



ALL WORK AND NO PLAY

Varsity sports at BCIT pg 6

The Link

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ABOUT THE LINK

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THE LINK

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PHOTO of the WEEK



Fish in the pond behind The Rix in SE6

Ervin Cho

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CAMPUS QUERY

How you feel about BCIT not having varsity sports?



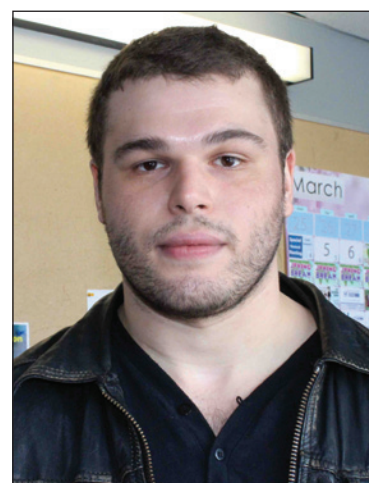
IAN KEARNEY
Carpentry, first-year

"I don't think it's a big issue for a technical college. I'm happy for intramurals though."



KATE BERRY
Trades Discovery, first year

"It is a big school and underrepresented for how big it is. But it'd be good if we had some sports – it adds legitimacy somehow."



KAAN ERASLAN
Broadcast and Online Journalism, first year

"It's a technical institute. Who gives a shit?"



JOHN KANTARAKOIAS
Iron Working, level II

"I wouldn't play. The truth is, sports players are usually dicks."

Smart commuters take the catwalk

BCIT's Green Team hosted an eco-fashion show to promote their commuting campaign

MERIHA BEATON
The Link

BCIT's Green Team, in cooperation with the BCIT Student Association, turned the Great Hall into a catwalk for its first ever eco-fashion show on March 19.

Models strutted down the runway in chic athletic gear to inspire staff and students to keep their cars in the driveway.

The On the Go! Fashion Show was part of the Green Team's Commute Smart campaign – an initiative they have been working on all year to promote eco-friendly methods of commuting to campus.

"We thought that asking people to sell their car and bike to work every day was too much of a big task so we decided the campaign would be around trying it out," said Alex Hebert, energy and sustainability manager at BCIT. "We are just asking staff and students to just try something once."

Those that want to participate in Commute Smart can register at the campaign's website. They are encouraged to bike, walk, bus, or car-pool to campus – anything that eliminates the number of single occupancy vehicles traveling to BCIT.

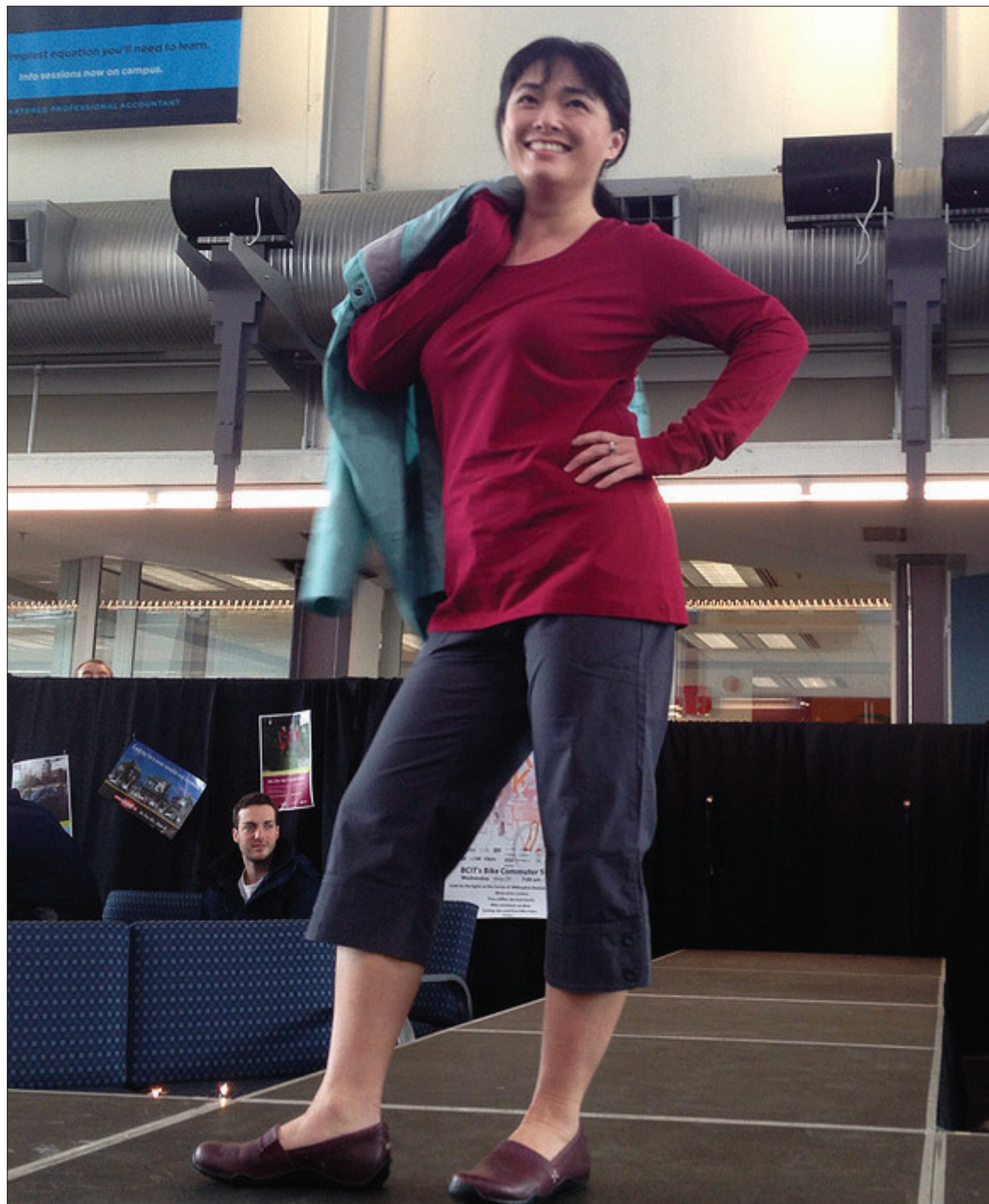
With a number of participants biking and walking, however, the Green Team realized wardrobe options would be an issue.

"One of the questions we got was 'Well, I am going to be sweating if I am walking, biking, running, so how should I dress?'" said Hebert. "The idea was 'Let's just organize a fashion show and ask the experts what it is that is fashionable and practical.'"

Luckily, the experts that Hebert and the Green Team reached out to were more than happy to help.

Sporting goods company Mountain Equipment Co-op volunteered clothing for the show, while students from Blanche MacDonald, an institute specializing in cosmetics and hair design, offered to do the models' hair and makeup.

"The fashion show was an early idea and it has really built into something. I thought it was really impressive," said model Joe Boyd after the show.



Green-minded BCIT community members showed that sustainability and style are not mutually exclusive.

Jordan Hayward

Boyd is the program head in the applied research liaison's office and was a member of the fashion show's organizing committee. While he owns a car, he said that he never drives it and instead cycles to work year round.

"I find it easier, you have more freedom and you are outside," said Boyd.

Hebert said that the models were recruited by the Green Team. Most were staff and three were students.

"The goal was to find different people and students from different departments who are willing to do this," said Hebert. "Most of them have some sort of cool commute story which shows their passion for this."

Commuter-friendly organizations such as The Hub and Travel Smart also came to support the Green Team and set up booths at

the show.

The Hub, a Vancouver-based cycling coalition, handed out free maps to attendees and offered advice on the best routes for cyclists to take to campus.

"The idea was 'Let's just organize a fashion show and ask the experts what it is that is fashionable and practical.'"

— Alex Hebert,
energy and sustainability
manager, BCIT

Travel Smart is an organization that works with Trans-Link. Their goal is to reduce

the number of cars on the road. When they heard about the Eco-Fashion Show they asked the Green Team if they could be involved.

"We were trying to keep it small at first because we are just a team of volunteers," said Hebert. "But the event ended up being much bigger than we thought because there was so much enthusiasm around it."

Hebert isn't sure what Commute Smart's next event will be but he hopes it will be as successful and motivating as the fashion show.

"I hope this will create something for people where they realize biking and walking and running is good for them," said Hebert. "We aren't just reducing our carbon footprint. I think there is way more to it."

CAMPUS SHORTS

UVic student union booted from Canadian Federation of Students

Despite multiple referenda held by the UVic Students' Society (UVSS) to leave the Canadian Federation of Students (CFS), the UVSS only just broke free after they were expelled for not paying fees.

The UVSS board maintains no fees are outstanding and will now tackle post-secondary issues through the Alliance of BC Students.

Memorial U student urges Health Canada to end the blood ban

Memorial University student Michael Walsh is challenging a discriminatory Health Canada policy surrounding blood donation in Canada.

Currently, if a man admits to having sex with another man once since 1977, he is banned for life from giving blood in Canada.

According to Walsh, the End the Ban campaign hopes to spread the word that the policy stereotypes queer demographic and uses "outdated science".

Regina students still seek amnesty

Two Nigerian students are hoping for amnesty from the federal government.

The pair have been seeking refuge in a Regina church since June 2012 to avoid deportation because they worked briefly at Wal-Mart without valid work permits.

Their lawyer says neither woman denies their infraction but says the government should dismiss their case because nine months' detention in the church has been punishment enough.

— Angelina Theilmann

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Special general meeting sees bylaw changes, controversy

17 bylaw changes at student association's special general meeting, but not without disagreement

NEETU GARCHA
Assistant Editor

The recent BCIT Student Association (BCITSA) special general meeting (SGM) passed 17 bylaw amendments, leaving only one unapproved.

The SGM, is held annually to make changes to existing bylaws in the constitution of the BCITSA through requests called motions. All students are invited to attend this annual meeting, which includes a free meal.

Quorum (the minimum number of members required to make decisions) was met just moments before the beginning of the SGM, with 33 voting members in attendance at the meeting that has a quorum of 31 students.

Some of the changes that were voted on include the creation of a student spaces committee and a executive representative for Downtown Campus.

The student spaces committee will be chaired by the BCITSA's vice president of student affairs, a position currently held by Marwan Marwan. The committee will meet monthly to discuss any issues related to BCITSA

space development and will make design development decisions about any association spaces, according to the bylaw.

The establishment of a representative for Downtown Campus comes at a fitting time with BCITSA elections campaigning and voting just getting underway.

The only bylaw change that was not passed at the SGM was a proposal made by Marwan to create a human rights committee. When the motion was brought up at the meeting, the formal speakers list was not being followed accurately, which prompted Marwan to walk out.

“The reason I walked out of the meeting is that I really disagreed with the way that the process was carried out.”

— Marwan Marwan,
vice president of student affairs,
BCIT Student Association

“The reason I walked out of the meeting is that I really disagreed with the way that the process was carried out,” Marwan told *The Link*.

According to BCITSA President Daniel Huh, motions for new standing committees are

generally discussed at regular council meetings.

“No issue has come up in council regarding the [human rights] committee, whereas all other committees have been discussed in council and everything has been discussed with the group,” Huh told *The Link*, explaining why there was hesitation in approving the committee.

Marwan told *The Link* he knows the human rights committee that he put a motion forward for will not strike this year because the motion was not passed at the meeting.

“It was one of those ‘We agreed to disagree’ things,” Huh explained. “I feel there’s really no way to look at it right or wrong so I really just left it where it is.”

According to Marwan, the human rights committee would not have cost the BCITSA financially and proposed members included students and counsellors who would report to the vice president of student affairs. The committee would have provided students with resources for a variety of issues, but President Huh said similar resources are already available.

Marwan told *The Link* he remains strong in his stance that a procedural review of the BCITSA is needed.

“The process in which things are carried out is no good. It needs to be re-visited,” said Marwan.

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Aboriginal Services fundraising for longhouse at BCIT

Aboriginal Services have launched the project to share First Nations' culture with students

OLSY SOROKINA

The Link

Aboriginal Services at BCIT is fundraising to build a traditional Coast Salish-style longhouse. The space will be built outside of the BCIT Aboriginal Gathering Space in SW1 on the Burnaby campus, on the grassy knoll outside of the southwest entrance.

The longhouse is the second phase in a three-phase project aimed to improve post-secondary experience of the First Nations student population at BCIT campus. Currently, BCIT has one of the largest populations of Aboriginal students among post-secondary institutions in the Lower Mainland.

According to the BCIT Foundation, the post-secondary completion rate for Aboriginal population aged 25-64 is 40 per cent, versus 56 per cent rate for non-Aboriginal population. Aboriginal Services joined together with BCIT Foundation in hopes to increase the numbers for the Aboriginal population.

Joanne Stone-Campbell, coordinator of Aboriginal Services at BCIT, said it is important that Aboriginal students feel welcome and safe in their learning environment in order to complete their post-secondary education.

"It's just providing a place where someone could come and not have to strip down who they are, but to come as they are, and just build on who they are, and not be ostracized in any way," Stone-Campbell told *The Link*.

Stone-Campbell noted that history does not set a good precedent for Aboriginal students in a non-Aboriginal educational system, and it is important to make it right for the present and future generations. The current project's goal is to embrace the cultural differences and educate non-Aboriginal community on the First Nations traditions to reduce the existing cultural gap.

The first phase of the project, the Aboriginal Gathering Space, Mi Chap Tukw (mean-

ing 'home away from home') was completed in 2011, and is now used to provide various support services to the Aboriginal student community.

It was designed by Aboriginal architect Alfred Waugh, and incorporates traditional First Nations materials like cedar, as well as culturally significant color combination of red, white, yellow and black.

The second phase consists of building a 100-seat longhouse to provide more space and opportunity for students of all backgrounds to celebrate the First Nations culture. The longhouse will be used as a study space for students, as well as a place to host various cultural activities, such as drum songs and smudging ceremonies.

The longhouse will also be used for honouring ceremonies for Aboriginal students and staff. Designs of the longhouse include a meditation space for students to rest, or seek council with an elder or their peers.

Mikah Fox, Aboriginal student representative of BCIT's student association, said having a place like the longhouse would help bring the community together, and share Aboriginal traditions with the rest of the students.

“There are Aboriginal people from all walks of life, all over Canada who are here at BCIT, and they just need a place to congregate and just to feel whole.”

— Joanne Stone-Campbell,
coordinator of Aboriginal Services

"There are Aboriginal people from all walks of life, all over Canada who are here at BCIT, and they just need a place to congregate and just to feel whole," Fox said, "and to share our culture with other students. BCIT is very multicultural and we take that very seriously, showing our culture and sharing it with everyone."

Another purpose of the longhouse will be to bring in



The proposed site for the Coast-Salish style longhouse outside SW1 at BCIT Burnaby

Courtesy of BCIT Aboriginal Services

students from different disciplines, and educate them on working with the Aboriginal community.

"We're teaching them how to work with Aboriginal people, following protocol, consultations — in all aspects you have to work with Aboriginal people," Stone-Campbell said. "If you work in geomatics, or health, everyone has to consult with an Aboriginal community now; it's just part of law."

Stone-Campbell said that Aboriginal Services currently offers cultural awareness classes for students in mining and forestry, but it will be a more complete experience if the students are able to learn about First Nations culture inside a traditional space such as the longhouse.

"We want to teach people who we are, what we have to offer, and that we have some gifts, too."

The third phase of the project is the creation of an Aboriginal art gallery in the

hallway outside of the Gathering Space. The space is currently used to commemorate various achievements of Aboriginal students during their time of study at BCIT. Stone-Campbell says that there are many First Nations students on campus that incorporate their cultural influences in their coursework.

"There are students in trades who make mailboxes that have beautiful Native designs on them. We also have a student who makes eagles out of steel," Stone-Campbell shared. "Students who do new media, they include Native language in their digital animation, and we could put those displays out there."

Stone-Campbell said that the art gallery at BCIT will be the first place to celebrate First Nations art in the Burnaby area. Aboriginal Services plans to work with Burnaby City Council and borrow archived artwork available in Burnaby in order to display it

in the gallery.

Aboriginal Services are currently raising funds for the second and third phases of the project through BCIT Foundation. They have recently received two cedar logs, donated by BCIT, to be carved into totem poles and put at the entrance of the longhouse.

The end goal of the project is an inclusive space that supports Aboriginal students throughout their educational experience, celebrates and preserves their unique culture, and promotes integration and partnership with the rest of the multicultural community at BCIT. Stone-Campbell shared her vision for the project:

"It's a safe place, it's a place where you can come and learn your culture, share, build relationships. We understand who you are, and why you are the way you are. So we are a place to educate people and to show that our culture is very important to us, and it's important for everybody."



Sadly, the Cougars have been defunct since 2000

Ervin Cho

All work and no play

Busy schedules and heavy workloads mean the return of intercollegiate sports at BCIT is unlikely

JEFF RENNEY

The Link

Back in the 1990s the BCIT Cougars men's and women's teams competed in a variety of sports such as soccer, volleyball, badminton, and basketball. As a part of the British Columbia Colleges' Athletic Association (BCCAA), BCIT played other colleges such as Langara, Douglas, and Capilano.

Now, you won't find much evidence of those years in the BCIT gymnasium as the Cougars were never able to generate much success while participating in the BCCAA. BCIT dropped out of intercollegiate competition in 2000.

Recreation programmer Paul Fortier was in charge of the intercollegiate sports at BCIT. He says the main reason for withdrawing was the school's annual struggle to assemble teams.

One of the rules for competing in the BCCAA required schools to host both a men's

and women's team for each sport offered. Fortier says the lack of women participating in team sports made it especially difficult to stay in the league. He says many women would quit before the season was over.

"The last couple years we fielded a team, we were short players," explained Fortier. "We'd start off with about twenty women and by the end of the season we'd end up with seven or eight," said Fortier.

"We had athletes here who were fairly high calibre but would not come and play on our team."

— Paul Fortier, recreation programmer

For many of the students who attempted to play sports, the major problem was trying to stay on top of BCIT's heavy workload. Even students with strong athletic abilities often wouldn't attempt to compete because of time spent in class.

"We had athletes here who were fairly high calibre but

would not come and play on our team," explained Fortier.

Meanwhile, students playing sports at other colleges tend to have lighter school schedules, meaning they usually have more time to practice. According to the PACWEST website, the eligibility requirement to play intercollegiate sports is a minimum of three courses and nine credits per semester.

Carly Scarr, the athletics department assistant at Langara College says the majority of students who compete in sports at her school normally take three to four courses per term. At BCIT with many of the programs lasting only two years, students usually take seven or eight courses each semester which Fortier called a 'total disadvantage' on the playing field.

"Most students here are taking thirty or thirty-five credits and then even the trades are thirty hours a week," said Fortier.

The lack of participation and the low overall number of students involved at BCIT meant the cost to keep the sports programs running no longer made sense.

"We were spending about \$40,000 a year on about 85 students," explained Fortier, "so

we kept that money and did other things with it, like build a climbing wall."

These days, the only organized sports are intramural competitions. Student can sign up to play once a week in sports like basketball, floor hockey, volleyball, and indoor soccer to get some of the benefits they may have had in intercollegiate sports — minus the huge commitment.

"People being asked to come to practice four times a week is not very feasible."

— Daniel Huh, president, BCIT Student Association

"People being asked to come to practice four times a week is not very feasible," admitted Student Association President Daniel Huh. "Intramurals — I think it's great. It's something I think is super important for people, especially students here at BCIT to do on their spare time to relieve stress."

Ruphina Yoon, who helps organize intramurals at BCIT, says the sports they offer for the most part have been quite popular among students. And Yoon says they are now looking to start up more sports programs in the future for people to participate in.

"There was talk between flag football, softball, baseball leagues, or even maybe outdoor soccer," said Yoon.

As for BCIT competing against other colleges again, Paul Fortier says he'll occasionally get requests but says it's something he can't ever see happening.

But there are still some, like marketing student Kyle Martin, who believe it would be great to be able to compete at BCIT. Martin admits there would be a lot of challenges in getting the program running again but sees a lot of benefits to it.

"It would bring another aspect of students to the school. It could make the school bigger by having a collegiate team," explained Martin.

But for now, until more students show the same enthusiasm as Kyle Martin, BCIT will continue to sit on the sidelines when it comes to intercollegiate sports.



A student's guide to stress

BCIT offers students many services to alleviate stress, and counsellors have advice for how to cope

JEN HAZELL
The Link

We've all felt it: the familiar fight, flight, or freeze response bubbling up from our stomachs when we realise that our plates are overflowing. Ladies and gentlemen, I present stress.

While it's obviously not a pleasant experience, not all stress is bad. It can be an incredible motivator. It can drive us to success (granted, the road may be bumpy) and challenge us, making what might have seemed unimportant worthwhile in the end. Few feelings can rival a sense of accomplishment.

But managing stress and alleviating the anxiety you may feel doesn't have to be a solo mission. Sometimes even the best of us need a little help.

According to Megan Bruneau, a counsellor at BCIT's counselling and student development service, the most common student complaints and concerns include anxiety, depression, relationship concerns, and feeling overwhelmed.

With exam time just around the corner, it seems fair to say that many of us at BCIT will be

feeling some kind of stress over the next few weeks, and while we'd all like to think we've learned lessons from our past bouts with the cruel mistress that is procrastination, sometimes, no matter what you do, it's not enough.

As exhaustion starts, and you have trouble remembering a time when dark circles weren't a feature of your face, try to make a point of practicing what Bruneau calls "good sleep hygiene".

“Managing stress and optimising the anxiety you may feel doesn't have to be a solo mission.

"That means no caffeine past 2 pm, going to sleep and waking up at a consistent time, and leaving your phone out of the bedroom," she explained. "It's also normal for diet and exercise to go down the crapper when you're most in need of it... [But] don't make following a perfect exercise routine to 'reduce stress' yet another stressor."

For some reason, there's a definite stigma attached to counselling. While many may consider seeking help as a form

of weakness, it actually shows more courage and self-awareness than anything else.

Bruneau says, "People who seek out counselling aren't 'crazy' or 'unstable'. Rather, they're generally proactive, resourceful, and resilient."

Whether you need a massage, or genuinely feel like there is something in your life that you want to fix, relaxation techniques and counselling are valid — and undervalued — services.

Students at BCIT might not even be aware that they have access to their own counselling and student development services. The services aim to increase students' ability to cope and to prevent your body from getting to the point of exhaustion.

Even if you don't seek out the help of these services, give yourself permission to skip the gym, or let your apartment get messy. If you're a "yes man", set boundaries to prevent yourself from being spread too thin. And practice self-compassion: what would you say to a friend struggling with stress? Life is not about perfection and, especially during stressful times, it's okay to cut yourself a little slack.

Plan for the unexpected, know your warning signs and when to dial back. If you start feeling overwhelmed, ask for help — you're not alone. In fact, you're in great company.

STYLISH & STUDIOUS

KYLE BIRING
Marketing Management

Occupation
Warehouse manager and sales associate

Wearing
Chuck Taylors, German camo pants, button-up flannel, "F as in Frank" snappack

Spring style
Fitted shorts and boat shoes

What do you like about fashion?
"It's fun and there is no right or wrong."



SARA NAZEMAN
Radio Arts and Entertainment

Occupation
Topshop sales advisor

Wearing
American Apparel thigh-highs and scarf, Topshop everything else.

Spring style
Flowy skirts and thigh high socks, anything and everything high-wasted.

How do you describe your style?
I dress according to how I'm feeling. Definitely put in more of an effort at BCIT."



BEATRIZ BATOON
Financial Management

Occupation
Student

Wearing
Zara scarf, Topshop dress, Costa Blanca jacket, Kate Spade shoes

Favourite clothing item
My favorite pair of jeans that I've had for years that I wear when I have nothing else to wear.

How do you describe your style?
Classic, but fashion-forward.



— Interviews and photos by
Blanca Blandon

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Angelina Theilmann

Mojitos on a student budget

Is it cheaper to do it yourself or get served?

ANGELINA THEILMANN
Assistant Editor

It was one of those crazy sunny days on Burnaby Campus when all I wanted was one more day of spring break. And then I got this text from non-BCIT friends that made me squirm:

"We've been at Havana since 2pm. We just ordered a pitcher of mojitos, come join us here."

When classes were finished for the day, I sprinted (via transit) to Commercial Drive. Like magic, I was at Havana, a restaurant with arguably the best patio in East Vancouver.

When I arrived, my friends were licking their lips, laughing, and basking in the sun. I was suddenly on vacation again. They were lapping up the last sips of a pitcher of strawberry-lime mojitos. Reaching for the pitcher, I realized that all that was left was ice, and a vibrant residue of limes, crushed strawberries, and mint.

My mouth watered and I prepared to order a glass of my own. Then I heard my

conscience whisper, "Angie, you're on a budget." Right. I sighed and put the pitcher down.

Because we all know student loan money isn't for mojitos.

And then the dizzying effects of the sun kicked in and it occurred to me. Maybe I could recreate all this at home without blowing my daily budget.

Planning ahead is key to getting cheap ingredients, or you might be destined to drink Lucky Lager for the rest of your student life.

A little more bronzed from the sun, we said our good-byes. My friends were tipsy and I was now on a mission.

Havana's mojito pitcher costs \$25 plus tax and tip. Factor in the value of morale-boosting patio camaraderie and top-notch people watching the pitcher provided. Could mojitos on a student

budget live up to those at Havana?

I tried to get the secret recipe from Havana but I could tell they were on to me. Googling strawberry lime mojitos, I realized the ingredients are pretty obvious given the name.

I did my best to find the cheapest ingredients on my way home. I amassed no-name soda water, not-the-best strawberries from half-way around the world, three limes for a buck, and a nice bunch of mint that was a little pricey. I knew my roommate had a bit of rum kicking around the house. My neighbour lent me his ice-cube tray after I told him I saw a mojito in his future. The challenge was on. And now, the results are in.

My conclusion? Making mojitos on a whim is doable, though more expensive than I guessed. Planning ahead is key to getting cheap ingredients, or you might be destined to drink Lucky Lager for the rest of your student life. And hey, if you're studying, don't worry. A refreshing rum-less version will keep your wallet padded, your head clear, and provide a "refreshing" preview for the weekend.

HOME		HAVANA
The total pro-rated bill for a pitcher of my mojitos came to about \$24, or \$4 per glass.	COST	After tax and tip this came out to \$32.20 or about \$5.50 per glass.
Requires moderate common sense and an ability to find mint.	DIFFICULTY	I'm not even rating this.
Knowing where grocery stores are, kitchen knife skills, clean drinking vessels, and knowing how to ration out rum generously.	SKILL REQUIRED	Ability to look like a hipster, drink mint and strawberry-flavoured things, and squint while communicating with a server.
Make your own nachos, invite as many friends as you want and not wait for a table. And your friends should tip you.	PROS	You feel like you're a Hollywood star with your big sunglasses. The patio overlooks a park. It's people-watching and pretty pitchers at their best.
If it rains you are forced off your fire escape and into your living room. Wait, that's not a downside.	CONS	Easy to order all sorts of things at a bar and leave full of grease and minus your rent money.

Totally sober research by Angelina Theilmann

JAMES FRANCO VANESSA HUDGENS SELENAGOMEZ ASHLEY BENSON RACHEL KORINE

SPRING BREAKERS

A FILM BY HARMONY KORINE

★★★★★
— THE GUARDIAN

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— MARK ADAMS, SUNDAY MIRROR

"ENORMOUSLY ENTERTAINING"
— CALLUM MARSH, SLANT

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Shadows undergoes stylistic overhaul

BC's "Best Teen Band" not just a shadow of their former selves

JAMIE CESSFORD

The Link

Sometimes, a band's creative direction takes a life of its own, separate from the intended trajectory. While this creative evolution is an experience many artists share, few undergo truly drastic changes.

Surrey-based band Shadows, however, is one of the exceptions to the rule. Their tale is far more than a graduation from preppy pop-punk to brooding adult alternative. Rather, it's a far more deliberate transformation.

Initially, and somewhat facetiously, Shadows began as a bass-slapping, horn-popping, wah-flexing, funk band. Unfortunately, as the core of the band would quickly realize, this operation was far too extensive to cater to the lo-fi garage rock tendencies of their beloved Yeah Yeah Yeahs, The Strokes, or The Arctic Monkeys.

Naturally, after slimming a robust thirteen-person roster to a simplistic four, some major stylistic alterations were about to take place.

"We liked to have fun on stage," 18-year-old guitarist Dianne Ocampo asserts, as we stand outside the Biltmore Cabaret, undercover from the onslaught of rain. "We feel we can do that with a heavier sound."

After a second-place finish at the prestigious BC's Best Teen Band competition, Shadows found themselves working on an EP, but even those songs didn't do their ambitions justice.

Initially, the band likened themselves to the lighter indie-pop that is a dominant staple in the Vancouver music scene. But clearly, this wasn't where the band aspired to be, citing inexperience as a source of their tentativeness.

"We were scared of experimenting," said Ocampo, "but playing live made us more comfortable." For a band with half its members under twenty and the other half only just reaching that milestone, this early playing experience was vital to their development.

With the addition of Chris Pallot, a drummer harness-

ing the power of metal and the technical proficiency of jazz, Shadows started to come to form. Finally, there was an appropriate backdrop for the punchy bass of Kyle Turner, the growl and shriek of Ashley Weis, and Ocampo's scratchy, fuzz-laden guitar work.

Once this finalized line up started to perform for a broader scene, people immediately began to notice.

Shadows became harder hitting, more abrasive, messier, and much angst-ier. This sonic update started to feed the savagery of their live performance, a change that even surprises the band.

"I listen back to those old recordings and think, 'Is that really us?'" reminisces Kyle.

The band has admittedly discovered some difficulty in finding a like-minded community. As the vast majority of their connections spawn from

“Shadows has an ability to win over even the most stubborn crowds.

youth competitions like BC's Best Teen Band, they've blossomed into a bit of an odd duck.

The result is playing musical foil to many of the larger West Coast acoustic pop acts.

Coincidentally, as Shadows mentions their stylistic differences from their contemporaries, the headliner for the night wraps their sound check with a blaring chorus of brass instruments and light key-strokes.

The young musicians look to each other awkwardly, acknowledging their struggle to find their place amongst a storm of chamber pop.

Fortunately, Shadows has an ability to win over even the most stubborn crowds.

"If [people] like the indie music they go out for, they also tend to like the nineties grungy rock," Ocampo theorizes, in an effort to explain the steam they've started to pick up.

With their focus intact, Shadows is undoubtedly one of the best young bands in the Lower Mainland. It's only a matter of time before their audience finds them.



Courtesy of Shadows

 BCITSA STUDENT ELECTIONS



ALL GREAT LEADERS TOOK A FIRST STEP

Nominations due

March 28

Voting takes place

April 12-19



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Timberlake's return defies the mainstream

More than just "Dick in a Box" B-sides

SARAH SANGHA
The Link

It's been seven years since Justin Timberlake released an album. Since then, he's made a few not-so-good movies and has been featured on songs for other artists, the most recent being Timbaland's "Carry Out".

Every so often, as bad reviews rolled in for his movies, and as he heated up every song he was featured on, critics and fans lamented, hoping for the former 'NSync-er's return to music.

Timberlake would offer up a snippet on Saturday Night Live, where his digital shorts with the Lonely Island hit cult status online as soon as they were uploaded, or carry a tune for other artists. He promised that he would return soon and we were confident he knew when the time was right.

For Timberlake, that time is right now. *20/20 Experience*'s lead single, "Suit and Tie," has an old school vibe, with an ac-

companying video that shows JT and featured artist Jay-Z are doing their best Sinatra.

It's telling that apart from Timbaland in the background of some tracks, Jay-Z was chosen as the album's only feature. Jay Z, a married rapper and entrepreneur, exudes exactly the kind of grown-up vibe Timberlake is trying to portray on this album.

“Justin and Jay-Z are doing their best Sinatra.”

As soon as JT confirmed he would be releasing a new album, music fans began speculating whether *20/20 Experience* would sound similar to his last album, *FutureSex/LoveSounds* or if he would adapt to the electro-dance-R&B mish-mash that the genre has become lately.

20/20 Experience is neither. Timberlake should have called the album *pastlovesex-songs*, because it emanates a

soulful vibe that hasn't been heard since Amy Winehouse.

The key to longevity can sometimes be sticking to what works and partnering with Timbaland is what works for Justin Timberlake. The two have one of the most synergistic bonds in the business, and Timbaland lends some of his trademark background vocals to "Don't Hold The Wall," which blends both Bhangra and Arabic influences.

Having Timbaland's bass heavy sound adds a more modern aspect to the album, and cements the unique sound of the album — no one is doing this on the radio right now.

This project is Timberlake's first album as a married man, and the change is reflected sweetly in his music. Love, in all of its stages, is the tone of the album with Timberlake devoting many songs to it.

By drawing inspiration from an older sound, Timberlake has been defiant of the current trends of his genre of music. He has taken music back to a time when performers' vocals were layered over real instruments.



Courtesy of RCA

This album will undoubtedly be a huge success; it could probably go platinum on hype alone. Timberlake is more than deserving of the acclaim, as this album is one of the more exciting sounds of the year.

It doesn't make sense to ask if he would go back into the sound of mainstream mu-

sic, if anything this album will influence the direction that mainstream heads in, with the Prince of Pop back on his throne.

Songs to listen to: "Spaceship Coupe", "Pusher Love Girl"

OVERALL GRADE: B+

Poetry slam a hit in Vancouver

The Vancouver Poetry Slam provides inspiration through expression

SARAH SANGHA
The Link

The recent closing of the Waldorf Hotel was a wake-up call to the sad state of the arts scene in Vancouver. By and by, cultural spaces are being snatched up to make room for pricey condos, imposing gentrification and creating a sort of 'New Brooklyn.'

So it's refreshing to hear that there is still one place where self-expression is thriving.

The Vancouver Poetry Slam hosts an open mic night each Monday at Café Deux Soleils, a restaurant with a sunny disposition on Commercial Drive. At the door, attendees can either register to perform or just watch, paying a small fee from \$6 to \$10.

Inside, the air is loud with chatter amidst a sea of plaid-laden revelers — this event is always packed. The restaurant has their vegetarian menu displayed on a giant chalkboard, and the food array is plentiful. Arrive early (the show starts at 7pm) and grab yourself a veggie burger with hummus and lemon aioli, and try to snag a good seat before the show.

The Vancouver Poetry Slam has been running since 1996, making it the longest-running slam in Canada.

Slammaster Jessica Mason-Paull is proud of the event's success, noting that the Vancouver Poetry Slam "get[s] good grants to bring poets in and we fly in the biggest and best poets from Canada."

The door revenue provides room for some compensation for poets who perform, which according to Mason-Paull is one of the

events' primary functions.

"We do shows to pay poets, and that's why we exist" Mason-Paull said in an interview with *The Link*.

The show is open to anyone to perform and although there are no props allowed and the act has to be three minutes, the only other rule is to be creative.

"You can do anything you want, you can even do something really theatrical. One of the best things about it is you get one hundred people that shut up and listen to you every Monday for three minutes. I don't know anywhere else you can get that in this city," Mason-Paull said.

When the show begins, the audience is indeed quiet, but they become cheekily brash as the poets begin, delivering oohs and ahs and laughter at the right cue.

Many have their heads down, absorbing the words

of the poet, standing on stage with just a microphone stand. You can tell each poet's words resonate with the audience by the smattered snaps during each monologue and the thunderous applause as each poem ends.

Judges are chosen randomly from among the audience at the start of the event, presenting their scores to cheers or deafening boos from the audience.

“We fly in the biggest and best poets from Canada.”

— Jessica Mason-Paull, slammaster

The poet who received the highest score from the judges on this particular night is Zahra Naqvin, a 19-year-old uni-

versity student who was participating in the youth poetry slam, held on the first Monday of every month.

Naqvin held the room captive as she spoke of acceptance throughout cultural boundaries, and the confusion that many immigrants face. Naqvin says that coming to the show has allowed her to share her work with a receptive audience.

"It's a very accepting and positive place to be, it has a great vibe going on," says Naqvin.

For Naqvin, being around other poets enriches her own creative drive.

"I get my inspiration from other people's poems and I feel so inspired every time I come here," she explained.

The night provides great stimulation and good food, and is worth checking out, even if it's just to add some life to the pulse of arts in Vancouver.



Courtesy of Jean-Paul de Roover

Jean-Paul de Roover's complex and simple one-man show

Live looping multi-instrumentalist tours Canada to promote the release of his fourth studio album

OLSY SOROKINA

The Link

Jean-Paul de Roover, an Ontario-based musician with a unique take on the singer-songwriter genre, is touring Canada to promote the release of his new album.

Complexity in Simplicity, the Thunder Bay native's fourth studio album, was released on March 23. The album was written over the past four years, and produced by de Roover himself with the help of Juno-nominated Ben Leggett.

Musically, the album takes a more minimalist approach than de Roover's last work, *Windows and Doors*. Tracks on *Complexity in Simplicity* match the album title structurally: each song is centred on a simple yet catchy pop melody, with up to a hundred layers of sound added to the main motif to give the songs their own unique character.

De Roover says he drew inspiration from many different artists in the process of creating

the album.

"I was definitely listening to a lot of pop/rock albums, including the Rocket Summer, Jimmy Eat World, and Eve 6," de Roover told *The Link*.

"However, there are countless other recordings that influenced this album; creative singers like Kimbra, the ballsy attitude of Danko Jones, and the lyrical writing of Ben Folds," he continued.

Perhaps the eclectic blend of musical influences from different genres is responsible for de Roover's distinctive sound, self-described as "post-pop". In addition to the discovery of his own musical niche, de Roover also chooses a unique style of musical performance.

Frustrated with his bandmates in 2007, he decided to work on a long-planned solo project.

"I thought if I could play more than one instrument at a time, I could create something more interesting than just a singer-songwriter," de Roover explained.

"Instead of sitting on a stool on a table and playing a piano with my feet while playing guitar with windchimes attached to it (a [device] I concocted in 2005), I found live looping, and

used it to my advantage."

What came out of de Roover's discovery of live looping is a fascinating process of stage-by-stage creation at every performance. The process is a great way of demonstrating de Roover's multi-layered sound, involving recording instrumental and vocal samples in real time, and looping them throughout the song with the use of loop pedals.

"There's a sense of wonderment that occurs when you witness somebody create something from nothing."

— Jean-Paul de Roover

Live looping gives de Roover a chance to show off his mastery over several musical instruments, but makes it easier to integrate the musical elements one by one, building the sound.

De Roover tours with his signature prop, a red piping platform, on which he installs his gear. During his one-man show, the audience can watch

the songs take shape as the performance unfolds, starting each song from scratch.

"There's a sense of wonderment that occurs when you witness somebody create something from nothing," de Roover says about his performing methods, "and it's even more impressive to hear all the intricacies of the sounds as they're layered leaving you with a deeper appreciation for the finished product."

Although de Roover recorded *Complexity in Simplicity* with two other musicians, Dennis Dumphy on drums and Dorota on bass, the musician has no doubts about his ability to incorporate their contributed musical elements into his solo live performance.

De Roover admitted that he prefers going onstage solo, because it allows for more flexibility in both planning and performance. Those who have seen this live looper extraordinaire perform know that he does not need a band to put on a great show.

To witness Jean-Paul de Roover's innovative take on the singer-songwriter genre firsthand, and check out his signature red piping platform, catch him at his Vancouver show at Falconetti's on April 1.

LOCAL EVENTS

March 14-October 13

The Art of the Sailor

Vancouver Maritime Museum

If you have never found time or a good reason to visit the funky-looking building by MacMillan Space Centre, this exhibit is the perfect opportunity to do so. The Art of the Sailor is a great way to learn about the origins of body art, a widespread phenomenon that is increasingly socially acceptable in the Western world.

Whether it's to learn about the history of tattoo art, or to look for a nautical piece different from the notorious swallows, this exhibit is a worthy stopover after a nice stroll on Kits Beach.

March 29-30

Video Game Burlesque: Reloaded

Various venues

One of the overlooked perks of living in Metro Vancouver is the ability to attend a burlesque show nearly every day of the week. This particular one has the combination to please any crowd: hot girls and video games.

The beautiful VanDolls are putting on their second video games-themed burlesque show, promising sexy routines inspired by games like Angry Birds, Call of Duty and Pokemon.

If you are looking for an evening of entertainment sprinkled with sexual confusion (I guess Pikachu can be kinda sexy?), then look no further and snatch those tickets before they sell out.

April 12-21

World Ski and Snowboard Festival

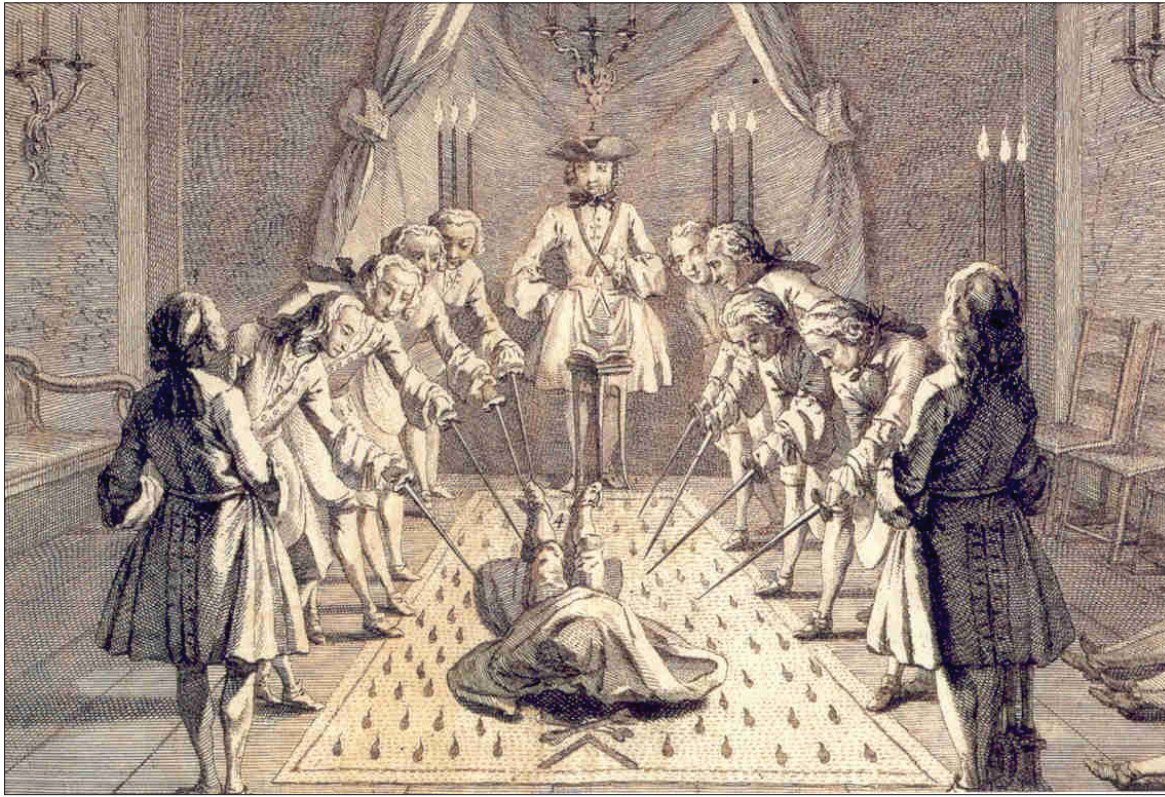
Whistler Blackcomb

Who says you have to wait until summer to kick off the outdoor festival season? Celebrate the last of the powder season with music, art, film, and, of course, your favourite winter sports in Whistler.

Those who do not ski or board themselves can watch the pros do it. With free events like the Shred Show and the World Skiing Invitational, there are many tricks to learn for both avid snow sport enthusiasts and newbies.

And for those who are no longer in the mood for winter sports, there are many intriguing non-sports events to choose from, like a silent disco or a swagger-themed fashion show.

— Olsy Sorokina



Just another day behind closed doors at The Rix?

Anonymously submitted

Inquisition at The Rix

I can neither confirm nor deny the existence of a secret cult at BCIT

REV. TIM TULLOCH
The Link

EDITOR'S NOTE: We at The Link want to remind our readers that the following views do not reflect the views of the paper; any major religion, or good journalism. They are the opinions of a man who, because of the Internet, is legally able to call himself a reverend. Enjoy.

Due to the plethora of letters that have flooded both my Facebook and email, compounded by the number of tweets I have received regarding the following topic, I have been forced to address this issue in writing.

First, I want to say that as the Reverend of Journalism — preaching integrity and truth — I usually regard such claims as ridiculous and attribute those opinions to the gossip rags of the local tabloid. However, the sheer volume of requests for me to investigate this story piqued my interest. Like the old saying goes, where there's smoke there's fire... So here's my adventure out of the frying pan.

I started my investigation at The Rix, a cafe in SE6. I always found it suspicious how there was a "faculty lounge" at the back of the shop. The doors are tinted and often closed. No one ever speaks about what goes on back there.

Now, as the Reverend of Journalism, I am also a self-proclaimed expert on fringe groups and cults: the first rule of each is secrecy and exclusion. I decided to enter the room. As I was about to open the door, a man walked out. He was a big man. He stopped me in my tracks.

"Are you a faculty member?" he asked.

"I'm a reverend," I replied. The man stood in my path. He wasn't about to back down and neither was I.

"I don't think you're supposed to be in there," he said.

“Are you and the faculty currently involved in a secret, campus-wide cult?”

"I've got as much right as you." "No you don't." "I'm also a journalism student," I explained.

"Then you are definitely not supposed to be back there."

What was this man hiding? I had to find out.

"Why not?" I asked.

"Because you're a student and as you can see, this is a staff lounge," he told me.

"Okay, then can you answer a question?"

"Shoot."

"What goes on back there?"

"Nothing," he told me.

"Then why am I not allowed back there?"

"Because we staff need a place of refuge free of students," he explained.

"Don't you mean you need a place of refuge to perform the dark arts?"

He looked at me, stunned. I was unable to tell if I had exposed him and his cohorts. This clearly required more investigation.

"Are you and the faculty currently involved in a secret, campus-wide cult?" I demanded.

He stared at me with an ambiguous look. I could see more staff starting to gather around the doorway. It was time for me to leave. I wouldn't get my answer anytime soon...

Epilogue: I was torn about publishing my findings. On the one hand, is there any hard evidence? No. But I've always been told that the devil is in the details and my duty to you, the reader, requires me to present all the facts. We still don't have any idea what is back there and no faculty member has gone on record denouncing claims of a secret cult

Think about this: faCULTy. It's in the word. Stay tuned, reader!

EDITOR'S NOTE: We felt it was important to the integrity of the paper to point out that the preceding essay was handed in on three sheets of loose-leaf paper that smelled like they had been marinating in malt liquor for several days.

FAUXROSCOPES

with Mystical Mama Angie,
semi-certified astrologist



ARIES (March 21 – April 20)

March is here to put *spring* back into your life and into your step. Practice getting springy by finding a trampoline. Reach for the sunshine!

TAURUS (April 21 – May 21)

Sure, the Rolling Stones sing a song about sending "dead flowers" every morning, but it wasn't springtime when they wrote it. Look around! Daffodils are everywhere! Don't paint it black. Plant it green.

GEMINI (May 22 – June 21)

Baby duck says reed more to make the springtime literally AND literarily *squack-tacular*. If you feel like an ugly duckling, don't be silly! Exam time is almost done!

CANCER (June 22 – July 23)

St. Paddy's Day is over but green isn't! Envious, nauseous, and inexperienced are not what your green stars are shining. Think four-leaf clover, sprouts, and green beans. Time to get fresh!

LEO (July 24 – Aug. 23)

Sure, the sun sets later now, but now's the time to accomplish your goals sooner! Make a list. Be like Santa in springtime, and check it twice. Put new meaning into the daylight savings' *spring forward*.

VIRGO (Aug. 24 – Sept. 23)

Green is the intersection between blue and yellow. Follow those green signs to that vibrant place. Whether that place is between a beach and turquoise water, or amidst a banana and a blues band, the choice is yours.

LIBRA (Sept. 24 – Oct. 23)

Frogs are the colour of your horoscope, Libra, not the

hue of your hangover. Start thinking about eating your greens. It's time to stop drinking away the winter blues. Lose the booze in favour of wide-open, grassy fields.

SCORPIO (Oct. 24 – Nov. 22)

Giant maples will start budding into green canopies around the city. Get two leaves in each hand and wave them gently in the breeze. This is how it feels to be a maple. Be sweet, but remember you've got bark.

SAGITTARIUS (Nov. 23 – Dec. 21)

Opossum rhymes with blossom, which means this marsupial is your spring mascot. Don't leave everyone hangin' in a winter funk. Remind them to be like opossums and always look on the upside of down.

CAPRICORN (Dec. 22 – Jan. 20)

Spring frolicking will soon be the norm, Capricorn, but Vancouver may still rain on your springtime game of charades. So keep your umbrella handy or like the Stones' in an April downpour, you'll be running for cover singing, "Gimme shelter".

AQUARIUS (Jan. 21 – Feb. 19)

A wise woman once said, "Let's have a picnic." Wait: everyone said that. Well, what are you waiting for? Get cheese (and wine if you're in Montreal, because it's legal there) and go watch the birds chirp. Hooray!

PISCES (Feb. 20 – Mar. 20)

Pisces, it's your job to give winter a send-off. Go spring skiing. Save snowballs in your freezer. Wear scarves until you're sweating. All done? Good job! Put on your shades and grab a mojito. It's spring, baby!

Do you draw comics? Write satire?
Send anything that will make us laugh!
contribute@linknewspaper.ca