

november 2015

# LINK

MAGAZINE

BCIT & BEYOND



**Nadia Dobrianskaia**

*Return of The Smoking Man*

**HPV and the gender bias**

**Missing and Murdered Aboriginal Women**

**Print is (not) Dead**

**PLUS**

- Oculus Rift
- Backpacking Perú
- Portrait project
- Game of Thrones



*Did he dyed? (p.10) photo by yinan shi*

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# LINK

MAGAZINE

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# EDITOR'S LETTER

## *Opportunity knocks.*

During my time at SFU I learned the most by becoming involved with the student community. Although I liked my lectures—because yes, I'm a big nerd—it was through my involvement with student clubs and associations that I really excelled during my time at university. Granted I didn't sleep a lot, with school and all the student groups I was involved with, but it was worth every second.

And that is why I'm writing to you, because BCIT has many open opportunities for students to get as involved as possible. I understand that BCIT can be very hectic and school already takes up a lot of our time, but

a few hours every week on extracurricular activities can go a long way.

Precisely *because* school is so hectic, not a lot of people can add valuable work to their resumes, so joining student clubs and committees can add great value to your curriculum. I have been in school for so long now that my resume looks very academic, but thanks to my high involvement, future employers can see my initiative and leadership.

So now that my journey has brought me to BCIT, I have found great things to get

involved with. I have been lucky to be part of the Peak Leadership Program, I became a Set Rep for my class, and now I'm an editor for *LINK* Magazine.

The possibilities are endless, so don't be afraid to branch out; not only does it look great on your resume, but it also gives you valuable experience. And as in my case, some of the best memories you'll ever have.

— estefania duran  
senior editor

## FACES TO NAMES



Andrea  
Liu

Chemical and  
Environmental  
Technology  
(2<sup>nd</sup> year)

From a young age, Andrea always had an interest in journalism—an interest that was further heightened when she wrote for the *Ubysey* in her undergrad years. After graduating from UBC with a degree in education, Andrea worked as a high school ESL teacher. While she enjoyed teaching, Andrea still had a lingering curiosity for investigative journalism and that was what brought her to BCIT. Outside of school and work, she enjoys dancing, playing volleyball, and snowboarding. So if you do not see her on the dance floor or at the beach, she is most likely hitting the slopes.



Jarell  
Alvarez

Digital  
Design and  
Development  
(1<sup>st</sup> year)

Jarell's interests are pretty wide, from TV, movies, and video games to technology, traveling, food/cooking, photography, singing, music and art. Fun facts: he's been to 21 countries, he's been a working extra for movies and TV since 2007, and he has a pretty mean burger recipe. Jarell chose to write for *LINK* because he follows a lot of blogs online and has always dreamed about putting his own input into things that he likes. He's grateful of everyone who reads his work.



Jess  
Gowans

Broadcast  
Journalism  
(2<sup>nd</sup> year)

Jess graduated in 2012 from SFU with a degree in Political Science and Communications. She was drawn to journalism because she is curious about the world and felt that field offered her a chance to tell interesting stories and feed that curiosity. Sports and politics are her top areas of interest, and she would gladly talk your ear off about either of them. When she's not reporting, you can find her curled up with a mug of coffee and a good book, or planning a cross-country road trip.





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**"I'm in an environment  
of people who want  
to create and do  
something better"**

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public static void go()  
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public void go()  
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3. b = 12; a = a + "12:" + b);
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falseSwap(b, a);
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System.out.println("in method morePa
```

```
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System.out.println("in method go. x: " + x + "y: " + y);  
System.out.println("in method
```

```
public static void falseSwap(int x, int y)  
System.out.println("in method falseSw
```

```
int temp = x;  
System.out.println("in method falseSw
```



# REWRITING THE CODE

interview **calvin a jay**  
portraits **stephanie brosky**  
'code' design **jarell alvarez**

**Nadia Dobrianskaia** is a Computers System Technology student originally from Ukraine, who moved to Canada in 1995. After obtaining a Bachelor of Science in Biochemistry, Nadia found herself headed back to the motherboard of her family's wired ways, taking up studies in computer coding at BCIT. What she found was a male-dominated classroom. What she did was form a club to help women feel welcome in the program. From rock climbing to computer programming, Nadia has been pushing her limits, and rewriting the code to make room for her own success.



## What got you into coding?

My father is a computer programmer, my brother is too. As much as I try to stay away and get into science and biochemistry—in the end, I kind of followed my family's footsteps, because it's very interesting what they do. I feel like a lot of things I do come in contact with technology.

## Describe the classroom situation. In your own year, there's a demographic of about 10% women compared to men.

10% is actually quite good. Sometimes it's much lower. For some reason, girls don't really go into this program. The environment is very male-dominated, which is kind of cool for me, because I have two brothers—I've always been kind of a tomboy. But it's nice to interact with other girls, because sometimes we have a different way of communicating than guys.

## It may be daunting for a woman trying to take a coding course in a male-dominated classroom. Do you have any advice for a woman entering this kind of learning environment?

It's very behavioral. It's hard to say, because I'm not a psychologist, but maybe some of the girls that come into the program have never coded before, and they get into the program because they want to have a good job. They [might] come to this program inexperienced, whereas guys sometimes have more experience because they've had some experience playing video games, or they've had to install video games, so they've had interaction with computers. It

can be intimidating in that sense. Again, I'm not a psychologist, so I don't know how that works. All I know is that sometimes I come across [a situation] where I feel like my confidence isn't there compared to the guys, even though it has nothing to do with how smart I am. It's more my confidence. And it's harder to gain that confidence, when I'm surrounded by a lot of people who have this way about them where they know exactly what they're doing, even if they don't.

## Tell me about 'Coding for All'—a BCIT club that you've created.

Here we have a club to help create an environment where a female coder can go into the program and maybe not have that sort of hugely intimidating environment. If she is intimidated, they can also have support, where we can tell each other 'you can actually do it,' and not to quit. This club is also meant to encourage people to come to BCIT. It's only starting out so it takes some time to actually get it going. We've only had one meeting since it's been sanctioned. After midterms we're hoping to have another meeting and it really depends on who joins. 'Coding for All' is not just for women, because one of the best things I like about learning, is teaching it to someone else. So I'm giving opportunities for guys as well who want to explain a concept to someone else in order better understand it. Same thing for girl: if they want to stand up and give a presentation, it's a great way to build up confidence.

## Would you consider yourself a feminist, or do you like to stay away from labels?

It's almost like, I don't think about it, I just do it. I do realize there is a difference between guys and girls. I don't know what those differences are specifically, but sometimes I get my boyfriend to open a jar; I'm not as strong as him [laughs], but I have other aspects that are.

I dance with a lot of girls, and when we do a show, the conversation is completely different—and I notice those [characteristics]. Sometimes I go from one to the other, but sometimes I feel like I miss that at BCIT. Sometimes I miss being able to talk to someone about my nail polish, which most guys don't really understand.

## It seems as if you like to be a leader. Do you believe this is true, and why do you feel this drive to just go for it yourself?

I think it has a lot to do with how I'm raised. For example, my father right now is competing in the Google Lunar X Prize competition. He's the only Canadian competing. So I get it from him. If you love to do something, do it—create something. Sometimes I feel like I'm in an environment of people who want to create and do something 'better.' If it interests you, it's cool. And so I want others around me to succeed in what they want to do.

If we choose to, we can do great things. It's just that oftentimes it can be daunting to imagine.



by alice han

illustration by Epifania Alarcon

# INSIDE THE MIND OF AN INTROVERT

I'll be the first person to admit that I jumped on the bandwagon upon hearing Susan Cain's TED Talk about the "Power of Introverts." Prior to the 'Introvert Revolution' happening, I had no idea I am an introvert myself, but I've always wondered why I am slightly different from those extroverts around me. Granted, in North America, extroversion is considered a very desirable trait, meaning that you are sociable and friendly. I on the other hand, warm up to people relatively slower, which can be seen as cold and unpredictable.

There have been many incidents where people thought I was socially inept, just because I don't speak as much as others. Or even funnier: specific individuals seem to think that I hate them, just because I don't try to get to know them. Touché really. Why would I volunteer information about myself when you haven't asked? Isn't it a

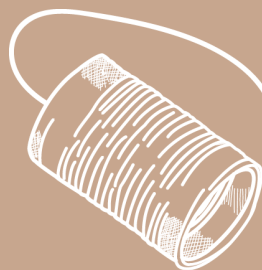
general rule of thumb in social etiquette that people only express interest in you when they ask you questions? And, just because my reaction time to answering your questions is slower, doesn't mean I am slow-witted; it means that I take into consideration what I actually put out verbally. You could potentially hurt others' feelings if you think *while* speaking. Craft your sentences in your head before you word vomit.

There have been many incidents where acquaintances think I am using my introversion as a crutch to be antisocial. *Hmmmm....interesting thoughts. Maybe I just don't vibe with you?* (Joking). But in all seriousness, after all that participating and chatting inside the classrooms, the last thing I want to do is hover around a whole bunch of people I know I have nothing in common with. All that endless chatter over alcoholic beverages really drains my energy.

There have been many incidents where I felt truly myself around friends I've known for a very long time. We banter, play music, and reflect on life together over iced coffee. We don't feel the need to fill each other's awkward silences, nor see each other that often to know that there's a strong bond. Quite surprisingly, some of these friends are extroverts. They bind us introverts together and they fully understand that us introverts can't hear ourselves think when people are talking so loudly.

There will be many incidents where we might feel what we feel, but please don't ignore us. Those who value a quiet, reflective life only self-actualize in the company of those who are the opposite.





# long distance relationships

***There I was, sitting in front of my computer, crying.***

words **estefania duran**

illustration **caitlin prins**

"I never thought we were going to be one of those couples who fight all the time," I said to my partner while drying my tears. It had been five months since we had last seen each other and despite all our efforts, things weren't running so smoothly.

As difficult as it was for me to accept, our long distance relationship proved to be the most challenging thing we had ever had to face. We had been high school sweethearts; had moved to a new country together; lived together and even shared bank accounts, but the kilometres between us tested our relationship in a way neither of us had expected.

After having dated for eight years, my boyfriend Pablo had to move to another country and leave our home in Canada. Because of our long history together, we knew that no matter the distance between us, our relationship was strong enough to endure anything. Or so we thought...

During the two years we spent apart, I saw our very worst come out, and for a moment, even doubted if we were going to make it. But I learned so much from the process that I decided to share my experience. Because if someone says it's easy to be apart, then they are either lying or are cruel for not letting us in on the secret. So here is what I learned from our time apart.

Communication is key. Yes, I know, you've probably heard this a million times, but there's a reason for it. Communicating how you feel (and no, shouting does not count) is one of the few ways your partner can know what you are thinking. Face-to-face interactions are easier because body language allows for your partner to read your mood. By now you probably know each other so well that you can tell when they are mad even before they know it themselves; but, when you're far away, verbal communication is the only thing you've got, so you have to make it work.

Even after having spent eight years together, the moment Pablo moved away it became more difficult to talk to each other without asking things like, "So who is this girl that was tagged on your photo?" This is not to say we thought the other would be unfaithful, but jealousy is a poisonous thing that creeps in at the first sign of doubt. And when a country (or continent) and several time zones divide you and your partner, even things like "just a friend," can take a toll on you. So trust is crucial, because it will prevent unnecessary fights, and help avoid the monster we all transform into when insecurities take over.

Something that helped our relationship survive the hardships of long distance was to find something we could do together while apart—sounds confusing but it's quite simple. Including each other in the

everyday little decisions provides a window into the day of the other person. Silly things like sharing a picture of your lunch or reading the same book and then Skyping to talk about it can give a sense of closeness. Always allow your partner to feel like they are being part of your day and that despite everything they are constantly on your mind. We would even watch movies or a series while on Skype together.

One of the most difficult things about a long-distance relationship is not knowing; not knowing how long you will have to endure it, not knowing if your relationship will make it, all the unknowns start to pile up... Waiting for the day it will be over can be dreadful, so planning is the only solution. Having a getaway to look forward to can allow time to pass more quickly. Instead of lying awake at night thinking how difficult it has been, it is healthier and less stressful to focus on the next time you will see each other. Knowing that there may be a weekend at the beach on the horizon will help focus your energy on the trip rather than the negative aspects of being apart. And even if meeting often is not a possibility, a plan—no matter how far into the future—is still a plan.

Last but certainly not least; one of the major problems we faced was learning how to respect each other's space and time. Distance has no notion of privacy since sharing your day with each other is one of the few ways to feel included; however, it is vital to keep in mind where the other person is coming from. Countless times I would call Pablo when I was at home feeling blue while he was at a party or a bar with his friends, and the same would happen to him. We soon learned we could not always be in-sync and more importantly, not to take it personally. Sometimes, no matter how hard you try, it will simply be bad timing, and that's ok.

I now sit in front of my computer again but with no tears in sight and a story to share. I hope my experience helps those of you who may be going through something similar, or those of you who have been afraid of taking a chance on a long distance relationship.

It will be difficult, I won't deny it, but if you both put in the effort it requires, it can be one of the most rewarding experiences you share as a couple.

I am happy to say that Pablo (now my husband) and I just celebrated 13 years together this summer, which wouldn't have been possible without the growth we were able to achieve while we were apart.

**a plan,  
no matter  
how far into  
the future,  
is still a plan.**



**N**ow that the smoke has cleared from the federal election, it's time to ask: What's next? What can we expect from the new Justin Trudeau-lead Liberal government? Those are big questions, and this soon after the election is over, they are hard to answer. But there are some places to look to get a picture of what Canada will look like under this government.

Before that, it's important to look at the election itself. This election was the tale of two results: There was the massive win by the Liberal party, sweeping wins across the country that lead to their majority government. There was also the complete turn of fortunes of the Conservatives and the NDP.

The Liberals won more than five times the seats this election then in the last, going from the third party in parliament to the ruling party with a majority government. Most of those seats came at the expense of the NDP, but the Liberals also won a number of seats that were held by the Conservatives.

The other big aspect of the election was the turnout. Over 68% of registered voters cast ballots in the election. This is the highest turnout since 1968, and a full 7% higher than the 2011 election. Advanced polls played a roll in this total, including the pilot project that put advanced polling stations on university and college campuses. It is estimated that 3.6 million Canadians cast their ballots during the advance-polling period, a 71% increase over the last election.

Until another election is held, it's unknown if this was a random spike, or if it signals a change in the level of political engagement in the country. That being said, Canadians came out and they voted in numbers not seen in decades.

This is how we got here, so where do we go from here? This is a difficult question to answer so soon after the election. The only information available is the Liberal party platform, and the campaign promises made by Justin Trudeau and the other candidates on the campaign trail. Taking those two things into account, you can make some generalizations about what Canada might look like under a Liberal government. (See table on right)

This is a lot to take in, and it is good to remember that these are just promises they made, not ones they will necessarily keep. Depending on how far the Liberals take these campaign promises, Canada could look a lot different than it has for the last decade—or not very different at all. It's now a waiting game, to see if Canadians have elected something new, or just more of the same.

# TURNING A NEW LEAF?

Post-election, **Jess Gowans** ponders the potential and the promises.



- Canada will have a much less militaristic stance across the globe.
- There will be increased investment in renewable energy and alternatives to fossil fuels.
- Legalization of marijuana.
- Revamping the electoral process to get rid of first-past-the-post and implementing proportional representation.
- There will be a budget deficit for three years, so that austerity measures won't have to be implemented.
- Healthcare investment will be increased from current levels.
- There will be a national inquiry into murdered and missing women.
- The economy will refocus on the middle class.





# Ceviche, Machu Picchu, & Incas.

backpacking Perú with Diego Gonzalez

**W**e crossed the Ecuadorian border heading south through the Andean mountains. Our next destination was the Incas cradle; that country with magic places and incredible food: Perú.

We were in the middle of our two-month South American backpacking trip. Espil, another Colombian that I met while working in Aspen, was my travel buddy. We rode a cab through the Amazon region around canyons and forests. We stopped in small towns to sleep and explore a bit.

We set out to our first big destination, Chiclayo: a city with ancient treasures and archeology sites. We were more cultural travelers than hikers, (but we enjoyed both), so my friend and I were trying to hit as many cultural spots as we could.

El señor de Sipan (Lord of Sipan), the first of many new discoveries of intact tombs (circa: 1987), is 15 minutes away from Chiclayo in a small town. We saw Adobe pyramids with the Lord burial, its concubines, animals, soldiers without their feet (they were not allowed to run away after death, poor guys) and some peanut-shaped gold and silver. Quite interesting.

We rode though the diverse Peruvian landscape on buses mainly. Sometimes we would take them overnight to save on hotels, and arrive to our destinations by day.

We then moved to Chan Chan. Five kilometers away from Trujillo, one of the main Peruvian cities, it was the largest pre-Columbian capital built by the Moche tribe. Six square kilometers showing the remnants of palaces and strict social division. There was a beautiful yellowish tint covering the landscape everywhere we looked, and exquisite wall carvings all around us.

We packed our backpacks and set out to the main city: Lima. Did you know that it does not rain in Lima? It has a never-ending cloudy sky, is almost at sea level city with great spots, hand has an incredible fountain park and good bars. Lima has been evolving from a bad reputation to an incredible mega-city. Surfing, open ceiling malls looking at the sea, streets full of vibrant Limeños, and restaurants. Oh yes, restaurants! That's where you can find a point of no return; fresh fish, local flavors, a long repertoire of vegetables and fruits. That is where we fit in the best, especially me, as I am a passionate about food. Good food.

Let's just talk a bit about ceviche (or sebiche). This amazing fresh white fish cured with tiny Peruvian limes, red onion, cilantro and a bit of aji (sometimes ginger or even celery) is served with cancha (corn nuts) and steamed sweet potato. It just full of freshness and citrusy flavor.

Peruvian food could be divided into these categories from where we have traveled: Coastal, with their fish and shellfish based cuisine, beans and rice tacu tacu, or the incredible aji de gallina; Andean, with underground cooked pachamanca, and their rocoto relleno, from Arequipa; Amazonian with their exotic fishes; and Nikkei with Japanese fusion and Chinese-style food.

Last year, Central—a restaurant in the capital—was voted the 4<sup>th</sup> best restaurant in the world by British magazine *Restaurant*, and Chef Gaston Acurio did an incredible job showing their great food to the world. Thank you Gaston!

Ok, next stop, Cusco.

Cusco and its brick and tile architecture has a charming nightlife that will let you walk around the Spanish colonial heritage with great food, lots of tourism and coke tea for the altitude problem. 3,400 meters above sea level is not easy to deal with.

From there we set to Aguas Calientes, either by a V.I.P train or a bus that takes 16 hours and a walk along a railway. We spent the night and woke up at 4:00am to climb the last part of the Inca Trail. Then we saw it at sunrise, one of the new world wonders: Macchu Picchu.

It was supposed to be a war getaway or strategic point for the Incas, but those are just guesses. All we knew was that it was beautiful. The splendour before the eyes, the terraces, the temples, the surrounding peaks. It's almost like a beautiful spread of views surrounding you. We then climbed to Wayna Picchu (it means young mountain) and we could see the whole marvel in front of us—a climb not for the faint of heart, but the view was worth it.

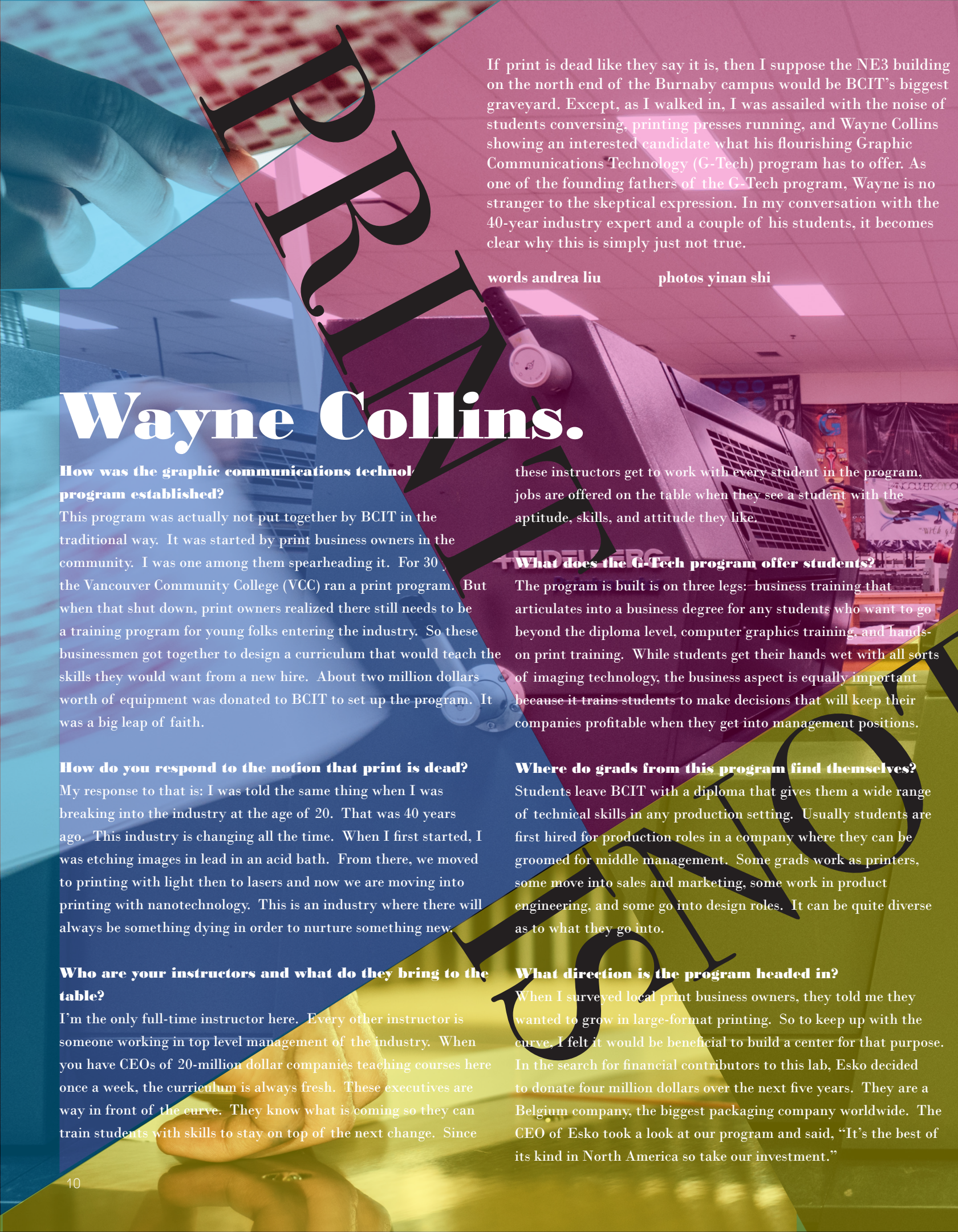
We finished our day going back to Cusco, and then, to the last part of our trip before heading to Bolivia. Puno.

Titicaca, what an incredible unexpected view. A deep mystic blue-coloured lake with snow peaks on the background, filled with the Uros. We fell in love with it. Uros are these man-made islands from totora (a lake reed) that they use to build boats and houses, to start fires, or even to eat. Natives live in them. Their women dress in the same colourful clothes as their daughters, and men dressed in simpler modern jean and tee shirt fashion. They depend on tourism and fishing and sleep right below their Totora huts.

So that was our Peruvian adventure, filled with the Inca's cultural beauty, amazing cuisine and blue lakes. We missed the Nazca lines, the Piura Oasis and more food. We loved Peru, we loved their food, we loved their people, and we would go back again in a heartbeat.

Buenazo!





If print is dead like they say it is, then I suppose the NE3 building on the north end of the Burnaby campus would be BCIT's biggest graveyard. Except, as I walked in, I was assailed with the noise of students conversing, printing presses running, and Wayne Collins showing an interested candidate what his flourishing Graphic Communications Technology (G-Tech) program has to offer. As one of the founding fathers of the G-Tech program, Wayne is no stranger to the skeptical expression. In my conversation with the 40-year industry expert and a couple of his students, it becomes clear why this is simply just not true.

words andrea liu

photos yinan shi

# Wayne Collins.

## **How was the graphic communications technology program established?**

This program was actually not put together by BCIT in the traditional way. It was started by print business owners in the community. I was one among them spearheading it. For 30 years the Vancouver Community College (VCC) ran a print program. But when that shut down, print owners realized there still needs to be a training program for young folks entering the industry. So these businessmen got together to design a curriculum that would teach the skills they would want from a new hire. About two million dollars worth of equipment was donated to BCIT to set up the program. It was a big leap of faith.

## **How do you respond to the notion that print is dead?**

My response to that is: I was told the same thing when I was breaking into the industry at the age of 20. That was 40 years ago. This industry is changing all the time. When I first started, I was etching images in lead in an acid bath. From there, we moved to printing with light then to lasers and now we are moving into printing with nanotechnology. This is an industry where there will always be something dying in order to nurture something new.

## **Who are your instructors and what do they bring to the table?**

I'm the only full-time instructor here. Every other instructor is someone working in top level management of the industry. When you have CEOs of 20-million dollar companies teaching courses here once a week, the curriculum is always fresh. These executives are way in front of the curve. They know what is coming so they can train students with skills to stay on top of the next change. Since

these instructors get to work with every student in the program, jobs are offered on the table when they see a student with the aptitude, skills, and attitude they like.

## **What does the G-Tech program offer students?**

The program is built is on three legs: business training that articulates into a business degree for any students who want to go beyond the diploma level, computer graphics training, and hands-on print training. While students get their hands wet with all sorts of imaging technology, the business aspect is equally important because it trains students to make decisions that will keep their companies profitable when they get into management positions.

## **Where do grads from this program find themselves?**

Students leave BCIT with a diploma that gives them a wide range of technical skills in any production setting. Usually students are first hired for production roles in a company where they can be groomed for middle management. Some grads work as printers, some move into sales and marketing, some work in product engineering, and some go into design roles. It can be quite diverse as to what they go into.

## **What direction is the program headed in?**

When I surveyed local print business owners, they told me they wanted to grow in large-format printing. So to keep up with the curve, I felt it would be beneficial to build a center for that purpose. In the search for financial contributors to this lab, Esko decided to donate four million dollars over the next five years. They are a Belgium company, the biggest packaging company worldwide. The CEO of Esko took a look at our program and said, "It's the best of its kind in North America so take our investment."



# DEAD

## HEIDELBERG

“Before coming to BCIT, I completed a degree in design from Emily Carr. They focused a lot on the creative aspect of designing work, but not actually producing it which is why I decided to pursue this program. At BCIT, you also get to network with people in the industry which is really helpful. Last year I did a two-week practicum and our classes definitely prepared us for every part of it. Here, they teach you how to produce in all the digital and physical formats. We work in teams to operate the presses. You absolutely need to know what you are doing because all the equipment in the lab is worth over two million dollars. Print definitely isn’t dead. It is slowing down in some areas, but definitely growing in others, especially in large-format printing. This kind of printing is extremely underrated, but it is one of the biggest industries in Canada. I feel pretty confident that my classmates and I will all get jobs in the industry after graduation.”

## Katie Johnson.

“This program teaches you both the front end and back end of the print industry. Yes, you learn how to print books, brochures, magazines, marketing materials, banners, car wraps, and all other sorts of large-format material, but you also take business courses as well. So the operations management, communications, marketing, and sales courses teach you about the business development end of the print industry which is that I’m leaning towards.”

I did my two-week practicum at Tapp, a wine label printing company in Langley. It was awesome and I was super lucky because I got to do everything. I serviced customers, made sales calls, ran the presses, mixed the ink, and made the printing plates. When we went in, the staff was surprised how much we already knew because we had learned about it at school. A lot of us feel like we can work in the industry now and feel confident that we will be okay. They prepare you very thoroughly here.”



# WHO IS SHE?

Missing And Murdered Aboriginal Women In Canada and  
What's Being Done (Or Not Done) About It.

by alex lamb

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Prior to 2012, First Nations communities across the country believed that there were roughly 600 cases of missing and murdered Aboriginal women in Canada; but, a shocking RCMP report that same year revealed there were actually 1,182 women reported missing or murdered between 1980 and 2012.

Various indigenous, social and human rights groups—including the United Nations, Amnesty International, the Native Women's Association of Canada, and the Assembly of First Nations—began calling for an inquiry into the missing and murdered women in 2013. Yet Prime Minister Stephen Harper repeatedly refused the inquiry and said numerous times that these cases were, “not high on his radar.” On June 19<sup>th</sup> this year, the RCMP announced they wouldn't continue their investigation on the open cases.

This apathy from our country's authorities has horrified many Canadian citizens. Numerous campaigns have emerged to help raise awareness about the issue, such as Amnesty International's 'No More Stolen' Sisters campaign. Their website provides extensive information about the various causes of the issue, its effects, and proposed solutions to ending the violence.

The UN has also conducted its own investigation into the status of Aboriginal women in Canada. Their 2015 report stated young Aboriginal women are five times more likely to die under violent circumstances than non-Aboriginal women.

Campaigns and rallies, primarily organized by indigenous women, are held frequently nationwide to bring attention to the issue. Just recently in Vancouver, a Candlelight Vigil was held in October at City Hall. A group of First Nations women, including relatives of the missing and murdered women, gave powerful speeches and dynamic song performances in honour of their lost loved ones.

Some First Nations communities have taken the matter into their own hands, stating that the federal election would be too long a wait to bring justice to the lives of their loved mothers, daughters and sisters. An Ontario First Nations group for example is launching their own inquiry into the murdered and missing women, which will be paid for by public donations made online over a website called 'Who Is She.'

But despite the public's powerful reaction, the Conservative government wouldn't do more to find a

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*“Aboriginal women are five times more likely to die under violent circumstances than non-Aboriginal women.”*



“First Nations communities have taken the matter into their own hands.”



First Nations women, including relatives of those missing and murdered, gather on the steps of City Hall, October 4<sup>th</sup> 2015.

solution. Harper almost seemed to believe a better approach to solving the issue is strict punishment towards convicted criminals found guilty of these crimes, instead of a more systematic approach like the inquiry.

The Conservatives are currently the only political party in Canada opposed to the inquiry. NDP leader Tom Mulcair was particularly outspoken about it, especially during the campaign period, saying he would launch the inquiry within the first 100 days of his term if elected. Elizabeth May and Justin Trudeau also vouched for its importance. Now that Justin Trudeau has been elected, I hope the inquiry will happen soon, just as he promised.

The inquiry would provide the government with the proof and research necessary to put together a stable and effective National Action Plan. The creation of the plan could involve indigenous organizations, and could provide a direction for the improvement of not only Aboriginal women, but the welfare of their community as a whole.

It could also address inadequacies in current government policies, identify solutions to ending violence against women, could make sure that all Aboriginal people had access to proper social services including social workers, proper education, health care, housing and emergency shelters, and could ensure that the proper policies would be carried out in the cases of missing and murdered Aboriginal women.

There are several things that you can do on your own to help however. There are, for example, many petitions circulating online calling to our country's leaders to show the concern for our missing and murdered Aboriginal women that they deserve. You can also show your support for the community in person by attending one of their rallies or events. But the most effective thing you can do is to continue to draw attention to the issue, to raise awareness about it via your social media or by talking to your friends and family.

Injustice thrives off ignorance, so the more we all know about what is happening, the less likely we are to allow it to happen.

## The REDress project

Now in its fifth year, the REDress Project is a visual response to the case of the missing and murdered Aboriginal women, and aimed to draw attention to the issue. Jaime Black, a Metis artist from Winnipeg, collected hundreds of donated red dresses, and hanged them in public spaces across the country, such as forests and museums.

Now she encourages Canadians nationwide to hang red dresses every year on the date to help bring further awareness to the cause, in any place where people might see it; for example, a tree on your front lawn, or in the windows of businesses.

She chose the red dress as red is a sacred colour to many Indigenous groups, and the dress symbolizes femininity.

[www.redressproject.org](http://www.redressproject.org)

*Dedicated to the memory of my beloved Aunt Hilary. While not among the 1,200 murdered and missing, as an Aboriginal woman she was affected in her lifetime by the same domestic abuse, hardships and discrimination faced by many, and she passed away under mysterious circumstances which have not been resolved to my satisfaction. I miss her dearly.*







## PHOTO FEATURE

1<sup>st</sup> Year Broadcast Journalism  
portrait project





[ o ] Alex Lamb

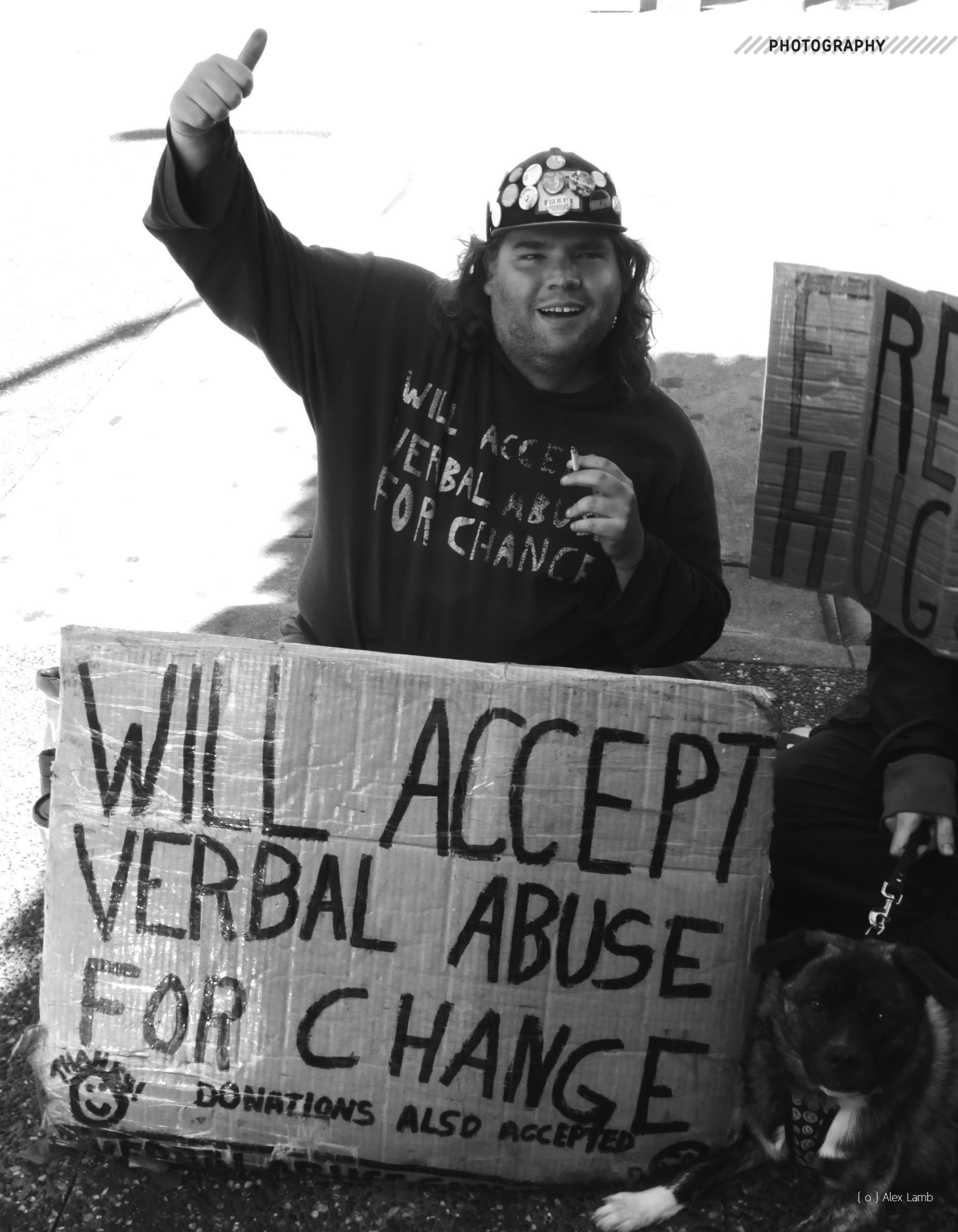


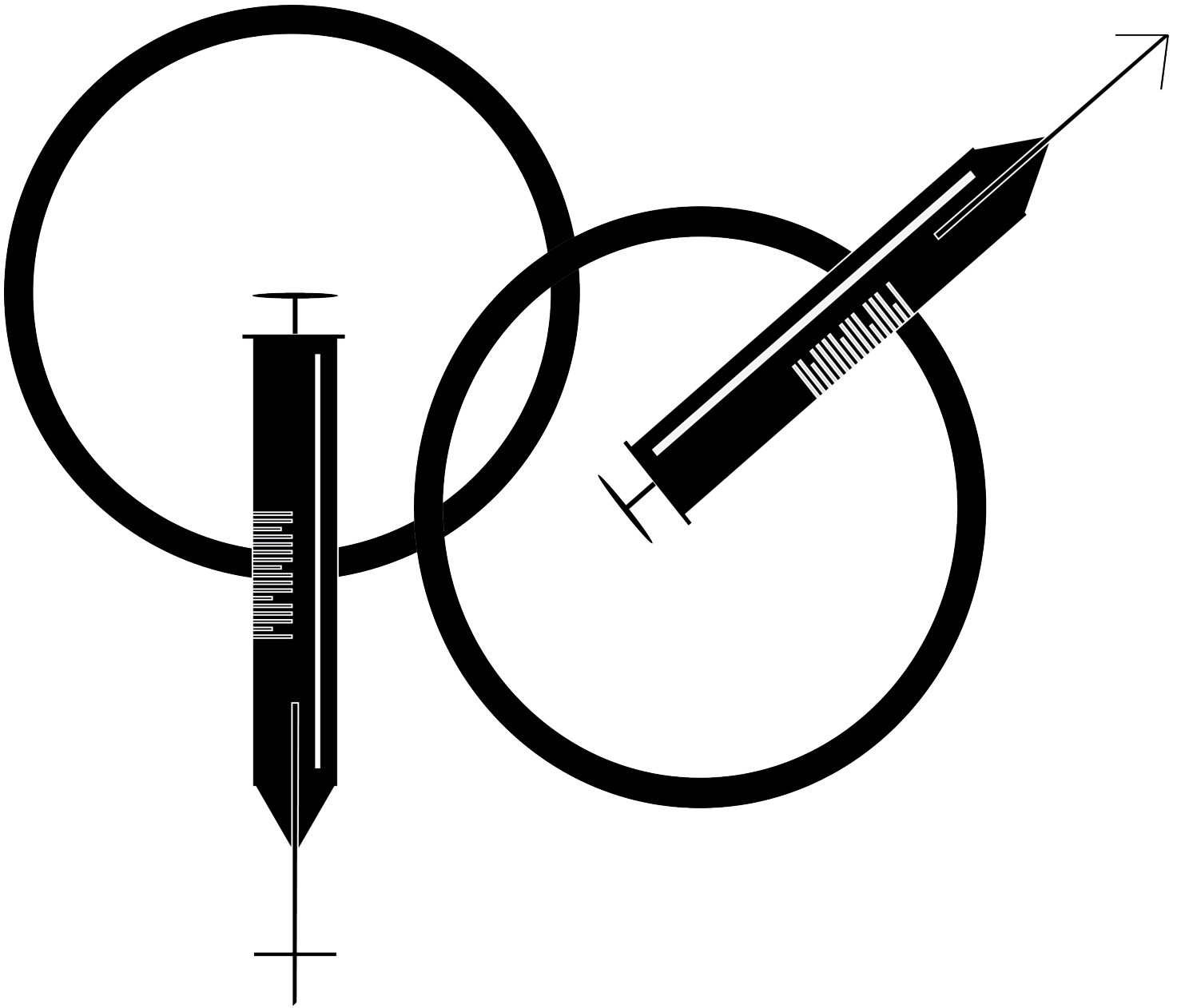
[ o ] Alex Lamb



[ o ] Adesugba Folake







HPV:

the new  
gender-biased  
disease

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by Iaina Tanahara



## “By making only girls get vaccinated, there is an implicit language that HPV is a female disease.”

**H**uman papillomavirus, more commonly known as HPV, is one of the most common sexually transmitted infections in the world. Three out of four people who are sexually active will get HPV at some point in their lives and there is currently no cure. But fear not, as most HPV infections are fairly harmless and are fought off by the body's own immune system. Those who have it are often oblivious to the infection as it often comes and goes with no symptoms.

HPV has 100 different strains that are split into two categories: high-risk and low-risk. The most common low-risk types are HPV-6 and HPV-11 which cause genital warts. Though esthetically unpleasing, genital warts are no cause for alarm and can be treated with topical medicine or removed surgically. And no, this is not a time to consider this a free upgrade to textured condoms.

High-risk strains of HPV are considered ‘high-risk’ because they cause cancer. There are 13 types, with HPV-16 and HPV-18 being the most common. These two strains are the cause of most cervical and anal cancers, but can also cause vaginal, penile, mouth and throat cancers.

That's why the HPV4 vaccine, which protects against HPV-6, 11, 16, and 18, is provided free to every sixth-grade girl in British Columbia. But why only girls? If HPV can cause anal, penile, mouth, and throat cancer, all body parts present in males, why does the burden of vaccination fall on females?

You may think vaccination is not a burden per se since it ultimately protects you, but let's keep a few things in mind: the vaccination requires three doses within six months. That means taking only girls out of the classroom, disrupting their learning so they can be lined up and injected with a vaccine that protects them from a virus that can be carried in both genders.

By making only girls get vaccinated, there is an implicit language that HPV is a female disease. It gives the impression that only females can harbor, transmit, and be infected, when it is actually entirely possible for a man to give a woman HPV.

On the ImmunizeBC website, there is explicit language that makes HPV a women-centric disease. It states that, “three out of four sexually active women will get HPV at some point in their lives.” While this isn't inaccurate, it fails to mention that the statistic holds true for men as well.

According to a statement from the BC Ministry of Health, the reason why only females are vaccinated is because it is more cost-effective. “We review all potential vaccines with an eye to making decisions that reflect the most current research and evidence available, including cost-effectiveness and potential benefits. At present vaccine prices, the most cost-effective way of reducing HPV-related disease in BC is to increase female coverage levels and vaccinate at-risk males.”

In September of this year, the Ministry of Health expanded the HPV immunization program to include males who have sex with males and street-involved males up to the age of 26.

This is because street-involved youth are at a higher risk of engaging in sexual activities at a younger age, and the HPV vaccine is most effective when given before any sexual activity has occurred. When sexual contact is male-to-male, neither partner would have been vaccinated which leaves that a demographic without any immunization protection.

While expanding the program is certainly a good thing, asking young boys to take the initiative to get immunized requires that these boys identify their sexual orientation when they might not be ready to assume it. Of course, much progress has been made in the acceptance of sexual pluralism, but that does not mean that 10-year-old boys are suddenly going to declare to their parents, who would need to take them to the clinic to get vaccinated, that they may or may not have sex with another man in the future. Conversely, having a parent decide that their son is considered at-risk is also a parenting quagmire because it asks them to assume their child's sexual orientation.

In an ideal world, both males and females would get the HPV vaccine. But we don't live in an ideal world; we live in a country with a universal healthcare system. Yes, we are lucky to have this system in Canada, but this does not make it impervious to flaws. In order to be universal, it must also be cost-effective. Though there is no financial burden, the HPV vaccine comes at the expense of heteronormative gender biases.

# THE WHOLE TRUTH

So you find yourself in the bread aisle trying to choose between multigrain, whole grain, sprouted, white, and so on... It can be confusing. **Diego Gonzalez** has experience with these things and is here to help. Here is what you need to know.

## Whole Grains

So what are whole grains? Whole grains are cereals that are being used completely. Grains have three parts: endosperm, bran and germ. When they are making regular bread, they take wheat, remove the bran and germ, and process the rest, aka endosperm. Through that process, you lose 80% of the nutritional value.

## What you should buy:

### 100% whole grain:

Made completely with whole grain flour.

### Whole grain whole wheat:

Product made with whole wheat as it was found in the grain, without changing anything. This is just in Canada. In the US whole wheat has to be whole grain 100%.

### Sprouted whole grain:

The new class of easier-to-digest grains.

## Be careful with:

### Whole wheat on its own.

*95% whole wheat to leads to a better shelf-life.*

*When wheat is milled, it is separated and recombined to make whole wheat flour. In Canada, up to 5% can be removed to be branded as whole wheat. They will remove most of the germ, which is just 2.5% of the total cereal (full of goodies), and with it, its nutrients lost.*

## Stay away from:

### "Contains whole grain":

a small portion is whole grain, while the rest is refined.

### "Multigrain":

It just contains different grains, it doesn't mean they are whole.

## Benefits of Whole Grains

They reduce the risk of heart attack and type 2 diabetes. You can only get the benefits when the whole grain is used in the same proportion—equal parts endosperm, germ and husk. You'll get full benefit from products high in fiber, but be careful, make sure it's low in sodium.

## Whole grain does not necessarily mean healthy.

Whole grains are better than refined grains. True. So the real goal is to replace white bread for whole grain whole wheat, not to increase the grain consumption, as they are still low in nutrients (and high in sugar) compared to vegetables and fruits.

## Examples of Whole Grains

- barley
- brown rice
- corn (including popcorn)
- oats
- whole grain whole wheat (including bulgur)
- wild rice

Quinoa, amaranth, and buckwheat are "pseudo-grains;" they are not cereals, but their nutritional profile is high.

## Final tips:

Whenever you are going to buy bread, pasta, breakfast cereal, etc., always look for these three things:

- Fibre: Minimum 3 grams per serving
- Sodium: no more than 250 grams per serving (the lower the better)
- Whole grain: 100% whole grain, or Whole wheat whole grain for wheat products.



## Canucks Update: Bold Moves Not Too Bright So Far

The Canucks brass made a handful of bold decisions before the regular season opener, which collectively, haven't all been too beneficial.

The team decided that all three rookies: Jake Virtanen, Jared McCann and Ben Hutton, would make the team. It's the first time the Canucks have kept three rookies on their roster to start a season since 1999/'00 when they kept Artem Chubarov, Steve Kariya and Peter Schaefer (how could anyone forget).

Chubarov totaled one goal and nine points in 49 games as a rookie. He scored only 25 goals in 228 career games, and by the 2004-05 lockout was playing back home in Russia. Kariya, the brother of seven time NHL all-star Paul, had eight goals and 19 points as a rookie that year, but only scored one career goal after that season. Schaefer scored 16 goals and 31 points in 71 games as a rookie in a scoring role (on a Canucks team that only won 30 games, mind you), but he only played two full seasons in Vancouver.

The potential is there for Virtanen, McCann and Hutton, but the bold moves the Canucks have made to give them a chance hasn't quite been justified.

It was clear that Linden Vey was destined for the minors, but trying to send down Frank Corrado was simply poor asset management by Linden and Benning. Hutton earned his keep, but keeping him meant that Corrado had to be put on waivers, and he was picked up by the Maple Leafs. Hutton would've still been smiling had he been temporarily sent down, and wouldn't have needed waivers.

And Coach Willie D doesn't get off the hook. Through the first six games, Brandon Sutter had played on the Sedin's wing, Radim Vrbata had no points because he didn't, and Yannick Weber had watched five games in the press box (and Corrado is still on the Maple Leafs).

It's unclear if it's too early for Virtanen, McCann and Hutton to jump into a full NHL season, as all three look like they belong so far. But as much as Vancouver wants to build for the future, it's more poor-asset-management when their top players aren't playing where they should be. The Canucks brass still needs to find a solution for incorporating everyone the right way.

— colton davies



RADIM VRBATA

PHOTO: JEFF VINNICK

## MLB

### THE WILD CARD FIASCO.

This year, we had quite an eventful Major League Baseball Playoff run, and that's an understatement, really. But, there's always the lingering question—why do Wild Card Games even exist?

The Pittsburgh Pirates had another remarkable season, but were knocked out in a “winner take all”, do or die, baseball game. The Chicago Cubs (who were predicted to win the World

Series this year by the classic 80s flick *Back To The Future*) beat the Pirates, and would have moved on.

The New York Yankees and Houston Astros battled it out in the other winner take all playoff game. Houston would advance from that round, and the rest as they say is history.

Here's the issue: teams work so hard all season to get to where they are, they have amazing records, and they put their heart and soul on the field every single night, so what's the

outcome? A one-game playoff, do or die.

Major League Baseball should really re-evaluate how the Wild Card format works. Instead of having Wild Cards, they should change the playoffs based on regular season seeding, and who has the top records.

Teams like Pittsburgh and the Yankees, probably feel they were robbed of all the hard work they put in this season, and frankly, I wouldn't blame them. It's disheartening to work

so hard all season and then be rewarded this way. Obviously, that's just the way it works for the time being. Change can come though, especially now that Major League Baseball has a new commissioner in charge of everything.

Hopefully, by next season, or in a few seasons, things will be way different than now. Or at least, we can sure hope that they will change. Because a one-game do or die after hard work and dedication, just does not make sense, in any way, shape, or form.

— jessica fedigan







# SMOKE SCREEN

words **shakiel mahjouri**  
illustration **thea luchak**

Longtime fans of *The X-Files* were ecstatic when a new six-part miniseries was announced. What came to many as a surprise, however, was the return of one of television's greatest villains; The Smoking Man. Canadian actor **William B. Davis** is reprising his iconic role and joined me to give some insight on the upcoming miniseries, and how the landscape of Canadian entertainment has changed in the last 40 years.

**The last time we saw your character, there was a rocket launcher and a helicopter and things seemed rather grim. Did you think your character had been killed off?**

Oh yes, I definitely thought my character was killed off. It was quite spectacular. And it was the end of the series as far as we knew, so it was only fitting that the villain gets his comeuppance. Not in my opinion of course, but it seemed to be the fans' opinion.

**When you were first contacted to do the new miniseries, were you given the impression that this was a one-off special? Or did you get the sense that there was a motivation to reinvigorate the franchise?**

I just assumed it was a six-episode unit and that would be it. As far as I knew, David [Duchovny] and Gillian [Anderson] were not interested in getting their careers completely tied up in the show again. But they were delighted to do a short event. But then I began to hear talk as if there had been some guidance given to what the future might hold. Finally at the end I asked the director outright, "are you planning to do more?" He said it depends on the reaction to it. But I guess everybody would like to do more episodes if it goes well.

"I began to hear talk as if there had been guidance."

**You started your acting career in 1949 as a child. You have studied in England and you began directing. How has the landscape of show business changed in Canada from when you first got your foot in the door?**

[laughs] It's unrecognizable in most ways. When I started, we didn't even have television, we had no film. The growth of film and television has been huge. What has disappeared completely—what was a main source of income and actors loved doing it—was radio drama. It was a big part of the actors' world in the 40s and 50s.

**What advice would you give to hopeful young actors and actresses in Vancouver?**

Too often actors think that it's a question of doing a few classes, especially audition classes, and pretty soon you'll

be a star. Which could happen; people do win the lottery; people do get struck by lightning, but I wouldn't build my life around that. I think if you want to act, you should act. You should get good training and you should be happy to act wherever the world takes you. If you're a certain type of person, it may take you into movie stardom. If you're another kind of person, it may take you into a long life of doing theatre. It's a craft to be learned. I do believe there is such thing as talent; I think some people have a natural propensity.

**What are your thoughts on the film and television industry in Vancouver? Is this a growing market for local talent or is it a backdrop for Hollywood?**

Unfortunately, it's still more of a backdrop for Hollywood than we would like it to be. I was at an audition recently and I was speaking to some of the people in my group. They said the work just dropped off and yet we know it's been busy and there has been lots of activity going on. In Vancouver, the primary work we do is service work to Hollywood. A major part of it seems to be in science fiction, so a lot original drama is done more in Toronto and Montreal than it's done here—which I think is too bad.

**For those acting locally who want to be cast in big budget productions, would you recommend moving elsewhere?**

Toronto is a good market. For one thing it has a lot more theatre. And it has a lot more original Canadian drama whether it's on film or television. Going to LA is a crapshoot. If you have something going for you it can work; certainly it has worked for a few people. Donald Sutherland took his family and no money to Los Angeles and waited, and it worked. But I know many, many people for whom it has not worked. I wouldn't go to LA unless I really had something going for me. If you have star-looks, if you're in your early 20s and look fantastic, that's an advantage—but you still need to be able to act.





# Virtually Real

by jarell alvarez

We've come a long way since pioneering computer scientist Jaron Lanier first introduced the term 'virtual reality' to the world back in 1984. Now, Palmer Luckey has created the Oculus Rift finally delivering on the concept of a vr headset. What started as a Kickstarter campaign back in August 2012 has now been purchased by Facebook for \$2 billion and a new market has emerged, aiming to put virtual reality onto the heads of everyday consumers.

## Why You Need the Oculus Rift:

If you've ever wanted to truly feel immersed in a virtual experience, then this is your chance. Imagine yourself standing in the thick of a medieval war, fighting for your life alongside your fellow knights, with a full 360-degree range of motion, the carnage literally surrounding you.

Reviewers rave that the new Oculus VR will be lightweight and you'll be able to put it on like a baseball cap. Also, that it will

produce better graphics than the previously released development kits.

Early users are also stating that the consumer model will better accommodate people with glasses; which solves a desperate issue for some.

This method of gameplay is the future, and I will be getting one as soon as I can. I want to play *Grand Theft Auto* and finally live the life only RockStar could have envisioned for me. The future couldn't be anymore exciting.



Next year will be huge for gaming. In addition to the Oculus Rift, an array of other virtual reality headsets will be released, to provide you with a 360-degree, unparalleled experience of entertainment. But without knowing the market, it can be hazardous for the wallet, so here are some recommendations.

### SAMSUNG GEAR VR

Portable and lightweight, Samsung (with the help of Oculus Rift creators) have pioneered a way to utilize your phone to achieve virtual reality. Anyone using a newer Samsung phone and is interested should definitely consider this a strong choice, especially with the newly upcoming entertainment from Samsung.

### HTC VIVE

HTC Vive works with the PC and is Valve's baby, working together with Steam's massive library. A ridiculous 70 sensors and 360 degree head-tracking with 90Hz refresh rate, and a "context aware controller," so you can interact the with elements in the virtual world.

### GOOGLE CARDBOARD

Google released their own virtual reality headset that utilizes your smartphone's gyroscopic sensors and positioning systems to accurately track your head movement. It's cheap, fun and made of cardboard; what more can you ask for?

### Specs & Features

- 2 OLED displays at 1080x1200px; designed to reduce motion sickness
- Built-in headphones with spatial audio
- Xbox One Controller
- Optional Oculus Touch®
- Headset Stand

### the WAY BACK PLAYBACK

Remember **Virtual Boy**? I didn't think so, because this beauty came out (astonishingly) in 1995 while you were still teething. But for those out there who *were* old enough to rent one from the local Blockbuster (look it up) you'll remember that beautiful, bizarre red interface which felt like something straight out of *Ender's Game* (you're going to have a busy night on Wikipedia) and touted the sweetest game of tennis you've ever played. So why did Nintendo stop there? We may never know.



**DOWNWELL**

PC, iOS, Android  
(moppin)



Falling is a sensation unlike any other. When falling, one feels a rush of exhilaration and fear; you're almost completely out of control once your feet leave the ground. *Downwell* is a game based entirely around falling and overcoming the uncertainty associated with it.

Starting by the edge of a giant well, you have no choice but to fall down the procedurally generated chasm. Thankfully you seem prepared for this one-way trip, as your character is equipped with gun boots. This useful footwear allows you to fire at the monsters waiting below, slowing your descent as you do. However, the gun boots can't fire indefinitely, they need to recharge, and in order to do so you need to touch down on a solid surface, even if just for a moment.

This balancing of your boots' energy focus is the core of *Downwell*'s gameplay. In other titles, being able to constantly shoot is standard, but as soon as your ammo runs out in *Downwell*, the game takes a sudden turn. You're now plummeting towards the unknown without any safety net. During this descent your only comforts are the surfaces peppered throughout the levels, or lightly coloured enemies that you can bop off of for a quick recharge.

While spelunking the well, you gather gems that you can use for power-ups at in-game shops. The total number of gems you collect also accumulate between play-throughs, and different colour palettes and alternative game modes are unlocked at certain gem milestones.

Action-packed, full of depth, and unique, (with its genre-defying mechanics), *Downwell* is worth your time if you've got a few bucks and a craving for something different.

— brandon mc

## GAMES

**GAME OF THRONES**

PlayStation 4, Xbox One, Android, PlayStation 3,  
Microsoft Windows, iOS, Xbox 360, Mac OS.

(telltale games)

**Valar Moghulis:**

GoT partnered with Telltale Games (mostly known for their award-winning *The Walking Dead* games) to make a six-episode game in the world of HBO's revolutionary hit TV show. Adopting a point/click gameplay, quick-time events, and an amazing narrative tell the tale of the three characters that you'll follow.

**Aesthetic:**

Painterly aesthetic (oil painting style) is the main choice, and I buy it every step of the way. The game might as well be a painting, as it is a pure work of art. This follows the set style that TellTale Games uses in each game, and it doesn't disappoint whatsoever.

**Difficult Choices Ahead:**

The primary goal of the game is to make tough narrative choices within a small

allotted amount of time, usually given four options to choose from. Many of these choices are not obvious or simple, making for one heart-wrenching decision after another.

**The World of Westeros:**

As many people have already seen the show or read the books, they have a good idea of the world they're getting into. For those unbeknownst, a good rule of thumb is that when you love a character and are deeply rooted into their story, they are likely to be wiped-off the face of Westeros before you can say "Valar Moghulis" (All Men Must Die).



As a huge *Game of Thrones* fan and someone who's read most of the books, I can tell you with the utmost reassurance that I freaked out when they announced this game back in June 2014. To be able to revisit the world and to discover new characters that I adored and feared, gives me something to hold onto as I wait for the sixth season. In this world, you win or you die.

— jarell alvarez



## MUSIC

**FADING FRONTIER**

Deerhunter

(lakeshore entertainment)

looking fellow who takes the typical indie-rocker high ground on topics like pop music (or as he calls it “un-human music”). I’m apt to agree with Cox, but to hear those words gleefully erupt from yet another all-too-willing-to-discuss-his-dreadful-personal-life ‘indie king,’ is a step past boring. That was my experience with Deerhunter; mild annoyance at Cox and a general reluctance to hear yet another synthy reverb laden hipster band. So now that I’ve leapt into Deerhunter’s new album, I can report with my bias on display. *Frontier* is great at a few things: being dreamy, introspective and throwing catchy electronic waves at you,

perhaps with a hope that you are as stoned as they are. Melodies are covered with a shiny rust of intellectualism and bizarre dissonance. If you have any experience with bands that fly under the radar, you’ll probably know this band, but more importantly you’ll know this sound. Deerhunter doesn’t seem juiced enough to evolve or give teeth to a sound that they’ve had on display for many years. Where *Monomania* was a step in a newer direction (albeit not without some blemishes), *Fading Frontier* is a step back to roots in many ways. It’s floaty and mysterious and strange, but the melodies won’t often tug on your sleeve as they have before. By the time this album has hit ‘Take Care,’ the fifth track on this short nine-track album, the record has run out of a considerable amount of steam. I’m in a strange predicament here, because I can’t say they didn’t put out a good album, or that they aren’t a good band. All I can say is, that as interesting as this album can be to listen to, on an equal level, it’s been done before and it’s been done better, even by the band itself.

— jakob schmidt



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