

# OVER THE EDGE

UNBC'S STUDENT NEWSPAPER

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# Exploring the North with UNBC's Outdoors Club

AMIR ETMINANRAD



Amir Etminanrad

Outdoors Club executive team 24-25

As the crisp winter air lands over the University of Northern British Columbia, a group of students is already planning their next outdoor adventure. Since its informal beginnings in 1995 and official establishment in 1997, UNBC's Outdoors Club has been fostering a spirit of adventure and community. Run entirely by students, the club provides a gateway for individuals of all skill levels to experience the north breathtaking wilderness. I recently sat down with co-presidents Alex and Noah to discuss the club's mission, activities, and the vibrant community it has built over the years.

When I asked the co-presidents to describe the Outdoors Club, Noah and Alex emphasized its inclusive nature. "It's a student-led organization focused on outdoor recreation," Noah shared. "We organize events for all levels of expertise, ensuring that everyone, regardless of experience, feels welcome."

The club's primary goal is to introduce UNBC students to new outdoor experiences while fostering friendships. Whether it's a beginner trying rock climbing for the first time or an expert adventurer looking for a new challenge, the Outdoors Club has



Azalank Trip Northern Lights

Amir Etminanrad

something to offer.

## A Calendar Full of Adventure

The club has been offering a packed schedule this year; Hosting a variety of activities throughout each semester, divided into regular weekly events and larger weekend excursions. During the fall semester, students can enjoy mountain biking, trail running, and indoor rock climbing. Alex mentioned that "The club also runs a women's only mountain biking night for self-identified

women promoting more inclusive environment." Winter brings new adventures, with cross-country skiing, winter trail running, and snowshoeing among the featured activities. Weekend trips include overnight backpacking adventures and downhill skiing trips.

I asked them about community building and Noah responded: "beyond physical activities, the club also hosts social events such as movie nights and themed discussions on topics like feminism, Indigenous perspectives on land use, and classism in outdoor recreation". "We want to create a welcoming space where students not only explore the outdoors but also engage in meaningful conversations," Alex explained.

## Membership and Inclusivity

The Outdoors Club is open to everyone. While primarily targeted UNBC students, membership is also available to alumni, faculty, CNC students, and even Prince George community. "Anyone interested in joining can sign up for just \$5 per semester," Noah said. "This gives them access to our gear locker and events."

Sign-ups are typically held during SLO Days at

UNBC Prince George campus, but students can also register anytime through the club's Instagram bio link or by emailing outdoorsclub@unbc.ca.

## More Than a Club, A community

What sets the Outdoor Club apart is its emphasis on affordability "We try to remove financial barriers for students," Alex noted. The club maintains a growing Gear Locker, offering lending for items like tents, sleeping bags, cross-country skis, and even fully-equipped bicycles, thanks to grants from the BC Recreation Foundation and UNBC Sustainability.

The club even took an extra step for helping with transportation, facilitates carpooling through their Facebook Group, ensuring that students without vehicles can also participate. "The only thing that we ask to pay is the gas money to your driver." Noah explained. The club also secures group discounts and benefits for activities like skiing and free climbing gear on MWF at OVERhang climbing gym.

The club collaborates with various local organizations to enhance its offerings. Partnerships include OVERhang Climbing Gym, which provides free rental gear for club members, and the Alpine Club of Canada, allowing members to participate in additional events. The club also works with the Hart Ski Hill to arrange discounted outings.

Every adventure has its unforgettable moments. Noah recalled a cabin trip where members were awoken in the middle of the night by someone



Azalank Trip

Amir Etminanrad

shouting; only to discover the Northern Lights illuminating the sky. Alex mentioned Another trip to Raven Lake was equally eventful when a sudden hailstorm turned an otherwise routine hike into an exhilarating battle against the elements. However, running the club isn't without challenges. "Our biggest concern is ensuring continuity," Alex admitted. "Since leadership changes every few years, we need to recruit new executive members to keep the club thriving." The club is always looking for passionate students willing to take on roles such as trip coordinators, gear managers, and social media handlers.

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# New Student ID Cards at UNBC: A Clean, Classic Revamp

AHMAD JALIL

The University of Northern British Columbia may be relatively young by university standards, but its old student ID card design certainly had some tenure. Those red and orange hues had been around for what felt like ages. As someone who's always been fascinated by experimental design, I was excited when word broke that a revamp was on the way. Would we see something bold? Something edgy? My imagination ran wild.

Yet when I finally laid eyes on the new card, I felt torn: on one hand, it's sleek and minimal; on the other hand, it's not quite the boundary-pushing design I'd hoped for. But as it turns out, there is a method to this minimalist approach.

To learn more about the design decisions behind the new cards, I reached out to Matt Wood, Director of Communications and Marketing at UNBC. As Matt explains, practical

considerations and technical constraints played a major role. "There are a lot of limitations on what can be done with the card," he says.

"Room has to be left for multiple elements, such as long names, photos, and even barcodes in some cases. We had very little space to work with, so adding more decorative elements was not really an option." Instead of going for eye-catching graphics, the communications team chose the route of simplicity, using UNBC's official colors and focusing on clarity over flair.

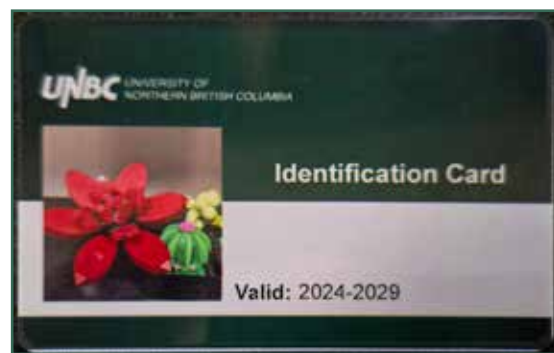
The result is a design that checks all the boxes for functional use: straightforward identification, clear photo display, and space for information that might vary widely from student to student. Matt also notes that this is the first time using a new system, emphasizing that

the team approached the design as a test drive. Once the cards see real-world use, there is an openness to revisiting and refining them in the future. From the standpoint of everyday campus life, it is easy to see why a balanced, easy-to-read layout makes sense. It is an ID card, after all, so its primary objective is to confirm who you are and what your status is at the university.

That said, for those of us who adore boundary-pushing visuals, the notion of a more experimental design might still hold some appeal. But in a university setting where identity verification and consistency matter most, the streamlined, classic look might be just right for the time being. It is a clear upgrade:

sharp, undeniably UNBC, and built to serve a very practical purpose. Perhaps the future will bring a dash more artistry, but for now, the newly introduced student ID carries the torch of the university's brand with a clean, no-nonsense approach, just as intended.

And yes, I still aspire for a bolder card someday.



Cards Against Humanity

Pop Culture Bundle

Where's Waldo?

Monopoly

Ticket to Ride

## GREAT WHITE

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Spruceland Shopping Centre



# Driving for Dollars: Inside Prince George's Delivery Gig Scene

RUOGU (PAUL) PENG

Want to make an extra \$240 per week? According to new UNBC research, that's how much more delivery drivers can earn by working for multiple apps instead of sticking to just one. But the choice isn't as simple as it might seem.

The study, which examined delivery drivers across Prince George, reveals the trade-offs between working for single or multiple delivery platforms. While multi-platform drivers enjoy higher earnings, they face greater challenges – from increased fuel costs to the headache of juggling different apps.

## The Single vs. Multi-Platform Debate

Single-platform drivers benefit from simplicity and predictability. They learn one system, follow one set of rules, and often spend less on operating costs. However, they might miss out on peak earning periods that other platforms offer.

In contrast, multi-platform drivers can

cherry-pick the best opportunities across services, leading to that significant \$240 weekly boost. But this comes with a catch: higher vehicle maintenance costs, more complex scheduling, and potential stress from managing multiple platforms.

## What Really Affects Earnings?

The research uncovered some surprising findings:

- Experience doesn't necessarily mean more money. Unlike traditional jobs, success in delivery work depends more on availability and adaptability than years of service.

- Market saturation matters. When too many drivers are on the road, earnings drop. But during high-demand periods in less crowded markets, drivers can cash in.

- Tips and bonuses make a big difference, especially for multi-platform drivers who can take advantage of incentives across services.

## Impact on Prince George

These findings matter for our city. Higher driver earnings could boost local spending and attract new businesses. They also raise important questions about worker support – should the city offer programs to help drivers manage expenses or navigate multiple platforms?

## Looking Ahead

While the study offers valuable insights, more research is needed. Questions remain about long-term sustainability: Can drivers maintain the demanding pace of multi-platform work? How do changing gas prices affect profitability?

For now, Prince George's delivery drivers are pioneering new ways of working in our evolving economy. Their experiences could help shape policies that make gig work more sustainable and rewarding for everyone involved.



Paul Peng

My own experience with the gig economy

## Inside the Edge

\*Q&A section



Are there any topics that are off-limits? How does OTE handle controversial or sensitive subjects?

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Scan this QR code to share your feedback and help us improve your campus newspaper!



At Over the Edge, we're open to all topics you're passionate about writing on! While no subjects are off-limits, we do consider where pieces might fit best. Our print newspaper, which goes out through our media partnership, typically features content that speaks to a broader community audience. But don't worry if your piece tackles more controversial or mature themes – our website is a perfect platform for these stories, giving writers more flexibility to explore complex or sensitive topics. Our editorial team is always here to chat about the best home for your work and help you shape your ideas.



OTE is typing...

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## Stay Safe on Campus with the UNBC SAFE App



Your safety matters at UNBC. The university has launched a comprehensive safety app that puts emergency resources right at your fingertips.

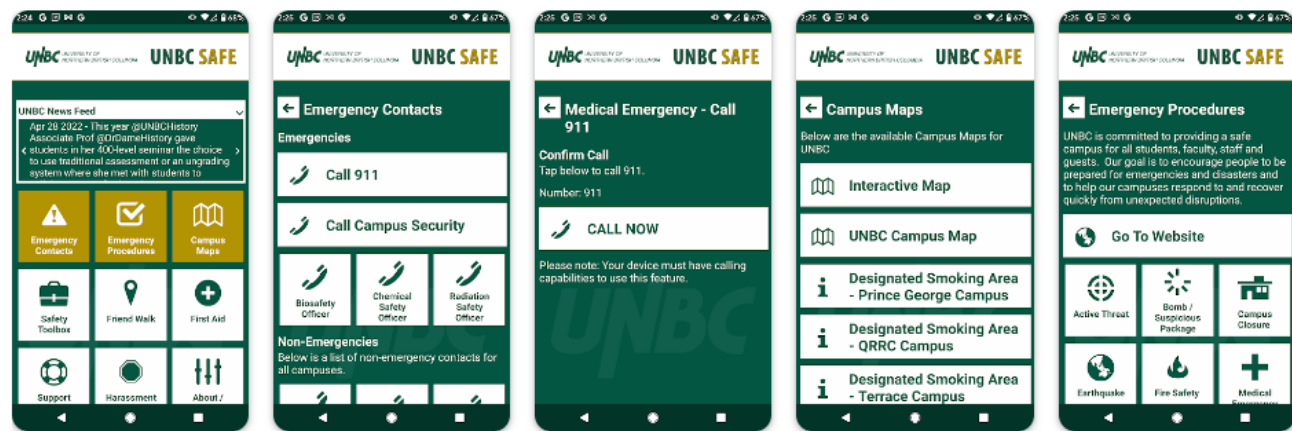
### What is UNBC SAFE?

UNBC SAFE is a free mobile application that helps keep you informed and protected while on campus.

### Key Features:

- Emergency contacts and procedures
- First aid information
- Campus maps
- Incident reporting
- Friend Walk safety companion
- Support resources for harassment and assault
- Monthly safety newsletter
- Real-time safety alerts (requires GPS and notifications enabled)

Look, we know you're probably thinking "I've survived this long without it." But consider this: it's



free, and it might just save you from walking into a closed building during a snowstorm (because apparently some people don't consider that "perfect lecture weather").

Find it on Google Play or the Apple App Store – right next to all those dating apps you swear you deleted.



## Unlock Your Financial Future with UNBC Investment Club

SRIPARNA DEY

Want to learn about the stock market, master your personal finances, or break into the investment industry? The UNBC Investment Club welcomes students from all disciplines – no experience required.

### What We Offer

Our club combines practical learning with real-world connections:

**Trading Lab Access:** Get hands-on experience with simulated trading and portfolio management in our state-of-the-art facility

**Expert Mentorship:** Learn directly from industry professionals who break down complex concepts into practical knowledge

**Networking Events:** Connect with industry leaders through intimate dinners and meetups, opening doors to internships and careers

### 2024 Highlights

We've already hosted several major events this year:

### March Kickoff

Portfolio manager John Kason shared insider tips on portfolio management and investment strategies, giving students a real-world perspective on navigating financial markets.

### Financial Literacy Workshop

RBC Dominion Securities VP Michael Edwards taught students about building generational wealth, focusing on practical tools like TFSA's, RRSP's, and RESP's.

### Stock Pitch Competition

Students presented investment ideas to industry judges, competing for cash prizes while gaining valuable presentation skills and professional contacts.

### Coming Up Next

Expert guest lectures on investing fundamentals

Exclusive networking dinners with industry professionals

Investment competitions to showcase your skills

### Our Partners

We collaborate with leading financial institutions including RBC Dominion Securities, Edward Jones, and Fieldhouse Capital, creating direct pathways to industry opportunities.

### Join Us

Whether you're a complete beginner or looking to deepen your financial knowledge, the UNBC Investment Club is your gateway to financial empowerment. Join our community and take control of your financial future.

## President Answers

Getting the Answers You Crave: We Ask, the President Delivers!



Pineapple on pizza—yes or no?

I really like pizza but I would be a no for pineapple on mine



## “Pink Shirt Day: Kindness Isn’t Just an Occasion-It’s a Habit”

It started with a single pink shirt and two students who refused to stay silent.

In 2007, when a new student at Nova Scotia's Coldbrook school was

bullied for wearing pink, two 12th graders took action. They bought 50 pink shirts and rallied their classmates to wear them. The next day, the school transformed into a sea of

pink—a powerful statement of solidarity that would spark a worldwide movement.

But here's the reality: bullying doesn't just happen in distant hall-

ways. It's in our classrooms, on our social media feeds, and sometimes even within our friend groups. Too often, we scroll past it, walk by it, or pretend we don't see it. Yet tomorrow's target could be your best friend, your sibling, or you. “The kindness you give today

may be the strength someone needs tomorrow,” isn't just a feel-good quote—it's a call to action. While it's easy to complain about negativity in the world, real change starts with us. Kindness isn't weakness; it's choosing to be strong in a world where being cruel is often easier. A simple smile, a supportive message, or checking in on someone who seems down can create ripples of positive change.

As we mark another Pink Shirt Day, let's challenge ourselves to do more than wear a color. Let's wear our compassion daily, stand up for others consistently, and remember that in a world where we can be anything, choosing kindness makes all the difference.



## NRES Graduate Coordinator Celebrates International Students at NBCGSS Welcome Ceremony

In a heartfelt address at the NBCGSS Student Week opening ceremony, Dr. Zoë Meletis (faculty member in GEES and ESS) welcomed new graduate students to UNBC while emphasizing the vital role of international students in the university community.

Speaking from her position as Graduate Coordinator of the Natural Resources and Environmental Studies program, Meletis shared her vision for graduate studies at UNBC. “Graduate studies should be one of the best times of your lives,” she stated, encouraging students to embrace both academic challenges and personal growth opportunities during their time at the university.

Meletis, who holds office hours Wednesdays at 11 am in the First Nations Centre, emphasized her commitment to making graduate studies more welcoming and supportive at UNBC. She highlighted the importance of work-life balance, sharing how activities like soccer, swimming, and community involvement enrich her own life beyond academia.

The core of her message focused on

international students, who numbered over a million across Canada in 2023. Drawing from personal experience as the daughter of an immigrant and his English language teacher, Meletis expressed deep appreciation for the diverse perspectives international students bring to classroom discussions and campus life.

“Thank you for choosing UNBC, Prince George, and Canada,” Meletis addressed international students directly. She acknowledged their challenges, from navigating multiple languages to managing financial pressures and sometimes working multiple jobs. “Your work ethic, ingenuity, energy levels, and dedication are noted and admired,” she affirmed.

Addressing recent policy discussions about international students in Canada, Meletis stood firm in her support for international students. “You offer powerful reminders of the rich global fabric that we live in terms of different ways of knowing, doing, speaking, working, worshiping, coming together, and understanding the world,” she concluded. “I want you here. We need you here.”





Mikhaila is an avid outdoor enthusiast from recreation to various work roles across Northern and Interior British Columbia. She is in the Natural Resources and Environmental Studies Graduate Program exploring accessibility in parks, protected and other conserved areas. Her passion for sharing experiences in and with nature prompts her keen eye for unique details and angles.



#1

Dripping Honey

Mikhaila Carr



#2

Winter Path

Nazanin Soroosh

My name is Nazanin Soroosh, and I come from Shiraz, Iran's historical and cultural city. I am currently pursuing my Master of Computer Science at the University of Northern British Columbia (UNBC) and work as a Graduate Student Faculty Ambassador (GSFA) to make the graduate students' journey more enjoyable. In addition to my academic pursuits, I am extremely passionate about photography and videography. In my leisure time, I enjoy using my camera to preserve treasured memories and capture the beauty of moments. I think that images can inspire and connect people, so sharing my images with others makes me very happy.

Winter  
Photo Contest  
Visions

Hello! I am Emily Roberts, a 21-year-old hobby photographer. For the past five years, I've been passionately capturing moments, pouring my heart and soul into every shot. Beyond the act of taking photos, my favorite part of photography is sharing my unique perspective with others. I aim to make people feel seen, evoke emotions, and preserve memories—immortalizing life through my lens. I hope my work resonates with you and brings a bit of beauty to your world.ney more enjoyable. In addition to my academic pursuits, I am extremely passionate about photography and videography. In my leisure time, I enjoy using my camera to preserve treasured memories and capture the beauty of moments. I think that images can inspire and connect people, so sharing my images with others makes me very happy.



#3

Winter Sentinel

Emily Roberts



# New Year, Same Spirit: Timberwolves Light Up the Court!

SHIVI JUHAL

The electric atmosphere of Timberwolves basketball has made my weekends unforgettable this academic year. On January 18th, the Brownridge Court at Northern Sports Centre came alive as UNBC's Timberwolves faced off against the Thompson River University Wolfpacks. The stands were packed with hundreds of students, faculty, and Prince George families, all eager for tip-off. As the referee's whistle cut through the tension, the game exploded into action. The Wolfpacks struck first, but our Timberwolves responded with precision passing and strategic plays. Every possession became a battle, with our team weaving through defenders like a choreographed dance of athleticism and skill.

The crowd brought their A-game

too. Sports volunteers distributed free pizza slices for every Timberwolves three-pointer, while Alpha, our beloved mascot, kept the energy high with animated antics. A dedicated group of students created their own percussion section with spoons and drums, while others waved colorful banners supporting their favorite players. During opponent free throws, creative fans unleashed a symphony of animal noises and laughter – a perfect example of home-court advantage in action.

The spirit continued into February, as demonstrated in our recent match against the University of Fraser Valley on the 1st. Beyond the fast-paced action, our Timberwolves showed what truly makes them special: their sportsmanship.

Watching our players help fallen opponents to their feet reminded everyone that respect transcends rivalry.

Though victory sometimes eludes us, the Timberwolves' determination never wavers. Every game showcases their heart, skill, and resilience – qualities that no scoreboard can measure. As a fan, I've learned that true spirit isn't just about winning; it's about how you play the game and lift each other up along the way.



Shivi Juhal

Even Alpha knows these games is unmissable

## The Pivot

Trudy Bartels

You cannot crawl fast enough  
To be a walker  
You cannot walk fast enough  
To be a runner  
You cannot run fast enough  
To be an eagle

Oh! Wading in the water?  
That would not be swimming!

Attempt to float on the water  
Stiff body,  
Buoy you would sink

Someway  
Somewhere  
Somehow  
You've got to let go

Leap!  
Dive  
Pivot!  
You've got to change the game

Someway  
Somewhere  
Somehow  
You've got to let go

Break free!  
Take courage  
Pivot!  
You've got to change the game

Written by: Trudy Bartels  
Date Written: Dec 30, 2024

# Active Allyship in Black History Month

ISABELLA MESQUITA

I am a white-presenting woman, born and raised in Calgary, Alberta. My mother is white, born and raised in eastern Canada, and my father, of Indian and Portuguese descent, immigrated to Canada at a young age. This Black History Month, I wanted to explore how I, as a white woman, can support Black individuals and educate myself about Black history. This article aims to help other non-Black individuals find ways to practice allyship this month and throughout the year.

Black history is often overlooked in Canadian history books and mainstream media. This month presents an opportunity to celebrate Black communities, support their initiatives, and examine our own privileges. If you've remained silent because you feel uneducated or guilty, recognize that this inaction perpetuates systemic inequities. While white guilt won't address the inequities faced by communities of colour, our actions can create meaningful change.

David Gaider once said, "Privilege is when you think something is not a problem because it is not a problem for you personally." This quote emphasizes the importance of recognizing our privileges and taking action. Beyond celebrating the achievements and perseverance of Black individuals, this month should highlight the ongoing impact of systemic racism in our society. It's crucial to understand that slavery was not the beginning of Black history but an interruption of it.

As non-Black allies, our role is to support, not to lead or dominate. This involves listening to and learning from Black experiences, supporting Black leadership, and amplifying Black voices. Engage in honest conversations to understand the unique challenges people of colour face and use your privilege to advocate for their needs and rights. Here are ways to be a better ally year-round:

**Diversify Your Network:** Make authentic efforts to connect with people from various backgrounds. Challenge affinity bias by attending diverse events and joining inclusive groups.

**Support Black-Owned Businesses:** Support economic empowerment by shopping at Black-owned businesses, restaurants, bookstores, and supporting Black artists.

**Attend Black History Month Events in Prince George:**

- Community Event at Prince George Public Library: Saturday, February 15, 2025, 1:00 - 2:30 pm
- Canvases and Culture: Friday, February 21, 2025, 6:30 - 9:30 pm at UNBC's Winter Garden
- Art & Trivia Night: Thursday, February 27, 2025, TBA
- Lagos Black History Month Night: Friday, February 28, 2025, 9:00 pm at Ignite Night Club

**Share Your Learning Journey:** Discuss race and your learning experiences with friends and family to normalize these conversations.

**Read Books by Black Authors:** Some recommendations include "A Taste of Power" by Elaine Brown, "Caste" by Isabel Wilkerson, and "The Color Purple" by Alice Walker.

**Commit Year-Round:** Continue learning about Black history and supporting racial justice beyond February.

**Get Comfortable Being Uncomfortable:** Embrace difficult conversations and learn from mistakes as part of your growth.

**Avoid Centering Yourself:** Support the Black community while respecting their space and leadership.

Happy Black History Month to those who have changed the world in countless ways. While writing this article may not change everything, I believe in the power of learning, education, and most importantly, action. Let's make Black History Month a journey, not a destination.

I want to credit the many authors and friends I have

learned from while writing this: Adaiah Tupas-Singh, Nyemuon Vandale, Tyrell Laing, Debby Irving, Shay Stewart-Bouley, El Jones, Brooke Baxa, Melanie Harris, Elizabeth Baker, Jennifer Harvey, Craig Kielburger, Ryan Crowley, William L. Smith, Carly Muetterties, and any others I may have missed.



Image is a painting By Bisa Butler an Award Winning African American textile artists who specializes in life sized quilted portraits.

## Student Leaders Learn Advocacy Skills at BCFS Workshop

SRIPARNA DEY

Student leaders gathered on January 28 for a leadership workshop focused on strengthening their advocacy skills and understanding how to create change in BC's post-secondary education system. The workshop, hosted by the Northern British Columbia Graduate Students' Society (NBCGSS), was led by Cole Reinbold, Secretary-Treasurer of the British Columbia Federation of Students (BCFS).

BCFS represents over 170,000 students across BC through 14 local student unions. The organization plays a crucial role in advocating for student interests, as the provincial

government controls key aspects of post-secondary education including funding, tuition regulation, and financial aid.

During the workshop, Reinbold highlighted several ongoing BCFS campaigns:

- The Rise Up campaign pushes for increased institutional funding, tuition freezes, and expanded financial aid
  - Open Textbooks Now! advocates for free educational resources to reduce textbook costs
  - Get Out the Vote works to boost student participation in elections
- Beyond advocacy, participants

learned about BCFS services that directly benefit students, including discount programs, health and dental insurance, and the Ready Education mobile app. The workshop also provided a valuable opportunity for student leaders to network and discuss common challenges faced across BC campuses.

Attendees also learned about the upcoming Skills Development Symposium, an annual BCFS training event that helps student representatives enhance their leadership abilities.



Sriparna Dey At the Workshop with BCFS and NBCGSS Members



# Industry Pros Share Career Success Tips at NBCGSS Event

SRIPARNA DEY

Students got a reality check about life after graduation at the Northern British Columbia Graduate Student Society's (NBCGSS) Industry Night on January 28. Five professionals from banking, healthcare, and environmental science shared insider knowledge about launching successful careers beyond academia.

The panel featured Travis Stringer (RBC Dominion Securities), Umair Haroon (CIBC), Furqana Khan (Northern Health), and environmental scientists Mostafa Dorosti and Dr. Rahim Jafari (SLR Consulting). Their message was clear: academic excellence alone won't guarantee career success.

"More than 80% of professional success relies on communication," emphasized panelists, noting this is especially crucial for international students in diverse workplaces. They urged students to develop soft skills through extracurricular activities, professional committees, and networking events.

The professionals highlighted key differences between university and workplace culture. Unlike flexible academic deadlines, career success demands strong teamwork, openness to feedback, and sharp time management. They advised students, particularly PhD candidates, to gain practical experience through internships and volunteering while completing their studies efficiently.

For job applications, the panel recommended focusing on relevant experiences rather than exhaustive details. They suggested having a 7-10 year career plan to show employers long-term potential. Critical qualities

for new graduates include:

- Strong communication and teamwork skills
- Professional reliability and results-oriented mindset
- Ability to learn on the job

•Cultural awareness and adaptability  
The evening concluded with students networking with panelists over pizza, getting personalized career advice to help bridge the gap between academia and industry.



Sriparna Dey

NBCGSS Board at Industry Night



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**OVER THE EDGE**  
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## Tourism PG opens Doors at New Downtown Location



Tourism Prince George has officially opened its new headquarters at the Prince George Civic Center, marking a strategic move to better serve visitors in the heart of downtown. CEO Colin Carson says the relocation from First Avenue aims to enhance visitor engagement and encourage longer stays in the city.

"We wanted to move away from being just a quick stop for travelers," Carson explains. "Our downtown location connects visitors directly to local restaurants, Two Rivers Art Gallery, and Connaught Hill."

The new office, which showed promising results during its temporary summer operation, is now open Monday to Friday, 9:00 AM to 4:30 PM. A grand opening celebration is planned for spring 2025, coinciding with the activation of the Canada Games Plaza.

## Prince George welcomes New Salmon Hatchery

The Department of Fisheries and Oceans (DFO) is bringing new life to local salmon conservation with plans for a state-of-the-art hatchery on the north bank of the Nechako River. The facility, part of the Pacific Salmon Strategy Initiative, will focus on supporting chinook and sockeye salmon populations across the Upper Fraser watershed.

Adam Silverstein, DFO's Regional Manager of Hatchery Reform, says the project is ready to break ground as soon as weather permits. The strategically chosen location offers ideal water conditions and easy access for fish transport throughout the region.

The project is a collaboration with Lheidli T'enneh First Nation and includes support from Canfor, who sold the 4-5 acre parcel for the facility's construction.

## Examining the Bore

Xavier, formed in late 2022 and has quickly become a fixture in the local music community.

The band's name originated from a gun safety manual, specifically the PAL (Possession and Acquisition License) book, adding an unexpected twist to their laid-back musical style. In 2024, dubbed their "year of the boar," the group completed their first BC tour alongside Brainy M and Infectious, and performed a memorable free show covering Rush's "2112."

Catch their original music on Deadfall Brewing's YouTube channel or experience their energetic live performances around town.

Local band Examine the Boar is making waves in Prince George's music scene, bringing their unique blend of 70s blues and 2000s indie garage rock to stages across the city. The trio, consisting of brothers Wiley (drums) and Hamish (bass/keyboards), along with guitarist



## UNBC Professor Develops Cyber Defense Toolkit for Women

Dr. Luna Casey, Assistant Professor in Global International Studies at UNBC, has received a \$50,000 MINDS grant from the Department of National Defense to develop a women's cyber defense toolkit. The project aims to address online harassment while keeping women empowered in digital spaces.

"Simply deleting social media accounts isn't helpful – it only disempowers women," explains Dr. Casey. "Given that the internet is crucial for career advancement, we need better rights and regulations."

The research includes local Prince George perspectives, with Dr. Casey recently hosting workshops gathering insights from students and community members. The project emphasizes intersectional collaboration, incorporating diverse viewpoints from women of color and minority groups.



This content was made possible with the support and funding of the National Community-Campus Radio Association, the Government of Canada's Local Journalism Initiative (LJI) Program, and the Community Radio Fund of Canada.



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## THE THIRSTY MOOSE PUB!

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## Mastering the College Balancing Act: Your Guide to Juggling Academics, Health, and Work

SRIPARNA DEY

Feeling overwhelmed trying to balance classes, a part-time job, and your wellbeing? You're not alone. While managing these responsibilities can be challenging, success is within reach with the right strategies and mindset. Here's your practical guide to thriving in all areas of student life.

#### Start with Smart Planning

Time management is your secret weapon. Create a weekly schedule that blocks out your classes, work shifts, and dedicated study hours. Pro tip: Schedule your most important studying during your peak energy hours to maximize productivity.

#### Work Smarter, Not Harder

Ever heard of the 80/20 rule? It suggests that 80% of your results come from 20% of your efforts. Apply this to your academics by identifying which assignments and tasks will have the biggest impact on your success, then tackle those first.

#### Take Advantage of Campus Support

UNBC offers a wealth of resources that many students overlook. The Student Success Centre provides tutoring and study skills support, while the Career Centre can help you find work opportunities that fit your schedule. Need financial guidance? The financial aid office can connect you with scholarships and work-study positions.

Don't forget about your wellness resources. The campus offers counseling services, fitness facilities, and wellness programs to help you stay healthy. Indigenous students can find additional support at the First Nations Centre, and various clubs and diversity initiatives help create an inclusive community.

#### Make Health a Priority

Your body isn't just along for the

ride – it's key to your success. Aim for 8 hours of sleep each night to keep your mind sharp. Find ways to move for at least 30 minutes daily, whether that's hitting the gym, cycling to class, or taking a relaxing walk between study sessions.

#### Leverage Digital Tools

Make technology work for you. Try task management apps like Notion or Trello to keep deadlines organized. Need study help? Quizlet can transform your notes into effective flashcards. Apps like MyFitnessPal and Headspace can help you stay on top of nutrition and stress management.

Remember: balancing academics, health, and work isn't just about surviving – it's about developing skills that will serve you throughout your life. Your wellbeing is just as important as your GPA, so make time for both.



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# Dating Ideas in Prince George 2.0

Think Prince George has nothing to offer for date night? Think again! After five years in this city, I've discovered plenty of hidden gems perfect for everything from casual first dates to romantic evenings out. Here's your ultimate guide to dating in PG, tried and tested by a fellow student.

## Food & Drinks

### Casual Bites

- Changchun Rice Hotdog - Perfect for a low-key date! Grab these gourmet Korean-style hot dogs and find a scenic spot to park and chat. Just remember: it's takeout only.

- Deadfall Brewing Company - Budget-friendly spot where you can bring your own food while enjoying Canada's best beer. Bonus: it's dog-friendly!

### Dinner Date Spots

- Betulla Burning - Downtown Italian cuisine that won't break the bank. The wood-fired pizzas and Italian doughnuts are must-tries, and the burning birch aroma adds to the ambiance.

- Crossroads Brewing - Great for casual dining with house-made everything, from pizza to pretzels. The dog-friendly patio and happy hour make it extra appealing.

- Trenches Brewing - Features live music on Fridays, trendy atmosphere, and house-brewed drinks.

### Drinks & Entertainment

- Black Clover - The Thursday special (\$10 burgers!) plus live music from across BC makes this a student favorite.

- Nancy O's - Cozy atmosphere with great beer selection and weekend brunch options. Watch for door fees during live music nights.

- Northern Lights Estate Winery - Just 10 minutes from the city, it feels worlds away. Free wine tasting and riverside picnic areas make it special. They host unique events like jewelry-making and yoga classes.

### Coffee Spots

- Local Favorites: Open Door Cafe (Harts area), Ritual Coffeeworks, and Zoe's Coffee Shop - perfect for casual dates or study sessions

- Backup Options: Downtown Starbucks (Ramada Hotel), Second Cup Café (Parkwood)

- Sweet Treat: Don't miss Daydream Donuts across from the Ramada

### Indoor Activities

#### Active Options

- OVERhang - Indoor climbing gym for adventurous couples (pro tip: plan something chill afterward – you'll be tired!)

- Bowling: Choose between Strike Zone (with mini-golf!) or Black Diamond Bowl & Billiards

- Rollerdomo - Wednesday and Friday public skating (check Facebook for schedule)

### Arts & Culture

- Two Rivers Gallery - Features Indigenous artists' works

- Pottery Wheel Classes - Try Carlson Pottery Classes for a hands-on date

- Cineplex - Student Tuesday discounts (better for later dates when you've run out of things to talk about)

### Budget-Friendly Ideas

- Thrift Store Adventure - Explore downtown's thrift shops together

- Hockey Games - Watch the Prince George Cougars (WHL) or Spruce Kings (BCHL)

- Holiday Drives - Check out Candy Cane Lane during Christmas (Upland area)

### Outdoor Adventures

#### Easy Walks

- Connaught Hill Park - 360° city views (May-October)

- Cottonwood Island Park

- Lheidli T'enneh Memorial Park

- Cutbanks - Beautiful downtown and river views

### Worth the Drive

- Ancient Forest/Chun T'oh Whudujut Provincial Park - World's only inland temperate rainforest (113km east)

- Teapot Mountain - Challenging hike with rewarding views

- Purden Lake - Peaceful spot 50 minutes east

### Winter Activities

- Caledonia Nordic Ski Club - Cross-country skiing and snowshoeing with night trails

Note: None of these recommendations are sponsored – just personal favorites from a fellow student!



Behrouz Danesh

Within the Books

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