

# The Phoenix

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**HOW TO MAKE  
PUMPKIN PIE      THE SCIENCE  
FROM SCRATCH    BEHIND HORROR    HALLOWEEN REVIEW**

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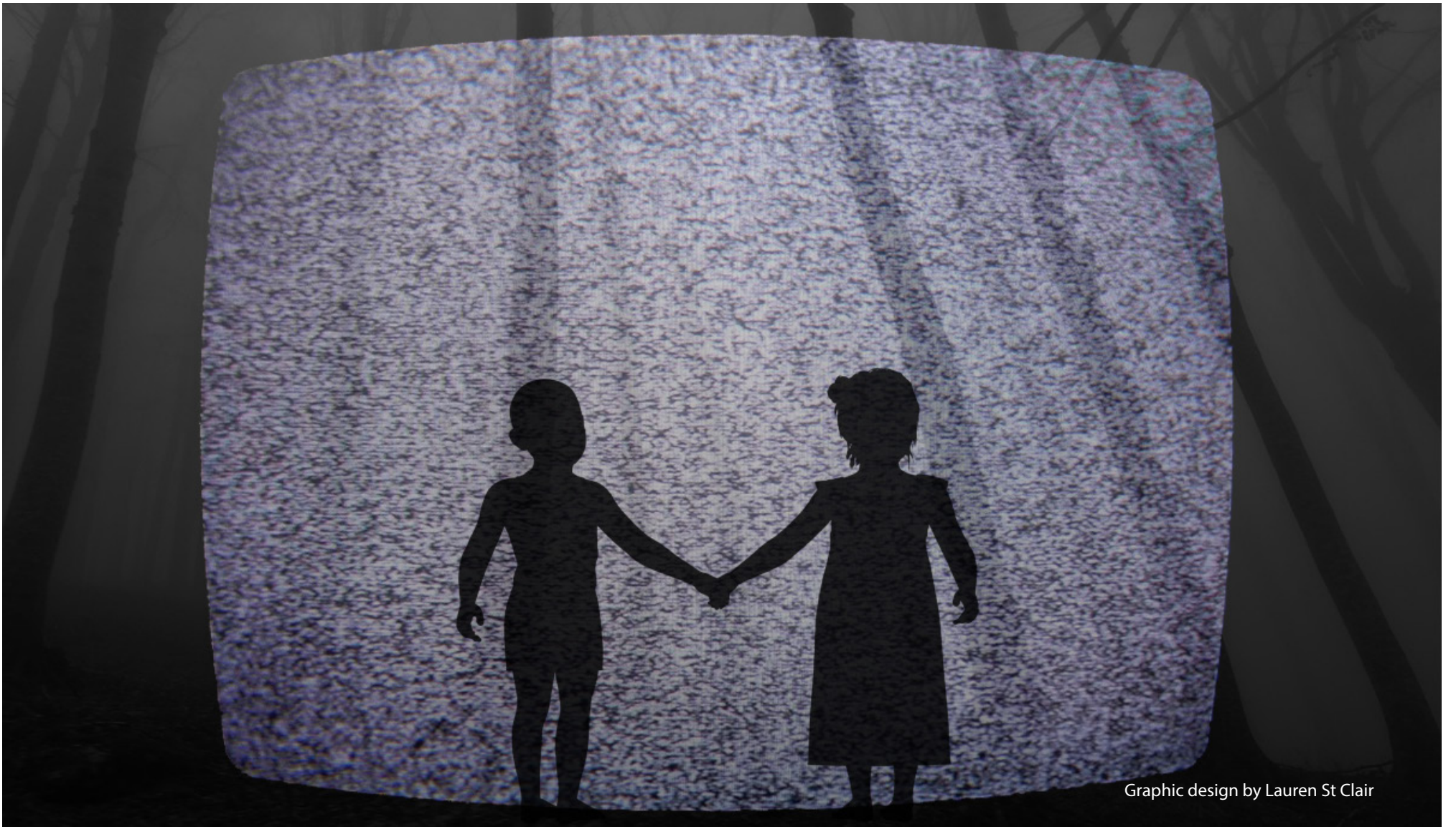
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# // ARTS

## THE SCIENCE BEHIND THE HORROR



Graphic design by Lauren St Clair

### The science behind why we love to be scared.

**Emily Manzer**  
Arts Contributor

Year after year, whether October 31st or mid-August, horror movies draw thrill-seeking audiences into the theatre. The movies may differ in subject, from demonic clowns to haunted houses, but the one thing that remains the same is the goal of terrifying the viewer.

Why do people return again and again, only to find themselves on the edge of their seats once more, palms sweating,

flinching when the person behind them crunches a bite of popcorn? What is the appeal of that terror?

Fear is a primordial instinct that evolved over time to protect organisms from danger. Fear is survival. When watching a horror film, that instinct is manipulated into a roller-coaster-like experience—an adrenaline rush.

From a biological standpoint, this can be explained by something called excitation transfer. While watching a horror movie, or playing a horror video game, or listening to a scary ghost story, the body reacts to this fear with increased

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**When watching a horror film, that instinct is manipulated into a roller-coaster-like experience—an adrenaline rush**

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heart rate and breathing, muscle tension, and by triggering the release of ‘feel good’ chemicals like adrenaline, endorphins, and dopamine. After the fear passes and the brain remembers that it is actually safe, these chemicals are recognized as signs of happiness instead of just a survival response. That feeling of safety is vital for the brain to take those feelings of fear and stress, and transform them into joy.

This process begins in one tiny, almond-shaped area of the primal brain called the amygdala. This area activates in response to strong emotions, especially fear. Other areas of

the brain that respond to fear are the visual cortex, which processes images, the thalamus, which is the relay center that determines where incoming information should go in the brain, and the insular cortex, which is responsible for emotions. All of these pieces combined make sense of the horror on the screen, and translate it into a physical response in the body.

While the biological processes behind fear are complex, and not everything about it is understood, it is clear that human beings have a serious fascination with the horror genre.

# HALLOWEEN MOVIES REVIEW

Trying to decide whether you should see that new remake or sequel? We've got you covered.

Jeff Bulmer

Phoenix Alumni

## Halloween (1978)

As one of the most influential horror movies ever made, John Carpenter's *Halloween*, the now-classic tale of a masked lunatic who terrorizes three babysitters, holds up to this day as a testament to effective, low-budget filmmaking.

*Halloween* revolves around silent killer Michael Myers, an escaped inmate who travels home to Haddonfield, Illinois on the 15th anniversary of his sister's murder. Throughout the night, he becomes obsessed with a group of high school girls – including Laurie Strode, played by a young Jamie Lee Curtis – who he proceeds to hunt down and kill.

Myers is a force of nature: cold, omnipresent, and unkillable. When he appears in the shot (often in the background, barely even in focus), the mood of the scene changes. For so much of the movie, he's more a presence than a villain, to the point that the audience might even find themselves echoing Strode: "the boogeyman isn't real". And yet there's a character there. *Halloween* starts in 1963 with Myers as a child, and it's clear that his killings later in life are motivated, but the audience can only speculate as to their exact nature. Nick Castle's portrayal of Myers is truly the standout not only of this movie, but even among iconic horror villains.

As horror classics go, *Halloween* reigns supreme. With fantastic performances from Castle and then-newcomer Jamie Lee Curtis, it's not hard to see why this movie has endured as long as it has.

Jamie Lee Curtis as Laurie Strode in *Halloween* (1978)

## Halloween (2018)

Although David Gordon Green's *Halloween* benefits greatly from nostalgia for the first film, it wisely avoids re-treading old ground.

Taking place 40 years after the original, *Halloween* is less a schlocky slasher, and more of a character study of Strode. After losing her two best friends to the inhuman Michael Myers on Halloween night, 1978, Strode has led a tumultuous life. She now lives as a twice-divorced recluse in the middle of the forest, where she prepares for Myers' return by stockpiling weapons and ammunition, and obsessively following his life behind bars. When Myers escapes from a prison transport truck and begins a killing spree in Haddonfield, Strode sees her chance, and decides to turn the tables on the masked killer.

*Halloween* features some excellent acting from both Curtis and Castle, both reprising 40-year old roles as if they were brand new. Additionally, newcomers Judy Greer and Andi Matichak shine as Strode's daughter and granddaughter. *Halloween* was originally a story about a terrible night for a high-school girl, and to see that story updated for a new generation is a real treat.

As a direct sequel, it doesn't get much better than *Halloween*. Green created a beautiful homage to Carpenter's classic that also functions as a well-crafted standalone.

James Jude Courtney in costume as Michael Myers in *Halloween* (2018)

## How do they compare?

The original *Halloween* is very visibly a product of its budget. Myers' weapon of choice is a kitchen knife, and yet his victims are never cut. Strode only once leaves the house she's babysitting after arriving. Michael Myers is incredibly fast, which we only know because he'll often disappear between shots. But 2018 is a more lucrative time for horror movies, and this shows in the sequel's budget. Where Myers' first on-screen kill in the original was a strangling in the dark, the new movie has our villain explode a man's head like a pumpkin. Aside from the effects budget, the new movie also has slicker camerawork, more varied locales, and a full soundtrack by Carpenter, his son Cody, and Daniel Davies.

Speaking of the soundtrack, it's one of the highlights of the new movie. While the original got incredible mileage out of two songs of what seemed like 6 bars each, Carpenter and Davies' 2018 soundtrack is easily some of the best movie music of the year.

For the most part, the changes for Green's sequel are good. *Halloween* explores the dynamic between Myers and his "one who got away" in a compelling way. The larger cast allows for more varied perspectives on what "The Babysitter Killings" meant to this universe. Diverse set pieces allow Myers lots of opportunities for his signature proto-jump-scares. On the other hand, *Halloween* isn't immune from some of the worse modern horror-movie tropes, either. For starters, Myers kill-count is grossly inflated from his original incarnation, although it never seems excessive in the way a movie like *Saw* or *Final Destination* might be.

Some side-characters seem extraneous, or are under-developed. And while most references to the original are well-executed, there are also plenty that fall flat. For example, near the beginning, a character holds up Myers' mask, only for everyone in the vicinity to start howling like wild dogs. "The power of the mask" was never a thing; it's just a cheap Halloween mask. Overall, *Halloween* is the quintessential sequel to Carpenter's original. Against all expectations, *Halloween* expands the world of the original in interesting ways, elevating the Carpenter classic to almost mythological status for a little over an hour.



photo taken by Justin Aranha

# GADENCE WEAPON PT 2

**Continuing on from the last issue, The Phoenix brings you the conclusion of our interview with Cadence Weapon,**

**Curtis Woodcock**

Arts Editor

Curtis Woodcock: When I was reading about you I had come across some information about how exciting your most recent European tour. I was wondering if you could elaborate on what made it such an all-inclusive trip?

Cadence Weapon: That was really important to me, the primary emphasis was to do something that was reflective of the collaborative nature of the album and the idea of having different voices and perspectives. Having someone like Fat Tony who lives in LA, from Houston

and he has just been around the world rapping, usually has different views and ideas than most rappers. He is one of my favourite rappers; he is one of the only rappers that reminds me of me. It's exciting for me to share his music around North America. Hua Li, I think, is absolutely amazing; she is a multidisciplinary artist. She makes music that has excellent rapping and singing. She is a classical pianist, and she just has this particular kind of swag that you don't see every day. We're in an age of a lot of amazing female rappers and I feel like it's really important to boost up the ones I know!

Curtis: I think that's amazing to be able to support the artists that you find inspiring and to be able to show them around the world. How long were both tours?

Cadence: I was in Europe for most of August. There were

only 6 shows, but I spent a lot of time there. Spent some time in Berlin for a week and London for about a week as well. It was a great experience I was totally by myself, and I DJed for myself it was kind of a solo adventure. It was really fun, and it was a mind-expanding experience. I feel like it gave me new things to rap about and new ways of perceiving how music can be appreciated. I feel like I learned a lot about music culture. In England, there is a different kind of music culture that we don't have in Canada. Anything can be a hit, you can have a rap song, or a UK Grime song, or a dance hall track, and if it resonates lyrically it is possible for it to be a big hit song. I find that very exciting! It was like my version of backpacking in Europe. I took trains everywhere, and I was finding myself!

This tour is starting today in Kingston, and it's going to be going for all of October and ending November 3rd in Toronto. Going to be a bit of a road warrior for a while.

Curtis: I also wanted to touch on the subject of your experiences as a Canadian rapper, and I know that you have had to deal with specific race themes and racism. I was just curious about what kind of situations that you have had to deal with and how you rise above it or how you approach those situations.

Cadence: Yeah, it is interesting, being a rapper in Canada and a person of color, there are certain things that I have to deal with that others don't. For instance, I find that I am usually put on super late if I am playing a festival because it is an outdoor festival and I am playing rap music. I feel like they have a weird out-

dated perspective about what rap can be. I still run into it here and there, especially in Canada because we are a little bit behind in regards to stuff like that when it comes to rap music. They use words that are coated words/suggestions of me being not "scary black" or something like that; little things like that.

Curtis: It's always strange when people use that kind of loaded language, which I have experienced it myself, and it is such a weird phenomena.

Cadence: Yeah, as long as you can understand when it's happening. Sometimes you can make a teachable moment for other people. I don't think a lot of people realize what they are doing when they do it.

# INTERVIEW WITH TYLER WEST

**Local electronic artist Tyler West keeps the crowd dancing at Habitat 19 October.**

**Curtis Woodcock**

Arts Editor

Friday night saw local Electronic artist Tyler West grace the stage at the Habitat. He brought his longtime friend and collaborator M.C. Equality with him to woo the crowd. The set consisted of originals with a few remixes sprinkled in done by Mr. West himself. Clearly, he knew what songs to include to win over the crowd because the entire place was dancing, dressed up, and having a great time. Being relatively new to the electronic music scene it was not expected that it would have been such an enjoyable time. For someone who dislikes most electronic genres and never listens to them himself, it was a blast. The instrumentals were well planned out and stood out from one another.

Tyler West was one of 5 artists that night, and honestly, his set was one of the stands out performances of the evening. M.C. Equality did add his own flavour over individual tracks, and for the most part, this worked well and had the crowd getting hyped. For fans of Electronic Dance Music and Dubstep, this would have been a show not to miss. He is definitely a force to be reckoned with in the local electronic scene and lives a pretty clean lifestyle just focusing on bringing the crowds enjoyable electronic music to dance to. M.C. Equality wants to spread his message of positivity and hope through his lyrics and upbeat attitude.

What else can I say you throw a metal head into an electronic music show and it is quite an enjoyable experience, wouldn't one call that a success? Both Tyler and Matt are dedicated to spreading their positive message through their conscious bass music endeavours. They bring alternative ideas and fun to everyone that hears them. So next time they are set to perform, go and check them out and show them some support!



photo by Curtis Woodcock / The Phoenix News

# ANTHEM OF THE PEACEFUL ARMY REVIEW



album cover

**Michigan rockers Greta Van Fleet channel Led Zeppelin in one of 2018's best albums so far.**

**Jeff Bulmer**  
Phoenix Alumnus

Michigan up-and-comers Greta Van Fleet have been making a name for themselves over the last two years. Following a seemingly endless tour and the release of two EPs, the band around Josh Kiszka, Jake Kiszka, and Sam Kiszka finally released their debut album this month and

were met with high expectations.

Luckily for them and us, those expectations were well met.

“Anthem of the Peaceful Army” sounds like a new Led Zeppelin album. Over 11 mid-length songs, Greta Van Fleet channel Plant, Page, Jones, and Bonham and deliver a final product that seems to have escaped from the mid-70s. Starting from album-opener “Age of Man”, Sam’s keyboards recall early 70s prog-rock, as Jake establishes himself among the early masters of

proto-heavy metal guitars.

And of course, it’s impossible to mention Josh’s howl without drawing comparison to Robert Plant.

From Left to Right: Daniel Wagner, Sam Kiszka, Jake Kiszka, Josh Kiszka

There is not a bad song on “Anthem”, but there are a few highlights. Single “When the Curtain Falls” is a great introduction to the band, showing off both their hard-rock edge, and their slower, more deliberate classic rock influences.

“Watching Over” is a great hard-rock ballad with psychedelic influences, and a killer guitar solo halfway through. “Lover, Leaver”, a groovy headbanger of a hard rock song, seems to be a personal favourite of the band, seeing as they included an extra, longer version of the same song as the album closer. The longer, jammier cut is a very welcome addition, giving bassist Sam and drummer Danny Wagner much-appreciated time in the spotlight. A personal favourite, “You’re the One” is a love

song that sounds ripped from the blues-rock greats of the early 70s (maybe it’ll be revealed as a cover of an unknown J. J. Cale song next month).

Greta Van Fleet has an incredible debut on their hands, and one that’s certain to make them a household name before too long. “Anthem” is definitely one of the best albums of 2018.

Rating: 4.5/5

# ALBUM REVIEW: HELIX - AMARANTHE

**They've got 99 problems, but my hate ain't one**

**Jeff Bulmer**  
Phoenix Alumni

"Helix", the latest album by Swedish metal collective Amaranthe, has the band doing what they do best, but not doing it very well. Despite a few excellent songs (conveniently released as singles), Olof Mörck's genre-defying latest symphonio-electro-death experiment

never quite hits the mark. "Helix" has some good singles. "365" and "Countdown" are certain to be played at every Amaranthe show from now on. Mörck pulls double duty with club-banger synths and thrash-metal guitars, singers Nils Molin and Elize Ryd trade off motivational verses, Henrik Wilhelmsson belts out his signature rap-rock grunts, and finally Ryd delivers an impossibly catchy, soaring chorus. "365" emphasizes the synthesizers, as well as letting Wilhelmsson shine to create a

gritty, glitchy rap-rock song that definitely stands out among modern pop-rock. "Countdown" focuses more on hard-rock guitars to create a more traditional, but certainly memorable metal song.

The third single, "Inferno", is where the album starts to come apart. The song is a little faster, but uses the same general formula, and manages to have a big chorus that also fails to be memorable or interesting. "Inferno" also has some delightfully silly

lyrics – "I've got 99 problems, but your hate ain't one" is a highlight. Shallow lyrics from a pop band are hardly a surprise, but "Inferno" is the first song on the album to miss that already low bar.

These are all the notable songs on "Helix". Amaranthe have already done better versions of most of the songs on the album: "Breakthrough Starshot" is a worse "Supersonic" from Maximalism; "Countdown" is a rehash of 2014 single "Drop Dead Cynical"; "Unified" is the

obligatory power-pop ballad, but it doesn't reach the heights of "Amaranthine", or even "Endlessly".

If you're already an Amaranthe fan, you'll probably enjoy this album, even though it is the band's weakest. If you're unfamiliar with Amaranthe, listen to "365", skip "Helix", and then check out their first four albums.

2/5

# PROFILE: INDIGENOUS THROAT SINGER TAGAQ

**The Okanagan Symphony Orchestra and Tanya Tagaq treat the crowd to an amazingly unique show**

**Curtis Woodcock**  
Arts Editor

Tanya Tagaq, a traditional Indigenous throat singer, joined the Okanagan Symphony Orchestra on October 13 at the Kelowna Community Theatre. She is an Inuk artist who recently won the coveted Polaris Prize and had been described as one of the most unique performers out there, transforming the traditional art of throat singing into wonderful contemporary expression.

She is originally from Cambridge Bay, Nunavut; but she attended high school in Yellowknife, where she first began to learn the art of throat singing. She has also studied visual arts at the Nova Scotia College of Art and Design. It was there that she developed her special solo throat singing. Traditionally, it is done by two female partners but because there was no one

else that could, she chose to adapt it for solo singing. She has collaborated with Bjork, The Kronos Quartet, and Shogunleifty.

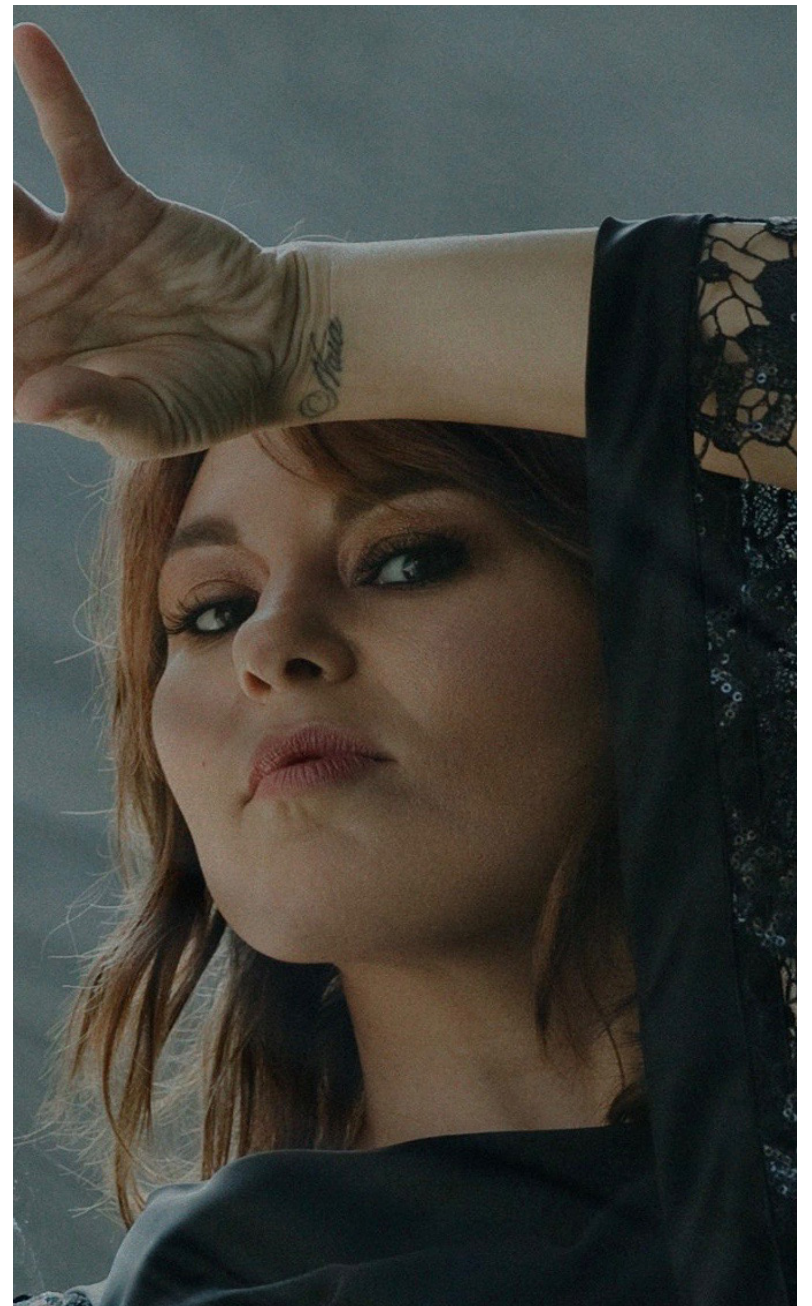
The event started with a few numbers by the Okanagan Symphony Orchestra which were terrific. Each song took you on a journey that cannot be adequately articulated through the traditional English language. After each number, they would bring out an Indigenous guest who would showcase their unique talents. One young gentleman came out and did some fantastic beatboxing and had such charisma the crowd was laughing and hanging on his every utterance.

There were two young kids from local bands who did one traditional song and an original song, using their voices and traditional skin drums. Another talented woman came up and sang a classic song. It is bothersome that the names of each of these special guests escaped me, but their addition to the show was one of the things that made it such

a great and welcoming event.

After the intermission, Tanya Tagaq came up and spoke to the crowd a little bit. She had such a soft angelic voice that once she started showcasing her talents, the audience was blown away. The sheer force that was behind her vocals was astounding and her talent second to none.

They then closed out the show playing a piece called "Qiksaaktuq", or "grief." This piece led us through the expression of each of the five stages of grief. The piece was written and performed in tribute and honor to the missing and murdered Indigenous women in Canada. There were a number of red dresses all over the stage, and it was a very emotional piece. It was such an exciting combination of worlds, and we can only hope that they will collaborate again in the future.





# // LIFE

## UNDERRRATED HALLOWEEN MEDIA

**October is about more than just slasher films and jump scares.**

**Daniel Greene**

Life Editor

The leaves are changing, shadows are growing longer, and the days are getting shorter and colder. As the last dregs of summer sunlight fade from the autumnal sky, it only seems natural to delve into the dark, macabre world of horror. Here I have compiled a list of underrated movies, TV shows, podcasts, and literature that guarantee to shock and disturb this Halloween season.

Movies:

Monster House

When I first watched this movie in 2006, it was on TV. Because of this I missed out on a lot of the dark humour that was cut to make it suitable for younger viewers on YTV. But now that it's on Netflix in full, it

obvious why this movie is a modern classic. Part of what makes this movie so great is its mid-2000s animation, which steers the mood of the film deep into the uncanny valley. It's strange, dark, and surprisingly poignant.

High Tension

This 2003 French film is disturbing in an over-the-top sort of way. The violence is explicit and creative, and the twist ending is sure to leave you questioning the



entire plot.

It Follows

After reading the synopsis for It Follows back in 2016, I expected to be slightly amused, if not totally bored, by the movie. However, it's surprisingly suspenseful, and the entire premise is actually pretty funny, in a dark way. This is a must watch.

TV Series:

Fargo

Based on the 1996 movie by the same name, Fargo the television series depicts the "true" crime stories in small-town

midwestern United States. While not technically horror, Fargo has an insidious quality to it that causes the viewer to watch each episode with a growing sense of uneasiness.

Podcasts:

The No Sleep Podcast

Created in 2011 as a spinoff of the r/nosleep subreddit, The NoSleep Podcast produces short horror fiction in an audio format. Each episode offers 3 to 5 stories about murders, disappearances, and the supernatural. They have a huge team of voice actors and a great selection of writers, meaning each

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**Delve into the dark, macabre world of horror.**

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episode has something new and creepy to offer.

Literature:

Foe

Iain Reid's 2018 novel Foe is an incredible new work of Canadian science fiction. Reid's uncanny tone,

and his ability to instil in the reader a sense of impending doom, makes Foe a super quick read and one that will be sure to stick with you days, if not weeks, after you've finished it.

Creepypasta

While it may be a stretch to call the short horror fiction featured on this website "literature," Creepypasta still remains a rich resource for lovers of the genre who prefer the written word in a less formal format. Some now commercially successful horror authors got their start writing pieces for this website.

# ENGINEERING INDUSTRY NIGHT

People of all ages gathered Saturday to build trebuchets and play in a bouncy castle.

**Daniel Greene**  
Life Editor

As part of UBCO's Homecoming celebrations, the Geering Up UBC Engineering and Science for Kids organization hosted their Engineering Extravaganza on 20 October from 11:00 am to 2:30 pm.

Admission to the event was

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**After just a few minutes of construction, children were already testing out their newly built contraptions, with miniature projectiles flying all across the courtyard**

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Photos by: Andrea Marie Tan

free, and by registering early, those in attendance were given up to two ten dollar food vouchers for the food trucks parked nearby.

The event, which took place outside on the lower level of the EME building, included a bouncy castle, a dunk tank, and, most popular amongst kids and adults alike, a trebuchet building competition. Using building instructions provided by Geering Up, participants learned the science behind how a trebuchet works—how potential energy stored in the tension of elastic bands can be converted into kinetic energy, resulting in the launching of a small projectile. After just a few minutes of construction, children were already testing out their newly built contraptions, with miniature projectiles flying all across the courtyard.

By exposing participants, and especially young children, to the practical applications of engineering, Geering Up hopes to promote science and technology education and to show kids how fun, exciting, and useful programs in the field can be. According to their

website, Geering Up “strives to reach all children and youth, regardless of gender, ethnicity, culture or socio-economic status, with special outreach for those groups traditionally under-represented in the sciences.” Judging by the turnout to the Extravaganza, Geering

Up is doing a pretty great job. Amongst those firing silver and gold balls with popsicle stick trebuchets were boys and girls as young as 6 and 7, and those too young to participate stood by to watch.



# ORIGINS OF SUPERSTITION

**We may be smarter than pigeons, but you might be surprised to learn that we share some of their bad habits.**

**Daniel Greene**  
Life Editor

For thousands of years superstition has played an important role in the lives of humans around the world. Some superstitions, while seemingly trivial today, have a legitimate basis in reason. For example, the bad luck associated with opening an umbrella indoors has its roots in Victorian England. Doing so in close quarters, and with

the spring mechanisms of the period, was likely to cause injury to those nearby or to cause damage to the house. Other superstitions, however, such as those that warn against breaking mirrors or walking under ladders, have much more culturally specific origins and rely much more heavily on magical thinking.

In 1948 the American psychologist B. F. Skinner performed an experiment on pigeons that shed some light on the nature of superstition in humans and animals alike. Skinner found that pigeons developed “superstitious” behaviours as a result of the controlled introduction of a feeding hopper into the birds’ cages. Before the feeding hopper ap-

peared, the pigeons were observed bobbing their heads, pecking at the corners of the cages, and walking in circles, as if their actions might cause the appearance of the feeding hopper. In reality, however, Skinner had ensured that the hopper appeared at regular intervals that were in no way related to the behaviour of the birds. Skinner likened this behaviour to that of the “bowler who has released a ball down the alley but continues to behave as if he were controlling it by twisting and turning his arm and

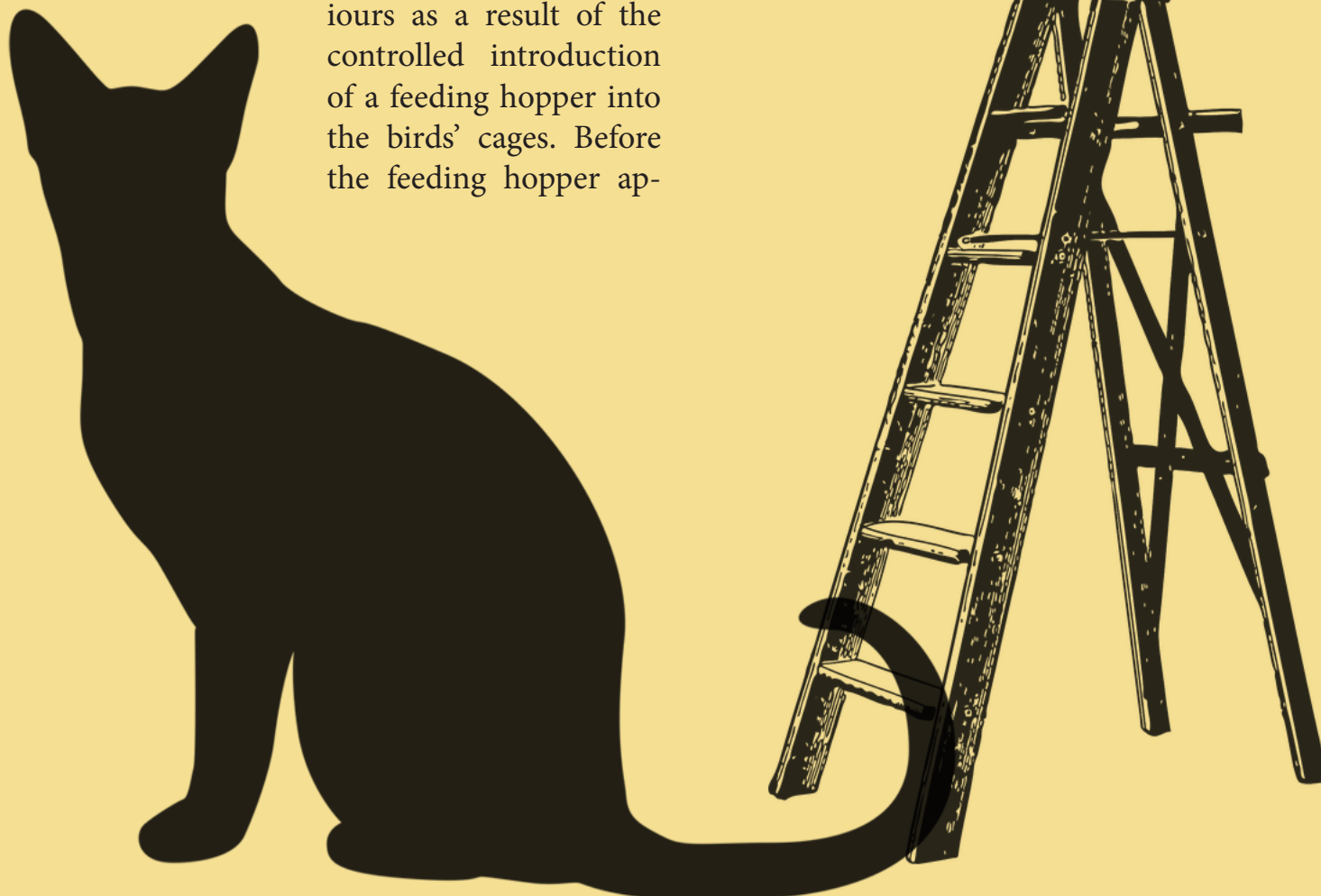
shoulder...”

But why is it that we humans continue to behave in ways that are so obviously detached from reality? I mean, surely we’re smarter than pigeons, right?

Like all animals, humans have evolved via natural selection. Every animal living today has had to adapt to its own unique environment to ensure its own survival, and a lot of the time, survival means not getting eaten. Many biologists have shown that humans still hold onto a

bit of that evolutionary mentality that tells us that every rustle in the grass is a hungry tiger. Those who fled every time they heard the rustle lived; those “rational” enough to investigate the rustle ultimately died out. Today, this translates perhaps most visibly in sports. Hockey goal tenders who tap their sticks against the posts before a game do so because they believe it will help them win. In reality, there’s no causal relationship, but the cost of acting on the superstition is so much lower than the cost of losing the game that they do it, just in case.

So, if you find yourself knocking on wood or avoiding black cats, rest assured that you’re a descendant of one of those savvy early homo sapiens who chose to flee rather than take a chance on that ominous rustling in the grass.



# DIY PUMPKIN PIE



Photos by: Daniel Greene



## . Pumpkins aren't just for lattes and jack-o'-lanterns.

**Daniel Greene**

Life Editor

With so many jack-o'-lanterns hanging about on window sills and door steps this time of year, it's easy to forget that pumpkins are actually edible, and not just as a flavouring in lattes. Here I'll offer an easy step-by-step guide on how to turn your whole, fresh pumpkins into delicious filling for pie.

First, check what kind of pumpkin you have. The best pumpkin pies will be made with small sugar pumpkins, but the kind sold at supermarkets for making jack-o'-lanterns are fine too (they just won't be as sweet). Next, cut your pumpkin in half and scoop out all the seeds

and guts. Cover a baking sheet with aluminum foil, coat the halved pumpkin with canola oil, and bake at 375 degrees Fahrenheit for about an hour, or until the flesh comes easily away from the skin.

Once the pumpkin is cooked, let it cool down before scooping out the flesh (it'll be much easier this way). The resulting pulpy paste is now ready to be incorporated into the pie filling.

Pumpkin pie fillings can

always be tweaked to suit individual taste, but this is a pretty reliable recipe. Feel free to add more of different spices as you feel fit. In a large bowl, combine:

1. 2 cups of mashed pumpkin
2. 1 can of evaporated milk
3. 2 eggs
4. 3/4 cups of brown sugar
5. 1/2 teaspoon each of cinnamon, ginger, nutmeg, and salt

Blend the ingredients to-

gether using a stand mixer, blender, food processor, or, if you don't mind a bit of texture, a whisk (it will cook down in the baking process).

Next, line a 9 inch pie pan with your favourite pie shell (made according to your secret family recipe, or the instructions on the back of the Pillsbury box), and pour in the prepared filling. Place the pie in a 400 degree Fahrenheit oven and bake for about forty minutes, or until a knife inserted into the pie filling comes out clean.

Allow it to cool, then garnish with whipped cream and a sprinkle of any remaining pumpkin spice. You'll want to eat it immediately. There's no added preservatives, so don't let it spoil!





Photo by: Jamie Truscott-Brown

# GAMING FOR A CAUSE

**Local gamers take part in twenty-four-hour gaming marathons in support of the BC Children's Hospital**

**Melissa Weiss**

Features Editor

Since its inception in 2008, Extra Life has united thousands of gamers worldwide to play games in support of their local Children's Miracle Network Hospital. This means that Mario Party enthusiasts, Minecraft building pros, and Guitar Hero superstars alike have united forces over the past ten years, all in the name of helping sick and injured kids. This has culminated in a total of over \$40 million – and the numbers are increasing every day.

This year, two local groups are putting their gaming skills to the test in support of the BC Children's Hospital.

Car Bomb Productions is a local online entertainment group taking part in the twenty-four-hour gaming marathon on November 3, starting at 8 a.m. Participating for their fifth year in a row, Car Bomb Productions has previously fun-

draised close to \$7000 for the BC Children's Hospital, with \$3200 raised last year alone.

According to Jesse Nelson, Co-Founder of Car Bomb Productions, Extra Life is an important charity because it “allows the average person to give back to the community in a way that a lot of times is inaccessible. It allows any person to sign up and support their community in a way that they are comfortable doing.”

One thing he appreciates the most about the charity is that all of the donations stay local. “I've done a lot of research about Extra Life, and what I've found is that 100% of what you raise goes to your hospital...I've [attended] the BC Children's Hospital Miracle Weekend, and you can see exactly where the money you're raising goes,” said Nelson.

This year, Car Bomb Productions is aiming high with their fundraising goal, hoping to net \$4000 in donations. In doing so, they plan to keep their audience entertained. Nelson added, “We basically have a different event going on every hour...For example, at around

2 a.m. we have something we call 2 Spooky Hour, which is where we play horror games. We have a section at 6 p.m. which is Rock Band – so we put on performances as if we were real bands with actual skill.”

When everything boils down, Nelson says the day is about having fun and providing donation incentives, all while fundraising for an important cause: “For people who donate their hard-earned money, they can have the satisfaction of donating, but also be entertained while they do it.”

With a stream of their own on November 10 at 10 a.m., the UBC Okanagan Esports Association will also be putting their endurance to the test with a twenty-four-hour gaming extravaganza.

According to Pierre Frigon who runs the club, Extra Life is his favourite event of the year. Frigon explained: “It brings our vast community together in a way that none of our other events do. First of all, we collaborate with the UBCO Games Club, so we get to see a lot of new faces. Also, I find

“

**The mixture of staying up all night and raising money for a good cause really brings people together.**

”

the mixture of staying up all night and raising money for a good cause really brings people together. Taking on a challenge together is the best way to bond.”

UBCO Esports is encouraging students to get involved in the stream as well, which is being held this year in LIB 305. According to Frigon, “anyone that has any special games they want to play, and feels comfortable being on camera, is more than welcome to get

some stream time.” Like Car Bomb Productions, UBCO Esports Association will also be raising funds for the BC Children's Hospital. This is their third year participating, and although the stream itinerary hasn't been totally hammered out yet, Frigon said some of the day's games will include Amnesia, Starcraft, and Hearthstone.

The club has a fundraising goal this year of \$200, and they are accepting donations online as well as in person. However, Frigon recommended donating in person where you will get entered into a raffle for several prizes. He added, “I just want to put on a great event, but won't complain if we make more than I expect. The more the merrier, and it's for a great cause.”

To donate to Car Bomb Productions' page or watch their stream, visit <http://www.extra-life.org/team/carbomb>.

To donate to UBCO Esports' page, visit <https://bit.ly/2yqxT5b>.

Watch their stream at [twitch.tv/ubcoesports](https://twitch.tv/ubcoesports).

# //FEATURES

## FIGHTING THE FENTANYL CRISIS



### YOU NEVER KNOW

**St. John Ambulance is combating opioid overdoses with free life-saving training.**

**Melissa Weiss**  
Features Editor

It is no secret that the fentanyl crisis has become a predominant threat in the Okanagan, but just how bad is it?

In April 2016, British Columbia declared a public health emergency due to the alarming rate of overdose-related deaths in connection with opioids. Over time, this crisis has gotten worse. Recent studies show that approximately 80% of drugs in British Columbia are laced with fentanyl. Even further, as of August 31 there were 122 illicit drug overdose deaths, amounting to approximately 3.2 deaths

per day. Of these deaths, 72% were people between the ages of 30 to 59. In response to this cri-

**“ You get hands-on practice to use the actual syringes that you would find in a naloxone kit. You use life-like pads to practice injecting ”**

sis, several agencies and volunteer organizations are fighting back. Among them is the St. John Am-

bulance. The St. John Ambulance is stepping up to provide free opioid overdose response training, acting as BC’s leading first aid and safety charity, and committing themselves to the promotion of health, safety, and quality of life throughout the community.

According to Program Head, Drew Binette, the training program teaches participants valuable skills on how to intervene during an opioid crisis. “Our Opioid Overdose Response Training is funded through the provincial government, and they’ve funded us to provide training for up to five thousand British Columbians...We’re just over one thousand right now,” said Binette. There are two options for training: a 3.5 hour course, and a 7 hour course. Both courses are free. Accord-

ing to Binette, the 3.5 hour course is the most popular, and is longer than comparable courses because it delves deep into hands-on, scenario-based training. He said, “When you go through the training, we talk about what are opioids, how they are used, and how to administer naloxone, you get hands-on practice to use the

actual syringes that you would find in a naloxone kit. You use life-like pads to practice injecting.”

The 7 hour course is offered less frequently, but covers much of the same training with the addition of adult CPR and AED. Like the 3.5 hour course, it is catered simply for anybody who wants the training. There are no bar

#### Know the Response: SAVE ME Steps



**S - stimulate**  
Unresponsive? Call 9-1-1



**A - airway**  
Check and open



**V - ventilate**  
1 breath every 5 seconds



**E - evaluate**  
Breathing?



**M - medication**  
Inject 1 mL of naloxone into a muscle. Keep giving breaths.



**E - evaluate & support**  
Another dose?

It is no secret that the fentanyl crisis has become a predominant threat in the Okanagan, but just how bad is it?

In April 2016, British Columbia declared a public health emergency due to the alarming rate of overdose-related deaths in connection with opioids. Over time, this crisis has gotten worse. Recent studies show that approximately 80% of drugs in British Columbia are laced with fentanyl. Even further, as of August 31 there were 122 illicit drug overdose deaths, amounting to approximately 3.2 deaths per day. Of these deaths, 72% were people between the ages of 30 to 59. In response to this crisis, several agencies and volunteer organizations are fighting back. Among them is the St. John Ambulance. The St. John Ambulance is stepping up to provide free opioid overdose response training, acting as BC's leading first aid and safety charity, and committing themselves to the promotion of health, safety, and quality of life throughout the community.

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# THE GOOD SAMARITAN DRUG OVERDOSE ACT IS NOW LAW

## THE LAW SAYS:

If you are at the scene of an overdose and you or someone else calls 911 to get medical assistance, **you are not to be charged with simple possession** (possession for your own personal use) of an illegal substance.

You are also **not to be charged for breach of probation or parole** relating to simple drug possession.



IF YOU SUSPECT AN OVERDOSE,  
**CALL 911**  
CALLING 911 SAVES LIVES

After calling 911, give **breaths** and **naloxone** if you have it.

**Stay with the person until help arrives.**



popular, and is longer than comparable courses because it delves deep into hands-on, scenario-based training. He said, "When you go through the training, we talk about what are opioids, how they are used, and how to administer naloxone, you get hands-on practice to use the actual syringes that you would find in a naloxone kit. You use life-like pads to practice injecting."

The 7 hour course is offered less frequently, but covers much of the same training with the addition of adult CPR and AED. Like the 3.5 hour course, it is catered simply for anybody who wants the training. There are no barriers. You can be any age; you can have no prior first aid training. According to Binette, "the course is good for somebody

who is very uncomfortable with first aid, or has never done first aid before and wants to check it out."

There is a lot of stigma and discrimination surrounding opioid overdoses, and Binette stresses the importance of remembering that it is something that can happen to anyone. "It's not just homeless people or the people that you see on the street. It could be at

a party and people are using and they don't know that it's laced," he added.

But just how bad is the fentanyl crisis in British Columbia?

Statistics are always at least a month behind, but as of August 31 there have been 972 opioid-related deaths across British Columbia this year. Last year there were approximately 1400



Contributed by: Andrea Marie

“It’s not just homeless people or the people that you see on the street. It could be at a party and people are using and they don’t know that it’s laced.”

pen to anyone, regardless of age or social status. “At Thompson Rivers University, the vice-president overdosed and died last year,” he says. “At the end of the day, it could be anybody. It could be your first time taking a drug. It could be your grandmother who’s taken too [many] meds. It could be...when you’re at work and you hurt your back and the doctor

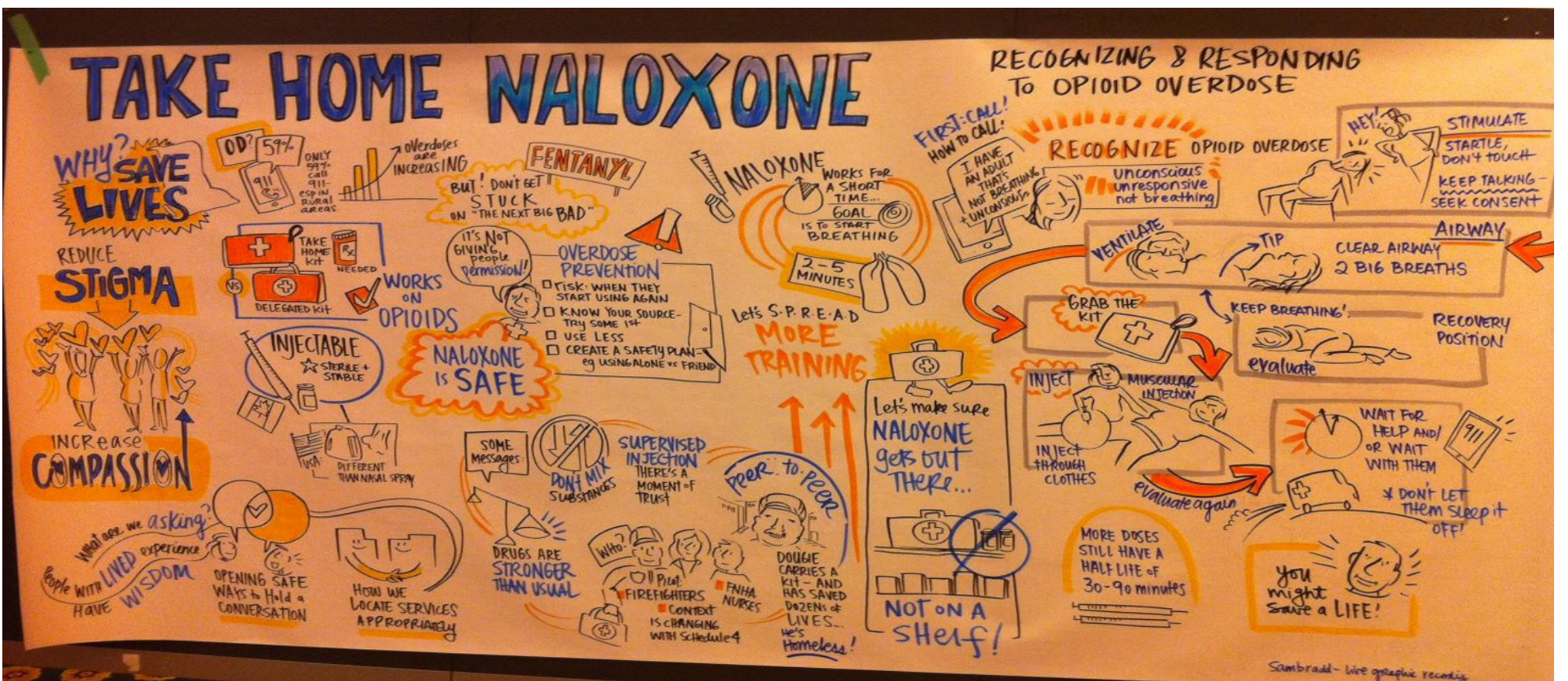
prescribes you opioids.” Drug overdose is not a conscious decision. When taking opioids for pain relief, your body physically requires more medication to keep the pain away, and then you become hooked on the drug. Binette says this is another reason why it’s important to be informed. “We talk about all that stuff in the course so

then you as a human being become more aware of that,” he says. “So then if you do get hurt and your doctor wants to [prescribe] you opioids, you have a conscious decision to say yes or no.” When everything boils down, knowledge is one of the biggest tools for the average person who wants to help fight the fentanyl

crisis. This is why Opioid Overdose Response Training is so important. St. John Ambulance will arm you with the tools you need to administer naloxone, practice artificial respiration, and care for the individual who’s overdosed. On top of that, you receive a naloxone kit to take with you – and everything is free.

“We take twelve [people] at a time, and as the courses fill up we’ll put more on, so we can accommodate more folks,” says Binette. “Our ultimate goal is to get naloxone training into standard first aid so it becomes a norm around first aid.”

For more information or to sign up for the course, visit [startssavinglives.ca](http://startssavinglives.ca).



Sambrault - live graphic recording





# 'HOPE' FOR THE HOPELESS

**How one local organization is combating the opioid crisis with compassion.**

**Willa Holmwood**

Staff Writer

For some, the world we live in is filled with Netflix and Starbucks, wine and iPhones, desire and content. For others, the world is a vortex of overdoses and homelessness, knives and wounds, fear and addiction. With the opioid epidemic touching so many communities across the globe, one can be made to feel hopeless. One antidote to this terribly unsettling feeling resides in a local organization called HOPE. Helping Out People Exploited (HOPE) is a non-profit volunteer group dedicated to helping those who are trapped in a darker

world.

HOPE outreach volunteers traverse downtown each night to hand out supplies to those in need. Created by women for women, these supplies may consist of toothbrushes, juice boxes, makeup, hair products, tissues, clothing, jewelry, gloves, hats, razors, feminine products, and chocolate bars (which are extremely popular). One important aspect for HOPE is harm reduction.

Each volunteer carries multiple harm reduction kits which consist of clean needles and a container for safe disposal. While the majority of supplies are only for women, harm reduction is given to men as well. This is essential in reducing the

risk of shared needles and improper disposal. HOPE also has a Narcan team.

This group of volunteers goes out once a week and educates the downtown population on how to administer naloxone, with the goal of preventing overdoses. They hand out Narcan kits to both men and women, so anyone can volunteer for this position (whereas outreach volunteers are women only). With the powerful reversing effects that naloxone can have, supplying at risk people with this medicine is highly beneficial.

Although the opioid epidemic is immensely vast and scary, there are ways to make a difference and contribute to saving lives.

HOPE takes in new volunteers year-round, with orientations occurring monthly. The level of commitment is completely up

**“ This group of volunteers goes out once a week and educates the downtown population on how to administer naloxone, with the goal of preventing overdoses. ”**

to the volunteer, and simply donating supplies is a great way to get started as they will always be appreciated and needed. Being a HOPE volunteer is an extremely rewarding opportunity. Interacting with and helping the women on the streets of Kelowna and Vernon is a life-changing gift.

Check out <https://hopeokanagan.com> for more info.



**Check out our new podcast Self-Health!**  
Episodes released weekly

**The Phoenix**