

february 2016

# LINK

MAGAZINE



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**Dora Kola**

604 Cartel and Being Boss

**Kelsey Graham**

Design Scientist

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- Bleached Oscar Nominees
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Dora Kola manages a one-woman fashion business  
(photo by steph brosky)



# LINK

MAGAZINE

LINK magazine is a free monthly publication of ideas and culture produced by the students of BCIT and distributed across all five campuses in the Lower Mainland.

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# EDITOR'S LETTER

## SPEAK UP, SPEAK OUT

It's February once again, which for some may mean looking forward to Valentine's Day, or watching the Oscars. But for those of us in the BCIT community, February is when we shine a light on an issue that some people don't like to talk about. Mental illness.

The BCIT Student Association puts on their annual Speak Up, Speak Out campaign that aims to create awareness and decrease the stigma associated with mental illness.

To be honest, if I had read about a campaign like this a couple of years ago in a magazine, I probably would have flipped the page and thought to myself 'this doesn't apply to me.'

But fast forward to now and I can say I find it truly hard to believe that anyone will live their life and never be affected by a mental illness of their own, a loved one, co-worker, friend, or acquaintance.

A family member of mine was diagnosed with Obsessive Compulsive Disorder (OCD) about a

year and a half ago, and let me tell you it hasn't been an easy year and a half.

My initial instinct was to learn as much as I could about the disorder so that I'd be better suited to help her.

Through my research, I learned all about the disorder and the different ways it manifests itself. I learnt the many different types of obsessions people could potentially have including contamination, hoarding, aggressive, and sexual.

I also learnt about the different compulsions people could have to counteract their obsessions. For example, someone with a contamination obsession about germs may wash their hands excessively as their compulsion.

The disturbing nature of some of these obsessions is why I think it took my family member such a long time to come forward, but we're glad she did. She was dealing with a number of worrisome, intrusive thoughts, and I think it's important to

note that in her case, and probably many cases out there, she never had any want or intention of following through with those thoughts, she just wasn't in control of them and couldn't stop them from going on in her head.

All mental illnesses manifest themselves in different ways. Unfortunately, it isn't as easy to diagnose and cure as something like the common cold. But that is why I strongly encourage you to get out and take part in some of the Speak Up, Speak Out events happening this month.

According to the Canadian Health Research Institute, 1 in 5 people will experience a form of mental illness in their life. If you are one of those people, I urge you to reach out and get help, and remember that there are better days to come. If you aren't, I urge you to try and show more compassion in your daily life, because, we're all in this together.

— Lindsay Howe  
February 1, 2016

## FACES TO NAMES



**Roshini Nair**  
Broadcast Journalism

Roshini Nair is a second-year student in the Broadcast Journalism program. She also likes to add extremely loud commentary during movies, so if that's the kind of thing you hate, avoid the Tinseltown theatre. Follow her on Twitter @roshini980.



**Jessica Fedigan**  
Broadcast Journalism

Jessica Fedigan is a second-year Broadcast and Online Journalism student here at BCIT. When not chasing stories and reading the news, you can catch her watching the Canucks, Yankees, Whitecaps, or Cavaliers. She also has a passion for food and politics and some travelling. Come and say hello if you ever see her, or if you want to write sports for LINK, drop her a line.

Twitter: @JessicaFedigan



# linkbcit.ca



## TRAVEL JOURNAL: FINLAND

BCIT BBA student James Flory has been weathering a Finnish winter for the past few months as he studies abroad. Follow his vlogs and blogs on our website as he adpts to new places and new faces.



## PERISCOPE

If you ever wanted to travel to Tokyo's Disneyland, or to the spanish countryside but didn't have the funds, Amy Tom is going to tell you about an app that'll let you take vacations from your couch –free



## Canada's World Cup Dreams

With the world cup in Mexico coming up in 2018, Eduardo Gonzalez calculates a battle plan for the Canadian soccer team. Chances are we won't win –but if Canada plays their cards right, we might just qualify.


**RT**

**@Nathalie Carter**

Getting Inspired with  
#designdevelopment for my  
#capstoneproposal of a #senior  
#homelessshelter in #Vancouver. #bcit

**@ChadLeaman**

Great to see @TEDxBCIT lineup  
and @NeilSquireSoc on the  
roster. Tix: <http://tedxbscit.com/#speakers> #tedx #BCIT  
#disability

**@EltonLu**

Just had this crazy dream that i was  
taking 7 courses at the same time  
at #BCIT again... Still can't believe I  
actually did that IRL. #crazy



## "VIRTUALLY ZERO" CAR FATALITIES WITH NISSAN'S JEFF DIX

BCIT will be hosting a talk titled; 'Working Towards "Virtually Zero" Motor Vehicle Fatalities' this month, hosted by BCIT Racing and the Society of Automotive Engineers BC Sector. Jeff Dix, a Principal Engineer in Safety Engineering at Nissan North America will be giving the lecture and providing students and faculty an opportunity to network with industry professionals. The event will be \$5.00 if you're a student.

## R.I.S.E. TO THE TOP YOUTH BUSINESS CONFERENCE

No, taking a selfie with your potential employer is not a good idea. Does your younger sibling keep flubbing job interviews? The R.I.S.E to the Top Youth Conference is an interactive event supported by BCIT and Enactus and they'll be providing one-on-one mentorship for youth looking to expand their business skills on Saturday, February 20th. Lessons on social media, resume building, and self-presentation will be taught by current BCIT students and faculty. R.I.S.E to the Top is an awesome opportunity for youth looking to sharpen their application skills in the business world – and its free!

## DRONE FAIR 2016

Drones are coming to take over BCIT! Just kidding, well sort of; this one day event will allow you to interact with professionals in the drone industry. Leading innovators will elaborate on the positive impact drone tech can have on the world on Saturday, February 20th. The event will be featuring a high speed drone racing course (awesome), and a 'fly zone' in which you can put your piloting skills to the test. Tickets are \$12.00 for students to faculty, and \$18.00 for the public.



# SPEAK UP SPEAK OUT

**VISIT**

BCITSA.CA  
FACEBOOK.COM/BCITSA

**MENTAL  
HEALTH WEEK**  
FEBRUARY 16 - 18







# PITCH PERFECT

Already personable and brimming with charisma, **Dora Kola** has found her voice in broadcast radio – but as *LINK* magazine found out, there's another pitch to the Disc Jockey's voice – business. Dora's own clothing line, 604 Cartel, is beginning to gain national and international attention throughout the fashion community, but finding her voice hasn't been easy. I sat down with Dora to hear what it's like to be a one-woman fashion business.

interview **calvin a jay**

portraits **steph brosky**



## Give me a sales pitch!

Everything is handmade by yours truly, it's a one woman business. I started it when I was in grade 12. I'm 19 now. I've gotten really awesome opportunities like international model agencies and customers across Canada. It's been pretty crazy. I think it's something real dope for people in Vancouver to rep. Hence '604', and then the 'Cartel' part makes it gangster and cool!

## What got you into the fashion biz to begin with?

I've always been into it. I've always been tech savvy, and business-y, artistic, innovative. When I started 604 Cartel in high school, I just wanted a nice flower crown – all these hot girls were reping' it, and I really wanted one too – and my girls in high school wanted one too. So I said I was just going to make one! I hate the Forever 21 basic crap. I sat down and spent a lot of time on wiring techniques, I just figured out stuff that would work. I made my first one for my friend and she gave me thirty bucks for it – and I was like – "Cool! I'm getting money!" So the business part of it and social media, which is essentially the whole business of it, just kind of clicked in while I was designing it. So there I was in Grade 12 busting my ass getting more orders, driving around in the car I just got. I just started to really work on the fine details of it, and how I was going to sell to a certain demographic. I started designing a lot. Working with agencies and models and doing photo shoots for companies really helped me meet people as well. I think everything of who I am really helped with business as well, because it's all essentially Dora. Everything just fell in place!

## Could you elaborate on why social media is essential these days?

I don't even have Etsy or Big Cartel or the typical places people sell their stuff at. It's because everyone is lazy now and everyone uses social media – it's the easiest way. If you link something from 604 Cartel that I've posted on my facebook page to another page, I've got almost 2000 people on facebook account, people are going to see that, no doubt. It fits the company more – it makes it hip, modern, and young. Everyone's doing it too, it makes you more credible.

## What works the best?

Facebook and Instagram. Especially Instagram, it's all photos and everyone is so visual these days.

## Instagram just started implementing ads, do you think that's the way the business is going? Social media advertisement rather than TV?

Totally! Everything is ran by advertising. I think it's real smart for Instagram to do that. It'd be dope to get some 604 Cartel ads there! It's like billboard ads – everyone is going to see it, but it's more personal.

## Where do you think the fashion industry is going now? Will there be less big name designer sellers and more Etsy, independent designers?

I think fashion is going to a more intimate and personalized level – I think it gives a voice to aspiring artists who don't have a million dollars to invest and launch their own business with. I definitely think things are changing. For 604 Cartel, I put a tag that says "Handmade by Dora Kola with peace, love and gratitude" – I think that's the sell point, if people didn't know things were handmade by me they'd just be like "I'm not going to pay \$55 for a toque!"

## How do you stay different in this new Etsy/self-dependent/designer integrated world?

I think by staying away from that all together and just by relying on social media and showing people that I'm legit. Also by staying consistent – I'm always posting something online or doing a shoot.

## There's an Entrepreneurial Centre coming to BCIT and its there to help student entrepreneurs launch their products, would you find that useful?

I think that's super awesome and so beneficial. I feel like everyone has potential, everyone is an entrepreneur in their own sense.



**As a young business woman, what sort of struggles have you faced while starting your own company?**

I had so many problems in high school. On a personal level, 604 Cartel pulled me out of this huge party and wild child phase that I had at the start of grade 10 to grade 12. I figured out that I actually have talent and skill and I know what I'm doing in high school. I had all these passions, but I was wasting them on negative energy like partying and drinking, and stupid stuff. As soon as I started doing it, I realized that it was starting to go somewhere – now there's hope that I don't have to go back to that sort of lifestyle. There was a lot of bullying, but when I started 604 Cartel, I kind of proved people wrong – not that I live for flattery, but it felt real good.

**You're not in business but Radio Arts and Entertainment, so how has the program helped you with promotion and business?**

We have marketing and advertising classes – production and writing for ads. It's helped me figure out how to be a business person. I'm a pretty good communicator – on air is my thing, but I don't know... People say I'm good at selling myself, but at the same time I feel shy about it – I don't want to go over the top.

**On one hand you want to promote yourself, but on the other you feel a little modest?**

Exactly! It's like a paradox.

**Have you considered fashion school?**

I have. Everyone's always told me I should. I think fashion is definitely a lifestyle which doesn't require anything technical like a school to say "I can do this." I don't think I ever would, even if I got the chance to.

**Do you think by focusing your school and work towards fashion that it would take away from the creative energy?**

Totally! I think at that point you'd just want to get a job in the end and work for a company, not your own company. I don't think I'd have the creative freedom.

**What's next for you and 604 Cartel?**

I'm moving to Alberta to be on air at a rock station. I feel like I could have another platform to sell 604 Cartel.

**Could you sum up this whole experience of starting your whole business, the bumps along the way, and everything in between into a sentence or so?**

It's spontaneous. I've just been going with my gut.

**So, honesty?**

Yeah! Exactly! I've never really understood the whole "go with your gut" feeling, but I think by going through relationships in the past year or two – every time, the best thing was to go with my gut.

**How does fashion inspire people?**

It's a voice. It's essentially who the person is and it shows people [that] without saying anything. I think fashion can save lives.

**How does it save lives?**

[It] gives people a chance to showcase who they are or want to be. In that sense it's definitely saved me, especially through high school – especially if I didn't have a chance to openly express myself and have fashion reinforce the fact that I am me and no one is going to change that.







Visit 604 Cartel online at  
[facebook.com/604cartel](https://facebook.com/604cartel)





**Kelsey Graham**

# The Science of Style

interview **calvin jay**

photos **steph brosky**

Things go unnoticed in life. A tree or plant exists in humble insignificance – but just like your Biology 12 teacher used to point out with slightly alarming enthusiasm, there’s a science to everything. Interior Design student, **Kelsey Graham** is a mad scientist, working with light, measurement, and creative appeal to design masterpieces.

**How did you get into the field of design, what’s pushed you in the right direction?**

Ever since I was little, I’ve always watched the interior design shows on TLC. I remember skipping grade two and three classes to go home and watch it.

**Did you live around the corner?**

Sort of. I had a scooter! When I was super young, I’d cut out graph paper and try to measure my bedroom and

the furniture and arrange a floor plan. I didn’t put the two and two together and that you could make a career out of it, at the time. I thought it was strictly decorating, and most people do – because on TV shows it just looks like you’re decorating. I took interior decorating at the university of Fraser Valley. But even before that I always had interior design magazines around at the time. Whenever I’d walk into a restaurant when I was ten I’d be like – “They really picked that flooring with that wall colour?” and my parents would be like “ugh”. So I’ve just kind of being destined to.

**How did you get involved with your mentor, Valorie Spence, member of the American Society of Interior Designers?**

My mom and I were on vacation in Maui – she went home, and I wanted to stay – so I had to figure out a place to work so I could stay for a month. I

emailed the two main interior design offices in Maui and (my mentor) replied back saying she couldn’t pay me, but she’d love to teach me what I wanted to learn. I met her and then (she) invited me to come live with (her). We’ve become super close, ever since.

**That takes a little bit of confidence.**

Traveling like that actually built my confidence. I used to get real bad anxiety – but traveling on my own actually cured my anxiety. When you’re traveling on your own the only person you can trust is yourself. That’s my other plan though, (after) I graduate in June, I was going to email different interior design firms around the the world and see if I

**“on TV shows, it just looks like you’re decorating.”**



could come and work for them, and start a blog maybe and write about different styles of interior design around the world.

**Do you think that's the future of exposure and getting discovered by a big firm?**

You have to build a portfolio, if you want to stand out then you should definitely have a large blog or a large website, and kind of branch yourself out to different people. Especially around the world, if you're traveling, I feel like I would gain a lot more knowledge than most people who would stay with a firm in Vancouver.

**What else defines you from other interior designers? Why should someone hire you over someone else?**

Well...

**Sorry, this sounds more like a job interview!**

Well, there's lots of people who certainly are qualified, but I feel like I've always been passionate about it. It's the only thing that I want to do. I've also been told that I have a natural eye for design.

**Do you think someone is born with that eye, or is it something that can be trained?**

I think you kind of have to be born with that. I've always had that eye even before I had any training or whatsoever. I think you have to be able to visualize it. I know other students in the program who don't have the ability to visualize it, and a lot of clients hire interior designers because they visualize it.

**With so many different TV shows and blogs, people may think they can design interiors themselves, why hire an interior designer?**

A lot of people can't visualize what it will look like. But I can, I can see in my mind what a (design) would look like.

Do you look at design as an art or as an equation?

Both. If you don't do the equation aspect of it, you don't counter in light, or if you choose the wrong light bulb, it can bring out a different colour that's not supposed to be shown. An example was this kitchen – they had the wrong lights, they did grey cabinets but the light brought out the violet in the paint and it all looked purple, so we had to change it. Light is probably the most important thing in design.

**So it's a bit like chemistry?**

It's a science. There's three books stacked on a coffee table for a reason – why not four, why not one? There's three for a reason – the rules of thirds. Everything in nature is in the rule of thirds.

**What is it about the BCIT experience that gives you a leg up on other interior designers?**

I heard BCIT was the best. It was also closer than Kwantlan! I like that the teachers are also interior designers, and that they actually care, know, and are actually in the industry. They'll be like – "No. Your client will rip you apart if you do that." – but they're not being harsh, they're being realistic. They're not just a teacher, they're out

there (in the industry). It's more hands on, for sure.

**How does the affordable housing crisis in Vancouver affect the industry when everything is being subdivided?**

It's a huge issue. There are ways to design small spaces where you can fold the bed up into the wall, or everything can be used for more than one thing – like your kitchen table can be used as a desk or something like that. The smaller you get, the more efficient it has to be. You definitely need the design and thinking to do that.

**Are you finding work in Vancouver?**

Well there's lots of places I can work in Vancouver, there's a lot of construction companies that want a solo interior designer. You can also work for yourself, which is what I do, I have my own little company, and I get clients here and there, but school takes up a lot of my time. There isn't a shortage of work in Vancouver.

**How do 21st century business techniques like social media play a factor in getting your name out there as a designer?**

I would definitely say Instagram, a blog, or Pinterest. The website is definitely huge. In our industry, you should be able to post your portfolio onto a website – (clients) want to see that electronically before they see you in person.

**How important is interior design to your wellbeing and lifestyle?**

It for sure is. There's actually a science in colour – they can actually change your mood. If you have a dark/blueish-grey room and real low lighting, it's actually real depressing to have that kind of colour. But if you have a real happy yellow color and lots of light in your room, it's been proven that you're going to be happier. If your room isn't cluttered and doesn't feel like you're in a little cave, it's going to make a huge difference.

**I have a bunch of posters on my wall, now how does that effect my mental wellbeing?**

Well it'd probably constantly keep your mind going all the time – feel cluttered, maybe.

**What's your next plan?**

In one of my main classes, which is one of the hardest in the program, we have to redesign an entire restaurant that holds 150 people. You have to lay out the floor plan, you have to do the construction drawings... then you have to decorate the whole thing.

**What's been your biggest project outside of the classroom?**

I designed an entire west coast modern house in Delta, it was huge. I worked with an architect, I don't know why they hired me – I was a student! They wanted to save money, and they find students are actually more creative – because people who are in the industry just block design things – they just use the same paint or some things. They're trying to get into the West Coast Living next year, I think, when it's done.



TEDxBCIT 2016 is dedicated to illuminating the opportunities that are unfolding rapidly. The full day event will explore opportunity through connection, innovation, society and learning. TEDxBCIT will give you a full day of exciting, innovative and unique thinkers that will inspire and teach. This is a great opportunity to meet and network with some of today's forward thinkers.

# THINK AGAIN

## THE SPEAKERS



**EDREE** ALLEN-AGBRO

Edree Allen-Agbro is the author of *Lead Them Out of the Trenches: From Conflict to Collaboration with Ease*. Her life purpose is to "tip the scales from human beings waging war against each other to working well with each other."



**GARY** BIRCH

Gary Birch was appointed Director of Research and Development at the Neil Squire Society in 1988 and then in 1994 was appointed Executive Director. Dr. Birch was appointed an Officer in the order of Canada in December 2008.



**KELLY** THIRD

Having volunteered in hospice care, crisis management and medical advocacy, both locally and abroad, Kelly Third has built her career upon a foundation of exploring the human experience. Kelly has a profound interest in the various cultural and social impacts on how people die – identifying barriers to healthy dying and well supported natural death.

**What can people take away from your talk?**

*Take small emotional risks. Learn and open yourself up to each other. What's the worst that can happen?* – Idris Hudson



**LOUISE** GREEN

Louise Green is a thought leader in creating a world where every "body" can realize their athletic potential, regardless of their size. A sought after trainer, speaker and writer, Green is recognized internationally as the go-to expert for conferences and media.



**NAVEEN** ZAFAR

Naveen has been employed within higher education for five years and involved in developing the community since the early days of Elementary School. She is thirsty for knowledge and is continually looking for opportunities to learn and explore new ideas.



**RNOLD** SMITH

Rnold Smith's mission is simple: "Live the life of my dreams and help others do the same." To Rnold, that means being a positive contribution to his family, friends, clients, and community.



**SABINA NAWAZ**

Sabina Nawaz is a global CEO coach, leadership speaker, and writer working in over 26 countries. She is the “voice in my head” for hundreds of C-level executives in Fortune 500 corporations, government, non-profits, and academic organizations.



**GLENN YOUNG**

Glenn Young holds a BA in Art History, and Bachelor of Architecture from University of British Columbia; and MBA from Simon Fraser University. He has worked as an architect in Toronto and Vancouver. Glenn was a Director of Vancouver Board of Trade and chaired a number of committees, including Leaders of Tomorrow, a very successful mentorship program.



**GEORGE VERDOLAGA**

George Verdolaga is an Amazon best-selling author and keynote speaker. He has written four books on leadership, effective networking, sales and customer service. He is passionate about helping companies, business owners and individuals get out of their own way so they can reach their career or business goals as quickly and as painlessly as possible.

**What will be the focus of your talk?**

*I will raise awareness on one of the major thought habits beneath our current approach to life. – Edree Allen-Agbro*



**ERIC TERMUENDE**

Eric Termuende is co-founder of Gen Y Inc., a company focused on organizational culture fit. Gen Y Inc. specializes on the future of work and the attraction and retention of talent. Termuende has worked around the world speaking and consulting on workplace culture and the next generation of work.



**IDRIS HUDSON**

Idris Hudson is a passionate individual who has devoted his life to uncovering empathetic nature in some of society's darkest areas. His studies and experience have brought compassion to homeless and addicted citizens, while empowering community allies.



**TEWANEE JOSEPH**

Tewanee Joseph, half Squamish Nation and half Maori, has served eight years on Chief and Council and is now a partner in Tewanee Consulting Group. The First Nations owned and operated company focuses on delivering meaningful partnerships across the country and around the world.

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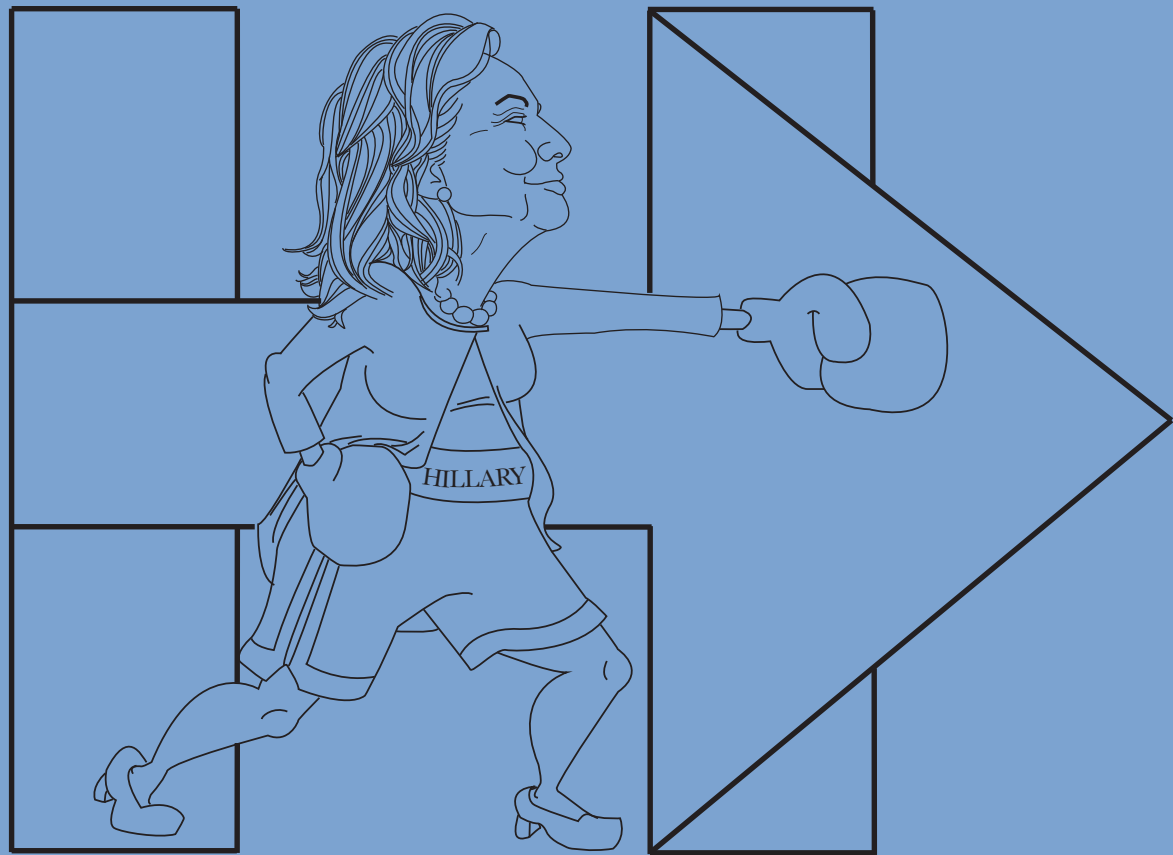
The Imperial - 319 Main St.

Tickets on sale now at:

[www.universe.com/TEDxBCIT](http://www.universe.com/TEDxBCIT)



“Hillary Clinton is not trying to dismantle the patriarchal society that is the United States



## IS HILLARY CLINTON A FEMINIST?

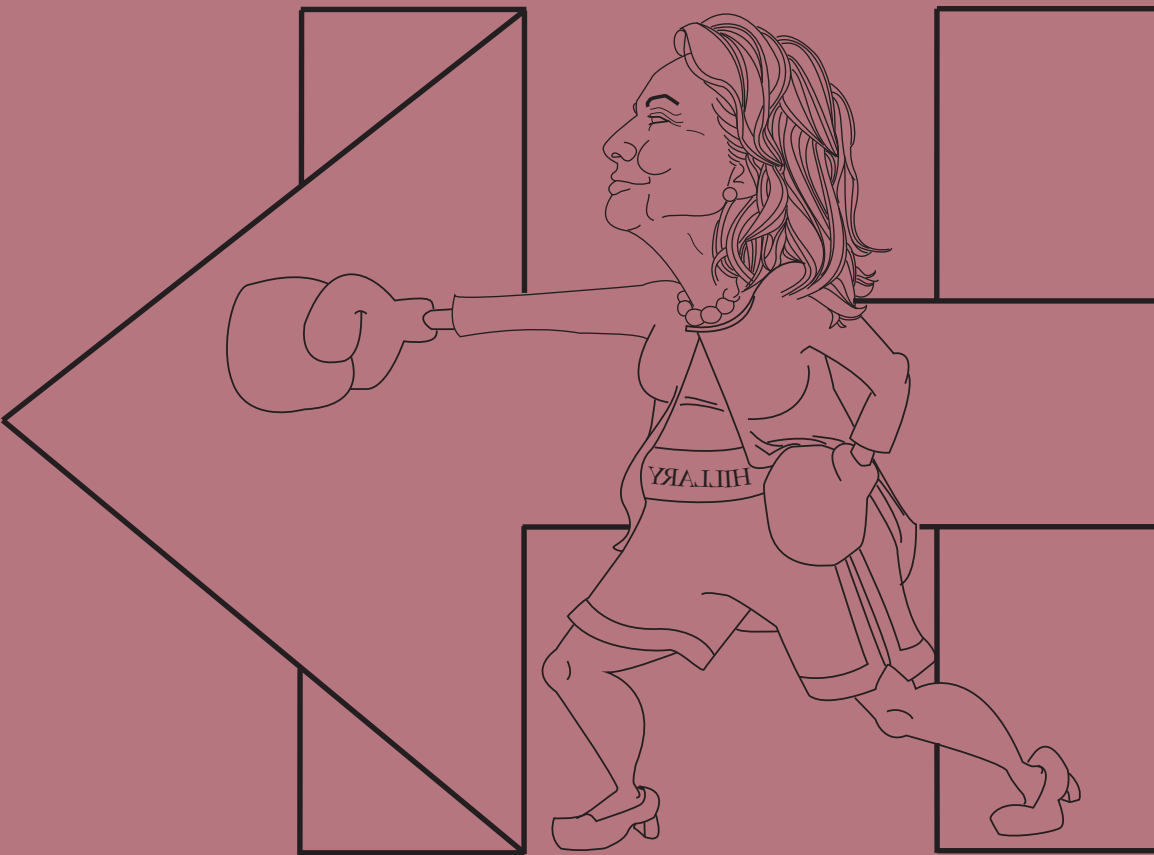
Hillary Clinton—the woman—has been attacked on a number of different fronts: her rocky marriage, her style (or lack thereof), her “unladylike” ambition to be more than a “mere” First Lady and her ice cold robotic demeanor. Hillary Clinton—the politician—has been savvy enough to launch the first truly viable chance at becoming the United States’ first woman president.

So in terms of empathy and sheer glass-ceiling-shattering gusto, all feminists should support Hillary Clinton, right? Not quite.

Young and Becerra argue in their article *Hillary Clinton and Corporate Feminism*, that a feminist endorsement of Clinton is a profound failure in defining what feminism is. And yes, defining feminism is a problem that has been brewing since someone invented the word. Feminism means different things to different people, but before I use that as a way to escape from the original question – let me make some clarifications.

For intersectional feminists, today’s progressive feminism is a revolutionary force. It is anti-establishment. The patriarchy – which includes the intersections of capitalism, racism, colonialism, heterosexism – must be dismantled. However, for women in mainstream politics like Clinton, feminism usually means something else. It can mean it is the right of women (usually wealthy, white, educated women) to sit at the same corporate and military table as their male peers, as opposed to raising the status of all women from whatever socioeconomic backgrounds by tearing down invisible systems of oppression which cause various inequities. For example, Hillary Clinton is not trying to dismantle the patriarchal society that is the United States, but she does have the privilege of starting a nuclear war, if she truly wanted, just as other politically powerful men do.





But she  
does  
have the  
privilege of  
starting a  
nuclear war,  
if she truly  
wanted.”

words **roshini nair**

illustration **alexandra regehr**

And Clinton, without hypocrisy, can call herself feminist. And she does – telling Lena Dunham in the September 2015 issue of “Lenny” that she is a feminist and that, “women have the same rights as men, politically, culturally, socially, and economically.” But as soon as you label yourself a feminist, you become vulnerable to criticism from both those who see feminism as a flaw, and those who have a different view of feminism, and as stated previously, there are differing views.

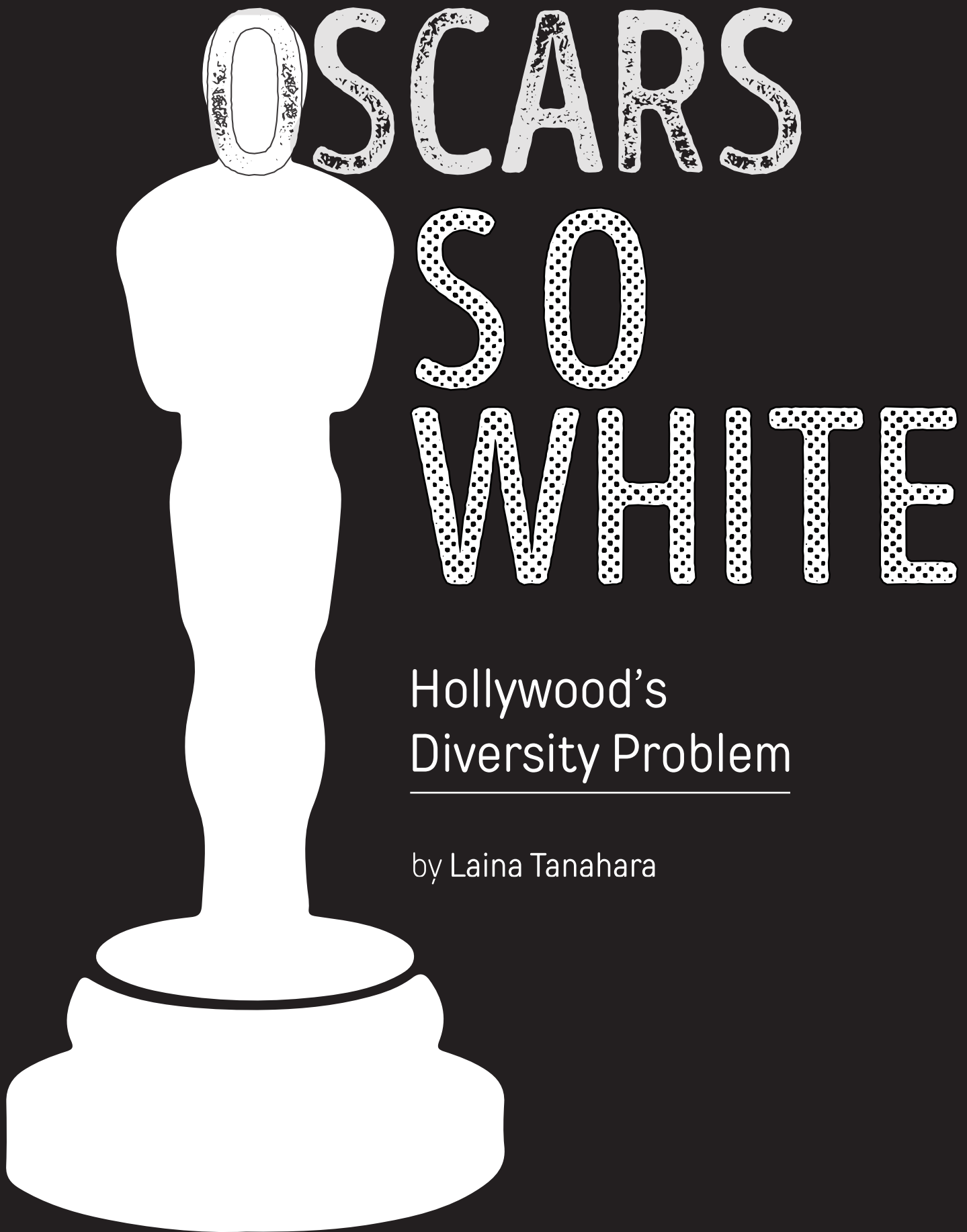
Here in Canada, interim leader of the Conservative Party Rona Ambrose did the same thing. In a December 16, 2015 interview with *Chatelaine* magazine, she said, “I have, my whole life, called myself a feminist... at the most basic level, it’s about equality and it’s about women succeeding and reaching their potential.”

But despite calling themselves feminists, the policies that Clinton and Ambrose support do not create the environments that foster the kind of equality a progressive, intersectional feminist would support. For example, Clinton has been slow to support the removal of LGBTQ work discrimination laws in the U.S., and Ambrose caught much heat for daring to vote for anti-choice Motion-312 [it did not pass].

So is Hillary Clinton a feminist? Well, according to her, yes. According to everyone else, it depends.

Here’s what I will say. The presence and success in politics of women like Clinton and Ambrose is a historic win for some women, but not necessarily all womankind, and not necessarily for feminism. But the fact that women are raising their voices in disagreement and saying, ‘No you don’t represent me,’ is also equally encouraging. This means that women aren’t obliged to vote for someone simply because she is a woman. It suggests that just like men, women hold different viewpoints and, surprise, are as different from one another as men are. And that’s pretty feminist.





OSCARS

SO

WHITE

Hollywood's  
Diversity Problem

by Laina Tanahara



**F**or the second year in a row, the Oscars failed to nominate a single person of colour in any significant categories, save for director Alejandro Gonzalez Inarritu. This prompted people to use #OscarsSoWhite for the second year in a row.

So why does it matter that an institution for celebrities basically only nominated white people in any major categories?

Because the Oscars are the most prestigious awards to recognize films for that competing year. They are supposed to filter through all the movies available to the public and recognize the best of the best. Movies are the most accessible medium of art for the general public, as indicated by the weekly box office counts. The Oscars aren't just statues for celebrities, they are telling the public what is worthy of their attention.

The Oscars are more important than all the award events preceding it, such as the Screen Actors Guild Awards or the BAFTAs, which are used as indicators to gauge eventual Oscar winners. It's not just celebrities vying for a trophy that are invested in the honour of an Oscar, but the public as well. Despite a drop in viewership, last year's Oscars still pulled in 36.6 million viewers, which is more than any other awards show.

People watch the Oscars. They are perceived to be the arbiters of taste for film to a massive audience. So when hardly a single person of colour is recognized, the message that the Oscars is sending to these millions of people, is that no work by a person of colour was worthy of merit.

Charlotte Rampling, who is nominated for best actress, suggested that it is for precisely this reason that black actors were not nominated. The British actress told a French radio program that, "perhaps black actors did not deserve to make the final list." This idea hinges on the notion that the Oscars and Hollywood operate in an idealistic meritocracy, which is far from the truth.

There is only a small percentage of roles written for non-white actors, and the ones that are, are often relegated to background characters or flat characters that have little impact on the storyline. Major roles written specifically for non-white actors are few and far between. There are only so many *Djangos*, *Martin Luther King Jr.s*, and *Precious*? (I actually struggled to think of a famous movie with a lead black woman within the last few years) for black actors to try to be. But the other problem is that most roles, while not being specifically written for white people, will only be filled by white people. If, for example, the movie premise is John Smith falls in love girl, casting directors will only seek white actors to fill the role of John Smith, even though John Smith could be played by anyone.

Sometimes, roles that portray non-white people are still played by white people. One of the most recent examples is Ridley Scott's *Exodus*, in which a largely white cast played ancient Egyptians and Hebrews, while all the small roles as slaves, thieves, and other non-speaking roles were played by non-white actors.

To go back to Charlotte Rampling's point on merit, if non-white actors aren't even allowed to portray characters that they actually physically embody, the problem isn't that they aren't good enough; the problem is

that they aren't even given the chance to prove that they can be.

But even when a performance is remarkable, it can be overlooked by the Academy. Idris Elba won a Screen Actors Guild Award for *Beasts of No Nation*, despite failing to even receive a nomination from the Academy this year. *Selma* received only a nomination for best picture last year, but failed to garner any nominations in any other category except best song. Comedian Patton Oswalt summed it up best in a tweet reacting to Selma's lack of nominations: "SELMA? One of the best pics of the year. But the directing, script, all the acting, & cinematography? Meh. Nice song, though."

94% of voters are white, 76% are men, with a median age of 63 years old, according to a 2013 survey from the Los Angeles Times. It can't be that surprising that such a lack of diversity results in a lack of diverse nominees. That's why the Academy announced that from next year, it had new requirements for its voting membership. The new rules stipulate that each member's voting status will last a decade, and only be renewed if they've been active in film during that decade. Members can retain lifetime voting status if they have been nominated for an Academy Award, or if they've have passed three 10-year terms. The Academy also announced it will try to double the number of women and non-white members by 2020.

This is a step in the right direction. It's real action that is necessitated by the backlash the Academy received and because it sends a new message: that a lack of diversity is a problem that must be rectified. The Academy, as the most influential purveyor of film culture, has a responsibility to try and reflect the culture that allows art to rise from it.

Academy president Cheryl Boone Isaacs, herself African-American, announced with regard to the rule changes that "the Academy is going to lead and not wait for the industry to catch up." But I'd argue that the Academy itself is the one playing catch-up. The real leader already clearly exists: the TV industry.

The last several years have been christened a 'golden age' in TV. This is because of the high quality shows that are being offered on traditional networks, cable networks, and streaming services. Not only has the standard for good TV risen, but there are far more stories being told from previously under represented groups. *Black-ish*, *Fresh Off the Boat*, *Empire*, *Orange is the New Black*, *Masters of None*, *Jane the Virgin*, and anything from Shonda Rhimes—these are just a few examples of stories being told from minority groups. Best of all, these shows are all succeeding.

As a minority person, I can honestly say it means a lot to see a part of myself reflected back in a show. It means that the culture being produced is actually reflecting my culture.

At the SAG awards, Idris Elba didn't just win for best supporting actor in *Beasts of No Nation*. He also won best actor for his portrayal as the title character Luther. In presenting the award for best actress in a TV series to Viola Davis, he told the audience with a knowing smirk, "welcome to diverse TV."

“Major roles written specifically for non-white actors are few and far between.”







# Thailand

by Laina Tanahara

I always thought I was a Europhile that had no room to love anywhere else so passionately. But a spontaneous decision to join my best friend on his travels through Southeast Asia proved that my heart was big enough to love two vastly different places at once.

We spent a month in Thailand. It was enough time to comfortably explore ten different cities, immersing ourselves in the different dimensions of the country's personality. There were the centuries old temples of Ayutthaya and Sukhothai, invoking the religious splendor of what once was; the emerald green waters of Ko Phi Phi that even dreams would fail to replicate; the cacophony of honking horns in the traffic jams of Bangkok that woke us up mid-day after nights spent dancing and drinking until dawn. These disparate places may seem difficult to reconcile as a single country, but just like any real person, Thailand is no one thing—it is complex with its own set of politics, contradictions, beauty, and history that lives and informs the present.

Thailand is not Europe, and it is all the better for it.





# THE TRUTH ABOUT ORGANICS

Most corporations and grocery stores now understand the appeal of organic foods. They tell us that it contributes to better health; it feeds us less pesticides and heavy metals; it's environmentally safe and it's sustainable. But how many of these products are truly 95% organic? Let's slow down a bit, and I'll help guide you through all the confusion of organic foods.

by **diego gonzalez**

In Canada, the *Organic Products Regulations* says that for a product to be labeled "organic" its organic content needs to be equal or greater than 95%.

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## ORGANIC SOIL

Crops that are produced without using conventional pesticides, additives or fertilizers made with synthetic ingredients (fossils, sewage sludge or ionizing radiation) can all be considered organically grown. The healthy soil contains more microorganisms that store carbon inside, which helps the environment.

## MEAT & DAIRY

Here is where organic products shine the most. Truly organic meat and dairy products will have no antibiotics or growth hormones. Livestock should be fed with potable water, no force feeding and should be fed with organic food. The animals should be raised with care, consideration, and respect. By the way, wild fish are not considered organic, because they can feed on inorganic food.

### The Dirty Dozen

12 fruits and vegetables that are the most contaminated by pesticides, in order of most to least.

- Apple
- Celery
- Sweet bell peppers
- Peaches
- Strawberries
- Nectarines
- Grapes
- Spinach
- Lettuce
- Cucumbers
- Blueberries
- Potatoes

### The Clean Fifteen

15 fruits and veggies that you can buy from the conventional side without worrying about pesticides.

- Onion
- Sweet corn
- Pineapple
- Avocado
- Cabbage
- Sweet peas
- Asparagus
- Mangoes
- Eggplant
- Kiwi
- Cantaloupe
- Sweet potatoes
- Grapefruit
- Watermelon
- Mushroom



## No Clear Health Benefits

Wait...What? "There have been studies showing organic foods are healthier". No, there have been hundreds of studies, and none of them have been able to show a real health increase when compared to non-organic products, if you look at non-biased studies. Why is that? The pesticides, heavy metals, and chemicals used in conventional foods are way lower than the legal limit, and won't affect the body when consumed. So why does it feel better?

There are more people eating vegetables and fruits than ever before. It's eating less processed food, not the lack of pesticides that's healthier. Organic food doesn't last that long, so often you'll get fresher products that taste better. Not to mention that the kind of people who consume organic food will be living a healthier lifestyle in the first place.

While there may be more Omega-3 in organic beef, it would be easy to replicate the benefits. A grass fed diet is what causes the Omega-3 boost. This means that the beef could be completely conventional – by simply giving the cows a grassy diet it would have the same Omega-3 benefits.

## The Other Side of the Coin

We always have to look at the whole picture. If you want to solve world hunger, organic food is not the solution. High-yielding plants and disease resistant crops were developed to feed our runaway population. If we only produced organic foods, many countries would simply be left without food. If organic production keeps on growing without a change in its production methods, it will continue to eat up excessive swathes of farmland. To grow the same amount of food as conventional farming, organic farming often requires up to 85% more land. Farmers will be forced to expand into natural areas and forests to create new farmland, undoing the environmental benefits we all wanted in the first place.

## The Bottom Line

So, do we love it or hate it? Organic foods are always going to remain an important part of the market, but we are going to be forced to develop a more sustainable future. It is great for the environment in reducing pollution and fewer chemicals, but it could be endangering us in the long run. So with the current shift towards sustainable and locally grown produce come new responsibilities. We'll see where it takes us. Meanwhile, keep it healthy.



# BC BALL IS

Basketball is making a comeback in Vancouver, and right in our own backyard. Once we had the Vancouver Grizzlies in town. Now BCIT is set to make their basketball debut with the Ballaholics.

**Jessica Fedigan** spoke with Wayne Best, the GM and Coach of the Ballaholics, to get some background on the up and coming team.



## Who are the Ballaholics, and where did you originate from?

The Ballaholics initiated as a youth program, it still is, kids five through seventeen. Youth basketball gives kids the opportunity to develop their skills and develop as people. Then we were approached by a group. Dave Poon Tip, the director/owner was approached by a Calgary group who had a team, if Vancouver would be interested in having a team. So he approached me and we looked at if this was something we could do. And it's along the lines of all European professional club models: Soccer, Basketball, anything. They have a youth program that feeds into their adult program, so we thought it would be a good idea to try that out here.

## How did they end up in Vancouver specifically?

The Calgary owner was coached by Dave when he was in Calgary. Calgary was the only Canadian team in the league. So, if it would be a natural fit for Calgary to have a team, why not Vancouver have a team as well?

## Where would you say this fits into the grand scheme of basketball?

Our main goal is to move players beyond here to Europe, South America, Central America and any of the other. International leagues that are not quite as high as the NBA.

## Do they make a living doing this?

Our team? No. Our team is a springboard and a lot of guys graduate from university and their game is still developing, their bodies are still developing, they haven't actually reached their peak at 23.

## What would you say the ballaholics goals are as a group?

To give graduating players an opportunity to further their career. That's on the adult side. On the kids side: to give them skills and awareness to build up their game to continue playing.

## How do championships work?

There is a championship. Last year it was in Louisiana and filmed by ESPN. We were actually on ESPN on one of the feature games last year. This year, we're on NBC online.

## How did the team find a home at BCIT?

Last year we were at Langley Events Centre, it was one of the premium centres for entertainment and they have the infrastructure and they have a permanent basketball court and facility, so we thought we would try that. This year, we're attempting BCIT because the youth program is based in Burnaby, so we figured that we might as well be closer to the kids so the kids can come out and watch the program and their parents. So kind of re-generate and recycle our product infinitely.

## What do you guys think of BCIT as your home?

BCIT is doing a great job marketing and trying to get their student body to embrace the program. We're hoping the location in Burnaby, being so central to the Lower Mainland, will get some traction. They don't have a team themselves in terms of sports so we're hoping it's a nice fit.

## Why should BCIT students come check you guys out?

They used to have, years ago, a pretty successful basketball program. My understanding is they don't have a sporting program there as it is. Basketball is one of the fastest



# BACK



growing sports for young people in Canada, so we're hoping that BCIT students are among that populous.

#### **How much does it cost for a student to come to a game?**

If you're a student, \$5 dollars. 50% off all students and staff at BCIT.

#### **How many Canadians are on the team?**

All but two are from Canada. That was one of my main goals; to facilitate players in this area, and this region. They are also gaining an advantage by accessing the next level right here at home. They don't have to go anywhere.

#### **With there only being two teams here, do you see another team coming up?**

I think something like the Kelowna region or Victoria. I think those are two markets that have been mentioned as possible franchise locations. We have rights in the Lower Mainland, so for another team to be here, they would have to contact us.



We all, or most of us, remember the Vancouver Grizzlies. Here's a look back at some of the most noteworthy times and players of the team before they moved to Memphis.

The Grizzlies were established in 1995, along with the Toronto Raptors when the NBA decided to expand into Canada. The Grizzlies also played at GM Place in Vancouver, which is now called Rogers Arena.

The team was denied draft picks in the early going but then snagged one of the most well known Grizzlies, Shareef Abdur-Rahim. That was in 1996. Mike Bibby, Shareef Abdur-Rahim, and Bryant Reeves, were just a few big name players that played for the Griz during their time in Vancouver.

Then came a lockout in 1998 and 1999. After the lockout was lifted, attendance struggled and the Canadian dollar plummeted, which resulted in lost money for the team. The team was then sold to Micheal Heisley. He then moved them to Memphis, just in time for the 2001-2002 season.

Many remember the slick turquoise uni's, but the teams records were not great. Most years, the win % was under .300 percent, not good enough to hang with the best in the NBA.

But the question remains now: Could Vancouver welcome back another NBA team? The Raptors are having great success, and when they come to Vancouver for pre season, the games sell out. Is that a sign of what is to come?





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VANCOUVER MAZDA





# NHL Trade Deadline: Should Canucks Be Sellers?

by colton davies

photo courtesy Jeff Vinnick / Vancouver Canucks

The Vancouver Canucks brass haven't been strangers to making bold decisions this season and that could continue as the February 29th NHL trade deadline approaches, and free agency looms for a number of Canucks players.

It's doubtful the Canucks will be buyers at this year's deadline. With a 20-19-11 record at the all-star break, Vancouver's playoff chances are already slim. According to [sportsclubstats.com](http://sportsclubstats.com), the Canucks through 50 games have had a 24.7% chance of making the playoffs. The team would need more than 90 points to have a better than 50% chance. So this means that the Canucks, who through 50 games only had 51 points, would need at least 39 points in their final 32 regular season games to merely have a chance at the playoffs.

So, going all-in to acquire a high-profile player likely isn't worthwhile for the Canucks. Neither would trading any of their young players or prospects, that they've now spent years loading up in their system. Vancouver has six players on the current roster that are 23 years-old or younger, and a number of top prospects knocking on the door.

General Manager Jim Benning doesn't want to part ways with any of the team's young assets, but he may just want to make room for them.

A number of Canucks are set to become unrestricted free agents (UFA) after this season, including Radim Vrbata, Brandon Prust, Dan Hamhuis, Matt Bartkowski and Yannick Weber.

It's unlikely if all these players will re-sign with Vancouver or if there will even be a spot for any of them in 2016-17.

Vrbata has more value than any of the other aforementioned players, and would be an offensive boost for any team as a rental player. Vancouver would be able to get a considerable return on their 2014-15 team MVP, more so than any other pending UFA. Vrbata has a no-trade clause, but offering him a chance to play on a winning team down the stretch would be an offer he likely couldn't turn down.

The 33 year-old Hamhuis also carries a no trade clause, and you get the feeling that his heart is in Vancouver. Hamhuis is still valuable on the Canucks' blue line, which has been evident by how the team's defensive depth has been exposed while he continues to recover from a broken jaw.

Prust, Weber and Bartkowski, meanwhile, are three key role players that the team would likely hope to acquire late-round draft picks for. Weber has struggled to find a spot in the lineup all season, while Prust seems to have lost his job security. Losing any of these three players in the offseason wouldn't be a huge loss, but disregard good asset management would mean the Canucks get some sort of return for players that aren't likely in the future plans.

The Canucks have been thinking about the future for a long time, and that phase isn't over yet. Benning's best bet is to move some of his pending UFA's before February 29th.



# THE VANCOUVER UNDERGROUND

by **tim bruch**

There has been at least four times in the last half-decade that independent music in this city has been considered dead. Gone. Over. Like a black hole would, at any second, jump out of the middle of East Vancouver and swallow the trillions of bands, venues, and fans into the ground to never be heard of again. It seems like it's natural in Vancouver for us to all overreact to things, and the music scene is Exhibit A: all it takes is one of two people to go to one or two empty shows on a Wednesday in the middle of the week to spell, in their eyes, the end of a scene that has been on the brink of destruction for years.

The complete lack of identity that has become part of the problem in Vancouver's music community is, however, what I believe truly identifies this scene. Sure, you can point to a quiet show on a Wednesday or look at the fate of the city's beloved

Railway Club as an omen that there's something wrong here, but isn't that part of what makes Vancouver so charming? Those nights make those ten amazing sold-out Media Club experiences or wild nights in one of those weird, ambient, after-hours venues all the more special. Plus, everyone and their dog plays music here. It's not just one or two people— if you can strum a G, chances are you're in seventeen bands. That must mean we've got some great stuff, right?!

So, that all being said, where do you look? How do you find these diamonds when it sometimes seems like the rough is all encompassing? Well, that's what I'm here for. Here are the best venues and local acts the city has to offer. But, who knows— they might be dead and gone by the time this gets published.

## Venues

### **The Cobalt (917 Main St)**

With the Biltmore slowly becoming East Vancouver's first Granville dance club, the Cobalt has picked up the slack and taken on all the rock bands that used to play up Main. Always packed with local celebs looking to dance to the great music the dingy Cobalt offers nightly. Just try not to go in the bathrooms.

### **The Lido (518 E Broadway)**

The newest entry on this list, the Lido has used its two year existence to start pulling in some great smaller acts to their tiny stage. The retro bar offers a cool atmosphere and every show is **free**. Every show! And there's couches. Yeah.

### **The Rickshaw Theatre (254 E Hastings St)**

The only venue in Vancouver guaranteed to make every best-of list. Has great international bands (Parquet Courts, anyone?) but also often takes on local bands played a huge role in the city's Levitation Fest this summer. Great sight lines, great acoustics, and you almost never have to wait in line for booze—the number one sign of a great experience.

### **Neptoon Records (3561 Main St)**

Not *technically* a venue, but the in-stores this family run business offers every month are insanely good. There's very few things in the city I enjoy doing more than heading here on a Sunday for a local record release show. Plus, after the people clear out (it'll get sweaty!) Neptoon vinyl selection is unrivalled.

“It seems like it's natural in Vancouver for us to all overreact to things, and the music scene is Exhibit A”





# Acts

## Peace

Post-punk punks from East Van, writing songs about dark bars and cute girls. Good luck Googling them, though.

## Mesa Luna

This ambient electronic duo just dropped their debut EP with a pretty great show at the Lido. Think downcast arrangements that always sound on the cusp of erupting, but never quite get there. Dreamy stuff.

## James Thomas

Think: Paul Simon, but maybe a little sweeter. Is that even possible? Acoustic folk that's great for those quiet Wednesday night venues.

## Skinny Kids

Reverb-y, washed-out surf rock in the same vein as Best Coast. Very, very groovy.

## Jay Arner

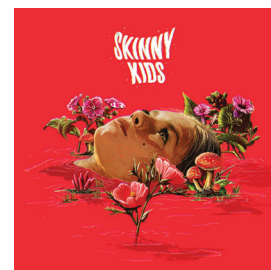
Jay has been around the city for a while—regardless of what his only one album says— and is one of the better music minds around (it seems like he's mixed records for everyone). His poppy, bass-driven songs are slowly creeping into every venue in the city, and he's due for big things when his new album drops this year.

## Freak Heat Waves

Alright, these guys are from the island— but when you play in Vancouver every weekend you're basically one of us. Chanted vocals with bizarre, left-field electronic beats. Weird. Cool. But really weird.

## Woolworm

Five years in Vancouver and Woolworm still ranks as one of the best live shows I've seen in this city. Almost punk, almost pop, this four piece is basically Sonic Youth reborn. Or early Weezer. Actually, they're more like the Smashing Pumpkins. Actually...heck— they're too hard to define. you'll have to decide for yourself.



## GAMES



Upon hearing about this game's release and hearing its ridiculous name, I was curious as to what could be fun about a car and ball game but what a wondrous, chaotic and extremely rewarding game this has become.

With its simple gameplay and physics based mechanics, the game strikes a perfect balance between rocket

## ROCKET LEAGUE

PlayStation 4, Microsoft Windows.  
[in development: Linux, Mac OS, Xbox One]  
(psyonix)

science and regular old soccer. Players are placed in an enclosed arena and are given the ability to traverse both the ceiling and the walls. Each car spends the match fighting for control in the bouncy sphere, with each team trying to score on each other.

This game is beautiful, with slick graphics and tight controls. The cars feel light and fun to drive but require plenty of finesse to master. Hitting the ricocheting ball is a neverending point

of contention with the physics, and takes skill to get the hang of. Taking advantage of perks like boosted jumps is what separates the scrubs from the kings of the field.

The finest moments are the tensest, like miraculously saving a goal on your post with only seconds to spare in overtime. Makes every game worth it.

— jarell alvarez



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