

# theLink

student newspaper

Volume 43  
Issue 8  
January 10  
2008

## Old Habits Die Hard

Get fit, quit smoking, and smile more - student resolutions for '08

By Len Catling  
and Shane Woodford  
Link Staff

As BCIT students pour back into classes for the winter semester, many have more than books and assignments on their minds.

Some will also be saddled with the inevitable New Year's resolutions they have challenged themselves to fulfill.

"Get a little bit healthier; hit the gym a little more," New Media program student Alex Brown said when asked how he would improve himself in the New Year.

The goal of a healthier lifestyle is common amongst resolutionists, according to BCIT Recreational Facility Programmer Peter Odynsky, who will see a sharp increase in students using the fitness facilities in SE16.

"It's totally abrupt, like night and day. We'll have three times as many people through January and half of February as well."

Odynsky says the resolutionist rush to the gym trickles out immediately after Valentine's Day.

"Feb 14, like clockwork."

Rebecca Redford of the New Media program thinks she can become healthier by combining fitness and a more controlled diet.

"I work at McDonald's so I will try to cut down on McDonald's food. That's the big one."

The change in diet is also noticeable at Professor Mug's Pub. According to senior waitress Noelle Kenworthy, eating habits are a short term change for students.

"They will start eating healthy for the first few weeks into January and that's about it, then it goes back to normal."

Kenworthy adds that students generally don't eat less for the first few weeks of the New Year, instead choosing their meals with a more selective eye.

"Salads, wraps, soups, Diet Coke and brown bread are very popular after New Year's. They switch over to water a lot from beer and pop."

Professor Mug's bartender Dominic Bianconi doesn't believe the myth that students drink less after the holidays, but notes they do try and tighten their purse strings.

*continued on page 2*

**In this issue:**  
**Mike Small is funny; p.6**  
**and campus etiquette, p.7**



continued from cover

"They drink the same and tip less," he proclaims before stating his strategy for not breaking his New Year's resolution: "Every year I make the same resolution. Not to die. I haven't broken it yet."

In addition to shaping up with exercise and diet, many will try to shed the dreaded curse of the tobacco leaf. Health Canada reports that slightly less than five million Canadians still light up regularly.

With a quit-rate of over 63%, British Columbia leads all provinces when it comes to smokers butting out.

"It lasted about thirty minutes," admits Jason, a truck driver who hauls building materials to and from BCIT. Jason says he often smokes in excess of two packs a day and tried to quit the habit on New Years Eve 07' but found old habits die hard.

"As soon as you start drinking, you know there's nothing better than a beer and a smoke."

Some students refuse to even attempt quitting as they still enjoy the social aspect of a cigarette break with classmates despite society's penchant for anti-smoking dogma.

"It's okay because we get to have our own club," says Computer Systems Technology student Shane Vandermeer while sucking back a dart with four of his friends around a large plastic pail ashtray.

"This is how we all get to hang out together."

Some students think resolutions are an opportunity to do their part in the name of environmentalism.

"I'm going to recycle more," states Nursing student Bobbi-Jo Oliver.

"Throw out less food waste and products like paper and



Two students at BCIT's Downtown Campus start 2008 off with a slice of pizza. Will you keep your resolutions?  
- photo by David K. Lai, Link Staff

plastic."

Other students tend to make resolutions that are a little more personal.

"Stop masturbating," says Roberto Romano, "It keeps me controlled with enough

testosterone without living loose and getting lazy . . . I'm a student so I should train my brain instead of my muscle."

Some New Years resolutions are of the more inspiring variety.

"Stay happy," beams Bio-Medical Engineering student Shawn Scott.

"Concentrate on happiness and smile more. I find that if I smile lots I'm going to be happy."

## News in brief

The skinny at BCIT

### Endowment announced for ATC

BCIT's new Aerospace Technology Campus is getting an endowment in the name of one of its major fundraisers.

Members of the Business Council of BC are establishing the endowment for their retiring CEO, Jerry Lambert.

Lambert helped raise more than \$12 million for the ATC, which opened on Russ Baker Way in Richmond in October.

Business Council of BC chair Larry Berg says the endowment is "a unique opportunity for us to not only show our appreciation for Jerry's

work, but also celebrate his passion for community and for education."

The money will be used to set up the Jerry Lambert Library Endowment, which will be put towards buying reference materials including rare books and special collections for the campus library.

**Brent Shearer**

### Landmine detection? Not at BCIT

BCIT considered adding landmine detection and removal research to the fields of study it offers, but decided it against it after the relation-

ship with a key company didn't work out, according to Media Relations Manager Allison Markin.

"We did have a relationship with The Alliance Enterprise Corporation in June 2006" Markin says, "we were looking at research and working together."

But since the field plays virtually no role in BC's economy and would serve little benefit to students, Markin says BCIT decided to shelve the idea.

Over the last few months a handful of people have made inquiries about whether BCIT is pursuing a relationship with companies involved with landmine detection and removal.

In response, BCIT sent out a press release clarifying its position: it presently has no interest in the field.

But Markin says the school is leaving the door open to the idea, adding, "If an opportunity came up in the future, [BCIT] would look at it."

**Brent Shearer**

### Virtual Fraser River

Surfing the historic Fraser River can now be done online thanks to the BCIT Fish, Wildlife, and Recreation (FWR) program.

This comprehensive website focuses on the natural and cultural values of the lower

Fraser River between Hope and Mission.

"The 'People of the River' section of the website includes perhaps more information on the history of First Nations of the lower Fraser than any other site," according to Mark Angelo, head of the FWR program.

This informative website tells the story of the Fraser's past, its plants and animals, and the human activity it supports.

The site features conservation, environmental issues, and news clips about recent efforts to protect this amazing part of British Columbia.

**Shane Woodford**

## theLink

SE2 - 281  
3700 Willingdon Ave.  
Burnaby, BC, V5G 3H2

Tel: 604.456.1167  
Tel: 604.432.8974  
Fax: 604.431.7619

The Link is the student newspaper of the British Columbia Institute of Technology. Published bi-weekly by the BCIT Student Association (BCITSA), The Link

circulates 3,000 copies to over 16,000 students, faculty and staff.

**Editor:**  
Brent Shearer  
editor@bcitsa.ca

**Photographer:**  
David K. Lai  
photo@bcitsa.ca

**Cover:**  
Dave, Geoff, Shane

**Link Writers:**  
Jeff Baillie  
Len Catling  
Jody Chesney  
Tania Chu  
Ryan Clarke  
Tom Laird  
Dhiren Mahiban  
Kristini Mameli  
Sara Norman  
Michael Small  
Josh Tawse  
Shane Woodford

**Contributors:**  
Cody Crawford  
Matt Groening  
Jared Gowan  
David Karp  
Dr. Brian Parker  
David Suzuki

**Publications Manager:**  
Geoff Gauthier  
link@bcitsa.ca

**Advertising Sales:**  
Gilbert Matembe  
adsales@bcitsa.ca

The views in The Link are not necessarily those of BCIT, BCITSA, the Editorial Staff, or the Publications Manager.

As a member of Canadian University Press (CUP), The Link adheres to the CUP code of ethics and will not publish any material deemed by the editors to be sexist, racist, homo/hetero phobic or in poor taste.



National Advertisers Call for Rates 416-966-8811



# Profs attack laptops

Portable computers in the classroom

By **Cody Crawford**  
the **Charlatan**  
(Carleton University)

OTTAWA (CUP) -- Plenty of students bring laptops to classrooms, but using them for an academic purpose is not always their intention and professors across the country are asking students to unplug.

Jean Boivin, an economics professor at HEC-Montréal, said that it was not until he found out that one of his students had lost thousands of dollars day-trading during his classes that he decided to try and do something about it.

"Students wrote a complaint about their colleague misusing computers in class, which was disrupting them," said Boivin.

He said he was receiving complaints about students doing things like trading, gaming

or chatting in class. Taking a chance, Boivin and a number of other professors at Columbia University in New York, declared their classrooms laptop-free.

"I tried it and found it made a huge difference," said Boivin, who said he was pleased with the change it made. Now other professors are beginning to toy with the notion of banning laptops.

Terence Day, who teaches geography at Okanagan College, is one such professor.

"I ask students at the beginning of the semester what they want to do about laptops in the classroom. I lay out the issues in terms of the potential impacts of laptops on learning and the need for students to take responsibility for their own learning."

Owen Roberts, the director

of research communication at the University of Guelph, recently wrote to University Affairs Magazine with another proposal, what he calls an electronic countdown.

"I started giving the students five minutes at the start of class to IM, check e-mail, call someone or do whatever they need to do electronically. Once that grace period ends, cell phones are off and IM and Internet is disengaged," Roberts said.

Boivin said he thinks the issue should be dealt with on an individual basis, and not by university administration.

"Banning the computers has the benefit of pressuring the faculty into delivering a better course," said Boivin.

"I think people should do whatever they are comfortable with."



Are you using your laptop for learning?  
- photo contributed

# Lottery system needs reform

Students tend to burn the candle at both ends

By **David Karp**  
CUP **Western Bureau Chief**

VICTORIA (CUP) -- An investigation into the B.C. lottery system by Deloitte, an auditing firm, resulted in 44 recommendations for B.C. Minister of Public Safety and Solicitor General John Les on how to improve the lottery system. It was made public in November.

Now critics in the provincial government are calling for the minister to implement the necessary reforms or resign.

Concerns about possible fraud were raised after an audit uncovered 21 retailer wins of at least \$10,000, some of them repeat winners.

The report suggests that the government review "the current, structure, accountabilities and responsibilities for gaming" to reduce any perceived or actual conflict of interest.

Currently, the Gaming Policy and Enforcement Branch reports to Les, who also oversees the lottery corporation. While no actual conflict of interest was expressed, the report did note that the perception of one was not difficult with the same man in charge of both administering and enforcing the lotteries.

"With the existing structure wherein [the two agencies] re-

port to the same minister, there is a potential for an actual or perceived conflict of interest as the accountabilities and responsibilities for policy and the distribution of the proceeds of gaming rest with the same organizational units as those responsible for enforcement and audit," the report said.

Harry Lali, the NDP critic for gaming, has since called for Les's resignation because he's "not up to the job."

"This report is a damning indictment of Liberal policy and the Liberal way of doing things," Lali said. "You can't have the same minister who is responsible for gaming also be responsible for the enforcement of the gaming regulations. There's an inherent conflict of interest that is there, and the report says so."

But Les said the report doesn't explicitly say a conflict of interest exists.

"It didn't say that it actually puts me in a conflict of interest. What it did say is that that perception could be there," Les said. "But it did suggest that we review that, and we will."

That's not good enough for Lali.

"If there are any illusions [about a conflict of interest], they're in the mind of solicitor general John Les. It's been

made clear by the official opposition and now by this report that they should be under different ministers, and they're basically putting it on the backburner for further consideration and review, rather than acting on it."

But aside from conflicts of interest at the higher levels, the report also calls on the Gaming Policy and Enforcement Branch to focus more on enforcement at the lower levels, including retailers.

"We believe enforcement currently does not have sufficient prominence within the Gaming Policy and Enforcement Branch," the report said, adding that a whistleblower program should be implemented within the branch.

The report also recommends the B.C. Lottery Corporation implement a fraud detection system to monitor suspicious activity, something the corporation has already planned to implement, and raise its standards of documenting security investigations.

Les said that the government will consider all of the recommendations, but will

not commit to implementing all of them.

"That was in fact [Deloitte's] recommendation — take a look at it and take into consideration their comments. So we're going to be doing that. What flows from that will obviously come after we've taken a good hard look at it," he said.

Lali said the changes are needed now.

"I think the management system by the Liberals is broken. They're mishandling it,"



said Lali.

"When they were in opposition [the Liberals] said they were opposed to an expansion of gaming when the NDP was trying to do a modest expansion. What they've done is try to increase gaming by over 125 per cent in terms of how many casinos are opening up and slot machines going in."

## TOP 8 LIFE-CHANGING TRIPS FOR 2008

1. Volunteer in incredible Ghana
2. Italian courses in Florence
3. Australian Surf School
4. Photo Vietnam with a professional
5. River cruise through the Amazon
6. Polar Bears up close
7. Climb Kilimanjaro (you can!)
8. Thai Cooking courses in Bangkok

Call us for all the life-changing details!

Call Toll Free:  
1.888.359.2887  
www.travelcuts.com

**TRAVEL CUTS**  
Canada's Student Travel Experts



# Science Matters

Pot kettle black



By David Suzuki

Do you remember the old axiom “think globally, act locally?” These words are truer today than ever before, especially when applied to Canada’s battle against climate change. To see real action on climate change in Canada and the U.S., it is best to look at what is taking place at the municipal and provincial levels in both countries.

I was recently in Seattle with former U.S. President, Bill Clinton and via-teleconference, Ex-Vice-President Al Gore, as part of a U.S. mayors’ conference. The mayors of the two largest American cities, New York and Los Angeles joined the more than 150 mayors who attended the gathering. What makes this so special? Those participants represented more than 700 mayors who have signed an agreement promising to meet or beat the Kyoto targets of 2012. All of them together represent over one-third of that country’s population.

Those mayors want to reduce their cities’ greenhouse gas emissions by 80 per cent by 2050, but say they cannot do it alone. Although mayors from both countries need help from their federal governments, they are already joining forces to take action.

The Midwest Global Warming Pact, for example, includes

nine Midwestern states—including big polluters like Illinois and Michigan—and Manitoba. They join two other groups of states and provinces that are already working together on this cross-border issue.

In Seattle it was inspiring to see so many leaders get together to think about ways to reduce greenhouse gas emissions. It reminded me of those old movies I saw as a child, when the heroes would band together to defeat the villain. But as inspiring as this mayors’ conferences was, other conferences are less so.

Take last month’s Commonwealth summit in Kampala, Uganda, for example where the prime minister called Kyoto a “mistake” because it only includes targets for wealthy industrialized countries. This was not only an attack on the Protocol but on the Climate Convention itself, which is the cornerstone of the UN’s multi-lateral efforts to prevent global warming.

This past September at the APEC meetings in Sydney, leaders of the U.S., Australia and Canada, who had long questioned the reality of human-induced climate change, announced a new path to meet the challenge of global warming. Their three solutions? Aspirational targets, technology and reduced energy intensity.

Previous Canadian governments sought to achieve reductions by “voluntary compliance,” which differs little from “aspirational targets.” Basically, this approach requires the government to politely ask corporations to begin reducing emissions for the greater good.

It doesn’t work.

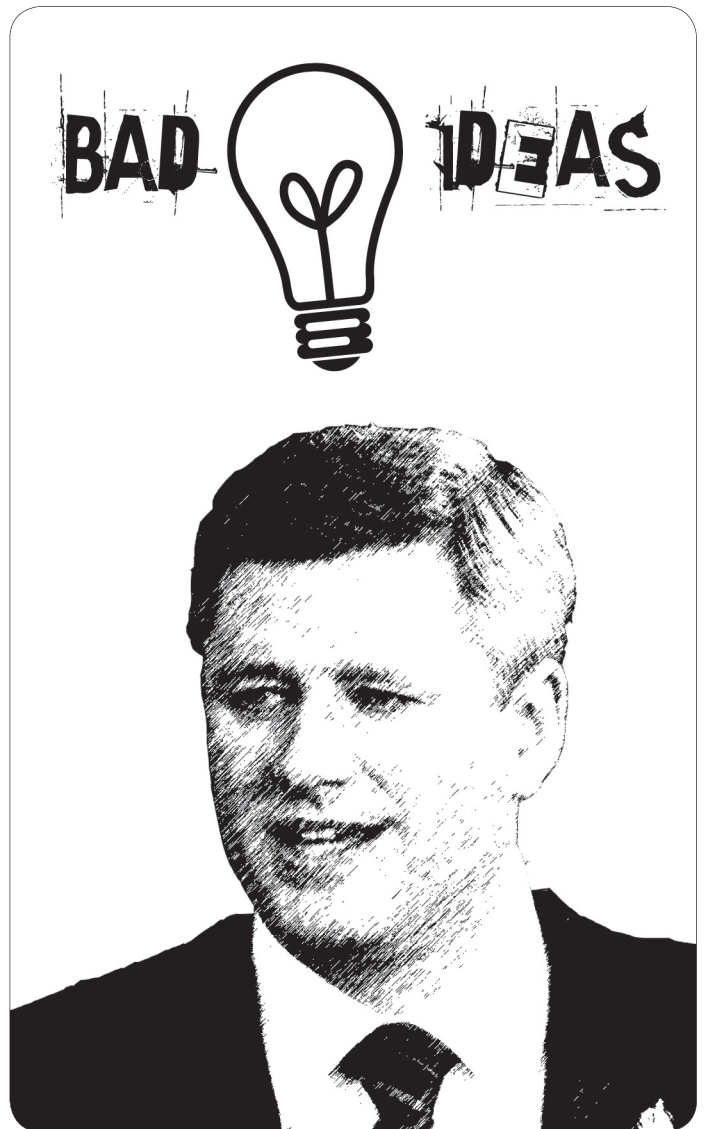
The second option is also great for leaders who want to delay action: tell citizens not to worry because we’ll find some marvelous new invention that will allow us to continue with business as usual. Unfortunately, most forms of technology take years to mature and usually create other, unforeseen problems. The final idea centers on “intensity”, the total energy used per amount of production or widget manufactured. Reducing intensity means using less energy per unit. But if intensity is reduced while the amount of production continues to climb, total emissions will increase.

None of these ideas is a serious attempt to reduce emissions.

And it looks bad on the world’s stage that Canada is seriously pushing these approaches. As the only nation to have legally agreed to the Kyoto target and then reneged on it, Canada enters the upcoming UN Climate Change Conference negotiations in Bali with severely weakened credibility.

Canada will also arrive in Bali with an emission-reduction plan that four independent analyses have found will not even meet the government’s targets that it has substituted for Kyoto’s goals. Canada remains one of the few holdouts in the industrialized world to avoid a serious commitment on climate change.

Any effort to persuade other major emitters to take on new commitments will surely be hampered by the government’s rejection of its own existing obligations.



Stephen Harper deals in “aspirational targets” when it comes to APEC.  
- graphic, the Link

Canada’s lack of real effort to reduce its own emissions means it is ill-suited to lecture developing countries on their responsibilities — especially countries with a tiny fraction of the wealth and emissions per person that this country possesses. With help from wealthy countries, developing nations can do more to shift to a low-emission energy path. But coming from Canada, with

its current record, this message smacks of hypocrisy and will only harden resistance.

The Bali conference provides an unparalleled opportunity for the Canadian government to bring its climate policies in line with its rhetoric. Perhaps it’s time for the government to take some lessons from its little brothers in the city halls and provincial legislatures.

# ACE Corner

An ACE by any other name

You will be seeing a whole lot more of the name SIFE (Students in Free Enterprise) on campus now that ACE (Advancing Canadian Entrepreneurship) is in the process of a name change and a little cosmetic rebranding!

It’s official but not quite yet formalized, so for now the two names will be side-by-side until the official name change in September 2008.

To prepare for the official change over in September, the organization is undergoing

a revamp of all promotional materials from the Website to business cards, media kit and swag.

The changeover is now underway but for all the extra work, the rebrand is an exciting chance for the organization to build a brand that better reflects the students that make the organization run so successfully.

SIFE / ACE BCIT now has more than fifty members working on several exciting and challenging projects.

This name change was decided at the ACE head office. The transformation was determined in part to give student members more opportunities to showcase projects beyond the borders of Canada. Now students have the chance to compete with other students on an international level instead of being limited to the two Canadian competitions.

The ACE organization was started as a national student-run organization that focuses on promoting and celebrating

entrepreneurship in communities across the Canada. The BCIT chapter was formed in 2002 by two students interested in putting their classroom knowledge into action to help others start or grow their own businesses.

Keep your eyes open for the upcoming changes and remember that ACE and SIFE are working for the same cause.

**Brionne Holland**  
Director of Media  
ACE/SIFE BCIT

ace ★ bcit

is  
changing  
to

**SIFE**  
B C I T





**In the**

**RUSSELL**

**ATHLETIC®**

**draw, come claim your prizes!**

**David Roberts**  
**Adam Shannon**  
**Cathy Yang**  
**Rachel (Jia Wei) Li**

**Come to TNT Mainstore,  
 SE2 by January 31 to get  
 your gift certificates.  
 Don't forget your I.D.**

## Gift of Choice thank yous

Thank you for making the 'Gift of Choice' Holiday Campaign 2007 a success! We would like to thank the following individuals departments & clubs for their generous support & donations to the "Gift of Choice" Holiday Campaign.

BCIT Library  
 BCIT International Student Centre  
 BCIT Program Advising  
 BCIT Student Employment Services  
 BCIT Marketing & Communications  
 BCIT Recreation Services  
 BCIT Counselling  
 BCIT Medical Services  
 BCIT Human Resources

BCIT Housing  
 BCIT Apprentice Services BCIT Financial Services  
 BCIT Financial Aid  
 BCIT Institutional Research and Planning  
 BCIT Marketing Association (MA)  
 BCIT Student Association TNT Main Store  
 BCIT Student Association Main Office  
 BCIT Alumni Association  
 BCIT Administration Office

BCIT Registrar's Office  
 BCIT Board of Governors  
 BCIT Aboriginal Services  
 BCIT Disability Resource Centre  
 BCIT IT Services  
 BCIT International Credential Evaluation Service  
 BCIT Advancing Canadian Entrepreneurship (ACE) and  
 many more individuals within the BCIT community who  
 contributed to the success of this year's campaign.

**JOIN US!**

Bring your lunch,  
meet new people.




**Tuesdays**  
**11:30am - 1:30pm**  
**Advocacy Office**  
 (between Uconnect and Image Centre in SE2)

**Questions?**

About your marks?  
 Confused about BCIT policies?  
 Any other issue important to you?

**book an appointment  
 or drop-in SE2 285  
 604.451.7087**



**advocate@bcitsa.ca / vpsa@bcit.ca**



# Young versus old: When it comes down to schoolgirls or cougars, who reigns supreme?



By Mike Small  
Link Staff

**Y**oung vs. Old. Lolitas vs. Cougars. It's a battle as old as time. But has anyone really ever answered who comes out on top? Now that I'm 22 years old, I feel like I can see things more clearly. I'm old enough that mature women will take notice, and young enough that high school girls won't think I'm entirely creepy. Let's break it down.

## Young

No matter how old men get, every single one of us still has the hots for certain images.

The Schoolgirl. The Baby-sitter. The Cheerleader.

Why? Because we associate these things with youth.

If a guy tells you a girl in a plaid skirt and knee high socks isn't his thing, he's either lying or dating your brother.

But what is it about these younger women that gets us going? Personally I think that as a guy, I like to have that ad-

oration that comes with dating a younger girl.

When I pull up to a young gal's house for a date, I know that not all of her friends have a car. And I know that not all of her friends can buy booze.

Do these things really matter?

No, but young girls think it's cool, and that's cool with me.

Young girls are always into older guys because they think we're cooler than we are just because we're older.

How many times have you seen some smoking hot young girl dating the loser you used to go to school with?

I could have no job, live with my parents and drive a busted up 78' station wagon, and a younger gal would think I was the cat's pajamas.

This lasts for about six months before younger girls clue in and start bossing us around – within 8 months you'll be watching 'Grey's Anatomy' and 'So You Think You Can Dance,' and you'll be wondering what happened to the sexy school girl you were making out with.

## Old

How many times do you go out with your friends, and after a few drinks, they are in hot pursuit of a hot older lady?

And how many times do they end up with them? Hardly ever. That's because older women can pick and choose who they sleep with. We are putty in their hands, and that is

why we dig them.

Older women know what they want. And they know stuff you don't. But they can also teach you wonders you never knew about. Or so I hear.

I think guys are into older girls because they believe that older women don't come with the drama that you get with younger girls.

No fights at high school dances. No scary parents that know you're just trying to steal their daughter's virginity.

But I have a secret for you. Girls are crazy no matter what age.

We like older girls because we think they can rock our world sexually, plain and simple. And do you know why we think this? Because most of the time, they do.

Just don't be surprised when you're having the same "commitment" talk with a 34 year old that you had at a grade ten house party.

## Summary

So in this battle of the ages, I think it's safe to say that it's a draw. There are pluses and minuses to both. Yes younger girls have perkier breasts. Yes, older women have that trick with their tongue.

But let's be honest, in the grand scheme of things, we're lucky to get any girl, no matter what her age.



Older versus younger; the debate continues.  
- graphic, the Link



## GO PLACES FROM HERE



## WITH A \$5,000 IRVING K. BARBER BC SCHOLARSHIP

150 scholarships of \$5,000 awarded annually to  
2<sup>nd</sup>-year BC students transferring to complete their degree

APPLY BEFORE MARCH 31

Visit: [www.bcscholarship.ca](http://www.bcscholarship.ca)  
or talk to your campus Financial Aid Office today

 **THE IRVING K. BARBER**  
British Columbia Scholarship Society

IN PARTNERSHIP WITH

**VICTORIA**  **FOUNDATION**

Investing in the skills and talents of British Columbia's students



# Buy used and adopt

How we can work together and reverse an alarming trend



By Brent Shearer  
Link Staff

Some of us out there should strongly consider not having children.

Not because the world already has enough people. Nations such as Japan are struggling to deal with a declining population rate as its oldies steadily kick the bucket and the younger generation decides to wait longer and longer to have kids. There is still a need for more people to replenish our globe.

No, some of us are not and will never be cut out to raise the quality of people our world desperately needs.

Humanity is getting progressively dumber rather than smarter, and it's time people stepped up and took control of the situation before it's too late.

This idea is brilliantly explored in the opening scenes

of Mike Judge's 2006 movie *Idiocracy*.

The flick opens with a case study depicting two sets of people.

There's the hillbilly type who knocks up chicks and produces offspring, who then breed like rabbits. This goes on for a few decades until we look back to see how from just two people, around 30 Rosie-watching, Walmart-shopping, McDonald's Special Menu-eating ignorant people have been spawned... successively diluting the gene pool with each generation.

There is also the affluent geeks who think far too much about the ramifications of having children – the point they're at in their careers, the costs, the world around them – and put off having kids until the male counterpart has bogged off and the women is left to procreate via artificial insemination.

In the former scenario, 30 new people are added while in the latter, at most, one child enters the world.

Multiply this many times over and you have a recipe for how to dumb-down and stupefy the human race.

This is happening now.

Take game shows on television for example. On one of the most popular shows the

sole aim is to choose boxes and... open them! On *Deal or No Deal*, hot chicks strut about opening boxes and smiling while the host banter with the contestant who is challenged to open another box, or not. Riveting, mentally stimulating stuff.

Staying in the US, the leader of that country actually believes the Earth is 6000 years old. Never mind carbon dating, fossils, or history as we know it.

No, the person in charge of the world's strongest nation is a believer and millions follow his lead – they even voted him in for a second term.

Of course, those two examples are from the States, and up here in Canada, we do tend to look upon ourselves as a bit smarter than our southerly kin.

But are we?

We watch the same television shows, eat the same fast-food, and buy the same cheap plastic products they do. Our politicians may not be as farcical as theirs, but we may be able to give them a run for their money as we edge closer to another federal election.

By saying people who are less than bright shouldn't breed – especially with each other – I'm not suggesting they shouldn't have children



In 30 years your kids will all be this guy.  
- photo contributed.

at all.

They can adopt.

It's similar logic to being environmentally friendly by buying a used car rather than a new one. Instead of purchasing the end result of all that energy which goes into producing a car in a factory, simply get one that has already been made.

Parents ought to adopt a kid who has had a few years under their belt and do their best to raise them as a good, upstanding citizens.

And if it doesn't work out,

and the kids are stuck watching Entertainment Tonight to get updates on what Britney Spears or Lindsey Lohan has done next, that's okay because the parents haven't necessarily added another person to the world, they've simply corrupted one that was already here.

Perhaps this way we can reverse the current trend and get back on track to where humanity should be: moving forward with courageous intellect, ready to take on the next challenge.

# On-campus etiquette

Get back to basics this year

By Tania Chu  
Link Staff

Another year has arrived, seemingly quicker than ever, and for many of us it's a time to make New Years resolutions.

If you're running out of ideas, or getting weary of the same old unattainable diet goals, perhaps I can give you some new inspiration.

This year, let's resolve to "mind our manners" on campus with some good old-fashioned etiquette.

As students, we spend so many of our waking hours on campus. Each day we interact with hundreds of other students, faculty members and staff.

We see each other more than our pets, spouses, or kids.

So the following are just a few little reminders to keep the courtesy ball rolling.

## Hold the door

It certainly feels nice when the person in front of me holds the door open (especially if it's a dude).

Whether you choose to hold the door or slip past it while it's closing, it gets noticed.

So try not to be the jerk that slips past the door.

If you're on the receiving end, remember to say thank you or at least nod or crack a smile if you're the non-vocal type.

## Keep to the right

Keep to the right of the hallway or staircase when making your way to the next class.

This reduces the chance of getting bumped by elbows and backpacks when trying to squeeze past crowds.

It also gives the brisk walkers (like me) an easy way to pass the leisurely strollers.

## Choose low-profile classroom cuisine

What's less enjoyable than an early Monday morning class? Catching a whiff of someone's grease-sweating Egg McMuffin.

Our choice of classroom cuisine can really impact the wellbeing of our peers. Might I suggest the classic, discrete and modest granola bar?

## Be a pro

Merely showing up for class just isn't good enough if you plan on keeping your credibility.

Try to be respectful to instructors and classmates by arriving on time.

It's never a bad idea to practice professionalism on campus. Who knows? Your instructors and peers could end up being your work references, co-workers, or even bosses one day.



Open a door for someone; be selfless.  
- photo by David K. Lai, Link Staff

## Pick it up

Nobody deserves to sit on your cookie crumbs or lunchtime leftovers.

It only takes a second to throw out your trash, so why not (you dirty animal!)?

Etiquette is simply about being aware of the people around us and showing them respect.

Sure, you're not saving the world, but it'll still make you a better person. (And who the heck doesn't want to be a better person?)

These etiquette tips are probably the easiest things you'll ever do at school, so go ahead and make good manners the resolution that you can finally keep.



## The Russian Rocket Dominates

By Len Catling

**P**avel Bure is the greatest hockey player ever to wear a Canucks uniform.

He was a prolific goal scorer, prodigious skater and the most exhilarating performer in Vancouver hockey history.

In hockey the way to beat your opponent is to put the puck in their net before they put it in yours. It is a simple strategy. The complex part is finding a player who can actually accomplish that feat.

The Canucks had gritty players, tough players, above average players and players that were “good in the room.” Stan Smyl, Trevor Linden, Patrick Sundstrom, and Tony Tanti fall into these categories. Prior to 1991, the Canucks had two winning seasons. The four players mentioned above were not on the roster in those years.

When Bure rocketed into the Pacific Coliseum during the 1991 season the Canucks became a legitimate threat to win every game they played as Bure was always the most dangerous offensive player on the ice. They set a team record for points that year and broke the record again in 1992. “Good in the room” is unpredictable when it comes to generating offence. I’ll take a couple of goals on the scoreboard and two points in the standings.

Bure was the most exciting player to watch in Canucks history. His pinball-like rushes up ice punctuated by clinical dangles and jukes made him a spectacle never before or since seen on Vancouver hockey rinks.

The scene of Bure circling behind his net, gathering the puck, then blending surgical precision with a locomotive’s power as he blistered up ice is unforgettable. Sixteen thousand people in collective anticipation, on their feet waiting for those three trademark strides to launch the Russian Rocket onto highlight reels across North America.

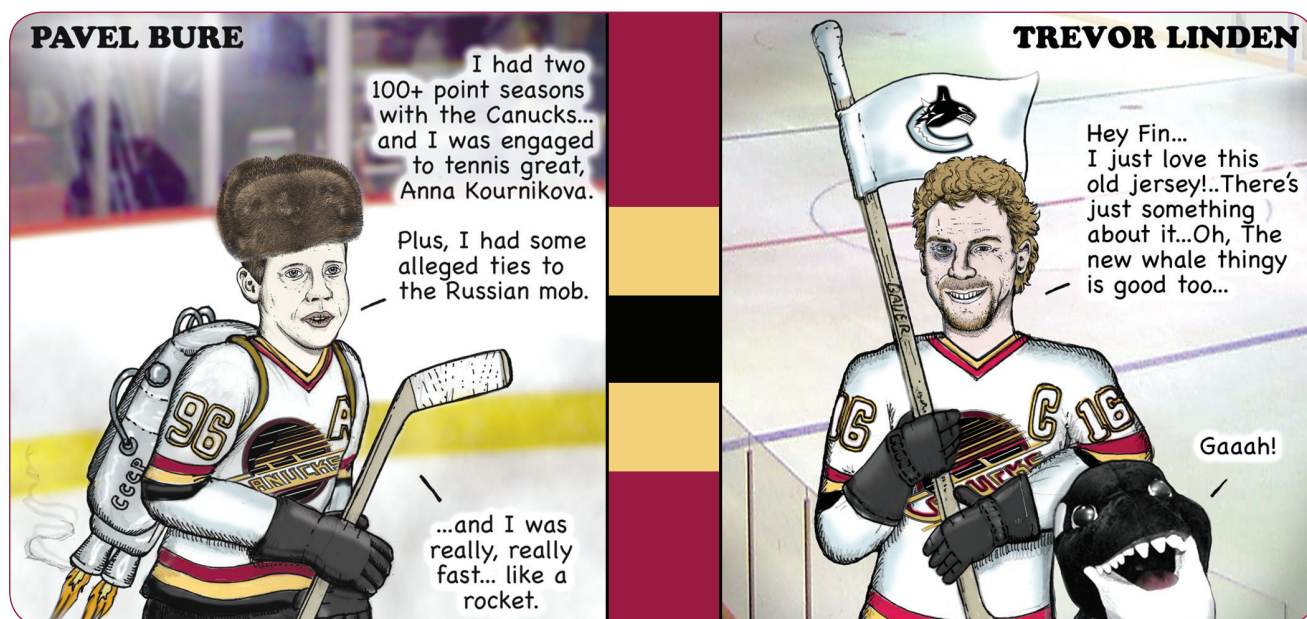
Bure was the first transcendent superstar Vancouver could call their own.

“Good in the room” is visually boring.

Unless you are a player or a member of the media you don’t get to “go in the room.” Fans prefer the highlight reels. Bure’s teammates and other members of the organization also prefer highlight reels as they are still awed by his skill set.

“Some of the things Pavel did at high speed, I couldn’t do at walking speed,” said Stan Smyl during Global TV’s Greatest Canuck Poll.

Cliff Ronning often shared power-play time with Bure during Vancou-



ver’s pilgrimage to the Stanley Cup Final in 1994.

“I don’t think I’ve ever seen anyone skate that fast and I don’t think you’ll ever see it again,” remembered Ronning.

“On the ice” is distinctly different than “in the room,” much like great players are different than great people. The fans of cup-starved Vancouver often blur these lines causing a great public relations person like Linden to be bronzed while a great hockey player like Bure is tarred and feathered. Not everyone has as charitable heart as Linden and it is not fair to expect them to.

Long time Canuck play-by-play man Jim Robson is an expert on the Canucks as he spent the better part of his life entrenched with the team.

“This kid is the best player the Vancouver Canucks ever had and I felt very badly when Pavel left Vancouver with so much negative reaction from the fans and media,” Robson said “They forgot what this kid did for this franchise.”

Robson went on to address a Canuck urban legend that has stayed with Bure’s legacy long after repeated knee injuries ended his career.

“A story came out he was going to withhold his services (during the ‘94 Playoffs) if he didn’t get a new contract, which he denied and got no support from anywhere... and that really turned him off, but it didn’t stop him from playing great hockey.”

Isn’t great hockey what it’s all about?

## Linden: the Greatest Canuck of All Time

By Shane Woodford

**T**revor Linden is the greatest Canuck ever.

Only a handful of players who have worn the Canuck uniform deserve to be considered for greatest ever. In my mind the candidate players have to possess skill, class, leadership, heart,

love of the game and especially love of being a Canuck. He would also have to have made the team and the community better for simply being a Canuck. The players I feel best met these high qualifications are Stan “Steamer” Smyl, first Canuck captain Orland Kurtenbach, “King” Richard Brodner, current captain Markus Naslund, and my pick for greatest Canuck of all time “Captain Canuck Trevor Linden.”

Honourable mentions based on being fan favourites go to Darcy Rota, Tiger Williams and Kirk McLean. Admittedly, you could make a case for Roberto Luongo but I feel only two seasons played is too few to seriously consider him at this point.

Noticeably absent from the preceding group is Pavel Bure. You can’t seriously consider a player who demands a trade, publically swears he will never wear a Canuck jersey again, and then holds out on the team for five months until he gets dealt as “greatest ever” material.

Since Vancouver drafted Linden in 1988 he has had an enduring impact on the Canucks franchise. On the ice he is a jack of all trades, mounting six seasons of 30 or more goals, four of those consecutively. When Linden joined the Canucks they had missed the playoffs for three years. In seven of his first eight years with Vancouver, the Canucks made the post season.

Points aside, Linden does all the little things well. He dominates on face offs, is a punishing checker, good penalty killer, and a born leader. Most importantly, in the post season Linden thrives. In a telling stat Linden leads all active players in the NHL with the most goals in a playoff game seven. In 1994, during the most exciting Stanley Cup playoffs run in Canucks history Linden posted 25 points in 24 games. In game seven against the New York Rangers Linden scored the Canucks only two goals while “superstar” Pavel Bure remained all but invisible.

Off the ice Linden is the face of the Canucks franchise and is extremely

active in the community. If he isn’t competing in Vancouver area athletic events, he is busy with any number of charity and community events. To see Linden walk into a hospital full of sick children to spend time visiting and putting smiles on their faces is not unusual.

Most telling is he does it on his own time when there are no reporters and cameras around to catch it. The only community service Pavel Bure did that I am aware of was going to see his dentist. There is simply no other Canuck in history that has represented the team in the community and given back as much to Vancouver as Trevor Linden has.

When the so-called greatest leader in team sport Mark Messier was brought to Vancouver, Linden’s level of class really showed. In a typically selfless gesture Linden gave Messier the captaincy. His classy act was not rewarded when Messier and then Vancouver Coach Mike Keenan conspired to run Linden down and eventually ship him out of town. Sportsnet’s Jim Hughson interviewed Mark Messier just after he retired and asked him if there was anything he regretted about his time in Vancouver. Messier answered that the only regret he had was being a part of running Linden out of town and taking his captaincy. Messier went on to say that Linden is a class act and a great player who didn’t deserve that kind of treatment.

So while Pavel Bure is remembered for just two 60 goal seasons and is now just the answer to a where are they now trivia question, Trevor Linden will leave behind an enduring and lasting legacy as a Canuck player.

While Pavel Bure’s number 10 will be worn again by countless players, Linden’s number 16 will be retired one day never to be worn again. Linden’s jersey will join Stan Smyl’s number 12 as only the second number to ever be retired by the Canucks - and what better argument can one make for the greatest Canuck player of all time than that?



# The glut of gluttony

It's what you eat between New Year's and Christmas that counts

By Ryan Clarke  
Link Staff

Someone once told me: "It doesn't really matter what you eat between Christmas and New Year's. It's what you eat between New Year's and Christmas that counts."

This advice seems easy enough to follow. But after a fortnight of holiday gluttony that would make Kirsty Alley blush, the mere thought of a return to healthy eating seems an interminable task. What with Auntie May's boysenberry shortbread and Grandma Fanny's rum-infused bread pudding, many of the foods in the weeks past that we established as cornerstones to our diet just won't work if you plan on having a pulse next Christmas.

So to assist you in your goal of not looking like Santa next year, here are a few tips to set you on the path to success:



## Holiday food

Toss out the leftovers. Starving children in Sudan be damned, you're not saving anyone by eating what you thought was left over turkey when in fact it's actually coagulated gravy.



## Breakfast

Let's break this word down. Break-fast. It's breaking the fast of the previous night, and by skipping it you essentially sabotage your body for that day. Make it easy on yourself by having simple foods ready to grab-n-go, because we al-

ready know you're going to be late, right? Low-fat granola, fruit and some nuts are ideal.



## Grocery shopping

For once in your life, visit the Fresh Produce section. It's the colorful section where all the attractive, healthy looking people buy their food. Load up on veggies and fruit. If you've never heard of it, chances are it's good for you.

## Keep that newly purchased produce in ready-to-eat portions in your fridge

This will encourage you to eat them (instead of that coagulated gravy) when the urge to munch comes about.



## Put down the pop

Instead, try drinking that clear business from the tap. Don't like the taste of plain water? Crystal Light can add some flavour.



## Coffee

Did you know that a regular Latte uses full-fat milk? How about that Café Mocha, like your whip? Do your thighs a favour grab a copy of Starbucks' nutritional pamphlet. After realizing you consume

enough calories with that morning Frappuccino to feed a small African village, change your caffeinated habits. Instead, try an Americano with skim and one sugar.



## Alcohol

If you're a beer drinker, chase every cold one with a glass of water. Into vino? Stick to reds, cook with white, and try to make a bottle last the week, not the meal.

## Don't eat after 10pm

Unless you're a nocturnal rodent, you are not active enough to burn off a late-night meal. To beat the evening food blues, brush your teeth right after dinner. This creates a psychological barrier to further eating.



## Exercise

Committing to a cavalier New Year's fitness regime is like not wearing pants to school- nothing good will ever come of it. Instead, commit to

simply moving more. Benign tasks such as taking the stairs or walking to mail a letter will increase your overall movement and get the proverbial exercise ball rolling.

## Moderation

Making extravagant plans to create the "new" you WILL NOT WORK. Plan for success by pacing yourself, whether with food or exercise. Remember the tale of the Tortoise & the Hare? Repeat after me: "I am the Tortoise, I am the Tortoise..."

Keeping all of that in mind, however, forgo the guilt of gluttony-past and look back at the holiday indulgence as a reward for getting through previous year alive, sane, and with another term of school under the newly notched belt.

# Dare 2B Digital

The Online Learning Challenge

## Take the challenge and win great prizes

Starting February 2008, student teams will engage in a series of challenges while competing for some incredible prizes.

Prizes include MacBook computers, software, video games, whale watching tours, skiing, kayaking and rafting experiences, and more.

Apply online by midnight, January 13, 2008.

[www.dare2bdigital.ca](http://www.dare2bdigital.ca)

Why don't you join us. It's worth it!

Sponsored by: BCCAMPUS.CA



# Ask the sex doc

A Voyeuristic view into Canada's dorm rooms

## Dear Sex Doc;

I'm not sure if you know the answer for this, but it's a question that has puzzled me for quite some time. Why do humans have pubes? I mean what is the purpose behind pubic hair?

*Ms. Bush @ NAIT*

## Dear Ms. Bush @ NAIT

It seems everyone is talking about what to do with their pubes nowadays. Should I shave them? Dye them char-treuse? Trim them down to a runway strip?

It seems no one (at least under 30) is letting his or her bush sprout. And, with so many people trimming their hedges Ms. Bush, one does have to wonder what the hell they are there for in the first place?

Experts aren't exactly sure why we have pubes, but there have been a few theories, which seem to make sense. The most probable, is that our pubes increase the surface area of the genitals and trap sexual pheromones in the precious groin area.

When you or a potential partner get a whiff of scentually stimulating pheromones it sends genitals into erotic overload. So, all you 'Brazilians' out there might not be as 'sexy' as you thought you were.

Another common theory is that pubes are a sign of reproductive readiness. That is, once a boy or a girl hits puberty, they are now capable of sexual interactions and pregnancy.

I've even heard a few individuals suggest that our pubes reduce friction between the genitals during sex. But, I'd think rubbing a couple of monster bushes together could potentially result in a massive bush fire.

So Ms. Bush, there's the long and skinny on your short and curlies. You have them for the rest of your life. Do with them what you please.

## Dear Sex Doc;

You've got to help me. I can't have a long-term relationship. I don't know if I'm capable of it or what, but I crave the intense feelings I get at the beginning of a relationship. But, when the lustful feelings end, so does the relationship. Is it possible for me to be addicted to lust? I don't want to be alone forever. What should I do?

*Lust Junkie @ UBCO*

## Dear Lust Junkie @ UBCO;

It definitely sounds to me that you are addicted to the intense sensations you feel during the beginning of your relationships. Even if it doesn't work for you, it makes sense physiologically.

You see Lust Junkie, when we fall in love, the love drug Plenylethylamine (PEA) is released. This chemical substance makes us feel euphoric and on the top of the world. It also stimulates other brain chemicals like norepinephrine and dopamine.

The reason you're addicted is that these chemicals are the body's natural version of amphetamines. So Lust Junkie, you're actually a human 'speed' hound.

What you're always craving is the infatuation phase of a relationship. In this state, you are constantly obsessing, daydreaming, and thinking about that special someone. It's a blissful time in your life when you don't want to hang with anyone else.

Experts report that this lust phase

can last anywhere from a few weeks to three years. And Lust Junkie, it sounds like your dopamine shuts off pretty quick.

Studies also show that over time our bodies build a tolerance to these chemicals. Lust Junkie, do you find it is harder and harder to attain these feelings with another person, and, when you finally do, are they quick to dissipate?

Remember, when you are in this romantic state when you can't stop thinking of them (and your friends can't stop thinking about killing you), you are not in love with them. You are in lust with them.

Lust Junkie, you are addicted to the lust-at-first-site infatuation phase. It sounds like you are already aware, that if you don't snap out of this obsession, you won't ever have a long-term, healthy relationship. You'll also start to have expectations that these lust feelings have to be present for you to fall in love with someone.

But, it's impossible to be in the throes of romantic lust indefinitely. You'll eventually have to come down... hard. People in your shoes generally end up being somewhat depressed when the high of new lust disappears.

Even if you feel there could be a future with this individual, you'll drop them like a hot potato and go on your chemical fix once again.

Just like any addiction, the first step is acknowledging you have a problem. You've done that. Once you realize the severity of your addiction, and that the probability of ending up with a life-long lover is slim to none, you may kick the chemical in the butt.

Dr. Brian Parker is a clinical sexologist and sex educator and the co-



creator of two sexual intimacy board games "Embrace" and "Pillow Talk." The games are available on his website, [www.foreverpleasure.com](http://www.foreverpleasure.com) which features original erotic art, high-end sensual products and adult sex education.

This column is made possible by the generous support of O'My Natural Lubricants. If you have a sexual question you want answered in the 'Ask the Sex Doc' column please email [drbrian@foreverpleasure.com](mailto:drbrian@foreverpleasure.com) and watch for his response in this paper.

# A nail in the coffin

The end of Go It Alone

By Kristina Mameli  
Link Staff

Since its inception in the Spring of 2002, Vancouver's **Go It Alone** has endured many a lineup change and a grueling tour schedule. With six recordings on Rivalry Records (including a split with recently defunct **Blue Monday**), **Go It Alone** has decided to add itself to the growing list of hardcore casualties, without much explanation.

**Go It Alone's** final show took place at the newly resurrected Seylynn Hall. The night prior to said final show, an unprecedented set took place in an alleyway at 837 East Hastings. Along with **Go It Alone** the line-up included **Winning** and **Histories**.

With Marshall amps stacked on their sides, **Winning** took to the makeshift stage on hard-core standard time---late.

Playing maddeningly eclectic music consisting of a series of seemingly disjointed riffs, breakdowns, drum rolls and words, it was almost as if the band had invited the audience to watch a jam session, with an occasional moment of unity thrown in for good measure.

It was an enjoyable set and much like a train wreck was impossible to turn away from.

The second band up was the enigmatic **Histories**. Unbeknownst to most in attendance, this was to be the illustrious **Go It Alone** warm-up show.

As **Go It Alone** tuned up, an overwhelming feeling of reverence swept over the crowd.

Though they had seen them do this countless times before, realization dawned that this was one of the last times the five piece would ever do this together.

Wordlessly, they launched into "Relics," the first song off the new album, ironically entitled *Histories*. The small crowd erupted in to a sea of slam dancing; this was their music.

With minimal words to the audience, the band proceeded to play the rest of the album in order, relentlessly bashing out every note with dead accuracy.

The crowd screamed along as one; fists pumping in the air in unison.

As quickly as they had begun, they ended, without as



much as a thank you to the audience. Switching off their amps and packing up their guitars, they quietly exited to

a barrage of applause.

**Go It Alone**, you will be greatly missed.  
RIP.



# Getting the *Silent Treatment*

Catling talks to The Bled at the PNE

By Len Catling  
Link Staff

What do you do when you have been labeled the “kings of screamo?” If you’re Tucson, Arizona hardcore band **The Bled** you release an album titled *Silent Treatment*.

“I don’t know what the title the ‘kings of screamo’ means, but it sounds kind of lame,” offers **The Bled’s** vocalist James Munoz from backstage at the PNE Forum.

“I think a lot of heavy music is getting incorporated into shitty pop bands,” Munoz adds.

“A lot of bands feel they need a dude screaming to be taken seriously.”

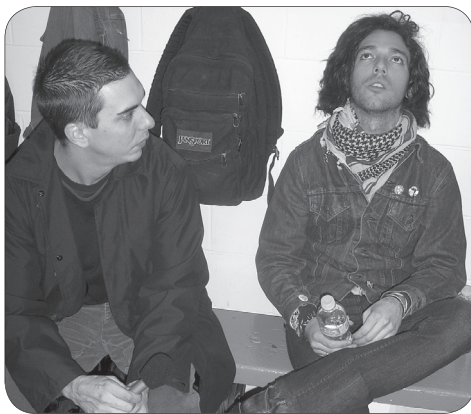
*Silent Treatment* is definitely a heavy album and Munoz does his fair share of screaming on the eleven tracks, but these screams are not for the purpose of gimmickry.

**The Bled** are consistent in their aggression, never sounding forced but instead sounding driven with their feet firmly flooring the pedals of their musical inhibitions.

The opening track “Shadetree Mechanics” explodes through speakers as Ross Ott and Jeremy Ray Talley’s guitar riffs seamlessly slither between apocalyptic and ambient.

The third track “Threes Away” not only displays Munoz’s vocal range but also the grenade laced rhythm section of Darren Simcoe on bass and Michael Pedicone on percussion. Pedicone also drops in on keyboards throughout *Silent Treatment* saving his best work for the epic “Asleep on the Front Lines,” which is easily the most complete and interesting song on the entire album.

*Silent Treatment* weaves through its eleven tracks leaving little to the imagination. The band members do not stray from what works for them. The feeling of comfort that sets in by the final tracks is the only down-



Catling and Munoz backstage at the PNE.  
- photo by Jody Chesney, the Link

fall of the album. By the eleventh song **The Bled** becomes predictable.

As *Silent Treatment* was the first album recorded with their current roster, **The Bled** gets a pass on this issue. Listeners can hope as they continue to develop chemistry they will also develop the more experimental sound that occasionally bleeds through small cuts of *Silent Treatment*. **The Bled** should get in touch with their hemophilia side, and let it all pour out.

Not concerned with who they are **The Bled** are committed to what they can do, which is creating a ferocious style of mosh pit fury accentuated by Munoz’s distinct vocals. **The Bled’s** commitment to their art is apparent when Munoz ponders his place in the world of music.

“It’s a fucking game and you can’t do this all your life.” reasons Munoz. “If you can your just lucky. You can’t really concern yourself with all the bullshit of people (classifying your music). You just have to play, work hard at it and let everything take care of itself.”

*Silent Treatment* definitely takes care of itself and is a very strong album, well worth a listen. **The Bled** are currently on a North American tour with **Alexisonfire**. *Silent Treatment* is available in stores now.

## Campus Query

Where your opinion matters

At BCIT Aerospace Campus,  
the Link asked:

“What is your News Year’s  
resolution or goal and how do  
you plan on keeping it?”

**David K. Lai**  
Link Staff



**Ryan S.**  
Structures Engineer

“To get good grades and to stay on top.  
I’m going to work harder, not drink as  
much and focus more on studying.”

**Arun S.**  
Structures Engineer

“Finish school, get a job right away  
and finish my apprenticeship and start  
making money right away. I plan on  
trying my best and handing in perfect  
projects!”



**Rory C.**  
Structures Engineer

“In the New Year, I want to do well and  
get good grades and keep ahead of the  
pack. I will do everything right the first  
time and not have to do it over again!”



**Chris K.**  
Structures Engineer

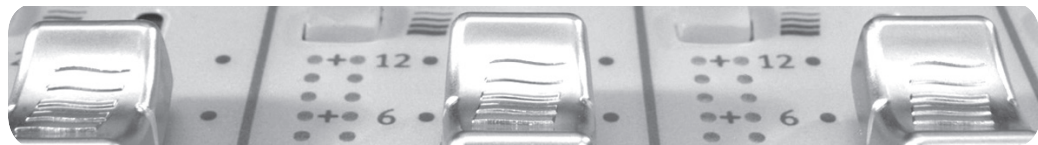
“To finish the course and jump into  
industry. I’ll work hard and hopefully  
my instructors will give me a good ref-  
erence...hopefully!”



## EVOLUTION 107.9 FM

### Evolving 20 countdown For Saturday, January 12, 2008

1. Dragonette - Take It Like A Man
2. Jimmy Eat World - Big Casino
3. Feist - 1 2 3 4
4. Wintersleep - Weighty Ghost
5. Cuff the Duke - Surging Revival
6. Tegan and Sara - Back In Your Head
7. Foo Fighters - The Pretender
8. Weakerthans - Night Windows
9. Spoon - The Underdog
10. Yeah Yeah Yeahs - Kiss Kiss
11. Buck 65 - Way Back When
12. Chucky Danger - Strawberry Man
13. Common f/Lily Allen - Drivin’ Me Wild
14. Sondre Lerche - To Be Surprised
15. Xavier Rudd - Stargaze
16. Hayley Sales - What You Want
17. Attack in Black - Young Leaves
18. Immaculate Machine - Nothing / Happens
19. Matt Costa - Cold December
20. Hot Hot Heat - Harmonicas / Tambourines





# Spinning plastic

Two new selections to start 2008



**Jay Z**  
*American Gangster*  
Roc-A-Fella, LLC

**By Ryan Clarke**  
**Link Staff**

It seems Jay Z has grown from the baggy jeans of his Rocawear past to that of a distinguished businessman.

Citing inspiration from the movie of the same name, Jay Z looks to drop some knowledge and share his own personal experiences as street-hustler in his first concept album, *American Gangster*.

Always one to lace his verses with insight and rhetoric, this album sees the return of clever, complex lyrics in tune with the theme of the film. On the track “No Hook” he remarks, “Fuck rich, let’s get wealthy,” further perpetuating his coming of age as a man of power in the rap game, rather than the get-rich-quick kids who squander their new found dolla billz on 22” spinners and iced-out teeth.

But grown-up rap aside, he still keeps things fresh, pairing with the emerging godchild of rap, Lil Wayne on “Hello Brooklyn 2.0.”

Having friends in the business makes you marketable - and throughout his career Jay Z has kept that in mind.

Further help from former-rival Nas, the Neptunes, and Diddy (who form his production team The Hitmen) makes this a standout album not just for Jay Z fans, but rap enthusi-

asts far and wide.



**Angels and Airwaves**  
*I-Empire*  
Suretone/Geffen

**By Sara Norman**  
**Link Staff**

With an album cover resembling Pink Floyd’s *Darkside of the Moon*, Angels and Airwaves set the bar quite high for their new album, *I-Empire*.

But, those expecting deep lyrics and melodies reminiscent of Pink Floyd may be a

little disappointed. Angels and Airwaves have a more punk-esque sound, with some songs comprised of heavy guitar, loud drums and the classic punk can’t-quite-sing-vocals.

However, for the songs on the album, like *Breathe* and *True Love*, where Angels and Airwaves slow down their punk aspirations, their songs start to take on a deeper, more developed sound.

The one song that really made me sit up and take notice was *Star of Bethlehem* (and no, it wasn’t because the title seemed season-appropriate at the time I was listening to it).

A two minute instrumental, *Star of Bethlehem* showcases the true musical talent of Angels and Airwaves, proving that they are capable of putting together an ear-pleasing compilation of diverse sounds, not just heavy guitar riffs and loud bass lines.

Following *Star of Bethle-*

*hem*, the song *True Love* continues on the instrumentals leading into a song in which the singer’s voice truly shines paired with the diversity of their background melody, and the band begins to sound like musical geniuses U2, Pink Floyd and their predecessors—giving those who likened the cover to Pink Floyd their money’s worth.

Overall, *I-Empire* is a good listen—if you get past the punk-esque songs. There are some unique sounds that really make the album worth giving a chance.

And because of this, if Angels and Airwaves continue their musical compilations similar to *True Love* and *Star of Bethlehem*, maybe leave the punk aspirations to other bands, it is certain their future musical compilation of sounds will only get closer to the rank of music prophets like Pink Floyd and U2.

# Eclectic Soundclash

Complete with Kirk Muller and poutine

**By Len Catling**  
**Link Staff**

Eclectic music makes for an eclectic fan base. **Bedouin Soundclash** has attained both. The Kingston, Ontario three piece blend reggae, punk and hip-hop into a sound that is all encompassing in a world of fragmented music and genre division.

The proof is in back to back sold out shows at Vancouver’s Commodore Ballroom.

“We’ve got people from all different types of scenes because we are not just set into one type of sound,” said singer and guitarist Jay Malinowski.

“We have fans that are sixty-five years old to fourteen years old.”

Making popular music that can cross diverse demographics without compromising ideals is a daunting task. Many try but few succeed, and those who do succeed become more relevant for their celebrity than their songwriting.

“We are quite into the music and that is important,” said Malinowski, “we try not to be the cliché rock band that just wants to play a stadium. The music is important to us and we try to keep it that way.”

Whether listening to a **Bedouin Soundclash** CD or

watching a live show there is an emotional complexity to the sounds and lyrics that allow for popular accessibility. Malinowski thinks there is a coherent way to make this happen.

“Some of my favourite writers are the ones who can say something very simply. Someone like Paul Simon who can take a simple story but hear something profound taking place.”

That being said, **Bedouin Soundclash** makes an effort to recognize that being in a successful band is not an open invitation to rant from the soapbox. Malinowski says there is a tendency for artists to over politicize themselves in today’s media. He believes this trend is counterproductive.

“I think we’ve become numb,” says Malinowski, “musicians being involved in politics make little or no sense. I don’t think we should be expecting young celebrities and people in bands to be our moral voice. Anyone with a little intelligence would probably find that offensive.”

With so many musicians backing particular political candidates and causes the world *must* be an offensive place. Since **Bedouin Soundclash** has rallied behind issues,

most notably playing benefit concerts to aid the Darfur region of Sudan, what approach do they take with their moral endeavors?

“One organization we love is **Doctors Without Borders** because you are giving money directly to a doctor in the field where there is a basic human necessity,” said Malinowski.

**Bedouin Soundclash** follows the formula that monitoring the flow of money is the most vital aspect of giving to those in need.

“With some organizations you are just giving money to an annual brochure,” Malinowski reasons. “It gets mailed to all their members and you wonder who is paying for all this glossy paper and why am I paying for a receptionist in Toronto?”

As **Bedouin Soundclash** took the stage at the Commodore Malinowski, bassist Eon Sinclair and drummer Pat Pengelly were joined for the lively set by a keyboard player. Is the band multiplying? Malinowski says yes, but the fourth member of **Bedouin Soundclash** is someone you might not expect.

“Kirk Muller came to one of our shows extremely drunk.” Malinowski said about the former NHL player and Stanley



*Jay Malinowski of Bedouin Soundclash*  
- photo by Dhiren Mahiban, the Link

Cup Champion who shares the bands hometown of Kingston.

“We later saw him at a late night poutine place serving people behind the counter. So I think in spirit he is our fourth member.”

**Bedouin Soundclash** mur-

dered the Commodore that night giving the energetic crowd of all ages an ambitious set that ran over two hours, complete with an encore.

The only this thing missing, was Kirk Muller and the poutine.



# Get active and stay fit

Join an intramural team and have a good time

By Josh Tawse  
Link Staff

Here at BCIT, there are a wide variety of physical activities to keep you active and fit, or just to provide a good and fun time.

For this new semester keep yourself busy by joining one of the many intramurals offered on campus, and don't worry if you cannot get a team together - you can register as an individual and BCIT Recreation Services will put you on a team.

Starting in late January and early February are a total of six sports for you to choose from: basketball, floor hockey, ice hockey, indoor soccer, volleyball and dodgeball.

There is also softball starting in March.

But if you want to participate, you had better register soon, as most leagues close registration on January 18. It does cost, but with a minimum amount of players allowed on almost every team, registration will only work out to a couple bucks a person unless you sign

up to play ice hockey.

If you participated last season, you were probably not disappointed.

Paul Fortier, Recreation Programmer for Recreation Services, agrees for the most part.

"Overall [things] went fairly well, although I was disappointed that Trades Floor Hockey, Ice Hockey and Flag Football did not have enough registrations to create leagues. As well there seemed to be a lot of defaults during play-offs, which is a little unusual. On the positive note the introduction of Dodgeball was well received and I am looking forward to increased participations next term."

And sports at BCIT do not stop at intramurals. BCIT offers many instructional activities as well. If you are into fighting and mixed-martial arts, there are classes for you. Kung Fu, Capoeira, and MMA classes are all offered.

How about Kayaking and Canoeing? Kite Boarding? These water sports and more are also offered here.



The Link's very own Josh Tawse (right) checks his opponent in intramural floor hockey.  
- photo By David K. Lai, Link Staff

The fun does not stop there. A wide variety of dancing and fitness-related activities are also available.

For more information about BCIT's recreation services, visit [www.bcit.ca/recreation](http://www.bcit.ca/recreation) or visit Recreation Services in

SE16.

Keep an eye out for intramural updates in this space each week in the Link.

# Mid-season report

Thoughts on the Western Final

By Shane Woodford  
Link Staff

The Vancouver Canucks have achieved even keel after listing through the beginning of the season.

Once struggling to reach .500 and suffering home record horrors, the team is now piling up the wins and sitting in the top four in the Western Conference.

In goal the tandem of Roberto Luongo and Curtis Sanford has been excellent. Curtis Sanford has an unenviable task sitting behind an elite work horse goalie in Roberto Luongo.

Sanford will simply not be getting many games this year barring a Luongo injury. The back up has been solid in the games he has been handed so far – and a decade long revolving door at that position appears to be shut for the time being.

Luongo seemed to suffer a bit of a slow start, but this fierce competitor soon got going. Posting great numbers and showcasing at least one high-

light reel save every game, he may arguably be the best goaltender in the NHL today. This is the most solid position for the team and lets face it, as far as Luongo goes this season so do the Canucks.

The Defence has been the biggest change in the team this year. While everyone is very careful not to utter the word "trap," it is definitely a stay at home defence first system.

The steady play of young Alexander Edler has been a nice surprise. Lukas Krajicek has been decent even though he has occasional defensive lapses.

The big disappointment on the blue line is the absence of prospect Luc Bourdon, who many were expecting to step up this season. The big question for the defence is can Mitchell and Ohlund lead this mix of veterans and younger players into an effective play-off run?

All the big question marks are at forward, where after the Swedish triplets of the Sedins and Naslund, scoring is a scarce commodity.



## IN THE MOMENT

ROBERTO LUONGO MAKES A PAD STOP IN THE SECOND PERIOD OF THE CANUCKS' 3-0 WIN OVER THE RANGERS.

PHOTO BY: JEFF VINNICK  
(GETTY IMAGES)

The nagging issue of adding an additional proven scorer up front has been a persistent problem for Canucks GM Dave Nonis since last season. The Sedins still lack a consistent right winger and Naslund lacks a line of his own robbing Vancouver of two solid top line combos. While that might get it done in the regu-

lar season, the Swedish three have yet to prove themselves as consistent contributors in the post season.

Consensus here is that a move must be made in the second half to add a piece of the puzzle up front in order to set this team up for a deep run for Lord Stanley's cup.

The most interesting day in

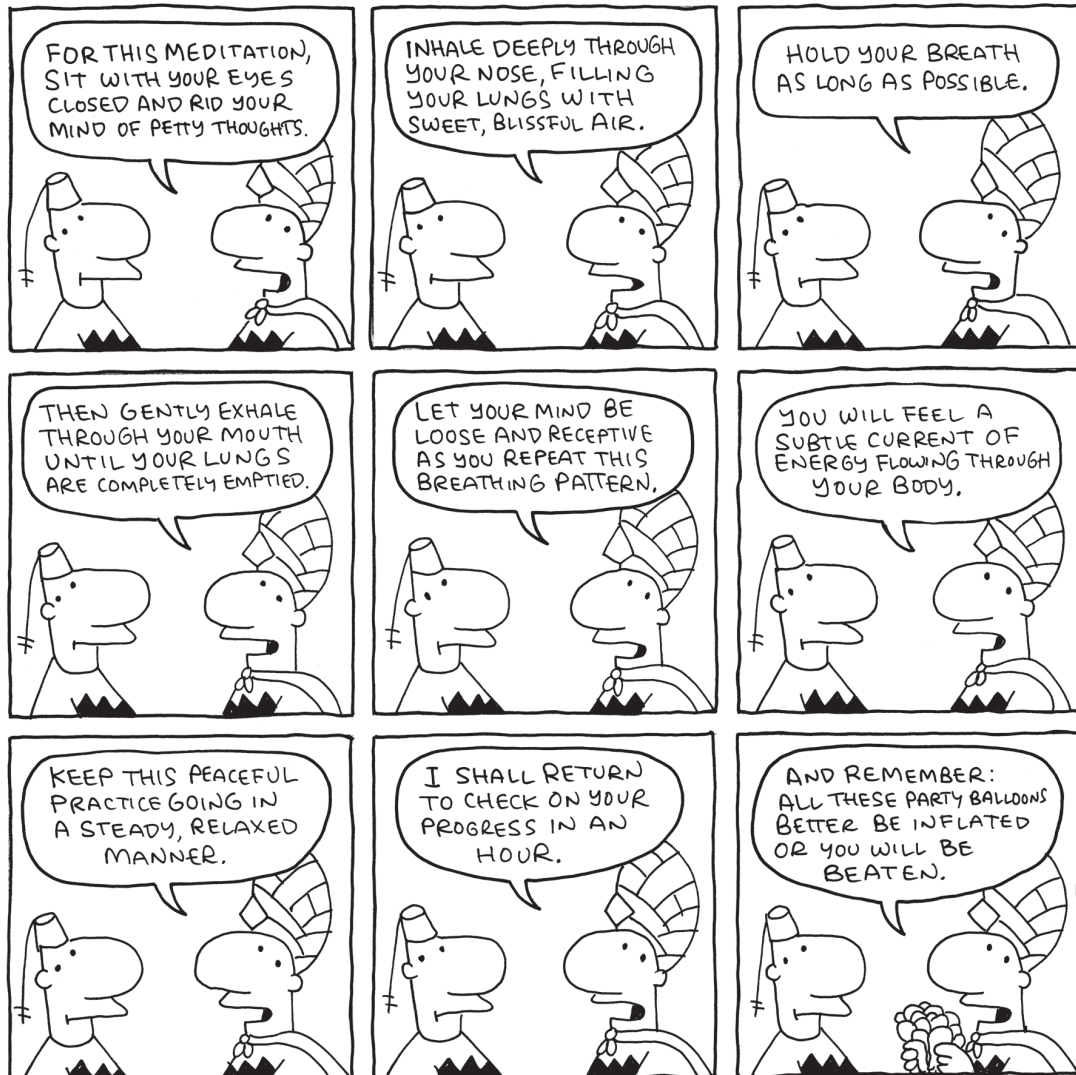
the last half of the season for Vancouver fans will be trade deadline day. Will Vancouver dangle goalie prospect Corey Schneider or packages of roster players or prospects to nab an impact player?

If they do it will send a crystal clear message to Canucks fans that this team is serious about making a run.



# LIFE IN HELL

©2008  
BY MATT  
GREENING



## Puzzle: Sudoku By Pappacom

Easy #8

By Pappacom

Special to Canadian University Press

solution, tips and computer  
programs at [www.sudoku.com](http://www.sudoku.com)

su | do | ku

© Puzzles by Pappacom

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   |   |   |   |
| 6 |   |   | 2 |   | 4 |   |   | 8 |
|   | 8 | 4 | 1 |   | 7 | 3 | 5 |   |
|   |   | 3 | 8 | 2 | 9 | 6 |   |   |
|   | 7 |   |   |   |   |   | 1 |   |
|   |   | 5 | 7 | 1 | 3 | 8 |   |   |
|   | 1 | 2 | 6 |   | 5 | 9 | 8 |   |
| 7 |   |   | 4 |   | 2 |   |   | 6 |
|   |   |   |   |   |   |   |   |   |

EASY #8

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 | 2 | 7 | 9 | 3 | 8 | 4 | 6 | 1 |
| 6 | 3 | 1 | 2 | 5 | 4 | 7 | 9 | 8 |
| 9 | 8 | 4 | 1 | 6 | 7 | 3 | 5 | 2 |
| 1 | 4 | 3 | 8 | 2 | 9 | 6 | 7 | 5 |
| 8 | 7 | 9 | 5 | 4 | 6 | 2 | 1 | 3 |
| 2 | 6 | 5 | 7 | 1 | 3 | 8 | 4 | 9 |
| 3 | 1 | 2 | 6 | 7 | 5 | 9 | 8 | 4 |
| 7 | 5 | 8 | 4 | 9 | 2 | 1 | 3 | 6 |
| 4 | 9 | 6 | 3 | 8 | 1 | 5 | 2 | 7 |

## Inconsistent Biomix Comics

By Jared Gowan

Nexus (Camosun College)

VICTORIA (CUP)





Classifieds are free for students accompanied with your student ID, \$10 for regular announcements and \$15 for job placement ads.

All ads will run for two issues, and must be 8 lines or shorter. Hey you's are limited to 35 words, and are intended for students only. The Link reserves all rights to edit ads for length or content.

The Link and BCITSA cannot guarantee the quality or safety of classifieds. Be safe, use your judgement.

Please send classifieds to the Link office at fax: 604.431.7619, [adsales@bcitsa.ca](mailto:adsales@bcitsa.ca) or slide them under our door at SE2 room 281, right next to the SA Council Chambers.

## Volunteer Opportunities

**Become a Big Sister. Become a Study Buddy tutor. Become a friend!** Big Sisters of BC Lower Mainland is looking for female volunteers (age 19+) who are interested in mentoring a young girl in their community. Contact Big Sisters at 604-873-4525 ext. 300 or [info@bigsisters.bc.ca](mailto:info@bigsisters.bc.ca) to find out more about mentoring! [www.bigsisters.bc.ca](http://www.bigsisters.bc.ca).

Coast Mental Health is seeking Life-Skills 1-1 volunteer Workers for Various sites in Vancouver. Work one to one with a client, facilitating their reintegration to their community. These are clients in an independent living situation, who may experience social isolation and have a desire to reconnect. Requirements: Patience, understanding and caring. Some understanding or experience with mental illness is helpful with some clients. Duration: 6 months. Email: [valm@coastfoundation.com](mailto:valm@coastfoundation.com) or call 604-675-2313.

Open House 2008 takes place on April 11 and 12. The theme for Open House 2008 is Change Your World. Enter Ours. You can get involved by helping with a program display booth or by volunteering to help with whatever needs to be done. Display registration is now open. Volunteer registration opens in January. Registration form can be found at [bcit.ca/openhouse/regdisplay](http://bcit.ca/openhouse/regdisplay) and the deadline – Friday, March 7. More information at [bcit.ca/openhouse](http://bcit.ca/openhouse).

## Income Tax Preparation

Immigrant Services Society is seeking volunteers to help with their Income Tax Clinics. These clinics are held in March and April. The training will be provided by the Canada Revenue Agency in February 2008. For further information, please contact Jackie at 604.684.2561 ext. 233

## Income Tax Prepares

South Burnaby Neighborhood House is seeking volunteers to prepare Income tax Returns for the 2007 tax season. Volunteers will be working every alternate Fridays from 10am-1pm and will be filling in income tax forms for low income families and individuals, and new immigrants. Good communication and basic accounting skills. Second language an asset. Training provided. Contact Abdul 604.431.0400 or [vol@sbnh.ca](mailto:vol@sbnh.ca)

## Events

### Jan. 14

Council Meeting in council chamber, SE2 at 5:30pm. All students are welcome to attend.

### Jan. 15

Student initiative fund application deadline. Check [www.bcitsa.ca/calendar](http://www.bcitsa.ca/calendar) for more details.

TQ Lunch room: 11:30am to 1:30pm in SE2 Rm. 285, advocacy office. Bring your own lunch and meet new people.

### Jan. 18

ATC get-together for instructors and students. Check [www.bcitsa.ca/calendar](http://www.bcitsa.ca/calendar) for more details.

TQ Lunch room: 11:30am to 1:30pm in SE2 Rm. 285, advocacy office. Bring your own lunch and meet new people.

### Jan 22

TQ Lunch room: 11:30am to 1:30pm in SE2 Rm. 285, advocacy office. Bring your own lunch and meet new people.

### Jan 23

Harvest Box. Last day to make an order for the harvest box. Visit [www.bcitsa.ca/calendar](http://www.bcitsa.ca/calendar) for more details

TQ coffee house in the advocacy office SE2 285.

### Jan 24.

Link newspaper hits stands.

## Why should my business advertise in a student paper?

- \* Rates starting at \$10 per issue.
- \* 86% of all university students read their campus newspaper.
- \* University newspapers reach a very exclusive and hard to reach market with far more success than competing media.
- \* Students like to spend money, in fact the average student has over \$200 per month in disposable income.
- \* Students are informed consumers, with a full 66% willing to shop around in order to take advantage of sales or discounts.
- \* Student papers are smaller than dailies, meaning your advertisement has to compete with fewer competitors per issue.
- \* Bi-weekly circulation of 3,500 with an average readership of 1.5 persons per page, meaning a potential of over 5200 readers per issue.

## Little Known Facts:

- \* 91% of students like to try something new and different.
- \* 68% consider themselves health and nutrition conscious.
- \* 57% of students prefer to pay cash for their purchases.

Statistical information derived from the Print Measurement Bureau and Canadian Campus Marketing Research (2000)

theLink

Gilbert Matembe  
Ad Sales  
604.432.8974  
[adsales@bcitsa.ca](mailto:adsales@bcitsa.ca)

### Jan 28

Council Meeting in council chamber, SE2 at 5:30pm. All students are welcome to attend.

### Jan 29

TQ Lunch room: 11:30am to 1:30pm in SE2 Rm. 285, advocacy office. Bring your own lunch and meet new people.

### Jan 31

Harvest box pick up day.

Be a part of the BCIT community

Reach BCIT students

Advertise in the Link student newspaper

For advertising rates and more

adsales@bcitsa.ca

604.432.8974

SA STUDENT ASSOCIATION

reserves all or length or TSA cannot by or safety fe, use y bands, 12 long hours outdoors with thousands of misbehaving students, 2 tasty beverages, 1 UBC Thunderbird Stadium. we mention tickets? Details at Professor Mugs Pub & Grill in SE 2 (must be 19 years or older). BAR FRIDGE GIVE AWAY Yup, baby. We have a new Artois beer fridge, with racks and glasses for you. Well, not you. The guy next to you. No, one over at Professor Mugs Pub & Grill in SE 2 for details. (Must be 19 years and over). Tax Services Have you ever wondered whether you are fully aware of all the tax credits? There have been many changes made to the tax legislation in 2007. You may not be aware of. Let us help you manage your returns and get what you deserve. Call now: 604.808.3979/604.626.6043. Tax services Hey Soccer fans, Video Games for PC: FIFA 2002, FIFA 2003, FIFA 2004, and EURO 2004 from BCITSA are available at negotiable prices. Call Christian at 604.432.4207 Do you have a business, an event or anything you would like to promote? Contact the Ad sales and staff population of BCIT? If you do and you want to have a measurable R.O.I., then you need to advertise in the Link student newspaper that relates to students and staff at all eight BCIT campuses. Contact the Ad sales or 604.432.8974. A passion for quality bug-free title \* Ability to work fast paced work environment Start your career in the industry with a solid foundation. Set to view the evergreen com. Must be 18 y Having trouble ca or BF? I think I kr FORGOT YOUR PHONE IN THE see the pub manag Mugs. conversation ov weekend: "...man even be trusted to band's equipment might add to trust No, No,



# Stain Defender pants sent from textile heaven

Never has a simple pair of pants been so helpful for sloppy students



By Len Catling  
Link Staff

As the world we live in continually moves faster, finding time to sit down and enjoy a tasty beverage is becoming more and more difficult.

Drinking a beverage – whether it’s a coffee, tea, or water – is an exercise in multi-tasking. One must learn to sip and run, while going to class, internships, or important meetings only to be chewed out because you’re late.

This combination of speed, rehydration, and way too much caffeine can be a messy pursuit to say the least.

One must take precautions to not spill, soil one’s garments and, in turn be forever labeled a worthless slob who cannot even keep their pants clean, let alone close the big deal or land the big client. If

that wasn’t bad enough, let me put this out there for the guys making the hourly trip to the lavatory: no matter how much you shake and dance the last two drops end up on your pants.

Scared yet? Got the shakes? Well, convulse until the last drop of sweet liquid spills from your mug. Laugh as it flows through the air only to land on your neatly pressed trousers.

For today you decided to wear Dockers Stain Defenders, the Ben Wallace of pants.

Dockers Stain Defenders come encased in an impenetrable shield able to repel all types of fluids. Your parents called it Scotch Guard; you can call it peace of mind.

So go ahead, guzzle from the cup of knowledge. Drink coffee and sprint until your heart rate matches a laboratory rat testing Bextra.

Spilling is no problem anymore - Dockers Stain Defenders has given you the lavish gulp of better living.

Dockers® Classic Fit  
with Flat Front  
Original Khakis

Colours :

19 - black  
15 - oyster  
16 - midnight navy  
18 - British khaki

- cotton twill

- front pockets,

- button-through back  
pockets

- stain defender

- permanent crease for a  
tailored look

- zipper fly

- machine wash

\$45.00 (approx)