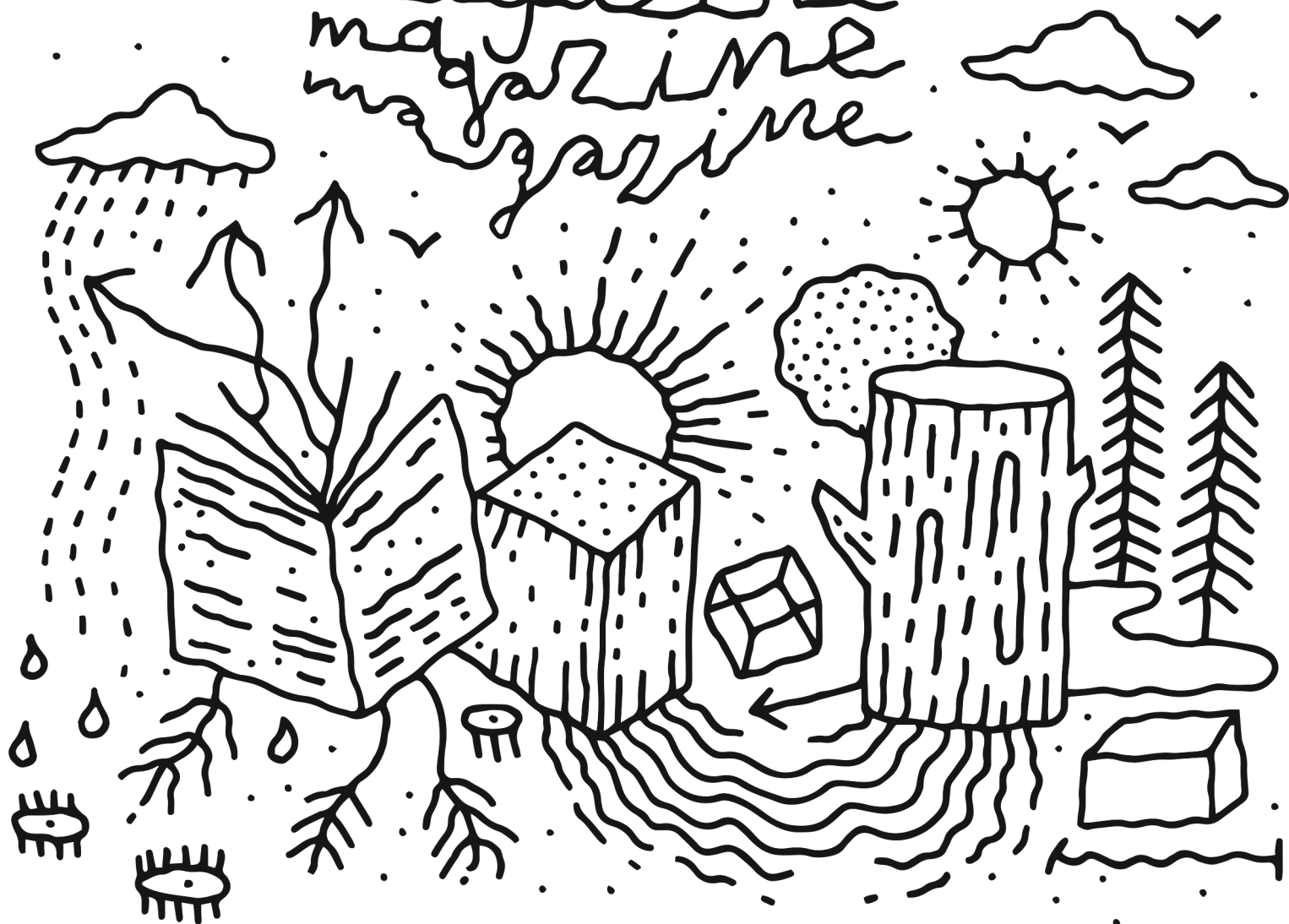


MARCH →  
→ 2015

# Link

magazine  
magazine  
magazine  
magazine

BCIT &  
BEYOND



→ 21<sup>ST</sup> CENTURY FEMINISM → CHARACTER  
ESCAPE ROOMS → ASSISTED SUICIDE CRAZE →  
30 MINUTE WORKOUTS → TRANSIT VOTE

ILLUS-  
TRATION  
BY ALI  
BRUCE

# CONTENTS

## 4 **BITS & PIECES**

Robo High; Sacred sweat; The immigration game; BCIT takes a selfie

## 6 **COVER: WRITING THE WAVE**

**Sara Sukha** draws the connection between illustration, inspiration and design with Vancouver art icon **Ali Bruce**

## 10 **KRAKIT HOUSE**

**Curt Morgan** breaks into the high concept craze of escape rooms. But can he get back out?

## 12 **21<sup>st</sup> CENTURY FEMINISM**

How many feminists does it take to change a lightbulb? Got your attention? Good. An essay by **Rana Sowdaey**.

## 14 **SANCTITY of LIFE**

For the first time in Canada, the Supreme Court has ruled on your right to die. **Shannon Waters** tackles this delicate subject.

## 18 **CHARACTER CRAZE**

More and more people are discovering the exciting world of fan conventions. Are we witnessing the death of the word 'nerd?' **Shakiel Mahjouri** explores.

## 20 **TRANSIT REFERENDUM**

Everything you need to know about the transit plebiscite hitting the lower mainland this month. By **Jon Hall** and **Estefania Duran**.

## 22 **FARM to TABLE**

**Joey Wilson** gets fresh with Vancouver's booming farmers markets.

### PLUS:

- |                         |                        |
|-------------------------|------------------------|
| 11 Just the Tech        | 24 Body Blast workouts |
| 15 Delhi Does Disney    | 25 Wine Club           |
| 16 Spring cleaning tips | 26 Sports              |
| 17 Spring Breakers      | 27 Under Review        |

# Link

magazine

3700 Willingdon Ave. SE2 #328  
Burnaby, BC  
778.451.7191

*Link Magazine* is the cultural voice of BCIT's student community. Produced by students and printed on campus, *Link* is published monthly and distributed across all 5 BCIT campuses.

*Publisher* / Dan Post  
[dpost@bcitsa.ca](mailto:dpost@bcitsa.ca)

*Associate Editor* / Ria Renouf  
[ria@linkbcit.ca](mailto:ria@linkbcit.ca)

*Associate Editor* / Simon Little  
[simon@linkbcit.ca](mailto:simon@linkbcit.ca)

*Titles and Graphics* / Matt Landels  
[www.mattlandels.com](http://www.mattlandels.com)

*Ad Sales* / Andrea Lekei  
[advertise@linkbcit.ca](mailto:advertise@linkbcit.ca)

### CONTRIBUTORS

CALVIN A. JAY | ALI BRUCE | ESTEFANIA DURAN  
JESSICA FEDIGAN | ALEX HADDEN | JON HALL  
LINDSAY HOWE | ANDRES KAROLYS  
SHAKIEL MAHJOURI | SARAH MORDEN  
CURT MORGAN | ROSHINI NAIR | JASMINE NIJJAR  
HILLARY NGUYEN-DON | MAT PAGET  
KATIE SAKALASKAS | OLIVIA SMITH  
RANA SOWDAEY | SARA SUKHA  
SHANNON WATERS | JOEY WILSON

*Got Something to say? Write to us at*  
[editor@linkbcit.ca](mailto:editor@linkbcit.ca) *or you can find us*  
*online at* [www.linkbcit.ca](http://www.linkbcit.ca)

*Link Magazine is a proud member of the*  
*BCIT Student Association and the Magazine*  
*Association of BC*



# Spring Broke.

It's March — we made it (to reading break, that is). Dear reader, I know you are the diligent type, who will of course use the time wisely to finish up on some projects and get ahead on some work.... Who am I kidding? My advice to you, BCIT (the same advice we doled out in September's 'Welcome' issue) - when you're offered a chance to take a break: take it.

Let me tell you what I'm going to be doing with my break. Sitting beach-side in Cancun with a frosty drink in one hand and a trashy novel in the other. And I'll tell you what—I can't really afford it, but I can't really afford not to go either. So I'll be going spring broke this year.

Now a jaunt South of the border might not be for everyone. Maybe it's Whistler. Maybe it's Salt Spring. Maybe it's just a table at the nearby pub or a week in bed with Netflix. It's cool, we don't judge. The important thing is that you take a moment to refocus on the little things that are important to you, spend some time with your friends, and get ready for that final push.

Hasta la vista, BCIT.

— Simon Little  
Associate Editor  
twitter: @simonplittle

## NAMES & FACES

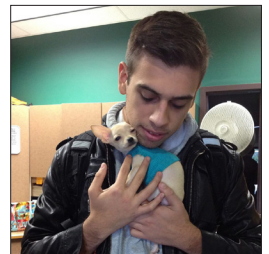
### KATIE SAKALOUSKAS



Katie comes to BCIT to expand her creativity, and to venture for a job she is passionate about. At her previous college in Kentucky, Katie earned a Bachelor's of Science, and was a collegiate tennis player. When she's not slamming balls and pumping iron, she loves to draw and experiment with her digital design skills.

### SHAKIEL MAHJOURI

Shakiel Mahjouri is a Broadcast Journalism student from BCIT. He has interned at CKNW, and contributed to *Paivand* Newspaper. Shakiel is also the Social Media Manager for independent West Vancouver record label, Four Destinations Records. He has a passion for arts – writing weekly film reviews and hosting an entertainment news talk show called, "The Orange."



### SARA SUKHA



photo: chris conti

Sara is a Calgary-born graduate from the Alberta College of Art with a Bachelor of Design in Photography. After pursuing the Communication Design Essentials certificate at BCIT, she plans to launch a lifestyle magazine out of San Francisco entitled 'SUKHA Magazine', featuring music and art and the inspiring individuals who fearlessly pursue their passions.

### ANDRES KAROLYS

Andres' goal as an artist is to engage people with visuals that provoke emotion. The medium he uses depends on the elements that inspired him to create the piece, however he always sketches his ideas on paper before he starts any project. He was born in Quito Ecuador, and has been living in Canada for 11 years.



Campus  
Print & Copy

SE2

604.451.7039  
print@bcitsa.ca

### Personalized Business Cards

w/ BCIT Official School logos

| same-day delivery  
| great for networking

\$5/36 cards

[bcitsa.ca/hot-spots/printshop](http://bcitsa.ca/hot-spots/printshop)

BCIT 50  
SCHOOL OF BUSINESS

BCIT 50  
SCHOOL OF  
TRANSPORTATION

BCIT 50  
SCHOOL OF  
CONSTRUCTION AND  
THE ENVIRONMENT

BCIT 50  
SCHOOL OF  
COMPUTING AND  
ACADEMIC STUDIES

BCIT 50  
SCHOOL OF  
HEALTH SCIENCES

BCIT 50  
SCHOOL OF ENERGY

## BCIT HELPS STEM TO GROW

Teacher Mike Hengeveld employs an unheard of motto in his instruction of the STEM Program at Templeton High School. “Fail fast, fail often.” Not exactly the politically correct jargon that has become prevalent in today’s education system. Hengeveld likens the STEM (Science, Technology, Engineering, Math) protocol to breaking down silos between curriculums; the inherent isolation of each of the subjects doesn’t lend itself to building working robotics as a group of grade 11s and 12s.

And that is exactly what these teams are doing. “Having the 11s and 12s work together, with their mixed skill set and maturity level, is really a lot of fun. Peer tutoring is a great way for kids to learn.”

BCIT is one of the institutions that helps to fund the program. Hengeveld knows that this funding is what makes the program possible. As an educator, however, he is quite clear about how he wishes he could simply ask the high school funding body for what they need. Without this financial assistance, Hengeveld is allotted \$4.65 per student, per year, for the whole course. That wouldn’t even pay for the first project.

The soft-funding issue aside, BCIT has stepped up, along with a Vancouver-based business enterprise software company, SAP. SAP employees also act as email mentors to the students in the STEM program. BCIT advises Templeton staff to help bridge the journey from high school to college.

The current project for each team of students is based on thermodynamics. Students are to build a 4’ x 4’ x 4’ box that can be accessed by a person through a door, and the ‘Thermacube’ must be able to maintain heat with its insulation. Beta-testing begins this month.

— Deb Power

## THE NEXT DIMENSION FOR TINKERSHOP 3D Printing on Campus

Is 3D printing going to change the world? Earlier proponents have raved about the use of 3D printing in creating custom or hard-to-find parts for older machines, and its potential use in emergency situations (*Apollo 13* would have been a much shorter movie). Scientists have proposed using 3D printing with stem cells to create replaceable organs. And let’s not forget making really fancy cakes out of melted chocolate and sugar.

Last year *Link* told you about Tinkershop – BCIT’s 3D printing workshop. Since then it’s become affiliated with an official group, the BCITSA Makerspace Club.

For now, BCIT’s Tinkerine printer is not pumping out kidneys or cupcakes. It’s using colourful and ecofriendly polylactic acid (PLA), a lightweight material made from cornstarch, to create gears, lampshades, cups and more. The campus workshop is decked with creations like owls, chess pieces, and even a hollow skull decorated in delicate filigree.

Luckily, you don’t have to know anything about 3D printing to join the Makerspace student group and start creating your own cool designs. Group representative and 3rd year robotics engineering student, Bryan Hellard, assures there will be experts to help you along every step of the way. The BCITSA granted the Makerspace official student group status mid-February, and the group is still hashing out the details of membership (including a fee-per-semester to join). Bryan also said that the Makerspace is planning educational nights for students wanting to know more about 3D modeling and designing.

A Tinkerine printer like the one used in the BCITSA Makerspace costs around \$2000. I asked Bryan whether he thought every household in the future will have one. Probably not, he says, describing the printer as more akin to a scanner and not necessarily indispensable to the average consumer. Rather, a personal 3D printer would be most useful for designers or engineers who need to produce their creations immediately. Until then, there’s BCITSA Makerspace.

— Roshini Nair

## DON’T SWEAT IT (*actually, do*) Inside BCIT’s Sweat Lodge

On a cold February morning, I walked into BCIT’s sweat lodge not knowing what to expect. From the outside it looked like some sort of warehouse, however, looks can be deceiving, and in this case, they definitely were.

The moment I walked in, the first thing I noticed was the fire pit – smack dab in the centre of the room. On the left was a seated area resembling bleachers that had a canopy above it. And on the right there were piles of firewood. Unfortunately, since this is a sacred place, pictures and video are not allowed.

Aboriginal Services Coordinator Joanne Stone-Campbell tells *Link* what most people can expect at a traditional sweat lodge ceremony.

“Our elder who does the sweat lodge, he’s called a sweat lodge keeper. He also will share stories around the fire before the rocks are hot enough. A sweat lodge, I guess I could say, is kind of like going into a sauna, which is really hot. So this is the experience that you’ll be going through, but it’s a very cleansing moment.”

Stone-Campbell says her experiences in the past have kept her feeling refreshed and less stressed. “It’s like a re-birthing ceremony. You go back into your mother’s womb. You’re safe. You’re warm. You’re secure. You come out and it’s like a new beginning.”

Sweat lodge keepers facilitate the ceremony by maintaining the fire, and making sure participants are comfortable. Keeper Joe Fossella says participating in a sweat lodge ceremony can help one deal with personal issues.

“It’s not a church, it’s not a religion that we do. It’s a way of life. We help everybody understand... we help them deal with the issues that may have not occurred and be able to pray about it.”

Fossella adds attendance has been steadily increasing over the years. On average he’ll see about a dozen people come to a ceremony, but has seen the lodge fill with over 25 people at a time.

The lodge is opened approximately seven times a school year, with the next ceremony March 15th.

— Hillary Nguyen-Don



## THE IMMIGRATION GAME

### Instructor Says Goodbye to Canada

Vasco Castela, a BCIT Ethics lecturer, was forced to stop working on February 6 when his work permit expired. Although Castela, originally from Portugal, was aware of the expiration date, he wasn't concerned leading up to it, as he had filed for permanent residency under the Canadian Experience Class. Under the class, applicants are required to prove that they have one year of full time experience in a skilled occupation in the last three years. Although Castela met these requirements, his first application for residency was declined due to what appears to be a technicality.

Because Castela only lectures in class for 15 hours per week, even though he has other duties, his position was not considered to be full time, although he makes a full time salary.

After accepting the government's standpoint, Castela applied for the second time, using only his hours in class to accumulate the requirement. Castela's application was then declined for the second time, stating that the cap on the number of immigrants Canada would accept for the year had been met. This shocked Castela, because he claims their website stated they were way below the cap when he submitted his application, leaving him frustrated with the process.

"On a rational interpretation I have three years of experience, any employer in the country will accept this, I sent a letter from the program head at BCIT, stating clearly: 'Vasco does not have one year of experience, he has three'."

However, Sonia Lesage of Citizenship and Immigration Canada disagrees with Castela's calculations. "His employment contract was for 12 hours per week in Summer and Fall 2012 and 15 hours per week in Winter and Summer 2013. At least two of those contracts included hours for course development and preparation. The officer refused his application as the stated hours of employment do not add up to the full-time or equivalent requirement for the Canadian Experience Class."

As for Castela's second application, Lesage explains that applications don't count towards the cap immediately. "To be counted against a cap, an assessment of completeness needs to be done by an officer. CEC applications received in October were counted against the cap in January 2015 following the necessary completeness checks."

Still, Castela insists his application isn't the problem, and says he thinks it's that some employees are underqualified and aren't given the time to thoroughly examine applications.

"I don't think this is an intentional mistake, I don't think the problem is that CIC doesn't understand what a professor is or something like this, I think the problem is the individual, under so much stress and I cannot blame the individual I have to blame the system."

Castela was hoping his move to Canada would be his last one, as he had moved around a lot while studying in the United Kingdom. As for right now, Castela is in the process of filing his third application for permanent residency.

— Lindsay Howe

## #BCITSELFIE

In celebration of BCIT's 50th Anniversary this year, the school came up with a modern take on conceptual art to create some legacy murals for all of the campuses. Perhaps taking inspiration from Britain's highly popular Interactive Portrait of Queen Elizabeth that came out of her 60<sup>th</sup> Anniversary Coronation, these murals also use thousands of smaller images to build one very large one.

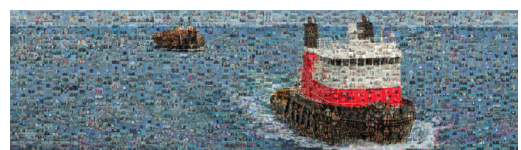
Unlike the Queen's image, where you can hover over the portrait to see the much smaller images from the many years of her reign, BCIT's murals are made up of thousands of selfies. They're the faces of BCIT students, faculty, staff, alumni, retirees, donors, volunteers, sponsors and suppliers. This seems to be the quintessential tip of the hat to the coming of age of the ubiquitous selfie, and a fitting mode of expression from all contemporary aspects of student life.

Back in September, selfie business cards appeared all over campus, calling on students to snap and send in their selfies. The ensuing 'photomosaics' were then created. The large image actually employs a little old world *trompe l'oeil*, or 'trick of the eye.' When the proper tone of a small photo is chosen and arranged in such a way, a larger image appears that is quite realistic looking. It is only when you get very close to the mural that all of the smaller images become apparent.

The Marine Campus mural features 2,000 selfies. The image that is created is of a tugboat towing a barge of raw logs. This is still a common scene along the coast of BC. The Aerospace Campus mural incorporates 2,700 photos to depict two De Havilland DHC-2 Beavers. These planes were designed and built in Canada between 1947 and 1967. Many of them are still in use today across the country.

The Downtown Campus will display their mural on March 18<sup>th</sup> and the Burnaby Campus will be erecting theirs in April and May.

— Deb Power









# WRITING THE WAVE

I met Ali this October when we both started in the Communication Design Essentials program at BCIT. Her unique style immediately stood out among critiques with her distinct illustrative language and precise penmanship—clearly the product of highly practiced hands. Her lines can be found all around Vancouver on t-shirts, signs and stickers from corporate clients such as Mount Seymour and The Black Lodge. A talent to keep an eye on, she won't be staying under the radar for long.

words and photos **Sara Sukha**



## **Describe your art using only three words.**

Wavy. I put it in my artist statement and I really don't like it but I always take it out 'cause I don't like saying 'weird.' I used to try to purposefully be vulgar and it didn't really work. Before that, it was overly cutesy and stuff, and now it has this weird balance. So: wavy, kind of sad and optimistic at the same time.

I don't know if it was after I broke my wrist, and started drawing with my left hand... I remember I was like, "I'm fucking sick of like trying to draw perfectly," and I just stopped. And it's been so amazing ever since, it makes drawing so much easier and much more fluid. Then along with that, the search for an iconic style went away, and people would just recognize it. But I'm not the only one who does it—I see it in other people's work.

## **Okay when did you know you wanted to pursue a career in art?**

I still don't really know. I knew I was an artist when I was younger and dabbled with other stuff in high school... I wanted to be hairdresser and a make-up artist, or a dental hygienist for a while [laughs]. Then, because of encouraging art teachers, I learned more about art school and so it was a dream for me to go to art school... It was just like, an out from a small town—something totally different. But I'm still trying to figure out the career path.

The more I get into design, the more the business stuff starts to scare me away and I just wanna run away to a commune and like, do an artist residency and make sculptures [laughs]. But I've been expressing that to friends lately and they're like, "Oh the grass is always greener on the other side." And in no way do I not want

to be around art. I always want to be making art, I just don't know how much I can do the actual exchange of my art for your money, 'cause it feels like a little piece of your soul sometimes. So more and more I just think I want to be, like, a high school art teacher. I think that would be sweet [laughs].

## **After getting an Emily Carr degree in Illustration and Printmaking, what made you decide to apply to BCIT's Communication Design Essentials program?**

I was working freelance for a year and I was serving in a bar, and it was great. But I knew it was sort of a temporary place... And I just always want to be in school. I just like hiding under the blanket that is "the student." You get to speak your mind all the time, and everyone thinks that you're just bettering yourself, and you get a bus pass and it's great [laughs]. But I'm fortunate enough to have family that encourages me and supports me to do this, and no one's ever critical, like, 'Why doesn't Ali have a real job yet?'

And it's hard as a visual artist to try to do stuff that is just sort of corporate? I really wanted to be good at all the Adobes. I say to everybody: "I want to cut out the middleman." Like, people will ask me for art, but then they'll send it off to somebody else to turn it into a vector, or something like that. So I figured that one out pretty quick. It's good, and I hope to do it for awhile, you know, I just like to have other dreams at the same time.

## **So who are your main influences?**

Tattoo artists, just because of their work ethic.

*continued...*



Also, I'm lucky enough to have met people who I idolized as artists and they're just my friends, because the art scene is just super chill and supportive. Artists like Hamish Olding; he taught me how to draw without a pencil. Like, "don't even bother with a pencil." I would just see him hammer into drawings just full-on with a pen, and I've been doing that ever since. Brandon Cotter, he's running a gallery now called Field Contemporary, but his illustration is so sick, I love it. It's all so different, but so organized, and he's a designer too. I really like Jaik Puppyteeth. He went to Emily Carr. He does really rad comics, I just bought some of his Valentine's Day cards and I didn't give them out to anybody, I just kept them. I could go on about influences, man... So many cool people making super cool shit.

**Okay, tell me about your process. Do you have a rhythm to your creation?**

It's a little destructive. I can work on something for three hours or something, and totally just chuck it. Like, I won't chuck it far, but I'll chuck it and then I'll start working on something else. And I'll think, 'oh no, I screwed this one up,' and then I'll go back to the other one. So maybe one out of five things are successful in my mind. I draw by hand, I do a little bit of drawing with tracing paper, scanning, little bit of drawing on Photoshop, but again, I'm

still trying to figure out when to use that, when to pull it back. Sometimes I'll do a whole Photoshop drawing, and be like, "this is bullshit, this isn't what they want," [and] draw something by hand.

**Where do you see yourself in five years?**

Obviously making art, probably in Vancouver. I do want to move around, but for some reason something just holds me here. It's a bummer not having the snow here, 'cause that's my release in the winter—snowboarding and being inspired to do drawings around the mountains and work like that. I don't know, I don't want to think about being 30. I'll probably go back to school when I'm 30 [laughs].

**What are two things you never leave your house without?**

Lately I always try, if I'm actually going out for the day, to bring a rock with me. Like some sort of stone [laughs]. And water, is important. And coffee. Umm... The eyes in my head I guess? [laughs]. Me. I never leave the house without me

**The rock, that's an intentional thing. You need it?**

My mom was a geological technician, she would go and live in the bush of Northwestern Ontario and find where the gold is in the rocks and stake claims. She was a prospector basically, like the coolest ever. That made me realize maybe that's why there's reasons we feel spiritually connected to things.

I don't know... rocks picked me, man [laughs]. So, like, I believe in breath and rocks and positive energy and shit like that.

**So what rock is it today?**

It's a fatty quartz crystal [laughs].

Read Sara's full interview with Ali Bruce online at [linkbcit.ca](http://linkbcit.ca)





# BCITSA REFERENDUM VOTE YES!

EXPAND. EXPERIENCE.

MARCH  
20-27



Increase internal and external advocacy



Renovation of the Campus Pub



Creation of Student Development Center



[my.bcit.ca](http://my.bcit.ca)



More information on [bcitsa.ca/referendum](http://bcitsa.ca/referendum)

ANNOUNCEMENT

## SPECIAL GENERAL MEETING

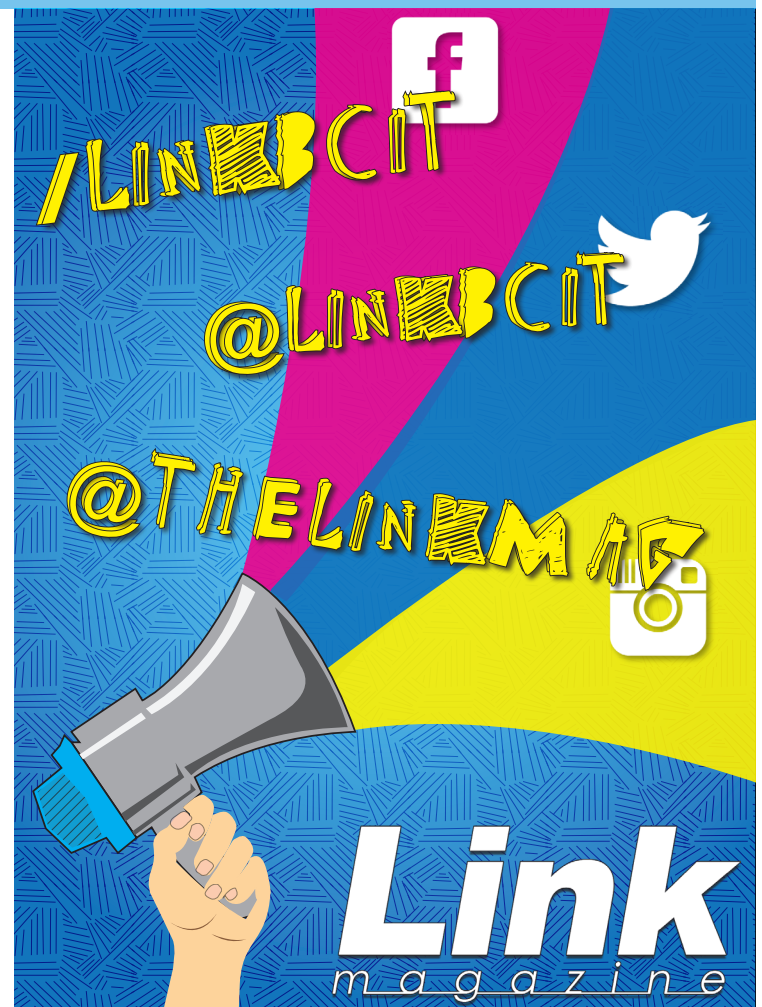
MONDAY, MARCH 16  
COUNCIL CHAMBERS (SE2)  
5:30 PM

for the approval of new bylaws; all are welcome

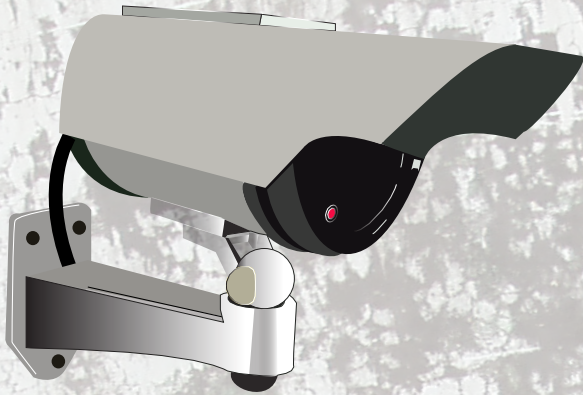


Student  
Association

enhancing student life







BY: CURT MORGAN

If you're not a fan of tight spaces, beware: this may not be the game for you. Krakit House in Burnaby is part of a new phenomenon known as "escape rooms." You're locked in a room with a group anywhere from 2-6 people, with 45 minutes to follow a series of clues and find your way out.

Although the minimum age is eight in most locations, this activity is for everyone. It is a good tool for team-building in the workplace, classroom, and maybe even a first or second date.

Escape rooms have only been around since 2006 and started in California. But around the same time, they started popping up in India and China. Some of those places were visited by part owner/operator of KRAKIT escape house in Burnaby, Buzz Cromartin. "We went to China and found they had real swords over there," said Cromartin. The city was initially skeptical and Cromartin had to change up a few of the specifics to meet some of Burnaby's regulations. In Richmond they are allowed to lock the back door, while in Burnaby they are not. "We also needed 20 parking spots for the square footage, but luckily the owner of the building has 36," adding, "it's the perfect place for this business."

"This is a team building activity," said Cromartin in an interview with *Link* magazine. "The worst thing that can happen is to have a power person in the room," he went on to say. There are different kinds of rooms with all sorts of challenges but in terms of difficulty Cromartin said, "it all depends what kind of thinker you that are dictates the most challenging room." For his money he feels that the room simulating an asylum, built to the exact specs, is the most difficult, but that didn't stop a super couple from finishing it in 11 minutes, flat. Cromartin says only about ten percent of people who enter that room finish it in under the allotted time. The majority of those only have about two minutes to spare by the time they unlock themselves out of there.

There's always a variety of rooms, including a zombie room. They usually try to turn a room over every six or seven weeks with a seasonal themes in at least one of the rooms. "Halloween was great for us," said Cromartin. He's expecting to have a "Morning After" themed room soon. Think: *The Hangover*.

Buzz pointed out the close proximity of Lougheed skytrain station can attract customers from all over Vancouver, going on to say that drop-in is welcome but you may have to wait. Especially on Cheap Tuesday. The easiest way to get in is to book online.

He has high hopes for the future of escape rooms but admits, "it could go either way. There could be a cut off or it could flourish to be one of the biggest forms of entertainment."



# PICTURE PERFECT

Sometimes we need a little help capturing it just right. In this review, we pull back the curtain on various kinds of cameras to help you take a fantastic photo (or selfie).

by **jon hall** and **ria renouf**



**Canon ELPH 340 HS**  
(\$170)

Backpack, purse and pocket friendly, this little camera boasts up to 12 megapixels and an LCD touch screen for easy navigation. The only downside to this one is it can get a little messy with the touch screen, in particular when you're handling the camera with oily fingers. But it's a classic point-and-shoot choice for basic photography work.



**Nokia Lumia 1020**  
(\$349.00)

This is one of the more up-to-date phone choices – mainly for its camera capabilities. There's a lot of room to be creative with a 41 megapixel output. While it's been panned for being on the bulkier side, and because it doesn't lay flat, its user-friendly, easy to control capabilities will leave the phone photographer wanting more.

**Canon 50D**  
(\$500 used)

The 5D is a coveted camera. Second only to Canon's 1D series (which are almost strictly kept inside studios) the 5D is the professional photographer's workhorse. True to Canon form, the button layout and body are nearly identical to previous models, though this one weighs in at just over two pounds without a lens – it's heavy, and you'll notice after a few hours of shooting. Video mechanics are similar to other SLR cameras (and vibrantly gorgeous), but if you want good audio you'll have to buy an external microphone.



**Canon 5D Mk III**  
(\$3,200)

Moving into the enthusiast-grade SLRs, you really start to get what you pay for. The larger body allows for better button placement, and boasts a maximum shutter speed of 1/8000th of a second. Canon's 50D shows its age by not being able to record video, but with its 14 megapixel sensor and durable magnesium alloy body (something downgraded in later enthusiast models), you could do well picking up a used one.



F E M

*twenty first*

I N

*century*

I S M



How many feminists does it take to change a light bulb? Twelve: One to screw it in, one to blame men for inventing such a faulty means of illumination, one to blame men for trying to change the bulb instead of letting a woman do it, one to suggest the whole “screwing” bit to be too “rape-like”, one to deconstruct the light bulb itself as too phallic, etc.

Imagine what kind of posts this joke gets on a website like Reddit. Yes, it’s a joke. Whether you laughed or not. Either you’re upset by it, or smirking like an ass at the thought of the gender studies majors you’ve encountered who embody these sentiments. Or maybe you have another stance on it?

A newly emerging online attitude is one in between these opinions: thoughtful agreement that, notwithstanding the finger pointing to either extreme, there is some truth in the joke and in this kind of feminism. But it’s not the kind that’s going to win.

In 2014, BuzzFeed created a survey that asked whether individuals believed in equality between men and women: 99% of survey takers said yes. The next question was whether these individuals considered themselves feminist- only 65% said yes. The survey insinuated that there is a reluctance to say we’re feminist.

It seems we’ve become afraid of being too feminist- or not being feminist enough. Our generation has become a little too in-tune with having a false consciousness- fearing the acceptance and embrace of elements in society that might oppress us. Fourth wave feminists are conflicted online: Am I a bad feminist because I like to wear heels? Should I be choosing the suit jacket instead of skirt? Should I pursue my career or have babies? - But I really want babies. And then there’s the internet trolls who fuel the doubt online, tormenting the Tumblr feminists declaring what womanhood is. For those of us who just want to do what we want- it’s just exhausting.

In her book *Bad Feminist*, Roxanne Gay considers feminism as more than a collection of likes and dislikes. By definition, only when you deny equal rights for women can you say you’re not a feminist. But for many women this word doesn’t accurately brand the newfound attitude.

In another survey question, BuzzFeed asked “If you answered no to the former, why don’t you identify as feminist?” 67% said “I believe in gender equality, but don’t feel that feminism accurately represents my views.”

Where do you stand if you’re just exasperated by these conversations because they’re simply not constructive? It’s been a hundred years since women suffragists demonstrated their right to vote. We need more than to point out the existence of inequality. Do we set out to make men and women equal, or do we set out to create a society that respects the differences between men and women- in a way that’s fair?

Our society hasn’t yet carved out a place for our new attitudes to live comfortably. Celebrity behavior among women is changing, the marrying-age for women is changing, the boundaries of what is expected and accepted from women is changing.

In 2006, Norway was the first country in the world to impose a gender quota, listing nearly 500 firms that had to raise the proportion of women on their boards to 40 percent. Of course we wonder, can a company say they’re necessarily putting the best talent to represent their shareholders? So far, it sounds like it’s working very well, with headlines like: “Law has made boards more professional.”

Until the rest of us catch up to Norway’s success, we can still maintain and make more room for this position where the feminist is more than a term and a list of right and wrong-doings, but a woman with freedom of choice.

Only when you deny equal rights for women can you say you’re not a feminist.

# SANCTITY of LIFE

by Shannon Waters

In a unanimous decision on February 16, 2015, Canada's Supreme Court ruled that adults suffering from "grievous and irremediable" medical conditions should have the right to a physician's help to end their lives. The BC Civil Liberties Union, which filed the case in April 2011, calls the decision "a tremendous victory" and an affirmation of the right to dignity and self-determination at the end of life.

The court's decision cites the Canadian Charter of Rights and Freedoms, specifically its reference to "sanctity of life." Previously, this wording has been used to justify a ban on physician assisted dying. The Court's ruling noted that it "is no longer seen to require that all human life be preserved at all costs."

The decision marks a sharp shift in a battle that's lasted two decades. In 1993, Sue Rodriguez, a B.C. woman suffering from amyotrophic lateral sclerosis (ALS), fought for the right to end her life with the help of a physician. The Supreme Court split 5-4 against her. Rodriguez took her life with the help of an unnamed physician in 1994 anyway.

It's not just the Supreme Court's opinion that has changed. A recent Ipsos Reid poll suggests that a strong majority- 85% of Canadians believe that physicians should be able to help their patients end their lives.

But there are some serious concerns about the court's ruling. "It is an ethical and logistical minefield," says Dr. Pippa Hawley, head of the University of British Columbia's Palliative Care Program, "and must be done very carefully to ensure that all the proper safeguards are in place to prevent abuse before it is enacted."

Like many who work in the palliative care field, Dr. Hawley believes that the demand for physician-assisted suicide could be mostly alleviated by expanding and improving Canadian's access to palliative care. "I think if people see that they have a right to care, rather than a right to die, then the need to die will not be there," she says.

But other physicians see things differently. "I don't think it's one or the other. I see it as a continuum of care," says Dr. Derryck Smith, a psychiatrist and member of Dying with Dignity. "Of course we should have good palliative care but there's going to be a time at which people don't want to go on with palliative care, when things are looking hopeless and they're suffering."

Canadians won't have access to physician assisted dying immediately. The court's ruling has been suspended for 12 months to allow the federal and provincial governments to draw up legislation. If the federal government fails to act, it will be up to the provinces and medical regulatory

bodies to determine how to proceed. "This legislation is going to be extremely difficult to craft," says Dr. Hawley. "A lot of time and effort is going to be needed over the next few months if we are to be ready in just less than a year's time."

But it's not like Canadian legislators will have to start from scratch. Countries such as Belgium and Switzerland and states including Oregon and Washington already have similar laws on the books. Quebec enacted its own version with Bill 52 in May of last year. Typical safeguards include medical assessments of an individual's physical condition and mental state, as well as waiting periods to obtain the life-ending drugs.

Analysis of the impact of this kind of legislation is also encouraging – an independent study of Oregon, which enacted right-to-die legislation in 1994, found "no evidence of heightened risk" for vulnerable groups such as the elderly, women, minorities or those without health insurance.

For advocates of the legislation, simply starting a conversation is a positive result. "Whether or not you support physician-assisted dying, you should be talking to your doctor about what you'd like to see happen at the end of your life," says Dr. Smith. For others, like Dr. Hawley, the next 12 months will largely determine whether the court's decision was a triumph or a disaster.

---

**"85% of Canadians believe that physicians should be able to help their patients end their lives."**

---



# DELHI DOES DISNEY

Imagine this - you're given a budget of \$2,000 and asked to come up with a branding campaign to help an Indian bridal magazine break into the US market. What would you do? For BCIT student **Jasmine Nijjar** it was obvious: give Disney's most famous princesses an Indian spin. What followed was a viral sensation — a blend of fairy tale charm with the ornate and bedazzled glamour of South Asian culture.



director | **Jasmine Nijjar.com**  
 wardrobe | **WellGroomed.ca**  
 jewellery | **High Heel Obsession**  
 photography | **AmritPhotography.com**  
 makeup | **Makeup Vibe by Ranjit Heer**  
 hair | **Powder Room Studio - Saveena Sohail**  
 locations | **Dhaliwal Banquet Hall, Surrey**  
**Hycroft Manor, Vancouver**  
 decor | **UniversalDecorEvents.com**  
 models | **Michelle Senghera, Jasmeen Johal,**  
**Carly Pinchin, Rachel Deagon, Alisha Sidhu,**  
**Shirin Sharifikhah, Iris Chau,**  
**Chanel Brar, Astra Pereira**

(originally published by [SouthAsianBrideMagazine.com](http://SouthAsianBrideMagazine.com))



# SPRING cleaning

We've all talked about how the New Year is often a great time for a fresh start. If you missed that boat, you're more than welcome to get on this one. Welcome to the arduous world of spring cleaning. Don't get me wrong, I like spring cleaning, but the dislike comes from that unfortunate moment you're screaming on the inside, staring at piles of clothes, papers and miscellaneous junk on the floors and beds of your home. Or maybe you're not – maybe you're trying to close your closet doors, or full dresser drawers. Either way, take your cleaning consciousness to the next step with a few tips to sort it out.

by ria renouf



## THE PAPER TRAIL

I'm horrible with this. With both of my jobs plus school, I'm constantly bringing home papers, press releases and other things I've scribbled on for archiving. If this is you, try and implement a solid filing system. I'm not talking about binders with tabs – though if that's where you have to start, then that's okay. Because of previous space constraints, I had to do the binder thing – but I'm now moving to a system with filing cabinets and keep sorting systems handy: "to file later," "work," "school," "medical" and "bills." Add or take away categories as they work for you.

As soon as possible, sort through what you need to keep. With business cards, for instance, ask yourself if you can write down the information in one giant notebook (I often do this with phone numbers and e-mails, for instance – just make sure it's somewhere you can keep it safe!) Or, compile a database on your computer. It doesn't have to be anything fancy; it can be as simple as a Word document with a table. And we all know what most phones are capable of nowadays – whatever works best for you.

Assignments can be a little trickier, because it'll depend on how long your program runs. Before BCIT, I attended SFU, and the piles of paper I had from five years of classes were almost as tall as I am. It takes a while, but if you already have most of your work backed up via computer, or you've scanned your notes, then throw it all onto a flash drive, mark it, and put it somewhere safe. Then recycle all those stacks of trees for maximum give-back.

## BILLS and OTHER IMPORTANT STUFF

Be careful with stuff like this. Shred anything with your personal information on it if you don't want to keep it, but be aware of the things you should be keeping for a longer period of time, like tax returns. If you haven't yet, try switching to electronic billing and banking. Most of that stuff can be debited out of your account, anyways – and some companies have apps for viewing bills online.

## THE DONATION DILEMMA

There are a ton of rules when it comes to donating clothes. You'll want to get rid of anything you haven't touched in at least three months. If you're digging through your closet or drawer, and you've forgotten you owned it, get rid of it. Outgrown it? See you later! Stains on the fabric? Adios!

There's one other category of clothing most people forget: can this item be repaired? If so, take it to a tailor (or for shoes, a cobbler) and spare yourself the potential heartbreak of losing some solid clothing. You may have to question if repair costs outweigh tossing it out and buying a completely new item, but there are a handful of situations where you could put a couple of extra dollars into your pocket just repairing it. In some situations, you may be able to turn the item into something new. Jeans worn out at the knees, for instance, could become a pair of denim shorts.

If you think you can't part with an item, try this: put the questionable items into a duffle bag, and hide them under your bed (or somewhere else you barely venture to, like storage or the back of a closet). Write down on a calendar six months from now that you've done this. If you haven't tried to figure out where that item you tossed into the duffle bag went by then, say goodbye to it.





# SPRING BREAKERS: A STATE OF MIND

**B**atten down the hatches, Spring Break is upon us. For the rest of North American school-age folks, Spring Break is something to anticipate from about noon on January 1st until the tick tock of the clock hits that golden hour of release. For the post-secondary aged people who live in Whistler and forewent uni in the pursuit of a 'higher' calling, Spring Break is a gosh darn nightmare.

Spring Break falls at about the 3/4 mark of the season in Whistler when many people who call the mountain paradise home, are either injured or seriously burnt out from the party lifestyle. When universities open their doors and a tidal wave of happy, healthy, accomplished people descend upon the Village to let their hair down and make regrettable decisions for a week, it only serves as a reminder to locals of the regrettable decisions they've made all year long. Sure, locals may have 150+ days on their pass and a permanent Spring Break state of mind, but those brain cells lost via inhalation, consumption, and concussion can never be reclaimed.

Most of the early 20s people who opted for a year abroad or a year off and ended up in Whistler, came for the snow and the lifestyle, obviously. There is, however, a little-talked-about contingent of over-educated people who left their careers to worship Ullr and work for a pittance. They made a choice to come live the dream and usually try to avoid the Village at all costs when it is overrun with slightly-to-very drunk students. That lawyer-turned-barista really does not need a condescending reference to some self-help system you learned about in Psych 101.

Spring Break strikes hard, but where the younger Whistler locals usually put aside their distaste to see if they may be one of those regrettable decisions, the older locals know better. Whistler is basically a university town without the pressures of conventional success. There is no better place to spend a Spring Break vacation, but please, reel in the, "People really live here?!" comments and realize that your vacation is a local's everyday life.

Oh, and don't forget head protection (helmet or otherwise).

— sarah morden



# NI \_ BLE

Where does your mind take you?

**B**

Sounds like you could use a little snack.  
Best not make decisions about university  
on an empty stomach.

**M**

Yes, agility is essential in today's business  
world. Since you're already thinking this way,  
you'd be perfect for our School of Business.

Follow your path at The Royal Roads University School of Business.  
Learn more at [royalroads.ca/business](http://royalroads.ca/business), 1.877.778.6227



**Royal Roads**  
UNIVERSITY



There was a time where fan conventions like Comic Con were only meant for nerds, geeks and dorks. The last ten years, however, have seen a huge shift in that perception. Every year in BC and around North America, it seems that more and more conventions are popping up.

There are conventions for everything in Vancouver: comic books, anime, Halloween – even *Hello Kitty*. There are more than ten conventions currently scheduled in the Lower Mainland and Victoria, a few of which run several times a year. The thought of dressing up in ridiculous costumes and walking around a big room full of other overly-enthusiastic geeks, used to seem strange; yet, every year more and more people are doing it.

Film and television in 2008 were catalysts for the main-stream appeal of nerd culture. While the first season of *The Big Bang Theory* was wrapping up, superhero blockbusters like *Iron Man* and *The Dark Knight* completely changed how we perceive the genre. Since then, Marvel Studios has released blockbuster franchises like *Captain America*, *Guardians of the Galaxy* and *The Avengers*, while the “X-Men” universe has had an incredibly successful turnaround. These great superhero movies have really clicked with a casual audience, but they are not the only ones.

Sci-Fi and Fantasy are now some of the most popular genres of entertainment. Hit shows like *Game of Thrones*, *Doctor Who* and *The Walking Dead* are now integral parts of fan expos and conventions. This means that even your mom and dad can dress up as their favourite character.

# CHARACTER CRAZE

**The mainstream world of character conventions.**

words Shakiel Mahjouri · illustration Andres Karolys

---

Stars like William Shatner, George Takei and Stan Lee are considered gods among the nerd-collective. Their faces are what drove fan conventions to success – and while they are an important part of the experience, they're being replaced by the next generation. Part of the mass appeal of these fictional characters must be credited to the actors who play them. Hugh Jackman, Robert Downey Jr. and Peter Dinklage are some of the most recognisable faces in Hollywood. Chris Pratt, who played the lead character Starlord in Marvel's *Guardians of the Galaxy*, saw his career sky-rocket after the movie's success.

And these actors are invested in their roles. It seems impossible with the myriad of fan conventions across North America, but every year, actors from movies and television shows appear and interact with their fans. San Diego Comic Con International, one of the biggest fan conventions in the world, consecutively brings in panels of A-List celebrities and the hottest shows on television. Even local events like Vancouver Fan Expo, has a guest list of icons like Captain Kirk and Princess Leia, as well as lead actors in shows like *The Walking Dead*, *Arrow* and *Doctor Who*.

Fan conventions can appeal to a lot more than niche audiences. Television, movies, comic books, anime and video games are bundled together and give everyone something to look forward to. The events aren't strictly a platform for meeting celebrities and other people. There are panels, meet and greets, concerts, tournaments, vendors, interactive games and absolutely everything you could imagine.

Superheroes are no longer limited to spandex wearing geeks. If you don't know who Wolverine is, chances are you're one of few. If you've never had the pleasure of going to a fan convention and integrating yourself into its community, consider trying it. There are always conventions to attend, like the Vancouver Fan Expo in April. The activities are fun, the celebrities are friendly and the audience is happy to be there. If you're worried you won't fit in, remember – these days, we're all nerds.



# TRANSIT REFERENDUM

by jon hall

Let's face it, there's a pretty good chance that if you're going to school at BCIT you're taking the bus. And if there's one thing everyone riding transit wants, it's better service. Better service is in the 10-year plan, but it's going to take a lot of money. Translink is proposing a 0.5% addition to the PST to help foot the bill. Improvements to the local system include Skytrain upgrades, a new Patullo bridge, light rail through Surrey and Langley, 11 new B-line routes, and 400 new buses. The tax can't be blindly brought in—the provincial government is putting it to a mail-in plebiscite. People registered to vote will receive a voting packing in the mail, starting March 15th. Not everyone agrees with it though. Both sides have a few things to say about why you should or shouldn't vote in the plan.

**The plan will improve the overall health of the region, getting people out of their cars and improving air quality.**

**Estimated to cost the average person \$0.34 cents per day – Only about \$125 per year.**

**Will make cycling a safer and more viable travel choice.**

**This vote is NOT about how Translink is run — it's about investing in the future of the Lower Mainland. Voting 'No' won't affect Translink.**

**Improving transit reduces vehicle-related accidents.**

**Reduce congestion by 20%.**

**600,000 vehicles are expected to come with the increase in population – the more people riding transit, the better.**

**City revenues in Metro Vancouver are projected to grow 4.8%. They could set aside 0.5% of it to raise the equivalent amount of money the proposed CIT would generate.**

**Both the Patullo Bridge and Surrey light rail projects already have a 'Plan B' and will go ahead regardless of vote result.**

**The tax will cost the average home \$258 per year**

**Businesses are going to pass the cost of the tax onto consumers**

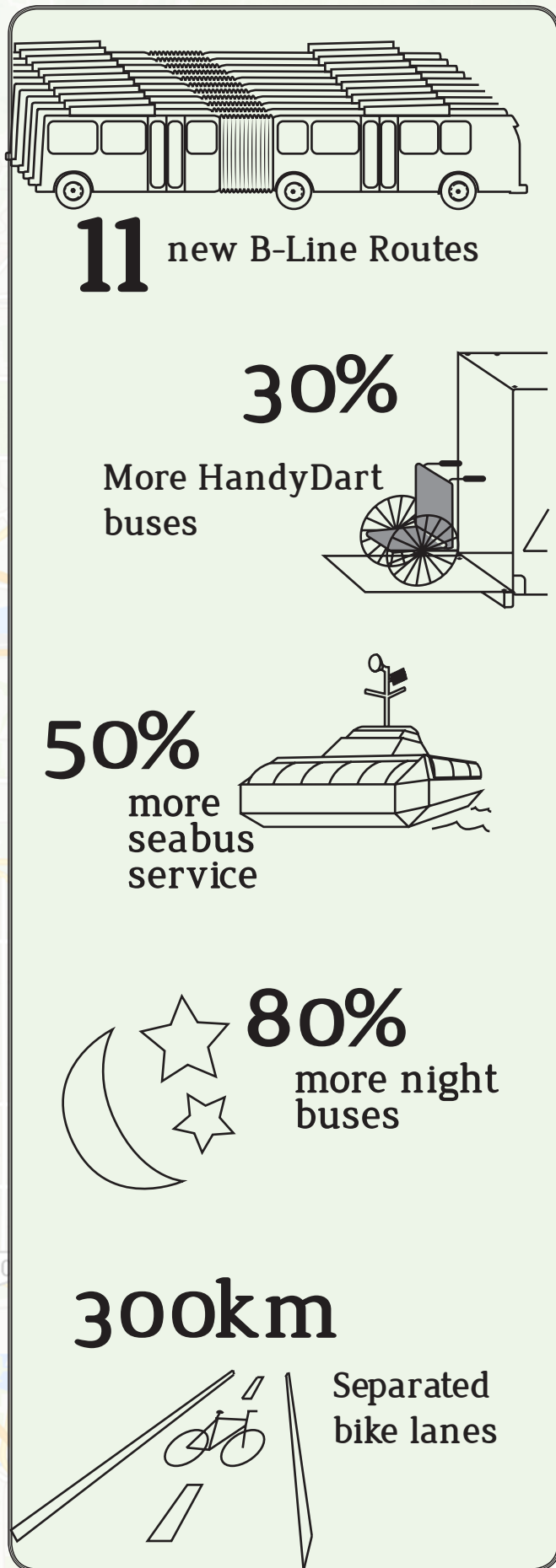
**The actual cost of major projects won't be known until after the vote**

**By the time the money is audited it's already been spent**

**Translink executives make too much money**

Ballots will be mailed out with a pre-paid return envelope, and the plebiscite will run from March 15th until May 29th. Voters must be 18 years old, a Canadian citizen, and have lived in the Lower Mainland since at least November 29th, 2014. If you're interested in voting and aren't sure if you're registered, you can sign up online at Elections BC's website. If you haven't received a package in the mail by the end of March, you can call Elections BC at 1-800-661-8683 to request one.





## The Student Angle

— by **estefania duran**

**48,000 strong**, most of them with a U-Pass. BCIT students are part of the demographic that will be affected by the outcome of the transit plebiscite.

According to a survey of 15,000 students done earlier this year, 48.85% declared the bus to be their most used mode of transportation to BCIT, while 20.69% declared Skytrain as their most used mode of transportation to school.

During a Student Council meeting in February, students expressed their concerns about taking a public position on the upcoming transit referendum. Despite their desire to have students' needs met, many voted against the motion to publicly express support for the cause.

"The taxpayers are getting hit, which is kind of ridiculous... The people who get affected the most by it are the people who generally have super low income... So if it does affect the people that they are trying to help the most, then it's not really worth it," said Steven Millen, a Technology Management student.

Therefore, Tyra Bermudez, VP External, brought forward a new Transportation Policy that will focus on improving public transit services to BCIT campuses, without the need to take a public position on the ongoing referendum debate.

The policy focuses on four main recommendations. The first is an increase in the service network to the Willingdon Corridor during peak hours. Bermudez will also be focusing on an increase of services on Wednesday after 2:30pm in the Willingdon Corridor and providing a sheltered two-way bus stop in front of the Annacis Island campus and an increase in the level of service on the Bridgeport bus station during peak hours to the Aerospace campus.

The policy reads: "BCITSA's constituents request that the needs presented above are strongly taken into consideration and included in the detailed budget for the implementation of the map of investments plan in the near future."

Other post-secondary institutions have decided to take a public stand, such as UBC Alma Mater Society, Capilano University Students' Union, SFU's Student Society, VCC, and the Canadian Federation of Students, which all publicly support TransLink's proposed transportation tax. However, many BCIT students are still hesitant about taking a firm position.

"We are already paying so much for it, so we need to be certain that we are going to benefit from it. But it's hard to say, especially with a multi-million dollar company that already makes a lot of money," says Christine Chen, a Nursing student at BCIT.

For now, all BCIT students can do is wait and hope their needs are not ignored, no matter the outcome of the plebiscite.





# FARM to TABLE

by joey wilson

Some people love food more than others: We call them foodies. Vancouver is a very food-forward city. We have a big restaurant scene with key values in fresh, local ingredients—totally West Coast food lifestyle. If you watch anything on tv or Netflix about chefs and cooking, it's pretty common to seem them take you on a trip to the local farmers market. This is where the chef will get inspired for daily features or menu building — From the Catch of the Day in the fish market, to the tomatoes that were picked that morning by a local grower.



The farmers market is a great way for local growers, butchers, fishers and dairy farmers to gather the best of the best of what they do and sell them to the open public. This way they can showcase what they do and how awesome it is. It's typical for local fine dining restaurants to only buy product from specific contracted farms that exclusively sell to only one or a few restaurants.

The best places to go for these locally farmed and fresh goods are not in your locally club-priced grocery chain, or the touristy venues with of imported product at the Lonsdale and New Westminster Quay Markets, or even the popular Kin's Market. Much of what they sell is imported as well. When these places actually do get local goods in, they make a huge deal out of it with big neon signs and specials of the week, that's how you know it's a rare occasion.

So what's happening right now for you to get your food ongoing on for markets right now? Well right now it's the tail end of winter so there are still plenty of earthy root vegetables around. I had a chance to go to the Vancouver Farmers Market - Winter Market with a Red Seal Chef friend of mine, Rachel Floyd. The market takes place every Saturday 10am-2pm until April 25th, in Vancouver at Nat Bailey Stadium. Talk about fresh! I couldn't help but buy from the first table I came upon. Salt Spring Cheese- they make cheese from sheep's and goat's milk. They sell produce and sell a pretty good variety of unique flavours from salty to sweet to peppery. Each one is placed a nice little wooden cutting board, waiting for you to sample it on a multigrain cracker. I just HAD to go for the plain fresh goat cheese for a steal at \$6. Incredibly smooth texture and mild flavour- not sharp like most goat cheese.

There were over 50 vendors at the market so I had to skip a few. Some were specialty honey tables, local vodka and gin brewers, micro greens, organic chocolate, organic produce. There were a few seafood places too. But I was sure I had to stop at Bean Boy Creations- a table that featured only hummus in four different flavours- the best one was spicy black bean. The next stop was a table that had a pretty long line up, called Pure Bread. They actually had a buttery tart bar called Crack. While it looked amazingly tasty I went for a savoury pesto and sundried tomato muffin instead. So far I'd covered dairy, legumes, and bread, so I was thinking clearly the next table choice was Chef's Natural Sausage. My suggestion for this one is go for the German bratwurst, not the turkey and cranberry one.

In addition to all this amazing food there were many other produce tables, seafood tables, frozen soups and sauces, and farm fresh eggs, and a few food trucks. If you get a chance make sure you check out the Winter Market before it's gone- well worth it for some good local food. You can absolutely make entire meals from what you can buy here.

photo courtesy Vancouver Farmers Market

# VANCOUVER FARMERS MARKETS

## HASTINGS PARK

march 8 - April 26  
every sunday 10 - 2

## YALETOWN

may 7 - Oct 29  
every thursday 2 - 6

## TROUT LAKE

may 9 - Oct 24  
every saturday 9 - 2

## KITSILANO

may 10 - Oct 25  
every sunday 10 - 2

## WEST END

may 30 - Oct 24  
every saturday 9 - 2

## MAIN ST. STATION

june 3 - Oct 7  
every wednesday 3 - 7

## KERRISDALE

june 13 - Oct 10  
every saturday 10 - 2

## MT. PLEASANT

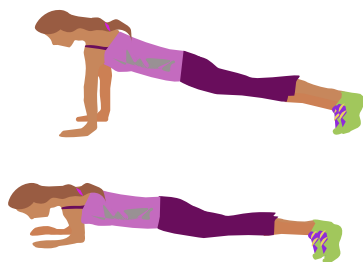
june 14 - Oct. 11  
every sunday 10 - 2





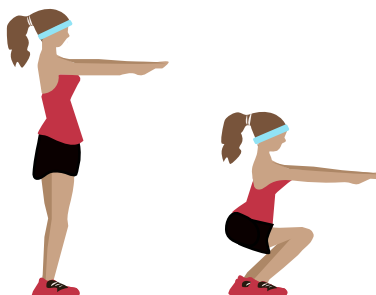
## JUMPING JACKS

This is an exercise that's been around for centuries, yet still proves to be one of the most effective body weight exercises, working your entire body and shooting your heart rate right up. Prepare by standing with feet together, knees slightly bent, and arms to sides. Jump outwards, and separate legs to the side, while raising arms. Land on your feet with legs apart and arms overhead. Jump again while lowering arms and returning legs to centre.



## PUSH UPS

Another traditional body weight exercise that should never be avoided, working your chest, triceps, arms and core. Start by balancing yourself on your hands and toes, set your hands at a distance that is slightly wider than shoulder-width apart. Keep your legs locked and in a straight position. Push your hands into the ground while bringing your entire chest and upper body down while you push, hold to the floor and raise yourself up again to neutral position. Repeat. If the full position becomes too difficult, lower your knees to the ground.



## AIR SQUATS

The perfect exercise for strengthening the legs, glutes, and core. Start by standing straight up with legs slightly bent. Secondly, bend your knees until you are in a sitting position, imagine that there is a pole beneath your glutes. Keep your back straight, and core tight, and go as low as you can. hold and return to a standing position and repeat. For more advanced, try adding a jump when you accelerate upwards.



## WALKING LUNGES

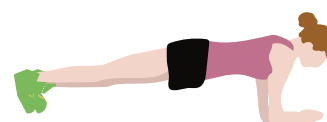
Another great, challenging leg exercise ideal for toning and shaping your lower body. Start by standing straight up, step forward with one leg, and drop your hips. Lower yourself until your rear leg barely touches the ground. Keep your back straight and core engaged and your front knee should stay above the front foot. Drive through the heel of your front foot and extend both knees to raise yourself back up. Step forward with your rear foot, repeating the lunge on the opposite leg.

# BODY BLAST

1 min. each  
3 times repeat  
2 min. rest

WORDS AND ILLUSTRATIONS  
BY KATIE SAKALAUSKAS

*Exercising at very high intensity, interspersed with periods of moderate rest, is a program known as high-intensity interval training (HIIT). Perfect for a student with limited time. All you need is some space, a bench and a stopwatch.*



## THE PLANK

This is a core and stability exercise that fires up all muscle groups in your core and works the back of your legs and arms. Start by positioning yourself as if you were about to do a push up, lower yourself on to your elbows keeping your legs locked straight, your back neutral and your glutes inline with your back. Tighten your stomach, squeeze your glutes and never let your hips drop to the floor. It's very important that you remember to take deep breaths. After a minute is complete, drop your knees to the floor.



## TRICEP DIPS

Great exercise for your triceps that will make them burn! Find a bench, table, or chair nearby. Start with your arms behind you, shoulder-width apart, make sure your bottom is slightly off the platform, stretch legs out and keep your knees slightly bent. Keeping your back straight and core engaged, bring your elbows straight back until your bottom is lowered to just above the ground below you. Straighten your arms back up until you are above the bench again. Repeat.

# WINE CLUB

with Olivia Smith

## MARCH MERLOTS

*Every month I have my fellow wine-loving friends over to do a wine tasting, known as Wine Club. It's something out of the norm to do with your friends that doesn't require you getting dressed up, driving around town, or paying expensive tasting fees.*

### HOW IT WORKS:

Invite your friends over and get them to bring a bottle from three different price categories. Make sure that you are only comparing grapes that are the same (i.e. merlots to merlots or chardonnays to chardonnays). Place each into separate brown paper bags so that their labels are concealed (don't cheat!).

Taste, Compare, Reveal.

### RED ROOSTER 2012 MERLOT (\$18)

Medium-bodied with flavours hinting of tobacco, cedar, and chai spice. It has a velvety feel to the mouth. The tannins are light with a smokey finish. I could have sipped on this wine for the entire night without ever getting to the remaining bottles. It was perfect on its own but would also pair well with smoked meats and bold cheeses. Although in our medium-priced range, if you like having a glass of red on a Friday night after work, this is the bottle for you.

### MISSION HILL 2012 RESERVE MERLOT (\$27)

The most expensive bottle of the night was this deep, intense merlot from Mission Hill in Kelowna. Dry and full-bodied, I felt as though I needed a food pairing in order to have fully appreciated the boldness of this wine. It has been aged in French and American oak for 12 months giving it a strong flavor. After tasting this one, I would say stick to the award-winners Mission Hill has produced over the years. If you're an icewine fan this includes their 2010 Vidal Reserve Icewine.

### SONORA DESERT RANCH MERLOT (\$10)

Made by the Okanagan's Artisan Wine Company, this merlot is a cheap and cheerful merlot that fits a student's budget. It would be perfect with a juicy steak and mashed potatoes. It's easy to drink and it wouldn't be upsetting if you left the bottle behind following a pre-drink at a friend's house. It's value is reflected in price, but if you're planning on going out and want to have a few glasses of vino, you won't feel guilty downing a glass without taking the time to savour.

### AND THE WINNER GOES TO...

Red Rooster 2012 Merlot! This was by far the best bang for your buck. The wine pairs well with food but can also stand on its own two feet. I know I will be going back and picking up a few bottles for my collection. This will be a versatile wine for me to serve to my friends and family or to enjoy while studying for midterms and all the stresses BCIT can bring.



# NHL GAMBLES ON VEGAS EXPANSION

by jessica fedigan



Floyd “Money” Mayweather, UFC President Dana White, as well as Canadian Poker legend Daniel “Kid Poker” Negreanu have all committed to buying seasons tickets for the possible NHL team landing in Las Vegas. The ticket drive started on February 10th, with Las Vegas needing 10,000 season ticket commitments in order to show that they could handle an NHL team. But since they reached 5,000 ticket commitments within two days of kick off, it’s slowed down considerably.

Many question why Vegas needs an NHL team. They already have so many attractions there, but the main issue is that tourists are mostly the ones dumping their money into the city. Could they handle a steady attendance? Probably, but it wouldn’t necessarily be from season ticket

holders. More than likely, it would be from tourists just going to a game here and there (unless they have something better to go to, like a concert or one of the many avenues of entertainment that Vegas has to offer).

When you think NHL, you don’t think Las Vegas. The NHL would probably be better expanding to somewhere like Quebec, or Seattle. It would be amazing to have an I-5 matchup with the Canucks and a team in Seattle. Just take a look at the games where the Whitecaps play the Sounders in MLS. Those results speak for themselves. Winnipeg hit 13,000 deposits within days, but Vegas is nothing compared to Winnipeg, especially with Winnipeg already hosting a franchise in earlier years.

Vegas is trying very, very hard to get to that magic number, even buying an ad out at the Super Bowl to try and attract locals. The cheapest deposit is \$150 for not great seats. If you want the good seats, a \$900 deposit is required. Those numbers only cover about 10% of the cost for the tickets all together.

Gary Bettman wants the proof that they can keep an NHL team, and not run into problems down the road like we’ve seen in Phoenix with the many ownership changes and name changes and bankruptcy. The NHL may just be looking in the wrong city though. Maybe they need to start looking at better odds – and less of a gamble.

## REV UP FOR 2015

by jon hall

**F1** fans are ready to start their engines in just a couple weeks. But Formula 1 has seen sweeping changes in the past couple years.

The 2014 season pushed significant changes to car design – chief among them a much-bemoaned alteration to its engine. By downsizing it to a 1.6L turbocharged V6 (from a 2.4 L V8) the FIA stripped away the demonic wail that racing fans loved for over 20 years.

That’s not to say all the changes were bad. F1’s governing body says the engine changes are to make racing more environmentally friendly, which is further driven home by adding a second electric motor (both charged via braking and engine exhaust) to each vehicle. With the press of a button, drivers get an additional 160 horsepower for about 30 seconds. With hybrid technology now in high-end cars like the Porsche 918 and McLaren’s P1, it seems the future truly is upon us.

Racing teams also haven’t been allowed to refuel their vehicles since 2010 – and they’re doing it with less fuel too. Total fuel weight has been reduced to just 100kg. A fair amount, but not very much for something tearing up a race track at over 300km/h for upwards of an hour.

All these changes also mean altering the body. All cars have been lowered and widened, nose design has been lowered and standardized, and cockpit side-panels have been raised – not only for function, but to also improve safety. There have been a number of injuries over the past 20 years, but not a single driver has died in a World Championship series since Senna’s fatal crash at Imola Circuit in 1994.

Say what you will of the excesses surrounding F1. The fact remains: racing is safer, and over the past couple years, a bit greener, too.

**MLB** spring training is underway and the 2015 season is right around the corner. It’s been a busy offseason and even the most faithful fans might not be caught up. Here’s **Colton Davies’** take on the best moves and the biggest letdowns.

### BIGGEST WINNER:

San Diego Padres — New GM A.J. Preller made a huge mark signing free agent pitcher James Shields. Signing Matt Kemp, Justin Upton and Wil Myers gives the Padres a completely re-vamped star-studded outfield. The Padres also added versatile infielder Will Middlebrooks and veteran catcher Derek Norris. And with an already strong pitching rotation, they picked up low-risk, high-reward starting pitchers Brandon Morrow and Josh Johnson, who are both looking to have a bounce back season. A team that has for so long needed a boost of star power, the Padres should be a legitimate playoff contender this season in the NL West, which could pan out to be baseball’s toughest division.

### BIGGEST LOSER:

Philadelphia Phillies — Trade talk still surrounds their ace Cole Hamels, and they didn’t trade any of Cliff Lee, Ryan Howard, Jonathan Papelbon or Chase Utley, who all have huge contracts and have made minimal impacts in recent years. While not adding any key players, the only real significant move the Phillies made was trading away long-time leader and fan favourite Jimmy Rollins. After a last place finish in the NL East last season, don’t expect the Phillies to be climbing out of the basement anytime soon.

Visit [linkbcit.ca](http://linkbcit.ca) for a full analysis of all the winners and losers, including the prominent teams (Blue Jays / Mariners).



**A House in the Sky**  
Amanda Lindhout  
(simon & schuster/TED)

This book is going to be made into a movie. Did that grab your attention? Read it while you can, don't kick the chair and see the movie first when it does come out.

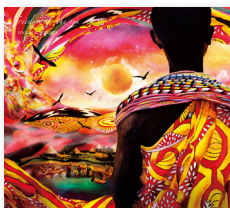
*A House in the Sky* is a memoir written by, and based on, the young travels of Amanda Lindhout. The co-author of the book is Sara Corbett, who works for the *New York Times*. So needless to say, the writing is quite polished. Amanda's stories are real. Stories of pure prevail.

Starting with the struggles of waitressing for a buck in Calgary, stacking nickels and dimes in an effort to fuel a travel fund that was nothing more than a clique wanderlust. But when Amanda found her passion for freelance journalism, her curiosity for leisured cultural observation burned into the stalwart pay of a journalist. Warzones were no match for her, until she was imprisoned for fifteen months by Somalian terrorists while on assignment. Not to give too much away. Amanda Lindhout is a true heroine, and a true role model for hard working

women in the world. This book is about the power of overcoming. To achieve exactly what you want to do. But more importantly, this book is about the will to live. Not just through near death times like in Somalia, but finding the will to try new things and enjoy all life has to offer; geographically, spiritually and congenially. Let Lindhout and Corbett inspire you. Take flight with *A House in the Sky* and discover the reaction to the action of embracing opportunity.

- Calvin A. Jay

## LISTEN



**Freedom of the Sun**  
Uyama Hiroto  
(hydeout records)

Uyama Hiroto's latest release *Freedom of the Sun* is another perfect reflection of the peaceful sound that Hydeout Records has become known for. Whirling pianos, soaring flutes, and classic boom bap drum breaks leave the listener entranced in a familiar serenity. When Uyama brings out

his sax he'll pull you even deeper into his lush soundscape with his smooth swaying chops. As always the accompanying emcees touch upon topics that delve deep into the soul. *Freedom of the Sun* is a perfect album to study to and is also a good album when you need an escape from the madness of urban

life. Big ups to Uyama Hiroto and Hydeout Records, keep on shinning over there in the land of the sun, 'cus we can feel your rays over here.

- Alex Hadden

## WATCH



**The Duke of Burgundy**  
(dir. peter strickland)

Proactively clever, *The Duke of Burgundy* invites us to observe the discipline of sadism and masochism between two women in an era of aristocrats and servants. Nostalgic yet timeless, the scene is intimate: the women practice carefully laid-out scenes to achieve the optimum level of erotica and control. Surrendering to each other for love and devotion to fulfill their dreams and desires. "Say it with a little more conviction." In an all-female cast, Evelyn is a lepidopterist (studies insects) and Cynthia is her acting housemaid. The

coordinated ritual act of their love always begins with clearly defined lines of class distinction and orders to clean rooms, polish tall black boots, and wash under garments. When something isn't done "correctly" then there is punishment that gives each participant pleasure.

Peter Strickland adds tremendous aesthetic layers to the film with creatively hypnotic visual art and music and audio. Silence has never been louder than when it occurs in this movie. When Cynthia stares to Evelyn or off into a void you know what

she is thinking. More is said with the eyes in this film than words. Each scene is meticulously scripted for within the movie. The emotions are subtle and the intentions are felt. The placement of butterflies as a study suggests the intrinsic and fragile nature of the relationship. Mirrors for camera effects blur the lines between reality and fantasy. When nothing is sensual or erotic, there's an imbalance of compatibility.

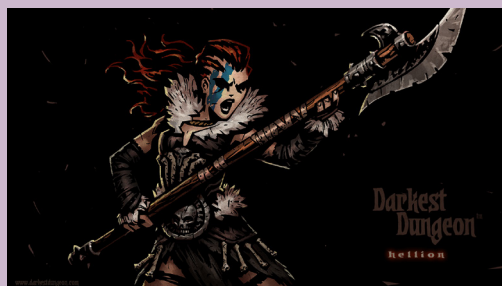
- Joey Wilson

## The Indie Beat

w/ Mat Paget

There's a lot more to videogames than just Call of Duty and Grand Theft Auto, but most people don't realize that. I'm here to introduce the unaware masses to a type of game that's setting the world on fire, whether it knows it or not: the indie game.

**DARKEST DUNGEON**  
(red hook studios)  
PC / MAC /

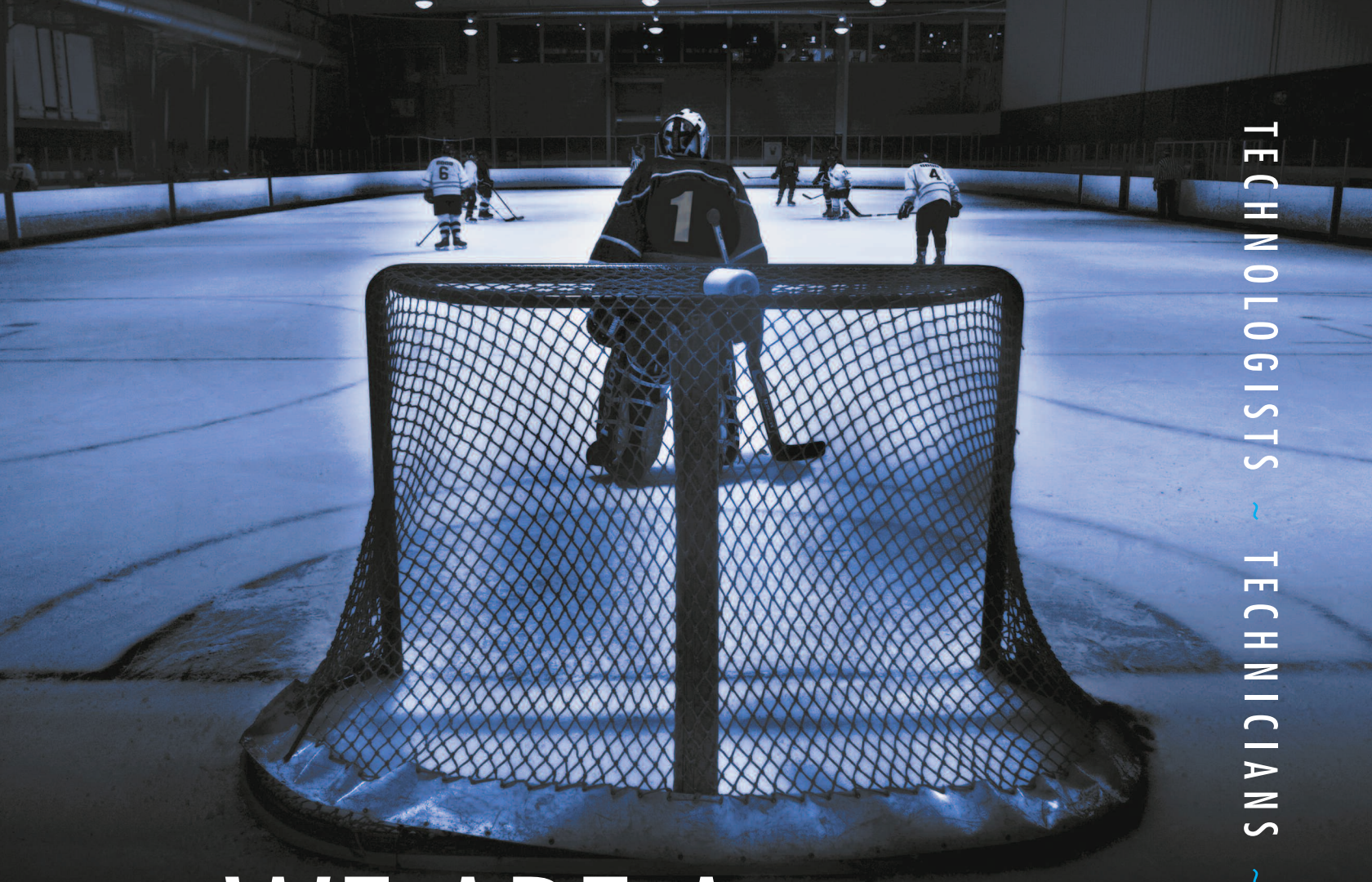


For more on what's hot in video games, follow @MatPaget on Twitter.

What if you had to travel through a dark, cold dungeon with a group of other travellers? What would you think? "This torch is almost out... I can barely see anything," "What was that noise I just heard?" "I wish that highwayman would shut up; his irrational mumbling is stressing me out." How would these hurdles affect your mind? Would you become distrustful of your group? Would you feel like you're doing most of the work and therefore deserve most of the rewards? Or would you become courageous and lead everyone out of the dungeon with the utmost of confidence? *Darkest Dungeon* will answer this question for you. You might not like the answer, but it'll be too late: you'll already be hooked on the psychological dungeon crawling of *Darkest Dungeon*.

The dungeon crawling consists of moving from room-to-room, encountering irksome traps, hideous monsters, and insanity-inducing books along the way — one great reason to never read books. Battles are turn-based, which means you'll choose your attacks when it's your turn to move — think of it as a board game without all those plastic pieces that you can step on, causing you to scream bloody murder. Speaking of bloody murder, there's a lot of it in *Darkest Dungeon*. Some of it will cause your party members to gain psychological afflictions that you'll have to vanquish in between quests through activities like drinking, meditating, and visiting brothels. Until then, you'll have to deal with party members stealing treasure, becoming fearful, and... oh... you want to heal the Bounty Hunter? Sorry. He's too paranoid to trust you.





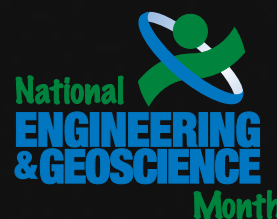
TECHNOLOGISTS ~ TECHNICIANS ~ TECHNICAL SPECIALISTS ~ ITTPs

# WE ARE A **BIG** PART OF THE **TEAM**

**ASTTBC** TECHNOLOGY  
PROFESSIONALS

[www.ASTTBC.org/negm](http://www.ASTTBC.org/negm)

PROUD TO SUPPORT



MARCH 2015