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PLUS

Dragonball 2

- Aboriginal Outreach Late Night Bites Post Secret TEDxBCIT

EVGEN

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Sometimes you just gotta go pho it. (p.7)







TELEVISION Society needs Supergirl. by Joseph Huang.



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(photo by @demin.ca)





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EDITOR'S LETTER The time is Nowruz.

March 20th —the spring equinox, the day we officially say goodbye to winter. And though the weather doesn't always seem to coordinate with the calendar, the equinox is a guarantee that at least we're on our way to sunnier skies and longer days.

The arrival of spring also aligns with Nowruz, the Persian New Year. This makes a lot of logical, beautiful sense to me. Spring is when life begins again in nature: when cherry blossoms bloom to snow delicate petals on bright young grass, when bears awake from their long, deep slumber, and when mountain ice begins to melt, drop by drop, trickling into streams that become mightier rivers. With this natural renewal of life, it just makes sense to coincide it with the new year. It's more intuitive than the Gregorian standard of January first, when everything is still dead and frozen, and Nowruz pre-dates it by a thousand years too. In Farsi, Nowruz means 'new day,' imbuing so much hope in the potential of beginnings. And maybe that's the idea we need the most right now.

We're only a couple of months away from the end of the school year, and most of us are in zombie mode, just slugging away each day until classes end for the term. But if we seize this notion of renewal, maybe it can give us the motivation to wake up and really make the most of our last months here. After all, we're studying at BCIT to give ourselves the chance at a new beginning: in electrical engineering, human resources, aviation...

But we will have the best shot at this beginning if we put in the effort, right until the very last day.

And the day after that?

Well, it'll be a new day.

Norooz Mobarak to all those celebrating, and happy spring to the rest of you.

— Laina Tanahara Opinion Editor

FACES TO NAMES



Joseph Huang Computer Systems Technology (PTS) Joseph is currently in his third year of part-time studies at BCIT, working towards the Computer Systems Technology Diploma.

For the past two years, he's been running his own tutoring business and spending long nights in front of his computer doing homework. When he's not working or painting the house, he enjoys studying in the library, drinking coffee at Starbucks or taking long walks in the park with a friend.

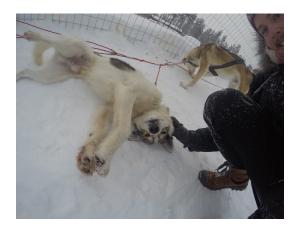


Jaylene Matthews Broadcast and Online Journalism Jaylene graduated from Mission Secondary in 2012, and started a politics degree at SFU shortly afterwards. Not for her–she abandoned it for a life in the Albertan service industry. Then oil crashed, and Jaylene realized she had to pursue a real career... again. So she came to BCIT. (Because "BCIT Works," right?)

Her proudest accomplishments have been graduating as Valedictorian, and receiving her solo skydiving license. *[ed. not at the same time]*

f D E

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Not FIN-ished

James Flory is (you guessed it) still in Finland and he's (you guessed it) still up to all kinds of awesome. Lately he's been exploring the differences in the movie-going experience, buying out a whole row of seats at a KHL game, and heading to Lapland on a dogsled. Check out his vlogs, blogs and dogs on our site, with a new post every week.

Master Your Inbox

Want to learn the art of the 'G'? **Amy Tom** has got some great tricks and secrets for maximizing your new favourite email address. Learn how to: track email opens, add an e-signature, and bounce back an autoreply. You know, so you don't have to hurt your grandparents' feelings when you don't reply to their dog pic emails.



Whitecaps Recaps

Eduardo Gonzalez goes inside BC Place for the first game of the year and reports back on fireworks, fans and familair foes. Be sure to follow along online with more 'caps coverage throughout the year.





@RadhikaSikhakh

And the rain comes back. At least it was a sunny spring break. Back to #bcit for 3 more weeks of classes. Where does the time go? #jschool

@czerwinskier

If I don't survive this research paper, I hope I come back in another life as a puppy #BCIT

@Kailabertoia

When you get 100% in your class! That's when you know you chose the right program to transfer to! #BCIT #dataanalyst

HELPING HANDS

This past month, *LINK* caught up with members of BCIT's Aboriginal Cultural Club (ACC) at Vancouver's Living Room Drop-In Center, where they prepared meals for about 130 people living in the DTES. "It's a very tight-knit community in that part of town, despite many of the hardships," said ACC Vice President Jordan Waunch. "Overall, the recipients of the meals were very appreciative and it feels good knowing it's possible to help brighten someone's day in some small way."

The main goal of the ACC is to connect BCIT students with each other, create employment opportunities, provide community outreach, and promote cultural awareness. It's also a great way for Aboriginal students to become role models, and help guide the younger generation to follow a positive path, and show that it is possible to overcome barriers and follow educational goals while at the same time staying connected with the Aboriginal community.

The ACC is always looking for new members and would love to meet new people interested in the club. For those who have questions or would like to get involved please contact the club at: *aboriginalculturalclub@gmail.com*.

photos by Steph Brosky











EVENTS



BCIT

x = independently organized TED event







On Saturday March 12, the BCIT Student Association filled the Imperial Theatre in Vancouver's DTES with inspired minds for a full day of talks and videos on the theme of "Think Again." Head over to linkbcit.ca for a gallery of photos taken by *LINK*'s own Steph Brosky and be sure to stay tuned to www.bcitsa.ca for videos of the individual talks.

y 🖸 #tedxbcit

You exit a dark den of sweat, overpriced shitty beer and overrated pretty people, and emerge into the street. At this point you're about to propose to a streetlamp, run into oncoming traffic, or pass out on a bus bench – perhaps all of the above. It's only now that you remember how hungry you are. Here are just a couple of my favourite food spots to satisfy that afterhours craving.

Pho Extreme Xe Lua West Broadway & Cambie (24/7)

Located across the street from the 99 B-Line stop on Cambie, this pho place is going to "omg, like, save your life" when that salt crave kicks in. Spring rolls and Pho Ga—hell yeah!

Bubble World Kingsway & Wilson

(Mon-Thur, Sun open till 2am; Fri-Sat. 3am)

Make sure you get their salt & pepper chicken to satisfy your sweet & salty craving. Pair it with something fruity, like a lychee slush with coconut jellies, because that's totally a healthy option, right?

Lucy's Eastside Diner Main & 11th (24/7)

50s diner-style where you can get a peanut butter milkshake whenever you want. They have a *Man vs. Food* challenge there—finish a burger, mac n' cheese, and a shake on time, and get your picture on the wall. Sober up though, you've got to be "thinking straight" when you take on this challenge (Pepto not included).

Fire Pizza Commercial & 4th Ave

(Mon-Thur, Sun open till 3am; Fri-Sat. 4am) Really. Really. Really good, cheap pizza.

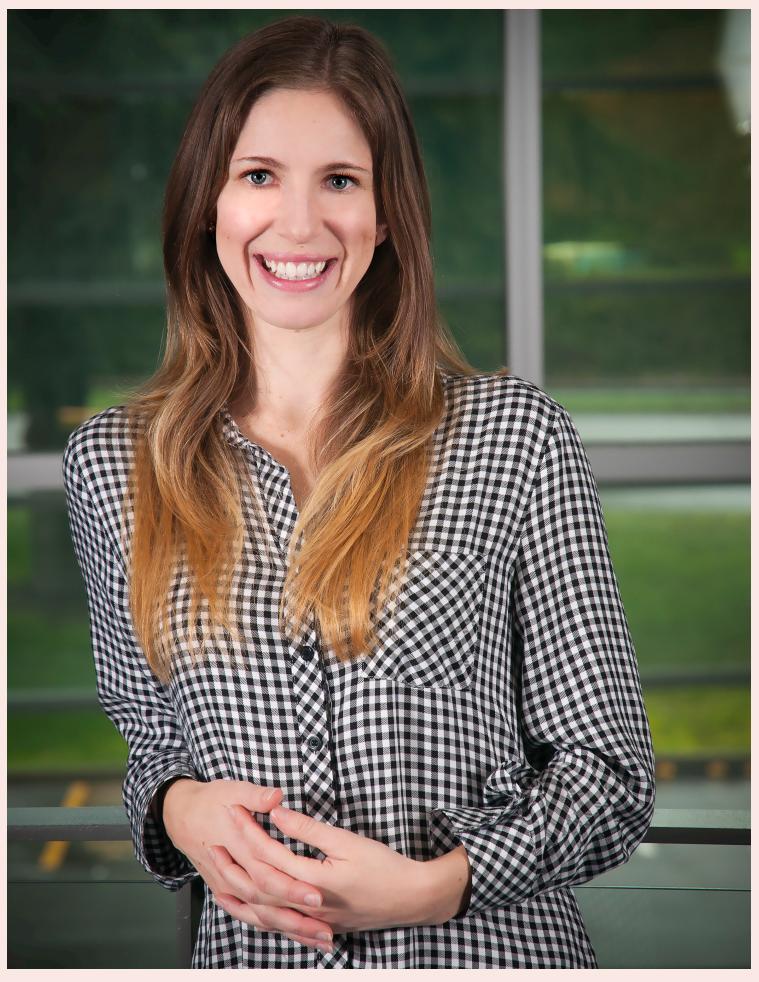
Really. Really Bood, cheap pizza. They've got awesome flavours from Seafood to Stir Fry Veggie. Get the Sweet and Spicy Beef. Thank me later.

Viet Sub Richards & Robson (Mon-Sun open till 9:00pm)

Okay, so this little Vietnamese sandwich shack isn't open toooo late, but it can still make for a good refill somewhere between the bar and the club. Get the BBQ Sub (Chicken, Beef, Pork, Veggie)

McDonalds Omnipresent (most are 24/7)

Whether you're vegetarian, pescatarian, vegan, or Kitsialoian, there's going to be something here for you to eat. You may not like it, but I mean, are you really making smart choices on Friday night anyway? And what isn't "bad" for you these days anyways? You just drank poison in order to intoxicate your body for fun, so get over it.



COMPETITIVE EDGE

If there's one word BCIT students can relate to, it's perseverance. Midnight due dates, 12-hour school days, and a flurry of personal distractions. **Danielle Walkow** is no, different going through much of the same to make it this far at BCIT. But Danielle's not just making it, she's killing it. In her final year of Marketing / Entrepreneurship at BCIT, Danielle has placed in the top 25 at the Great Canadian Sales Competition. She's survived round one and two, and now she's being flown out to Toronto to compete in the final round of the competition. But like most successful people, Danielle has that special something that pushes her towards excellence.

interview calvin a jay portraits steph brosky

15,000 students across 70 universities applied for the Great Canadian Sales Competition. How did you place in the top 25?

Well I made my first video in November – there's two rounds to get to this final round – and that was really easy because we could pick whatever topic we wanted. So I did mine on why it's important to write down your goals. BCIT is also really supportive in getting everyone to apply for the competition, so as part of our sales class they taught us what to put in the video. My teacher looked at it before I submitted and he gave me feedback. Same thing for the second round. My sponsor was Post Media and I got a lot of help from my program head, Rick. That one was different, because we only had a minute and thirty seconds to pitch everything you know about this company.

How did you prepare for that?

I over-prepare for everything. I actually wrote down everything I wanted to say. I didn't quite memorize it, but I practiced it over and over again. Especially knowing I only had one chance to do it—there was a lot of pressure.

What was your main goal when you started your BCIT journey? What is it now? How have you grown as a business woman?

So I'm doing the Marketing program, and my option is Entrepreneurship. I originally chose that because I thought I was going to open up my own yoga studio. Once I started school, I realized I really enjoyed yoga and that I probably wanted to do something separately career/business-wise, and keep yoga as something I enjoy to do on my own time. I did a sales competition last January in first year, placed third in that, and got a job out of it. So I worked there last summer doing door-to-door sales, and found that I really like sales. My earnings were in direct proportion to how hard I worked. I realized that sales was something I wanted to go into.

With an entrepreneurial focus?

Yeah, like "start-ups." I have an internship here in my last semester and it's a sales position in a start-up company. I think owning my own company one day would definitely be the goal, but I want to work for some start-ups and corporations in the meantime; make sure I know what I'm doing before I start up my own company.

So you're really confident being on your own?

I'm very self-motivated. I prefer the autonomy of doing things on my own and just setting my own goals, and then achieving them.

You sustained an injury while professionally dancing overseas which brought you back to Canada, how did you persevere through that? It must have been devastating.

It definitely was. I graduated from high school and chose not to go to university right away, and just wanted to dance ballet professionally; that had been my goal since I was real young. I was lucky enough that I got a scholarship to go to a performing arts school in England. So I did that for a couple years, then I danced in a few different companies. About four years after living in London, I injured my Achilles tendon. I had to decide if I wanted to stay in the UK and get surgery and recuperate, or come back to Vancouver. It coincided with my visa running out in the UK as well, so I ended up having to come back. That brought me back to Vancouver, which ended up being a good thing. I had to decide whether I wanted to keep dancing or if I wanted to reevaluate and do something else, and that's when I decided BCIT would be the right way to go.

What was racing through your mind and how did you settle yourself down and look at your options?

It was super tough to work through; hands-down one of the most difficult things I could ever possibly do. But it motived me to do better in other ways. It wasn't sort of a quick flip switch. It happened over a couple years when I got back. There were about two years in between there where I worked in restaurants and did my yoga teacher training, but I didn't have a clear direction as to where to go. It was really through working in restaurants and meeting other people in BCIT programs, seeing how fulfilled they were and how they were getting all these cool opportunities, that I realized I wanted to be like that too.

In terms of leadership and working on your own, how has your experience teaching yoga had an impact on your team-leading skills in business?

What I liked most about teaching yoga was that I got to help people. I taught a lot of beginners and people who had been injured, so I was really able to empathize with people who are injured and relate with people trying to get over that. I think presentation-wise, it's helped the most;

I taught yoga classes for Lululemon outside and there were like 50 people in a park and I'd have a headphone on. You have to be really confident to be able to stand up in front of everyone, give clear direction, and motivate people to have a good class.

Tell me a bit about your experience with 'Grizzly Den' and your whole Homeship idea.

That was in firs- year... it was kind of like *Dragon's Den*; there were judges and we had to start our own "company," "social enterprise," or at least the idea for it. My partner and I had to pitch in front of our lecture, and you were either passed or not passed to go ahead to the Grizzly's Den. Homeship was a really neat idea, it had to do with the downtown eastside street market that they have, where low-income people can sell artwork or products or clothing. We wanted to basically help market that in a better way and make it a more sustainable marketplace for people to go in Vancouver.

So how'd you do in the Grizzly Den, did you get mauled?

[laughs] I think we placed fifth. We were voted Best Social Enterprise which was really cool, because we really wanted to have a social impact in the community.

Everyone always says social media is so important these days, what's your take?

I think it's super important. It's something I couple probably do more of; I don't post on Facebook a whole bunch, I mostly use LinkedIn for job searches and stuff for this year. But the internet marketing class I'm taking right now is really broadening my horizons on social media. Having a good online presence, and being able to engage with your community is super important. The company I'm representing [at the Great Canadian Sales Competition], Post Media...they amplify a brand's social presence online.

What's the number one social outlet right now?

For me, it's Pinterest. Pinterest is my happy place.

Is that platform growing as a way to promote things?

Yeah, for retail absolutely. It's basically online scrap boarding... you basically create boards of different things that interest you so it's very visual and very colourful. It'll be cool to see where Pinterest goes in the future.

In the business world, is it easy to get lost in the definition of 'entrepreneur' as trying to do things yourself, or are teams just as important in business?

I think teams are one hundred per cent important. I know I'm very goal-orientated to do things on my own, but with this competition and group work at BCIT, there's no way I ever would have gotten anywhere near as far as I've gotten without having people on my side, to talk with, and to answer questions. I think it's a good combination of being very driven on your own, and having a great team around to support you. BCIT is so team orientated, it's great.

Being Crammed Into Teams.

[laughs] Yeah, exactly.

You mention in a blog post that you changed your mind about your career path 10 times in a lecture. What advice would you give to a first-year sitting through their first lecture thinking the same thing, or perhaps someone just considering business in general? I never would have guessed I'd end up in sales; that was never something I would have discovered until I actually went and did it. So I guess I would say to first-years: even though you can hear all about different things, until you actually try things, you won't know if you like them or not. So try as many things as you possibly can.

Through difficult times, what's been one phrase or notion that's kept flashing through your head?

Every time you start procrastinating or don't feel motivated, ask yourself: is this worth five hundred dollars? Is me being lazy and watching an hour of TV worth five hundred dollars of my time? One hundred per cent of the time the answer is: 'nope, not worth it. So I need to get my butt in gear.'

Sorry Netflix.

Exactly! [laughs]

Time is money?

Yeah, I guess so. Just find what motivates you. Remind yourself of that.

So what separates you from everyone else? What is something you could bring to a company that's different?

I think commitment and follow-through. When I take something on, I take full ownership over that and I dedicate everything and all my time to make sure I do a really good job on it. I never go halfway with anything.



On May 20th, I will graduate from BCIT. I will have a diploma in journalism, which will accompany my Bachelor of Arts from UBC. And for the first time in my life, I will no longer be a student. As I simultaneously approach graduation and my 25th birthday, these two milestones are converging to form one big watershed moment: my quarter-life crisis.

My Quarter-Life Crisis

by laina tanahara

have no clue what May 21st is going to look like. When I wake up that day, will I have a job to get ready for? What is this job? Will I like the job? Will it have regular hours? Is it a contract? Will I have benefits? Will I have coworkers who I like enough to go out for drinks with after? Do I currently have any idea what this job is? Will I stop with the rhetorical questions?

I am fraught and paralyzed with anxiety. I don't have any answers to all my own questions because I don't know what I want to do. I've spent seven years in post-secondary, in two different institutions, and I still have no clue.

This is supposed to be my year of paradigmatic change. But what my life is supposed to change into remains a giant question mark. *If I'm not a student, what am I? If I don't know what I'm doing, who am I? If...* right, no more rhetorical questions.

As a starting point, I'm going to use the old adage, "you are what you eat," to try to figure myself out. I'm going to replace "eat" with consume. So as a consumer, I spend a good portion of my income on food and drinks. This doesn't mean that my identity lies in the restaurants that I eat at. It means that I spend a lot of my income socializing. And it's true—I love my friends and I am a collage of their fragmentary reflections. I am not twins with all of my friends, but there is something innate that we jointly share and identify in each other. This is why we are friends.

My biggest consumer purchases are in travel. I spend money on plane tickets and hotels, Airbnbs and hostels. I have contracted a severe case of wanderlust, an affliction that disproportionately affects millenials. But each new bustling city or small town I visit has a story that has left an indelible, invisible mark. The evidence though, lies in my memories and photos.

On the flip side, my own consumers are my piano students. I teach children how to read and play music, to not just play notes, but string them together to create melodies and songs. I am 21 years of piano lessons: from my own first lesson learning the difference between my right and left hand, to the one I taught yesterday, where one of my students needed constant reminders to count out loud while playing (okay, all of my students need this reminder).

Going beyond my credit card statement, I am my parents' daughter; a combination of half their genes and all their parenting. Because of them, I automatically inherited the Japanese hyphenate label, like a child who has both their parents' last names. But some parts of me aren't automatic, they are what my parents worked to instill in me: the ability to speak Japanese (albeit, my lack of proficiency is almost embarrassing), the rituals of lighted incense and prayer dictated by the lunar calendar and ancestors, and knowing how to play the sanshin, which is like an Okinawan banjo.

I am also a feminist and an optimist. The latter is necessary to support the former. I think those who believe in social justice must be optimists because they look at the world and want to make it a better place. And to make it a better place, you must believe that people have the capacity to be and do better than they are right now.

But I'm not just my "good" qualities. I am my mental health problems that can be so overwhelming that it feels like there are concrete butterflies in my chest that are weighing me down in the middle of the ocean. I am my constant battle trying to reconcile my intellectual view on body image with the visceral reaction after looking at myself in the mirror.

I am my ex-boyfriends; my siblings; the words of Sylvia Plath and Oscar Wilde; the melodies of Mendelssohn and Mozart; my semester abroad; the years of retail customer service; the parties I went to; the horrible hangovers endured; the words I thoughtfully wrote; the careless words that hurt others; the one-night stands; my broken ankle; my beloved dead dog.

I am the sum total of all of this and more. Even though I haven't figured out how I'm going to spend 40 hours of my week, it doesn't mean I am without an identity. When I wake up on May 21st, I won't be a student anymore. But, I'll still be me: Laina Tanahara. And that's saying a lot.

POV

PHOTO FEATURE

Evgeny Demin / @demin.ca

You are Generation "S" for Selfie - yes, you! Millenials make up a large part of this new generation that's strongly influenced by social media and the budding ego of "the selfie taker." I mean, you're not all to blame for duck faces and dirty mirror selfies, Instagram and smartphones have contributed to this inverted frenzy of social hierarchy and altered, filter-fueled online reality. But Instagram and smartphones can be used for good. Art can still exist on the internet (I swear), and BCIT General Power Engineering student, Evgeny Demin is an example. He's got thousands of followers on Instagram, posts for Tourism Vancouver, and is considered one of the top 'grammers in Vancouver.Originally from Siberia, Evgeny is now taking the Vancouver Instagram world by storm, one hashtag at a time.

"you shouldn't be seeking attention just for the sake of attention."

interview calvin a jay

Do you think the photography industry is moving back to its original roots in terms of practice and procedure, or are we moving toward the "instant" generation of Instagram/smartphone photography?

Both ways. It depends on the type of photos you're posting and the type of account you have. If you're a celebrity you can afford to take any shot with your cell phone and post it, and you will gain attention regardless. If you don't have such a position, you have to invest your time into thinking about photgraphy settings, and editing, so it's not as instant like you said.

You have 60,000 followers and counting on Instagram. What's your secret? How did people start following you? Did it happen overnight or over a long period of time?

I started my account just a bit over two years ago. The key is just to be consistent. Try to post daily some kind of photo just to keep it consistent so you get people who like it and start following you... You have to like back, you have to follow other people, you have to reply to comments, comment on their pictures – it's a lot of work.

Is it almost like another job?

Yeah, kind of. But if you like photography, you don't consider it a job.

Instagram has opened up the art of photography to everyone — if anyone has a smartphone they can be a photographer and get some decent attention on social media. Do you believe this has damaged the art of photography, or has it enhanced it?

I believe it's enhanced it. Usually quantity has the tendency to grow into quality. The more people involved, the more interactions they have, [the more] people learn from each other.

Is Instagram turning artists in opportunists?

I think it's a combination of both. First of all, it depends on personality, but I think it's a mixture. It's nice to feel inspiration, to create something new. But at the same time, every artist needs some kind of attention, I believe. But it should be balanced. You shouldn't be seeking attention just for the sake of attention.

Do you ever feel pressured to put out good content, and have there been any negative comments made toward your posts?

No. I've never experienced any negative comments... I have so many photos to post, I don't want to overwhelm my followers just by posting ten pictures a day. I usually pick one, post one per day, and keep it consistent.

Are you for Instagram filters or against? Would you rather natural lighting, or put some extra creative stimulation into the photograph?

I'd like to put in some stimulation. I feel like it gives you more tools for your creativity... You [can] show people how you see the image and sometimes it's different from reality.













ENVIRONMENT

We usually take it for granted that fruits and vegetables are safe, healthy foods to eat, but they might not be as safe as we think they are. Genetically Modified Organisms (GMOs) are food products that have been genetically engineered to grow faster, be more resistant to disease, and reach larger sizes. They have the potential to solve world hunger but also damage human health and the environment. Genetically engineering food in laboratories is still a fairly new scientific concept, meaning that GMOs might not have been around long enough for scientists to really know what their repercussions are going to be. Consumers have a right to make informed choices about what they put in their body. Right now, GMOs are generally believed to be safe, but there may be some points of concern.

Genetically Modified

by alex lamb

Constraining and the call and an experimental of the property of the

SUPERPESTS AND SUPERVIRUSES

Because GMO crops are engineered to be more resistant to diseases and pests, some scientists fear that strains of superpests and superviruses will emerge over the next few years. Superpests and superviruses are variations of common pests and viruses which have evolved to become resistant to the defences implanted in GMOs.

Superpests and superviruses pose a threat to both GMO and organic crops because they are stronger and more dangerous than regular pests, meaning they will require more powerful herbicides to be exterminated. This could add more toxic chemicals into our atmosphere, which in turn will harm our food, our environment, and living organisms.

They also have the potential to wipe out an entire species, which could have drastic effects on the economy or an ecosystem. They could affect farmers and agricultural businesses because a commodity would no longer be available on the market. They might take out a plant that living creatures rely on for food or shelter, which could cause a chain reaction of other species going extinct or being forced to evolve and adapt to new environments.

For example, the cotton bollworm has been predicted by some scientists to evolve into a superpest in years to come. Cotton bollworms devastate crops of soybeans, cotton and corn, which are three of the most important crops in North America.

CHEMICAL FERTILIZERS

GMO plants require more chemical fertilizers made from fossil fuels such as nitrogen, phosphorus and potassium to be grown, which are harmful to the environment and damage other non-GMO species in the ecosystem.

1 A BAS

Alt Matter

ELIMINATION OF BIODIVERSITY

Farmers often choose to grow a single GMO crop over the variety of different kinds of crops they grew in the past. For instance, when a farmer once would have grown many different varieties of tomatoes, the average farmer only grows one strain of genetically modified tomatoes now because they are easier to produce. Because fewer people are choosing to grow a variety of crops, many heirloom species are at risk of going extinct. This could have bad repercussions on different ecosystems that are reliant on those species.

ENDANGERING SPECIES

GMO plants might be inherently toxic to many living creatures, and are also treated heavily with chemical pesticides and fertilizers. This puts many important living organisms, like bees and butterflies, at risk.



This Time the Rebellion is Coming from the Right, Not the Left.

by jakob schmidt

I'm going to tell you why I think The Donald is winning. Trump makes a fine barometer. He shows us just how toothless the Progressive Left and the media have become. When you ask Trump supporters why they love him, they'll tell you: he's independent, he's successful, he's bold, he says what needs to be said, etc... I could argue the facts and show you why he isn't what he says he is, but that wouldn't matter.

After years of gridlock in Congress, unpunished banks, money-injected politics, hysterical journalism, rubber-faced career politicians, unrest in the Middle East, plane crash approval ratings, broken promises and spinning tires, people are finally finished with all the bullshit – and I mean globally.

Europe has seen the most startling rise in far Right Nationalist support since the Nazis. In Poland, the Law and Justice Party swept up a tidy 37% of the popular vote in 2015. That's up 78% since 2011. This is a party whose leader has said openly: "The affirmation of homosexuality will lead to the downfall of civilization. We can't agree to it."

According to the *Financial Times*, "the percentage of voters across Europe who trust the EU has been halved—from 60 percent to 30 percent." For the first time in nearly 25 years, France, a nation whose Democratic ideas informed the Founding Fathers, is voting in members of the National Front–an openly racist, isolationist Far Right party. They managed to finish in 2015 with 27% of the regional council elections, which makes up some 356 seats.

When people say they are shocked at how well Trump is doing in the United States I shake my head. It couldn't be more painfully obvious. The worldwide trend in 2016 is rebellion and revolution—and that's not rhetoric. This is the real deal folks. It's pretty obvious this time the rebellion is coming from the Right, not the Left.

Trump is the antidote to a society based around shaming and censorship, both products shipped along the road of good intention by the Progressive Left. There's a reason people have redefined the Left as the 'Regressive Left.' Trump is the antidote to Leftist voices that apologize for Extremist Islam even to the point of utter insanity. Trump strides through a field of politically correct landmines, not caring if he steps on something eruptive. Trump doesn't care about people moaning to him on Twitter about how gender pronouns should or should not be used.

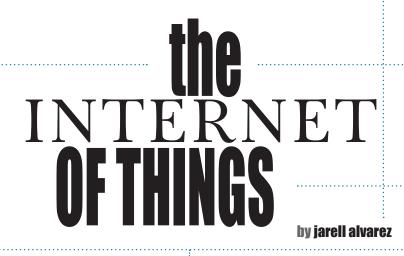
Trump laughs at the hippie vets searching for some kind of war 40 years after all the major battles have been fought. Trump winks at the feminists and blinks at the protestors. Trump is everything the Regressive Left is not. Trump is abrasive, rude, tough, and thoroughly of his time.

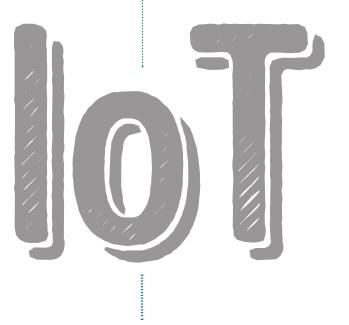
He's charismatic, but he's corrupt, and that should be easy to point out. But why can't

we do it? How come Trump's approval ratings rise when he creates a media circus? He's Teflon, he's plastic; nothing sticks. Again it shouldn't be too hard to figure out. People don't trust the media anymore. They don't see a journalist trying to expose a bad politician, they see a business selling ads via drummed up controversy and non-stories.

Let's not even pretend that the media hasn't tried to defame and denounce candidates in the past based on nonsense. It's been happening literally since we first had access to television. Nixon lost against John F. Kennedy in his first televised debate because he sweat a lot. More recently, you might remember Senator Rick Perry back in 2012 who ended his multi-million dollar, multi-month campaign as the GOP leader in about 40 seconds after he forgot what he was going to say on live television... and the media crucified him.

It's hard to imagine what Trump would have to say to 'Perry-out' at this point and that's part of the lesson of Trump. Why doesn't it matter what Trump says? Why do people support him? It's because his supporters are right. The Left has gone too far. The media is corrupt and sensational. Political candidates are boring and nefarious. The system is failing us and we can't seem to fix it. The trouble is, Trump is the only one crazy and rich enough to stand up as some kind of beacon for all of these feelings, and that's why we can't touch him. We are white noise on the left and I argue that we deserve to be white noise.





Remember when The Internet was this cool thing that you could only access at your best friend's house, but then you just ended up wasting your time on that pinball game instead because your connection was too slow or your Runescape account was banned? The Internet has come a long way—from an idea back in 1962 for a globally interconnected set of computers through which everyone can quickly access data and programs from any site, to the first two computers to communicate with each other in 1969, to the 90s where it was all about friendly interfaces for users (like Windows '98 when Bill Gates became determined to take over the large growth of the Internet). In 2016, you can now access and share innumerable funny cat pictures virtually anywhere, anytime, and from the palm of your hand.

The Internet today is everywhere, and I don't just mean figuratively. Sure, you can get an internet connection in your car, in your home and in your pocket with ease, but new technologies are emerging every second, that are transforming everyday analog objects into digital data, connecting everything around you to the internet. This phenomenon is called The Internet of Things, and it's quickly becoming a significant part of how we define reality in the 21st Century.

What is IoT?

The Internet of Things (or IoT) is the network of physical objects—devices, vehicles, buildings—embedded with electronics, software, sensors, and network connectivity that enables these objects to collect and exchange data (*wikipedia*). Kevin Ashton supposedly coined the phrase while working for Procter & Gamble in 1999.

Today, IoT is bigger than Ashton could've imagined, and big companies are devoting whole divisions to advancing this technology. Microsoft, Telus and Google are all focusing on increasing their efforts to spread the IoT everywhere, focusing on creating a strategy for businesses small or large, cities, energy, cloud uses and even transportation. "IoT connects things around you to make you more efficient in what you do," says Greg Stark, Senior Product Manager (Internet of Things) at Telus. "IoT makes business more efficient, and without it they would be less competitive. I often ask people to think about a business that runs without smartphones."

Let's look at some of the consumer integrations we're seeing today in your home, in your car and in your stomach. This isn't the future, rather technology that is already in near-consumer or consumer-ready states.

Welcome Home, Mr. Jetson.

"IoT is already in a lot of homes," admits Stark. "Home alarm systems were one of the first." Home alarms today already talk to your nearby fire department, and the integration of technology into the home has been happening for decades. But now we have access to more innovation in technology than ever before, and we're able to expand on these concepts to keep our minds at ease and our wallets fatter. Take, for example, the WeMo power outlet. It allows you to use your phone or smartwatch with their app to do things like schedule your TV time, play music or even light up the room before you walk in. WeMo allows you to save money and conserve energy over time with scheduling and its measurement of standby power usage. Or how about the Ninja Block, that uses "geo-fencing" to set up triggers so that when a device enters (or exits) the boundaries defined by the administrator, a text message or email alert is sent. Use this 'ninja' to unlock doors within proximity, protect your basement from nasty burglars, or play your favourite "making dinner" playlist when you enter the kitchen.

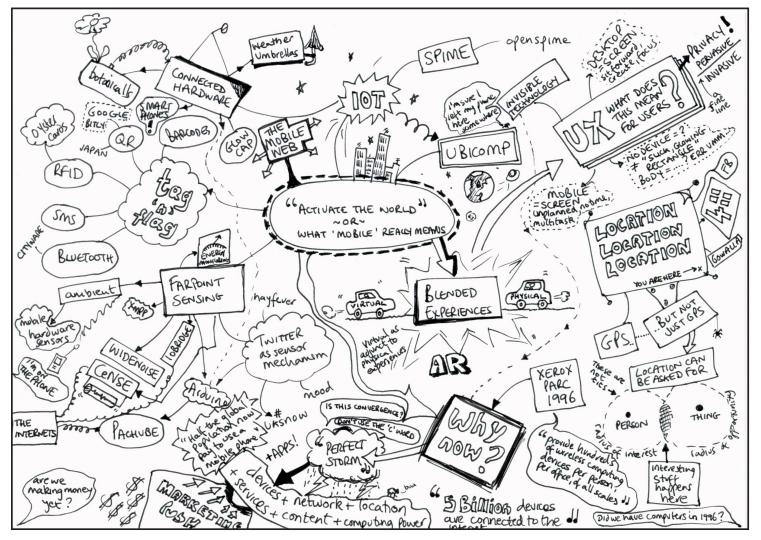
Smart fridges (and no, I don't mean a fridge that can tell you the square root of 1,080) are quickly becoming an industry

standard. I'm talking about fridges like the The Samsung Family Hub, which essentially has a 21.5" touchscreen that allows you to order groceries online on the spot. The coolest feature is a line of cameras inside, that will send a picture to your phone while you're out shopping, so you don't have to guess how much ketchup you have left. The app can also set the temperature, control the lights and connect with products from the refrigerator door. All of this can be yours for the price of a used vehicle (five grand, to be exact).

Remember the expression: 'If these walls could talk?" Well, guess what: we've arrived. Introducing Amazon Echo, which not only lets you play music with your voice but can also answer questions (Siri's other cousin), read audio books (hopefully with a Morgan Freeman option), report traffic and weather and much more. You can even control your smart lights and smart thermostats to have that mini rave you've always dreamed of in the comforts of your own home.

The IoT is only limited by the human imagination at this point. The bigger we dream, the more we can see how limitless the options really are for full-home integration. But do we really need it and how much is too much?

continued...



(flickr.com/dmje)

OUR DIGITAL BODIES:

You might think the human body, in all it's miraculous organic glory, is the last stronghold against the IoT. Think again. Huge advances in medical care and the increase of accurate sensors and equipment, are working towards a fullyintegrated human body, which although sounds perilously sci-fi, could potentially create a healthier future for patients.

The market is scattered with different fitness trackers —Fitbit and Jawbone lets us know that the North-to-South trek across the BCIT campus was totally worth it—but fitness trackers are increasing integration every day, and not just at the local level

(ie. your smartphone). Already we're seeing the ability to send information to your social network, your hospital, your physician, and your health insurance company.

Chimaera is a surgical tool that creates a real-time 3D image of the area to be operated on, giving surgeons a way to easily target or avoid specific nerves or blood vessels. Mapping these areas' will display the 'safe route' during the operation. I think any technology that can help surgeons save lives easier is a wonderful thing.

Now let's pretend that going to your doctors can finally be a thing of the past. No more waiting in traffic in pain, or finding the best way to skip class instead of passing out in the hallway because grabbing that all important doctors note is very difficult. The Flow Health Hub will bring that doctor to your house in real time, as this bedside unit can take samples and quickly give measurements for cholesterol, diabetes and blood pressure. If the patient requires medical assistance, the patient's doctors will be notified automatically.

I believe that almost all wearable technology can now track heart rate, but what if that's not enough? Next-gen technology may be able to measure hydration and possibly treat obesity with ingestible sensors that can track what patients eat. Other things that would be tracked include: heart acceleration, humidity, pressure and temperature.

ROAD TRIPPY:

Self-driving cars work with the Internet of Things perfectly, as vehicles are increasingly becoming equipped with sensors that communicate their presence and evaluate their immediate environment. By now most people are aware that Google has been using self-driving cars (1 million miles driven and counting). But many of the biggest automakers are all pushing autonomous driving, with the likes of Mercedes-Benz unveiling their 2017 E-Class, the first "standard-production" vehicle to receive an autonomous licence from Nevada, meaning that their selfdriving car's have passed the safety test to be road-ready. Nvidia released a new computer for cars called Drive PX2, which supposedly has the processing power of 150 MacBook Pros, within a small device the size a lunch box. Without getting into the geeky stuff, that's a lot of power and

SAFETY FIRST:

Of course, with all this new technology making its way into our everyday lives, comes the question of security. How safe is this stuff and what's stopping your tech from talking to the wrong people? "Issues come from technology standards not being in place for IoT," Stark highlights. "The category is very fragmented and everyone is developing in different ways." Privacy of data will continue to be a focus of concern not knowing who has control over it, false data and who can use it against you— and companies will need to enhance and build privacy for all of the data that is flowing, can process, "inputs of 12 video cameras, plus lidar (ultraviolet or near-infrared light), radar and ultrasonic sensors." Volvo is the first partnership with the Drive PX2, testing this technology in self-driving vehicles. The Drive PX2 will soon roll out to companies such as Daimler, BMW and Ford.

The OG of IoT, Kevin Ashton, frequently gets asked whether self-driving cars are safe. "Wrong question," he said speaking at Microsoft's Future Decoded event. "The question should be: 'Are human-driven cars safe?' The answer is no." There are an average of 52,000 casualty crashes per year in British Columbia alone, all a result of human errors. "Predicting the future is easy," Ashton said. "Believing is hard."

But this technology is also being used for great non-driving vehicular apps, like Uber,

increasing transparency and providing consumers with a choice to opt-out of data collection. All pieces of technology have weak points, and it will be the ones in charge to constantly monitor, update or apply patches and alert the public of any problems at all. But nothing is guaranteed, even when the internet as we know it is still not secure enough. Technology is advancing at an incredible rate, and Stark thinks security will be a natural step in evolution. "As the category develops, standards in security will become the norm."

The Internet of Things is coming. But a lot of people are skeptical of this phenomenon and so I asked Stark what it's going to take for

which uses your smartphone's location to pair you with the nearest driver. This technology has been used by All-State (a car company down south) for awhile, with the ability to constantly monitor a vehicle's position, and provide immediate response upon accidents via road side operators. Some apps are making marketing gurus go head over heels, for instance when your current location triggers ads to nearby restaurants or shops such as Tim Horton's.

Vinli has created a plug-in device for almost any car out there, giving it Wi-Fi hotspot capabilities and most importantly, access to the multiple apps that have the ability to diagnose failures, deliver real-time road conditions, traffic updates and so much more. Along with roadside assistance and accident notification, this little gadget can change the way we drive, all in an accessible little package.

the Internet of Things to become the norm. "The simple answer is: time and value. For IoT to truly catch on it needs to be of value to the user." The smartphone wasn't just a fad, and now everyone has one in their pockets. They have become a constant portal to making our world smaller and smaller. Now with the power of the Internet of Things, they will be the most powerful pieces of technology in the world that almost everyone owns.

With more and more investment going towards breathing life into the inanimate, let's all just pray Elon Musk will find ways to save us if everything goes sour and the machines take over.

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Post Secret:

Does the confessional phenomenon translate to the stage?

by jakob schmidt

Post Secret is a worldwide community art project in which participants mail in their most deeply held secrets scrawled on postcards. It began in 2005, started by businessman Frank Warren, who began accepting these strange packets of anonymous information as a way to encourage catharsis – or to put the Catholic Church out of business... I'm not sure. Eventually the project blew up to a worldwide confession service. At some point, I guess they figured out that the project would make a good stage show, and thus the Post Secret show was created.

For the second year in a row, the show played in Vancouver and I went to go see it having no idea what to expect. How could a series of postcards be made into a two-hour show? What an acting challenge this would be; how could three actors on a barren stage keep a spell on an audience? After sitting through the show I came away with several lessons and some perspective.

The stage show consists of three thespians and a guitar player with a loop pedal on the cozy Firehall Arts Centre stage. Behind the three actors/actresses who sit perched on three stools, is a screen on which various real postcards are projected. As each postcard is projected behind the performers, the actors begin to dramatically read aloud and verbally act out what each anonymous person has sent in. It's a straightforward approach and a straightforward show.

I'd be lying if I said my attention was held for the show's entire length. This would make a fine half-hour show on CBC radio. The theatre, on the other hand, is a quintessentially visual medium to work with, and this show is short on visuals. Without the momentum a plot and characters might bring, the poor actors are left trying to create emotion and substance with contrived hand gestures and... not much else. You might get the odd flash of transcendence, but a steady stream of giftcard sayings and typical empowerment messages will begin to take a toll on your mental endurance pretty quickly.

An alarming amount of attention is paid to Frank Warren, the show's creator, who is presented as a Christ-like Forrest Gump, popping up throughout the show, mentioned only in glowing terms. The words 'Cult, Cult, Cult, Cult, 'kept running through my mind. By the end of the show I was waiting for the offering bowl to be passed around (I swear they almost did it). Constant reminders of how great Post Secret is and how much it has helped people, come off as irritating and unnecessary.

This show is our generation boiled down in many ways. For me, that's not very appealing. For others, I'm sure the show has something to offer. If you like those quotes teenage girls and/or middle-aged moms put on their Facebook cover ('God is love. And love is real' or 'Stay weird' or 'She turned her can'ts into can's and her dreams into plans') then maybe you'll love this show. Is this a daring avant-garde theatre piece showcasing the struggles of a united common man? Or is this a self-masturbatory PowerPoint presentation with mundane guitar music, cheap bite-sized packets of emotion, and three narrators for the visually impaired?

I almost cried during the section of the show where they play saved answering machine messages left by deceased grandparents. I thought the section in which actual audience members write secrets during the break to be performed live was also fascinating as a social experiment. And I even liked some of the postcards they acted out. Cut down to one hour and trimmed by somebody who wasn't in love with Post Secret, this show could have been much better. I'm interested to see what they do next.

TELEVISION

Society needs... SUPERGIRL! by Joseph Huang

he first Bond film, Dr. No, was released in 1962. Aside from sparking a billion dollar series, the film emphasized women's roles in movies - eye candy. Promotional ads for the film took advantage of Bond's "relationship" with women and featured scantily clad women surrounding Bond.

In the 1980s, TV serials such as Magnum P.I. and MacGyver perpetuated the same message. Every episode featured a different female guest star who was used as a prop to showcase the male protagonist's seemingly irresistible attractiveness. The negative impact these shows had on how women were viewed still carries on today. This needs to change, and Supergirl is here to save

We all know the story of the Man of Steel, sent to Earth after his home planet of Krypton was threatened with imminent destruction. How many of us know though, that he actually had a cousin who would reach Earth and become the

Kara Zor-El, the true name of CBS' proud new superheroine Supergirl, has quickly proven herself to be a most welcoming entry into the superhero genre. The show has action, romance, comedy, and mystery – everything you'd expect. Its true strength, however, is its willingness to boldly define and promote a positive role model - especially for women. Something the makers of Supergirl want to drive home to the viewers is this: Supergirl's greatest strength is her character - and so is a woman's.

Enter Kara Danvers, the Girl of Steel's alter ego. Her geeky laugh, awkward gait, apparent obliviousness to the world of flirtation and her near-spotless record of unsuccessful dates will charm you. At no point in time does it feel forced; rather, since many of us - boy or girl - all go through this as well, we can only relate to it. So many of us strive to be someone else we aren't, and Kara reminds us that being yourself is perfectly fine.

Having a heroine with a strong character wasn't enough for the producers. They wanted to make her look strong as well, so they redesigned her costume. In place of a mini-skirt and tank top, Supergirl now sports a skirt, knee-high boots, red stockings and a fully-covered torso. Compared to typical female superheroes who are almost all dressed in body-hugging suits that show some cleavage, Supergirl's costume is quite the refreshing change.

As for everyday Kara Danvers, don't expect to see any nerdy or awkward clothes from her. She actually has good style, but it's also not sexualized. Rather than accentuating her physical looks, they do more to communicate her

The impact of these positive messages and what they communicate to audiences cannot be taken lightly. When Supergirl first started airing, CBS inserted racy Victoria Secret commercials in-between the program's breaks. This sparked controversy, with Tim Winter, president of the Parents Television Council, calling it out as a, "total contradistinction [sic] to the messaging of the

CBS put those ads in and, sadly, it's a reminder of how many people are still clinging onto this negative stereotype on women. Evidently, change is hard; but it's the kind of change that is worth fighting for. Many more things are needed to change how women are viewed and portrayed; among them, more shows which communicate positive messages about women to their audience. Supergirl flies above other shows in this category; here's hoping others can rise to the challenge.

Supergirl's reatest strength is her **Character** – and so is a WOMan's"

The people we see through our TV screens aren't the only actors on television. An entirely separate world of actors exist, performing only for our ears.

Voice actors are responsible for breathing life into the characters we see in cartoons, anime and video games. They could be considered the most versatile actors, often playing multiple characters on screen.

Kyle Hebert is a veteran voice actor, who has worked in the industry since 1999, best known for his work as Gohan on *Dragon Ball Z*, Ryu in *Street Fighter*, and Kiba Naruto. Hebert sat down to discuss his career, advice for hopeful voice actors and how much the internet has changed the industry.

by shakiel mahjouri

When did you first discover that you had this knack for voice acting?

I found that doing different voices came pretty easy. The seeds were planted once I learned that there was one guy voicing all the *Looney Tunes* stuff. That's what really made me want to do this for a living. I got a college degree in broadcasting, which led into a radio internship, which turned into being on the air. And being on the air led to an opportunity to try out for *Dragon Ball Z*.

What was it like getting into *Dragon Ball Z* so early in your career?

I heard about an opportunity for open auditions in the summer of 2000, when I was on air with Radio Disney. I was a huge fan of it, imitating the narrator in my apartment. A lot of people that do voiceover work have come from the stage or on camera and I was one of those rare birds that came from radio.

You are part of the recurring cast for the new Dragon Ball Super. Have you started recording yet?

No, we're still waiting and twirling our thumbs. We're all chomping at the bit to bring these characters back.

Is it hard for new voice actors to break in to a market dominated by famous voice actors and celebrities?

There are pros and cons: if you happen to those actors that are cast over and over again – that's great. They're good actors; hat's why they're being chosen. But there is a lot of opportunity and a lot of work to go around.

There's job security as long as the fans

Is there a lot of job

security in what you're doing?

are buying the show and embracing the cast. Fortunately, when they make casting decisions, they usually stick to that. I've been very fortunate to hold on to my roles and my connections to the *Dragon Ball* universe. It means the world to me because it's led to video games and cartoons and even a cameo in Disney's *Wreck-It Ralph.*

Where would you recommend hopeful voice actors go to get more experience?

Certainly improv. It's an essential skill that every actor needs, to be able to think on your feet. You can sit there and read the script, but what is it that's going to lift it off the page? It's a certain inflection, or dialect or imperfection. Hone those skills at a class level or studying, listen to the trends in advertising. Is this more narrator style, or person on the street? Look for the sub-styles and nuances in different performers. How much has the internet changed the industry?

The internet has changed how we consume media. We've gone from being on a broadcast schedule to an on-demand schedule. It's like the new Wild West, you don't need a broadcast license anymore to be on air, you can just start a podcast. I love the power of the people: having a voice, being heard – their artistic visions being seen. It makes it more accessible for people to achieve their creative endeavours.

BLUE JAYS

Still flying high in 2016?

by colton davies



The 2016 Toronto Blue Jays look poised to continue their lateseason magic from 2015 into this season. The majority of last year's AL East-winning roster is still intact for at least this season, and the window to win a lot of games is still just as wide-open this year as the 2015 squad that finished 93-69.

The Jays will begin the 2016 season with perhaps the most feared starting nine in baseball. Josh Donaldson found great success batting in the number two spot in his first season with Toronto; good enough to earn AL MVP honors. Jose Bautista and Edwin Encarnacion are both in contract years, and while their futures in Toronto aren't certain, expect the two sluggers to continue putting up big numbers. Troy Tulowitzki and Russell Martin are two other experienced hitters that make the middle of the Jays order a nightmare for opposing pitchers.

Add in the development of Kevin Pillar, Chris Colabello and Ryan Goins at the plate, and the potential of Michael Saunders, and the Jays have one of the most complete lineups in baseball.

The Jays project to be strong once again in the field, after tying for sixth in the American League last season in fielding percentage. The Jays were also a better team on the base paths last season than in years' prior, finishing fourth in the American League in stolen bases – something that should continue this year.

The pitching staff is led by Marcus Stroman, who was expected to be the ace at the beginning of last season before tearing his ACL in Spring Training. Stroman however, came back and made his 2015 season debut in September and asserted just how competent and valuable he is to the rotation. The development of Marco Estrada was also a pleasant surprise for the Jays. Knuckleballer R.A. Dickey, J.A. Happ (who signed as a free agent to return to Toronto), and Aaron Sanchez (who missed time with an injury in 2015), all project to round out the rotation.

In the bullpen, it's not yet clear if either Roberto Osuna or newly acquired Drew Storen will begin as the team's closer. Osuna had a sparkling rookie year in 2015, and was the MLB's youngest player at 20-years-old, while Storen has spent a lot of his six-year career as the Washington Nationals closer. The rest of the team's top relievers include Brett Cecil, Aaron Loup, Ryan Tepera and Bo Schultz—likely all will play important roles.

Despite major personnel changes in the front office (Ross Atkins and Mark Shapiro being named the new General Manager and President of the team, respectively), the lineup on the field remains much the same as last year, and should only get better. This year's Jays team will look to pick up where they left off last season, having lost in the ALCS. Expect Canada's team to be as competitive as ever and compete for their first World Series title since 1993.



MUSIC



Macklemore & Ryan Lewis released their second studio album this month; a follow-up to the groundbreaking hit that was *The Heist*.

In this album, Mack addresses the societal issues of Big Pharma in "Kevin," distorted food complexes in "Let's Eat," and most controversially, the #blacklivesmatter movement with

This Unruly Mess I've Made macklemore and ryan lewis (macklemore IIc)

"White Privilege II." The album opener, "Light Tunnels," calls out the Grammys and summarizes his experience there. "Dance-Off" and "Downtown" are the funky tracks, great for parties. Personal reflections arise in "St. Ides" and "The Train," while "Growing up" is a beautiful collaboration on parenthood with Ed Sheeran. "Need to Know," featuring Chance the Rapper, is my pick of the litter – understated, honest, and chill. Although this album mimics *The Heist* in format—an even mix of social and political commentary, personal life reflection, and bumping dance tracks—it doesn't have quite the epic composition of its predecessor. Nevertheless, Macklemore and Ryan Lewis project a poignant and resonating voice on the causes they choose to address, and have put together an album that is both thought-provoking and entertaining.

- jaylene matthews

9/10

GAMES



War... war never changes. As you hear these words repeat on the radio, you find yourself in Boston with your family. Just when everything seems to be normal, atomic bombs drop and you enter the post apocalyptic open-world of *Fallout 4*.

Reinvent Junk Use

Set in Boston after the atomic bombs have decimated America 200 years ago, you are left with a single goal and many questions that set up how you survive in the Wasteland. introducing something other *Fallout* games never tried: useless junk that lies around can be repurposed and modifying it becomes an enjoyable FALLOUT 4 PlayStation 4, Xbox One, Windows (bethesda game studios)

task that helps your character, instead of just being filler of the world. Junk can be converted to mods for weapons and armor, or can be used to create settlements for settlers that need a place to survive.

Wasteland's Got Me Hooked

A huge thing that attracted me to this game was the color palette that has improved from past iterations. There's actually colour! Gameplay mechanics are spot on, using guns without VATS (Vault-Assisted Targeting that slows down time) also feels great, actually making it fun to use instead of unbearable in past *Fallout* games. The game oozes personality through the vast world, by finding those quirky characters you later care for, or tuning into my favourite Diamond City radio, where the radio host cracks me up with his dry humor and the obvious boredom in his voice. Songs never stop me humming along, even as I snipe out the enemies' base with my Dogmeat (not a literal hunk of dogmeat, it's the name of your trusty post-apocalyptic dog companion).

rating:

Some of the game's flaws (such as semioutdated character modeling or bugs) never detract from the overall feel of the game, which ends up making it more entertaining and truly a Bethesda game. From a settlement creation that is highly addicting, to hours of exploration with many memorable experiences to count, there are many ways *Fallout 4* keeps you busy and feeling rewarded.

I rarely buy \$80 games, seeing as most of them do not live up to their expectations as a Triple A title, yet this game begs for my attention and rarely lets go. I highly recommend this for new players and veterans to the series alike.

— jarell alvarez

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