

The Phoenix

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AMAZING 2019 TOURS

While you may have to make the trip to see a few of these bands, here are some exciting tours worth the ticket

Curtis Woodcock
Arts Editor

2019 is shaping up to be an excellent year for excellent and fantastic music tours. There are way too many to list but here are some great tours that have been officially announced for 2019.

Korn+Alice In Chains, with support by Underoath as well as Fever 333 and H09909. Both Fever 333 and H09909 will be switching appearances depending on the specific date, and unfortunately, none of the dates are close to our neck of the woods. There are still quite a few stops on this tour, so if you are willing to make a trip somewhere in the U.S this will be a show not to miss! Fever 333 is a phenomenal up and coming band that rose from the ashes of the band Letlive. Ja-

son Butler handles vocals in Fever 333, and he is an insane frontman to watch live. The band consists also of Stephen Harrison on guitar, for-

merly of The Chariot. Meanwhile, Aric Improta handles the drums. Iron Maiden: The legendary band embarks on their Legacy of the Beast

tour. Boasting a production that sees their Mascot Eddie portrayed by the band members fighting battles across time. The songs of the setlist

have been carefully selected to fit the narrative, and Steve Harris says it is quite the well-balanced set list, featuring many songs they haven't played in years such as Flight of the Icarus, Sign of the Cross, and The Clansman. This tour will have quite a few stops in Canada. Iron Maiden will be playing in Vancouver on September 3. Tickets are still available, so get them while you can.

Rob Zombie + Marilyn Manson: The artists have announced their third co-headlining tour together. The Hell Never Dies tour will be in Vancouver on August 4! Both artists put on quite the show live, and their visuals are usually always a treat to behold. John 5 was the guitarist in Marilyn Manson's band for a long time, and he is currently the guitar player for Rob Zombie.

Judas Priest: This massive tour will actually make a stop in Kelowna on June





16. This tour is in support of their most recent album *Firepower*, which came out in 2018. This is an old school metal fan's dream since the band is a titan in the genre. Make sure to grab tickets if you can as Kelowna

needs more support from acts like this. If the show sells well, it is likely that other artists will also be inclined to visit Kelowna.

Coheed and Cambria, Mastodon, and Every Time I Die: This tour will

definitely be a beautiful blend of different metal styles into one fantastic night. Coheed as well as Mastodon are huge names in the genre and are sure to put on a performance to remember. Every Time I Die put so

much energy into their live shows so it is sure that it will be a great experience. They came to Kelowna a few years ago and played a show at Level Nightclub, and it was fantastic. Playing with Expire and Counterparts,

it is nice to see them not only tour Canada, but also to witness them bringing a Canadian band on tour with them!



A Festival Full of Laughs

Just for Laughs Film Festival was just in Vancouver and they screened some wonderful films that deserve our attention

Curtis Woodcock
Arts Editor

The films this year have been just more enjoyable, and overall better than last year's films.

Bernadette: This film was a fun and somewhat lighthearted coming of age romp. It follows Archie Kinsler, an awkward 15-year-old boy, and his friends on a quest to win the heart of a French exchange student named Bernadette,

before. However, it was delivered in such a way that it still accomplished everything that it set out to achieve. The casting was well done; all of the characters were believable and enjoyable in their roles. It was refreshing to see more complicated relationships be represented including the relationship between Archie's mom and Archie's boss, who is not too much older than Archie. At one point, Archie's boss moves in with them and creates substantial tension between the three characters. It was not a typical guy-gets-girl movie, but the character growth was exciting, and the ending was satisfying. Overall, a great film that is definitely worth seeing,



Glen Lett. This one was a difficult watch. Much of the film follows him on his spiral down to rock bottom, and it is indeed painful to witness. At first, he was a character who proved very easy to hate as he said horrible things, and was extremely confrontational. Watching his career crumble and his spiral into alcoholism was also tragic. However, watching the sheer courage of this man and witnessing him turn his life around made for a genuinely inspirational documentary. The transition from hating him to loving him was quite the emotional journey, and I believe it was executed with ease. This film, while difficult at times, is an inspiring story of overcoming adversity and reconnecting with yourself and the ones you love.

Rating: 9/10

Pork Pie: This film was an unexpected delight. At first, I was not sure how I felt about the characters, or if the type of humour in it was even funny; however, it was not long before I changed my mind. The humour is outstanding, the antics are great, and the concept was interesting. It

is definitely a fresh take on the typical chasing-after-a-lost-romance plot, with well-acted characters and such a ridiculous journey. The humour is definitely what you would expect from a New Zealand comedy and it's fantastic! I recommend watching it, and then watching it again as the interpersonal

relationships between the three main characters is an excellent and subtle complex.

Rating: 8/10

Make sure to check out the second part of this article in the next issue of The Phoenix.

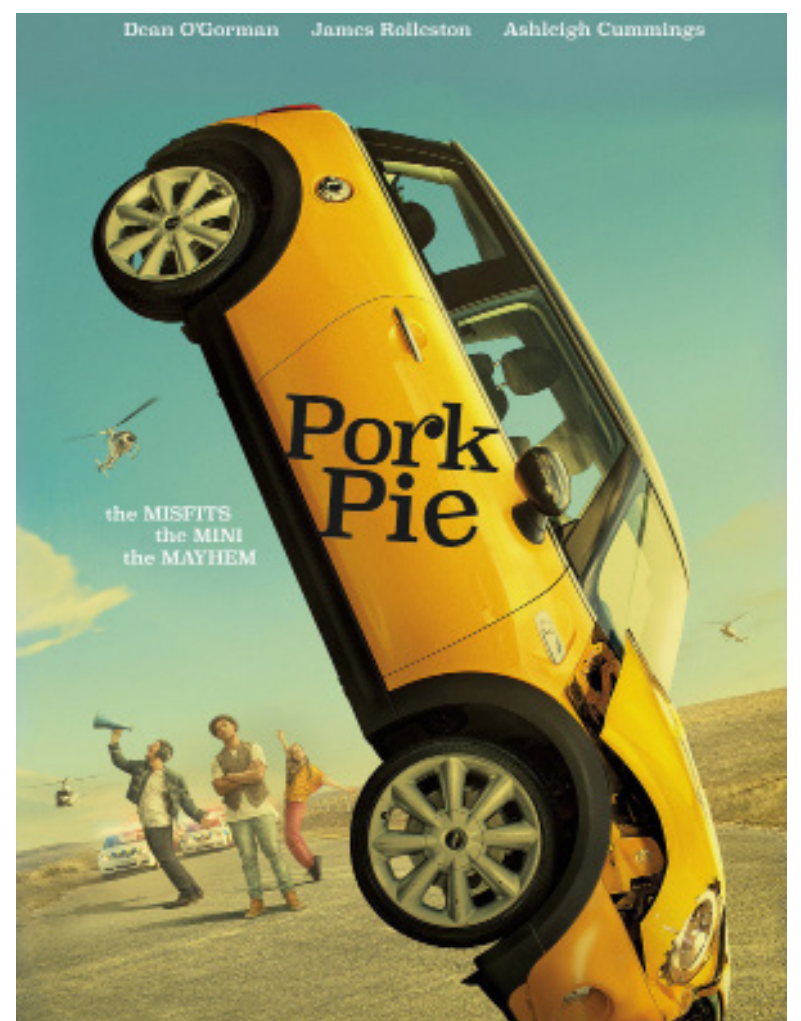


the most beautiful girl that has ever been seen in the suburb of Forest Lake. The audience empathizes with Archie on his quest to overcome his shyness and the growing pains that come with adolescence. There are many cliché moments, and it is definitely the kind of film that has been seen

with hilarious moments, heartwarming moments, and many ridiculous moments.

Rating: 8/10

Never Be Done: This is a documentary film following Canadian comedian Richard



OSCARS.

The awards ceremony succeeded against all odds

Jeff Bulmer
Phoenix Alumnus

For this year's Oscars, the Academy proposed several changes in an attempt to streamline the awards ceremony, including foregoing a host, announcing specific categories during commercial breaks, and adding new categories for popular films. They quickly backtracked on all but the first of these changes. Nevertheless, the Oscars night felt smoother, quicker, and more concise than Oscars of years past.

This year's ceremony began with a decent performance by Queen and Adam Lambert, who notably did not

A REVIEW OF THIS YEAR'S OSCARS

perform "Bohemian Rhapsody." The ceremony then immediately launched into the first award: Best Supporting Actress (presented by Tina Fey, Amy Poehler, and Maya Rudolph).

All of this happened within 10 minutes, and that break-neck speed was maintained the whole way through. Although the entire show still took about three hours, the pace at which awards were presented was nearly exhausting, with six less-popular categories pushed out before the first hour.

As far as content goes, 2019's awards were, if anything, better than previous

years despite the lack of a host. Every year, there's inevitably at least one segment that simply doesn't land (like 2014's infamous pizza selfie). While this year certainly had plenty of not-so-humours bits, the constant change in presenters made it more palatable, and made it easier to forget the duds. Also, this year had some of the best bits of the last few years by presenters, most notably Melissa McCarthy and Brian Tyree Henry's spoof of "The Favourite" for their announcement of Best Costume Design.

This year featured several musical performances – all

of the Best Original Song nominations were performed, except for Kendrick Lamar's "All the Stars." These were inserted into the schedule quite nicely and definitely helped the flow of the show. After watching the ceremony this year, I'm honestly surprised this isn't the norm for every year.

In terms of awards, this year's show carried quite a few surprises. The highest profile surprise is undoubtedly this year's Best Picture winner "Green Book," which – while not a bad choice by any means – was certainly an underdog in a category expected to go to "The Favourite" or "Roma." Other surprises include "Bohemian Rhapsody," which won Best Actor, Film Editing, Sound Editing, and Sound Mixing – none of which it would have been the frontrunner for. Mahershala Ali also managed to come away with the Best Supporting Actor prize, beating out Sam Elliott, Sam Rockwell, and Adam Driver.

Less surprising, but not less impressive, were Marvel's massive wins for

Production Design, Costume Design, and Original Score for "Black Panther," as well as the win for Best Animated Feature, which went to "Into the Spiderverse." "Roma" also managed to take home the first ever Foreign Language Picture award for a Mexican movie, in addition to netting Alfonso Cuarón a Directing and Cinematography Oscar.

With the odds stacked against them, the Academy of Motion Picture Arts and Sciences still put on a good show this year. Like summer movies, this year's Oscars were fine, mindless entertainment.



What is Pro-Ana?

The dangers of romanticizing anorexia as a lifestyle choice, rather than a psychological disorder.

Melissa Weiss

Trigger warning: This article contains information about eating disorders and anorexia nervosa, which may be triggering to survivors.

If you google ‘depression support,’ your search results will include resources from Health Link BC, the Canadian Mental Health Association, and Depression Hurts. ‘Addiction support’ yields results from various rehab services across the country. At first glance, ‘anorexia support’ doesn’t seem much different, bringing up information from the National Association of Anorexia Nervosa.

However, dig a little deeper and it’s possible the term ‘pro-ana’ will emerge. According to Healthy Place, “pro-anorexia is a movement that seeks acceptance of anorexia nervosa, [where] individuals view anorexia as something of a lifestyle choice as opposed to an actual psychological disorder.” But just how dangerous is this movement?

Health Line calls pro-ana “an alarming subculture that promotes dangerous behaviours, exacerbates eating disorders, and threatens lives.” Essentially, these websites and online communities teach people how to incorporate

“ Pro-anorexia is a movement that seeks acceptance of anorexia nervosa, [where] individuals view anorexia as something of a lifestyle choice as opposed to an actual psychological disorder. ”

anorexic practices into their lives, through extreme dieting and over-exercising. Part of their mandate is to romanticize the disorder, marketing the notion that it’s “okay to be anorexic.”

Hashtags have also emerged to make to subculture more accessible, and include keywords like ‘proana,’ ‘promia,’ ‘thinspo,’ ‘thinspiration,’ and ‘meanspo.’ In fact, a quick Twitter or Instagram search for any of these terms brings up hundreds of results. Using #proana on Twitter, one user wrote, “listening to my stomach growl because I’m hungry makes me happy.”

Another Twitter user spoke out about how they used exercise to lose weight, saying, “heard that doing 7000 jumping jacks burns a pound.

Woot. Here’s to doing 1000 a day!” However, the hashtag has also been used to show a more damaging side of the movement. One user tweeted, “I’m starting to realize that I’m scared of food. Once I have a bit of it, I just can’t stop and then I need to purge (TMI). I’m afraid of that feeling when my ED [eating disorder] takes over and I lose all control.”

Some light research into popular pro-ana websites also reveals dangerous dieting plans, like the “five bites diet plan,” the “baby food diet,” and the “super reduction oatmeal diet.” With calorie consumption ranging from 800 calories a day down to just 40 calories a day, these diets are both risky and damaging.

One such diet is the “rain-

bow diet,” where followers are instructed to only eat specific foods of one colour each day. On ‘green’ day, for example, dieters eat half a cup of grapes for breakfast, half a cup of grapes for lunch, and a cup of lettuce for supper. If the diet is followed out precisely, only 696 calories will be consumed over the course of the week.

In addition to online communities and social media, some people are also using downloadable apps to promote eating disorders. Fitness apps that promote users to live healthier lives can also be detrimental to those who are suffering from eating disorders. Two apps, Zero and Vora, allow users to practice intermittent fasting. According to studies, certain types of fasting can aid in weight

loss. These fasting apps “can help users set goals, track eating, and get encouragement from friends.” However, they can also encourage extreme cases of fasting in those already battling eating disorders.

The pro-ana movement also makes use of certain “inspiration” to help its followers achieve more drastic weight loss. As one blogger notes, these are known as “fitspo, thinspo, bonespo, sweetspo, and meanspo.”

Fitspo is a term largely used by those looking to exercise and lose weight in a healthy manner. A ‘fitspo’ search on Twitter shows women in intricate yoga poses, athletic gear for sale, and cardio workout playlist suggestions.

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Thinspo is said to be the first level for eating disorders. It is dubbed by Shape as “images to punish, cajole, shame, and guilt [women] into losing weight.” A ‘thinspo’ search on Twitter turns up pictures of women with thigh gaps, captioned “I want to be 0 lbs already.”

Bonespo is a deeper level of the pro-ana movement, where self-starvation occurs with the goal of seeing your bones through your skin. One twitter user who used the hashtag said, “I don’t care if I die...as long as I am skinny.”

Sweetspo, or sweet inspiration, is a form of encouraging those who are struggling to restrict their food intake. Examples on Twitter include “motivational” sayings like, “tempted to eat? Think of your dream body,” and, “this month’s choices are next month’s body.” Meanspo, or mean inspiration, does the opposite. There are hundreds of Twitter results that come up, saying demeaning and discouraging things like, “you’ll always be fat,” and, “maybe if you were skinny he’d like you.”

So why have pro-ana platforms at all?

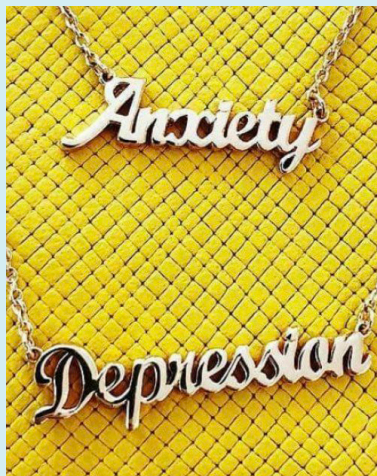
The pro-ana subculture began as a place for people living with anorexia nervosa to find solace and support, and connect with those who also suffered from the life-threatening eating disorder. Health Line notes that for many, “these online groups provide[d] a space to cope and recover – to form bonds with others who understood exactly what it mean[t] to live with anorexia.” But somewhere along the way, the pro-

motion of dangerous behaviour emerged.

“Sarah” was one of the admins of an anonymous pro-ana chatroom. She notes that many people in the community “acknowledge that they have an illness but also like that illness and don’t want to get better. At least, not yet.” According to her, they aren’t at a place in their life where they would be able to accept clinical help.

It is also important to realize that the majority of those involved in the pro-ana movement are teenagers or those in their early twenties. This makes a chatroom of like-minded and supportive folks all the more enticing – it’s seen as an escape from worrisome parents who don’t understand.

Sarah maintains, perhaps controversially, that “if peo-



ple are going to do something dangerous anyways, you should seek to minimize those dangers, because you just can’t stop them entirely.” As such, preventing suicide and new addictions is a common goal in pro-ana communities.

When a new member who doesn’t suffer from anorexia enters the group looking for advice, Sarah suggests 1200 calories a day and an hour of exercise. This is because this diet “is seen as ‘healthy’ enough to avoid real harm, but hard enough that crash dieters can’t maintain it.”

However, Sarah eventually voluntarily hospitalized herself for her own eating disorder, and left her position as admin for the chatroom. At this point, she admitted to being ambivalent about the pro-ana community: “I maintain

that it does a lot of good, but I realize now just how harmful it is on the surface and at its core. I certainly feel guilty for taking a position of ‘leadership’ in it [...] I just can’t think of a better alternative for those who refuse to seek real help.”

When everything boils down, if you are suffering from an eating disorder like anorexia nervosa, you are unlikely to find the support you need to get healthy in pro-ana groups. Instead, please try reaching out to such groups as Overeaters Anonymous, the National Eating Disorders Association, or the National Association of Anorexia Nervosa and Associated Disorders

