

LINK

Aerospace Chair Danny Cameron airs her love of off-roading | *OK, Boomer* and the clash of generations | Bridging friendships across political lines | Warm up this winter with curry pumpkin soup | Sydney Wong showcases her stylistic photography | And more!





supported by



Panta Rhei

Everything Flows

How daunting is the passage of time? The 2010's have come and snuck away, leaving a not-so-gentle reminder that time flies and you're being whisked away with it. Suddenly, you're faced with another stack of ten years until we ring in a new decade. How different could things be by then? More often than not, lives can change within this timespan. There is plenty to gain and lose in the years ahead.

New Year's resolutions are more burdensome this time, because it's not just 'new year, new me,' it's 'new decade, new me.' Resolutions are multiplied by tenfold, and people are setting deadlines to build better lives.

As most of us know, New Year's resolutions often end up falling through the cracks, let alone New Decade's resolutions. Thinking ten years ahead can be a good thing, but don't expect life to go exactly as planned.

Entering a new decade can be unnerving to many, but it could also make for an opportune time to reinvent. For one, the ancient Pythagoreans considered the number ten as the holiest of numbers. It represents totality and the completion of a cycle, symbolizing the first rebirth of the number one. Living through ten years does not exactly lead to a new beginning; rather, you've wrapped up an epoch of your life, evolved into something new, and another era awaits you.

"No man steps in the same river twice," said philosopher Heraclitus. Time, like water through a river, flows in one direction and never returns.

Ta panta rhei kai ouden menei. Everything flows, and nothing stays.

The past ten years are now long gone, but a new decade has dawned, and it's time to step in another river.

Cheers to 2020.

Ali Pitargue
Senior Editor

LINK

Link would like to respectfully acknowledge that it is printed and distributed on the traditional and unceded territory of the Coast Salish peoples.

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We feature exceptional people in our community, big ideas in a changing world, and evolving social dialogue. We welcome writers, photographers and artists of all backgrounds and abilities. Our purpose is to provide a collaborative platform for student expression, and to connect you with one another's stories and experiences.

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Curry Pumpkin Soup



WHAT: BOOZE 'N' SCHMOOZE
WHEN: Every last Tuesday of the month
WHERE: The Blarney Stone (Gastown)
HOW MUCH: \$10.00 for non-members

BOOZE 'N' SCHMOOZE

INDEPENDENT FILMMAKERS MEETUP

If you're aiming to work in the film industry, networking is an essential step to land a gig.

The industry can seem small and closed, and even if you're great at what you do, sometimes it's more about who you know. It's a challenge to figure out how to break into the industry, especially if you've never worked outside of college productions.

Luckily in Vancouver, there's a monthly networking meetup for independent filmmakers called Booze 'N' Schmooze, planned by the same organization behind the Raindance Film Festival. Raindance promotes and fosters independent films around the world, offers training courses, presents showcases, and facilitates meetups.

For \$10, you can head to the Blarney Stone in Gastown on the last Tuesday of the month. You'll find a chill and welcoming atmosphere where you can listen to guest speakers or watch a featured work from Raindance.

The best part, in my opinion, is the open mic in the beginning. Anyone can come up on stage and open themselves up for projects and collaborations. After the formalities are out of the way, people go around the room to talk, celebrating the art of independent filmmaking. Definitely an event worth the visit.

—Eduardo Basile

TRY THIS



CHIXTAPE 5

TORY LANEZ

Canadian rapper Tory Lanez takes us back to the 2000s through an 18-track nostalgic love story on his new album Chixtape 5. The singer, songwriter, and record producer continued with the same theme from earlier mixtapes in his collection, with a few skits sewn in.

By love story, I mean cheating, lies and threatening phone calls from Jalissa, a character who comes up throughout the tape. Lanez brings a wave of different but fitting talents from multiple RnB/rap legends—like Lil Wayne, Ashanti, Trey Songz, and FA-BO-LO-US. In the producer's seat next to Lanez is Play Picasso—who has worked with Meek Mill—to complement nearly every track.

Overall, the flow is easy and engaging, and transitions smoothly from one mood to the other. One minute you're slowly in your feels, then two minutes and 26 seconds later, you're like “_(͡° ͜ʖ ͡°)_”.

—Tiana Mohebi

[LISTEN TO THIS](#)



UPCOMING EVENTS

JANUARY
10-12

BCITSA HACKATHON

SE2 Great Hall - BCIT Burnaby Campus

Teams of students will participate in a 48-hour competition to create a working tool to solve a given problem. Teams will be judged according to their application of business and technological concepts.

11

BOWIE BALL 2020

Rickshaw Theatre, 254 E. Hastings St., Vancouver

It's the Rickshaw's annual fundraiser for the BC Cancer Society featuring local musicians covering Bowie classics. Tickets are \$15.

11-12

GLUTEN FREE EXPO

Vancouver Convention Centre East, 999 Canada Place, Vancouver

Canada's largest gluten-free event. Sample, shop, and save on hundreds of gluten free products – including beer, pizza, breads, perogies, and more. General admission is \$12, and children under 14 can enter for free.

15

NOODLE MANIA VANCOUVER

Silk Road Tea, 2066 West 4th Avenue, Vancouver

From 6-10 pm you can partake in a noodle tasting extravaganza in downtown Vancouver. There will be chow mein, spaghetti, pho, pad thai, ramen and more. Tickets start at \$36.

WED

TRIVIA NIGHT

The Habitat Pub, 3700 Willingdon Ave, Burnaby

Free entry, cool prizes. Round up some friends to test your trivia knowledge to win. There are also bonus prizes for the loudest teams and funniest answers. Every Wednesday from 6-9 pm.

16

ARIZONA COYOTES VS VANCOUVER CANUCKS

Rogers Arena, 800 Griffiths Way, Vancouver

See the local team's first home game of 2020. Tickets start at \$45 and the game is scheduled for 7 pm.

17

DINE OUT VANCOUVER

Venues vary

Taste the world "Vancouver style" with a 17-day schedule of culinary events including guided dining adventures, neighbourhood food tours, spirited cocktail masterclasses, and global guest-chef collaborative dinners. Each event has its own ticket price.

21

PUSh INTERNATIONAL PERFORMING ARTS FESTIVAL

Venues vary

The PuSh Festival expands the horizons of Vancouver artists and audiences with work that is visionary, genre-bending, multi-disciplined, startling, and original.

25

WEATHERED BEER CELEBRATION 2020

Heritage Hall, 3102 Main St, Vancouver

A curated beer and art event, celebrating imperial stouts, barley wine, hazy hops, and wild ales.

IT'S JUST DRAG: BRUNCH

Colony Bar, 965 Granville Street, Vancouver

Hosted by Kendall Gender, the event features food and performances by Vancouver's finest. Seating starts at 11 am. Tickets are \$40-\$50 per person and include the meal.

26

WHISTLER PRIDE AND SKI FESTIVAL

Venues vary

This is one of the largest queer-focused ski weeks in the world. It's packed with winter-sport, culture, and entertainment. Winter enthusiasts can enjoy daily guided ski/snowboarding groups followed by a free festival après skis at the host hotel, and nightly entertainment.

TWERK CLASS 2020 | LEARN TO TWERK 101

Scotiabank Dance Centre, 677 Davie St, Vancouver

For the aspiring Cardi B's, here's a class for all shapes and sizes (small bums included). No experience required. Learn to twerk in a variety of styles, incorporate some basic sexy dance movements and dance to your favourite hip hop songs. Burn calories, learn money-making moves, and empower yourself through the art of twerking. Note: please bring over-the-knee socks, runners, water, and thin leggings/shorts that will let your butt move. Event is from 3-5 pm. Tickets are \$40 and \$10 from each sale goes to the Vancouver Women's Shelter.

31

GLOBAL GAME JAM VANCOUVER 2020

British Columbia Institute of Technology, 3700 Willingdon Avenue, SE2 Building, Burnaby

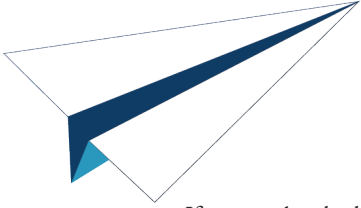
Jammers work in teams to design, develop, test and make a new game in the time span of 48 hours. Everyone is invited to explore new technology tools, try new roles in development, and test their skills. Tickets start at \$35.



Student Spotlight

DANNY CAMERON

BCITSA Chair of Aerospace,
Aircraft Maintenance Engineering Student,
Off-roader, Explorer



words Ali Pitargue
photography Macus Ong

If your car breaks down in the middle of nowhere, you'd be lucky if Danny Cameron is close by. That's what happened to a mom and her kids on a trip in East Harrison. They were on their way camping, but they popped a tire as they were driving down the forest pathway. The nearest maintained road was half an hour drive away, and the closest gas station more than an hour's drive. It was much too far to walk. Fortunately, Danny and her boyfriend just happened to drive by, and they stopped to help out.

Danny had a compressor and a portable jump battery in her trunk. They blew up the tire, put a wooden wedge underneath, and duct-taped the tire's hole. The mother managed to drive off with her children just fine. Later, she sent a message to the hotel Danny was staying at, thanking them for sweeping in and saving the day.

"You have to be prepared when you're going out in the wilderness," said Danny. Among many hobbies, Danny often goes off-roading around BC. Off-roading is an adventurer's journey, where they dare to drive on gruelling dirt roads to explore back countries. When she goes out, Danny makes it her personal policy to always bring a mechanics toolkit. She often conducts off-road car repairs. "You never know what you're going to find," said Danny. "It's not even necessarily you, but other people get in trouble, and I like being able to stop and help people."

Danny has traversed about half the province. Now, she's taking her instincts for exploration and mechanics from the land to the skies, taking up aircraft maintenance engineering at BCIT. "I want to see everything," she said. "Getting into aviation could hopefully afford me some opportunities to travel more and to connect with people from all over the world."

All her life, Danny was immersed in mechanics. She is well-versed in tinkering with car engines, but working with aircraft presents a whole new set of challenges.

In 2019, Danny was elected as the Chair of Aerospace at BCITSA. She told Link that she stepped up for the role because she wants to be an advocate for students, especially those at the Aerospace Technology Campus (ATC).

Things work differently at ATC. They don't have as many events, and the library is only open until 5pm. If you thought food options at Burnaby campus are dismal, Aerospace has even fewer to choose from. To put forth her best advocacy, she says she would appreciate more direction from students, so don't hesitate to reach out.

Danny Cameron is a woman of many interests and multiple potentials. She's had experiences running a kitchen, telemarketing, sales, and at one point, she even went to England to train as a makeup artist. When I spoke to her, she openly talked about the many paths that led her here, and her desires to explore more avenues in life.



What do you love about planes?

That's a complicated question, actually. I am fascinated by machines in general and seeing how things work. I like opening something up and putting it back together, as well as troubleshooting. The fun thing about aircrafts for me is variety. Different planes can have entirely different systems that do the same thing. I've been working with other vehicles—mostly cars, trucks, and trailers—since I was really young. Airplanes are a new challenge for me to try to overcome.

The whole field of aviation has always fascinated me. We had a family friend when I was really young who was an air traffic controller, and he took me up in the tower when I was two. [From] then on, I knew I wanted to do something with airplanes. Whenever anybody asked me, 'What are you going to be when you grow up?' I said, 'I'm going to work with airplanes.' I didn't necessarily know what that meant—whether I wanted to get into air traffic control, aircraft maintenance, or even the more technical engineering side of things—but I knew that this was the field I wanted.

What got you into off-roading?

Part of it is family. Another part of it is when you like cars and trucks and the outdoors—it's kind of a natural choice, in a way. I like exploring, and I think that's a really important part of British Columbia's culture. We have a beautiful province to live in, and I like seeing more of it than I can necessarily get to following paved roads. It's fun to be able to grab a couple of my friends, drive for a few hours, and end up in a natural hot spring.





I'm also part of some off-roading associations. If you get a call from somebody saying, 'Hey, I'm stuck. Can you come get me?' It's that kind of community. You're going to get out of your bed at 10 o'clock when you just got comfy and you're going to go pull him out, because next time, it'll be you.

You've had plenty of experience in mechanics. How did you learn these skills?

My Papa's been a mechanic since forever. He was running a mechanic shop for 40 or 50 years that he eventually sold. He's still farming and fixing his tractors. He's 93 years old, and hasn't slowed down a bit. A lot of what I know, I learned from him.

What is a memorable experience you've had while off-roading?

My boyfriend embraced my hobby of off-roading. One day, we were driving our Jeep along [the road], and he decided to go through a large puddle that was practically a small pond. As we were going through the puddle, I heard a really telltale slurping sound that happens when water's getting into your air intake. Even if you don't know cars or trucks, that noise just sounds incredibly wrong.

I started screaming at him, 'Shut the car off! Shut the car off!' And he said, 'Why? We're in the middle of the puddle. What if we get stuck?' But we had bigger problems because if you keep feeding the car water while the engine is on, you're gonna kill your electronics and ultimately your engine.



My boyfriend was taking up the spark plugs, and I have my arm up the air intake trying to shimmy it out. Then he said, 'What if we turn it back on, but we didn't do a good job, and it fries the computer?' I said back to him, 'Well, what if we're stuck here and no tow trucks come and get us? We're in the middle of nowhere.'

Do you have any tips for anyone who wants to try off-roading?

Anybody interested in getting into off-roading should buy a backroads map book. You can get it at most bookstores and grocery stores. It shows trails and gives you an idea of how experienced you should be to go there. Plus, they also have topographical maps and some emergency advisories. Any time you are going into the bush, you need to make sure you bring anything you might need to get you back out of the bush. I include mechanics tools, a two-day supply of food, and a three or four-day supply of water.

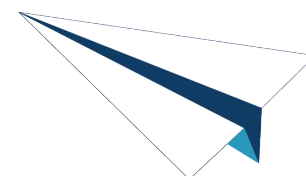
My preparedness came from a lack of preparedness. It only takes one time of your battery dying in the middle of nowhere to decide you need a jump kit. Or [one time of] running out of water, and having it be an hour and a half to the nearest gas station, to decide to pack more water [in your next trip]. I'm very fortunate that my learning experiences were small because there are people who unfortunately go up in the bush and have much worst experiences with being unprepared.

What was the transition like going from car mechanics to aircraft?

It's not as different as you would think in some ways. In other ways, it's worlds apart. That sounds really conflicting, but a piston engine is a piston engine. If you're working on a piston-powered aircraft, there are certain parts and components of the aircraft that would be pretty similar [to a land vehicle]. That being said, [aircrafts] are much more regulated. You have to pay attention to a lot more details. And I'm not saying that normal mechanics don't, but if I don't tighten a bolt on my car and I start driving, the worst-case scenario is that I pull over and fix it. That's not the case with aircraft. [Maintaining aircrafts] probably sounds scary to some people, given how much stress that is, but I like being in a career where I never have to be afraid to ask questions.

Do you have any other aspirations alongside being an aircraft maintenance engineer?

I would consider myself a 'multi-potentialite'. I am not somebody who is going to stop growing and changing. I can say right now I have my sights on aircraft maintenance engineering and getting my AMEM (Aircraft Maintenance Engineer—Mechanical) license. It's an amazing challenge that I'm expecting to be working on for the next few years. After that, who knows. I might want to go into management or develop new technologies, if I get the opportunity. We'll see.



OK, Boomer

OK, Boomer



The response we were looking for but not
the one we need...

words Lauren Edwards

So much for respecting your elders.

In November of 2019, Chlöe Swarbrick, a 25-year-old member of New Zealand's parliament, stood before the Speaker of the House to comment on the Zero Carbon bill. A fellow MP—an older man—then heckled her mid-speech.

Her response rocked the world.

The Zero Carbon bill aims to reduce New Zealand's net carbon emissions to zero by 2050. Swarbrick, a Green Party MP, spoke of the challenges that younger generations will face in the future. She said, "Mr. Speaker, how many world leaders, for how many decades have seen and known what is coming but have decided that it is more politically expedient to keep it behind closed doors. My generation and the generations after me do not have that luxury."

"In the year 2050, I will be 56 years old. Yet, right now, the average age of this 52nd Parliament is 49 years old—"

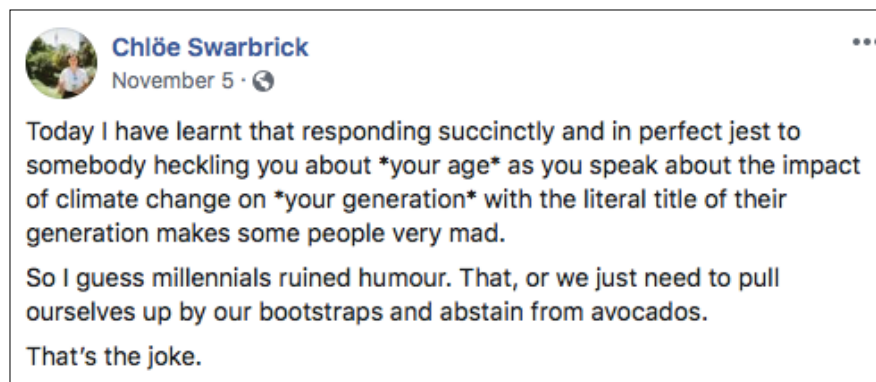
She was interrupted by Todd Muller, a climate change opposer, who loudly jeered at her words.

Swarbrick motioned him away with her hand and said, "OK, Boomer."

'Boomer' being short for baby boomer—the generation born between 1946 and 1964— are currently 50 to 70 years old. The 'baby' part comes from being born after the end of the Second World War when an influx of births occurred.

On November 5th, Swarbrick addressed her naysayers in a Facebook post.

So much for respecting your elders.



GENERATIONS



The Silent Generation:
Born 1925-1945



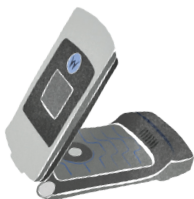
Baby Boomers:
Born 1946 – 1964



Generation X:
Born 1965 – 1976



Xennials:
Born 1975-1985



Millennials:
Born 1986 – 1995



Generation Z:
Born 1996–2012

Swarbrick's sharp response not only shook older people in their seats, but the two-worded phrase struck a chord with millennials. The clap back exemplifies the frustration that 25 to 35-year-olds have after being called “special snowflakes,” “lazy,” and “sensitive” for quite some time.

The irony of the older generation showing sensitivity in their responses—even going as far as having called it the “n-word” of ageism—fuels the generational rift across the board.

It has since gone viral, and the hashtag #OKBoomer rapidly gained popularity, mainly on Twitter and TikTok. The surge also resulted in hoodies made by Gen Z's, and viral videos of teenagers saying the phrase to their teachers.

19-year-old Shannon O'Connor designed the infamous ‘OK, Boomer, Have a Terrible Day.’ Hoodie. Eventually, she expanded into shirts, mugs, and bags. O'Connor turned a meme into a business opportunity, and it quickly returned over \$10,000 in orders.

The phrase has even been added to the dictionary. Urban dictionary curated user lulaloops' description has the top definition.

TOP DEFINITION

Ok boomer

When a baby boomer says **some dumb shit** and you can't even begin to explain why he's wrong because that would be deconstructing decades of **misinformation** and ignorance so you just **brush it off** and say okay.

*Boomer: Kids nowadays are so **allergic back in my day** we just ate bees and wiped our asses with **poison ivy**.*

Non-boomer: Ok boomer

by **lulaloops** September 17, 2019

👍 5399

👎 518

🚩

⋮

Get a **Ok boomer** mug for your cat Julia.

The user adds the short definition of “back in my day” is the way an old man tells you to stop whining about stuff they did differently in the past.

Millennials and young people aren't the only ones taking to social media. Boomers are also actively stating their reactions.

When you're sifting through the many opinions on the matter, try playing the game Spot the Boomer. Here are some examples to aid you in your search:

"MAYBE IF MILLENNIALS DIDN'T SPEND ALL OF THEIR MONEY ON AVOCADO TOAST, THEY COULD BUY A HOUSE."

"If students worked while they were in school like we did, they wouldn't be in so much debt."

This conversation isn't a revelation, it's been ongoing. Namely, boomers are saying millennials want participation trophies for doing the bare minimum, while millennials remark boomers are out of touch. For example, how boomers can downplay how different the present job market is by saying, "just call/go in and ask if they're hiring!"

Millennials and young people worry about climate change, social injustice, and the rising costs of rent and education. They believe that previous generations are the ones to blame since decades of ignoring environmental concerns have been proven as a misstep.

'OK, Boomer' can be hilarious in the short-term. Still, long-term, it doesn't provide any solutions to young people's economic and environmental anxiety and how older generations resist change.

As frustrated as we are, we need to see it from the other side. Stooping to the same level of name-calling isn't solving anything. How long until "OK, Boomer" is matched with "OK, Snowflake"?

We can say the phrase is overused now. It can also be executed in the wrong context by using it as a rebuttal to the wrong generation (i.e. A Gen Z student opposing their 30-something teacher—who is not a boomer—asking them to do their homework).

If both parties agree to be civil, perhaps each generation can discuss the matters at hand. After the tension of 'OK, Boomer' diffuses, we can sit down to explain our concerns and find a solution. We might just learn a thing or two from each other. OK?



1

PHOTO FEATURE

SYDNEY WONG

Vancouver is a city that screams vibrancy and culture, and the only place that 21-year-old photographer Sydney Wong has called home. Naturally, artistry runs in Sydney's family; many of her cousins, aunts, uncles and grandparents enjoy photography. Wong continually finds ways to expand her artistic palette, not only with the taking photos around her city, but also with her studies at BCIT. She took up Radio Arts and Entertainment and has now transitioned to Television and Film Production.

With a long history and passion for music, she was introduced to concert photography when she began to attend shows regularly as a fan. Her curiosity piqued after she noticed "thank you" posts artists gave to their photographers after concerts. Wong then be-

came determined to capture their stories on stage. She enjoys every challenge the stage offers—from new environments and lighting patterns, to different technical specs with a camera.

While studying film, she expanded her skills by becoming a still photographer on sets. She gravitated most toward music videos because they are most like concerts; they are a mixture of music and film. Ever since, she dreamt about stepping onto music video sets. She still doesn't believe half the opportunities given to her this year.

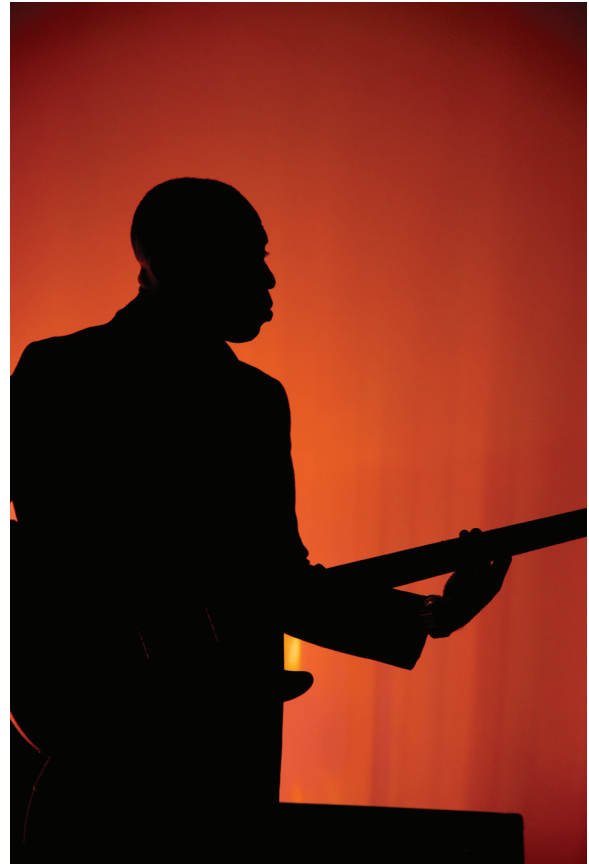
Working in such a competitive and intense industry, the obstacles are endless. Wong learned confidence and motivation are necessary to make waves.

The themes in her artwork include music, people and colour. She enjoys telling stories about equally passionate creatives—from artists singing their heart out on stage and interacting with fans, to actors in front of the camera.

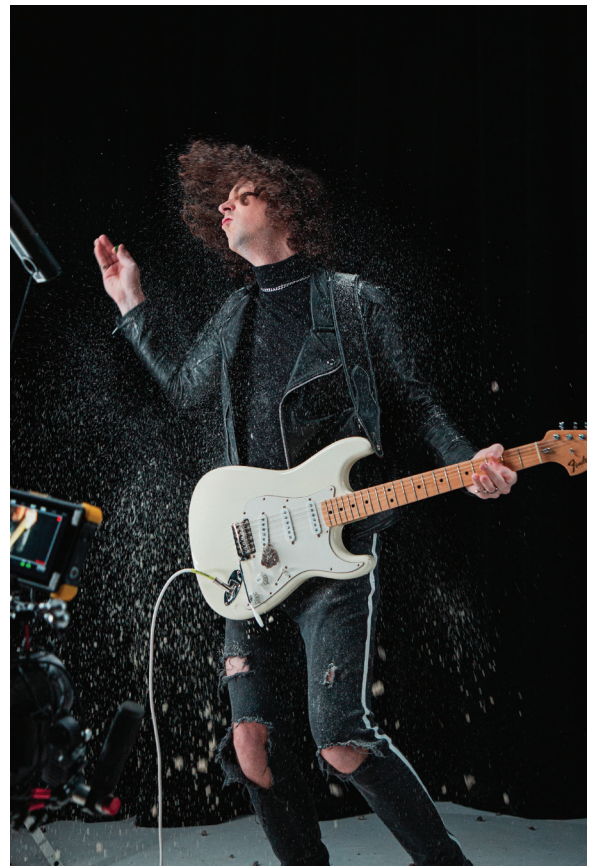
Being a fan herself, she is familiar with how fans love to see photos of artists having a great time at shows. To capture this, she uses unique shots, angles, and techniques. She always asks herself, “What would a fan of this artist want to see?”

Wong has been shooting professionally for two years, but in that short amount of time, her art has transformed completely. Drawing inspiration from artists like Steven McCurry, Jessica Kobeissi, Lindsey Blane, and Cynthia Parkhurst, she has become more experimental. In photoshoots and editing booths, she creates a hybrid of artwork.

She continues to grow and expand her portfolio everyday. Her dream is to become a still photographer on tour with an artist. She hopes to expand from Vancouver as she captures moments on the road.



2



3

1.
On set of Songbird, an Inavision short film, we see a young girl looking out into a theatre where her mother sits across from her in awe. The dream-like environment offered an angelic glow around the girl.

2.
On set of Fake Shark's music video – Invincible. The bass player, Tony Dallas, stands in front of a white limbo lit like a sunset, inspiring Wong to capture his silhouette to replicate the sun setting.

3.
On set of Fake Shark's music video – Invincible. The guitar player, Louis Wu, rocks out while crumbs were being thrown upon him. The directors, the Soska Sisters, made this artistic choice.



1



2



3



5



4

1.
On set of Son of John's music video - Country Pure. The actor, Tavia Cervi, poses in the final scene of the shoot. She drives off after her love interest in the video helps fix her truck during sunset.
2.
Captured at the Gulf of Georgia Cannery National Historic Site in Richmond, the pipes and old vintage look produced a "time warp" inspired shot.
3.
Singer-songwriter Alec Benjamin played his first headlining show at St. James Hall in Vancouver. With vibrant colours and a cute flower crown given by a fan, the performance was beautiful.
4.
On set of Fake Shark's music video – Invincible. The lead singer, Kevvy, was smashed over the head with a sugar glass vase. With only one shot to capture this image, the stakes were high!
5.
On set of the Fake Shark music video – Invincible. The lead singer, Kevvy, was blindfolded to produce the idea of entanglement.

FRIENDS ON OPPOSING ENDS

More people are avoiding affiliations with people of differing political views. Can conservatives and liberals still be friendly in a polarized political landscape?

words Ali Pitargue



It's hard to pinpoint how exactly the dinner table became just as known for being a site of contention as it is of togetherness. After the 2016 U.S. Presidential Election, we can safely assume plenty of dinner tables across the continent have turned into verbal battlegrounds. Family gatherings can transform into treacherous territory when politics are invited to spoil the party.

We can't choose our families, but political discourse can erupt at any social interaction. This can apply to the working world, as well as among our circle of friends. It's difficult to ignore politics these days, and many are unable to conceal their beliefs.

Some people who strive to be economical with their social efforts. When it comes to meeting new people, it has become common to skip past the niceties and head straight into talking politics. It's human instinct to protect our own values, especially in polarized times.

If someone comes across a person with opposite beliefs, red flags are raised. The best interaction they could muster is some fake hellos and any potential connection they could've had goes out the window.

What's even worse is when political differences result in established friendships coming to an end. If you learn that a friend sided with a political party you are vehemently against, do you choose friendship or your own values?

According to a 2015 Stanford University study, many are finding it customary to reject people of opposing political views. "If anything, the rhetoric and actions of political leaders demonstrate that hostility directed at the opposition is acceptable, even appropriate. Partisans therefore feel free to express animus and engage in discriminatory behaviour toward opposing partisans."¹

Where do you draw the line? Everyone's tolerance levels vary. They are determined by one's environment and their feelings of safety and security. If parties on opposite ends of the spectrum mutually make an effort to be civil with one another, the dialogue wouldn't necessarily end in catastrophe. At least, most of the time.

It depends on how staunch their moral oppositions are, and how bonded their identities are with the politics in question.

So, if you find out your friend voted for a party that is staunchly against yours, what can you do?

Let the elephant follow you to every room?

A common way people preserve friendships is by adopting a 'code of silence.' Discussing politics is considered taboo, and they can find it worthwhile to converse about similar interests like films or sports. However, codes of silence—or biting tongues—are becoming a less popular approach, especially for someone loyal to their own values.

Furthermore, political lines have intertwined with culture. They can draw in pop culture, sports, and other avenues that were traditionally deemed apolitical. Even expressing your support of a sports team like the Patriots would likely get a few responses that allude to Tom Brady's support of Donald Trump. Same with the Lakers and LeBron James' left-leaning politics. When conversations avoid a political sphere, it can feel like ignoring the elephant in the room.

For politically outspoken people, maintaining civility can be an ordeal of pretense. There is a layer of artificiality in the dynamic. As human beings, we have a need to seek out genuine relationships.

That said, codes of silence mainly work best for people who are disengaged from politics.

Keep your “enemies” closer?

Funnily enough, there are also folks whose relationships supersede political barriers. They can engage in civil political debates simply because they enjoy the exercise. Psychology Today suggests that this could be a healthy practice. “It turns out that talking about politics with friends, even if you’re on different sides of the political spectrum, can actually have a beneficial impact.”²

Two outspoken members from the U.S. Republican and Democratic parties, Mary Matalin and James Carville have been married for 26 years, despite being from different sides of the political spectrum. They co-authored a book, *Love & War: Twenty Years, Three Presidents, Two Daughters and One Louisiana Home*, about maintaining a politically divided household. The book’s overarching themes pertain to how the couple’s mutual love and respect transcends any hostility that their opposing philosophies drum up. Moreover, they found a way to make their ideologically adversarial dynamic flourish.

“Many people thought it was some kind of stunt marriage, but we knew what we were getting into,” wrote Carville. “Sure, we have the Republican-versus-Democrat dynamic, sleeping with the enemy or whatever. But what two married people have ever been exactly alike? How boring.”³

Matalin and Carville are not alone. There are other couples and friends who have a similar dynamic, often joking about cancelling each other’s votes on election time. Others, however, make it a mission for their politics to be represented in government, and cannot bring themselves to break bread with their enemies.

This kind of set up only applies if you’re able to shake things off. And this ability is a privilege. For a marginalized person, debate surrounds their very identities, and it can put them in a vulnerable position.

Walking in their shoes

Maintaining a cross-political dialogue could also depend on the subject matter and its proximity to social identity. Debates about tax rates would not usually result in hard feelings, but whenever the head of the nation South of the border comes up, for example, there’s potential for escalation.

Identity politics are usually where the party lines are drawn. Being of the “belief” that homosexuality is sinful, for example, is not merely an opinion, but it is invalidating one’s being. The issue of gatekeeping immigration puts Mexican, Muslim, and other marginalized identities in the spotlight, and discussing police accountability brings in the racial context in law enforcement corruption. I could go on, to the point of arguing that any and every issue has to do with social identities.

But this could also be a starting point.

1. Iyengar, Shanto and Sean J Westwood. 2015. Fear and Loathing Across Party Lines: New Evidence on Group Polarization. Stanford University - American Journal of Political Science.

2. Barth, F Diane. 2017. Arguing Politics With Friends? One Word Makes a Difference. December 9. Psychology Today.

3. Carville, James, and Mary Matalin. 2014. *Love & War: Twenty Years, Three Presidents, Two Daughters and One Louisiana Home*. New York: Blue Rider Press.

Something to keep in mind that is there is a reason, good or bad, for everyone's chosen political affiliation. You can even run into marginalized people who vote conservative, despite how common narratives treat them as anomalies. Conversely, you shouldn't be surprised to spot a Liberal or NDP lawn sign amidst a sea of Conservative ones in a rural Albertan suburb.

If anything, the first step to sorting out any politically-charged strife is comprehending why your political adversary chose to adopt their beliefs. Whether it be for their culture, religion, upbringing, or any context that shaped their perspective. Often, you'll find it's due to how they were conditioned by their immediate communities. After you've imagined walking a mile in their shoes, then it's up to you if you're willing to share a dinner table with them.



What's behind the craze of

Poke Bowls

words Sherry M.Lai





It was just another Tuesday afternoon, me in my all-black weekday outfit, a poke bowl in my hands. The format of the bowl was perfect—taste and convenience all in one dish.

As a staple dish of Native Hawaiian cuisine, the Poke bowl existed long before the invention of some well-known health food merchants such as Freshii, Tractor Foods, and Chopped Leaf. If you type Poke Restaurant into Google, you will find more than 15 of them on Google maps, and that's just in downtown Vancouver.

Poke bowls satisfy three common obsessions: Pretty (i.e. perfect for Instagram), Reachable (a welcoming eatery style & accessible locations), and Healthy (health benefits), both on an individual as well as an organizational level. The poke bowl is appealing to consumers who are health-conscious and time-trapped.

More than just a pretty face.

I was passing people while they were getting lunch, when I came to realize that the poke bowl has almost usurped sushi's popularity. It has an appeal that evolves from sushi, where a typical bowl would combine a variety of fresh, customized ingredients that looks like a rainbow.

Poke translates to “cut into pieces.” It is a bowl of aesthetic, delicious, and healthy ingredients cut into small pieces. It is a middle ground between a natural salad bowl (which usually has only two vegetables and one protein) and a filling burrito. If you get a poke bowl, it is neither ‘rabbit diet,’ nor ‘guilty craving.’ Alongside packing the protein, it is flavourful as much as ‘Insta-worthy.’

Also, there is much room for creativity when it comes to the food assortment, although the poke bowl was initially meant to consist only of fish or chicken. Now, it can contain any lean meat protein or even crispy tofu, which can contribute to the decorative expression of the poke bowl.

The rise of food bowls trend

We may not be able to dine at a fancy restaurant with Queen Elizabeth, but bowls have a lavish appeal. A poke bowl does not only look desirable to eat, but it also embraces multiculturalism. It has lush, earthy ingredients such as raw tuna, octopus, salmon, and tofu served on a bed of rice with furikake (a Japanese seasoning equivalent to salt and pepper in Western culture).

Food bowls are trendy because they are customizable. This customizability is especially appealing to meal preppers, healthy eating people, and food franchisers.

Poke restaurants are profitable. A poke restaurant requires small footage of dining space, limited labour, less equipment than other restaurants, and almost no cooking. Because of all this, it's a more modest financial risk than some other restaurants.

Furthermore...

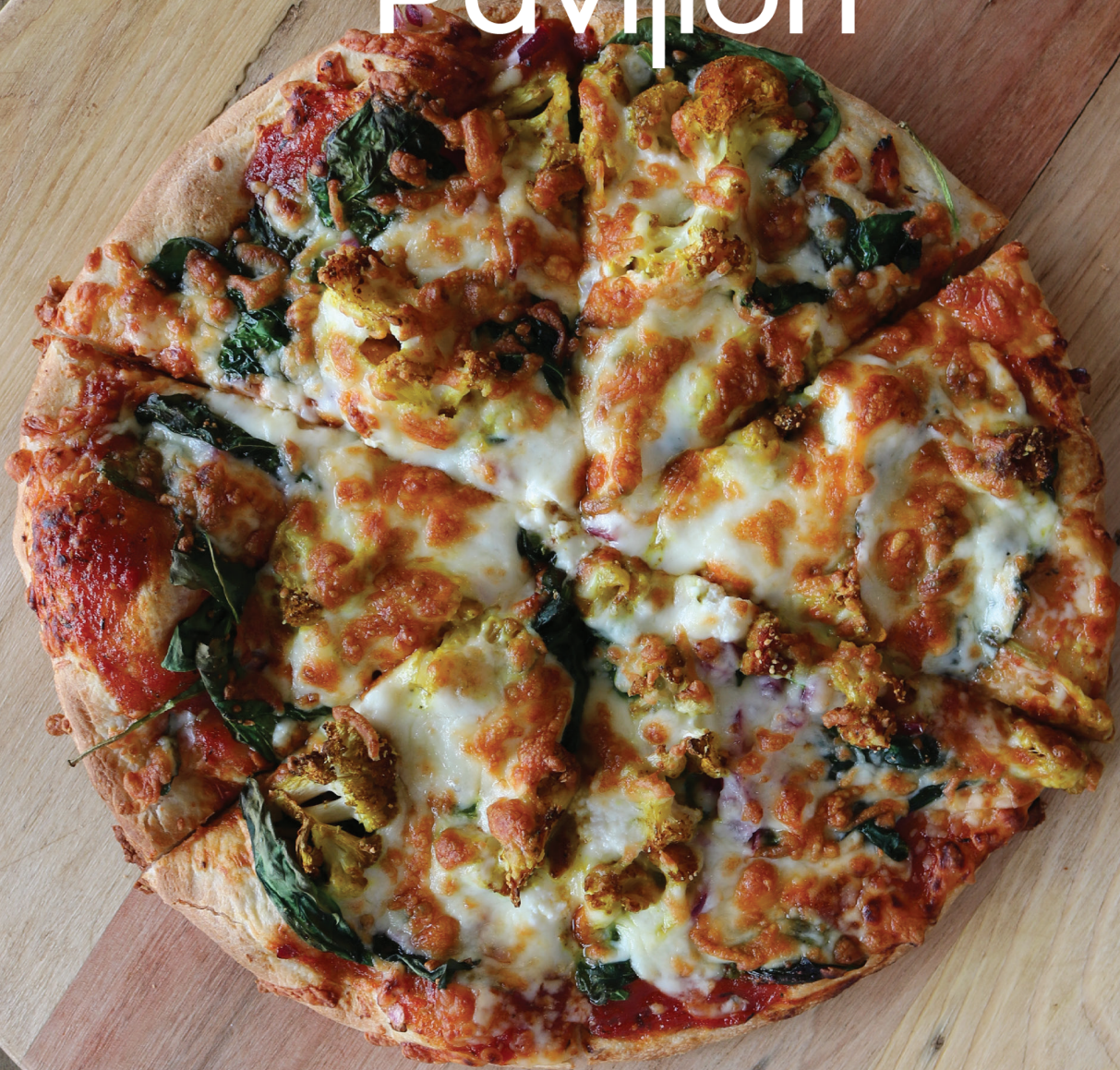
For centuries, plates dominated North America's dining landscape. Now, people are eating more food than ever out of bowls that come with layers of grains, vegetables and protein. The poke business is booming, but it faces competition.

Balancing branding and profits can be tricky for poke restaurant owners. Poke bowls have attracted their fair share of naysayers, to the point of being deemed 'overrated.' And overrated aside, poke is pricey; a typical bowl can cost between \$11 and \$20.

Well-known restaurants like Cactus Club and Earl's Kitchen have added healthier dishes into their menus, such as the 'Zen bowl' (wild rice with salmon), or the 'Wholegrain Salad.' Some restaurants have also dabbled with healthy eating concepts—offering dishes with a healthier taste in a more traditional dining environment. As the weather getting colder, a poke bowl does not seem so desirable, sometimes.

So, what's behind the craze of Poke bowls? Decades ago, the common ingredients in the poke bowls would have people raise eyebrows. We live in an era that people appreciate authenticity and healthier alternatives, which results in a prosperous outcome; at least, *for a while*.

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Curry Pumpkin Soup



Ingredients

- 1 celery stalk, diced
- 1 medium white onion, diced
- 2 carrots, peeled and diced
- 3 cloves garlic, minced
- 1 tbsp grated ginger
- 1 bell pepper, diced (doesn't matter what colour)
- 1 large sweet potato, peeled and chopped
- 1 can lentils (washed) or 1 c2up of dried lentils
- 1 can pumpkin puree
- 2-3 tbsp of curry powder or paste (feel free to add more if you want more spice)
- 1-2 tsp of turmeric
- 1 tsp paprika
- 900mL chicken or vegetable broth (One Tetra Pak is 900mL)
- 2 cans of coconut milk
- Salt and pepper to taste



Another great recipe that can last you for a few days. Ingredients are interchangeable, particularly with the vegetables. If you're not fond of sweet potatoes, you can just as easily use regular potatoes. I used dried brown lentils for this recipe, because not only are they cheaper than canned, they also don't take long to cook. However, using canned will end up with the same result. If you wanted to include more vegetables, adding some frozen corn would complement it nicely.

For protein, chickpeas could also be a great substitute for lentils. If you wanted some meat in this, go ahead and throw in some diced chicken breast. Adding an extra can of lentils (or any legume) would be a great way to increase the protein and make the soup thicker.

The curry powder will add some spice in the flavour, but if you want a little more heat, you could dice up a serrano chili pepper or add in some red pepper flakes. I used Madras curry powder, but other curry powders or paste will work just fine.

Directions

In a large pot, heat up a few tablespoons of olive oil or butter. Sauté the onions, celery, carrots, garlic and ginger over medium heat for 5-10 minutes.

Once that mixture has had time to sweat, add your spices. Cook the spices for 5-10 minutes to ripen the flavour before adding in your liquids. You can add some salt at this point, maybe a teaspoon or so. If the spices get dry and start to burn, add little amounts of water.

After the spices have a chance to cook off, add in your liquids, including the pumpkin puree. The amount I put ends up being more of a stew consistency, so if you were aiming for more of a thin soup, you can add in more broth. Bring this up to a boil.

Once at a boil, add the sweet potatoes and lentils. The lentils will cook in no time, but the sweet potatoes should take 10-15 minutes. You can reduce the heat and just let this gently boil for a while to develop more flavour. Once the sweet potatoes are done, you are good to go. Before you prepare it, you might want to taste it again near the end to see if you need more salt (you probably will).

A large industrial facility, likely a steel mill, with a high ceiling, complex steel framework, and various machinery. A worker in an orange safety vest and blue hard hat is visible on a yellow platform in the center. The word "Teck" is written in white in the bottom right corner of the image.

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