

"Everyone a winner"

By Rob Germain

Everyone has come out a winner in the '87 United Way fundraising challenge between BCIT and VCC.

While Vancouver Community College raised almost twice as much money as BCIT this year for the charity, the best was based on four criteria of which each institution won two.

VCC's president Paul Gallagher issued the challenge to BCIT president Roy Murray September 30 with the "understanding the loser would suffer some sort of undetermined penalty," says VCC United Way fundraiser Tony Cox. "But this way everyone comes out a winner, especially the United Way."

United Way spokesperson Noreen Fairweather says originally there were only three criteria, under which BCIT would have lost, but a fourth criteria was added in BCIT's favour "when the final figures were analyzed."

The four criteria and results were:

* Total dollars raised:

VCC \$31,540 BCIT \$15,984

* Percentage participation:
VCC 19% BCIT 10%

* Increase over amount raised in 1986:
VCC \$706 BCIT \$873

* Average employee donation:
VCC \$97.91 BCIT \$112.89

Most of the money was raised through employee dedications and fundraisers such as a pancake brunch and a presidential Dance Marathon. However, BCIT fell short of this year's goal of \$18,621.

Fairweather says a final wind up to the challenge will take place February 24 at Kitsilano Neighbourhood House, where both Murray and Gallagher will present a gingerbread house (made at BCIT).

The Association of Neighbourhood Houses, a member agency of the United Way, has seven Neighbourhood Houses which help over 30,000 people each year with professional counselling on family and immigration matters.

Cleanup campaign going well, says Hildebrand

By Tim Perry

The Campus Cleanup Campaign is going well, but the Student Association wants to maintain student awareness and keep the momentum going.

Last September, BCIT president Roy Murray promised the Student Association \$50,000 if students kept the campus clean. S.A. business manager Lorne Hildebrand says students seem to be taking that promise

seriously and keeping the campus relatively litter-free.

BCIT keeps a reserve of money on hand to pay for any extra help needed to clean up the campus. If students pick up their own garbage, that money will be given to the Student Association.

Hildebrand says the S.A. will relieve the money this summer and will use it to help pay off their debt.

SFU raising entrance grade requirements

By Derek Craig
CANADIAN UNIVERSITY PRESS
VANCOUVER

Above average won't be good enough at Simon Fraser University next year, as another western university opts for upping the standards to cope with over-crowding and under-funding.

The university's senate approved a proposal in January to limit the number of first year students entering courses this fall by raising the minimum grade point average (GPA) of 2.5 (C+).

New V.P. April 1

BCIT is getting a new vice president in charge of Student Services and Educational Support. Taking over from acting V.P. Paula Pick will be James Hammons.

BCIT president Roy Murray says Hammons, an American, was chosen for his international reputation in education, and executive knowledge of the Canadian system. He is also familiar with BCIT; during 1978 and 79, while on leave from the University of Arkansas, he worked with several BCIT department heads as an educational consultant.

Hammons, whose wife is a Canadian working at Vancouver General Hospital, will start April 1st.

"We are left with too few instructors, too large class sizes and a significant overload on support services," said vice president Academic George Ivany.

But critics of the GPA-based cutoff said the grade point average limit is an inappropriate solution to overcrowding problems.

"It doesn't work, it's a poor predictor of ability to learn. A mark below C+ doesn't mean a person can't learn," said Stephen Scott, executive officer for the Canadian Federation of Students - Pacific.

"Colleges as well as universities have reached the bursting point. We need an increase in funds, increases in buildings and teachers," Scott said.

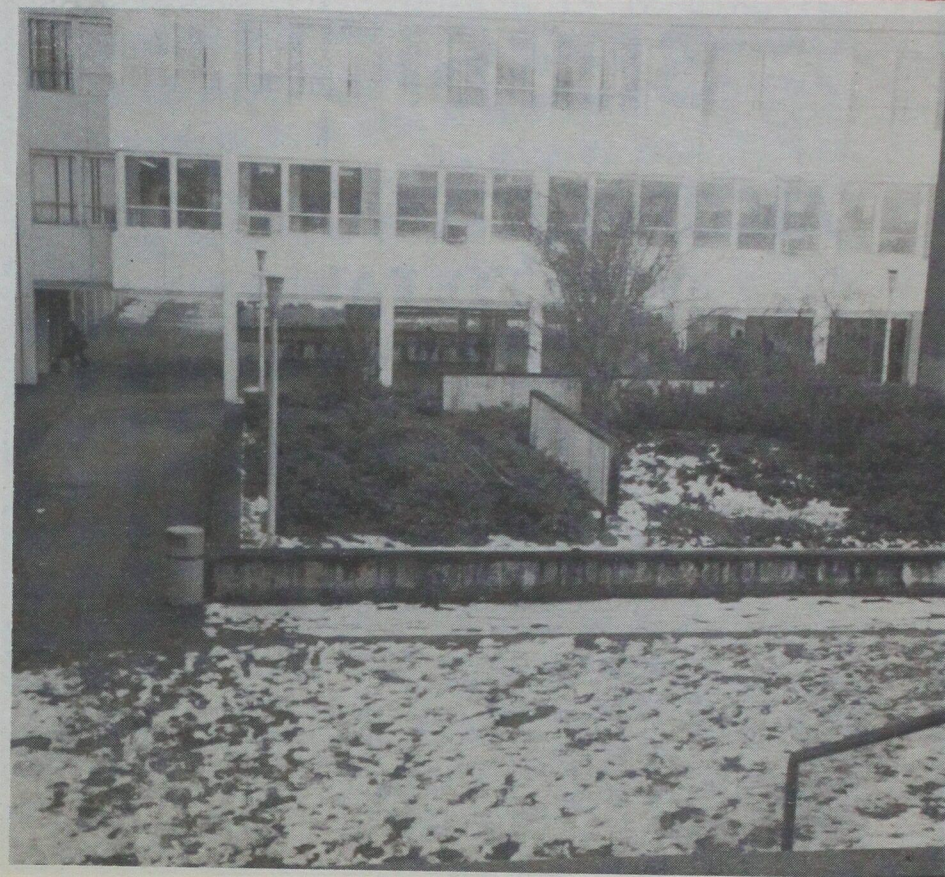
K.D. Srivastava, vice president of student and academic services at the University of British Columbia agreed, saying the problem cannot be approached on the level of a single university.

"The province needs to make a decision," said Srivastava. "This is not something one university should handle."

SFU undergraduate body of 12,400 increased 8.7 per cent last fall.

SFU student council president Nelson Quiroga says overcrowding is affecting students' performance.

"It's pissing (students) off - there's line ups for everything, even food and books. The overcrowding here makes it like a zoo."



Shucks, not quite enough snow to close the place down.

New copyright law may cost schools millions

Canadian University Press
MONTREAL

The proposed federal law which will set copyright royalties on photocopies may cost Canadian schools millions of dollars, library officials warn.

Currently in second reading in the House of Commons, Bill C-60 is a proposal to modernize the 1924 Canadian Copyright Act. The new legislation requires that Canadian authors or publishers receive a percentage of copying costs through collective associations. The bill also covers audio-visual and computer materials.

However, many education groups, including the Association of Universities and Colleges of Canada, believe the

new law will do little for Canadian writers while making post-secondary education more costly.

"By raising the cost of photocopying and multiplying the existing administrative cost, libraries will be buying less books and it will be harder to get at knowledge," said McGill University librarian Mike Renshaw. "No university can support that kind of administration."

According to Albert Tabash, director of the Concordia University science library, it will be difficult to predict just how much in royalties the collective associations of authors will ask for.

"Legally, (collectives) will have the right to set anything they want and demand it," he

said. Some collective association's already receive royalties for education material in Canada.

The Quebec government is currently paying the Quebec Writers' Union \$1 million for photocopying rights at the collegial level. The agreement covers the 17,000 works registered with the union but does not include public or university libraries. There is also another collective in Quebec for French language audio-visual material.

Patricia Dumas, an aide to Communications Minister Flora MacDonald says that educators are "over-reacting" to the bill.

"A fundamental revision is needed," she said. "It just stands to reason that people who create the work are compensated for the use of their work."

Critics say however that the bill is too heavily balanced towards creators and that exemptions should be made for educational institutions.

"How can we guarantee that all of these people are going to be in one collective?" said Peter Rogers of the Ontario Library Association. "Pierre Berton has publicly refused to join a collective. Will researchers have to track down five or six different collectives to find their writer? And where do they go if they want to tape a segment of a CBC news show or The Journal or something?"

Rogers said that the collected royalties may not benefit Canadian authors, citing a study by the Canadian Library Association showing that most copying involves American publishers. Canada would be setting an international precedent by sending money out of the country to foreign collectives, he said.

"This law could be the most restrictive the English-speaking world has ever seen," Rogers said.

Free pizza and "beverages" for envelope stuffers

Link Staff Report

The BCIT Open House committee is holding a stuff-a-thon next week to get all of their VIP invitations in the mail. It will be held on Wednesday, February 17th, from 1 to 5:30 p.m. in room 1A 203. Free pizza and beverages will be provided.

In other Open House news, the next student rep meeting of the committee is Wednesday, February 24th in the SAC Boardroom. A

video feature of past open houses will be shown to give reps an idea of the kinds of displays work best. All student reps are urged to attend.

All trades and technologies are also urged to submit their display descriptions and questionnaires to the open house committee as soon as possible.

They should be about one paragraph, and will be featuring in upcoming open house publicity and promotional literature.



WE HAVE
A WINNER!



Danielle Warren is the winner of a big heart-shaped box of chocolates from The Link. Danielle, you can claim your prize at the Link office in the SAC. Congratulations, and thanks to everyone who submitted a Valentine!

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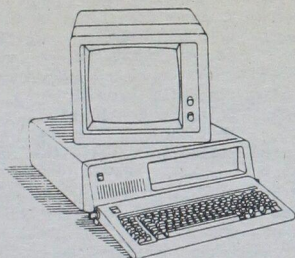
SAC LOBBY: February 17;
March 2, 16, 30; April 13, 27; May 11

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April 6, 20; May 4, 18
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News briefs from across the country

CUP and Link Staff Files

\$600 bursary from garbage

Geology students at the University of British Columbia now have access to a \$600 bursary because one professor believes in the principle "waste not, want not."

Professor Wilbert Danner of geological sciences donated \$7000 to a bursary with money he raised by collecting empty cans, bottles and loose change from UBC's beaches and grounds.

"This fund really shows students what a waste of money it is to throw stuff around on the beach," Danner said.

Danner added "there is no stigma attached" to collecting bottles and cans and said he knows of other faculty who do the same thing.

Students fund equipment

Engineering students at the University of Regina decided to cough up an extra \$50 per semester for the next eighteen months so their faculty could purchase new equipment.

Students presented a petition calling for the increase to U of R Board of Governors in January. The petition was signed by more than 70 per cent, or 240 of 330 students enrolled in engineering.

Engineering Student Society president Dave Fulton admitted that \$50 a term was a lot of money for students, but said it was an "investment in the future."

The pledge was part of a fund raising drive aimed at keeping the engineering department alive after speculation it would be closed in favour of greater government support for the university's "core curriculum."

82% object to cruise test

As an American cruise missile flew over Canada January 19, Canadian students and faculty conducted polls which found 82 per cent of the public objects to the weapons.

Respondents at 50 communities across Canada were asked: "Do you agree that Canada should stop testing the Cruise and start testing what it can do for world peace?"

Nationally 82 per cent - or 9118 of the 11,088 respondents - were against the tests.

In BC 3164 of those asked, also 82 per cent, were opposed. Organizers of the survey, sponsored by the Canadian Peace Pledge Campaign, found a good general awareness of the issue, and noted the results confirmed opposition to Cruise testing has continued to grow. In 1983, when the Trudeau government first agreed to test the weapon, Canadians were evenly divided on the issue.

NEED WORK?

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Carpentry (framing - finishing - benchwork & joinery) Appliance Repair Autobody Repair
Cashier Painting & Decorating Clerk Typist
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Butcher (meat cutter - wrapper)
Instrumentation Electrical

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Happy Valentine's Day from the Open House committee.

Help available in writing & communication

By Delanne Reid

If you are weak in any communications skills - oral or written - the English and Communication Learning Centre can help you.

The English and Communication Learning Centre (ECLC) is a free service provided by the Communication Department to improve the student's communication skills.

Staff say many students don't realize that the ECLC is not only for students who need help, but also for those who want help and feel a little weak in certain areas. Some students are referred to the ECLC by their Communications instructor, while

others do decide on their own to seek help. Staff say the centre has a high success rate due in part to the "friendly, qualified help" they get. "Students actually come back for another semester because they've noticed an improvement in their writing and communication skills."

The ECLC offers a varied schedule in order to suit all technology students. The timetable is posted on the door of 1A 373B.

Services available at the ECLC include:

- English as a Second Language - students work on grammar, vocabulary and pronunciation,
- Practise in Writing -

students concentrate on the content and organization of letters, memos and reports by writing assignments similar to ones they do in their Communications course,

- Oral Presentation Practise - students practise planning, organizing and delivering oral presentations,

- Study Skills - students learn time management techniques, reading strategies and exam strategies.

The ECLC offers small classes on specific topics and one-on-one tutorial sessions that focus on individual needs.

Students usually spend two hours a week in the ECLC, although the amount of time spent in the centre is entirely up to the student. ECLC services are available to all BCIT day-school students.

For more information on the ECLC contact Lorraine Robson, room 1A 372. To make an appointment for an assessment, visit the ECLC in room 1A 373B.

Library computer down for a day

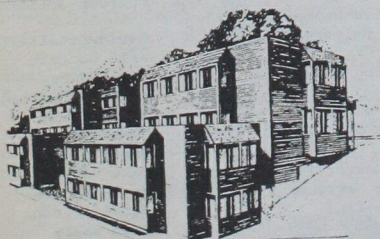
DOBIS, the library's on-line system, will be brought down for system maintenance work on Wednesday, February 10 at 3 p.m. Library and Computer Resource

Centre officials expect the work will be completed in two hours, but it may take longer, and users are asked to "please bear with" staff if it takes longer.

MAQUINNA RESIDENCE ADVISOR POSITIONS AVAILABLE FOR 1988/89

If you are interested in obtaining a position as a Residence Advisor in the Maquinna Residence for 1988/89 you may pick up an application and information package from the Housing Office, located in the Maquinna Residence. The application deadline is March 4, 1988.

BCIT full-time, staff, faculty and alumni are eligible for the position. In the case of BCIT staff, preference will be given to those who are interested in residence life and student activities and who have completed a diploma, degree or equivalent program. Both married and single applicants are eligible. However applicants with children cannot be considered because of lack of facilities.



HELP WANTED

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GO STUFF IT!

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LETTERS

When a lumber giant like MacMillan Bloedel Ltd. admits that it cuts 20 square kilometers of lush, publicly owned rain forest on the remote Queen Charlotte Islands and leaves many of the logs to rot, it is proof that there is something rotten in the province of British Columbia.

While MacMillan Bloedel officials insist that there is 60 years of first growth timber left to cut, critics say the company has been plowing through the forest so fast that there may be only two decades of logging left.

"At the rate we're going we'll be out of old growth in 10 to 15 years," says Jack Miller, 52 year old veteran logger who lives in the Queen Charlottes.

Critics say that two main abuses, overcutting and wasting wood, put the long term timber supply at risk. The more logs the company leaves behind the more forest it must clear to feed the mills each year.

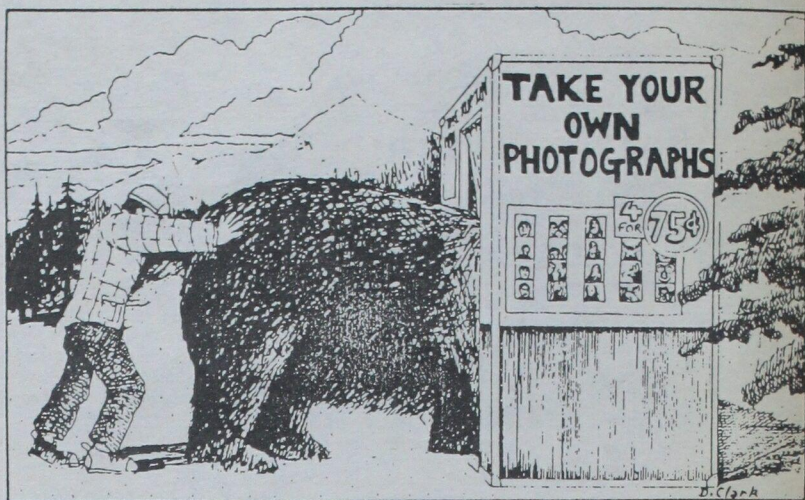
The Queen Charlottes are not

the only area in trouble. Experts say that up and down the B.C. coast the forest industry is heading for trouble because it has been cutting down old trees faster than new ones can grow.

Imagine 320,000 pickup trucks full of firewood, stretched bumper to bumper on the Trans Canada highway from Vancouver through Alberta and into Saskatchewan. That's how much timber Canada's second largest logging company left to rot in the B.C. rain forest last year. It boggles the mind.

Conservationists across Canada are worried about what is happening to the natural habitat and the wild animals which have been living there for 10,000 years. What is to become of them? The government of B.C. is responsible for this state of affairs and must make up its mind SOON about which route it will take in the future.

Henry Putman, volunteer Western Canada Wilderness Committee



Bob Hauke. One of the world's foremost nature photographers.

WUSC local committee working away quietly

By Don Wright

This article is the first of a series of three columns on the World University Service of Canada and the activities of the on-campus Local Committee. This week's column will introduce the Local Committee and bring everybody up to date on our activities. Next week's column will outline WUSC's national and international activities, and include a report on the WUSC annual general meeting held three weeks ago in Hull, Quebec. The third and final column will focus on WUSC projects and development work opportunities in the third world.

Many of you may not be aware that a Local Committee of the World University Service of Canada even exists on campus. It's been almost two years since a student fee referendum approved annual funding of the activities of the Local Committee, through a one dollar per term fee levy for full-time technology students.

The fee is collected by BCIT as part of the overall \$72 student activity fee handed over to the Student Association. The S.A. in turn, passes the one dollar per term fee to the WUSC Local Committee.

The committee, however, has been very busy, albeit quietly, arranging to bring a refugee student to Canada and then helping her prepare for admission to BCIT.

The BCIT Local Committee, like 36 other local committees located at universities and colleges across Canada, was formed largely with the intention of eventually bringing refugee students to Canada under the auspices of the WUSC refugee student sponsorship program. The program identifies United Nations registered refugees whose post-secondary studies were interrupted by war or persecution, and who need help continuing their education.

The WUSC national office maintains a list of possible

refugee students, and local committees choose possible candidates based on the student's qualifications and educational/career aspirations.

To date, over 160 refugee students have been sponsored by local committees at Canadian universities and colleges. Currently, SFU, UBC and the University of Victoria all have WUSC sponsored refugee students enrolled in a variety of undergraduate and graduate programs.

BCIT's refugee student, Assefash Yirgaw, is currently upgrading her English language skills at the King Edward campus of the Vancouver Community College, and will hopefully start on a BCIT business diploma next September.

Local committees sponsoring refugee students are responsible for the student during his or her first year in Canada. This includes all accommodation, food, clothing and other costs, as well as all tuition fees, textbooks and school supplies. After one year, the student, as a landed immigrant, is encouraged to work part-time and through the summer to be self-supporting.

Most institutions help the local committees by waiving fees. At BCIT, the administration has graciously waived tuition fees for Assefash once she begins her studies on campus.

The remaining expenses are paid out of the money collected through the one dollar per term fee levy. Many local committees collect a similar fee every year.

As well as sponsoring refugee students, local committees tend to be involved in a variety of other activities and projects. Some local committees fund small development projects overseas, such as the installation and maintenance of a water pump or the construction of a classroom. Other local committees raise

money for larger projects. The local committee at the University of Victoria, for example, is currently raising money for famine relief in Ethiopia.

Local committees also serve as a clearinghouse for overseas development work opportunities. WUSC itself is responsible for UN Volunteer recruitment in Canada. It also contracts with the Canadian government (mainly through CIDA) and the governments of developing countries for the recruitment of technical workers and teachers. The national office of WUSC, located in Ottawa, regularly sends local committees lists of available positions.

The BCIT Local Committee is made up of a cross section of the BCIT community. The committee has been chaired, since its inception in 1985, by physics instructor Amar Kyshtariya. I currently serve as vice chairperson, and International Education program assistant Donna Hooker is our Secretary/Treasurer. Health Society chairperson Terry Gaetz is the Student Association council representative on the BCIT committee. Other active members of the BCIT local committee include department head Dave Martin, vice president Student Services Paula Pick and Alumni executive director Nicki Magnolo. Along the way, various other students and faculty members have been involved in the committee, and others act as resource persons during specific projects or activities.

Involvement in the committee is open to all member of the BCIT community. The committee meets once a month, usually during the three hour break on the first Wednesday of each month.

Next week: so what is WUSC, anyway?

Don Wright, publisher of The Link, is vice chairperson of the BCIT Local Committee of WUSC.

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review

Rainmakers put on a good show

Concert review
by Barry Rempel

Twas a balmy Vancouver evening and friendly clouds filled the skies.. was the Kansas-based band The Rainmakers capable of changing that? Time would tell.

The evening opened with local band Terminal City - a group of badly dressed accountants and librarians I thought. Whoops, looks can be deceiving. Terminal City are fast paced Lone Justice/Beat Farmers style rockers.

While they play a mean rock twang, they do an even meaner Jefferson Airplane. An insertion of White Rabbit and Don't You Want Somebody To Love mid-set reminded me of what pioneers the members of Jefferson Airplane were before Grace Slick and gang sold out to predictable pop garbage and acne cream endorsements.

Anyway, keep your ears open for Terminal City, an enjoyable band.

On to the main event. The Rainmakers lept on stage and kicked off with Tornado of Love from their second album. These guys definitely sound better live than on record.

With only two albums to pull from, we got to hear most of their material, including their latest hit Snake Dance.

The Rainmakers play tight without extended solos - and the

Best exotic performance

Casey Shields can turn a room of subdued, yawning males into an insane asylum within the span of a single song. Sly students turn animal. Sane lawyers go mental. Nobody can resist the spell that's cast when Casey hits the stage. Drinks are forgotten, friends are ignored, and spectators are simply hypnotized and electrified by a tastefully shocking performance from one of the most beautiful women in the business.

Casey was born in Belgium and moved to Canada when she was eleven. The twenty-six year old knows the business well. Already dancing in her early teens, Casey now manages herself and earns more than triple what most dancers make.

But what does she do that makes her so good? Well, I wouldn't want to spoil the surprise. I will say that her act includes a lot of props, including five feet of strung pearls, mechanical puppies, shaving cream, popsicles, and toys that are only available at specialty stores (wink, wink!).

More importantly, she plays with the audience. Unlike most dancers who don't come with three feet of a panting male, Casey isn't afraid to dance right on your table with her skirt draped right over your head! If you're like Hal, an elderly man who's been following Miss Shields around for two and a half years, you'll bring a flashlight for this privilege. Hal has made himself so much a part of the act that he's even featured in the artwork on Casey's merchandise (which includes hats, shirts and posters).

Guys, you'll have to see Casey Shields next time she is in town. She is no doubt the best in exotic entertainment today, and gets my vote for the exotic performance of 1987.

- D. Lische

band appreciated the small crowd's loud approval.

A suggestion for lead singer Bob Walkenhoist would be to share more vocals with guitarist Steve Phillip, who did a great job of Nobody Knows from their first album.

Don't you love lyrics like: "Give a man free food/and he'll figure out a way/to take more than he can eat - 'cause he doesn't have to pay."

I do. They saved their first album's big hit Let My People Go-Go for the encore (there were two) along with Big Fat Blonde which the crowd had been yelling for all night.

On the way home from the 86 Street Music Hall the skies were still clear, but it wasn't for the Rainmakers' lack of trying.

Record Review

Rubaja & Hernandez
High Plateaux

Rubaja & Hernandez describe their music as evocative folk music. While the word evocative does well to describe the music the artists seldom stay within the boundaries of folk.

Both Rubaja and Hernandez have extensive backgrounds in folk, classical, pop, rock and jazz. This experience blended with the cultural influences of their respective Latin and South American upbringing does indeed produce a thought provoking style of music.

Well known L.A. producer Mark Isham brings it all together and provides us with a rich sounding mosaic of musical styles and instruments. Isham also plays flugelhorn, trumpet and sax on the album, and Alex Acuna

provides drums and percussion. Landir Olivera on bass and flute, and Edwardo Marquez and Gustavo Santaolalla on charango and guitar round out the musicians.

The combined experience and skill of the players on this album make it all in all a very enjoyable album.

- Michael Aikin

Tim Story
Glass Green

Here's the situation. It's three a.m. and the party you're hosting was supposed to finish at midnight. The police have been by twice, the landlord's made a threatening call, and the local Hell's Angels chapter just showed up at the door.

What are you going to do? Slap this sucker on the turntable and you'll clear out your humble abode in five minutes, guaranteed.

This is mood music. Not the

elevator or dentist chair kind but the NEW mood music. Simple repetitive melodies on piano with heavy background synthesizer, all designed to create that all-important melodramatic atmosphere. This is the stuff you hear on Miami Vice when Sonny Crockett tries to act hurt or horribly devastated about something.

A familiar feeling creeps over you when you listen to this record. You know what this music is? It's what you hear at the end of a bad movie as the roll the credits.

Buy this album only if you are a closet CHQM fan.

- Jamie Sexton

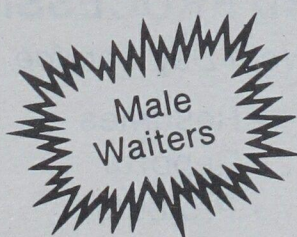


Jody Ray

LADIES EXTRAVAGANZA NIGHT Tues., Feb. 16

Taps

Sure to be a revealing experience!!!

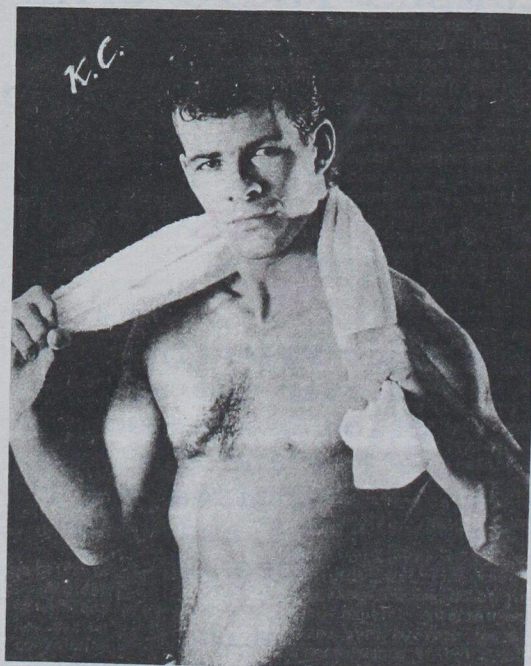


Doors open at 7:30 p.m.
Guys admitted at 9:30

Tickets: \$3⁰⁰

Group Prices: 10 - \$25⁰⁰
5 - \$13⁷⁵

(I.D. Required)
(Non alcoholic beverages available)
(Two designated drivers)



K.C.

Happy Valentine

Find a Valentine's Day activity to warm your valentine's heart

Has wondering what to do on Valentine's Day got your heart in a knot? Don't despair. Here's a list of Valentine's Day activities to please even the most finicky of valentines:

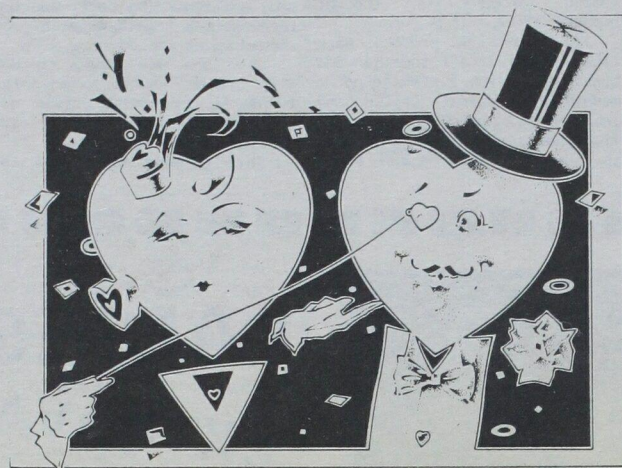
Dig out a white tablecloth and a romantic record and invite your valentine over for a candlelight dinner complete with wine and dessert. Flowers add a special touch.

Make some popcorn and snuggle up to your valentine in front of some romantic movies. Rent a VCR and some classic films such as *Gone With The Wind* or *Casablanca*.

On the other hand, head over to the Vancouver East Cinema for a very interesting double bill, *Suspect*, with Cher and Dennis Quaid, and *Diva*, in French with subtitles. Shows start at 7 p.m. For details call 253-5455.

Explore the ancient custom of "wrapping things graciously" in *The Art of Japanese Packaging* at the Vancouver Museum. The exhibit, on display at the Vancouver Museum at 1100 Chestnut, continues until February 28. Call 736-4431 for more information.

After a tour of the museum, take in the U2 Impressions show upstairs at the Planetarium. It shows at 9:30 p.m. Other shows running February 14 at the Planetarium include *Island of Stars*, at 2:30 and 8 p.m., featuring an exploration of the Milky Way galaxy, and *Look Out!* a special



planetarium presentation featuring, are you ready for this... the music of Monty Python. Call 736-4431 for details.

Take in a live show: Studio 58 at Langara College is featuring *Cloud 9*, a play by Caryl Churchill, an "imaginative, witty, satirical farce" and winner of numerous awards and critical acclaim. Shows at 3 and 8 p.m. on Valentine's Day. Reservations at 324-5227.

For the more adventurous valentines, celebrate the music of love and the love of music with Masterpiece Chamber Music at the Vancouver East Cultural Centre. Concerts at 2:30 and 8 p.m., featuring works by Arensky, Beethoven, Rodrigo and Schubert. Tickets at VTC or at 254-9578.

If your sweetheart is a hard core rocker, consider the Sunday concert at 86 St. Music Hall featuring local groups DOA and Bolero Lava.

Pizza more your style? Find the nearest Boston Pizza and order one of their once a year heart shaped valentine pizzas.

Don't forget to buy just the right valentine card for your sweetheart, one that eloquently expresses your undying love. The TNT Emporium has both a selection of cards and some small gifts that might be appropriate.

Elaborate or plain, silly valentine cards retain popularity

By Cami Swanson
Reprinted from the Emerald University of Oregon

On Valentine's Day, about 900 million valentine cards will be exchanged by sweethearts across the country. Some cards are romantic, some are funny, and some are downright vulgar.

The tradition of exchanging verses on Valentine's Day is believed to have originated by frenchman Charles, Duke of Orleans. During the battle of Agincourt in 1415, Charles was captured and put in prison in England. On Valentine's Day, he sent his wife a rhymed love letter from his cell in the Tower of London.

The first commercial valentines were not made until the 1800s. They were painstakingly handpainted and decorated with such things as paper flowers, feathers, imitation jewels, sea shells and lace. The price of these elaborate cards sometimes reached as much as \$10.

During the mid-1800s to early 1900s, a valentine card called the "Penny Dreadful" became popular. Selling for only a penny, these cards contained sarcastic and insulting remarks, and were usually sent as spiteful jokes.

Today, Valentine's Day is the

second-largest card-sending occasion in the country. It is surpassed only by Christmas.

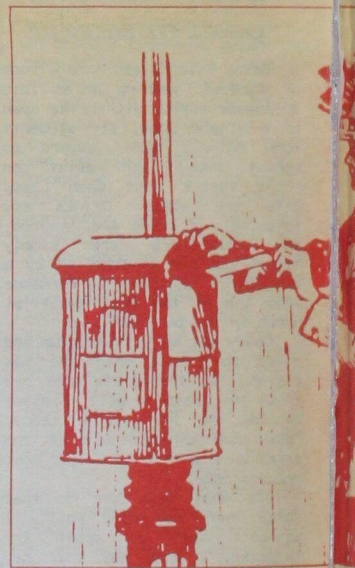
In 1983, Hallmark introduced a line of musical cards that played such romantic hits as "You Made Me Love You" and "Everybody Loves Somebody" when the card was opened.

However, Rhonda Mobley, an employee of Tiffany's Hallmark Shop in the Springfield Mall, said Hallmark received no new shipments of these musical cards this year due to their lack of sales in 1986.

"The fad seems to be over," she said.

Children's valentine cards now carry the likenesses of such cartoon celebrities as Garfield, Ziggy, Scooby Doo and the Centurions. However, other valentine cards are specifically aimed at adults

"We try to stay away from the



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Business Resource Centre

Campus Radio CFML On Location at the Food Training Centre

Friday Feb 12 for
VALENTINE'S!



Have your Valentine poem read over the air!
Collection boxes located in the FTC and the SAC:
Be sure to include who the poem is "to" and "from" and your technology!

Happy Valentine's Day
from Campus Radio CFML!



Founded by Dr. [Name] Please send [Name] to USC Canada My contribution [Name] Mr. Mrs. Miss Ms Address [Address]

USC Canada

Page 7

Know your blood pressure by heart

Blood pressure is the amount of force exerted on the walls of veins and arteries as blood is pumped through the circulatory system.

It is a measurable force or pressure which tells us how hard our heart is working to supply our bodies with food and oxygen and to eliminate waste.

This pressure is not constant but varies from moment to moment, day to day, depending on a number of facts.

It is lower at night, for instance, but rises to higher levels during the day when our systems require more food and oxygen.

Changes in our emotions, activity level or even our posture can also cause blood pressure to fluctuate.

These changes are temporary and perfectly normal but vary in degree from person to person. What this means, however, is that blood pressure is distinctive to your make-up in much the same manner as your height, weight (mass), or the colour of your eyes.

The only way to find out what your blood pressure is and whether or not it is normal for you, is to have it measured.

It is a simple, painless procedure and one with which

most of us are quite familiar. That is not to say, however, that we know how it is done or how to interpret the information it supplies.

The apparatus for measuring blood pressure consists of a stethoscope and a special machine called a sphygmomanometre (sfing-mo-man-o-metre). The latter comprises a wrap-around cuff which is actually an inflatable bladder, an inflation pump or bulb, a valve to control inflation or deflation of the cuff and a gauge which indicates blood pressure readings.

When a blood pressure reading is taken, the cuff is wrapped around the upper arm and inflated until it restricts the blood flow to the lower arm.

By placing the head of the stethoscope over the brachial artery located in the inner arm at the bend in the elbow, the examiner is able to "listen" while air in the cuff is gradually released.

When enough air has been released that the pressure in the artery, blood will begin to flow through the artery with each heart beat.

This "rhythmic" release or escape produces distinctive sounds which can be heard clearly through the stethoscope

as faint clear tapping sounds, gradually increasing in intensity.

When the first tapping sound is heard, the gauge is read and a number recorded which reflects the systolic pressure (the surge of force exerted on the artery wall during a heart beat).

As air continues to be released from the cuff, the tapping sounds will eventually disappear and, at the point where they do, a second reading is taken which indicates the diastolic pressure (the force exerted on the artery wall between heart beats).

The doctor or medical professional, who has taken the two readings, will express them as a fraction with the systolic, which is always the higher number, as the numerator and the diastolic, which is always the lower, as the denominator.

Although it is commonly believed that normal blood pressure is "120 systolic over 80 diastolic," the fact is, while "120 over 80" is normal it is not the only normal reading.

Because blood pressure levels vary from individual to individual, normal has been established as anywhere within a range of 100 - 140 systolic and 70 - 90 diastolic. Furthermore,

as blood pressure levels vary within individuals, it is necessary to take several readings over a period of time to establish what in this range is the true measure for any one individual.

As was mentioned earlier, what is important about knowing your blood pressure is the information it supplies about the health of your cardiovascular system, in general, and your heart in particular.

Knowing how your heart is faring is of vital importance because a heart forced to work abnormally hard to pump blood will not last as long, nor operate as effectively, as a heart which is functioning normally. Because our heart is key to our circulatory system, when it is in trouble every part of the body is in trouble.

Courtesy the B.C. Heart Foundation

Reducing the stress factor

By Shirley Tempest
Medical Services

Are you a sitting duck for a heart attack?

Do you worry about every wasted moment, every missed train; are you hostile in a traffic jam, or unable to wait in any line? Do you regard busy signals, overprotective secretaries, slow-moving salespeople as deliberate obstacles to your getting more and more done in less and less time? If so, you are rushing your life away. If you don't like the way you are, here are a few suggestions to help you change to a more relaxed less stressful way of life.

Self Evaluation

Start by taking stock of your goals, how you spend your time, and what is really important to you and those close to you. Concentrate on what is worth being rather than on what is worth having. Begin to think more in terms of quality, then rid yourself of some obligations, be they committees or household duties. Doing a few things really well is much more ego-enhancing and more likely to be noticed by other people.

Give up trying to be a superperson and forget perfection. Decide at work and at home what it is that you must do alone and then delegate other responsibilities to relieve yourself of time consuming chores. Spend more time alone with yourself. Sit quietly and stare out of a window instead of constantly scurrying around 'doing things'. Cultivate your aesthetic side. Set aside time to attend a concert or play, visit a museum, read a difficult book. Walk through a park at lunchtime instead of eating at your desk or over a business deal.

Curing 'Hurry Sickness'

Leave yourself more time than you think you will need to get somewhere or to accomplish something. Take something to read or do whenever you might have to wait around or stand in line.

Leave your watch at home for a week. Or put it in your pocket so you can't easily glance at it many times a day. Get up 15 minutes earlier so you won't have to start the day in a rush. Your body will appreciate the calm much more than the extra sleep.

Stop interrupting the conversations of others or finishing their sentences. Practice being a good listener concentrating on what is being said instead of thinking of something else that interests you more.

Conquering Hostility

Think about what situations upset or annoy you, and try calling upon your intellect and sense of humour to get you through.

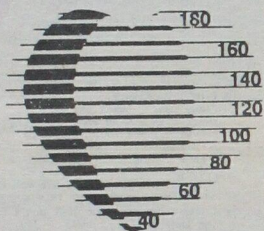
Don't waste your anger on trivial matters, most of which you can do nothing about anyhow, such as a delayed plane or bus, an inept waiter or an abrupt salesman.

Avoid contact with people who always raise your hackles.

Stop focusing on your ideals and how people fall short of them. This only fosters disappointment and hostility toward others. Make friends with more contemplative people who may not say much, but listen well and can serve as a model of relaxed behavior.

Finally, avoid habitual rushing and excessive competitive hostility, behaviors most closely associated with heart attack.

CHALLENGE



KNOW YOUR
BLOOD PRESSURE
by Heart



Canadian Heart Foundation
Fondation des maladies du coeur

FREE BLOOD PRESSURE CLINICS

Wednesday, Feb. 10
SAC Racquetcourts Lobby
Thursday, Feb. 11
J.W. Inglis Cafeteria

1000 - 1500 Hours Daily

WE'VE TOUCHED THE HEART
OF SOMEONE YOU KNOW
B.C. Heart Foundation

DON'T GIVE THESE SIGNALS A SECOND THOUGHT.

ACT IMMEDIATELY.

These signals may be the warnings your body gives you of a heart attack. And by ignoring them, you could be risking serious problems. Remember each year thousands of Canadians die from heart attacks before reaching the hospital. Often after much delay ignoring these warning signs.

So learn to recognize the symptoms of a heart attack. And when you see one or feel one, act quickly. As soon as you recognize a signal seek help immediately from a paramedic. Or get to an emergency room the fastest way possible.

You may not have a second to spare.

WARNING SIGNALS OF A HEART ATTACK

1. An uncomfortable pressure, fullness, squeezing or pain in the center of your chest behind the breastbone.
2. The sensation may spread to your shoulders, neck or arms. If it lasts for two minutes or more, you could be having a heart attack.
3. Severe pain, dizziness, fainting, sweating, nausea or shortness of breath may also occur, but are not always present.



PAIN IN THE NECK



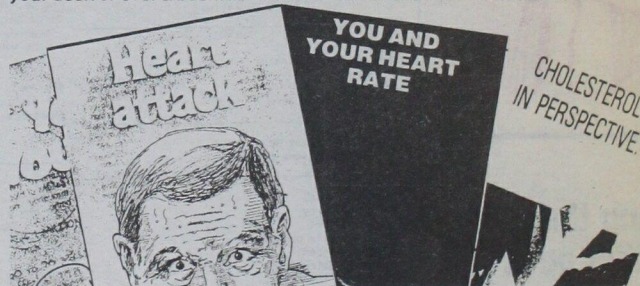
PAIN IN THE CHEST



SEVERE SWEATING



DIZZINESS



More info available

By Don Wright

For more information on heart disease, heart attacks, blood pressure matters and how to reduce the risks, BCIT Medical Services has available a wide selection of brochures.

You and Your Heart Rate is the newest publication from the Canadian Heart Foundation. It discusses the factors affecting the heart rate and offers information on how exercise alters the rate.

You and Your Heart is a good introductory brochure published by the B.C. Heart Foundation. It

presents some very basic information on the heart, heart disease, what to do in the event of a heart attack, and how to protect yourself against heart disease.

A B.C. Medical Association produced brochure, entitled Heart Attack, identifies what a heart attack is and how to avoid having a heart attack.

Cholesterol in Perspective is also available at Medical Services. It outlines the blood cholesterol issue and how eating habits do and do not contribute to the risk of heart disease.

Medical Services is located in the SAC Building, east hall.

SPORTS & RECREATION

NON-CREDIT COURSES

Wednesday
February 17

12:00 - 2:00 p.m.

Learn original brewing techniques which make for fine quality ales and lagers. Demonstration in brewing and bottling techniques. NO FEE.

UKRAINIAN EASTER EGG WRITING

Wednesday
March 9

12:00 - 2:00 p.m.

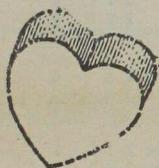
Learn the fundamentals of Ukrainian Easter Egg Writing. All registrants will be given the opportunity to make an Easter Egg. Most supplies will be provided but please bring a candle and candle holder. Limited registration so register early. NO FEE.

STAINED GLASS

Wednesday
April 13

12:00 - 2:00 p.m.

Come and see a demonstration of the fundamentals of stained glass.



Diamond Head Cross Country Ski Trip

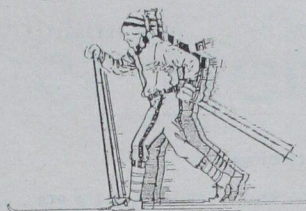
Weekend of Feb 20/21

Stay in the Elfin Lake Shelter

ORGANIZATIONAL MEETING

Tuesday Feb. 16th

5:30 p.m. ETC Cafeteria



BCIT Scuba Club presents Quadra Island Weekend Splash



March 4 - 6

\$140 cost includes 2 nights accommodations (with hot tub), boat and air, all Saturday meals and two meals on Sunday and excellent dive sites.

Register at the Recreation and Athletic Services Office. Trip offered through Abyssal Dive Charters.

Shisei-Kai Karate Demonstrations



Wednesday Feb. 17

12:30 1:00 1:30

Racquetcourts Lobby
SAC Building

BCIT SWEETHEART CO-ED CURLING BONSPIEL

WHEN: Saturday, February 13
WHERE: Burnaby Winter Club

FEE: \$20.00 per person
\$80.00 per team



Guaranteed 3 (6-end) games

PRIZES AND DINNER INCLUDED

Registration Deadline Wednesday, February 10th



SKIERS STOP!!!

SPRING BREAK ESCAPE APEX ALPINE

Regular Price \$180 — But if you pay by
February 19th only **\$169.00**

\$50.00 Deposit by February 12th

After February 19th the regular price takes affect.

INCLUDES: 3 days lift tickets

3 nights deluxe accommodation (on the mountain)

Return transportation

Guarantee Good Time!!

Depart Monday, March 14th — Return Thursday, March 17th

PHOTO CLUB Questionnaire!

1. Would you attend a basic camera operation course?
2. If so, do you have a camera?
3. Would you attend an introductory work shop on dark room techniques?
4. Would you attend an evening work shop on studio techniques featuring a live model?

If interested drop by the Recreation & Athletic Services Office.

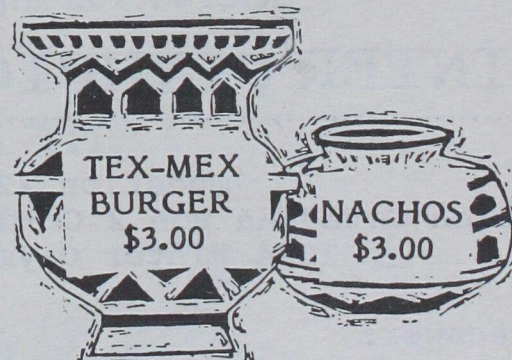
MEXICAN DAYS FEB 15 to 20

TINA'S TACO
WORKS
\$1.30

NEW
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TACO SALAD
\$3.35

With Guacamole,
Sour Cream, Salsa
and the works!



TEX-MEX
BURGER
\$3.00

NACHOS
\$3.00



Campus
Café



First Olympics trivia winner

The first winner in the Recreation and Athletic Services Olympics trivia contest has been announced. The winner is Ian Allan, who correctly identified Chamonix, France, as the site of the first official Winter

Olympics in 1924.

Congratulations Ian, who receives a free one day pass good at Hemlock for his efforts. Question number two is located on page 10 of this week's Link. Good luck everyone!

Intramural Registration

Flag Football

5 Spots Left

Starts Wednesday, Feb. 24th
11:30 a.m. - 2:30 p.m.
\$44.00 per team

Slo-Pitch Softball

Spots left on Tuesday, Wednesday
and Thursday

Starts March 21st
5:00 - 6:15 p.m.
\$15.00 per team

Wallyball

14 spots left

Starts Wednesday, Feb. 3rd
1:00 p.m. & 1:40 p.m.
\$30.00 per team

FLAG FOOTBALL OFFICIALS REQUIRED

3 Games per week
\$12.00 per game

Knowledge of football
necessary but training
will be provided

RECREATION &
ATHLETIC SERVICES

"THE GREAT PAPER AIRPLANE RACE"

WHEN: Tuesday, Feb. 16th 11:45-3:30
Thursday, Feb. 18th 11:45-3:30

WHERE: BCIT Gymnasium

FEES: .25¢ Per Flight
8½ x 11 paper provided

PRIZES: Excellent Prizes
Cash & Others

Two prizes will be given on each day.

One prize for the paper plane travelling the furthest distance.

One prize for the paper plane coming closest to a target on the floor.

In case of a tie, a draw will be done to declare a winner.

JOIN THE FUN!!!! GREAT PRIZES!!!! NO PRE-REGISTRATION REQUIRED!!!!

Intramural Standings

Non-contact hockey	GP	W	T	L	D	F	A	PTS
By-products	1	1	0	0	0	0	4	
Staff All-Stars	1	0	1	0	1	1	2	
Opman Random Violins	1	0	1	0	0	1	2	
Forestry Big Sticks	1	0	0	0	1	0	0	

Weekly game scores: Opman 1, Staff 1
Forestry default to By-products

Trades Challenge	GP	W	T	L	D	F	A	PTS
Appliance Repair	4	3	1	0	0	-	-	14
Plumbing	4	2	0	2	0	-	-	10
Appliance Repair II	3	1	1	1	0	-	-	7
Carpentry/Joinery	3	0	0	3	0	-	-	3

Volleyball Div A	GP	W	L	D	F	PTS
KT Cells II	2	2	-	-	4	
Ecolizers	2	1	1	-	3	
Set B'Elite	2	1	1	-	3	
BioNuclear	2	1	1	-	3	
Tchiban Clan	2	1	1	-	3	
Party Animals	2	-	2	-	2	
Marketeers	0				0	

Volleyball Div B

Bam Bams	2	2	-	-	4	4
Highballers II	2	2	-	-	4	4
Scouts	2	2	-	-	4	4
Marketeers	2	-	2	-	2	2
Sre(?)ies	2	-	2	-	2	2
Rockin Blockers	2	-	2	-	2	2
Tic "B"s	0				0	

Volleyball Div C

Bio Hazards	2	2	-	-	4	4
Seahawks II	2	2	-	-	4	4
Lounge Hounds	2	2	-	-	4	4
Mizfits	2	-	2	-	2	2
Beach Team	2	-	2	-	2	2

Wallyball Div A

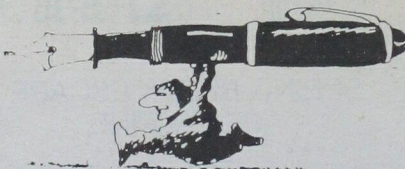
GP	W	L	D	PTS
Staff Floppies	2	2	-	4
Cad/Cam Dawgs	2	2	-	4
Plastics Ext. B	2	1	-	3
Plastics Ext. A	2	1	1	3
Survey Scorpions	2	0	2	2
Bio Science Amnesias	2	0	2	2

Wallyball Div B

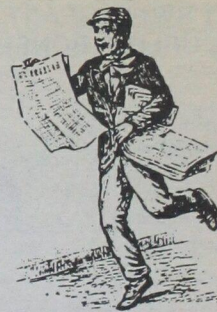
Comp. Res. Coffee Beans	2	2	-	4
Opman Wallbangers	2	2	-	4
Admin Leapers	2	1	1	3

Appl. Repair Live Wires	2	1	1	3
Bio Med Bored of Health	2	0	2	2
Fin Man Eliminators	2	0	2	2

WRITE A LETTER



TO THE LINK!



Recreation and Athletic Services

WINTER OLYMPICS TRIVIA CONTEST

Question #2

Which Canadian won 2 Gold Medals in the
1984 Winter Olympics?

Answer:

Name:

Phone#:

Rules:

Drop off your answer at the
Recreation & Athletic Office
or Equipment Room by
Friday, February 5th.

The winning contestant will
be drawn from all correctly
answered entries. Winner
will be contacted and the
name announced in the Link.

This week's prize:
One pair of
downhill
ski poles!

Classified ads cost \$1 per 25 words or less, and must be prepaid and submitted in writing. Discount for multiple insertions: 5 issues for the price of 4. The Link office is located in the SAC building, just inside the East entrance. Mail classified ads to: The Link, 3700 Willingdon Avenue, Burnaby B.C. V5C 3H2.



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Jan's Electrolysis Studio

Suite 1-4857 Kingsway
Burnaby, B.C. V5H 2C8 Phone 437-1811



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TONIGHT IN TAPS!

Featuring two of
Canada's Hottest
Comedians!



Taps

HAPPY VALENTINES



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3 Buttoned
cardigans

25% OFF
\$29.99

Sale Dates February 10
to February 20, 1988

Reg \$29.99
Reflections
Sweatshirts

18 Ounce Assorted Colors

1/3 OFF
\$19.99

Umbrella's
Reg from \$9.99 to \$13.99

\$8.49 - \$11.89
15% OFF

Reg \$3.00
Locker Posters

30% OFF
\$1.99

Reg \$24.99
BCIT Back Packs
Limited Supply

\$17.99

Staedtler
E lance
Gift Pen

Sugg Retail \$6.95

TNT Price \$4.99

\$3.95

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2N Breezeway

JW Inglis

SAC Lobby



emporium

Come In and See
Our Cards and Gift
Items - Just Right
For Your Valentine
From \$1.79 - \$9.29
Don't Forget!