the time and [saying] ‘Dude, that was really creepy.’ That’s the kind of stuff that it takes to change that.” Further, by questioning the humour of sexualized jokes and simply asking, “Why is that funny?” you can cause people to stop and think about their actions.

Often it’s the small things – like stepping in during moments of sexual harassment, or posting “Me Too” in an expression of solidarity – which can promote change.

The Phoenix

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The Phoenix is the UBCO students’ free press. Editorial content is separate from the University of British Columbia Student’s Union Okanagan (UBCSUO) and from the UBC institution at large.

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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UBCO'S CAMPUS MASTER PLAN

A look into the next twenty years of UBC Okanagan

Noelle Viger – Staff Writer

The construction around campus is prevalent. There is no getting around it. UBC Okanagan is a young university with a high potential for growth. There are constant rumours flying about regarding what the future will bring for the campus. These questions can easily be put to rest by UBC itself. The Campus Plan is an 82-page document outlining exactly what the future holds for UBC Okanagan.

In UBCO's final Campus Plan document, it is understood that each year, the campus will be increasing the number of students allowed in. In order to accommodate for this, UBC Okanagan has to keep building concurrently to the number of students being allowed in. Main campus, which is the focus of the UBCO Campus Plan, is 105 hectares. While the focus of this plan is on these 105 hectares, UBC Okanagan is looking to the future; in 2010 the University purchased an extra 103.6 hectares of land located west of Main Campus.

Future Construction

So far, the University is on track with its construction. The master plan specifically references the addition of a new entrance into campus through the Glenmore landfill route through John Hindle Drive, and that construction is currently taking place. This new entrance to campus is integral in another main aspect of the Campus Plan. The plan speaks to the creation of a main street on campus that will be “a pedestrian-and bicycle-only public realm that provides a venue for student gatherings, informal interaction, festivals and celebration.” Currently, the placing of this street is aimed to be at University Way between Alumni Avenue and International Mews.

Another important feature of this plan is the construction of a new Okanagan Commons building which will face the commons field. This building “is envisioned as a natural extension of the existing University Centre, with the primary goal to provide a home for a number of complementary campus activities.” This building will also address the “critical need for large classroom space, additional food service space, opportunities for commercial expansion, and informal student studying and gathering space.” UBC

wants to take this opportunity of construction and planning for a new building courtyard landscape, to “seek to engage the aboriginal community” in order to “identify programming and design opportunities” and “celebrate and strengthen the relationship between the Okanagan Nation Alliance” and UBC.

It is not only the Commons that UBC wants to modify. The long-term goal for the University is to have the current central courtyard, i.e. the courtyard located by Arts, Science, the Library, and Admin, become the central social hub of the school. This will include outdoor furniture, more protection from bad weather, and if a donor is interested, there is the potential to include “an ephemeral water feature that could be converted to an artificially cooled skating rink in the winter.” However, this would be based on donation and is not a set part of the Campus Plan.

Housing

UBC has also looked forward to the housing of students as the University continues to grow. The plan states that “to support the animation and vitality of the campus core and bring more residents closer to transit,” they have proposed “a new residential neighbourhood for students” at the “southeast corner of campus.” One residence would be “at the south end of Nonis Field and two more residences [would be] adjacent to a new (second) recreation field east of Alumni Avenue,” which is where the Quonset and work yards are. They have also included a provision for a residential 10-story tower, “which would be permitted as in the ‘University’s zoning,” and will be created with “upper-year students or faculty and staff” in mind. The tower is planned for construction west of Discovery Avenue. The reasoning for this new neighbourhood is to “broaden and enhance the strong recreation, health and wellness character of the area.”

However, this neighbourhood

is not the only addition that is mentioned in the Campus Plan. The already existing dorm residences along International Mews will be “extended northward to frame Purcell Courts,” and the plan is to add “three-story townhouses” to the future hilltown neighbourhood. These additions, combined with the “Nonis Neighbourhood” will provide an “additional housing capacity of approximately 2,200 additional beds.”

The Nonis sports field is

**“THROUGHOUT THIS PROCESS,
UBC IS KEEPING IN MIND
ITS EMPHASIS ON SUSTAINABILITY.”**

not the only area that may be receiving some updates. H Lot will not be so isolated in the future. The plan hints that “the area north of Parking Lot H [will be] a future hub of academic research and innovation.” However, this could be a fair distance in the future as the plan acknowledges that “specifics on the land uses and development pattern for this area will be defined at a future date” due to the planning and “policies on partnerships and innovation” though they are “identified as part of a comprehensive plan” that will affect this area moving forward. This future plan for the land surrounding H Lot will be done with the plan to establish a lower campus which will

provide “distinct opportunities for integrating academic and research uses” while simultaneously optimizing potential opportunities for community engagement and integration.

In addition to these changes around campus, there will be minor changes to the Arts and Science courtyard, the Purcell Courts, and the recreational field by the pond near the EME building.

Academics and Sustainability

This plan keeps in mind how focused UBC Okanagan is on research, and how integral academics are to the campus. Due to this, “the Campus Plan identifies areas and sites to accommodate a potential doubling of academic and residential capacity over the next 20 years,” ensuring that academics remain paramount and do not fall to the wayside in this massive undertaking. As of 2015, the land area that encompasses academics specifically grosses “about 72,000m2,” and due to potential future need “the Campus Plan provides an additional 85,292m2 of academic space within the campus core.”

As this renovation of the campus is a large undertaking, the Board of Governors has an Approval process where “all proposed new facilities and renovations require a Planning Approval from UBC Campus Planning and Development (CPD) in the Okanagan.” The CPD is responsible for “assessing capital project conformance with The Campus Plan and the accompanying UBC Okanagan Design Guidelines, as well as municipal zoning for the campus, and providing the campus community the opportunity to review and comment on the schematic design.”

Throughout this process, UBC is keeping in mind its emphasis on sustainability. UBC will require teams working on the expansion to maintain sustainability reporting requirements and sustainability workshops. In order to support this sustainable process, the CPD

and Campus and Community will create a “Design Brief for each Major Capital Project” following approval. This will be developed “in consultation with the Steering Committee and Working Group members who will assist in identifying and prioritizing social, environmental and economic goals, based on The Campus Plan, UBC Okanagan Design Guidelines, green building policies, project program and budget opportunities, constraints and priorities.”

The Campus Plan will extend past the north mews to “new residences and Purcell Courts where slopes increase at the edge of Ponderosa Pine Woodland.” However, the Ponderosa Pine Woodland (located south of Quail Ridge) will not be affected by the current campus plan: “based on the projected program to 2035 it is not needed for development and is therefore to be retained in its current use and maintained to enhance ecological values.”

As UBCO grows, the campus plan “deliberately locates most vehicle parking at access points and the periphery of campus” as to give priority to pedestrians within the heart of campus. However, while the campus will be pedestrian priority, the University has accounted for the needs of a rapidly growing population. As of 2015, there were roughly 2,700 parking spaces on campus, and the plan states that “an addition of 1,300 spaces are needed to support campus growth over the long term.”

Section Five of the Campus Plan entails Design Strategies and Guidelines. This section presents guidelines that are relevant across the campus for urban design, landscape, views, universal accessibility and sustainability. Please also refer to The Campus Plan companion document, UBC Okanagan Design Guidelines, for more detailed design guidelines, materials, and specifications to be used during capital project development and reviews.

Currently, many of these aspects of the campus plans are still only that – plans. This Campus Plan details growth for the next twenty years. However, the increase in construction around campus, and the addition of the Teaching and Learning Centre, mark the beginning of this second phase of UBC Okanagan's growth.

SHOTS, SHOTS, SHOTS!

Flu Season is approaching, and vaccinations are available on campus!

Dayne Patterson – News Editor

With midterms in full swing and winter just around the corner, students are entering the most vulnerable stage of the school year – flu season. Under the strenuous weight of exams and the close proximity of students crammed into small lecture halls during the cold winter months, influenza has the potential to trickle quickly through the student population.

In response, Risk Management Services, in conjunction with 4th year nursing and 2nd year medical students, will be setting up their annual vaccination clinics. The primary objective of the clinics, which will open to the campus population free of charge, is to “protect the health of the campus community through offering influenza vaccination to staff, faculty, and students.” A study done by the British Columbia Center for Disease Control in 2009 found

that when correctly developed to match the circulating virus the vaccines were 60-80% effective in healthy children and adults, numbers that stay relatively static over time. The clinics will be open to the campus public 8:30am – 1:30pm on October 30, November 2, and November 6 in UNC 200.

In previous years UBC required that students pay for their flu shot. This resulted in repetitively low turnouts and compelled UBC to fund campus-wide flu shots free of charge to ensure a healthy campus community.

Natalie Sagal, one of the four 4th year nursing students working at the clinic as part of a nursing leadership project, described the importance of getting the vaccination, “especially for those living in close quarters, like in the dorms. As soon as you touch something

[the virus can be transmitted from that object]. It can live on phones, walls, door handles, anything.”

Lisa Schell, another nursing student involved in the nursing leadership project, stated that there are some side effects from the vaccination: redness and swelling at the injection site, and mild flu-like symptoms, though as Sagal states, despite the mild flu-like symptoms “you should [be able to] carry on your daily activities as normal.”

The two nursing students also stressed the importance of an informed decision and that doing your homework on the myths and misconceptions of vaccines are beneficial. Common misconceptions about the flu vaccine are: that pregnant women are unable to take it, that allergies will cause an adverse reaction, and most common, that it will adversely give you the flu.

Sagal explained that flu vaccinations are generally divided into live doses and inactive doses. The clinic will be operating with the inactive doses, which are often described as “dead viruses” and contain killed strains of the virus. She continued by saying that the vaccine doesn’t contain “enough [of the virus] to cause the virus in the body but enough to cause an immune response so your body builds immunity to [it].” Although there are rare possibilities that one may have an allergic reaction to the vaccine, there has never been a case at the campus clinics. There are measures taken to ensure that all adverse reactions can be treated if the problem arises. Lastly, pregnant women are able to receive the flu vaccination and can be treated at the campus vaccination clinic.

**THE CLINICS WILL BE OPEN TO
THE CAMPUS PUBLIC FROM
8:30AM – 1:30PM ON OCTOBER
30, NOVEMBER 2, AND
NOVEMBER 6 IN UNC 200.**

VP FINANCE BY-ELECTION RACE SUSPENDED

Dayne Patterson – News Editor

After a week of campaigning and online polling in preparation to appoint the unofficial Vice President Finance and Operations by October 19, the Students’ Union position remained vacant for another week. Following a string of allegations reported to the Chief Returning Officer via email, the VP Finance by-election was brought to a halt.

The accusations and complaints focus on an excessive use of campaign funds by VP Finance Candidate Rob MacDonald, particularly his use of a Snapchat geo-filter in an effort to endorse his campaign.

Daniel Kandie, the Chief Returning Officer for this election, explained that candidates were required to produce documentation outlining their campaign expenses at least 72 hours before the election. After discovering that MacDonald’s original statement did not account for his use of the Snapchat filter, Kandie requested a quote

to finalize MacDonald’s expenses. Although the quote that MacDonald provided did state that his expenses slightly exceeded that Kandie had previously set, Kandie found that there was no “gross excessive campaign spending, or anything as what the complaints had said.”

Kandie received more complaints the following day regarding MacDonald’s excessive spending which he forwarded to MacDonald. MacDonald replied with a request to meet with Kandie. “We scheduled a short meeting and he explained to me that he had actually gone over the expenses, over the limit, and he had gone far beyond that. By far beyond I mean he had exceeded the limit by more than 50%.”

In an effort to meet the financial requirements MacDonald gave false receipts to Kandie, “I asked him about the receipts he had sent me,” Kandie explained, “he said he had actually changed the numbers on the receipt.”

This was quickly followed

up by a meeting between the election committee, comprised of Kandie and two Deputy Returning Officers. The committee determined that, “this excessive campaign spending [gave] him an unfair advantage [. . .] by him going over the limit he made it unfair to all the other candidates.”

The committee determined that the combined infractions constituted a major offence, “the first time by not including it in his report, the second time by sending me the wrong quotation, and the third time by sending me a falsified receipt. I believe that was grounds for a major offence.”

Due to MacDonald’s choice to come forward and write an open apology, the committee allowed him the opportunity to withdraw before handing out their final decision on the matter. MacDonald chose to withdraw from the race.

In an open apology published on his Facebook page MacDonald addressed his supporters, stating: “Unfortunately, I have made

a mistake. During this election I made the wrong choice to incorrectly report how much I had spent on my campaign. When the campaign started I planned out all my expenditures, to the limit of \$150. I was running off information in the regulations, and when I learned that our budgets were

only \$100 I did not make the appropriate changes.”

Although no official penalties have been issued, MacDonald will not receive reimbursement for any of his expenses, including those within the limit assigned to the candidates, as per the regulations.

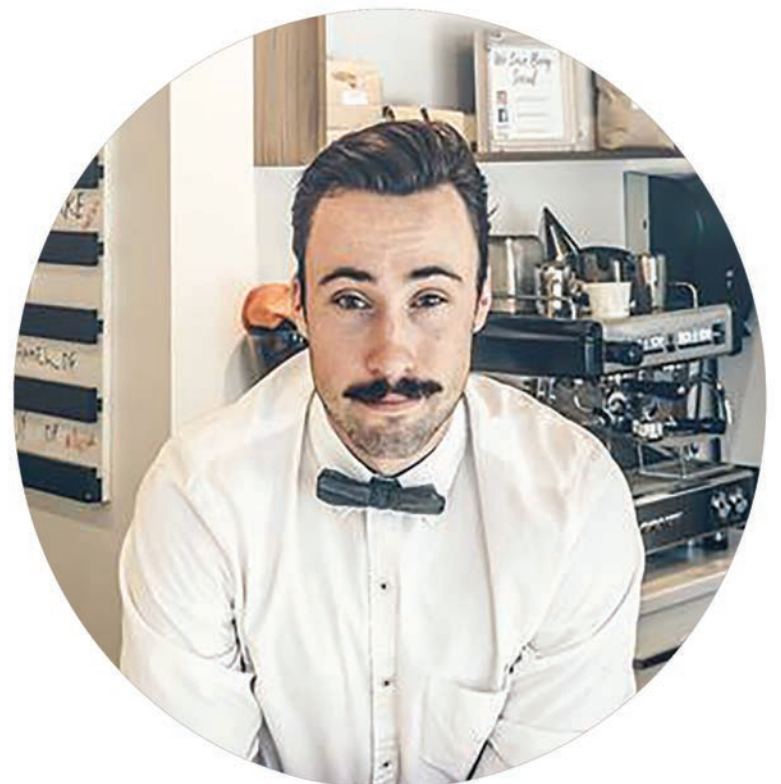


Photo courtesy of Rob MacDonald

INTERVIEW WITH PREVIOUS VICE-PRESIDENT FINANCE CANDIDATE

Jacob Vriens – Contributor

Jacob A. Vriens: You resigned from your campaign. Why did you resign?

Rob MacDonald: I resigned because I [messed] up and gave myself an unfair advantage in my campaign. It was not fair towards my co-candidates and it was completely dishonest. That is not an appropriate quality for the VP Finance of the UBCSUO.

JV: What do you mean by “[messed] up”?

RM: When I started the campaign I budgeted out \$150 because that is typically the budget for campaigns. That budget number is stated in the regulations. My budget included posters, tabling materials, candy, and a Snapchat filter. I had all of these items priced out earlier. Come closer to the campaign, it was made very clear that the budget for this by-election was reduced to \$100. At that point, instead

of cancelling my Snapchat filter, which put my budget at \$150, I kept it. So, during the campaign, I ran that Snap Chat filter and when it came to submitting receipts, I gave them the wrong numbers. I did it with the thought that it is okay to overspend because everybody does it during his or her campaigns for the SUO. There is truth to that. This is what I used as the justification to overspend and give myself an advantage. I didn't realize until the day I resigned that what I did was totally unfair of me to do.

JV: That means you resigned not because you were caught but because you felt what you did was not right, is that correct?

RM: Well, there were complaints submitted against me. I saw those complaints and at that moment I realized that what I did was wrong. However, up until that point, I was not

called out and found guilty of overspending. It is very easy to hide expenses and people have been getting away with it for years. That is why I came forward on my own accord. I messaged the CRO and their team and very quickly I was spamming them with messages. I really wanted to talk to them because I truly felt this is important. I told them everything I did. I answered every question they had. I was very thorough about how I overspent and I expressed extreme regret. Afterwards, they discussed the situation in private and thanked me for my honesty. We came to the mutual conclusion that I gave myself an unfair advantage. Because of that, I resigned.

JV: Are there other candidates that went over the budget limit set by the student union?

RM: There is a little speculation that some

candidates have overspent. However, none of that speculation has been proven. In the current election system, it is up to candidates to file complaints against one another if they believe candidates commit violations. Currently, I haven't heard of any process dealing with any complaints. If there were an ongoing process, the CRO and his team would announce it on Facebook.

JV: What do you think about the problem of campaign budget violations in UBCSUO elections?

RM: I think it is important to note that this culture of overspending in campaigns at UBC Okanagan is very unprofessional. It gives certain candidates an advantage over others. A budget violation bypasses the whole purpose of campaign budgets. The purpose of these budget caps is to provide candidates with

equal chances for success. When I overspent, it gave me an unfair advantage. I don't want that to happen again. So, what I hope will come of my resignation, is that candidates in the future will be more honest and transparent. However, I also see that is very unlikely for that to happen.

JV: Why is more honesty and transparency unlikely to happen in the future?

RM: Well, I think that after what happened with me – negative posts on social media about what I did wrong outweighing what I did right – there is not much incentive for others to come forward and admit budget violations. I was honest and told the truth, but anybody in the future, who may have made a mistake, will be more likely to hide it. People who come forward will face more judgment and criticism than encouragement for doing the right thing.



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Lifestyle

RAVEN INTELLIGENCE

Daniel Greene – Lifestyles Editor

When we think of the most intelligent, non-human animals, rarely do birds come to mind. Often we think of those animals most related to humans, such as apes, and those that provide services for humans, like dogs. But some recent research out of the University of Lund, Sweden, offers evidence that puts ravens’ intelligence above that of four-year-old humans.

Can Kabadayi and Mathias Osvath, the researchers in said study, performed an experiment on captive ravens to test their cognitive abilities, and found that the birds were capable of a general planning ability, thought only to exist in people and

great apes. In the experiment, the ravens were shown a tube mounted atop a box. The birds quickly learned that dropping certain objects down the tube would produce a treat, but dropping other objects down it would produce nothing. Not only did the ravens regularly remember the key object—a stone—that produced the treat, they showed the canniness to stash the stone away for later use. When the box and tube apparatus was removed from the scene and replaced with a tray containing the stone and three other objects, the ravens usually chose the stone, and successfully used it later to retrieve the treat.

According to Osvath, not many four-year-olds would be able to solve a problem such as this.

But this is by no means the first time ravens have proven themselves to be geniuses of the corvid family. Ravens are mischievously cunning and often use their intelligence to benefit from the work of other predators. According to the PBS article “Ravens,” these birds routinely call wolves and coyotes to prospective meals in order for carcasses to be broken open; ravens know their beaks are not powerful enough to do the job alone and therefore choose to enlist help. More deceptively,

ravens will wait for birds with more specialized skills to make a catch and then steal the kill for themselves.

Ravens’ communication skills are also much more complex than one would assume. According to John M. Marzluff, Ph.D., ravens are actually songbirds, the largest of all in fact, and are therefore capable of life-long song learning. Ravens listen to and mimic noises, each pertaining to various aspects of raven life. Similar to human languages, different sounds pertain arbitrarily to different meanings, with ‘clucks’ signalling the presence of predators, and ‘trills’ communicating the

desire to battle over food or territory. Even when they are not squawking, ravens can communicate through gestures. By gesturing with their beaks, they can show off valuable catches to potential mates, or point out important resources.

The next time you see a raven perching on a tree branch or strewing garbage across a parking lot, don’t write them off as simple “bird brains.” These are animals that have developed a particular set of skills over years of evolution, just like you. Besides, it would be unwise to underestimate a bird that can outwit a preschooler.

THE LATTE ART SCENE

Who’s the best of the best

Tayana Simpson – Contributor

Occasionally, late at night, hordes of baristas gather together, their hipster glasses and quirky clothes alight in the moonlight, to complete the ancient competition of latte art. Baristas are called up two by two, where, amidst cheering and the sound of espresso machines, they pour milk into coffee, with the hope of being better than their opponent. The winner goes on; the loser walks away, shamed, but with a latte to console themselves.

On October 13th, I had the opportunity to attend one of these competitions, and was impressed by this underground culture that I was unaware of. Barista’s gathered, with little milk steamer jugs in hand, and competed, quite seriously, against one another for a cash prize. The crowd cheered when individuals were called up, hushed and peered over shoulders while they poured, gasped when they saw the final art, and cheered/booed when the judges made their call. It was a fascinating, great night.

While many may think that latte art is a very recent concept, this art form began historically in several countries, with most people assuming the original origins are Italian. It was popularized in the mid 80’s in Seattle, Washington, by a David Schomer, who introduced latte art at his café, Espresso Vivace. The trend began when micro foam, the air bubbles in the milk

used for lattes, was developed. The combination of espresso and the micro foam is what allows for the beautiful patterns, many which were developed and introduced by Schomer as well.

As well, despite what latte purchasers may believe, latte art is quite a challenging task. Variables such as the quality of milk and espresso, the grind of espresso, the size of cup, the type of milk, and more all influence the result. Barista’s practice for hours with a mentor to perfect a design or pattern, learn the best types of milk to use and how much to steam it, and how to hold the cup just right. Jeremy Magel, previously a barista at Bean Scene on Bernard Street and now a barista at Parlour Ice Cream, comments on his experiences with latte art: “I participate because I like the culture. I learned because it was part of my job but now it tests my nerves; you get shaky when you’re pouring in front of everyone.”

So, although the trend may seem to be an easy, new thing done by super cool, hipster baristas, it is decidedly not. It is a skill that takes time to learn, tests patience and dexterity, and teaches young adults an art form that is appreciated across social media. As baristas gather, they are carrying on a trend that is rich with history, and making some damn good coffee.

THE DANGERS OF STUDYING

Studying: a perfect storm for disease and fatality

Willa Holmwood – Contributor

As if studying wasn’t painful enough, science has proven that university students who spend an excess of time sitting and striving for academic success face serious health repercussions. Unfortunately, these consequences are not simply the expected sore back or strained eyes. There are significant changes within the chemical composition and interior workings of our bodies that creates a perfect storm for disease and fatality. So next time someone reminds you to study, accuse them of murder! But just like any good murder case, evidence is required. Read on for prosecution tips.

Terrifying Evidence #1:
Decreased Life Expectancy

According to an experiment, sitting for an average of six hours a day after age 25 will decrease life expectancy by five years. That’s five years stolen from being a cute old person, baking cookies, and playing bingo... not cool! It is important to note that theoretical studies such as this one are potentially flawed in their scientific method. However, these results still shine light on the fact that sitting and life expectancy clearly do not have a negligible correlation.

Terrifying Evidence #2:
The Cancer Pandemic

With cancer expected to occur in 49% of men and

45% of women in Canada during their lifetime, the last thing anyone needs is to increase this risk. Selfishly, studying has a drastic effect on intensifying cancer rates. In particular, the excessive sitting which often occurs while studying can increase lung cancer by 54%, uterine cancer by 66%, and colon cancer by 30%. The biological mechanism of these consequences is unknown, but some theories have been suggested. For example, these results could be due to excess insulin production which increases cell growth. It could also be related to the fact that a lack of movement decreases antioxidants within the body that prevents the elimination of carcinogens. These biochemical changes that negatively affect the body when sitting too long may be to blame for the uncontrollable cell growth that leads to cancer.

Terrifying Evidence #3:
A Buffet of Diseases

Now this is one buffet that may not make you hungry. Besides cancer, studying has been connected to a variety of diseases such as diabetes, obesity (officially a disease as of 2013), lung disease, and heart disease among others. Without regular movement, the body can form a resistance to the essential hormone insulin which regulates blood sugar levels. This leads to the inability to control these levels which may result

in Type 2 Diabetes. In fact, being sedentary can increase your risk for this disease by up to one fifth - yikes! When trying to prosecute someone for murder, using fancy terminology can help your case. Here is your snazzy word of the day: pulmonary embolism! This is a cardiovascular disease that is can be caused by deep vein thrombosis, which is another pretentious term for a blood clot in veins of the leg. This blood clot can be formed from sitting excessively and if it becomes dislodged, can travel up to the lungs and cause damage to the tissue. This process results in a pulmonary embolism and can cause death or irreversible changes. As cool as the lungs are, nothing beats the heart (haha). When it’s the dreaded final exam season and students are glued to chairs and textbooks, blood within our bodies flows slower. This allows fatty acids to clog the heart, which doesn’t take a genius to know that this is a bad, bad thing. Pro tip: anytime the words “clog” and “heart” are in the same sentence, terrible things are happening.

The Verdict

Congratulations - you now have a well-evidenced plan of attack to accuse your professor of being a murderer (although perhaps that isn’t the smartest way to get that good mark)! Remember this study season to stay active and take lots of breaks. School is important but health comes first!

TRUTH OR DAIRY

Is cheese a drug or a culturally accepted by-product of animal abuse?

Daniel Greene – Arts Editor

Canadians, as a whole, love cheese. According to the Canadian Dairy Information Centre, if you are an average Canadian, you are probably eating around twelve kilograms of cheese per year. This number seems startlingly high. However, on cheese consumption, we still rank lower than the United States (unsurprisingly), who consume around sixteen kilograms of cheese per capita. France blows most countries out of the water with their staggering average of around twenty-six kilograms per capita. While it may be hard to imagine so much cheese passing through an individual within the span of a year, these rates of consumption are in fact consistent throughout many western countries. So why is this? Is it a big dairy conspiracy, or is cheese simply a rich source of vital nutrients that people eat to stay healthy?

According to countless sensational articles circulating the internet, milk

contains casein, which when broken down in the body’s digestive system produces opioid-like substances called casomorphins. Cheese, being a highly-concentrated form of milk, contains much more of these compounds, and is purported to have addictive qualities on par with crack. Therefore the French do not simply love cheese—they have a drug problem.

Considering the overwhelming evidence that there is no such thing as ‘humane milk,’ the popularity of these articles should not be surprising. The idyllic image of happy dairy cows grazing languidly in wide open fields of alfalfa is largely make-believe. While some small farms may do this, the high demand for dairy makes this practice unrealistic. Dairy consumers who feel guilty for being part of a system that forcefully inseminates cows, tears their calves away at birth, and sells

the males to slaughterhouses might feel a weight lift off their shoulders at hearing that cheese is addictive. But in reality, cheese is not that addictive. According to a study led by Ashley Gearhardt

“IS IT A BIG DAIRY CONSPIRACY, OR IS CHEESE SIMPLY A RICH SOURCE OF VITAL NUTRIENTS THAT PEOPLE EAT TO STAY HEALTHY?”

of the University of Michigan in Ann Harbour, processed and sugary foods such as chips and chocolate are far more addictive than cheese.

Foods high in salt, sugar, and carbohydrates absorb into the body quickly and produce spikes in blood sugar which is key to a food’s addictive qualities. Cheese is indeed high in salt and fat, but the fact that it cannot compete even with chocolate should cast doubt on claims of its crack-like properties.

So if it is not addictive, why is cheese so popular? Part of the reason could be our Canadian culture. Dairy, despite the fact that it is completely unnecessary in our diet, has been historically associated with good health. In 1942, the Nutrition Division of the federal government of Canada in collaboration with the Canadian Council on Nutrition created Canada’s Food Rules. Among these ‘rules’ was the suggestion that milk should be consumed every day in order to maintain good health. This myth has proved

to be persistent. Children who attended elementary school as late as the early 2000s will remember the food pyramid, which suggested a similarly dairy-dependent diet.

All of this is not to say that you have to stop eating cheese. If you have a problem with the way dairy cows are treated, then do not buy dairy products. If to you the treatment of dairy cows seems natural or in line with some idea of the hierarchical nature of beings, then, by all means, eat cheese. The point is to make that decision from a position of knowledge. You are not eating cheese because you have an opioid addiction—you probably eat it because it is delicious and ubiquitous. Uneducated and sensational declarations of cheese’s crack-like qualities do nothing but encourage consumers to stop thinking logically about what they are buying.

WHAT I LEARNED FROM LIVING IN MY JEEP

Tyrel Lamoureux – Opinions Editor

When I told people that I was living in my car, I got a mixture of responses. Some were sad or concerned, some didn’t care at all, but they would all ask why. The short answer: affordable housing, not being able to find a place to live; but the long answer paints a different picture, mostly one of stubbornness.

I refused to move into a place that was not pet friendly, because as a person with a dog, it’s kind of important. I looked hard but time ran out, and I had no place to go. I had friends offer couches, which I occasionally used, but I realized that my Jeep would be my home and that I’d embrace the adventure.

So, I took the bull by the horns. I spent more money on gas than a taxi driver, ate subway until I tried a six inch of everything on the menu, and became known

as “the bathroom guy” at a Tim Hortons. I learned a lot of skills for anyone who must or wants to live in their car. Like always, crack a window and stretch in the morning, because it will feel like you slept on a board. To get up early without a phone (charging it would kill the battery), I discovered that the WestJet flight 253 landed at 8:11 a.m. and if I parked on the road by the airport, I would jump awake yelling at precisely 8:11. And finally, park where you have a view, because why not! You have that power. I learned all this about living in my car, but I also learned things about life.

The first thing I learned is that you don’t need as much as you think. I knew I had way too much stuff to keep in my Jeep, so I started asking some friends and left the less important stuff in basements

and storage sheds. All I kept with me was a bag of clothes, my toiletries, a cooler full of beer, my banjo, a laptop, and of course, my bedding (and for some reason a deep fryer). I originally started with more, but as time went on I realized it took up more space than necessary and I really didn’t need it. I have cleaned out my house since I moved in, getting rid of everything I forgot about since I packed it away, and I de-cluttered my life.

When I started my journey, I found boredom to be the biggest challenge. I would get off work and have nowhere to go and nothing to do. It hit me on the first day when I sat in a parking lot and listened to the radio for hours, with boredom hitting me in the chest; it almost hurt with the amount of nothing I had to do. After a while, it dissipated,

and I began embracing the boredom. Seeing movies by myself or sitting on a bench and people watching until the sun went down. I learned my second lesson: that it’s your fault if you’re bored; there is always something to do.

Some days were worse than others. The boredom would hit, the loneliness would sink in, and I would essentially get cabin fever: I had to get out and do something with other people. I found that if I didn’t tell someone that I lived in my car, they would never know. However, I was telling people like it was a challenge, not a misfortune, because that’s what it was to me. If I didn’t tell people about my predicament, or the struggles that came with it, then how would my friends ever understand? They understood why I was grumpy or agitated the more I talked about it. It

didn’t stop them from calling me an idiot because they had a couch for me, but I learned to talk about what bothers me. That was the third thing I learned, because if it was something that I couldn’t easily fix, talking about it can make support easier to get.

All these life lessons did not jump out at me like I somehow have a new deep understanding of life, they were simply the things I noticed. These life lessons don’t come just from living in your car, you can find them in any part of life, this is just how I found them. If I could go back, I wouldn’t change a thing.

Also, make sure you buy some air fresheners. Your car is going to stink.

Arts

CORRUGATED CREATIVITY

Renay Egami's First Year Visual Arts Students get Creative with Cardboard

Curtis Woodcock – Arts Editor

As an exercise in letting go and freely diving into a project, Renay Egami has her first-year Three-Dimensional Art Practises students experiment in creating three-dimensional objects using different types of cardboard as a low-cost alternative. This ensures that students aren't worrying about the costly materials and are more open and free-flowing, as the fear of cost could lead to rigidity and stunting of creative flow. 42 pieces line the hallways of the visual arts corridor in the CCS building, and will eventually be showcased at the Kelowna Art Gallery. Renay had her students choose an object that was meaningful to them, and then to recreate it as accurately as the materials would allow, having to consider scale, volume, proportion, and careful measurements. Most of these students don't have previous experience in three-dimensional work, so it was a challenge to recreate specific textures, surface qualities, details, and shapes.

Taking inspiration from a variety of artists such as Tom Friedman, Tara Donovan, and Tim Hawkinson (who use modest household materials in their work), students birth genuinely creative and beautiful pieces. Shigeru Ban is a Japanese architect who was the 37 recipient of the Pritzker Architecture Prize. He won the prize in 2014, and many of his accomplishments come in the realm of cardboard. He has used paper tubes in permanent and temporary structures, such as disaster relief shelters and a cardboard cathedral. Renay's students are mostly BFA visual arts students, but some have shown interest outside of the field as well. She teaches Physics, English, Management, and also unclassified students, and the talent of all of the students she reaches is undeniable.

This project is amazing to behold on its own, and it will only continue to grow. As part of a collective project titled Viral Objects, it will become a multi-medium art project. Michael V. Smith's creative writing class is currently writing stories to correspond to a chosen cardboard piece. When the project is finished, it will include contributions from performance, creative writing, drawing, sound design, and digital

media students. Renay's second-year sculpture students and Denise Kenney's performance students are currently working on pieces for the project as well. Their contribution will be digitally documented to show in the upcoming exhibition, which will start in February 2018.

Here are some of the explanations of what the pieces mean to the students who created them!

Stephanie Tennert – plate of spaghetti & heart
“The objects are important to me because they symbolize a traumatic experience for so many people and how they cope with that. My idea was that we “eat our emotions,” and sometimes it's hard to stray from our bad habits or how that impacts those we care about.”

Gary Bildook – rototiller (1/2 scale)
“I decided to build the rototiller as a project after reviewing some of the others previewed in class by other artists. There were other machines like chainsaws, and I have always had a leaning towards tools like that. We dug up some of our front lawn to plant a garden a couple of years ago and turning the soil by hand has always been my job. I don't mind physical work but thought it would be easier and do a better job if it were rototilled. The machine is one of the most used in our arsenal and very easy to operate. I like things that are measurable and reproducible, but I am also interested in breaking away from my history as a steel fabricator to work on projects that are not pre-defined.”

Sydney McKinlay – prosthetic leg
“This ‘prosthetic’ is based on my teammate, Jenn Oakes’ leg. Please see the link to her story: <https://jennoakesjourney.wordpress.com/about/disclaimer/>
*If you would like more information, please contact Sydney at sydneymckinlay@hotmail.com.”

Vanessa Mercedes Figueroa – female torso
“I have chosen to create a body as opposed to an object in the traditional sense as a comment on the objectification of women. By making political comments through my piece, My Eyes Are Up Here; a more profound meaning

is subsequently achieved. As an intersectional feminist, the female form is relevant in my work and is a theme I will continue to explore.”

Shelley Sproule – antique car
“The object I chose is a wooden carving of an antique car given to me for a special birthday and was made by a dear old friend. He has recently died but has shown me the meaning of true friendship.”

Maura Tamez – Apache burden basket
“This basket has traditionally been used for gathering roots, kindling wood and symbolically used in my culture as representing women's knowledge of land, foods, medicinal, and taking care of others. The tassels are specifically made to jingle to make noise and let animals be aware of one's presence. Today the basket is traditionally used in Apache girls' coming of age ceremonies and is placed in the household as a form of protection.”

Judy Wang – mop/bucket/puddle
“These objects were chosen based on a memory of watching my mother clean the house. When I brought these items to class, they were cumbersome and heavy. This work is meant to say ‘thank you’ to my mother for taking care of our home and my wish that I had helped her more.”

William Hoffman – radio (scale increased three times the original size)
“The object chosen was a small, battery-operated radio scaled up to three times its original size. Upon moving to Kelowna, my girlfriend's mother insisted that I have a radio. She was concerned about me being engulfed in the wildfire, so she went out and purchased a new one at London Drugs for me.”

Amy Salter – arm/hand
“I chose to do my hand because typically it is difficult to represent well in a drawing, for example. I wanted to challenge myself to do something that I may not do otherwise. My goal was to make it look as life-like as possible.”

Arianna Tooke – Converse shoe
“Every day, I wear a pair of Converse shoes with images of soup cans silkscreened on

them – they are from the line of Andy Warhol inspired Converse sneakers. People started to recognize me by my shoes, so in a general sense, I chose these for my project as it relates to my identity and being an artist.”

Fiona Li – 4 x 5 camera

“For me, a camera is something that can record all the good moments. Old-fashioned cameras took a long time to create a picture and each picture was a masterpiece taken by a photographer with heart. Cameras can record art, and create art, so I also want to make the camera itself into art.”



Photos by Joanne Gervais

OUT OF THE SEWER

Decatur Climb Out to Show Kelowna What They Are Made of

Curtis Woodcock – Arts Editor
Photos curtosity of wolfshocket

Decatur is a Toronto based metal band that is fairly new to the scene, not that you would know it. They made a stop in Kelowna on October 14 on their “Out of the Sewer Tour”, and as the third band in a four act show, they killed their set list. The crowd was alive and almost the entire place was standing up. The energy in the room was electrifying, and it was impossible not to mosh and head bang with intense vigour. The band’s connection on stage was infectious, as it was obvious that these guys loved what they were doing and loved doing it together. Fierce riffs layered with deep melodies, this wasn’t just your standard roar in your face fast guitar spectacle, it was the complete metal package. Combatants against the stale metal scene, they strive to bring a fresh and open-minded take on the classic metal we have all grown to love. Jay Sarrazin, a.k.a. Beard, is a phenomenal guitarist and vocalist and a

perfect frontman. His stage banter is hilarious, his skills are astounding, and his presence demands compliance. Liam Maguire was an excellent musical compliment to Jay. Liam wields his axe with ease and one would never know he came into the fold after the recording of their debut album. Kyle Clark, Tiny Basstank, threw down thundering bass lines and was having the time of his life. He played extremely well and was exuding positive energy onto the crowd, mirroring the rest of the band’s enthusiasm. Steve “The Animal” Mitchell is a ferocious drummer. His playing is mesmerizing and accentuates the groove underneath all of the bone crushing riffs. Their debut album “Badder than Brooklyn” was released on October 6 to excellent reviews. The album was made in New York with Joe Duplantier from Gojira, which is amazing, and it really is a force to be reckoned with. The riffs on this

album are killer, and you can’t help but head bang, dance, and throw your fists in the air, all the while smiling from ear to ear. These songs mean a lot to the members of the band and it shows. Everything is well put together, and the emotion emanating from each track is truly profound. If you think metal has become a stale cesspool of nothing but blast beats and guttural screams, you need to check out this album. Bringing a quality back to metal that has been lacking in recent years, these guys are passionate about showcasing the true potential of the genre, and it is done with such care that it’s hard not to have the album on repeat. Simply put, it’s a fun album with a little something for every metal fan. For fans of Metallica, Pantera, Lamb of God, and quality metal in general, this band is definitely for you. Kelowna is already thirsty for another round of the Decatur kool-aid.



REPLICATING THE FUTURE

Paying homage to the past while creating a familiar future in Blade Runner 2049

Curtis Woodcock – Arts Editor

Even though going to the movies may be fading out of popularity, it’s an experience to be relished. Forced to be silent and pay attention allows small details to become more pronounced and hold more meaning. Where else can you voyeuristically envelope yourself in a stranger’s intimate moments? See the pulse echo in their throat, watch closely as they reprocess the idea they have of themselves and find new meaning to their lives. These are the shots that held me captive in Blade Runner 2049.

Spurred on by the pulsing and grinding score, the rain-soaked sets have an oh-so-familiar, yet utterly new adventure held within. It is easily just as good as the original, and with today’s modern special effects, it is a visual masterpiece. It kept true to the pace, tone, and intriguing mystery of the original, as well as left you with some unanswered questions.

The cinematography was top notch and the bleakness of the landscape was somehow mesmerizing. It follows Special Agent K, played by Ryan Gosling, as the Blade Runner. He hunts down rogue replicants as Deckard did in the previous film. The new replicants are thought to be completely subservient, but K starts to question his existence as many of us eventually do. This sends him on an arresting journey of cover ups and self-discovery. With a stellar cast, it’s hard to imagine this movie not

being fantastic. Entire scenes are propelled by their subtleties with very little dialogue.

Ryan Gosling propels you through K’s thoughts and emotions with artful body language as he emotes so easily the struggle that K faces. Jared Leto doesn’t get a lot of screen time, but is still able to culminate an intensely fearful character. Harrison Ford’s involvement was also a blessing, and it was tied to the original quite nicely with gritty scenes

that made you feel as though you’ve peered in on him in a private moment. As for female leads, Sylvia Hooks’ character Luv is a great female counterpart

to K and shows strength and the desire for more out of life, while Robin Wright’s stern and corruptible character Lieutenant Joshi shows the fear of change that echoes silently through society.

Some diehard fans of the first Blade Runner may scoff at the sequel and claim the connection between the two films is lame or unnecessary, but you can never please everyone. There is plenty to love in Blade Runner 2049, and for most, the clever way the director, Denis Villeneuve, brought the two films together was executed wonderfully. Most will not leave disappointed. Sit back and savor this fantastic noir sci-fi thriller, and if you can’t get enough Blade Runner, make sure to check out the prequel shorts online.

WHERE ELSE CAN YOU
VOYEURISTICALLY
ENVELOPE ONESELF IN A
STRANGER'S INTIMATE
MOMENTS.

CUDDLES, PUPPIES, AND STARGAZING

Willa Holmwood – Contributor

Three of the most beautiful creations known to mankind: prolonged hugs, tiny doggos, and the night sky. Besides the obvious ability to bring utter joy to humanity, what do these things have in common? Hint: it has to do with brain chemistry. In fact, the health benefits associated with cuddles, puppies, and stargazing has been proven to improve your mental and physical well-being drastically.

The majority of university students crave physical intimacy. However, it is not the act of cuddling itself that feeds the addiction, but instead the associated feelings that are correlated. When you are wrapped up as a little spoon, three common hormones are involved that cause you to feel so warm and fuzzy. The first is oxytocin, which is commonly known as the “cuddle hormone”. Oxytocin has the ability to regulate cardiovascular function as well as reduce cell death and inflammation of the heart. Not only is this hormone making you feel like getting Tinder was worth the trouble, but it also positively

impacts your heart health. The second main hormone involved with snuggles is cortisol, the infamous stress hormone that students are all too familiar with. Cuddling reduces cortisol levels, which in turn reduces stress. Immunological functions can be deprived with prolonged stress, so that cuddling could become an alternative medicine! To keep your brain sharp, go recruit a new cuddle buddy! Of course, this is purely for educational purposes with no ulterior motive (wink wink). The third cuddle-influenced hormone is dopamine, a pleasure chemical that allows us to feel amazing, despite the looming final exam season. Errors in dopamine regulation have been suggested to be involved in Parkinson’s disease, schizophrenia, and ADHD. If cuddling has any potential to help avoid these diseases, it is certainly worth a try.

As lovely as cuddles may be, miniature balls of barking, slobbery fluff make for a tough competition. Puppies - the epitome of cuteness. Similar to cuddles, puppies can trigger

humans to release dopamine and oxytocin hormones. These chemical releases are activated by visual cues such as a big head relative to the rest of the body, large eyes, and overall softness. There have been numerous studies that have shown the health benefits of spending time with puppies. One study has shown that even a few minutes of petting a dog can help to regulate appetite and carbohydrate cravings. My suggestion: fill every McDonalds with puppies to prevent the obesity epidemic. Business would skyrocket and humanity would benefit - seems like a reasonable idea! Another study found that heart attack patients with dogs were eight times more likely to be alive late in life compared to people without dogs. If you’re not convinced yet, Swedish researchers reported that children exposed to pets during the first year of life had fewer allergies and less asthma. This accumulation of data indicates that puppies are the magical key to good health; try this argument with your parents!

Sadly, not everyone has

access to cuddles and puppies. But no matter where you are in the world, (except maybe for Times Square) the serenity of the night sky is always present. When stargazing, people often tune out the world (literally) and gain a form of mindfulness. This has been suggested to cleanse the network of neurons within the brain that can dissolve stress and lower depression. When pondering your place in the world, a chemical called serotonin works to create a “utopian chemical environment” for your brain to essentially form a healthier version of you. Another important chemical is the calming neurotransmitter gamma-Aminobutyric acid (GABA). If there is a lack of this chemical, a variety of mood disorders, anxiety, insomnia, and addictive behaviours can flourish. In 2010, a study involving GABA concluded that there is a 27% increase in GABA levels after one hour of practicing mindfulness exercises, such as stargazing. However, there is one more key chemical that is referred to as the “superhero” hormone

of them all - melatonin. This chemical truly is the center of the universe in terms of health, as it can prevent cancer, strengthen immunity, prevent over 100 diseases, and slow down aging. If people made time to gaze at the vastness of the universe while contemplating things like aliens, pizza, and the meaning of life, melatonin levels could be boosted by an average of 98%. Some participants even reached over a 300% increase. Winding down from Earth and taking a galactic journey can be a way to balance your biological systems.

The glorious trifecta of cuddles, puppies, and stargazing provides insight into how brain chemistry functions to make us happy and healthy. Even from simply reading this article, hormones are being produced by your body that improves your well-being. So, if you notice a friend who is tired or sad, hug them! Show them a constellation, or track down a cute dog and scratch its belly. Your friend’s brain will be thanking you, and you’ll feel the benefits too.

VICTOR HUGO’S LAMENT

Curtis Woodcock – Arts Editor

Have you ever been interested in going to see a play, but thought it would be lame or weren’t sure if it was worth the money? Well, next time one comes up that piques your interest, drop everything and go. This past weekend saw New Vintage Theatre’s ‘Hauntings: Tales of the Supernatural’ grace the stage of the Black Box Theatre. It is amazing what can be accomplished with a small stage and limited props. It was compelling, well-acted, and downright terrifying. It was a tale of Victor Hugo, author of *Les Misérables*, and his grief when his favourite daughter tragically drowned only days after her wedding. He sought the help of a clairvoyant to contact

his deceased daughter, and his obsession only intensified upon gaining information from her. Blinded by grief, he tried to help his darling daughter pass on, but his inability to let go kept her spirit from passing over. Eventually breaking the rules, Victor’s intense selfishness brings about a demon who haunts him to his death.

This play was the writing debut of Ashley Armour, and it was met with great applause and praise. The writing was top notch. She directed one other play aside from ‘Hauntings’, titled ‘Dead Serious’. Her husband Cory Armour was in charge of sound and lighting, which was also wonderfully executed. Wind, rain and melodic instruments

created an eerie tone that set the scene. Production was gracefully handled by Bonnie

**DISJOINTED BODY MOVEMENTS
SEDUCED US AS WE WATCHED
ON IN HORROR AT HER GHOSTLY
APPEARANCE.**

Gratz, and the set was created by her husband, Derek Gratz. Even on a small scale, the details

were picked with care and added a certain creepy ambience to the stage. Richardo Pozas dealt with the artistry of the ghost of Leopoldine, which was terrifyingly beautiful. The actors were amazingly captivating as well. Douglas Brown portrayed Victor Hugo and did a sensational job, embodying emotional moments that seemed too real, as he wept with the pain of losing his beloved child and recoiled with the fear of being truly haunted. Hillary Omoe was both the living and ghostly version of Leopoldine, who was wonderfully frightening. Disjointed body movements seduced us as we watched on in horror at her ghostly appearance. Kendra Hesketh was

Zilpha, the clairvoyant, who was amazingly sweet and sinisterly disturbing once the character was possessed. She evoked jumps from the audience as she put her full vocal measure to the test, during lines that demanded Hugo leave her presence. John Van Dyck played Victor’s publisher and friend, who had a dastardly ulterior motive. As the play came to a close, it would seem that Victor’s publisher was anything but a friend. Everyone in this production did a fantastic job, and it was an extraordinary experience. It was an honour to have New Vintage Theatre welcome *The Phoenix* to cover the play. Stay tuned for more grand entertainment from them!

Sports

HEAT SOCCER OUT OF 2017 PLAYOFFS

Despite a promising late push, the Heat men's team joins the women outside of a playoff spot to end this season

Grayson B. Leahy – Sports Editor
Photo by Greystoke Photography



Pretty much everything had to go wrong in the last weekend of regular season Canada West competition for the UBC Okanagan Heat men's soccer team to finish outside a playoff spot, and it did. With their final matchup being the annual derby against the Thompson Rivers WolfPack, the Heat men were in a position to finish in the top four of Canada West's Pacific division if they could come away with a pair of wins.

The UNBC Timberwolves had their by-week fall on the final weekend of the regular season, so the Heat had a team to leap frog with a single win. However, in their final two games against the WolfPack, the Heat men fell 1-0 on Thursday, October 19 and played to a 1-1 draw in Kamloops on Saturday, October 21.

"I LIKED THAT WE CAME TO COMPETE... THEY ARE A VERY YOUNG SQUAD AND CONTINUED TO BATTLE WHICH IS ENCOURAGING AS WE MOVE FORWARD." HEAT MEN'S COACH DANTE ZANATTA

"Never happy when the season comes to an end," said Heat men's coach Dante Zanatta after his side's final match in Kamloops. "We had a couple of chances today, one in the first and one in the second but we couldn't get it. Credit to them as we couldn't put it in the back of the net."

Those goal-scoring struggles were consistent with the Heat attack this season, as they netted 15 goals this season, the fewest in the Pacific Division. Their saving grace throughout the year was standout keeper and consistent Canada West Star of the Week, Mitch McCaw.

McCaw finished the year at or near the top of the three main keeper stats categories in Canada West. His save percentage of .877 was a conference best, his goals-against average (.064) was second-best, and his total of nine goals allowed had

him tied for second-least of the year.

Nikhil Reddy, an offensive lynchpin for the Heat this season, was the lone goal scorer in the derby against TRU. He netted his first goal of the season late in the Saturday afternoon contest, putting one past WolfPack keeper Ryan Glanville late in the second half to tie it up. It was Reddy's seventh point of the campaign, as he finished with six assists, tied for third-most in the conference.

"Congrats to TRU going forward," said Zanatta in an end-of-season statement. "They pushed and never gave up especially since they knew we needed a win to continue our season."

Zanatta added of his Heat side, "I liked that we came to compete...They are a very young squad and continued to battle which is encouraging as we

"CONGRATS TO TRU GOING FORWARD," SAID ZANATTA IN AN END-OF-SEASON STATEMENT. "THEY PUSHED AND NEVER GAVE UP ESPECIALLY SINCE THEY KNEW WE NEEDED A WIN TO CONTINUE OUR SEASON."

move forward."

On the women's side, the season was a disappointing one, as the Heat finished at the bottom of the Pacific Division with a record of 2-9-3. Their hunt for another playoff appearance will continue next season as the young side develops, albeit without some of their veteran stalwarts.

Lauren Candelario, Emma Nelsen, Andrea Stinson, and Brittany Wheeler were all honoured in the annual Seniors Day ceremony on October 22 at Nonis Field.

Graduating players from the Heat men's side, recognized in their ceremony on October 19 at Nonis Field, are Ryan Jerry, Darrell Plantz, and Mitch McCaw.

HEAT GOLF ENDS SEASON WITH SILVER PERFORMANCES AT NATIONAL TOURNAMENT

Led by graduating senior Casorso, Heat golf took home silver from the 2017 national tournament

Grayson B. Leahy – Sports Editor



Photo courtesy of UBC Okanagan Heat

The UBC Okanagan Heat golf program started this year with questions about whether or not it would continue, due to funding issues. Last weekend, they played their way to a silver medal at the 2017 PING CCAA National Championships at the Royal Ashburn Golf Club in Oshawa, Ontario.

The course was a challenging opponent for all golfers during the four-day competition, with winds blowing steadily up to 50 kilometres an hour over a course that played over 7,000 yards and with greens that were rolling incredibly fast, at an 11 or 12 on the stimp meter. Those conditions had players struggling throughout, as the scoring average for the weekend was over 80 (+8), and only one round of under 70 was recorded through the tournament.

The Canadian collegiate title was battled for in Ontario on October 17-20, hosted by the Durham College. With a weekend

total score of +72 (1224), the Heat golf men's crew finished behind the UFV Cascades for the weekend and earned the title of the second-best program in the country.

On the women's side, the Heat finished just off the podium as Emily Adams and McKenna Lesiuk put together a weekend score of +144 (720) through their weekend, finishing fifth.

This year's national tournament was the final competition for veteran Heat golfer James Casorso, who has played his full five years of eligibility with UBC Okanagan. He finished the weekend with the men's individual silver medal, tallying a +8 (296) total through the tournament's four rounds. The silver medal cemented his status as one of the all-

"AFTER ALL THE UNCERTAINTY THE TEAM FACED AND OVERCAME BEFORE THE SEASON STARTED IT WAS ICING ON THE CAKE TO SEE THEM PERFORM SO WELL AT NATIONALS." – HEAT COACH CASS HRITZUK

time best Heat golfers, adding to his previous list of accomplishments that include three PACWEST All-Star awards, designation as an All-Canadian collegiate golfer, and being named to the National All-Star Team.

Pushing the Heat to a silver medal on the national stage this year were Heat men's golfers Nik Federko, Ryley Johnson, Oliver Rizun, and Casey Sullivan. As a rookie, Federko had an impressive weekend, shooting a team-low 74 (+2) in the tournament's opening round. The second day saw Casorso shoot the Heat's lowest round, at 72, while Johnson put up his tournament low with a 74. Rizun, who highlighted the Heat's home

tournament earlier this year with a hole-in-one on the par four eighth hole at the Okanagan Golf Club's Bear Course, had a tough weekend but shot a 77 in his final round to help the Heat cement their silver medal.

"After all the uncertainty the team faced and overcame before the season started," said Heat golf coach Cass Hritzuk after the tournament, "it was icing on the cake to see them perform so well at nationals."

Emily Adams and McKenna Lesiuk were in lockstep through the week, finishing just four strokes and two positions apart for the tournament. Adams finished with a total 358, putting her 14th on the leaderboard, and Lesiuk shot 362, finishing 16th. Adams was also awarded the female tournament's annual PING Fair Play award for her exemplary integrity, team spirit, and respect for her opponents.

THE LOUDEST VOICE IN THE NBA

Steve Kerr’s past drives his passion well beyond just basketball

Brendan Smith– Sports Contributor

As the NBA season gets underway, you’re going to hear a lot of talk. Talk of the great Lonzo Ball by his father and talk of the new Nike uniforms from diehard fans. Then there will be the talk of the Warriors ‘dynasty.’ Love or hate them, they’re the favourites once again this year. Yet despite the chatter about Golden State’s greatness, one key voice doesn’t get the attention it deserves. That is the voice of Warriors head coach Steve Kerr, which can and should be very influential. To understand where this comes from, you first have to look at Kerr’s upbringing.

Steve Kerr’s childhood circled around academics, thanks to his two intellectual parents. Ann and Malcolm Kerr first met in Beirut, the place where Steve would be born. Ann was in her third year of college and taking a year abroad to study at the American University of Beirut when she met Malcolm Kerr, who was a professor at the university.

Malcolm, Steve’s father,

always had a strong relationship with knowledge. Both his parents were teachers at American, and he himself was a well-respected intellectual in his field of political science.

His main research involved the politics and affairs of the Middle East; many even considered him to be the one who would create a solution that could bring peace to the area. These credentials gave him the job opportunity to become the President of the American University of Beirut in 1982. It was his dream job.

Steve Kerr would go on to attend high school in Los Angeles, as it was his best chance to earn a scholarship to play collegiate basketball. He would end up playing at the University of Arizona. He excelled in Tucson, helping the Wildcats reach the Final Four in 1988 while earning All-American status.

Yet, the greatest obstacle he experienced came in 1984 during his freshman year.

“ON JANUARY 18, 1984, MALCOLM KERR, A MAN AIMING TO UNITE MUSLIMS, JEWS AND CHRISTIANS, TOOK TWO BULLETS IN THE HEAD AS HE WAS WALKING TO HIS OFFICE.”

What started as a year of enjoying the perks of college later became the year that

changed his life. On January 18, 1984, Malcolm Kerr, a man aiming to unite Muslims, Jews and Christians, took two bullets in the head as he was walking to his office.

You will rarely hear Steve mention his father in press conferences, but the influence is prevalent in his life nonetheless. Kerr has acknowledged in the past that his father taught him the importance of compassion and unity, and this message Kerr has used in northern California to great effect.

The Warriors are chasing their third championship in the last four years, and hold the record for most wins in the regular season under Kerr. Their motto remains: “Strength In Numbers.”

Kerr has also started to make his voice more prominent in politics. A couple of weeks ago, he wrote an article in Sports Illustrated

that in essence was a message to the President. He criticized the President for “belittling people and calling them names.” The article came out not too long after the Warriors were “uninvited” to the White House. This was at the same time that the President insulted NFL players who sat or kneeled during the national anthem. With all of this in mind, Kerr ended his message to Trump in the most poignant way possible: “Bring us together.”

Despite continuing to deal with the effects of a back surgery, Steve Kerr pushes on. He pushes on because of his passion for unity, in basketball and in society. He pushes on because he wants to spread his father’s message, a message that more people should listen to.

HOUSTON GETS A KARMIC SHOT AT WORLD SERIES TITLE

In the wake of destruction, baseball has become a source of hope for a physically devastated Houston

Grayson B. Leahy – Sports Editor

For the vast majority of baseball fans, few things are as uplifting as watching the New York Yankees lose. In years like this, there is no satisfaction during the regular season, as they rode through the regular season behind stellar seasons from stars like Aaron Judge. This year, though, the joy was doubled, as they weren’t just bounced from the playoffs, but they were also bounced by the Houston Astros.

For most of the memory of millennial baseball fans, the Astros have been terrible. The past few years, though, they’ve been promising at worst. This year, they’re in the World Series, and they’ve become a baseball household name thanks to the high-profile acquisition of former Detroit ace Justin Verlander.

The feel-good story of the year in baseball has to be the dominant run of the Astros that has coincided with the disaster relief surrounding the aftermath of Hurricane Harvey’s destruction of Houston. The metropolis in the Lone Star State has felt the full force of one of the greatest periods of natural disasters in American history, and the importance of sport has been reiterated in the Astros’ rise to the national stage of America’s pastime. Sports are fundamentally a distraction, and in times of crisis, they are a redeeming source of hope and optimism.

Reminiscent of the New Orleans Saints after the horrors of Hurricane Katrina, the Astros have brought the people of the United States and the baseball

world, let alone the people of Houston, together in a moment of joy. While the recovery from disasters like Katrina and Harvey will last far longer than a single baseball postseason, the mental and emotional escape and release for sports fans in New Orleans and Houston is a boost to the city that’s unlike anything else. Watching the Astros win a World Series against a team like the Dodgers, who had a historic season all their own this year, would provide a sense of pride and a level confidence that can be enough for some to get them through the recovery process, even if it doesn’t give them anything physical or material with which to rebuild.

With games three, four, and five taking place in Houston on October 27, 28, and 29, the fourth-

largest city in America may well get to see their team earn their Commissioner’s Trophy at home, in Houston’s Minute Maid Park.

The other unique situation in this year’s Fall Classic is that the Astros and Dodgers used to be divisional rivals. In 1980, Houston’s Enos Cabell said, “we can buy champagne in L.A. just as easily as we can buy it here,” before they went and beat the Dodgers in a one-game tiebreaker to get past them and into the playoffs. In ’81, the last time the Astros and Dodgers met in the postseason, the game was brutal for the Nolan Ryan-led Astros as they lost in five games to that year’s eventual World Series champions.

“Us old-timers still remember the time when the Astros and Dodgers were at each other’s

throats,” said Joe Posnanski in an article for MLB.com. “Not one of the Dodgers or Astros players – not even Chase Utley or Carlos Beltran – is old enough to remember, but it’s still there, in the background. This is not the first time that Houston fans will be chanting, ‘Beat L.A.’ and not the first time that Dodgers fans will be nervously dealing with the Astros.”

READY, SET, SPIKE

Despite a promising late push, the Heat men's team joins the women outside of a playoff spot to end this season

Brendan Smith – Sports Contributor
Photo courtesy of the UBC Okanagan Heat

The Canada West regular season has officially begun for this year's UBC Okanagan Heat women's volleyball team, as they split their first pair of games against defending national champions and archrivals, the UBC Thunderbirds.

In the home opener, the Heat never trailed once in the first set, winning it convincingly 25-18. T-Birds' libero Samantha Patko's early defensive efforts and 16 digs proved invaluable and seemed to help her new teammates find an eventual rhythm. The young but potent T-Birds ultimately spoiled the home opener, taking the next three sets 18-25, 18-25, and 24-26. The X-factor was Thunderbirds' outside hitter Kiera Van Ryk, who finished the night with 19 kills and a total 22 points – impressive numbers considering it was the first Canada West match for the freshman out of Surrey. One positive for the Heat was the play of newcomer Ann Richards, who, despite all the talent on the court, was arguably the best player throughout the weekend.

This is Richards' first year in Kelowna, after beginning her collegiate career south of the border in Orlando. She went to Assiniboia High School in Saskatchewan, where she played basketball and was also a member of the track and field team. She grew up in a strong volleyball family, as both her parents were standout players in college and each won the CIAU, known today as U Sports, national championship. In high school, Richards was a three-time captain and in her senior season was named Saskatchewan athlete of the year. After graduating, she chose to attend the University of Central Florida where she garnered attention for her excellence in the classroom,

making the conference all-academic team her first year on campus. She spent another two years in Florida before joining the women's Heat team this past summer.

After the disappointing result on Friday, Richards and Co. looked motivated. Despite dropping the opening set 23-25, the Heat rebounded by winning the next three sets 29-27, 25-14, and 25-22 en-route to their first victory of the season. Middle blocker Aidan Lea, another NCAA transfer, outside hitter Siobhan Fitzpatrick, and Richards were dominant, combining for a total of 37 kills. The trio will be a force to be reckoned with in the future, as all three have another year of eligibility left after this season. Fifth-year players Erin Drew and Michelle Jakszuk, two holdovers from that enormously successful 2015-2016 team, also made solid contributions on Saturday with 9.5 and 9.0 points respectively.

Another player to watch this year will be setter Sara McCreary, who, despite being in just her second year, was stellar during the Heat's opening weekend and accounted for a team-leading 77 assists. In the end, first impressions certainly indicate that this year's team has the potential to earn a trip to nationals, due in no small part to their strong veteran nucleus.

After a trip to Langley to square off against the Trinity Western Spartans, the team will return home to face the Mount Royal Cougars on November 3 & 4 in the Furnace. They will be looking to build some more momentum and chemistry in hopes of ending their season like their first opponents did last year.

“ONE POSITIVE FOR THE HEAT WAS THE PLAY OF NEWCOMER ANN RICHARDS, WHO DESPITE ALL THE TALENT ON THE COURT WAS ARGUABLY THE BEST PLAYER THROUGHOUT THE WEEKEND.”



Opinions

VALUE VILLAGE NOT SO CHARITABLE

The reality behind the thrift store chain’s “charity.”

Daniel Greene – Lifestyles Editor

To avoid seeming ungrateful, I must preface this article with a sincere thank you to Value Village for providing me with countless Halloween costumes, used CD’s, and novelty mugs with near-permanent lipstick stains. Countless successful and unsuccessful fashion experiments have you to thank as well. But unfortunately, like all convenient and ubiquitous corporations, you have some skeletons in your mothball-ridden closet.

Judging from Savers’ 2016 Community Impact Report (Savers owns Value Village), this super-thrift-store/pseudo-charity is up to some good things. In 2016 they paid 160 million dollars to their 120 non-profit partners, provided around 22,000 jobs to team members across the U.S., Canada, and Australia, and have kept around 700 million pounds of goods out of the waste stream.

While 160 million dollars seems like a lot of money, compare that to the estimated 2.4 billion dollars that Savers’ brings in annually. In reality, the non-profit partners of Savers receive on average between eight and seventeen percent of their revenue. For a charity, that’s low. In comparison, 95 percent of the revenue generated by Goodwill Industries International in 2014 went to help the disabled and those who have difficulty finding work. According to InvestigateWest, in some cases, the non-profit partners of Savers receive less than five percent of the revenue made on the items donated on their behalf.

This may lead one to believe that Value Village is simply a greedy charity. But in fact, Value Village is not a charity at all. Savers is registered as a for-profit business—they simply plaster self-congratulatory banners across their walls to instil in shoppers and donators alike a warm and fuzzy feeling of altruism. But evidently, the trickery is working. Between 2009 and 2014 the corporation grew at a rate of five percent per year. This shouldn’t be surprising, however, given their business model, which relies on trucking in goods at next-to-nothing and selling them at retail prices.

As for their claim that they have provided 22,000 jobs across Canada, the U.S., and Australia, this is something that could be said for any number of fast food restaurants that pay employees minimum wage. It should be common sense that a corporation requires employees to function. And the 700 million pounds of goods kept out of the waste stream surely does not include the annual crop of fresh plastic Halloween costumes that litter the aisles every October, those timeless keepsakes surely to be handed down generation after generation.

If these claims against Value Village are not damning enough, consider the fact that every new store that is built takes business away from local charities that truly strive to make a difference in their communities. The quick turnover of merchandise and wide selection makes it nearly impossible for small thrift stores to compete with this massive corporation. Then there’s the simple fact that Value Village has some strange and inconsistent pricing strategies. Ten-piece china set? 99 cents. Gaudy faux-fur coat with mysterious stains? \$89.99. Porcelain hand soap dispenser that’s still half-full from the previous owner? \$14.99.

As far as monopolizing corporations go, Value Village actually isn’t too bad. At least they’re trying to make a difference in the world (as little as that difference may be). But to call Value Village a charity is farcical. Going to Value Village doesn’t make you a bad person, but it doesn’t make you a saint either. If you want to shop at Value Village, don’t let me stop you. But don’t justify that decision with the idea that you’re saving the world. If you want to do that, start with shopping at your local thrift store.

NO SUCH THING AS KNOWING TOO MANY LANGUAGES

Wey Lynn Liong – Contributor

Knowing multiple languages has been a blessing, in most situations. As a person of Chinese descent who was born and raised in the multicultural Malaysia, I was exposed to many different cultures and got tons of holidays because of the diverse number of festivals being celebrated such as, Chinese New Year, Ramadhan, Deepavali and more. This also meant that I got to learn many new words (most of which started out as bad ones) and different kinds languages. I know about 4 languages as of now, some more fluently than others, and it has given me a number of advantages.

To start off, there’s a potential part-time job in the waiting room already: a translator. Whether it’s just volunteer work or just helping out family and tourists, knowing Cantonese, English, Mandarin and Korean has been so helpful whenever I’m visiting other countries or just casually helping social media fan sites to translate videos. There have even been studies that say that being multilingual improves memory. Good music and movies in the other languages that I know also make more sense. Besides that, when people decide to gossip about you in front of you, replying in the language they were speaking to make things more discreet would probably give them a wonderful surprise.

Of course, there are times when knowing many languages doesn’t do you justice. On some days, the translation that goes on in your head could potentially take a toll on you. Take note that when a multilingual person pauses for a really long time before answering you, he or she isn’t trying to come up with crappy answers, but instead is busy translating in their minds. Also, to all the multilingual people out there, I totally understand the frustration of when you know the word to every single language you know, except the one you’re speaking at that moment. But fear not, these situations don’t happen too often, maybe just on some days when your body functions a little less efficiently.

Attention Nursing Students and Experienced Caregivers

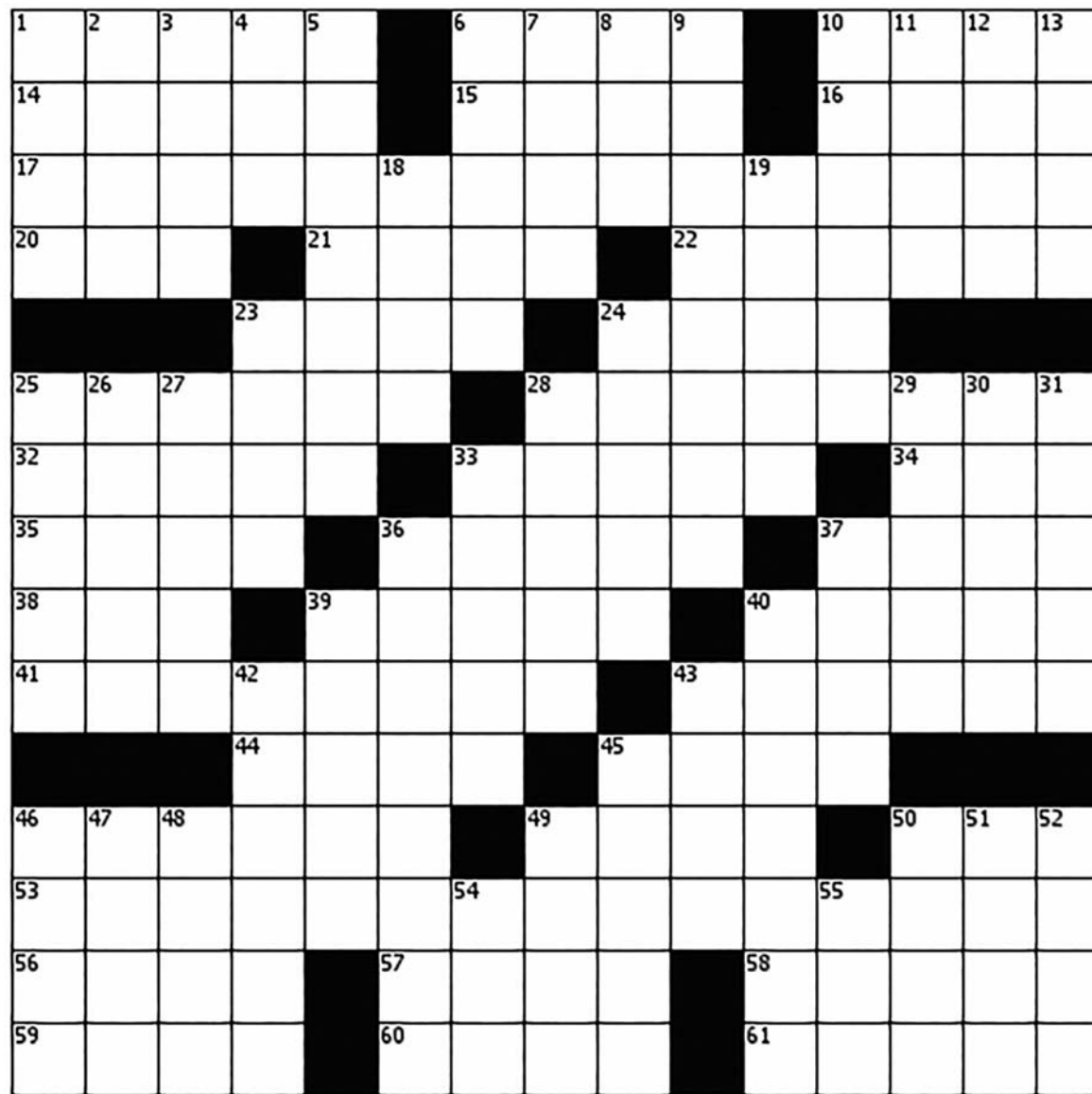
Caretaker needed for elderly woman with dementia.
5 hours a week, flexible times/days @ \$20/hour
Contact Neil by Email:
neilsnothot@gmail.com



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Down

1. "Major Barbara" author
2. Long lunch?
3. Warning sign
4. Zadora of "Butterfly"
5. Do some shoal-searching
6. It can be stolen
7. Hail this
8. Cleo's doom
9. Poe poem
10. Armed engagement
11. One type of poll
12. Contrariwise
13. Jury member
18. Type of shake

19. Come from behind
23. Certain molding
24. "Picture of Dorian Gray" author
25. Authoritative doctrine
26. Graceful horses
27. Go after, puppy-style
28. This word could follow 25- and 43-Across, 10- and 42-Down
29. Political satirist Will
30. Angry
31. River through Mali
33. "Hast thou ____ the Jabberwock?"
36. Fires upon
37. Scourge
39. Appropriate by force

40. Old Robert Blake TV show
42. Einstein's "E"
43. Ring-tailed critter, informally
45. Driving hazard
46. Verbal elbow in the ribs
47. "What have you been ____?"
48. Horse hue
49. State with conviction
50. Fore-and-aft maneuver
51. At the apex
52. One of the Bobbsey twins
54. Seventh Greek letter
55. In low spirits

Across

1. Compares prices
6. ICU order
10. Alert electronically
14. Cut off from escape
15. It may be cold or petty
16. Differential gear site
17. See 28-Down
20. Outran everybody
21. Royal of Lucknow
22. Pancake mixture
23. Dust Bowl migrant
24. Water source
25. Cause for alarm
28. Worked as a sub
32. Protruding window
33. Cockamamie
34. St. Gotthard Pass canton
35. Rubberneck
36. One-way transports
37. Blow one's horn

38. George W.'s degree
39. Ambergris source
40. Make a temporary stitch
41. Ceres or Eros, e.g.
43. His job is a snap
44. Light gas
45. Holding a grudge, say
46. Least tainted
49. Natural emollient
50. Uppercut setup
53. See 28-Down
56. Cervine male
57. Fit to finish?
58. Fifer's drum
59. Broadway award
60. Bakery offering
61. Proficient