

DRUNKOREXIA A DANGEROUS NEW TREND

[pg.10]



The Link

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ABOUT THE LINK

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PHOTO of the WEEK



Fall arrives at BCIT.

Mike Korolev

Submit the photo of the week and we'll pay you \$20

Send a horizontal photo related to BCIT campus life to link@bcitsa.ca. Include your name and a description of what you shot.

CAMPUS QUERY

What do you think of the practice of people skipping meals to reduce calorie consumption on nights they go drinking?



DAMAN SAROYA
Comp. Information Systems Admin.

"It's healthier to eat and not
drink."



RANDI STICKLAND
Television Production

"Very creative idea, but I don't think
it works."



CARSON TURNBULL
Electrical & Computer Engineering

"Sounds kinda dumb."



JILLIAN BUCHANAN
Television Production

"It's kinda delusional, I think to do
that you'd have to have skewed
priorities."

Part-time studies instructors also second-class citizens at BCIT

Part-time studies instructors also facing seemingly arbitrary treatment in comparison to counterparts

The *Link* article on September 19, 2012 by Max Sussman on part-time students being treated as second-class citizens at BCIT all sounded very familiar to me. As the executive director of the Faculty and Staff Association, I often hear from part-time studies (PTS) instructors how they work under very similar conditions.

PTS instructors can work at BCIT year after year and gain no seniority, no vacation, no professional development, no layoff protection, not even sick leave. In most departments, they are not recognized as having any say in departmental or institutional decision-making. Aside from providing the opportunity to take an instructional skills workshop, BCIT makes no investment in keeping them current in the fields

that they teach.

PTS instructors often deliver the same courses and students receive the same credits in diploma, degree, and certificate programs that they would get from faculty members teaching in “day school”. Yet if a PTS instructor were to teach what’s considered a full load for regular faculty members, they would only make about 53 per cent of the top of the faculty pay scale regardless of their years of experience — and that’s not accounting for paid vacation, paid breaks, professional development, and other benefits of being a regular instructor.

PTS instructors do have access to extended health benefits, but some have to wait up to 18 months to qualify. Maternity leave is one benefit all BCIT technology instructors have identical access to. They are the only instructors in the province that don’t get employment insurance maternity benefits topped up by their employer.

Even though being regular

faculty sounds like a great deal compared to PTS, people willing to give up good careers in industry to come work at BCIT are harder and harder to find. Years of stagnant wages and rights have eroded the edge we used to offer in salary, vacation, pensions, and job security. It’s harder and harder to justify giving up a good position in industry to come teach at BCIT.

Teaching on auxiliary contracts appeals to some instructors because, like their students, they can keep their day jobs. That connection with industry can be very valuable in the classroom, but it has to make up for the fact that BCIT provides no support for these Instructors to do much more than teach off the sides of their desks. PTS instructors make an enormous contribution to BCIT.

According to the recent annual report, 63 per cent of BCIT students are in part-time programs. PTS is no longer a sideline to BCIT’s regular business. The

instructors and students in those programs deserve the same treatment as those in full-time programs.

If a part-time studies instructor were to teach what’s considered a full load for regular faculty members, they would only make about 53 per cent of the top of the faculty pay scale.

Like Max Sussman, the student who submitted the article complaining of part time studies students being treated like second-class citizens at BCIT, some instructors are called PTS but actually carry full teaching loads. A few departments depend on their PTS instructors to do so. Some of these departments are indistinguish-

able from other BCIT programs except for the fact that the teachers are paid differently. Some of these Instructors end up teaching year round because they get no paid time off and have no guarantee their job will wait for them if they do take time off. Despite these contributions and commitments to BCIT, they still don’t get sick leave or most other benefits and protections mentioned above.

Part-time studies is a great way for BCIT to leverage the strengths of its programs and provide much needed access to a wide range of students. But what started out as something auxiliary to the “day school” has become a central, if not the dominant, part of what BCIT does. The arbitrary distinction between PTS instructors and their “day school” counterparts needs to end. It’s an essential step in seeing that nobody at BCIT is considered second class.

Paul Reniers
Executive Director,
BCIT Faculty and Staff Association

Aerospace students deserve more support from BCITSA

Students at BCIT’s Aerospace Technology Campus continue to feel shortchanged

In response to what BCITSA President Dan Huh said at our class rep meeting only one day following the submission of our ATC students’ petition. President Huh gave no notice to the class reps that he was attending our class rep meeting to address his acknowledgment of our petition to the BCIT Student Association (BCITSA).

He arrived, expressing his concerns and leading us to believe he supported us 100 per cent in both BCITSA service endeavors and BCIT service lobbying.

However, when the meeting started he began to ask us what we wanted (in response to the petition). When he was not given any initial response,

we informed him that we were not completely informed about all BCITSA services available, and that we had only just received and submitted the petition from the students two days earlier and we needed time to prepare the student requests.

... [ATC students] just want a little more support, and we’re damn ready to fight for it.

His coming to the campus on almost no notice and demanding answers was uncalled for. Yes, we may not have been completely prepared with all the answers, but as stated before we had only just received the petition from the students

two days earlier.

On another note, subjects like the above stated were not reflected in the official minutes, which has concerned most class reps. They’re feeling that they are not being fairly represented by the outreach coordinator, who is writing the official minutes, and that they are being recorded in a biased manner.

Comments like, “Let’s face it, as soon as [BCITSA Aerospace Technology Campus Chair] Dave Clarke graduates, everything will go back to the way it was” or “[ATC students] should be lucky with what we have, because other campuses like downtown have nothing” from the BCITSA president were not noted., as well as being on the subject of Dave Clark’s [lack of] availability to the morning classes, that, “We should have thought of that before we voted” from our Outreach Coordi-



An article in *The Link*'s October 3 issue regarding a petition signed by students at BCIT's Aerospace Technology Campus.

The Link

nator Genevieve Neugebauer.

Students at this campus are not asking for every single program available to be moved to the ATC campus, we are not that ignorant. But as it stands we run off little BCITSA services, paying the same fees as

Burnaby Campus students, and we just want a little more support, and we're damn ready to fight for it.

Tyler Doyle
Class 284 Representative,
Aerospace Technology Campus

Send your letter to link@bcitsa.ca

B.C. government believes “Hipster is not a real job”

Students and critics call province's advertising campaign condescending, confusing

EMILY OLESEN

Vancouver Island University

NANAIMO (CUP) — The B.C. government wants to be absolutely clear — hipster is not a real job.

A \$15 million advertising campaign by the B.C. Liberals that including running “Hipster is not a Real Job” ads is causing confusion among political adversaries and students alike. The ads are geared towards getting youth excited about pursuing a skilled trade and are currently running on Vancouver public transit.

Gwen O'Mahony, the NDP's skills training critic, questions the judgment and ability of Premier Christy Clark to connect with B.C. youth.

“I'm quite confused by it. Obviously [Premier Christy Clark] doesn't have the groundwork ... [to] get out there, talk to students directly, find out where they're at and make that a part of the investigative work of policy development,” she said. “Clearly this shows that she really hasn't had a lot of time speaking with students.



This image of the ad was made popular on link aggregator sites such as Reddit.

“If she [had] even gone to one institution and asked them what they thought of the slogan — I'm sure that the students would have set her straight.”

Trades students at Vancouver Island University (VIU) were also confused by the Liberals' new ad campaign.

“I don't really understand the point that they're trying to get across with the slogan. It doesn't really make that much sense,” said Ryan Crowder, a VIU electrician student.

“To me, hipster is just a way

of dressing; it's just a style. It's not a job or someone's career choice. So to me, I'm not really seeing the message,” said Erin Cooper, a VIU hair dressing student.

O'Mahony and Michelle Mungall, the NDP advanced education critic, have been visiting B.C. campuses this fall to listen to the concerns of students and promote the NDP's plan to improve access to learning opportunities.

“When I was traveling with Mungall we mainly were talking to students about their ex-

periences and what's on their minds, and affordability was the number one issue,” said O'Mahony.

“People don't like to be talked down to.”

— Gwen O'Mahony,
NDP skills training critic

She claimed that within five to ten years, 80 per cent of all

B.C. jobs will require a post secondary education, and that the B.C. government should be examining this statistic more seriously.

John Yap, the newly appointed Minister for Advanced Education has stated that increasing skills training is his biggest priority.

“If I were to sum up the focus in the short-term, it is to ensure we have the facilities and programs to do trades training,” Yap told the Canadian University Press last month.

“It's important we offer British Columbians the opportunity to fill those positions and encourage those that are in school and thinking about career options that they consider, if it's right for them, a career that is well paying and rewarding, in the trades.”

O'Mahony, however, believes the Liberals are communicating the appeal of trades in the wrong way.

“You should never underestimate who you're speaking to — people don't like to be talked down to,” she said.

“I think just telling people this is how much you'll get paid if you had a trade or education and this is what you'll get paid if you don't is enough.”

BCIT welcomes new BoG chair

Former vice chair Tony Gugliotta appointed to chair of BCIT's board of governors

NEETU GARCHA

News Editor, *The Link*

Tony Gugliotta has been elected to be the new chair of BCIT's board of governors. The board's primary responsibility is to oversee the strategic direction and management of BCIT and to ensure it carries out its vision.

The roles of the board include the management, administration, and control of the property, revenue, business, and affairs of all BCIT campuses, as well as the establishment of BCIT's purpose and direction.

Gugliotta started his career

at Vancouver International Airport in 1985 and has since worked his way up to his current position as head of marketing and business development of the airport.

“Having served on BCIT's board of governors since 2007, Gugliotta told *The Link* that the transition to chair has been a very smooth one.

Having served on BCIT's board of governors since 2007, Gugliotta told *The Link* that the transition to chair has been a very smooth one. Gug-

liotta says his hope right now is that the board of governors will take on a role that supports BCIT's vision and mission statements.

In terms of his thoughts on moving forward, the board will work towards the “renew[al] of their campuses under challenging global economic conditions [and] do everything [they] can to support students.”

Gugliotta stressed the importance of a balanced academic and extracurricular experience for BCIT students.

“It's key to try and achieve a school/life balance that helps keep things in perspective and maintains your health in the midst of a busy school schedule,” the board chair said, taking into consideration BCIT's intensive programs.



BCIT Board of Governors Chair Tony Gugliotta

Courtesy of BCIT
Media Relations



Lines for buses will not be getting shorter any time soon.

Kai Jacobson / The Ubyyssey

TransLink drops additional post-secondary bus services from 2013 plan

Transit authority struggling with revenue stream, hopes to bring additional services back in the future

MICKI COWAN

Canadian University Press

VANCOUVER (CUP) — B.C. transportation authority TransLink's newest ten-year plan is a mixed bag for students.

The 2013 Base Plan, which TransLink rolled out in September, highlights the company's financial plans for the next three years, and a looser schedule for the following seven. The plan gets updated every year — sometimes gaining items, sometimes losing.

But facing major funding issues, TransLink, in its updated plan which is to be finalized in November, has cancelled plans to add more services to overcrowded U-Pass routes.

"We had hoped to provide new bus service, which really would have benefited students particular," said TransLink transportation planner Rex Hodgson. "Now with our outlook being a bit worse than what we had anticipated, we've had to scale back on some of our investments."

The new plan no longer includes upping bus service on routes to and from universities and colleges, a move which

would have added 79,000 additional services by 2013.

Hodgson explained that the company realized they didn't have the revenue and had to re-evaluate what services could be provided in the new plan. While students won't see those additional services this year, Hodgson said they are still looking to implement those services in the future when money is available.

TransLink's financial situation has recently come under fire from a student group called Get on Board B.C., that focuses on funding issues and the need for rapid transit.

"We're thinking how funding is allocated to TransLink," said Tanner Bokor, Get on Board spokesman and Alma Mater Society associate VP external. "We're certainly not addressing TransLink as an organization, we think that there are governance issues in TransLink that play on to the funding issue."

One advance in rapid transit is included in the plan — the Burnaby to Coquitlam Evergreen Skytrain line.

Hodgson said the line is one of the main benefits for students in the new plan. Construction begins this year and is to be completed in 2016, adding seven stops.

Students at Douglas College's Coquitlam campus will be gaining a Skytrain stop — a big transit gain for a campus

where the majority of students commute by car.

Dave Taylor, communications director at Douglas College, said the station will make a tremendous difference for students.

"Our students need to get out there and transit would be the biggest and easiest way to do that," he said.

Taylor projects that at least half of the campus' 4,000 students will make use of the Evergreen Line, as they already are part of a mandatory U-Pass program. Aside from the benefits for Douglas College, SFU students could see an impact from the Evergreen Line in the future, as bus services get re-routed to account for a new Burquitlam station.

"Now with our outlook being a bit worse than what we had anticipated, we've had to scale back on some of our investments."

— Rex Hodgson,
TransLink transportation planner

Though the Evergreen Line will certainly benefit students, the plan made no mention of a rapid transit system

along the Broadway corridor — a topic that has incited action from thousands of students over the years.

The Broadway corridor is the main U-Pass route students use to commute to UBC. It is not mentioned in TransLink's 40 year plan either.

But Hodgson said that doesn't mean rapid transit along Broadway is off the table. "We've not progressed to the point yet where we're able to include that yet in this plan," he said. "We recognize there is a demand. Even with the great service we're providing, capacity is a problem."

TransLink is currently evaluating the route as part of a rapid transit study, called the Regional Transportation Strategy. That study will be undergoing consultations this spring and will be completed by August 2013.

Looking back on the plan, Hodgson says the company wasn't able to target U-Pass routes this year, but still recognizes the need for transit for students moving forward.

"Given the financial situation we find ourselves in and some of the challenges we're facing with funding, we've had to make some hard decisions."

—with files from Laura Rodgers

COUNCIL BRIEFS

Aerospace Technology Campus petition update

Students at BCIT's Aerospace Technology Campus (ATC) have created a ten-member committee to investigate and establish what ATC students feel they are lacking from the BCIT Student Association (BCITSA). On October 15, at the BCITSA council meeting, a representative from the ATC campus spoke out about the issues faced by students at the Richmond campus.

Last week, over two-thirds of students at ATC signed a petition expressing dissatisfaction with the level of services they receive from the BCITSA. At the council meeting, four main pillars were outlined that represent areas in which ATC students feel they are lacking the most in terms of services or support from the SA.

These pillars include the Peak Leadership, student events, the Harvest Box program and retail services. ATC students have requested a full-time BCITSA staff member at their Richmond campus, noting that they are unsure what the hours of this staff person would be to best suit the needs of the students who have dissimilar schedules across ATC programs.

BCITSA President Daniel Huh says the organization is taking these issues very seriously but no decision regarding a full-time staff member at the Richmond campus has been made. Huh says he will continue the dialogue with the ATC students, but it is still unclear who started the original petition.

"With no one taking responsibility for the petition, we are having a hard time negotiating about it," said Huh.

Int'l students' club pitched

A group of international students at Burnaby Campus made a pitch to ratify an official BCITSA International Students' Club. The unofficial club already has 70 members and the four students who spoke at the council meeting say they believe it will only get bigger.

This club hopes to exist to provide services and assistance to all students, with a focus on those who are international. If ratified, all BCIT students could join the club, but club executives must be international students.

— Neetu Garcha

Stay stress-free this semester

With midterms on the go and finals around the corner, it may be time to plan your mental health strategy

SARAH SANGHA

The Link

October is a time of transitions. The carefree attitude of summer is fading, along with the tan you worked so hard to get. While this time of year conjures happy images of leaves falling and pumpkin spice lattes for some, October is when school gets serious for students. The constant barrage of deadlines, group meetings, and projects can take its toll on even ace students.

This month also marks the start of holiday season where family and social commitments are plentiful. Between the workload and extracurricular obligations that many of us have, it's a constant juggling act that can leave you feeling exhausted and burned out.

Learning to manage stress is a vital tool that will help during your time as a student and throughout your life. The BCIT's Counseling has some great tips on how to stay cooler than the changing weather during times of stress.

Remember the necessities

Although this seems like a no-brainer, food and sleep are often the first things neglected during times of stress. Without sleep or nutrition, your brain will not be able to process information proficiently.

Proper nutrition includes a whole foods based diet, with lots of fresh veggies and fruit (sorry, Triple O burgers won't do!), and eating every few hours to keep

blood sugar stable. Although eight hours of sleep is ideal, it can be a challenge. Aim for no less than six hours of sleep, and if you nap during the day, keep your naps to twenty minutes to stay refreshed.

Sweat it out

Exercise is one of the best things you can do to naturally relieve stress. It can be done anywhere at any time, and is a lot cheaper than alcohol. We tend to stop exercising when we get busy, but this is one of the worst things we can do. Exercise helps our immune system stay strong and has been shown to improve memory.

The endorphins released from exercise alleviate anxiety and stress, and keep you feeling calm. It is especially important to exercise during fall, as this is the time of year we tend to pack on the pounds. If you maintain your weight during the colder months you won't be in for a rude awakening when it comes time for swimsuit season.

“Don't be afraid to say no to things which you truly do not have time for.”

Just say no

Plan your schedule every month and think about what you can afford to commit to. Don't be afraid to say no to things you don't have time for. Set boundaries and ensure that you don't overload yourself just because you felt pressured by others.

Although it's good to stay open to opportunities, you



This does not have to be you.

Flickr Creative Commons

won't enjoy them if you feel as though you're on the verge of a nervous breakdown. Remember, your health is your top priority, and if that means missing out on your friend's dog's bar mitzvah, then so be it.

But say yes

Recognize how diligently you have been working and treat yourself. Identify when you need a break and take one. As a student, it seems like spare moments are non-existent, and there's always something you

could work on. It is important to be aware of how hard you're working and reward yourself by doing something pleasurable.

It doesn't have to be extravagant, maybe a pumpkin spice latte or catching up on the latest episode of Dexter. Whatever you choose, ensure that you turn off student mode for a few moments.

Reach out

If you feel like you're getting buried under the stress, don't try to carry your burdens alone. Often, complicat-

ed situations become less so when you discuss them with someone. Try another student in your set — they are dealing with the same workload and may be able to share some tips on how they're managing.

Another great option would be a family member or a friend. If you're not comfortable discussing these issues with any of the aforementioned, try the counseling department at BCIT. It's a safe place where you can confide your problems and get support.

MONDAY NIGHT FOOTBALL

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10331 SAINT EDWARDS DRIVE
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STUDENT SPOTLIGHT

New direction computes for first-year

NAME
Anika Portacia

AGE
21

HOMETOWN
Scarborough, Ontario

PROGRAM
Computer Information Systems
Administration

ANGIE THEILMANN
Assistant Editor, *The Link*

Last year, Anika Portacia was working full-time in an accounts payable office and living at with her in Richmond. She was taking a break from an arts degree at UBC, which left her feeling aimless.

"[Attending a large university is] kinda like you're just a number... if you don't actively participate you'll just float along," says Portacia of her experience at UBC.

In the first year of BCIT's computer information systems administration program, Anika is no longer floating. Surrounded by binders, computers, pens, and caffeinated beverage containers, she has taken over a prominent couch area in the Burnaby campus' Great Hall with three classmates.

When asked what she's actually learning in her Portacia and her colleagues laugh. As a group, they try to explain the craft they are hoping to perfect. After a few tries, they simplify their explanation to indicate that they are learning to install software onto computers that will make the Internet work. It's far more

complex than that, but you'll have to take a few courses in computer information systems administration to understand.

Portacia's interest in the field stemmed from some advice from her family.

"I was really indecisive, but my Dad told me that a lot of [companies] are looking to hire people with a background in computers," she explains.

How does BCIT measure up? Anika emphatically says,

"BCIT is no joke," Portacia says of the transition from UBC to BCIT. "You can't slack and expect to do well." It is a sentiment most BCIT students would agree with.

"BCIT is no joke.
You can't slack and
expect to do well."

— Anika Portacia,
computer information systems
administration student

Does she have a lofty career goal after all this training is done? Portacia reveals that her real dream is to host or produce a show on the Home & Garden Channel.

She adds that Househunters is one of her favourite shows, and she has a weakness for IKEA, which is only 10 minutes from her home.

So, watch out for Anika on the Home and Garden Network one day. Maybe she'll redecorate your home and hook up your Internet connection, too.



Angie Thielmann

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OLDIE BUT GOODIE

The Man with No Name Trilogy

Directed by: Sergio Leone
Starring: Clint Eastwood
Running time: 100, 132, 177 minutes respectively

With the American release of Sergio Leone's *A Fistful of Dollars* in 1967, the "spaghetti western" was born. The sequel *For a Few Dollars More*, and the trilogy-transcending final film *The Good, the Bad and the Ugly*, solidified both Leone and the series' star, Clint Eastwood as untouchable Hollywood legends (rambling speeches gone viral notwithstanding).

Now, nearly 45 years after *Fistful's* release, all three films still stand up. The trilogy's themes – money, revenge, and, in the trilogy's conclusion, the combination of both elements – are timeless ones.

Eastwood plays a bounty hunter dubbed Joe, Monco or Blondie in these classics, but it doesn't matter what people call him: he's always after cash. Personifying the antihero all antiheroes aspire to be, Eastwood never kills women and children, but doesn't seem to mind if they become collateral damage in the wake of his chosen quests.

These flicks are still successful today, despite some glaring flaws today's filmmakers would not have allowed. So enamoured with imagery, Leone never shot his films with sound. Rather, everything is dubbed in post-production, and the sound syncing is slightly off. To make matters worse, almost everyone except Eastwood spoke Italian during filming, so the dubbing really doesn't match with the actors' mouths. In the end, though, it all lends to the authenticity of what are considered to be the founding fathers of western movies.

Take some time to sit down and watch the entire trilogy. Then watch it again. You'll understand.

— Max Sussman

Got a favourite old film?
link@bcitsa.ca

Rowling's first adult novel does not disappoint

Author's post-*Potter* debut overcomes some contrived mature themes to deliver an engaging look at human nature

SARAH SANGHA

The Link

This is not *Harry Potter*.

Feel free to repeat that to yourself as many times as necessary while reading *The Casual Vacancy*. That's not to say that J.K. Rowling's latest book doesn't deliver, but the author's return to writing after a five-year hiatus is a darker message to an older audience.

Having said that after the *Potter* series she wanted to write adult fiction, Rowling succeeded in tackling some mature topics, including drug abuse, obsessive compulsive disorder and rape. At times, these themes feel contrived, leading the reader to wonder if Rowling intended this novel to be her antithesis to *Potter*. Even Disney stars Britney Spears and Miley Cyrus started singing risqué songs and declaring their independence: is this Rowling's way of asserting that her Hogwarts days are over?

While Harry may be behind her, Rowling's career as a writer is not slowing down. *The Casual Vacancy* matches her previous works with its pace and enthusiasm, offering humour in tough situations. Rowling sets *The Casual Vacancy* in the fictional, quintessentially English town of Pagford, where quaint pubs and chip shops mask the racist, sexist and skewed views of its nasty residents. The book begins with the death of a prominent town figure, and the façade of Pagford slowly starts to unravel. As the characters are left to deal with the death and an upcoming civic election, the novel be-

gins to twist and turn in typical Rowling fashion.

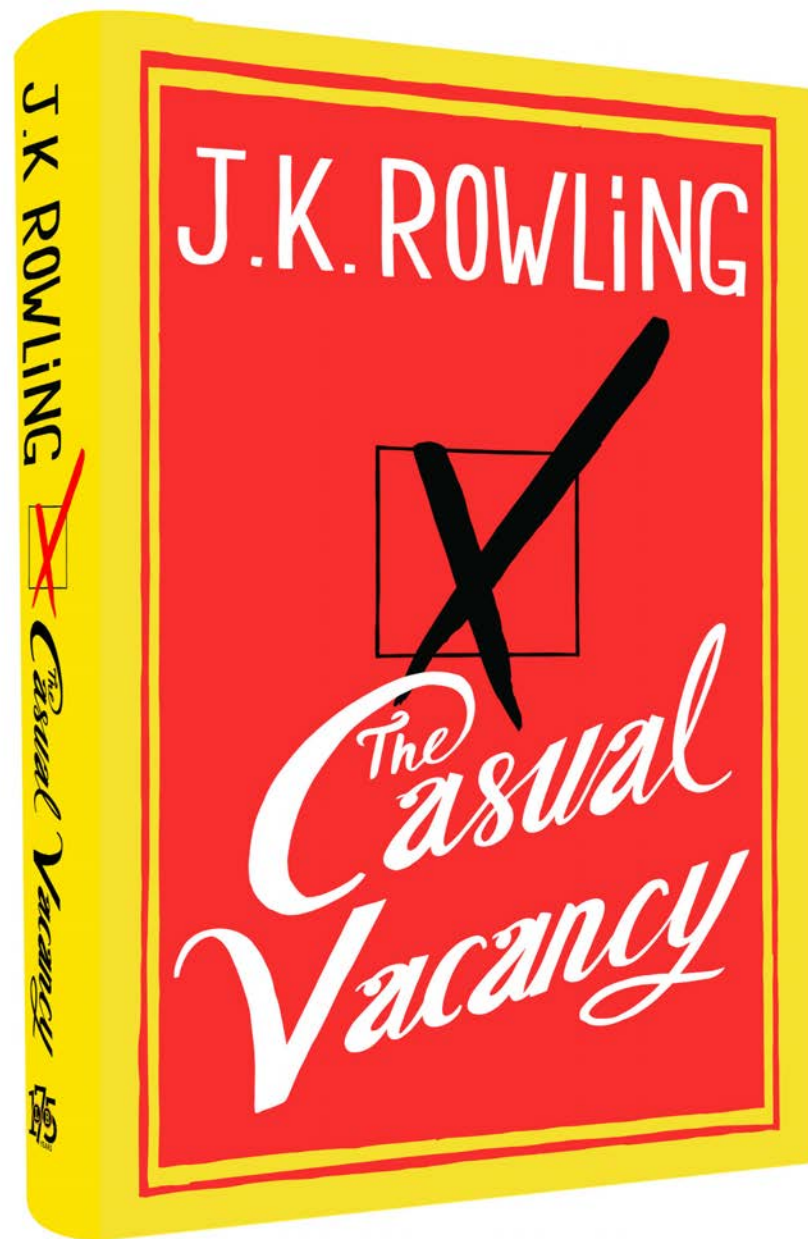
The book is gripping and engaging, and Rowling's ability to weave a believable plot is her greatest gift as a writer. Numerous characters are introduced early on; however, a few are missing real depth or emotion.

The strongest characters are the male teenagers of Pagford, who seem to be the only ones who can see how rotten Pagford is.

The book comes to a slow close, tying up plot points the reader has been obsessing over since the first chapter. *The Casual Vacancy* offers some subtle

lessons about human behavior and reminds us that even the most normal people are capable of asinine things. This is a definite page-turner, proving that the magic isn't in Harry, but in Rowling herself.

OVERALL GRADE: B+



Courtesy of Little, Brown and Company

EVOLVING 20

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1. We Should Be Swimming - Zulu Winter
2. The Keepers - Santigold
3. Infinitesimal - Mother Mother
4. Elephant - Tame Impala
5. Lovelight - Pigeon Park
6. Radio - Yukon Blonde
7. Knot In My Heart - The Zolas
8. Jolene - Hey Ocean
9. Jesse, AR - Said The Whale
10. Go To Me - Jordan Klassen

11. Before The Sun Sets - Tough Lovers
12. Wait Up For You - The Belle Game
13. Hipster Love - Free City Collective
14. Kill It Slow - Fields Of Green
15. A Sequel - Good For Grapes
16. Unstable Table - Chimpanzebras
17. Retro Oceans - Facts
18. House That Heaven Built - Japandroids
19. The World Voice - Snoqualmie
20. Bright Sea - Young Pacific





Courtesy of Citizen Jones

Lunarcy! examines quirky moon colonization enthusiasts with wit and style

Directed by: Simon Ennis
Running time: 80 minutes

OLSY SOROKINA
The Link

"Eventually, there has to be a person that leaves Earth with no intention of ever coming back. I realized there is no reason this can't be me."

From the first scene, *Lunarcy!* draws the audience in with its fast-paced, witty narrative and quirky heroes. Successfully jumping from discussions of fornicating man-bats, to lu-

nar sports, to moon rocks, this quirky documentary gives the audience a glimpse into the lives of several moon enthusiasts.

Director Simon Ennis admits that the documentary was initially supposed to be a serious, straightforward look at the state of present-day moon exploration, but his ideas changed after meeting Christopher Carson.

With his patterned vests and impressively long sideburns, it is apparent from the very beginning that Christopher is an unusual guy with a story to tell. The man's main oddity is more grandiose than his wardrobe or hairstyle — Carson's dream is

to colonize the moon. He is the sole founder of the Luna City or Bust! project, centred around sending humans to populate our celestial neighbour.

Hoffman is mesmerizing. His resonant voice gives weight to every word.

Carson is not alone in his strange lunar endeavour. His idea for a city on the moon was first inspired by Dennis Hope, a former puppeteer who claimed ownership of the moon, and

sells real estate there from \$24.99 (tax included). Other lunar enthusiasts include one of the first men on the moon Alan Bean, who has taken up painting lunar landscapes after his journey aboard Apollo 12, and Peter Kokh, creator of the Moon Miners' Manifesto, a pamphlet for comfortable lunar living.

Shot in both HD and Super-8 formats, this tale of lunar obsession is a fascinating (and at times melancholy) flashback to the excitement of the Space Race years. Even for those without any special interest in the Moon before *Lunarcy!*, Ennis' chronicle leaves the audience loony for its endearing heroes.

LOCAL EVENTS

October 16-21

Vancouver International Writers Festival

Various venues

The 25th annual Vancouver Writers Fest brings bookworms to Granville Island for literary fun. The festival's impressive lineup features Canadian superstars like Douglas Coupland, Margaret Atwood, and David Suzuki. Along with traditional discussions about contemporary literature, guests can enjoy an evening of spoken word performances with big names like C.R. Avery and Lemn Sissay. It's cheap, it's enlightening, and it's just in time to get inspired for National Novel Writing Month.

October 22

Preserve This: Stories, Food and Culture

W2 Media Café

Few things can beat an evening of culture and delicious, locally grown food. Guest storytellers will lead a discussion on the impact of homegrown food markets on community and culture, and attendees can enjoy a glimpse of local culture after dinner at the Mini Fall Fair.

October 27 (ongoing)

Ian Wallace: At the Intersection of Painting and Photography

Vancouver Art Gallery

After teasing viewers with a few prints in different exhibitions in the past two years, the art gallery finally let Ian Wallace's work take over two floors for an independent exhibition. This influential Canadian artist is internationally renowned for his photographic tableaux with bold painted blocks of color, which force the viewer to reinterpret the photographed scene in a different context. The exhibition accompanies a thorough monograph of the same name, which was published this year and spans over 30 years of Wallace's work.

— Olsy Sorokina



Write for *The Link!*
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Drunkorexia: a dangerous new trend

A trend to replace food calories with alcohol is emerging, and students are paying the price

SARAH SANGHA

The Link

It's Friday afternoon at BCIT and everyone is off to Professor Mugs to have a late lunch and a few drinks to celebrate the end of a long week. Jessica, a first year nursing student*, has been invited to go and politely declines.

"I'm going out clubbing tonight and I need to save the calories," she mentions as one of her female classmates nods in understanding. This conversation may be puzzling to some, as many of us were taught to eat a heavy meal before a night of drinking.

This advice seems to be largely ignored by a segment

of the female (and sometimes male) population, who are choosing to switch calories in meals for calories in alcohol as a way to avoid gaining weight.

Jessica and her friends engage in this practice routinely and seem to have the process down to a science.

“Drunkorexics often point out that they are able to get drunk faster for cheaper by not eating.”

"By skipping out on dinner or even sometimes lunch, I can avoid looking bloated in my dress and I don't gain weight because I'm putting the calories towards drinking," she explains while mo-

tioning to her petite body.

Jessica acknowledges that she has a small frame but is adamant that not eating before drinking is more of a preventative measure to keep the weight off rather than something I'm trying to do to lose weight.

In addition to not eating, these weight-conscious drinkers often forgo traditional mixers such as calorie-laden pop or juice in favour of water or straight alcohol. Over the last ten years, dieticians have seen a dramatic increase in the number of young women engaging in this method of dieting, leading them to coin the term "drunkorexia".

EFFECTS OF DRUNKOREXIA

While substituting alcohol for food may seem like an easy way to avoid calories, it can have many serious long term effects.

"Eating before drinking helps the body process alcohol more slowly and keeps blood alcohol content relatively low," explains Patricia Begg of *urbandietician.ca*. "When you skip a meal and then consume alcohol, you shock your body and it does not have adequate time to keep up with the liquor you are drinking. This can lead to alcohol overdose."

Drunkorexics often point out that they are able to get drunk faster for cheaper by not eating. However, becoming intoxicated quickly has detrimental health effects. Binge drinking, which may lead to severe health problems such as cirrhosis of the liver, diabetes, and possibly asphyxiation. Severe binge drinking can also lead to a dependence on alcohol and disrupt one's social life if poor decisions are made while drinking.

Concerning results from a study at Simon Fraser University show that inhibitions are lowered during intoxication and those who exhibited drunkorexic behaviour often made risky errors in judgment, such as taking drugs or having unprotected sex.

ARE YOU DRUNKOREXIC?

The pressure to be thin is a never-ending battle for many women, and drunkorexia is just the latest trend to stay trim while still being social and having fun. If you find that skipping dinner for drinks is a habitual pattern for you, then it is time

to reassess your priorities. While you may think that cutting out a meal or two will help you fit into that dress, remember that it could be causing damage inside your body.

“By skipping out on dinner or even sometimes lunch, I can avoid looking bloated in my dress...”

"I know that it's not the healthiest thing to do," says Jessica, "but if you do it every so often and it keep you looking good, then I don't really see it as a big issue."

While she may not be too concerned about the internal side of being drunkorexic, Jessica has

failed to see that over time the consequences of drinking on an empty stomach will eventually catch up with her externally.

"While alcohol may not have fat, it definitely has calories, and many of those calories are considered empty as they offer no nutritional value," Begg wants to remind readers. "The body will go into starvation mode if it has been deprived of food for too long and will then slow down metabolism, leading to weight gain." Begg says the best way to stave off the extra pounds is to exercise regularly, eat well, and drink in moderation. Although it may sound easier said than done, it's worth it. After all, healthy is so much sexier than just "thin".

**name and area of study have been changed*



HIGHER LEARNING NUTRITION



DEEP FRIED PICKLES (6)

Served with tiger sauce or ranch dressing

\$4

BCIT BOB BURGER

Grilled beef or veggie patty or grilled chicken breast with lettuce, tomato, onion and pickle on a kaiser bun served with fries or salad

\$5

CHICKEN FAJITA WRAP

Grilled chicken with grilled peppes, jalapenos and onions topped with cheddar and Monterey Jack cheese wrapped in flour tortilla, served with fries or salad

\$6

CAJUN CHICKEN CAESAR WRAP

Cajun chicken topped with tomatoes, Parmesan cheese and romaine lettuce wrapped in a cheese flour tortilla and served with a cup of soup, salad or fries

\$6

Above features available after 3pm on **THURSDAY's** with Student Card

THURSDAY BOOSTERS

BUCKET OF CARIBOO CANS (3)

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BCITSA Info & News



EXECUTIVE WEIGH-IN

A message from BCITSA Vice President of Finance Geoffrey Smith

When I was asked to write an executive weigh-in I thought it was some sort of joke about my weight and I became furious. Then I was reminded that the weigh-in is a chance to talk about issues affecting students and what the BCIT Student Association is doing. That's okay, then.

This week I would like to discuss a topic that is important to nearly everyone: money. Specifically, what the Student Association does with your money. Every BCIT student becomes a member of the BCITSA when they pay student fees. To find out exactly what you are paying, check your tuition receipt. The student activity fee, capital levy and health and dental coverage fees are collected by the school and given to the BCITSA.

The BCITSA then uses this money to provide programs and services to as many students as we can reach. Services include a full calendar of social events, club support, outreach programs for satellite campuses, and all of the exciting programs offered through the UConnect Resource Centre. Health and dental fees are only used to purchase insurance coverage from our insurer. The capital levy is used to improve student spaces, including the current expansion of the student centre in SE2.

Professional management accounting staff work for the association to ensure that student funds are used responsibly. Ultimately, though, your elected student executives and student counsellors are responsible for student funds. We provide oversight by setting the goals of the organization and authorizing all spending. The last person in this process is yours truly. As vice president of finance, I sign virtually every cheque issued by the association, ensuring that every expense is legitimate.

If you have any questions about money matters at the BCITSA you can contact me at vpfin@bcitsa and I'll do my best to answer them.

The BCIT Student Association has moved!

As part of an expansion and development of a BCIT student centre, many BCITSA offices have moved to the third floor of SE2, including the general office. Come check us out any weekday before 4:30 p.m., we'd be happy to show you around.

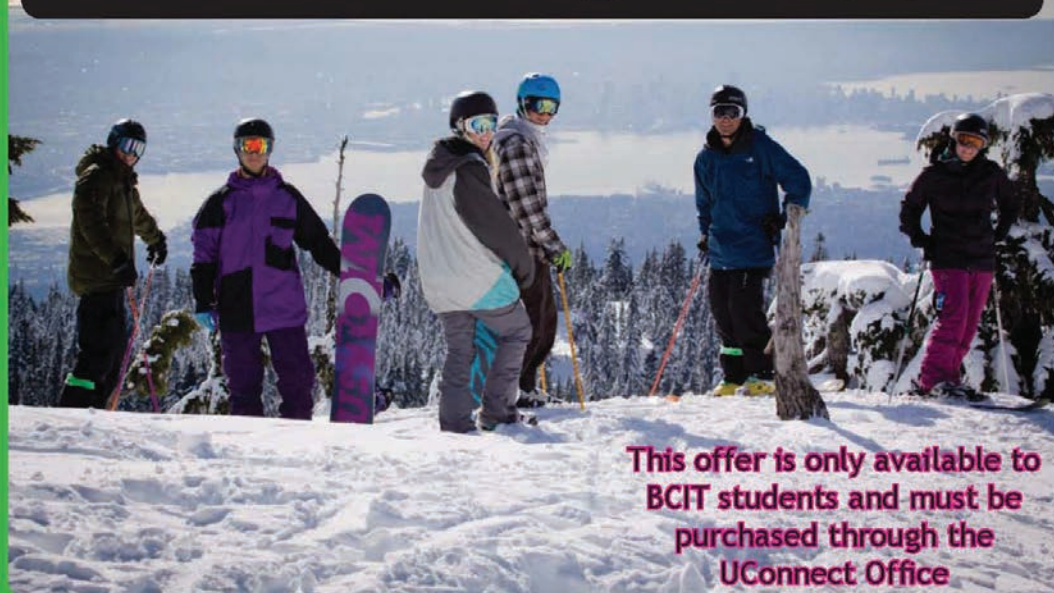
— BCIT Student Association



Mt Seymour Season Pass Sale

Exclusive offer to BCIT students!

Ride all season long for only \$225



This offer is only available to
BCIT students and must be
purchased through the
UConnect Office

Hurry, the offer ends October 31!

Purchase your pass at the UConnect Office
Monday - Friday, 9:00am - 4:00pm

BCITSA Annual Sponsors





It had been a lovely night, but both Cinderella and the Wolfman were concerned about how late it was getting.

Bring this clipping along with a hilarious original comic to the *Link* office on the third floor of SE2 and we will give you \$10. For realz.

Scarlet Letters

by BCIT's own Scarlet de Sade

Dear Scarlet,

So, I'm dating this new girl and she's really great, but as the cold weather approaches I've noticed she's developed a cold sore. She's taking care of it, but one of my friends told me that cold sores are face herpes. Could I get herpes on my junk from the herpes on her face?

— Not So Hot For Cold

Dear Not So Hot,

Herpes Simplex Virus (HSV-1) is usually the culprit behind the majority of cold sores. It is rare for someone to have HSV-2 (the dreaded genital-kind of herpes) on his or her face.

Cold sores are highly contagious. You will not have any symptoms after you initially become infected and — unless your girlfriend also has herpes on her vagina — you're probably safe. To put it simply, HSV-1 generally occurs above the waist, while HSV-2 generally occurs below the waist.

There is a potential to get either virus in either area through oral-genital contact.

Luckily, cold sores do not carry the same stigma as genital herpes, and cold sores remain inactive the majority of the time. The virus can be activated by fatigue, injury, or in some cases, during a woman's period, but the frequency of cold sores may differ case to case.

If you're really worried about it, put on a condom during oral sex to protect yourself, and consider having an uncomfortable, yet necessary, conversation with your girlfriend.

— Scarlet

Hey Scarlet,

I go to the gym on campus a lot and was wondering if there are any exercises I can try that will improve my sex life?

— Let's Get Physical

Dear Physical,

For starters, a good cardiovascular routine will do wonders in building energy and improving stamina. Stretching and strength training are

great ways to improve flexibility to get into and maintain all the new positions you're going to be able to try.

You don't have to go to the gym everyday to get the best results, either. Men and women alike need to familiarize themselves with the Kegel squeeze (strength training for your pubococcygeus muscles).

If you are unsure where those muscles are located, try to stop mid-urination next time you're in the washroom. Pubococcygeus muscles are the ones you're flexing to stop urinating. Side note: do not make a habit of doing Kegal squeezes too often during urination; you could give yourself an infection.

Strengthening those muscles not only maintains your pelvic floor, but it has been said that it can increase the sensation of orgasm, and that is a win for everyone.

— Scarlet

Do you have a question for Scarlet de Sade? Email scarlet.letters.bcit@gmail.com

FAUXROSCOPES

with Mystical Mama Angie,
semi-certified astrologist



IF YOUR BIRTHDAY IS THIS WEEK

Like a humpback whale, others think you're larger than life. So don't get mad when friends get up in your *krill* ... they only want to be closer to your greatness.

ARIES (March 21 – April 20)

Peacocks are the murals of the bird world, Aries, and it's time you brought some colour to your surroundings. If you see a red door, do NOT paint it black. And, if you've never touched a paintbrush in your life, do what peacocks do best — wing it.

TAURUS (April 21 – May 21)

Octopi have four sets of arms and they're some of the smartest squids on the block. This intelligence will allow you to multi-task during a challenge in mid Oct-tober. If you falter, know that you don't suck; you simply have a lot of suction. So stick to it.

GEMINI (May 22 – June 21)

Gemini, quit being a cheetah, and I don't mean that in the unethical sense. I mean quit running so fast! SLOW DOWN! There's no hurry. Take the time to paws—you'll be just feline. You're a cool cat so just give yourself the op-*purrrrrrr*-tunity to show it.

CANCER (June 22 – July 23)

A mouse seems like a pretty small creature, Cancer, but it has a knack for squeaking by. Take a hint from mouse: *Cheese* your own destiny.

LEO (July 24 – Aug. 23)

Leo, gorillas can be intimidating. Stop beating your chest, and start beating someone at chess. Life is one big game, and if you don't play, you risk becoming the game. And if chess isn't your thing, try Mon-*ape*-oly or *Ape*-oration. Clue works, too.

VIRGO (Aug. 24 – Sept. 23)

Virgo, this is the time to take your lead from the walrus. There is no *tusk* you can't accomplish. Remember that having thick skin can be a plus. It allows you to not care what others think. But remember, when you're sad, it's ok to blubber like a baby (walrus). We understand.

LIBRA (Sept. 24 – Oct. 23)

Chameleons are all about adapting, Libra, but that doesn't mean you should forget what your true colours really are. Like, if you love the Biebs, don't try to pretend you prefer the new Mumford and Sons album. But, like, for your own sake, just maybe don't tell others?

SCORPIO (Oct. 24 – Nov. 22)

Scorpio, camel says, "Quit dishonest behaviour before you get your just desert." You've probably heard of the song Karma Chameleon, but have you herd the remix called "Karma Camel-eon?" If not, Google it before everyone realizes what you're saying doesn't hold any water.

SAGITTARIUS (Nov. 23 – Dec. 21)

You're a tiger, Sagittarius, and those stripes are going to be demagnetized soon if you keep swiping your *claws* ...er, cards at this rate. Do you really need that many pumpkin lattes? P.S.: If you're wondering if we think you're a tiger in bed, we're not sure. But we *tigress*.

CAPRICORN (Dec. 22 – Jan. 20)

Okay, Capricorn, *bear* with me, because panda is your animal idol this week. She's telling you that things aren't always black and white. Accept that when there's a grey area, there's always a chance that you'll get bamboozled. Remember that life experiences are varied, and the current situation won't last *fur*-ever.

AQUARIUS (Jan. 21 – Feb. 19)

Elephant is a big one, and this month is for you, Aquarius. The watering hole is where you'll feel most rejuvenated, so be sure to hang out at a water fountain in your spare time ... or maybe the bar. Either way, drink until you feel *trunk*. On life.

PISCES (Feb. 20 – Mar. 20)

Pisces, your animal is the dog. You're getting spoiled like a Yaletown pomeranian in a rhinestone-studded carrying case, and now it's time to get out of your comfort zone. Find a mud puddle to roll in! Sometimes the best way to come clean is to get dirty first.