

UBC REPORTS

2 VALENTINE'S PLAYLIST 3 WHAT'S LOVE GOT TO DO WITH IT? 4 SMOKING DADS 5 A PAIN TO BE PERFECT 7 STUDENT BEATS ODDS

Defying a Victorian Sexual Script

By Lorraine Chan

Love, sex, marriage and babies have shaped human lives through the ages.

But in the past century, we've seen huge shifts that challenge this script, says Asst. Prof. Nathan Lauster, a sociologist who teaches at the UBC School of Social Work and Family Studies.

Lauster posits that two sexual revolutions have taken place across the course of the 20th century, and we're still living in the wake of those changes today, some countries moving more quickly than others.

In Sweden, for example, liberal sex attitudes mean that parents often permit their teenagers overnight guests. In contrast, 27 per cent of Americans believe that pre-marital sex is "always wrong," according to a 1998 survey by National Opinion Research Centre at the University of Chicago. Canadian views on pre-marital sex fall somewhere between those of the U.S. and Sweden, says Lauster.

A demographer, Lauster tracks the pivotal periods of sexual revolution through census data. Recently, he analyzed U.S. census figures between 1880 and 2000, specifically the marriage and childbearing statistics for young women in their 20s and early 30s.



PHOTO: MARTIN DEE

Nathan Lauster defines sexual revolutionaries as women who challenge the trinity of marriage, sex and childbearing.

Women who defied the mores of their time were the "revolutionaries," says Lauster. They resisted the standards of sexual propriety used "to separate bad people from good people."

"According to the Victorian sexual script, marriage was strongly linked to procreation," he says. "I'm looking at women

who break the link between sex, marriage and childbearing and make sexual behaviour public by being wives without children or being mothers without ever marrying."

Lauster says the first sexual revolution started during the 1920s and peaked during the 30s. "That's when you see a

strong challenge to the trinity of marriage, sexual experience and childbearing. Young married women were pushing the boundaries by taking control, by saying, 'I'm having sex, but not having children.'"

Sifting through decades of statistics, Lauster compares metropolitan and non-

metropolitan populations, black and white populations and the populations of four metropolitan areas – Boston, Richmond, VA, Indianapolis and San Francisco.

Between 1880 and 1940, census records show the proportion of married women without children nearly doubled, rising from 16 per cent to 30 per cent for white women aged 25-29. Patterns for black women during this period are broadly similar, with the proportion of married women without children more than doubling during this period, to a high of 42 per cent.

"Non-procreative sex gained more public prominence, following a rise in the acceptability of 'companionate marriages' especially in metropolitan areas," says Lauster. "This makes sense for a variety of reasons. New work opportunities, new social movements and the availability of contraceptives would impact women living in large cities more than rural areas."

And because these women were on average more educated than the rest of the population, they wielded enough power to usher in greater public acceptance of contraceptives.

He says the second and more commonly described period of sexual revolution started in the 1960s and continues into the

continued on page 3

Love Songs 101: The Musical Formula for Valentine's Day



PHOTO: ©iStockphoto/duncant89

Today's love songs wed desire, irony and stereotypes, says UBC pop culture expert Gisele Baxter.

By Basil Waugh

Love songs amplify first kisses, console us through break-ups and soundtrack all the romantic

highs and lows in between. They can be sexed-up slow jams, country-tinged tearjerkers or multi-octaved torrents of romantic devotion, but

according to UBC pop culture expert Gisele Baxter, they are just different expressions of our fundamental need for love and companionship.

"If we were purely biological creatures and mated like cats and dogs, we would have no need for love songs," says Baxter, Sessional Lecturer in the Dept. of English. "But since we're not, we use love songs to articulate our desires and ideals of love and romance."

Like trying to describe romantic chemistry between two people, defining what constitutes a good love song can be something of a mystery. While people generally fall into two camps – those who prefer song lyrics and those whose allegiances fall to melody and rhythm – Baxter says we embrace the songs that either convey our individual fancies or serendipitously soundtrack key perceptual changes in relationships and our lives.

"We gravitate towards songs that say what we wish we could say, or what we'd like to hear ourselves," says Baxter. "But we also adopt songs that may not even be considered conventionally romantic, because they are playing during our big romantic scenes."

Commenting on performers such as Britney Spears, Gwen Stefani and Justin Timberlake, Baxter says today's love songs generally express a complex mix of traditional gender and relationship stereotypes and irony that, together, reflect North America's current cultural climate.

"Music is always a reflection of the times," says Baxter, referring to the contrast between traditional family values and celebrity culture in the U.S. "It is difficult to take Britney Spears' idealized love songs seriously," Baxter says, when she is dumping her husband in text messages and flashing the paparazzi. "There is this built-in element of camp."

In the future, Baxter says love songs, like pop-culture in general, will continue to be self-referential, with artists sampling older material for new songs. Some taboos remain that are likely to be broken on the airwaves, she adds. "It may seem like we have exhausted all boundaries to transgress, but it is likely that there is still room to

continued on page 2

**BE SMART.
BE SURE.
BE SET FOR LIFE.**

Call or email today for a complimentary retirement analysis

Don Proteau
BComm, CFP
Senior Financial Planner
Assante Capital Management Ltd.
Member CIPF

"Frank and Don made me feel very comfortable with their advice and long-range planning. Their knowledge of the faculty pension plan is also a plus for UBC professors."

Frank Danielson
BEd, CFP
Senior Financial Planner
Assante Financial Management Ltd.

Dr. J.H. McNeill,
Professor Emeritus,
Pharmaceutical Sciences, UBC

(604) 678-3442 • dproteau@assante.com • fdanielson@assante.com

Assante
WEALTH MANAGEMENT

Berkowitz & Associates Consulting Inc.

Statistical Consulting

Research Design • Data Analysis • Survey Sampling • Statistical Education

Jonathan Berkowitz, Ph.D. 4160 Staulo Crescent, Vancouver, B.C. V6N 3S2
Office: 604-263-1508 • Fax: 604-263-1708
Email: witz1@interchange.ubc.ca

Copies Plus
COPY IMAGING CENTRE

DISCOVER THE BEST COPY & PRINT CENTRE
QUALITY • SERVICE • VALUE

Quality Digital Printing and Copying Service

- High Speed B/W & Full Colour • Lamination • Full Colour Posters
- Wide Format B/W Copies, Prints and Scans • Self Serve Copiers
- Booklet making • Coil, Cerlox, Velo & Wire-O binding • Folding ...
- Email your files or ftp your large files to us

Visit our in-Store full service Post Office

19 years of Excellence www.copiesplus.ca
1950 West Broadway 604-731-7868
Open 7 Days Mon-Fri 8am-9pm Sat-Sun 10am-6pm

Victoria Bell
Your University Area Specialist

My real estate goal is to build integrity based relationships backed with an extremely high commitment to professionalism and accountability. I offer 28 years of success and experience.

Please call me for any university real estate market information, current evaluation of your property or any real estate assistance that you may require.

DEXTER ASSOCIATES REALTY
604.228.9339

Top Volume Producer Dunbar Office
1999 | 2000 | 2001 | 2002
2003 | 2004 | 2005

Member MLS Medallion Club
1999 | 2000 | 2001 | 2002
2003 | 2004 | 2005

www.victoriabell.ca
cell 604.209.1382

LOVE SONGS *continued from page 1*

move in terms of explicitly erotic content and representations of gay and lesbian relationships.”

To illustrate the enduring power of love songs, Baxter points to the 2003 film *Lost in Translation*, starring Bill Murray and Scarlett Johansson. In one scene, a group of people in a Tokyo karaoke bar perform hilarious approximations of punk classics.

“Slowly we realize that

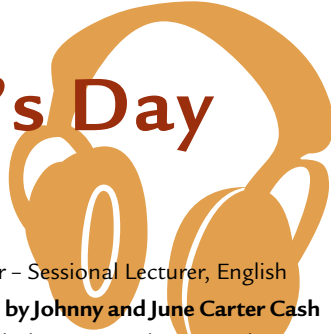
something is going on between Johansson’s and Murray’s characters,” Baxter says. “They start exchanging love songs – she the Pretenders’ song *Brass in Pocket*, he Roxy Music’s *More Than This* – and there is this frisson that something new is happening. They are singing for the group of friends but also for each other. It’s a profoundly romantic moment.” **R**

Public Displays of Affection

While love songs have long since crossed over to film and television, UBC lecturer Gisele Baxter says they are now proliferating in interactive forums such as YouTube and karaoke bars, which give listeners the venue to perform their favourites.

“In a way, when you do these things you are saying, ‘this song has great meaning for me and I would like the opportunity to communicate it,’” she says. “Or of course you are just having a laugh.”

Valentine’s Day Playlist



Gisele Baxter – Sessional Lecturer, English
Ring of Fire, by Johnny and June Carter Cash

“It’s very simple, but it gets to the point. It has a wonderful metaphor and it speaks to the level of desire and commitment that people idealize in relationships. Plus, I saw June Carter performing it past the age of 70 on the Letterman Show in a black mini-skirt and looking fantastic, so it has longevity as well.”



Tim Ling – 3rd year, Economics/Statistics,
Any song by Cantopop diva Joey Yung

“My favorite love songs are all in Cantonese – especially the one by Joey Yung about ‘hiding away.’ In English, I suppose my favorite is **Smack That** by Akon – but I guess it’s more about the sex side of love.”



Anastasia Sribnaia – 2nd year, Microbiology
Harvest Moon, Neil Young

“If there’s a man out there who wants to marry me, he better start learning this song. It was definitely a post-break-up song first, but it’s also been there for the good times.”



Alissa Von Mala – 2nd Year, Psychology
Do You Realize, The Flaming Lips

“I like the entire song, but especially the line, ‘Do you realize that you have the most beautiful face.’ I’m not sure if it’s a love song, but I love it.”

Oscar Nunez – 2nd Year, Sociology
Something About Us, by Daft Punk

“It’s a really good, slow electronic song. There’s this great lyric that gets repeated: ‘it might not be the right time, I might not be the right one, but there’s something about us.’”

Marcello Landaverde – 2nd year, Political Science
La Malaguena, by Latin folk singer Salomon Flores

“This is a Mariachi song about a guy being in love with a girl from the upper crust. I guess good love songs are the ones that say what you want to hear.”



Lisa Allyn – 1st year, Science
Listen, by Beyonce

“I’m not sure if this is a love song, but it’s about communication in relationships and just saying what you need to say. Her voice is amazing – it really makes you feel something.”

For access to In The News please visit: www.publicaffairs.ubc.ca/ubcreports

UBC REPORTS

NEXT ISSUE: MARCH 1, 2007

Director, Public Affairs **Scott Macrae** scott.macrae@ubc.ca
Editor **Randy Schmidt** randy.schmidt@ubc.ca
Designer **Ann Goncalves** ann.goncalves@ubc.ca
Principal Photography **Martin Dee** martin.dee@ubc.ca
Web Designer **Michael Ko** michael.ko@ubc.ca
Contributors **Lorraine Chan** lorraine.chan@ubc.ca
Brian Lin brian.lin@ubc.ca
Bud Mortenson bud.mortenson@ubc.ca
Hilary Thomson hilary.thomson@ubc.ca
Basil Waugh basil.waugh@ubc.ca
Advertising **Sarah Walker** public.affairs@ubc.ca

UBC Reports is published monthly by:
UBC Public Affairs Office
310 – 6251 Cecil Green Park Road
Vancouver BC Canada V6T 1Z1

UBC Reports welcomes submissions.
For upcoming UBC Reports submission guidelines: www.publicaffairs.ubc.ca/ubcreports/about.html.
Opinions and advertising published in UBC Reports do not necessarily reflect official university policy. Material may be reprinted in whole or in part with appropriate credit to UBC Reports.
Letters (300 words or less) must be signed and include an address and phone number for verification.
Submit letters to:
The Editor, UBC Reports
UBC Public Affairs Office
(address above); by fax to 604.822.2684; or by e-mail to randy.schmidt@ubc.ca or call 604.UBC.NEWS (604.822.6397)
Printed on 30% post consumer paper.

PUBLICATION MAIL AGREEMENT NO. 40775044
RETURN UNDELIVERABLE CANADIAN ADDRESSES TO CIRCULATION DEPT.
310-6251 CECIL GREEN PARK ROAD, VANCOUVER, B.C. CANADA V6T 1Z1
EMAIL: public.affairs@ubc.ca

UBC Reports is printed by Teldon Print Media which is FSC (Forest Stewardship Council) Certified. FSC Certification is a code of practices developed by the environmental movement as if they were the various government agencies that regulate logging, pulp and paper making practices. These environmentally sound practices have been taken out to the industry, adopted where possible and consequently there is FSC Certified paper available today. Companies operating in all three aspects of the industry have a distinct advantage over those that don’t because FSC Certification is a “chain-of-custody” process that follows the virgin fibre from the forest to the finished paper product. The real value of FSC Certification lies in this ability to track the fibre from the source and audit all the industrial processes used from tree to paper and then finally to brand the finished printed product with the appropriate FSC logo.

What's love got to do with it?



PHOTO: ©iStockphoto/GlobalP

By Bud Mortenson

Tina Turner's 1984 chart-smashing song asked a good question: What's love got to do with it?

Sex, that is. Nancy Netting, Assoc. Prof. of Sociology at UBC Okanagan, has been asking that question on campuses for decades now. And she's finding some intriguing answers.

She led a 20-year study of sexual behaviour among students at the former Okanagan University College in Kelowna, B.C. That work revealed some positive trends in student sexual behaviour, but the most recent analysis goes even further – it's beginning to reveal the role love plays in a young person's decisions about sex and relationships.

"Most students now question potential partners about their past, use condoms with a new sexual partner, and maintain fairly long-term monogamous relationships," says Netting, who surveyed students at the former college campus in Kelowna – now UBC's Okanagan campus – in 1980, 1990 and 2000.

"Throughout these two decades, there was a steady increase in the commitment level of students' premarital sexual relationships," Netting says. "The proportion of committed relationships rose and casual sex declined. While males continued to have more casual sex than females, the trend toward more serious relationships was very clear for both sexes."

She emphasizes that the findings from her surveys in the Okanagan have proven very consistent with similar surveys of students across Canada and the United States.

The surveys identified three distinct sexual subcultures, which Netting says coexist in fairly stable proportions: celibacy (about 30 per cent), monogamy (about 60 per cent), and free experimentation (about 10 per cent).

"Each subculture has created

its own response to the danger of HIV/AIDS," she says. "Celibates exaggerate the danger they face, monogamists rely on love and fidelity for protection, and free experimenters have increased their use of condoms."

Netting and her research colleague, Matthew Burnett, now a PhD candidate at the University of Saskatchewan, hope to present their latest analysis at a national sociology conference in summer 2007.

"We're exploring the role of love in students' sexual decisions," says Netting. "We are still going through the 2000 data, and we really don't know if these are subcultures of belief as well as subcultures of behaviour."

"We found that the monogamous individuals believed in love and acted on that belief. And the other two groups – the celibates and the free experimenters – each had a core of people who really believed in what they were doing, but they were a minority. Most people were interested in a stable relationship with one partner. It may be that, in their hearts, most people in every group believe in love."

For celibates, opportunities for sex might not be present, or there may be strong beliefs that support abstaining from sex. Or they might be waiting for love. For free experimenters, it might be that love is rare while sex is easy to find.

"A number of guidelines float around in our culture," says Netting, citing phrases – themes – people use to justify their behaviour. For example: Love conquers all. When you find your true love, you'll know it. Love hurts. Be careful who you trust. Sex is a gift to give to a friend. Sex is just a game.

"There are many of these

themes out there and, depending on your life circumstances, you activate some of them at one time in your life, some at other times," she says. "They get us through the ups and downs of finding a partner and keeping that person close. Students connect the chapters and eventually settle down to their lives, finding patterns that make sense to them," says Netting.

She hopes to learn how individuals reconcile opposing themes – for example themes that support celibacy and free experimentation – as they move from one subculture to another, and she looks forward to advancing the research in 2010 to reveal even more about sexual subcultures.

"If we could put this idea of three subcultures – each with its unique themes and beliefs – into our education programs, it would make those programs more effective."

Netting notes that many in the monogamous subculture believe monogamy protects them from sexually transmitted diseases.

"Youth are relying on love to be safe," she says. "They think love will protect them from disease. But they must keep in mind that even if they're completely faithful now, they still might be infecting their partner unknowingly."

While romantic feelings lead many monogamous couples to abandon condoms without objective HIV/AIDS knowledge, free experimenters still face the highest risk, Netting says.

"Although they now use condoms more than half the time, their lifestyle – which involves multiple partners, risky sexual acts, and frequent drug or alcohol use – clearly remains dangerous," she says. **R**

SEXUAL SCRIPT *continued from page 1*

21st century. "This time, both the bonds between sex and childbearing and the bonds between sex and marriage are broken."

However, the second revolution is still being contested in the U.S. "There's a segment of the population that still believes sex should be both heterosexual and confined to marriage."

Lauster attributes this to what is often called a "puritan strain of thought" in the U.S., most visible among conservative, religious and Republican coalitions. Because



of their political clout, these voters can lobby for stricter anti-abortion laws or banning sex education in public schools.

Lauster's next step will be to conduct a comparative study between the U.S., Canada and Sweden. "A starting point would be to look at why the sexual revolution has been so successful in its first and second waves in Sweden."

He contends that a more open society brings benefits, such as lower rates of teen pregnancy and sexually transmitted diseases. "One reason why the U.S. has

more than double the rate of teen pregnancy of most other Western nations could be that sex is seen as something bad, so you don't prepare teens for it."

A 2001 study in *Family Planning Perspectives* journal reported that the teenage pregnancy rate in Sweden is 25 per 1,000 women (aged 15-19), in comparison to 46 in Canada and 84 in the U.S.

UBC School of Social Work and Family Studies invites you to visit its new research forum at: <http://weblogs.elearning.ubc.ca/familyresearchblog/> **R**

Conferences and Accommodation at The University of British Columbia



Inspired by the natural setting of the mountains and ocean, the renovated West Coast Suites will feature contemporary west coast design.



Warm wood and stone décor, stylish fully-equipped kitchen, flat panel TV, wireless Internet and luxury bedding, are just some of the qualities that set these suites apart.

AVAILABLE IN AUGUST 2007

Group Sales and Conference Services offices are open for inquiries. Please contact us at 604-822-1060 or via email: conferences@housing.ubc.ca

www.ubcconferences.com



PETER WALL INSTITUTE FOR ADVANCED STUDIES

Distinguished Scholar in Residence for 2008

**Application Deadline
May 11, 2007**

Each year four outstanding, tenure-track UBC faculty members with distinguished research records and commitment to interdisciplinarity are chosen as Peter Wall Distinguished UBC Scholars in Residence for the next calendar year.

For details, please visit our website at www.pwias.ubc.ca/programs/sir.php and for descriptions of past awardees www.pwias.ubc.ca/information/reports.php

Quality Canon™ printing. Excellent service.

Let us take care of all your copying needs.

copy RIGHT

Invoice UBC accounts directly ~ Volume discounts
Free pick-up and delivery service ~ Colour and b/w printing/copying
Spiral/cerlox binding

Lower level of the Student Union Building
copyright@ams.ubc.ca phone: 822-4388 fax: 822-6093

THE UNIVERSITY OF BRITISH COLUMBIA

2007 President's Service Award For Excellence Nominations

The committee is seeking nominations of outstanding staff and faculty who have made distinguished service to the university.

For a nomination form, please go to www.ceremonies.ubc.ca

Please mail nominations to:
President's Service Award For Excellence Committee
c/o Ceremonies Office, 2nd Floor, Ponderosa B, Campus Zone 2.

Deadline for nominations is Feb 28, 2007

2007 Western Canada's premier TECHNOLOGY event for RESEARCH & higher EDUCATION

MAKING SFU Harbour Centre, Vancouver, BC

CONNECTIONS APRIL 17 & 18, 2007

SHARING KNOWLEDGE FOR GREATER INNOVATION

Choose from over 30 sessions including:
Learning & Collaboration Technologies, New Media, Networking, Researcher Tools, Technology for Health, High Performance Computing and more....

Hosted by: **BC.NET**

Featured Keynotes:

Carl Wieman
Nobel Prize Laureate and United States Professor of the Year

David Wiley
Associate Professor and Director of the Center for Open and Sustainable Learning, Utah State University

Visit www.bc.net for conference details

Top Reasons to Attend:

- Learn about new and innovative technologies that are being used to enhance research and education.
- Connect with some of BC's most prominent researchers, academics, IT professionals, executives and government leaders.

Sponsors:



PHOTO: MARTIN DEE

Butting out for baby needs a gender-sensitive approach, say UBC smoking-cessation researchers.

By Hilary Thomson

With files from Mary Kelly

Smoking can be harmful to your baby. It's a familiar phrase but does it only apply to women?

Not so, says a group of UBC researchers exploring the thoughts and behaviours of new fathers who smoke, in the hopes of encouraging more men to butt out.

In the only such study in Canada, preliminary findings show that new dads have largely dodged the pressure to quit, but are running out of places to smoke. Many can be found in the last smoker-friendly frontier – their cars.

"Despite social pressure on women to quit, new fathers have been left relatively free to continue smoking," says John Oliffe, co-principal investigator and an assistant professor in UBC's School of Nursing. "We're interested in learning how men's reluctance to quit is tied in to a traditional masculine image of risk-taker and role of protector and provider. We've found that vehicles that take men to work, or are used directly in men's work, are key to those roles."

Along with co-principal investigator Joan Bottorff, the team has interviewed 25 new fathers ranging in age from 22-50, who have smoked various amounts daily. Most had tried to quit. All participants are from the Lower Mainland and represent many cultural backgrounds, including South Asian, Middle Eastern and Eastern European. The men are interviewed at the time of their baby's birth and within the next six months.

A unique aspect of the research, launched in September 2005, is that participants are encouraged to take pictures of where they smoke, as a springboard to discussion. When researchers reviewed the photos, which include apartment balconies and back yards, many revealed vehicles as the smoking venue of choice.

"Men are acutely aware of the social pressure to reduce second-hand smoke and for those not ready to quit, they are finding fewer and fewer places to smoke without stigma. We're finding that men are smoking in their cars – one of the last refuges where they can light up," says Bottorff, who is dean of

New dads retreat to their cars to keep smoking

the Faculty of Health and Social Development at UBC Okanagan.

Oliffe says the men see their vehicles, which may or may not be used to carry the infant, as private space that is neither inside nor outside. Some fathers said they don't want their kids to see them smoking and many stepped up their hygiene to make sure their face, hands and clothing didn't smell of smoke when they were in contact with their baby. Researchers have found the third trimester seems to be the time when fathers are most interested in quitting.

"I think we need a gender-sensitive approach to smoking-cessation interventions," he says. "I think the language needs to be different – maybe stronger language rather than the relationship-based approach used in anti-smoking campaigns aimed at mothers."

A double standard may also apply. One study participant said, "Well...you know, it's not good for the baby, right, I'd be pretty mad if she did [smoke] and I know it's pretty selfish of me to keep smoking while she was pregnant, but, ...when you're smoking a pack a day it's a pretty big adjustment just to, to drop it."

"Many of the men we interviewed had their own reasons to quit smoking – reasons not typical of smoking cessation programs," says Bottorff. "As men began to get more engaged in fathering, they became more uncomfortable with their smoking and adamant that they didn't want their children to smoke. I think we could build on this motivation to be a good father to help them quit smoking."

Vehicles have already been targeted for smoking restriction in South Australia, where proposed legislation seeks a ban on smoking in vehicles carrying passengers under the age of 16.

Approximately 20-30 per cent of pregnant women in Canada smoke, according to published research in the U.S. and Canada.

Although about half these women reduce or stop smoking during pregnancy, the majority relapse. The main risk factor for women's smoking relapse is having a partner who smokes, adds Bottorff.

A 2003 Ipsos-Reid survey of 2,900 British Columbians 15 years and older found no statistical difference between overall current smoking rates for males and females. The finding extended to all age groups with the exception of 40- to 54-year-olds where males are more likely than females to be current smokers.

The survey data also showed that overall, 15 per cent of residents live in a household that allows cigarettes to be smoked on an unrestricted basis inside the home. Another seven per cent of residents live in a household where smoking cigarettes are allowed on a restricted basis. The vast majority (78 per cent) of British Columbians, however, do not allow any smoking inside their home.

Approximately 45,000 Canadians die annually from tobacco use according to the B.C. Lung Association. Information from Health Canada's website indicates the costs to manage smoking-related illness tops \$15 billion annually.

The study is the second part of a project called FACET, Families Controlling and Eliminating Tobacco, that is funded by the Canadian Institutes of Health Research via the Institute for Gender and Health. Other members of the research team include: Lorraine Greaves; Joy Johnson; and Blake Poland.

Men (fathers and others) who have quit smoking and wish to participate in a future study that explores how some men continue to remain smoke-free may call 604.822.5061. **R**

Mary Kelly is research co-ordinator for the Nursing and Health Behaviour Research (NAHBR) and NEXUS research units at the School of Nursing.

Accommodation for UBC visitors



Point Grey Guest House

4103 W. 10th Ave. Vancouver, B.C. 604-222-4104
www.pointgreycastlehouse.com info@pointgreycastlehouse.com

www.mediagroup.ubc.ca

GRAPHIC DESIGN

VIDEO & MEDIA PRODUCTION

ILLUSTRATION

PHOTOGRAPHY

LARGE FORMAT COLOUR PRINTING

DIGITAL PRINTING

LAMINATION

AV EQUIPMENT & MEDIA SALES

AV SERVICES & MAINTENANCE

Your UBC printing resource

High-quality digital printing

Prices from as low as:
500 8.5" x 11" colour flyers for \$275
500 4" x 6" postcards for \$310

We print:

NEWSLETTERS	BOOKLETS
BROCHURES	THESIS PRINTING & BINDING
POSTCARDS	LARGE FORMAT PRINTING
RACK CARDS	POSTERS & BANNERS
BOOKMARKS	
BUSINESS CARDS	

We provide:

- quality printing
- experienced staff
- reliable, prompt service
- very competitive rates (new lower printing prices)
- conveniently located on campus

Situated on campus at:

The Media Group
Woodward IRC Building, Rm B32
2194 Health Sciences Mall
Vancouver, BC V6T 1Z3

Email: mediagrp@interchange.ubc.ca
T: (604) 822-5561
F: (604) 822-2004
www.mediagroup.ubc.ca



By Lorraine Chan

When an adolescent girl had to be hospitalized for headaches because of her relentless drive to get straight A+s in school, something was wrong.

That something may be perfectionism, says the Dept. of Psychology's Dayna Lee-Baggley, a post-doctoral researcher who's investigating the impact perfectionism has on physical health and well-being.

Fortunately, as the teenager's therapist, Lee-Baggley was able to help the patient change her pattern and avoid the debilitating pain.

"Once the girl recognized that her tendency to push herself was contributing to her headaches, she realized she had a choice and started to balance her expectations," says Lee-Baggley. "She hasn't been hospitalized since."

Funded by the Michael Smith Foundation for Health Research, Lee-Baggley is one of a handful of researchers looking at the links between the consuming need to be perfect and physical disorders such as headaches.

"There's considerable research on how perfectionism puts people at risk for a host of mental disorders including depression, anxiety and eating disorders," she says.

"But there hasn't been much research done on how perfectionism is a risk factor for physical well-being. I'm interested in understanding the physical health consequences for people living under the stress of



PHOTO: MARTIN DEE

Perfectionism can lead to headaches, a link that's explored in a UBC study.

It's a Pain to be Perfect

unrealistic standards."

Lee-Baggley works with UBC Psychology Prof. Paul Hewitt, one of the world's leading experts on perfectionism. Hewitt

developed a multidimensional scale that measures three facets of perfectionism: self-oriented (expecting perfection of oneself); other-oriented (expecting

perfection from others); and socially-prescribed (perceiving perfectionistic expectations from others). Those who score high in one or more of the measures may be at risk for mental and physical health disorders.

Lee-Baggley probes how perfectionism generates or magnifies the risk factors – such as stress – that cause a person to experience a common ailment like headaches. Currently, 10 to 35 per cent of Canadians suffer from headaches, ranging from tension headaches to severe migraines.

"Clearly, there's a need to look deeper into what's causing these physical symptoms, especially when you consider the significant emotional, social and economic costs of headache disorders," says Lee-Baggley.

In her most recent study, Lee-Baggley asked 340 participants to report on perfectionism traits and their experiences with headaches, which were rated according to frequency, severity and any resulting distress or disability.

Her data shows that those high in perfectionism – people who exhibit traits such as relentless striving and rigid expectations – are significantly more at risk for headaches.

"Perfectionists live under constant pressure, in a world where they can't make mistakes, they can't have failure," explains Lee-Baggley. "When they feel they have failed, they may be prone to experiencing headaches."

The physiological costs for a

person living under this kind of pressure may include more strain on the cardiovascular system and higher than normal levels of cortisol, a stress hormone.

"Our data suggests that those high in perfectionism may be experiencing more frequent and longer physiological reactions to stress. And over prolonged periods this could result in headaches and other health difficulties."

Lee-Baggley plans to conduct further research that looks at the role perfectionism plays in other health problems, such as cardiovascular disease. She says by understanding the link between personality traits and harmful levels of stress, there can be more effective treatment and prevention of mental and physical ailments.

As to why some people are prone to perfectionism, Lee-Baggley says current theories point to the person's predisposition along with factors such as family or school environment where a child may feel failure or mistakes aren't tolerated or acceptable.

And as for treatment, Lee-Baggley says she tries to help patients understand how their perfectionism expresses itself in everyday life, such as interpersonal conflict and self-criticism.

"If it's a student who is focused solely on grades, I try to get them to find other ways to feel good about themselves. That might mean recognizing the value of a variety of domains, such as relationships, in addition to school." **R**



How does UBC research touch lives & communities?

find out at:

www.research.ubc.ca/CRW

celebrate research week | 3-10march2007





Retire

Retiring on us takes the guesswork out of retirement. With over 300 retired faculty members as clients, no one knows UBC pensions better.

We are experts at helping you plan your individual strategy—integrating pensions and investments to ensure a safe and secure retirement. You've worked hard for your pension. Now it's time for your pension to work hard for you.

To learn more about how we take the guesswork out of pension planning, contact us for a free initial consultation.

On Us

Clay Gillespie, BBA, CIM, CFP
Vice President & Portfolio Manager
 cgillespie@rogersgroup.com

Jim Rogers, BA, MBA, CLU, CFP
Chairman
 jimrogers@rogersgroup.com

604.732.6551
 www.rogersgroup.com

 **ROGERS GROUP**
FINANCIAL

Ensuring Financial Peace of Mind

ROGERS GROUP FINANCIAL ADVISORS LTD
 ROGERS GROUP INVESTMENT ADVISORS LTD, MEMBER CIPF

Student beats odds to overcome heart failure

By Hilary Thomson

It's not likely Andrea Marrie will ever win the lottery. Why? Because she scored a lifetime of luck last year.

On March 26, 2006, the 22-year-old fourth-year UBC biology student collapsed and was taken to UBC Hospital. She was released after overnight observation for what was believed to be the flu. After spending a day vomiting, she went to Vancouver General Hospital (VGH) where her condition plummeted due to massive heart failure; she lost consciousness and was put on life support.

Doctors didn't know what was happening to this previously healthy and active young woman, but they told her frightened friends waiting at the hospital that she could die within 24 hours.

"I was in shock. I just kept thinking this isn't possible," says roommate Jill Kratzer. "We were allowed in to see her but it was really difficult because she was hooked up to all these machines with IV bags everywhere. My memory of those hours is all kind of a blur."

At about 6 a.m. on March 28, the friends and Andrea's aunt (her parents were in transit from Vancouver Island) were told she was getting worse. The hospital priest was called to give last rites and everyone said their goodbyes.

That was the bad luck. The

good luck kicked in when the cardiologist at VGH called in members of the St. Paul's Hospital heart team who recommended inserting a ventricular assist device (VAD). The device, available in B.C. only at St. Paul's, is used to keep critically ill heart patients alive until a transplant can be performed. The procedure involves inserting a fist-sized pump into the abdomen, where it takes over the natural pumping action of the heart.

Dr. Anson Cheung is Surgical Director of the Cardiac Transplant and Mechanical Circulatory Assist program of B.C. at St. Paul's and UBC Clinical Assistant Professor of Surgery. He inserted VADs in both left and right ventricles, or heart chambers, allowing Marrie's heart to rest while the pumps did the work.

Marrie was in hospital for about five weeks to recover from her initial heart trauma – caused by either a virus or an unusual heart rhythm – and her surgeries.

"Andrea's first weeks at St. Paul's Healthy Heart program were very slow – she'd had three major cardiac surgeries and had lost a substantial amount of physical condition," says Annemarie Kaan, Clinical Nurse Specialist for Heart Failure and Heart Transplant. "There were days when she felt she would be weak for the rest of her life, but

there was always someone there to boost her spirits and help her maximize her fitness level."

Marrie tried to live as normal a life as possible with the VADs, even going to the beach pulling the VAD system's 10 kg. air compressor behind her.

In mid-July, the second big piece of luck came her way.

She was shocked when Cheung – who in 2001 initiated the VAD program at St. Paul's – told her that her heart had recovered to the point where the VADs could be removed. Marrie is believed to be the only person in Canada and one of very few people in the world to recover heart function after needing two simultaneous VADs to keep her heart pumping. Fewer than five per cent of all single VAD patients can have the device removed without need for transplant.

The devices were removed in July and Marrie took physio at St. Paul's until the end of November and completed a couple of UBC courses. Now living in her hometown of Campbell River, she works at a ski resort two days a week, and can walk/jog, ski, and play some volleyball.

"It's definitely changed me. I'm very optimistic now about everything," says Marrie. "I have a huge appreciation for health care and I actually love visiting staff and patients at St. Paul's



PHOTO: courtesy Andrea Marrie

Andrea Marrie is the only person in Canada to recover heart function after needing two heart pumps, implanted and removed by UBC surgeon Dr. Anson Cheung.

because I had such an amazing experience there."

Her older brother showed his appreciation by naming his first baby, born in October, Anson, after the surgeon who helped save his sister's life.

Marrie is applying to UBC's School of Rehabilitation Sciences to pursue a graduate degree in Occupational Therapy.

Almost 70,000 British Columbians are affected by heart failure, according to B.C.

Ministry of Health. In 2006, there were 16 heart transplants in B.C. and nine patients waiting for transplant at year-end.

St. Paul's Hospital is a UBC clinical academic campus and part of Providence Health Care. It provides care in partnership with Vancouver Coastal Health and offers specialty services in coordination with the Provincial Health Services Authority. The Heart Centre at St. Paul's is the provincial heart centre. **R**

THE ROBERT LEDINGHAM COLLECTION

"Good design must express function and comfort and project individual style. Restraint and a sense of proportion go furthest in creating a look of timeless elegance."

These are the words that describe both a philosophy and a simple set of rules by which Robert Ledingham guides his work. We are extremely pleased to announce that he has brought this discipline to an exclusive collection of 10 executive homes at Stirling House.

The Robert Ledingham Collection.

3 bedroom, 1,983 square foot homes from \$1.15 million

Visit www.stirlinghouseliving.ca or call **604 228 8100**

1716 Theology Mall, (at Chancellor Blvd) Vancouver

Open noon - 5pm daily except Fridays



NOW SELLING

INTRACORP
BUILDING THE EXTRAORDINARY

UNIVERSITY TOWN



ISSUE NO.9 FEBRUARY 2007

times

- UNIVERSITY BOULEVARD
- HAWTHORN PLACE
- HAMPTON PLACE
- WESBROOK PLACE
- EAST CAMPUS
- CHANCELLOR PLACE
- NORTH CAMPUS

Did you know?

Land lease revenues from the development of University Town, excluding Hampton Place, have generated approximately \$82 million for the TREK endowments.

SERVING UBC'S EMERGING COMMUNITY

Mother, Teacher, Scientist

Celeste Leander's personal web site proclaims that, "life is great", and this is certainly reflected in her enthusiasm and lifestyle at UBC. Celeste spends her days teaching first year Biology, mentoring young female students on campus, and many hours investigating her favourite research subject, *Labyrinthula* – the microscopic creatures that act as the maids of the world's oceans.

She and her husband Brian, and their two girls, Avory and Emmy, reside in Logan Lane – a 61-unit townhouse they co-developed in Hawthorn Place Neighbourhood. Celeste says she was drawn to live at UBC because she feels like she's "in the city, yet out of it." She loves that she can walk to work, take her kids to daycare, and stay at the lab until 1 am. Scientists work weird hours, she admits, so going to work in the middle of the night is not unusual.

On the weekends the family uses the UBC pool, or heads to Spanish Banks for some beach time. After dark, Celeste and Brian use their season tickets for the Chan Centre for the Performing Arts to take in a show or a student production at the Freddy Wood Theatre. "Proximity to UBC's cultural amenities is one of the big advantages to living at UBC", she said. "Another advantage, is that the community is a quiet and safe place for my kids to grow up."

Celeste looks forward to the arrival of UBC's new grocery store and the opening of the new Old Barn Community Centre this Spring.

U. Town Social Planning Process Begins

University Town is one step closer to the vision of its founders who imagined "a university city in an idyllic setting". With six Neighbourhood Plans approved and construction underway in most of the neighbourhoods, Campus and Community Plan-



UBC biology professor, Celeste Leander.

ning is now turning their attention to the development of a community Social Plan.

Campus Planning will collaborate with campus stakeholders to develop a Social Plan that will refresh the vision and values of University Town from a social and community perspective. The Social Plan will identify how to build a strong sense of community across all groups that constitute University Town, and will address community needs for the next five years. By developing common social goals for University Town, the community will be one step closer to the founders' original vision, and campus stakeholders will better understand how they fit into the "U Town picture". The Social Plan process will launch in early 2007 – stay tuned!

Speakers Corner + YouTube = SoundOff

University Town and the

Office of the Vice-President of Students have joined forces to launch UBC's first "SoundOff" interactive video booth in the Student Union Building. Using a simple touch-screen interface, visitors can relay their experience at UBC in short 60-second video clips and have them broadcast on the web. This free service provides an easy way for community members to voice their opinions on any UBC-related issue. Personal commentaries, jokes, songs, and poems, in any language are welcome. Video clips can be viewed on the SoundOff website. Like YouTube, visitors can post comments about each video clip.

To get your voice heard, visit the SoundOff video booth on the main concourse of the Student Union Building, across from the SUB Art Gallery. To view the latest video clips visit www.soundoff.ubc.ca.



Vancouver Campus Plan Moves to Next Phase

The Vancouver Campus Plan (What's the Plan?) consultation kicks off phase three of its six-phase process with a dynamic speaker series focusing on place making, sustainability and the future of teaching, learning and research. Phase three will also include continued technical studies assessing UBC's public spaces and facilities.

A report of last fall's consultation activity is now available on-line and includes a summary of participant feedback from the Six Big Questions, blogs, issues & ideas workshops, on-line feedback forms, as well as emeritus contributions and other submissions. The report points out key actionable ideas and



UBC Library Fountain, 1953.

themes that came out of the consultation, which will help inform subsequent phases of the process.

Among the recommendations highlighted, participants proposed creating more meeting and multi-use spaces for teaching, learning and research. More outdoor seating areas, improved pedestrian walkways, and continued preservation of campus green space, were also emphasized, as was the need for better services and amenities for public transit and bike commuters.

For more information or to download the full phase two summary report visit www.campusplan.ubc.ca.