

march 2017

# LINK

MAGAZINE

BCIT & BEYOND

**4 GREAT HIKES**  
*and what to bring with you.*

**THE TRUTH THAT YOU KNOW**  
Sustainability in Aboriginal culture.

## WHAT DO YOU MEME?

Mom, where do memes  
come from? We find out!

STUDENT SPOTLIGHT

## STEPHEN COHOS

On designing for the future

## FAMILY GONG SHOW

How to escape a mattress  
factory and live to laugh about it.

## BEATING THE BULLY

One student's battle to  
overcome bulimia and regain  
control of their life.

## minimalism

why less is often more.

plus: instafamous foods, LGBTQ after Trump, and more!





CONTACT  
[editor@linkbcit.ca](mailto:editor@linkbcit.ca)

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



#BCITandBEYOND

CONTRIBUTORS

Tanushree Pillai	Flora Brodie
Karolina Kapusta	Lacey Polack
Jordan Kwong	Yung Hui
Joseph Huang	Kurt Tadeo
Monika Szucs	Fiona Tsun
Carolina Galdamez	

In this issue:

- |  |   |
|--|---|
| <b>5</b> <u>BCIT</u><br>Show & Tell                                    | <b>16</b> <u>CULTURE</u><br>What do you Meme?                         |
| <b>6</b> <u>STUDENT SPOTLIGHT</u><br>Stephen Cohos                     | <b>18</b> <u>HUMOUR</u><br>Family Gong Show                           |
| <b>9</b> <u>TIPS</u><br>Lead the Way                                   | <b>20</b> <u>FOOD</u><br>Instafamous Foods                            |
| <b>10</b> <u>DESIGN</u><br>UX/UI                                       | <b>21</b> <u>FOOD</u><br>Samosas                                      |
| <b>12</b> <u>HEALTH</u><br>Beating Bulimia                             | <b>22</b> <u>TIPS</u><br>Hit the Trail                                |
| <b>13</b> <u>OPINION</u><br>LGBTQ after Trump                          | <b>23</b> <u>LIFESTYLE</u><br>Minimalism                              |
| <b>14</b> <u>ENVIRONMENT</u><br>Aboriginal culture<br>& sustainability | <b>24</b> <u>CREATIVE WRITING</u><br>Lost Souls;<br>Not What it Seems |

**Selenna Ho**  
*Managing Editor*

**Alexis Cornwall**  
*Associate Editor*

**Jarell Alvarez**  
*Associate Editor*

**Rachel Chang**  
*Associate Editor*

**Maddy Adams**  
*Photo Editor*

**Annie Sheng**  
*Online Community  
Coordinator*

LINK is published 8 times annually by the BCIT Student Association and distributed free on newsstands across all 5 BCIT campuses.

**Dan Post** | *Publisher*  
604. 451. 7191

**Andrea Carl** | *Promotions*  
604. 453. 4072

Featured Contributors



**Lacey Polack**  
*Radio Arts & Entertainment*

Lacey is in her 2<sup>nd</sup> year and specializing in marketing this semester. In her spare time she loves to hike and photograph the outdoors, play on a soccer and softball team, sing in a choir, and after the day is done, just relax with a good movie.



**Fiona Tsun**  
*Environmental Engineering Technology*

Fiona is an aspiring environmental scientist with an affinity for the mountains. She spends a lot of her time studying, but will do almost anything to avoid it, such as editing her photos from 2013, washing all her roommates' dishes, and writing an article for LINK.



our annual sponsors:





# GIMME A BREAK

on the cover:

Stephen Cohos dreams of the day his award-winning designs come to life.

photo & composite: **maddy adams**  
drawings: **stephen cohos**

this page: Brandywine Meadows  
photo: **lacey polack**



It's crazy to think that it's the third month of the year already. It seems like just yesterday we were bright and hopeful, excited for renewal and the New Year. But believe it or not, it's March, and maybe you're like me, feeling a bit tired as we get closer to wrapping up the school year. Now is the perfect time for rejuvenation; a time to take a moment and recognize that we all deserve a break. If it's been a while since somebody told you this, then let me be the first. You're killing it right now. You didn't make it this far for any old reason. You are strong, ambitious, and you are a leader. You know firsthand that BCIT is not for the faint of heart. All those midterms, group projects, presentations, labs... oh, and through all that you're still supposed to be a full-time human. How is that even possible?

Our school schedules alone are ridiculous, but stir in the fact that we all have real lives outside of these walls, and the balancing act turns into a circus. Many of us have jobs, kids, friendships, partners, families... and yet we still make it in to school and turn in those papers (most days). We really ought to be a bit more proud of ourselves. But we could also really stand to learn the importance of taking a break. I've seen posts recently on the BCIT Confessions facebook page where people joke about living off of energy drinks and Adderall to stay focused (or just not sleep for entire days) all in the name of exams. You should never get to the point where you're using substances to keep going. Instead, learn to accept that everyone needs a break, and let the pressure subside.

So you can't afford to fly off to Bora Bora for the week. That's fine, because breaks come in all different shapes and sizes. Everyone has different ways they decompress and relax their minds; what's important is that you find healthy ways to practice mindfulness and relaxation. It all starts with accepting the fact that you simply need to stop once in a while, and understand that you've earned the right to just chill. But don't get caught up in how other people take

their breaks. Yes, photos in pretty places look great on Instagram and FOMO is totally real, but until you're doing exactly what is right for you and your needs, don't waste your break trying to impress others. So maybe you just shut down your social media feeds for a minute and do your own thing. Maybe you get out of the city for a bit, or simply have a staycation and discover the awesome things available right in your backyard (and if we're talking about nice "backyards" I would say we're pretty blessed to have the most beautiful one right here in BC.) It's essential that you do something you truly appreciate, get back to that hobby you love so much. Go play a sport that makes you forget about everything. Go see that movie you've been dying to see. Do something you've never tried before. Spend time with family... the list goes on and on. BCIT workloads can take you away from what really excites you, but it's crucial that you take your "me time" seriously.

The main problem is that people feel bad or wrong for resting. Whether you realize it or not, there is definitely a stigma around taking time off for yourself. It's often perceived as lazy, or a waste of time, because "if you ever want to be successful you need to work hard." Think about the language we all use that encourages us to "hustle" or "grind" or "climb the ladder." Sure, these terms inspire us to keep going, but it also makes us feel like we can't stop. There needs to be more room for cheering on self-care. Taking a break and learning to be alone with our thoughts helps us sort out the important stuff and the junk we don't need to worry about.

So at the start of your day, remember: we are not machines. Take a break, and celebrate what is about to be a strong finish to an epic term, and an even more epic you.

— **Alexis Cornwall**  
Associate Editor



# linkbcit.ca



## Your Purr-Fect Match

Back in February, **Caroline Thompson** reminded us all about the benefits of having a pet, and how great it can be to adopt one. Since then, she has been going down to Vancouver's Catfé every week to meet the kitties that the SPCA hopes will find homes. Visit our website to read profiles of each cat and who knows, you might just find your new bestfriend.



## Women's March Photos

LINK Photo Editor **Maddy Adams** recently shared some photos with us from her street-level perspective at the Vancouver Women's March. Back in January, following the US election, thousands of women and men took to the streets around the world, to spread a message of equality, dignity and the importance of human rights. Check out Maddy's powerful pics from the march here in Vancouver and the rally at Trump Tower.



## LINK-UPS

Saw someone cute in the line at The Stand? Missed your chance to ask that beauty on the bus for her phone number? Trying to connect with your class crush but don't know how to find them online? Take a chance on love and post your BCIT Missed Connection on our special Facebook page. Who knows, they could be watching and you might just link up!



RT  
#BCIT

@speakoftheangel



@NathanielLeigh1

"according to an online personality quiz... i'm a candle. should i do something with that? make it my new logo? #BCIT"

@ecemixer

Oscar organizers should have taken Event Management class at BCIT :)  
#Oscars2017 #bcit

@bcit





# SHOW & TELL

Put yourself out there, share your passions, and learn more about the people around you.



## IDOL HANDS

Public speaking is hard enough, but imagine having to get up there in front of your peers, your instructors, and other members of the BCIT community to sell them on something like the idea of possibly abandoning natural gas projects in BC in favour of environmentally sound clean energy solutions. Sure, a lot of people might applaud you, but you also a risk a “Frack You!” or two, and you could catch a pipe wrench to the forehead. For now let’s just assume that we’ll have civil engineers in the crowd at this year’s Presentation Idol — the annual event that brings big-thinking BCIT engineering and technology students to the stage to try and woo their audience on a topic of their choice. Catch all the talks in the Great Hall on Mar. 22<sup>nd</sup> (3pm) and Mar. 23<sup>rd</sup> (4pm) and sit on your hands if you can’t behave.

## EXPOSURE

No habitat is complete without a little artwork to spruce up your digs. The next time you’re in the campus pub for a bite to eat, check out some of the amazing work by BCIT’s **Derek Fu** now being exhibited. We were simply blown away by the stunning photos that Derek submitted for our new rotating student photo show, but his unique eye for colour and composition made it incredibly difficult for us to choose just five to print and hang. In the end, we selected shots that we felt showed off Derek’s broad range of skill and style, and we think it was just what that big blank wall back there needed! You can see more of Derek’s photos online at [linkbcit.ca](http://linkbcit.ca), but be sure to check them out in person while you can. Besides, it’ll give you a chance to show off that stoic ‘appreciating art’ gaze you’ve been working on.



photo courtesy BCIT Student Life office

## THE TEA PARTY

As a kid you’re told never to take candy from strangers, and you’ve been pretty good about following that rule (minus all those Halloweens where it was suddenly okay, even though it was strangers dressed as friggin clowns!). But once you became a college student, you completley abandoned your principles, and now you’ll eat or drink just about anything that someone on campus is handing out for free. Luckily you can trust people around here, so if you see any Student Life Ambassadors out there handing out cups of tea, just know that they are good people, simply reaching out to say, ‘You know what, you look like you could use this right about now.’ All they’re asking for in exchange is to hear a bit about your experience here at BCIT. So don’t be afraid to say hi next time and grab a complimentary cuppa.







# MAKIN' STACKS

**Stephen Cohos** is a 4<sup>th</sup> year BCIT Civil Engineering student, a problem-solver, a man with a vision, and the recent winner of a \$20,000 prize for his submission to the STEM Spotlight Awards. We met up with Stephen to discuss his team's designs for the Amoeba Building System that won the prestigious award, and learn more about how these modular and sustainable designs could be your home of the future.

interview **annie sheng**  
photos **maddy adams**

## How did you come up with this project?

In 4<sup>th</sup> year Civil Engineering, we have to do a Capstone project. I came up with this idea at the end of 3<sup>rd</sup> year and I spent that summer going through a conceptual design of what I wanted to do. And because I really wanted this project to go forward, I built a website to pitch this idea to my classmates for the Capstone project.

What I came up with is the Amoeba Building System, which is a modular residential living unit that is made up of engineered wood products. This is engineered wood, which is cross-laminated timber. The easiest way to describe it is that it's a concrete block made of wood. What we do with these modular units is we stack them up really tall and you have a residential unit.

## How did this go to the STEM Spotlight Awards?

I've done all this work since April 2016. In the fall, I was walking through campus and there was a sign that showed a design innovation competition. One of the categories is how you would use cross-laminated timber to design new buildings in BC. I went "Oh that seems pretty good! I think I can apply to that." I put together this 1500-page essay and I ended up coming out on top, which is pretty cool.

I also had amazing classmates who were supportive of the Amoeba Building Systems dream, and without their willingness to see my vision and chase the unknown, none of this would have happened. The students are: Harmeet Kambo, Peter Virk, Zakhar Okunev, Cory Shentag, Evan Smith, and Mike Park.

## What's unique about the Amoeba Building System?

Because it's wood frame, it's a lot lighter and we can start placing these buildings on top of existing buildings. Let's say you have a three-story

concrete structure that's down in the dumps and needs to be revitalized for a neighbourhood. Instead of knocking down that entire building and throwing out all that material, we could repair that building, give it a facelift, place homes on top of it, and turn it into a mixed-use facility.

## What do you plan on doing with your project now?

I think it would be great to team up with BCIT in the near future to design a new student residence at the Burnaby Campus. I am not sure what their plans are for the future of the campus, but we have a ton of space with the potential to develop new student residences. It would be a unique opportunity for both BCIT and the Amoeba Building System to showcase a product that was essentially developed within the Civil Engineering program at BCIT – not to mention it would be a sustainable alternative to building a new concrete or steel frame residential building.

## What do you think about container buildings?

That's an interesting one. The thing with containers is that they're structurally sound because it's a container. But as soon as you start poking holes in the walls, it's not structurally sound anymore so you have to reinforce it. So the simple change from a container to a home isn't as easy as people think, but what's great is that you're recycling materials. And that's really where the focus of buildings needs to be for our generation. It's no longer about coming up with new spaces and knocking down existing buildings, but rather finding a way to reuse the materials we already have.

## What interests you most about Civil Engineering?

I always wanted to get into design. My grandfather was an architect so I grew up with him teaching me about architectural design. My dad is a developer

continued...





"You're not going to get graded in life. What matters is that you put your heart into it and that you give it your all."

and property manager. I knew I'd be somewhere on that path, but I wasn't sure exactly where I was going to fit in. I guess I picked Civil Engineering because I liked math, although I no longer like math because of it. Now I prefer conceptual design. I like to imagine an existing place and what could be there, and think through all the problems and issues that need to be tackled to create a living and workable space. That's what really motivates me.

**How do you see Civil Engineering transforming the world in the next 10 - 20 years?**

I think the best thing a Civil Engineer can do is make it so that you don't notice it. Every day we're interacting with the city's multiple systems. How does the road systems work? What about transit? And water systems? As you go through life, going to work, coming home, using your facilities and not noticing that anything's wrong – that's when Civil Engineers have done a good job.

**Do you have any advice for 1<sup>st</sup> year Civil Engineering students?**

I give this advice a lot and no one really listens to me on it. I would

say – ignore the marks. In 1<sup>st</sup> year, I was more hung up with the number I received on a test, and later on I realized that's not what Civil Engineering is about. Engineering is being able to look at a situation and find the most efficient way to solve a problem. You're not going to get graded in life. What matters is that you put your heart into it and that you give it your all. And if you mess something up, admit your mistakes and move forward with it.

**What's your favourite building in the world?**

There's this building in Austria designed by Herman Kaufman, and it's called Illwerke Zentrum Montafon. It's quintessential. Can you imagine working somewhere where there's a river running along the front and a mountain in the back? And it's all made of wood. That would be my favourite building. ■

---

*See more of Stephen's designs, and check out other projects he has worked on, online at: [audesignlab.com](http://audesignlab.com)*



# Lead the Way

Know what it takes to be a great manager, and how to spot a weak one.

words **joseph huang**

Theodore Roosevelt once said, "People ask the difference between a leader and a boss. The leader leads, the boss drives." No sentence more perfectly sums up the behaviour of many of our current managers and by extension their greatest shortcoming: a misunderstanding of the concept of leadership.

Being a supervisor in the retail industry has made me question certain behaviours and practices exhibited by other management members, specifically in how they interact with their employees. How often, what kind, and how much information do they share on a regular basis? This information could be daily sales results, future company goals, or even just a workplace decision to increase productivity in certain areas. Whatever the information, it's often good to consider being more of an "open book" with your employees. Yes, not all information can be made privy to everyone for various reasons, but a flip-side exists. By being transparent with employees, it can actually earn managers more trust and help rally everyone to the business' goals.

Consider the fact that our current workforce is made up of a vast majority of so-called millennials (people born between 1980 and 2000). PricewaterhouseCoopers, a multinational services network, published a survey titled 'Millennials At Work.' It accurately states that millennials "have grown up with broadband, smartphones, laptops and social media being the norm and expect instant access to information." This expectation for accessible information is neglected by many managers who believe that they are the main and sole recipients for any business-related information they come across. Decisions are then made by these managers based on that information and then implemented onto the staff without prior warning or forecast. Miscommunication abounds and the quite-often heard workplace phrase, "Well I didn't know anything about that!" becomes the new mantra of the employees.

Daily sales results and future forecasts for expected revenue could help motivate employees to find new and creative ways of attracting clientele. Policies that haven't even been implemented yet could be discussed with employees to gather feedback. Their input could then be implemented into the final result. More communication creates more empowered employees who feel and know their importance to the company and understand that they have a voice.

Do managers create a positive work environment? Do managers foster and encourage independent behaviour and openness? In other words, are the managers being leaders? When an employee has done his or her best in a task and

some mistakes are found, old-school managers often immediately go for the kill. The "perfectionist" manager takes it one step further and actually looks to find something wrong. I once had a manager who consistently tried to micro-manage every single detail of the workplace. If something went wrong – no matter how hard employees were trying – a sharp reprimand was to be expected. These two poor habits coupled together effectively took away the confidence of the employees. They saw their work as consistently inadequate and unable to be "perfect;" their confidence level and morale plummeted to new lows while they began to become reliant on the manager for every single decision.

It's important for a manager to understand that their voice directly impacts the positivity and productivity (or lack thereof) in the workplace environment. Giving proper and well-timed feedback and encouragement, while putting an emphasis on what employees are doing right, are great ways to increase employee confidence and make them feel more welcome at work. This of course doesn't mean that constructive criticism should be thrown out the window. Keep in mind that the point of constructive criticism is to further the employee down the path of confidence and growth, not to "whip them" into shape or to impose intellectual superiority! The end result of either helpful criticism or recognition should be an employee who is even more enabled to operate independently, competently, and with minimal supervision.

Sometimes even just taking a minute to ask employees a question or two can promote independence and encourage employees to be open about their thoughts and ideas. How do employees feel in regards to the way they're treated by the workplace and is there anything being done to address any issues? What do they feel about certain company practices and policies? In what ways can the manager give them full support and make them feel respected? Asking questions like these will help managers detect problems that can negatively impact the environment and morale. Viewing employees as human beings to be taken care of, rather than tools to be used, is a vital aspect of being a leader rather than a boss.

Sadly, many work experiences have often proven that lots of managers still prefer to be just bosses rather than leaders. Someone once told me that perseverance was key in dealing with such people. To everyone who is either starting work for the first time or advancing up the career ladder, I give you the same advice as well: persevere. Do not allow negative experiences affect your own growth. Continue learning as much as you can from everyone, whether you're the employee, or the manager. Grow into who you are meant to be and lead others to grow as well. ■

**"More communication creates more empowered employees."**



Prototype

Mock-ups

A/B

Wireframes



## &lt;title&gt; YOU'RE BEING USED &lt;/title&gt;

&lt;h1&gt; jarell alvarez &lt;/h1&gt;



#UX

#LINK

Intro

By the time you've eaten your morning bagel and read this article, I bet you've interacted with at least 20 products, platforms or people that were vying for your attention and calling you to action in some way. Our lives are based around an exchange of currency that takes shape in many forms (relationships, money, etc.) and is designed to manipulate the audience (or 'user') into feeling a certain way. Is it evil? Sometimes, but this is the basis of how most people interact with the world, and in the hands of the right person, User Experience (UX) is an incredibly effective tool.

Body

The term "UX" may be part of our modern vocabulary, but the theory and practice behind it has evolved from multidisciplinary roots that trace back as far as the Renaissance Period. Don Norman, a cognitive scientist and co-founder of the Nielsen Norman Group Design Consultancy, is credited with inventing the term in the late 1990s declaring that, "user experience encompasses all aspects of the end-user's interaction with the company, its services, and its products." Using this definition, UX then can be understood as a broad term for anything people use: whether it's putting gas in your car or making purchases online.

Designing a positive experience for a user isn't always that easy. A simple website or app button can seem whack and inoperable, or general layouts illogical and hard to navigate. I'm a student of the D3 (Digital Design and Development) program at BCIT where we've been learning to carve out an emotion for a person that's usually positive and re-affirming. When it's not done properly, it can easily leave you with a bad taste in your mouth. Think back to a time you dealt with an inoperable machine (vending machines), a website that made you question the creator's legitimacy (Geocities) or something as simple as a door that requires its own sign telling you to either push or pull. Poor design can leave you with deep trust issues.

The highly engineered and complex products we use every day (even chairs or coffee makers) are made by really intelligent people and must work for the "average" person. Meaning: there should be no questions about how to operate the product or navigate the site. UX design is about creating moments of utility and pleasure for the user. Products need to be a delight to use, and UX designers help to create that.

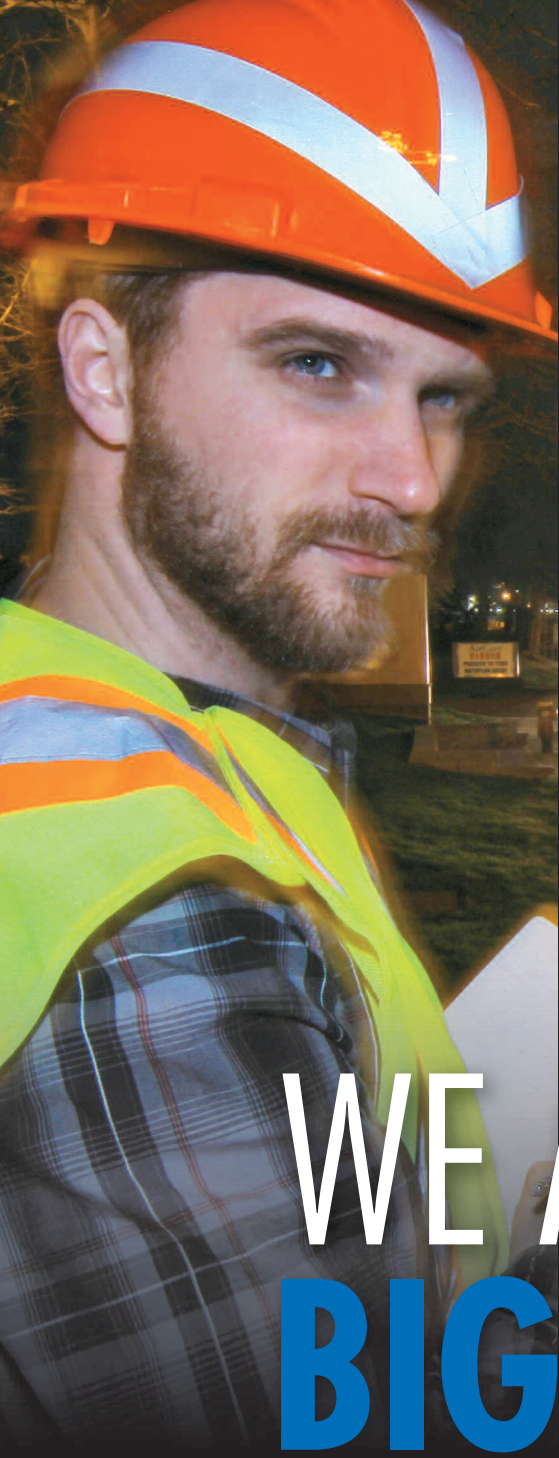
In practice, there are many ways to design products and platforms for optimal user experiences, which will hopefully lead to continual use or interaction. Designers must first start by compiling key information about their "users" which they then develop around as a "persona." Personas are imaginary people that the designer has created based on their research, and is the intended end-user. Next, the process of "wireframing" easily puts complex ideas on how digital products work, into a visual representation either on paper, or software like Adobe Illustrator, or various mobile design apps. This visual concept then serves as a skeleton for the project. From there designers move on to prototyping and testing, making sure that the product has a logical flow. This process is often repeated many times throughout the product's lifecycle. User testing then begins and typically involves one-on-one interviews where the test user is given various tasks to complete, and are then asked to explain how they feel doing it. Once these user tests are completed, the entire design team will have a better grasp on whether or not their product will actually work or has real value.

There is yet another process in New Media design called UI design (User Interface) that closely mirrors User Experience, but comes with its own processes and unique challenges. Imagine a cake as a product. The UX design is comprised of all the ingredients, layers and baking steps that you don't see. The icing and other decorations that represent the baker's personal touch (or "brand") is the UI design. Unlike baking though, which is often a one-person job, these designs must be given to someone else to produce using their unique skill sets and creative eye. Some products out there in the world may be designed to be technologically superior, but if they don't strike the right cord with their users, they will ultimately be trashed. UX and UI designers must work together to strike the perfect balance of look and function. These distinctly separate roles are relatively new to the working world, but are increasingly in demand by larger companies like Facebook and Amazon, to grab that competitive edge and increase customer loyalty.

So what is the future for UX/UI designers look like? The design industry seems to be moving towards increased interaction between humans and technology, as more and more people become dependent on innovation. As the two continue to converge, UX will continue to evolve. This evolution will create more specialized skills, (User Research for example), and will create a demand for more UX designers. ■

Conclusion



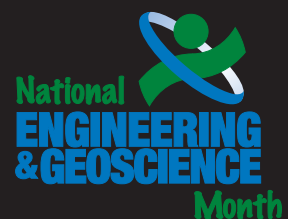


# WE ARE A **BIG** PART OF THE **TEAM**

**ASTTBC** TECHNOLOGY  
PROFESSIONALS

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

PROUD TO SUPPORT



MARCH 2017

TECHNOLOGISTS ~ TECHNICIANS ~ TECHNICAL SPECIALISTS ~ ITTPs



# beating BULIMIA

words **tanushree pillai**

This is the first time I'm admitting to anyone that I was bulimic. No one in my family, not even my own husband, knows about this. Until now, I feared being shunned. I feared that everyone would think less of me and only associate me with the disease. I believed that no one would ever talk to me the same way again, because as a collective society, we tend to ostracize people who have human failures.

I'm Indian, and our culture sends out very specific body image messages, especially for girls and women. Only slim girls are allowed to find a young, handsome husband.

And since a woman's sole mission in life is to become a wife, no girl is allowed to look fat. If you don't fit the ideal, public jibes are common and accepted, especially from boys, men, and older women.

My love-hate relationship with food started when I was about six years old. I remember eating an entire loaf of bread with cheese slices in one sitting. I felt disgusted with myself, but I couldn't stop. My "solution" came from of a glossy magazine. It said somewhere that models resorted to vomiting to stay skinny. From then on, I would eat as much as possible before excusing myself to the washroom. I would purge until my bloated stomach was flat again. I literally puked my guts out.

For those of you unfamiliar with eating disorders like bulimia,

"binging" means eating a large amount of food in a short amount of time. Then the guilt kicks in. Physically, you are in pain because your stomach has over-stretched itself. Mentally, you are furious with yourself for letting go and not listening to your brain when it said stop. And, so the next "best" thing at that point is to force everything out.

The short term and long term effects of purging are sickly: your knuckles get scraped; the inside of your teeth lose enamel because of all the acid backing into your throat; and your throat always feels itchy, sore and inflamed.

**"eating disorders can't simply be battled by joining the gym and eating salads."**

While there are no official Canadian statistics on those suffering from bulimia, independent research from clinics and health organizations say numbers vary between 150,000 to more than 600,000 across the country.

Bulimia affects roughly 6.5 million people globally. Research also suggests that women are approximately nine times more likely to suffer from bulimia than men. According to the National Initiative for Eating Disorders (NIED), the rate of obesity is 9% in girls, while the rate of eating disorders sits at 18%.

Our obsession with the "ideal" female figure is one of the major reasons young girls resort to extreme measures like this. But eating disorders can't simply be battled by joining the gym and eating salads all day. Acceptance is the first step.

I am bulimic.

My struggle with weight finally stopped when I had a baby. I was nearly 200 pounds – the biggest I'd ever been in my life! I found myself when I lost myself. I realized my life was more than me – it was about the life inside of me. I was no longer alone. I finally reached a stage in my life where I knew I had to own up to my inner battle for the sake of my self-worth.

When I lost control, I gained control. I finally valued my body for its miraculous power. I chose to fight for my child; my own flesh and blood. My battles were no longer in isolation. I had a warrior next to me, and I drew strength and pride in our miraculous bodies. And so I learned to swim and run. I actually lost 55 pounds in one year!

I finally started seeing myself again. For me, moving to Canada helped keep me at a healthy weight and battle bulimia. I eat well most days. Transit keeps me active as I run after buses on the hilly roads of New West (my unwanted 6am workout). I've learned to listen to my body. I know when to stop and I encourage myself to eat healthily. I also allow myself to cheat some days because I am realistic and I know it makes me less susceptible to binges.

I don't look at glossy magazines anymore because I know real thighs aren't Photoshop creations. But what I do look at are the remnants of my post-baby belly. It's a reminder of my choices, my battles, and my strengths. ■

*If you or someone you know are suffering from an eating disorder, or if you simply have questions about your mind and body, it's important to remember that you are not alone. There are many people on and off campus who can help.*

**BCIT Counselling**  
visit [bcit.ca/counselling](http://bcit.ca/counselling)  
or call 604-432-8608  
to book a appointment.

**Off campus:**  
See your family doctor  
for a professional referral.

**Visit these websites for more information:**  
[lookingglassbc.com](http://lookingglassbc.com)  
[vancouvereatingdisorderclinic.com](http://vancouvereatingdisorderclinic.com)

# LGBTQ

## in the age of TRUMP

words **jordan kwong**

Just days after the 2016 American presidential election, MSNBC host Rachel Maddow spoke about Mike Pence (then Vice President-elect) and his extensive history of anti-LGBTQ policies. She described how, as the governor of Indiana, Mike Pence passed a law making it a felony to give false information on a marriage application. The application only provides space for "man" or "woman," thereby making it impossible for a same sex couple to answer truthfully. A violation of the law is punishable by up to 18 months in prison and a fine of \$10,000.

Rachel Maddow was visibly emotional as she explained: "You could go to jail for the crime of being a gay couple that had the temerity to apply for a marriage license."

Mike Pence is now Vice President in a Trump White House that is overrun with homophobia, transphobia, and just alarming bigotry. It's easy to see why the LGBTQ community sees this as confirmation of their greatest concerns. Trump has vowed to sign the First Amendment Defense Act, a bill which allows businesses to discriminate against LGBTQ patrons based on their, "religious belief or moral conviction." His administration includes co-sponsors of the bill and members who have voted against extending hate-crimes protections to LGBTQ people. And, once again, there's Mike Pence, who supports diverting funding from HIV and AIDS programs to organizations which practice conversion therapy. Secretary of Education Betsy DeVos has donated to these organizations. The list goes on.

Be there for your LGBTQ friends and family. Especially in light of the rollback of transgender students' bathroom rights immediately following the attorney general confirmation of Jeff Sessions. Sessions has voted against every LGBTQ rights issue and really is just dishing out bigotry like it's going out of style. If you see a trans person being harassed in the bathroom or elsewhere, be the ally that steps in and shuts that down.

As a queer Canadian, witnessing the political turmoil unfolding in America is horrifying: it is impossible to not be affected by the seismic waves from the earthquake next door. So what do we do now that America's president lacks a moral compass and any shred of competence? What do we do when his administration is a scornful heartburn, and basic human decency is apparently now optional? We stand up and start the rescue mission.

To begin, we can donate to the Canadian Civil Liberties Association ([ccla.org](http://ccla.org)). They are a nonprofit organization that fights for civil rights, human rights, and democracy in Canada. When Trump

implemented his travel ban, the CCLA was having none of it and moved to accept the refugees that were turned away. They do the same kind of work as the American Civil Liberties Union ([aclu.org](http://aclu.org)). Donate to them too!


Volunteer with or donate to Qmunity ([qmunity.ca](http://qmunity.ca)), an LGBTQ community centre located right here in Vancouver. They provide counseling, workshops, social and support groups, and educational resources that are vital to improving queer and trans lives.

Volunteer with or donate to the Vancouver Pride Society ([vancouverpride.ca](http://vancouverpride.ca)). Because producing inclusive events is important, and the Pride Parade and Festival is awesome.

Create art. Music, canvas, performance, whatever your medium, art is cathartic and impactful and radical in its authenticity. It is a beautiful objection in the face of oppression.

Attend marches and rallies that protest against the threats posed by Trump and his government. The Women's March On Washington in Vancouver was an amazing show of solidarity. That kind of spirit will undoubtedly be necessary in the future.

Lastly, when things are overwhelming and you're feeling discouraged or numb, take a break. And don't lose perspective. Yes, we are in Canada and our government is quite progressive, if imperfectly so, but we must protect it, especially in these precarious times and considering America's strong influence on the world's stage. It is important to remember that America went from the hope and progress of the Obama administration to the bigotry and fear-mongering of the Trump administration very quickly. We as Canadians cannot fall into a disassociated normalcy where we think we are immune from making the choices America made. Complacency is a powerful enabler.

The unusual cruelty of Mike Pence's anti-LGBTQ policies will one day be looked at with unanimous disbelief. For now, the rescue mission continues. It will not stop until our civil rights, and every single one of our neighbours' civil rights, are never compromised again. So donate. Volunteer. Create. March. Support. Be unapologetic and necessarily crass, but never leave the higher ground. They try to make us second class citizens because they forgot that love is first. We remember because it is written on our hearts. 

"As a queer Canadian, witnessing the political turmoil unfolding in America is horrifying."



# THE TRUTH THAT YOU KNOW.

**Aboriginal culture  
meets the science of  
sustainability.**

words **fiona tsun**

**T**he notion of caring for the environment made sense to me from a young age. Even with little knowledge of the world, I knew in my heart that I had a duty to care for it. Perhaps it was a desire for more knowledge that kept me returning to the same spot in my garden to watch the ants work. My fascination with nature magnified their tiny operations. In my world, birdsongs drowned out car noises and the leaves on the trees rang like windchimes with every breeze. Even the shade of blue that the sky wore demanded my attention. The natural world had a magic that drew me in with ease.

It was no surprise to anyone that I went on to complete an undergraduate degree in animal biology, and eventually found myself in BCIT's Environmental Engineering Technology program. But the subject of environmental sustainability was complicated. Nature became more of a commodity as I progressed through my studies and the simple feelings that I'd associated with the environment were replaced with anthropogenic definitions. I had to push aside my feelings because subjectivity would impair my judgement. Although my education had strengthened my understanding of the world, it had also left me disconnected from it. The very thing I was trying to protect became separated from me by windows and walls, and there were days during lecture when time would slow down and I would long to be back on the other side again.



The day that Splash walked into my classroom was one of those days. Splash is a member of the Squamish Nation and he visited our class that day to share more about his culture and its approach to nature through art and storytelling. Perhaps you've seen the House Post that stands in BCIT's Gateway building; Splash carved it to commemorate the school's 50<sup>th</sup> year anniversary and to acknowledge the Coast Salish territory on which the campuses stand.

Splash instantly captured my attention that day in class, with stories of his people and their fights to preserve the land; their losses and their victories in the protection of their forests. Environmental sustainability is a term I'm academically familiar with, but never knew was so deeply rooted in the culture of Squamish First Nations. I was touched by his words and so I left the class that day wondering how much more engaging the scientific approach could be if it only had the colour that Splash's stories had.

Science and engineering had helped me make sense of the world around me, but it was apparent to me that it could not be the only form of understanding. I felt like traditional Aboriginal knowledge could add so much value to scientific knowledge, and perhaps there was a way they could work together. I decided to approach BCIT's Aboriginal Services and explore a better understanding of the relationship that the First Nations have with the earth. My curiosity echoed across a chain of emails and ultimately led me to Alf Dumont, an Ojibwa elder advisor at Aboriginal Services, and I was invited into the Aboriginal Gathering Place.

Stepping into this space was like stepping into to a friend's house for the first time – I waved at everyone in the room and let my eyes wander, settling on every window, every wall, every book and plant. I learned how the Gathering Place was a "home away from home" for Aboriginal students at BCIT. It's a safe place for students to share, embrace, and express their culture; a perfect venue to explore my own question: What does "sustainability" mean to the First Nations? Alf led me to a small meeting room and gave me a moment to explain the purpose of my visit. I was naïve, not realizing that a one-hour meeting might not be sufficient, but soon Alf started to tell his story.

"First and foremost, we are spiritual people," he began. "We try to look at the world differently. We relate to the earth the way we would relate to our mothers. That's why we call her 'Mother Earth'."

He wove his story between timelines and generations. The Ojibwa people believe it is important to take knowledge inherited from the past seven generations and create a future with the next seven generations in mind. To him, respect for the environment was a vital component of survival. "Nature will always be able to regrow," he assured me, "but if human beings do not respect our relationship with nature, we may not be able to live forever on the land." Living a sustainable life meant that his grandchildren would be able to enjoy the same clean lake that he had enjoyed as a child. Because of this, decisions in the Ojibwa community were made slowly, after in-depth discussions within the community. It was more than just the earth's health at stake – it was also the wellbeing of the future generations. He called this stand for environmental sustainability, "a lifelong journey."

**“The differences in our understanding can create a more complete image of environmental health.”**

Although we shared the common goal of a sustainable future, Alf's understanding of the earth was fundamentally different from mine. While mine was ephemeral and changed with every new piece of literature I read, Alf's view stood solid. His definition of environmental sustainability was physical, spiritual, mental, and emotional. He described the connections between living beings as circular and equal. His empathy for the environment included being empathetic towards, "the two-legged and the four-legged, the winged ones and the swimmers, the rocks and the trees... all of our relations." When Alf spoke, he spoke with the voice of a collective. I could define climate change with a collection of words, but none of them would equal the powerful effect that Alf and Splash's stories had on me. Their ideas were well outside the scope of science, but it captured me in a way that science had so far failed to do. It was clear to me that I could not be a good scientist by simply resting on what I had learned in class, without contemplating ideas and methods different from my own.

The way that each of us relate to the earth is unique, and the differences in our understanding can create a more complete image of environmental health. Aboriginal culture is unfamiliar to me, and quite frankly I still have a lot to learn; but while I am challenged by its unfamiliarity, I am equally drawn to its sincerity. Through Alf, I've been given a tiny peek into a whole other world, and what I heard that day was without a doubt but a sliver of a much bigger picture. The long-term sustainability of our environment requires a solution beyond what we come up with separately, and while it's not always easy to see things from another perspective, we should not overlook our combined capacity to give back to the earth. If we're all headed in the same direction, I don't see why we can't all walk together.

Before I knew it, my meeting with Alf had come to an end. I scribbled down a final quote in my notebook. "Nobody carries all the truth. You only carry the truth that you know." ■





# WHAT DO YOU MEME?

words **jordan kwong**  
artwork **carolina galdamez**

When I'm looking for a laugh, classical art memes never disappoint. They are irreverent, occasionally raunchy, and always ridiculously hilarious. They are everywhere in the online world. With so many of us spending countless hours on social media platforms browsing, sharing, and tagging memes, it is worth examining the rise and popularity of memes. How and why did this social media phenomena flourish? And from its success, what can be said about modern society?

# Humour hasn't changed much,

The idea of a meme actually goes way back. In his 1976 book *The Selfish Gene*, Richard Dawkins suggested the possibility that ideas are like organisms; replicating, mutating and evolving. These ideas form our constantly changing cultural landscape. Dawkins named this concept 'mimeme,' from the Greek word for "that which is replicated," or meme for short. The original intention of the word may have been simply to describe a sociological concept, but now it's manifested into the internet meme that we know today. What a fitting progression. Our modern meme is mimeme in action: so basically Evil Kermit is an organism, mutating beautifully.

The way we communicate has evolved substantially from landlines and fax machines. The smartphone era is so efficient, so connected, yet paradoxically impersonal. Nearly every millennial carries their social media in their pocket, allowing for Facebook, Twitter, or Instagram updates as desired. This modern habit cultivates the perfect environment for something as catchy as a clever meme to be shared instantaneously. Memes are largely visual, which make them easy to quickly connect with. They prove that a picture, even an emoji, can be more apt at conveying meaning than words.

But how a viral meme sets itself apart from the numerous flash-in-the-pan novelties is quite an accomplishment, given the fickle nature of the internet. It's difficult to pinpoint what makes a meme a meme, because they all differ in subject and humor. Sure, they all tend to be image-heavy and lend themselves to quick browsing, but perhaps more importantly, they are relevant, versatile, and relatable.

While pictures or video on the internet can easily accommodate our increasingly fast-paced lifestyles and appetite for content, it requires a subject that we can see ourselves in, or which reflects a situation we recognize, to give it staying power. Memes can cover just about anything, from '90s nostalgia to adorable puppies to politics. Just take a look at the meme series featuring the Obama-Biden bromance epic. What makes the memes all the better is that they are based on a genuine friendship – a friendship that could be you and your friends. And while the memes are no doubt silly, the fact that the Obama-Biden duo is no longer in the White House adds a bittersweet note that elevates the memes beyond simply goofy to nostalgia and loss. That's what so many memes

do well: they deliver a sense of levity while making subtle and insightful commentary on politics, pop culture, or just the human condition.

Memes make universal feelings of helplessness or existentialism more bearable. No meme illustrates this better than "This is Fine." The iconic dog sitting at a table in the middle of a burning building is the epitome of calm, cool, and in deep denial of reality. The "This is Fine" meme, which comes from a webcomic by K.C. Green called *Gunshow*, conveys in two panels a reaction to garbage fire situations that is universally understood but not often put into words. A driving force behind memes, whether intentional or unintentional, is an implicit self-awareness that we end up calling out or making fun of in different ways. "This is Fine" demonstrates how memes are a mirror reflecting back shared experiences and comfort in a way that wasn't possible before our world went online.

More often than not, memes draw us in by telling a story or message by associating with familiar imagery. There is something cathartic about visiting an old favourite like Mario Kart or The Lion King. This is why in addition to seeing more recently relevant memes like Ryan Gosling's "Hey Girl," we also see (scandalizing) memes for *Arthur*, a children's TV series that helped shape the childhood of many millennials. The purpose isn't to create fodder of a favourite, but to use that favourite as a recognizable and relatable tool to relay a message or communicate a feeling. We are capable of unimaginable reach on social media, and memes have become a primary source of communicating small but resounding quips on a mass scale.

Humour hasn't changed much; jokes have always fallen anywhere from irreverent and raunchy to insightful and wholesome. What has changed is the speed at which we are able to share, as demonstrated by the immediacy of interaction on social media. The paradox of today's impersonal connection can be perceived less like a problem and more like a challenge, one which our undeniable dedication to communication will rise to. Given this paradox, it's no wonder why memes are an ideal fit for the way we quickly, briefly and frequently communicate today. But to start, let's take a seat: I want to hear the story behind your favourite meme. And am I the only one that thinks meme-by-fax-machine was a missed opportunity? ■

# what has changed is the speed at which we are able to share.



# the FAMILY GONG SHOW

words selenna ho  
illustration flora brodie

## ***How many family members does it take to break out of a mattress factory in China?***

No, this is not the start of a really great joke. Unless you consider my recent experience in China trapped on a three-day bus tour with family members I rarely ever see, culminating in us being held hostage by a tour guide hell-bent on selling us mattresses (for some reason) a joke. This was some surreal moment, a comedy of errors, or what one might call: a gong show.

Let me set the scene. On the one side you've got the roughly five-foot-seven, 130-pound Tour Guide. His strengths in deceit and money-grubbing are powerful; afterall, he's already led us to several merciless gold-digging "tourist sites" on this trip, sprinkling in mediocre cuisine stops as we went. On our side: the foreigners naïve enough to pay real money for a fake tour. We might be familiar with the language and the land, but clearly we're unfamiliar with the local customs. No wonder we were losing this battle. But let's take a closer look at my companions, to understand how it is we got here.

If you're familiar with old Asian ladies in Vancouver's immigration neighbourhoods, then you'll pretty much understand my aunt: headstrong (read: stubborn); hardworking (doesn't know the concept of "rest;" it's a generation thing); and independent (she'll never admit to the 'dependent' part, but that's what comes with age and language barriers). For simplicity's sake, we'll call her "Auntie."

Next: her younger brother, ever-stoic in stance and expression. The wrinkles on his face are definitely not from smiles. There's a gauntness in his eyes that can only be read if you've experienced and interpreted the

world the way he has. Idiosyncrasies? He's got a beautiful head of naturally voluptuous hair that most men and women would die for at his age. He always wears his 90s outfit of tight turtlenecks underneath a leather jacket, and high-waisted pants with a stylish thin belt. And of course, he's got gold teeth, (think: the villain from *Home Alone*). Let's anglicize him and just call him "Emmett."

Lastly, the most vitally vicious character in our story: "Vicky." When I first met Vicky, she had a lot of hair and patience. But over time, both have shortened. Her slim frame and mousey face are not to be underestimated. For of the lot of us, her muscles are the most freakishly strong. Must be her fits of rage, served daily with steamed rice.

If you come from an immigrant family like I do (and let's face it, in Metro Vancouver, many of us do) you probably have people in your family tree that fit these descriptions. The siblings, who hadn't seen each other in over 15 years, meant for this to be a fun bonding experience. After all, the city of Guilin is nationally advertised as a beautifully scenic and relaxing vacation spot. And you know what? It probably is all those things – if you don't hire a tour guide. Our tour's highlights included: watching a live auction in a theatre; listening to stories about jewelry before entering a jewelry store; and eating "famous noodles" in a convenience store. The rest is a haze since I passed out from boredom.

The term 'gong show' is one that many of us use describe a situation that is equal parts whacky, eccentric and totally unhinged. The phrase comes from the late 70s reality TV talent show of the same name. On the show, people entered

the talent contest together, often with unbearably ridiculous acts and matching costumes. If the act was so bad the judges couldn't stand to watch anymore, they would hit a large gong hanging on the wall behind them. Today's modern equivalent? X Factor. The bang of the gong signified disqualification of the contestants, many of whom were still in the midst of some totally unexplainable routine or act. Thus birthed the term: gong show.

So there we were, my comical companions, standing amongst a

warehouse of mediocre mattresses following an hour-long lecture on why this company's mattresses surpassed mediocrity. Aunt, Emmett and I were sitting on the mattresses, hoping that by staring at the fluorescent lights, the next two hours would fly by faster (yes, the total time allotted for this marvelous stop was three hours). Since this was to be our second-last stop on the three-day tour, we'd lost the energy to complain and nearly passed out on the mattresses. But Vicky's rage only grew in that time. She stood at the desk, gripping a stapler and muttering curses. "Selenna, let's rebel, just you and I. You're young and I'm furious. Together, we're an unstoppable force." Indeed, her Eastern doggedness, combined with my Western entitlements, were the perfect equation for freedom. Not to mention, we were both fearless. Fearless because the battle was hilarious, in spite of the frustrations. Fearless because the individual freedom was for the collective good. But most importantly, fearless because we were doing this together.

And so, in front of the entire crowd of forty people, Vicky and I stormed our way through the corridor towards the front door. Damn, that felt good. For about two minutes. Then the storekeepers told us the exit was the other way, and we found ourselves trapped again.

The tour guide smirked. Vicky was even more furious. The combination of feeling ripped off and humiliated was more than she could bear. Vicky crashed through the blocked doors with her freakish strength and shouted profanities as she made her great escape. Mouths gaped. Eyes bulged. The tour guide, sensing a revolution, pulled his final gimmick: "Leave now, and I'll lock all your belongings in the tour bus!"

It looked like the tour guide had won. My aunt closed her eye and propped her head back down the pillow. "These products aren't so bad, anyway." A stranger from another family overhearing her, snarled back, "If you like it so much, you should buy one!" My aunt looked back, shocked, then shrugged her shoulders and closed her eyes in peace. A Chinese elder knows when her fate is determined, and will allow the youth to fight the new battles. Emmett looked on at his napping sister

***"You're young and I'm furious. Together, we're an unstoppable force."***



from the silenced room of tourists, and started laughing. His laugh, though no louder than a murmur, transformed the hard wrinkles in his face to gentle lines of warmth. If you've ever witnessed the laughter from a foreigner of smiles, you will understand the energy he radiated from his amusement, because suddenly, the whole room was alive again.

The train ride back to our home city was a relief. No one bothered saying goodbye to the tour guide since we'd already welcomed our escape from day one. Even though the trip was a disappointment in one way, it was also a success in another; I couldn't help but feel grateful for the entire experience. Had the situation been more serious, perhaps that would've fueled our differences. But with the hilarious-in-hindsight aspects, we had to stick together.

This memory will stick with me forever because it was a complete gong show. Laughing at our flaws only enhances the memory. After all, we are far from a perfect picturesque family. The absurdity of this situation made us connect and

forced us to look past our cultural differences in order to unite against the common enemy. It sounds crazy, and that's because it is. Maybe it's that whole "us against the world" thing that tends to be the prenatal basis for deeper foundations. Or maybe it was just a crappy tour that made us feel closer because we stuck through it together. One thing's for sure: I know that when I look back, the times I feel the closest to my relatives is when we embrace the ridiculous nature of the family gong show.



Do you have a funny story about a family gong show of your own? Let us know! Post your story on our facebook wall.

[www.facebook.com/linkbcit](http://www.facebook.com/linkbcit)



# INSTAFAMOUS FOODS

by **karolina kapusta**

My guilty pleasure? Scrolling through photos of the latest food fads on social media. And I'm sure I'm not the only one. Food joints in major metropolises, Vancouver included, are ever-abundant, and they get even more creative and appetizing with every post. Countless ramen, poutine, coffee, donut, wing, taco, and ice cream destinations appear on my bucket list (*or should I say picnic basket?*) of foods to try in the city.

I'm not sure when I first became a fan of food trends, since I've been one for as long as I can remember. I joined Instagram in its early years in 2012. Even in that budding time for the social network, I remember scrolling through photos of rainbow marshmallow-stuffed hot cocoas and scintillating close-ups of parmesan-topped noodles gingerly twirled around a fork, in awe of these flawless food accounts and their aesthetic.

I'm in love with food. Pizza and bubble tea is the perfect treat to a long week, donuts pair with coffee in the morning, and carbs can heal all wounds. So naturally, I was drawn to social media accounts that promoted my affections. I also enjoy trying new things, so if there's a new ice cream place in Vancouver that's deep-frying its ice cream or decoratively using dry ice, I'm on it.

Thanks to Instagram and Facebook's algorithms (an automated ranking that personalizes what a user sees on their timeline), the more I like or comment on images of food, the more likely it is for tempting food to pop up. The sudden craze for a new food to try, be that colorful vegan tacos or dripping waffle-topped milkshakes, is referred to as a social media food trend. With the help of the restaurants and shops that create these foods, online publications, and users themselves, these foods pop up on social media, igniting a trend and enticing the rest of the community to try some new sugar/cheese/meat amalgamation.

I'm not the only one obsessed with good-looking food; you only have to peek online to see that there are tons of accounts dedicated to just that. Everyday Instagrammers deliver consistent and compelling images of local noms to try. Social media food trends are beneficial for those who run these food-centric accounts, and their followers. The more content and followers an account has, the more likely the owner is to be invited to review food. Followers lack the time, the means (and the metabolism), to keep up with every single social media food trends, so foodie accounts offer vicarious enjoyment and inspiration on what to feast on next.

Good-looking food also appears on the accounts of eateries themselves. Social media food trends are great for businesses: posting some photos of mouth-watering food is sure to increase the business' followers and clientele. With digital marketing on the rise, business owners are reaching out to social media food connoisseurs to come eat at their dining establishments. In exchange for a complimentary meal, foodies will share a snap on their accounts for their followers to see.

Lots of newer businesses jump onto social media for self-promotion. These businesses tend to be tech savvy, with appealing websites and social media accounts of their own. Hype, higher prices and lineups are a result of these hipper eateries. Food quality aside, it's a bummer waiting in line hangry for your nacho plate feast, or having to take your coffee and s'mores donut to go when you want a seat at a buzzing coffee shop. Smaller businesses, on the other hand, tend to not engage in social media as much, and can be overlooked. There are so many amazing restaurants in Vancouver that only exist online through the form of positive reviews. Often businesses don't have the time or the means to create websites or social media accounts. They may not know about social media food trends altogether, due to cultural or generational differences. But many of these overlooked businesses have amazing food, fair prices, heaping portions, and seating!



**"the more I like or comment on images of food, the more likely it is for tempting food to pop up."**

For many years I consumed the foodie culture just for fun, liking photos, trying out spots, and sharing my own pictures. I engaged in the culture simply because I loved food and I wanted to gain a following myself. However, the more time I spend on social media, the more I become skeptical of it. It doesn't capture natural life; rather, everything is produced for a certain audience. People portray themselves in the best light, and the same goes for foodie accounts.

We don't know how many people run an account, how long it takes to get the perfect shot, or even how it is possible for one person to try so much food in so little time! All we see are countless mouth-watering shots of food, which can leave the follower feeling mediocre in comparison. Despite my appreciation for food accounts, the thought of someone not digging in and enjoying their meal right away because they have to get the right shot for social media makes my stomach sad.

I think that we should use social media light-heartedly. We should keep in mind that not everything is as it seems on the surface, and use the social network to our advantage: to connect with communities we wouldn't be able to with otherwise, and to share and engage with images that are meaningful, fun and inspiring.

So, what to make of the food that keeps popping up on social media and the pressure to go try it? There's nothing wrong with ogling gourmet donuts or checking out a new burrito place because it was featured online. There's no reason to boycott every ramen place with a line up outside, and every trendy café that doesn't have space for setting up your laptop. Instead, take everything you see on social media with a grain of salt. Try food that you want to and that your wallet and stomach can afford, whether they're foodie trends or hidden gems. Eat food happily and heartily – and hey, maybe Snapchat won't eat first for once! ■



# STREET SNACK

words **tanushree pillai**

Samosa's are the humble, quintessential Indian street snack. They are made of boiled potatoes, peas, garam masala (5-spice mix), coriander seeds and leaves, and of course, red chili powder and chopped green chilis. This mix is then cupped into a flattened pastry shell and folded into a triangular shape. The fritter is deep fried until becomes crispy brown, and its savory smell wafts through the air transporting you to wonderland.

Richer and more expensive versions of the samosa contain nuts – walnuts, peanuts and even pistachios. Typically, it is served with a mint condiment, pudina (for mint) and chutney (paste). Some chutneys use only coriander and there is also a tamarind ('imli' in Hindi) chutney that is sweet (contains jaggery and dates) and balances the spicy flavours that rain upon your taste buds.

The crust is tender, yet crisp on the edges – stuff food wars are made of. The filling inside battles with the crusty shell for attention. Do you have the perfectly seasoned filling first, or save it for the end to savour that warm feeling only potatoes have the power to render?

A large number of Indian street kiosks sell it as 'chaat' – the samosa is crushed and a mouth-watering mix of sweet and spicy yogurt tops this. Add some mint and tamarind chutneys and sprinkle on some 'sev' – tiny pieces of crunchy, deep fried noodles made from chickpea flour. This version is individual to Mumbai street food probably because Mumbai is humid and yogurt balances the heat that samosa generate.

And then you have the 'samosa chhole' combination – a snack characteristic to north India, which is colder. Nothing satiates the soul more than 'garam samosa chhole' (hot samosa 'chhole'). In this version, chickpea curry (chhole masala) accompanies the samosa and it is topped with chopped onions and coriander.

As rich as Indian culture is, it isn't surprising that the samosa embodies each region's peculiarities and molds itself accordingly. The north Indian samosa relies on green peas and sautéed coriander seeds. The size is smaller and the seasoning used is very different. Ginger and garlic play a large role in this samosa. The potatoes are boiled and cut into mid-sized pieces.

The samosa of the west – say, Mumbai – is different. The potatoes are mashed, there's more colour to the mix and the seasoning used relies heavily on garlic. Star anise and nutmeg are what add flavour to this samosa. The accompanying chutneys are also different – this one is served with a dry mix of red chili, peanuts and dried coconut powder all mixed together to create a volcanic experience inside your mouth. The eastern samosa, 'shingara,' also has a non-vegetarian version. This part of the country eats a lot of meat. The samosas here are typically made of minced goat meat or chicken.

The biggest surprise? As much as we Indians would like to call it our invention, the samosa was never Indian to begin with. This modest grub travelled thousands of kilometres from Middle East (where it's called 'sambosa') to India and became synonymous with Indian street food.

The word samosa itself traces its roots to the Persian word 'sanbosag' and was first mentioned by an Iranian historian as early as the year 1000. Samosas were introduced to the Indian subcontinent in the 13<sup>th</sup> or 14<sup>th</sup> Century by traders from Central Asia. At that point in history, samosas were made of minced meat and not potatoes.

The snack is equally popular in Caribbean and African countries and of course, can be found in frozen forms in food stores across Canada. Indian sweet shops here typically sell one for 75 cents to a dollar. In my university days, I used to have one samosa and one chai (brewed to perfection with ginger) for three cents (you read that right). Today, Indian kiosks sell them for 10 rupees each (or 20 cents). So, as you savour this delightful snack, don't forget to sip some hot ginger tea and dunk the samosa in some chutney. And don't forget to ask: do I eat the crispy crust now, or savor it for the end? ■



# HIT THE TRAIL

Eagle Bluffs, Cypress Mountain  
(photo: lacey polack)

words lacey polack

## Viewpoint Trail

Maple Ridge

Difficulty: easy

Length: 3km; (1.5 hours)

Overall Rating: 3/5



Located off of the West Canyon Trail in Golden Ears Provincial Park, this is a very scenic hike; picturesque in the sense that you feel like you're in a painting. At the viewpoint, you have partial views of Alouette Lake and depending on the time of year, a view of the waterfall across the way. This is fairly easy hike and the only area you may have difficulty with is crossing the low-flowing creek.

## The Stawamus Chief (Peak #1)

Squamish

Difficulty: moderate

Length: 4km; (2-3 hours)

Overall Rating: 4/5



The Chief is a popular hiking destination located in the Squamish valley that gives you views of Howe Sound and the many mountains in Garibaldi Provincial Park. The 1<sup>st</sup> Peak has a breathtaking view you can't get enough of. It was definitely surprising to see just how steep it was once I got up there. The most difficult parts of this hike are the stairs, metal ladders and chains you need to climb to get to the top. Tiring, but definitely worth the trek. Got some extra energy to burn, try heading out to the 2<sup>nd</sup> and 3<sup>rd</sup> peaks for even more spectacular views.

## St. Mark's Summit

Cypress Mountain

Difficulty: moderate

Length: 11km; (5 hours)

Overall Rating: 5 / 5



St. Mark's Summit is a peak on the Howe Sound Crest Trail, which spans over 30km. This section of the trail begins at Cypress Mountain and is by far my favourite hike. The view is spectacular (the first time I hiked it, I was speechless). You can see up and down the Sea-to-Sky and the many islands along the coast. The trail is well marked with trail signs, but moderately steep in parts, so hiking poles would definitely help.

## Widgeon Falls

Pitt Lake

Difficulty: moderate

Length: 6km; (5 hours)

Overall Rating: 4/5



It's not often you get to combine a day of hiking with a canoe trip. To get to Widgeon Falls you must travel by canoe through the marshlands of Pitt Lake. If you don't have one, you can always rent one from Ayla Canoe Rentals near the docks. As you make your way through, take in the beauty of everything from crystal clear waters to the mountains. Once you reach the shore and the beginning of the trail, it's not long from there until you reach the falls. This is perfect hike to do in the summer, but don't be like me and forget to bring sunscreen.

## "THE ESSENTIALS" CHECKLIST

**Map and compass:** A must-have for any hiking excursion. Make sure you know how to use it properly.

**Sunglasses and sunscreen.** You always want to protect your skin; health experts recommend SPF 30.

**Extra Clothing:** Extra socks, pants and sweater are always a good idea. You never know when something unexpected may happen out in the wild.

**Headlamp and flashlight:** Headlamps allow for hands-free operation and flashlights are very useful for signalling in emergencies. Always carry spare batteries; you won't regret it.

**First-aid supplies:** A pre-assembled first-aid kit and anything extra you might want in emergency situations

**Firestarter:** Waterproof matches and a lighter are very important, but make sure to be careful around trees.

**Repair kit and tools:** I always bring along a pocket knife, plus a small tool kit.

**Extra food:** Trail mix, energy bars and dried fruits are great for short day hikes. Always pack at least one extra day's worth of food.

**Extra water:** You should always have some means of treating water when you're out in the wilderness. Purifying tablets are cheap, compact, and easy to use.

**Emergency shelter:** For day hikes, bringing along an emergency space blanket, an ultralight tarp, or even a large plastic trash bag will help if you become lost or injured.

# LET'S GET MINIMAL

words **alexis cornwall**

*10 Wardrobe Essentials Every Girl Needs. Upgrade now and get the latest features. Buy 3 and get the 4<sup>th</sup> one free...* Every day it seems there's something new to buy, another phone to get, another release of Yeezy Boosts to line up for... Surely that is not what why we were put on this earth!? I guess I'm having what one would call an early-life crisis and I've started questioning the capitalist North America where I was raised.

School happens to feel like one of those places where you can't actually escape it. Everywhere you turn at BCIT there is another poster or ad selling something – "Sign up for this credit card! Get the latest deal!" – and often an event is simply sponsored by a company, so that we subliminally recognise their logo and brand. I even see ads in my toilet stall when I think I'm having a... private moment. With all of the pressures to keep up with technology, fashion, health trends etc. I'm feeling overwhelmed and exhausted; not to mention how expensive it is trying to maintain a lifestyle I can't afford (I ain't got no sugar daddy). I'm basically working to live and living to work. It breaks my heart to realize that I'm just a low-level hoarder, slaving after the latest things, and I still don't feel like I have enough.

Call it divine intervention, but I recently discovered a film on Netflix called *Minimalism: A documentary about the important things*. Not surprisingly, it took a lot of effort to sit still long enough to watch it. But I'm really glad I did, because I think minimalism might be the way of the future. At first it might seem to be another gimmick that advertisers or salespeople are trying to sell us, but this film actually allowed me to feel a part of an honest experience, and I saw my life reflected in its narrative. Only recently can I say that I've noticed how chaotic life becomes with the constant barrage of "buy this, buy this, buy this!" But minimalism is the silence in the storm. It's your mind moving from constant overdrive to the peaceful lull we fall into just before we lay our heads to rest. I looked more into the topic of minimalism, and realized it may be exactly what we all need.

OK, so what is "minimalism"? Traditionally, it's a term associated with art & design. But in this instance it's a reference to a lifestyle choice. Living minimal means evaluating all of the stuff in your life (relationships, living conditions, jobs) and getting rid of anything that is not absolutely necessary for your overall happiness. Life is too short to allow yourself to be in a constant state of suffering. It's exhausting always wanting, never truly

being satisfied with what you have. Consumerism forces us to believe that we can never be satisfied until we get the next thing.

As a society, we have allowed corporations and marketing firms to define success. Fashion trends, new health rituals, the latest games, the most advanced phones and laptops; the wanting starts when you're a kid and literally continues until you die. The problem is, after decades of this we don't even realize we're running a rat race that can never be won. The solution is simple: the less you focus on acquiring "things" the less shrouded your life becomes. You can learn to appreciate what you already have and focus on what is truly important to you as opposed to seeing those ads and thinking this is what success looks like. As a low-grade hoarder working to clean out my own life, I can personally tell you that when you reevaluate what matters most, and what actually makes you happy, you begin to notice the background noise that possessions create.

Now before you think I'm ready to give my whole life away after watching one documentary, I need to remind you that this is actually not what minimalism is about. The part of the minimalist philosophy that appeals to me most, is that there are no definitive rules. It's up to you to find your balance. What's important is just being mindful of the things around you, and not just blindly collecting/buying without any thought. If your favourite thing in the world is your video game collection and it brings you great joy to have them in your life, then I say do it up! The point is to be conscious of the stuff you collect and buy, and get rid of anything that does not add any real benefit to your happiness.

I'm just starting my minimalist journey, discovering what it all means to me, and taking stock of all the "stuff" in my life. So far I'm discovering that quite a few of my skater shoes from high school might need to walk out of my life, but my love for earrings will never die and that's OK. We define our own minimalism, and the same rule applies for happiness. ■



## Lost Souls (pt 1)

by Monika Szucs

You're standing in front of a mirror. What do you see?

I see myself with my first best friend in elementary school. Our friendship lasted for many years.

We would hang out whenever we could. I remember the times we would get bubble tea. I once shot a pearl at her and it landed on her clothes. She got so mad but we eventually laughed it off. It was so exciting to finally have a best friend. We would shop until we couldn't feel our feet, play online games all night until we got tired, and bike down large hills that felt impossible going back up. This friendship felt like it could last forever. But I was so scared that it wouldn't.

When I met my first best friend, I felt like I had a direction for once. More importantly, I felt like I had someone who believed in me. Every time I saw my best friend, it's like I saw a reflection of myself in her. Then one day, the mirror shattered. People at school were talking. They were talking about how my best friend was popular and charismatic. When I realized that I was the total opposite, I felt tormented.

I felt tormented every day by the feeling that this beautiful person would leave my life. That I didn't deserve her. Each step was a self conscious effort to not \$#!@ up. I was losing myself. My achievements were taking a backseat whenever she was around, as if my triumphs were meager blips in her timeline.

I looked in the mirror every day. What is wrong with me?  
Why did she leave?  
Why do people make me feel so alone?  
Am I a lost soul?

I remember I went to visit her once to cheer her up. I arrived at her place and tried to ask her what was wrong. She slammed the door in my face. My face reddened and my eyes welled. I stood at the door, waiting. She

would give me an explanation, I was sure of it. But the door never opened, and the sun was setting. So I turned around, and left.

Looking in the mirror at this point in my life, I only saw myself. She was gone. I felt trapped and lost in myself. I would lie in bed at night, wondering if everything between us would ever go back to the way it was.

I didn't fully learn what I needed to do until I met someone new in university. Her perspective changed the way I saw myself forever. This is the time that changed how I saw my reflection in the mirror.

turn your diploma  
into a degree



Athabasca University has thousands of agreements with other colleges and universities. We accept many college diplomas and other credentials as blocks of transfer credit towards AU programs.

**You may be closer than you think!**



Athabasca  
University

open. online. everywhere.

[go.athabascau.ca/online-degrees](https://go.athabascau.ca/online-degrees)

## Not What it Seems (pt 4)

by Kurt Tadeo

“No! I’m sorry! The pills hurt...please...”  
...

When I opened my eyes, a familiar surrounding greeted me. The bed I’m on, the desk I work on, and the light that I just turned on. The familiar place that I see first thing in the morning, and the last thing at night. The sense of a new day, and the closing of a fun one. My room usually gives me security, but knowing what’s ahead, today feels different.

Do I face what’s going to happen today? Or do I go back to that endless nightmare? The old path was a scary land where everyone is against me. Maybe if I exit that door, things will be different? I don’t have anything to lose, so I choose the door in front of me.

Yesterday was a blur. A lot happened. Some were good, some were bad. Some made me happy, some made me sad. Which is which? I don’t know anymore. I can smile and be sad, and I can be sad but relieved. The feelings that I thought I knew, now stranger to me that I can’t even begin to understand. The morning breakfast was different than usual. It’s not because it’s early, nor is it because the glasses on the table were water, not juice, it’s because there was someone who isn’t normally here.

This made me think, “Am I in trouble? Maybe I should leave...” If there are two people, it’s even. If there are three, then it’s odd. This is what Ms. Robinson taught us. What she didn’t teach us is that if you’re odd, then you are made fun of. I wonder why she didn’t tell us that?

“James...” Ms. Robinson said.

It was quiet for a while. I started becoming nervous, but Ms. Robinson finally spoke.

“James, take a seat. Why don’t you have breakfast first?” Ms. Robinson handed me the pancakes instead of mom. I didn’t like that. I’m glad that I can eat, but sad that

it’s not the same. When you feel both these feelings at the same time, how do we know which one is real?

Maybe, this whole time, everything I thought was wrong?

Different things went through my head about what happened the past few days, at least what I remember of them. In the end, nothing made sense. Everything was blurry. With an empty answer, and an empty plate before me, I snapped back to reality. Remember? The poison that I decided to face. That reality.

What snapped me back was a sweet voice. A voice that I hear every day. It’s one that I always look forward to hearing. But as I thought, this path really is cruel.

“James, the pills, no more...I only wanted you to be happy, but not this way...” If what mom says is true, then how else can I experience this happiness? The pills were the one that really made me feel happy. Are there other ways?

As if responding to the question in my head, Ms. Robinson answered “We’ll be here with you. We’ll go through this. It’ll be hard, but hopefully, you will eventually be truly happy.” Truly happy? I wonder if that’s real. Mom and Ms. Robinson are here to help me. To help me find that true happiness. If it’s them, then maybe it might work. Can I trust them? After what mom did... I don’t know. But I want to forgive mom. I want to give her a second chance. I still don’t know what happiness is. Happiness...sadness...none of them are clear. It’s the pills that helped me. But now they’re gone, and I chose to walk this path. My only choice left is to continue forward. Maybe at the end of this poisonous road, I can find what it’s like to be true. Truly happy.

E N D



MUSIC



**Tears in the Club**

Kingdom  
(fade to mind)

7/10

It's difficult to overstate the vast, mutational shifts of dance music over the last decade. Recently in North America, EDM's monolithic popularity has met an abrupt but largely anticipated demise with in-the-moment micro trends emerging to fill the void. Within this context (and perhaps given the current political atmosphere), *Tears in the Club* by Kingdom arrives at a crucial point.

The record has held spiritual roots in the innovative club scenes across Philadelphia, New York, Chicago and Detroit since the 1970s – scenes known for building safe spaces for LGBTQ and minority communities across the US. Setting itself apart from mere good intentions, *Tears in the Club* features prominent gay and black artists of the scene, and truly puts them on. Kingdom's slick and often moody pop production melds with singers SZA and Syd (who also produces for the record) on standouts "Nothin" and "What Is Love" respectively. A few instrumental tracks add little to the overall experience and feel like filler, but beyond this, *Tears* stands overall as a solid release from Kingdom.

- yung hui

PODCAST



**Listen, Money Matters**

Andrew Fiebert &  
Thomas Frank  
(listenmoneymatters.com)

7/10

Money really does make the world go 'round. Or at least, the world definitely revolves around money. But that doesn't have to be a bad thing. Afterall, money is just a resource that exchanges one value for another. It's as simple as that. It's the different processes we take to acquire those resources that can be complicated – which is why some people avoid it altogether.

My advice? Dive into the world of money. Be brave, it's really not as scary as it seems. If anything, it can actually be a tad bit boring. I've ventured through books, videos, and seminars focused on money, and could hardly stay awake. It wasn't until a friend suggested the podcast *Listen, Money Matters*, that I started enjoying my journey towards financial independence.

PODCAST



**Savage Lovecast**

Dan Savage  
(savagelovecast.com)

9/10

Dan Savage is not your average relationship guru. He's a sex-positive and sex politics advice expert. *Savage Lovecast* airs a new episode every Tuesday, where there are free and paid versions of each episode (Micro and Magnum). Because this popular series has been going on for years, there is a huge archive of free episodes.

In each episode, Dan interviews guest speakers and gives advice to callers who come to him with their relationship and sex problems. His guests range from 19-year-old students who have crushes on their classmates, to being LGBTQ in the age of Trump, to couples who caught their spouses catfishing online, and much more.

What I think is successful and refreshing with *Savage Lovecast* is Dan's ability to simplify a complicated situation and look at the bare bones of the situation. Are you happy? Is that really fair to you or your spouse? He cuts through the dramatic bullshit and offers straightforward, uncomplicated advice. Dan has a direct, down-to-earth personality and a sense of humour which turns what could often be perceived as "drama" into "that's life, let's move on". I think even if not all of the advice pertains to you directly, there is a lot to be taken away in terms of critical thinking skills, perspective and opening your mind to alternative solutions.

- maddy adams

As stated by Matt Giovanisci (one of the co-hosts, *Listen, Money Matters*), "wasn't just two boring white dudes on the Internet... The idea was to be fun, joke, curse, drink, and just be real people who happen to be sneaking in some personal finance information." And trust me – it's exactly how it sounds. Still find it hard to believe that genuine and relatable money gurus exists? Then just watch the rap video that they created, titled "All My Money." Yup, you heard right: a rap video with good money advice (for once).

So what works for you? Are you a risk taker, adamant on breaking out of the rat race? Are you a wall street mogul, diligently making your mark? Or are you completely new to the investment scene, and keen on learning more? No matter what, you will definitely learn something of value when tuning in on this podcast. The price? Your time and interest.

- selenna ho

## GAMES

**Resident Evil 7: Biohazard**

Xbox One, PS4, Windows  
(capcom)

8/10

*Resident Evil* has been a mainstay in games since 1996. Putting players in seemingly hopeless situations, the games tasked you with confronting horrors and managing scarce resources to survive. Over the years, *Resident Evil* titles started to lean in a more action-oriented direction, which resulted in the franchise feeling like it was missing its identity. With the seventh main entry in the series, Capcom aimed to return the franchise to its roots by returning the focus on non-action elements. Accompanied by a slower combat system, resource management, puzzle-solving, and exploration are back in full-form.

*Resident Evil 7: Biohazard* takes place in a plantation in Louisiana, where you're searching for your missing wife. The inhabitants of the plantation are a homicidal family, hell-bent on preventing you from meddling in their affairs. The fatigued location is host to all sorts of unsettling imagery, often juxtaposing it with evidence of what was once a perfectly normal family.

The series has been known for being a third-person adventure, with recent entries pulling the camera in for a tighter over-the-shoulder view. Unlike previous entries in the main franchise, *Resident Evil 7* has opted for a claustrophobic first-person presentation. This perspective brings you uncomfortably close with your disgusting surroundings, adding to the potential suspense around every corner. While the game features a combat, it is much more deliberate and methodical compared to the more recent entries in the series. With each shot you miss, your sense of impending doom increases, and enemies hit hard with no regard for a lack of preparation. While the combat feels appropriately tense, enemy encounters can feel repetitive, especially in later areas. A simple crafting system compliments the combat, giving you options on how to proceed. Puzzles exist to break up these tense encounters, and provide much needed moments of concentration.

With a measured pace that relies more on exploration, *Resident Evil 7* is a fine reminder that the franchise can move forward while keeping its origins in check.

- brandon mclean

## FILM

**Logan**

dir. James Mangold  
(20<sup>th</sup> century fox)

9/10

Seventeen years of Hugh Jackman hitting the theatres as our favourite mutant Wolverine leaves us with the most emotionally impacting *X-Men* movie to date. My excitement never wavered as Logan takes us to a new role that's reminiscent of a little-known amazing game (*The Last of Us*) that has heartstrings ready to be plucked.

*Logan's* first few scene sets the tone for the rest of the movie: R-rated and brutal. There's something awesome about seeing a wounded and vulnerable Wolverine – the exact opposite of how we grew up seeing him. But it resonated well with the audience; the chemistry that erupted from a sick and senile Xavier and a bitter Wolverine strengthened their relationship.

The added character of Laura (a child mutant) led both parties to have emotional stakes not found in past films. Laura led the motley partners across the country with few words and many slashings.

The action was riddled with chopped heads and severed limbs, something that Fox films were able to do thanks to the success of *Deadpool*. Some of the character relationships felt a little forced and foreseeable, while details of the past remained a little vague. But I'm just nitpicking.

Minor things aside, the movie lived up to the hype, easily setting the bar for all Marvel films and leading the charge as one of the best superhero movies ever. It was just freaking amazing.

- jarell alvarez

visit [linkbcit.ca](http://linkbcit.ca) to read  
other new reviews for:  
cult phenomenon *Get Out*  
and Louise Green's new  
book *Big Fit Girl*.



# STUDENT ELECTIONS



All great  
leaders took  
a first step.

**MAR. 27 - APR. 5** NOMINATIONS PERIOD

Apply to become a Student Executive and make a change in our community.  
More info at [bcitsa.ca/elections](http://bcitsa.ca/elections)

BCIT  
SA