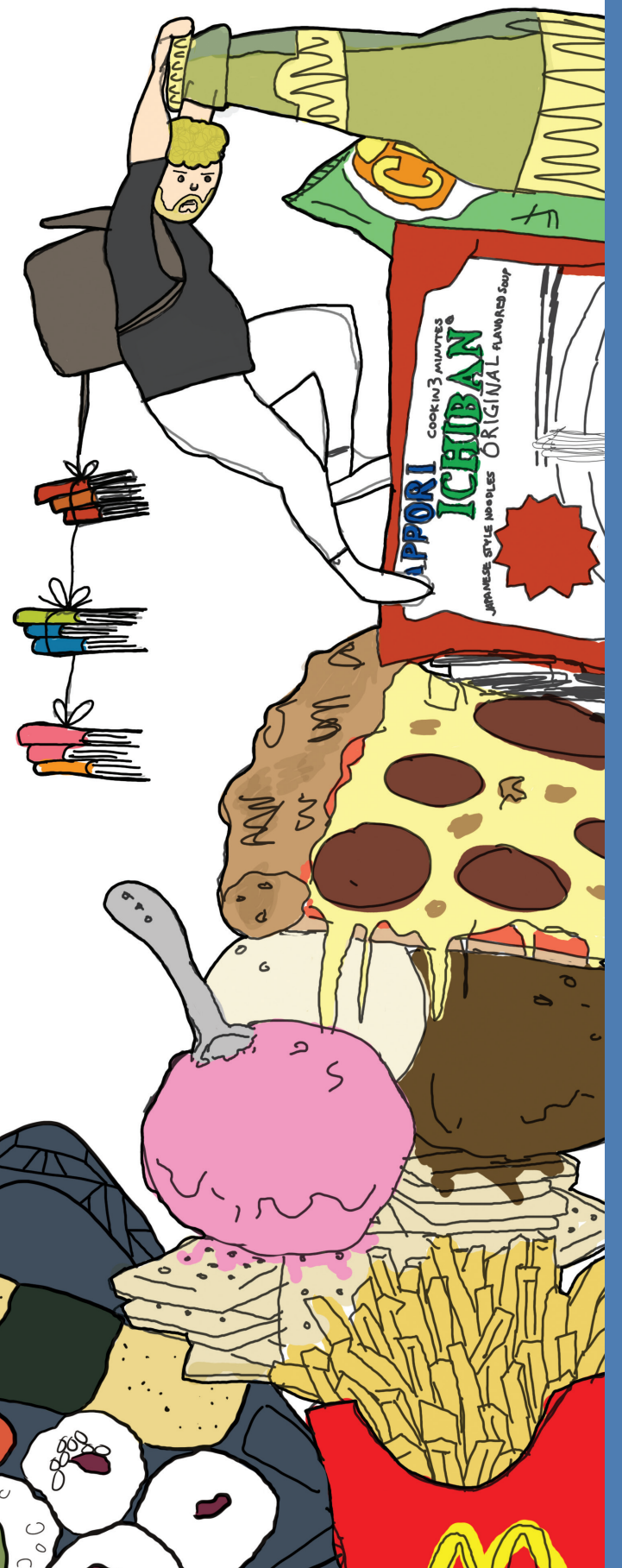


# FIGHT THE FRESHMAN FIFTEEN

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# The Link

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## ABOUT THE LINK

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# BCIT president holds open forum



BCIT President Don Wright discusses top-of-mind issues at an open forum session on January 11th.

Lucas Meneses-Skoda

BCIT president discusses the institution's future and strategic plan

**LUCAS MENESES-SKODA**  
Link Contributor

Don Wright, president of BCIT, held an open forum to speak on issues at the top of BCIT's agenda, many of which focus on the direction and vision of the institution as it moves forward into 2012 and beyond.

One of the most highlighted issues was BCIT's five-year strategic plan. The plan, introduced in 2009, plan was created after Wright and his team approached employers who have hired BCIT graduates in order to gain first-hand feedback on what the school could improve upon.

"We need to be prepared to continually evolve as the world evolves," Wright told The Link, "And to do that, you actually need to make a commitment to do it."

Wright proudly announced

that 77 per cent of the goals outlined in the strategic plan have already been reached.

The strategy built on four specific initiatives composing its foundation: education and research, learners (students), employees, and stewardship and resource development.

Although the four foundation pillars are general, Wright identified certain areas where the institution can grow with regards to "the aging demographics of society [and] the accelerating rate of change."

Wright addressed the audience on the fact that one third of BCIT's student body consists of students that do not speak English at home, and what he referred to as the "internationalization of our domestic students."

"BCIT statistics predicts that over the next 20-25 years, fully 75 per cent of the increase in population in BC is going to come from international migration. And the vast majority of those people won't have English as their first language," the BCIT president

elaborated. "So, the international students of today are really going to be the domestic students of tomorrow."

Also brought up at the forum during was a discussion paper being penned by Wright titled "Simply BCIT: Why, Who, What", written in the hopes of stimulating conversation throughout BCIT.

*"My intent is to get the conversation going and then I'm going to close my mouth and open my ears, and I expect to learn a lot in the process."*

- Don Wright  
BCIT president

The personalized piece will be released on the strategic planning website within the next couple of weeks and is intended to be the president's

expression of why BCIT's place in society is so preeminent.

"The world needs more BCIT," said Wright, "I passionately believe that, but if we are actually going to realize that, I think its important that we have a deeper understanding of what makes our model of education uniquely valuable to the world."

"It's a fairly wide-ranging piece . . . It's my personal answer to the question of 'why BCIT?' Its my personal definition of what the BCIT model of education is," he continued. "And then what we have to do to live up to the promises inherent in the BCIT model of education."

In essence, Wright described his piece as a "provocative" paper, which he hopes will act as a vehicle to get the BCIT public engaged in the conversation of 'who, why, what.'

"My intent is to get the conversation going and then I'm going to close my mouth and open my ears, and I expect to learn a lot in the process."



# Student loan changes gives break to part-time students

Federal government removes interest rate for part-time student loans

ARSHY MANN

CUP Western Bureau Chief

VANCOUVER (CUP) — Part-time students will now be treated like their full-time counterparts when it comes to student loans.

In December, the federal government announced that people with part-time student loans will no longer accrue interest until after their studies have been completed, bringing the program in line with the full-time loan program.

"Economic recovery continues to be our top priority," said Diane Finley, minister of Human Resources and Skills Development, in a press release. "We're helping Canadians gain the skills and education required to participate in today's workforce and contribute to Canada's overall economic prosperity."

Active students with part-time loans will still have to pay any interest accumulated before January 1, 2012, but won't accrue any further interest until they've either completed their studies or stopped attending a post-secondary institution.

A spokesperson for Human Resources and Skills Development Canada stated in an email to Canadian Uni-

versity Press that the change was prompted by a desire to achieve parity between the part-time and full-time student loan programs, as well as to help boost the economy.

"The Government of Canada recognizes the vital role that post-secondary graduates play on the road to this country's economic recovery. That's why the Government of Canada continues to focus on helping more students reach their education goals."

The spokesperson went on to write that this change is in line with previous changes to student loans made by the government earlier this year, including increasing earnings exemptions for people with full-time student loans, allowing part-time students with higher family incomes to qualify for loans and forgiving portions of loans for new physicians and nurses who choose to work in rural or remote communities.

The NDP's critic for post-secondary education, Rathika Sitsabaiesan, isn't impressed by the announcement.

"There aren't a lot of actual part-time students, so it's not actually affecting a lot of students," said the Scarborough-Rouge River MP.

She went on to say that instead of broadening access to student loans, the government needs to shift towards

easing the debt burden on students.

"Instead of burdening students and their families, which are usually working families using all of their life savings towards educating their children, [the government should] provide grants rather than loans," she said.

Sitsabaiesan pointed to the fact that total Canadian student debt is close to surpassing the \$15 billion ceiling set by the Canadian Student Financial Assistance Act.

"In the act, it was set that

*Part-time student loans will no longer accrue interest until after their studies have been completed.*

\$15 billion was the ceiling that could ever be reached for amount of [student] debt that ... could be outstanding at any given time."

A government commissioned actuarial report on the Canada Student Loans Program released in July 2010 stated the \$15 billion ceiling will likely be breached in early 2013.

If that occurs, the government will have to find ways to reduce student debt, or amend the legislation in order to increase the ceiling.

Back in 2000, the Liberal government pushed up the ceiling from \$5 billion to \$10 billion.

Sitsabaiesan said that the best way for the federal government to ease the debt burden on students would be to create a dedicated post-secondary transfer fund similar to the Canada Health Transfer. Presently, funding for post-secondary education is included in the broader Canada Social Transfer.

Because provincial governments have discretion over how the money from the Canada Social Transfer is spent, the amount that goes to post-secondary education can vary from year to year.

"There's no stability. So [post-secondary institutions] are turning to create their own sense of stability by continuing to increase tuition fees by the max amount each year," she said.

Back in June, Sitsabaiesan presented a private member's bill proposing the creation of a dedicated post-secondary transfer, but it has not passed first reading.

Without structural changes at the federal level for how post-secondary education is financed, Sitsabaiesan believes student debt will continue to grow unabated.

"Having more loans available is not really going to make education more accessible," she said.

## NEWS BRIEFS

### More than 75 students infected by virus at Victoria conference

Young journalists at a conference hosted by Canadian University Press made headlines instead of writing them after dozens of delegates became infected with a strain of norovirus last weekend.

The virus caused acute gastroenteritis, also known as stomach flu, and continued to spread for two days after delegates first showed symptoms.

Despite that over 30 delegates were affected shortly after attending a buffet dinner, Vancouver Island Health Authority have stated that the outbreak "doesn't appear to be food-related."

Media-savvy young journalists used Twitter and other social media to spread information and share experiences.

Days after the conference was set to end, over 75 delegates reported illness.

— John Morrison III

### Bus drivers' union offers reward to help find alleged assaulter

A \$2,000 reward is being offered to help find a man who allegedly sexually assaulted a female bus driver on New Year's Day. The female bus driver was driving in East Vancouver when a male passenger groped her. The suspect immediately fled from the scene.

The union representing Metro Vancouver bus drivers is appalled by the assault and concerned about this reoccurring situation. Since 2009, there as been four reported similar incidents and sexual assaults against females drivers are a big concern.

The safety of public transportation is increasingly becoming questionable. A year and a half ago, three teenagers left a Vancouver bus driver for dead after severely beating him.

The public is calling for more transit police involvement as altercations between bus drivers and drunken teenagers increase. Although TransLink's security systems are doing little to protect the commuters and their drivers, TransLink is working on incorporating video cameras in all their buses.

— Christina Jung

**The Link is seeking news reporters!**

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# Science is the new faith

Science follows the same fundamentalist frameworks as many religions

**DAVE SWANSON**  
Culture Editor

In many parts of the Western world, people have slowly dismantled their belief in religion and replaced it with science as the chief dictator in their pursuit of meaning. People have removed the crucifix from their wall, relocated their Koran to a dusty storage space, abolished the Star of David from their neck, and washed the Bindi from their forehead.

The growing moral investment in empirical research has led secular society down a path similar to religious fundamentalism.

Many people subscribing to either diametrically opposed group disregard legitimate information, practices, and inquiries that are unexplainable using their approach to discovery. The scientific community believes it is objective, but its unwillingness to acknowledge the value alternative intangible methods for unearthing meaning make it riddled with the same human bias that plagues the absolutist views of many religions.

Science follows the same dogmatic framework of all fundamentalist religions. For example, Christianity follows a philosophical framework based on faith. It is an unshakable pillar of its belief system that restricts its ability to grow and be inclusive of other information that would cause it to adapt, evolve, and become more relevant and less alien in modern society. The framework science follows is based on empirical research. It is viewed as an impartial and free from human constraint.

This simply isn't the case. Science in all fields follows a man-made paradigm. It exists within secular society's mind as the means for finding an unconditional truth when in fact it is trapped within a subjective value system that places too much importance on quantitative analysis. It

disregards the value of immeasurable, qualitative social variables that cannot be measured, like love, intuition, and motivation; emotions that religion incorporates into its doctrine and have a significant influence in our lives regardless of our level of spirituality. Both science and religion are trying to discover truth but both are seen as opposites.

The fact is, both a qualitative and quantitative approach is needed to develop a holistic understanding of any subject. Science believes so blindly in its empirical quantitative methods, it is guilty of the same systemic issues that limit its advancement just like religion or any other fundamentalist doctrine.

*The growing moral investment in empirical research has led secular society down a path similar to religious fundamentalism.*

Yet in secular society, the majority of decisions are made from a scientific perspective, setting a defined path for a single solution. However, problems are complex and multi-dimensional; meaning trying to solve them from a single perspective could be detrimental to the outcome.

Just take a look at the scientific customs implemented during the industrial revolution that are now ingrained in much of commercial enterprising. Western society did not consider the negative environmental impact industrial production would have on our planet and the problems it would cause for future generations. It was myopic.

The science responsible for introducing humanity into the modern age has left our resources depleted and our world ecosystems crippled. It has been difficult for us to adopt cleaner scientific innovation on a mass scale because



Ion Oprea

supposedly rational and objective scientific methods possess a fundamentalist mentality preventing it from becoming an inclusive institution.

Aboriginal communities have understood the importance of our natural environment and the magnitude of influence it has on our quality of life. This cultural understanding was not deduced through hypothesis testing or data collection. It was learned

through personal experience and is expressed in a spiritual context.

I am not saying religion or spiritual belief is superior to science—that would be an exclusive perspective and defeat the very point I am trying to make. I believe that, in many circumstances, organized religion actually distorts some of the foundational messages expressed in their own scriptures. Science has produced

amazing innovations that have benefited humanity.

What I am saying, however, is ignoring the system in which it operates obstructs it from it from being objective. To rely solely on science to unveil the veiled and refute the value of qualitative analysis, whether spiritual or otherwise, is a choice to constrict a learning process that requires us to think in a flexible and dynamic way.



# “No time for learning, I’m too busy studying”

Students must recognise the different between building skills and passing tests

**KEVIN WILLEMSE**  
Link Contributor

“No time for learning, I’m too busy studying”

Near the end of last semester, amidst pre-exam tension, I passed an innocuous comment which bewildered most within earshot: “Everyone spends so much time studying, I don’t see them learning anything.”

The confused faces confirmed my somewhat preconceived perception; many students feel that academic studying and learning skills are largely the same thing. In reality, the two are worlds apart.

The act of learning generally implies that you have taken on, worked at, and to varying degrees perfected a specific ability into a talent, with or without studies attached, depending on our innate abilities and predispositions. We learn to snowboard. We learn to overhaul an engine. And yes, doctors learn to perform coronary bypass surgery. There are two key factors at play here; One, learning usually involves a series of trial-and-error attempts (with results ranging from minor to disastrous) before one can truly call themselves a master of that particular craft. Second, learning is generally preceded by (or the result of) a certain relevant amount of study; an academic approach

towards theoretically getting the job done.

This supports the premise that one can’t always stand apart from the other. I would want to know that my cardiologist had spent countless nights at the library studying the functions of the human heart before he played a round of organ-Tetris with mine. But I would rest easier knowing he had successfully operated on hundreds of patients before me. This would instill in me far more confidence than any official piece of paper on his wall, received as a result of studying. The same would apply to my mechanic, snowboard instructor, or lecturer — they must have the correct

balance of study and experience attached to them to be considered “able”.

“Many students feel that academic studying and learning skills are largely the same thing. In reality, the two are worlds apart.”

As a student, finding the relevance or application of this concept is challenging. Where are these trial and error opportunities when you are setting the foundations

for the massive learning curve ahead?

One tactic is to extract from everything you study some sort of relevance — make it important to you. Come up with analogies, historical references, or fabricated work situations in your dream career where the material would prove useful. Not only will it be easier to understand and relate to, but you’ll find it easier to remember (it’s easier to tell stories than recite theory). Ultimately, this puts you into your own, customized learning space, able to see the benefits, risks and potential consequences of the decisions you make, based on what you have studied to be the best theoretical course of action.

Remember that studying is finite, and learning is perpetual. No matter what you study today, what you learn in your career lifetime will most likely dwarf its breadth, scale and significance (and probably value). In ten or twenty years, you will be thankful for all your studying for sure, but will also accept how it was really only a launchpad into the realm of learning.

Which brings me to the reasoning behind my statement, and this article; so many of us are focused on getting those high grades, the impressive GPAs and head-of-the-class academic credentials it becomes easy to forego the harder questions; Why do I need to know this? Where might I use this information? Where can I recognise instances in industry, the economy, or my own life where these principles would form the basis of my learning, decisions and outcomes? Asking questions like these can also clarify perhaps vague career aspirations by putting you in ideal but challenging future scenarios.

I am not saying that studying falls by the wayside of applied learning, far from it. I just hope that my classmates don’t see these two or three years as the start and end points of their education. An appropriate balance must be met, with conscious decisions and action taken to ensure the process of becoming skilled extends beyond libraries, lectures and exams.

Remember that with study, you will know the best way a job could be done; when you learn, you know the best way you could do that job.



Ion Oprea

## HAVE SOMETHING TO SAY?

### BE HEARD. WRITE FOR *THE LINK*!

[link@bcitsa.ca](mailto:link@bcitsa.ca)

# FIGHT THE FRESHMAN FIFTEEN

After some indulgences over grandma's über-fatty Christmas pecan pie, it's no wonder that our jeans are fitting a little too tight for comfort. Having to lay down in order to button up those pants is a clear sign that those party pounds have crept up on us and is probably not leaving without a fight.

Don't get me wrong; some body fat is good for you, but excessive weight can provoke serious disorders and health risks. Diabetes, cancer and respiratory insufficiencies are just a few of the dangers linked to excessive weight gain and obesity.

## THE FRESHMAN FIFTEEN

As a student, it's hard enough to find time for a full night's rest as it is. With endless projects and assignments flying your way, how can you possibly think about going to the gym when you can use that long-awaited free time to just relax on your couch with a bag of chips?

Freshman Fifteen, also known as Freshman Fatties, refers to the amount of weight often gained during a student's first year at college. With all the high fat cafeteria food, increased alcohol consumption and lack of sleep, first year college students — and students alone — have a hard time focusing on maintaining their weight rather than worry about losing their holiday pounds.

Oftentimes late night study sessions and exam week stresses causes students to develop irregular eating habits. With little time

to exercise, the pounds just continue adding on, along with the added stress of weight gain. It's a vicious cycle. Don't forget those college dorm parties. A week full of classes calls for a much-deserved break. The amount of calories in an alcoholic beverage, also known as "empty calories" contributes to the rapid weight gain. Before you know it, we're fifteen pounds heavier and sweat pants is the new blue jeans.

## BIG FAT NO-NO'S

Time after time, we hear of things we should do in order to lose weight, but no one really tells us of the things we need to avoid. Personal trainer Kristina Chan emphasizes the importance of nutrition.

"People seem to think not eating or eating very little will help them lose weight," Chan told *The Link*. This is a huge misconception. She frequently reminds her clients that abs is made in the kitchen, not at the gym. Chan advises clients to "always avoid putting your body in starvation mode at all cost."

Develop a regular eating schedule and eat frequently is important. People tend to skip meals and deprive themselves of delicious food when they start their diet. Your goal is not to be stick thin, but more importantly, to stay fit and healthy. The key to everything is balance. We both know you won't be able to resist your junk food cravings forever, so allow yourself a special treat now and then.

Ever heard of food coma? Stay away from over-eating. You end up feeling full and tired, which ultimately leads to missing that gym session and replacing it with a nap. Most importantly, train your mind to think this is a lifestyle change and not just a temporary diet.

Thinking of losing weight as a diet, allows you to believe you can go back to your old habits once you reach your final weight, and continuing to think this way will have you back into sweat pants mode in no time. According to Chan, "Maintaining your weight loss is tougher than reaching your ideal weight, so it's important to make a permanent lifestyle change rather than a temporary goal."

**Freshman Fifteen refers to the amount of weight often gained during a student's first year at college.**

## READY, SET, GO

Before you hit the gym right away, find out the reason why you want to lose weight in the first place. Whatever your reason is, write it down and place it somewhere you can see everyday. Knowing your reason will keep you motivated throughout your journey. Another helpful factor is determining the long, medium and short-term goals. Your long-term goal should be the final amount of weight you want to lose, while the medium and short-term goals

should provide you with targets to aim. Setting smaller targets will also keep you motivated during your progress.

It's no shame to tell people that your New Year's goal is to lose weight. We've all been there and we're probably still trying to lose those last 10 pounds. Letting people know and having to answer to someone other than yourself can make a big difference. Find a friend or partner who will keep track of your progress and help you stay motivated.

Make this journey a fun one as much as you can. Set a specific time of day to exercise. Having a routine makes it easier for you to follow and decreases the chances of failing. Some people find it easier to work out in the

morning, while others need their sleep. You know what works best for you.

"People are so gung-ho to work out and come to the gym at the beginning of the year, but almost 50% of those people never end up staying motivated throughout the rest of the year," Chan warns. The success and failure of weight loss depends on your motivation. Find a way to keep yourself motivated over a long period of time, and before you know it, you'll already be ready to hit the beaches.



# TIPS AND TRICKS

## COLOUR YOUR MEALS

Fruits and vegetables should be your best friends. They will get you full and help you boost your metabolism.

## PORTION CONTROL

You don't always have to finish everything on your plate. Eat until you are comfortable and no longer hungry. Make sure you wait 20 minutes before you go for your seconds.

## DO NOT SKIP MEALS

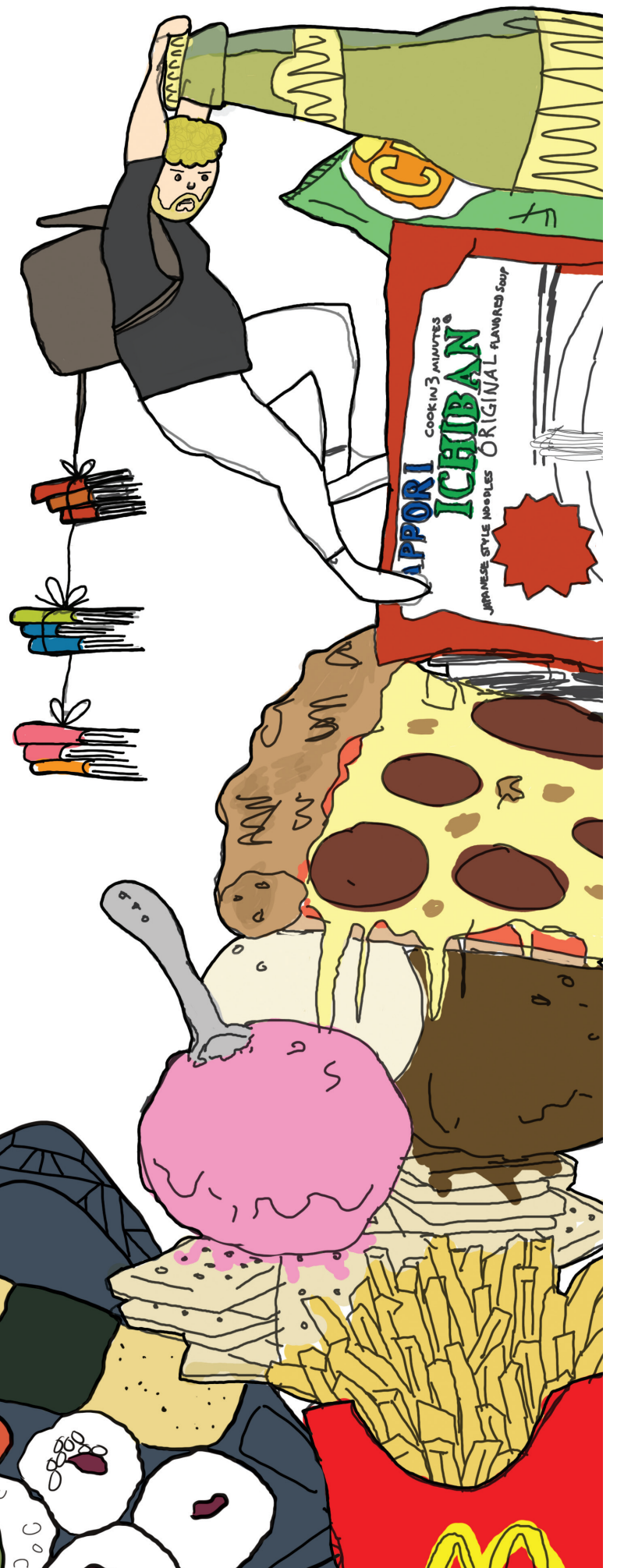
Not eating doesn't get you thinner. Your body will end up storing more fat if you skip meals.

## DON'T DEPRIVE YOURSELF

Weight loss should be a life change. Can you really committing to never eating a chocolate bar for the rest of your life?

## OPT FOR WATER

Energy drinks, pops, and juices only add more sugar into your daily intake. Avoid them. You can drink as much water as your heart desires — its one of the few things in life that has zero calories.







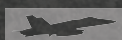
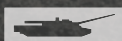
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2<sup>nd</sup> Lieutenant **JAMES KIM**



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Sous-lieutenant **JAMES KIM**

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Ben Foster explains how email works to Mark Wahlberg.

Universal Studios

## Wahlberg fails to deliver the goods in *Contraband*

THORSTAN GERLACH

Link Contributor

One of the genius qualities Hollywood possesses is its remarkable ability to remake the same movie again and again. With crime-thrillers such as *Contraband*, the standard plot involves a situation where its hero, who's gone straight after a life of crime, must choose family or revert back to his old ways in order to save someone he loves.

*Contraband* is your typical and conventional January popcorn movie filled to the brim with non-stop violence and fueled by clichés and recycled characters.

Mark Wahlberg stars as Chris Farraday, a former smuggler trying to lead a clean life with his wife (Kate Beckinsale) and kids in New Orleans. However, when Far-

raday's brother-in-law Andy (Caleb Landry Jones) ends up in the hospital for botching up a drug deal for a brutal crime boss (Giovanni Ribisi), Farraday is forced to do one more score to settle Andy's debt and save his life.

With the help of his best friend and former partner Sebastian (Ben Foster), Farraday is able to quickly assemble a crew — Chris and Sebastian are referred to as the “Lennon and McCartney of smuggling” — and board a ship heading to Panama where millions in counterfeit bills are waiting for them. But soon things begin to quickly spiral out of control.

*Contraband* is based on an Icelandic film called *Reykjavík Rotterdam* with one of its stars (Baltasar Kormákur) directing this remake. Much to his credit, Kormákur does his best to handle the film's

flaws and at times makes us forget all about them. However, the film's glaring plot-holes are too apparent and hard to forgive.

I found myself asking a lot of questions at the end of the movie, most of them con-

*“The film's glaring plot-holes are too apparent and hard to forgive.”*

cerning Chris Farraday's superhuman skills of suspending both logic and time.

For instance, while in Panama, Farraday and his crew have little time to pick-up a van filled with counterfeit money and return to the ship. But when things

go awry, Farraday is forced to look for the warehouse of Panama's underworld kingpin Gonzalo (Diego Luna), which he finds in no time by just driving around without direction. One would think it would be a little tougher to find an underworld kingpin. However, Farraday and his cronies are able to return and board the vessel safely and securely, but not before sticking up an armored van and getting in a shoot-out with Panamanian police.

*Contraband* tries a little too hard to be clever with a plot much too complicated for its own good and ultimately, Wahlberg and his crew don't deliver.

Directed by: Baltasar Kormákur  
Stars: Mark Wahlberg, Kate Beckinsale, Giovanni Ribisi  
Running time: 110 minutes

### CULTURE NEWS



### Post-hardcore legends At the Drive-In reunite for festival

Post-hardcore fans rejoiced this month after genre pioneers At the Drive-In announced their return to the music scene.

The news of their return, which was release via Twitter, came shortly before they were officially added to the lineup for the popular Coachella Valley Music and Arts Festival in Indio, California.

At the Drive-In, best known for 2000's *Relationship of Command*, went on indefinite hiatus nearly 11 years ago citing artistic differences.

Members went on to form two separate bands: alternative punk group Sparta and psychedelic prog-rock outfit The Mars Volta, who announced the release of a new album of their own a few days later.

News of their reunification came as a surprise to many fans given the history of bad blood between the two bands following their breakup.

In an interview with British music magazine *The Skinny*, guitarist Omar Rodriguez-Lopez compared playing At the Drive-In's catalogue of music to “getting back with your first girlfriend.”

“You learn some amazing things together, but I just shudder at the thought,” the critically acclaimed guitar player concluded.

While there has been speculation that At the Drive-In's Coachella appearances are evidence that the newly reformed group will be doing the festival circuit, there have been no new appearances announced.

— John Morrison III



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# BCITSA Info & News



## Executive Weigh-In



### A message from BCITSA School of Transportation, Construction and the Environment Chair Brian Harvey

The BCIT Student Association has had a busy first four months of the school year and the School of Transportation, Construction, and the Environment is no different.

For the first time ever, BCIT's Great Northern Way campus has student representation in form of two amazing councilors who make the trip out to Burnaby to attend the meetings. For the first time, BCIT's North Vancouver Marine Campus has student representation in the form of seven eager set representatives. With the set reps come more meetings and, with plenty of help from our outreach Coordinator Genevieve Gobeil, I have been holding a second set rep meeting per month to accommodate their needs.

On February 10, the BCITSA is hosting the third annual pool tournament at Professor Mugs Pub. This event is meant to be a friendly co-ed competition between the six schools and the five campuses and there will be prizes for the top three finishing teams. The pub will be held open later on that evening to accommodate the band we have scheduled. Pigeon Park has travelled across Canada and has agreed to entertain us that evening. Tickets will be \$8 ahead of time (available at Student Association reception) and \$10 at the door. With the ticket you get a burger and a beverage, entry into door prize draws. We look forward to seeing as many of you there to support your school as possible.

As always if there are any interests or issues that anyone would like to bring forward, they are more than welcome to attend council meetings or bring them to the attention of the BCIT Student Association reception.

### BCITSA Annual Sponsors



pepsi

Applied Science Technologists & Technicians of British Columbia



DISTRACTED

IMPACTED

January 23-24

10am-2pm

GREAT HALL

BUMPER CARS

MAKES GOOD

FOOD

SAFE

FOOD BETTER

Food Safe course

offered at the Uconnect

Discounted rates for students

Uconnect

Check out the BCIT Student Association's Facebook page for information about events and giveaways!

WIN ME

ROCKSTAR

ENERGY DRINK

RockStar & Amp

Energy Drinks

2 for \$5

Applicable tax and deposits extra.

Not valid with any other offer.

Limited time offer.

While supplies last.

THE STAND

SE2 • NET • SE12

No Purchase Necessary See Staff for Details

# Dear Di

with Di Daniels (University of Ottawa)

Dear Di,

*My boyfriend is way too quiet in bed. I can't recall him ever making a single noise during a sex session. I'm loud and proud in the sack and his silence makes me feel like he isn't enjoying it.*

— Talk to Me, Baby

Dear TMB,

So you've bagged yourself the infamous mime boyfriend! Been there, fucked that, and I feel your pain.

Donning the Moaning Myrtle cap in bed can be slightly disconcerting when the other person seems to have swapped their lips for a zipper. You could tell yourself your boy is so awed by your sexual prowess he temporarily loses the ability to formulate sounds during sex, or you could sit him down and ask what's up.

Approach the topic in a light-hearted and casual way to avoid putting your man on the defensive. You're asking him a question, not critiquing his sexual ability, but it could seem the other way around if you don't tread lightly.

I suggest you open the conversation by complimenting

whatever it is about him that drives you wild. Explain to him your moans of pleasure are a result of his professional pussy-eating skills or awesome anilingus abilities. Mention you hope you make him feel just as good, but you're not entirely sure because he's been so quiet.

I have a feeling your guy will tell you he thinks you're a goddess in bed, but getting loud while getting off just isn't his style. If my hypothesis is correct, you'll simply have to decide whether you can accept him as he is or if it's time to move on to louder pastures.

I'm not usually one to point the finger of blame toward pornography, but I feel X-rated films could be partially culpable here. There seems to be a common trend in erotica for women to scream like banshees in bed while men remain tight-lipped and serious. There's a possibility your own personal porn star has been negatively influenced by his jerk-off material.

I've got nothing against the strong, silent type, but everyone needs a little reassurance in the sack. A message to all you mimes out there: It's your prerogative to

keep mum in bed, but be sure to invent other ways to show your mate just how much you appreciate their bedroom moves

Love,  
Di

• • •

Dear Di,

*I am in a long-distance relationship and have recently found myself longing for sex more and more. I would never cheat on my partner, so I want to buy a sex toy but I'm completely lost. My friends aren't the type to ask about this sort of thing, and it's all foreign to me. Is ordering online more discreet? How do I know what I'll like? Please help!*

— Dazed and Confused

Dear DC,

Ah, the joys of long-distance relationships. I commend you for staying faithful to your partner—that's no easy feat when you're hornier than a pubescent boy in parochial school. Truthfully, I'm rather impressed you've made it this far without owning a drawer full of sex toys. Using your fingers

gets old fast, doesn't it?

This may come as a surprise to you, but I suggest you bypass online shopping if you're worried about discretion. Online shopping means you'll leave an electronic trail and the package will have to be shipped to your home, which I'm guessing you share with people you'd like to keep in the dark about your purchase. Actually going to a sex shop will afford you the opportunity to learn from the expertise of the staff at the store and will hopefully make you realize buying a sex toy really isn't that big of a deal.

Operating under the assumption that you are at least 18 years old, you are legally entitled entry into an erotic novelty store. Even more importantly, if you're a human being, you have every right to enjoy sex in almost any way you please. Get over your hang-ups and get thee to a sex shop, pronto.

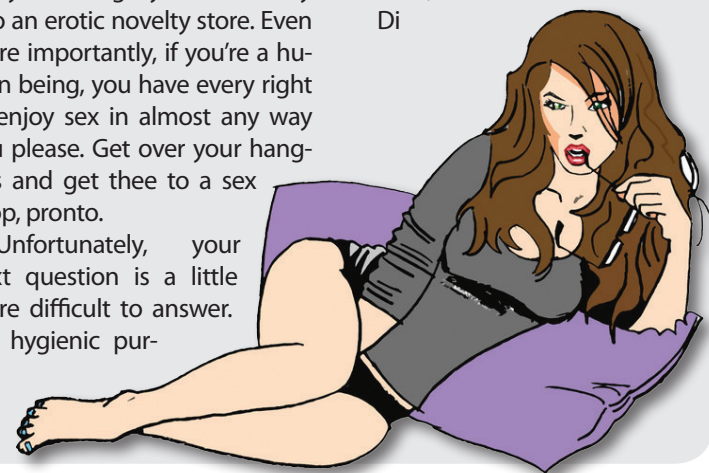
Unfortunately, your next question is a little more difficult to answer. For hygienic pur-

poses, you won't be able to actually test drive the toys, so you're going to have to be willing to take a bit of a chance. I suggest doing a little sexual soul searching before going to the store. If you miss the feeling of your man's meat inside you, look into dildos. If you'd rather stick to tickling your clit, do some research on vibrators. Want both? That exists too!

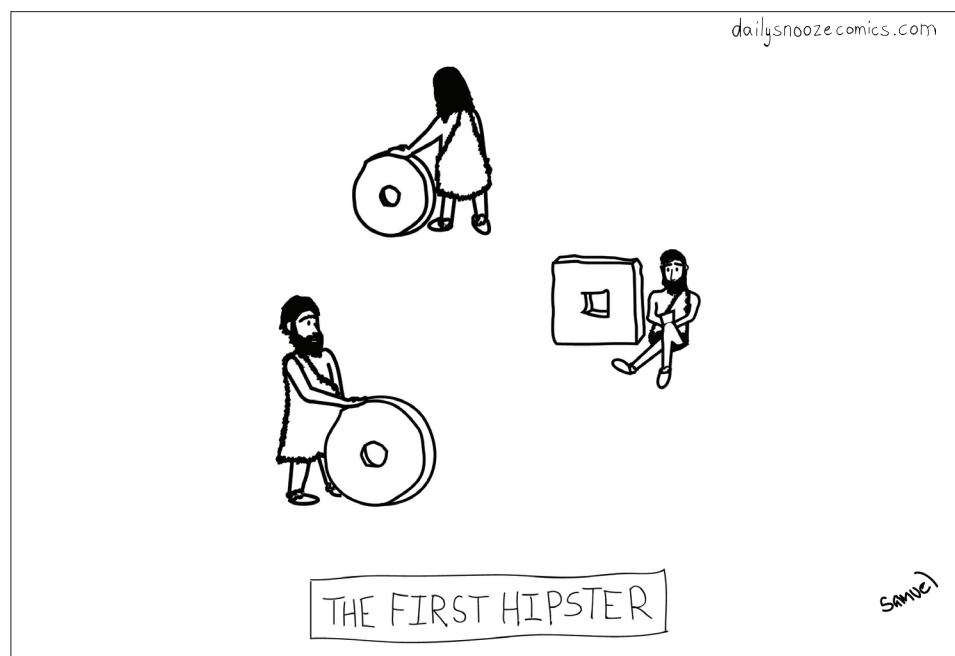
If you need more help, make a list of the qualities your perfect sex toy would have and show it to the employee at the shop. He or she will likely be more than willing to help you locate the perfect gadget to suit your needs.

Happy shopping!

Love,  
Di



The Daily Snooze - Jacob Samuel (Simon Fraser University)



The Daily Snooze - Jacob Samuel (Simon Fraser University)



*The Link* is hiring a sex columnist! Send a writing sample to [link@bcitsa.ca](mailto:link@bcitsa.ca) to apply.