



Shop at the TNT for
all your school supplies!

THE LINK

Word Processing now
available at Access!



Volume 23 Number 5

October 5, 1988

Campus Centre announced as S.A. 20th Anniversary project

Ground breaking promised despite lack of committment from the government

By Stuart McNish

It appears that the Campus Centre is in a Catch-22 situation. The Student Association says they can't get government support without the support of the business community. The business community is reluctant to throw its support behind the centre without major government support already in place.

At its twentieth anniversary ceremony Monday, Student Association President Guy Steeves said he is hopeful he can break ground this spring. Steeves is optimistic that construction on the new Campus Centre will start this spring as well.

According to organizers, the new Campus Centre is to be a meeting place for students, staff and the community and is the most ambitious undertaking the Student Association has ever taken on.

The projected cost of the Centre is \$5.4 million. The Student Association has to raise \$750,000 before they can secure financing of \$3.4 million, but even with \$4.4 million the Student Association will be short about one million dollars.

The Student Association executive was hoping that ceremony guest speaker Advanced Education Minister Stan Hagan would

announce provincial support to the tune of one million dollars. Unfortunately for the S.A., Hagan only praised them for their diligence and cooperation. He also said that BCIT holds a special place in his heart. One of the guests commented that it was too bad that the soft spot in Hagan's heart didn't extend to his pen.

The Student Association has mixed feelings about the lack of financial support from the government. However, their spirits were buoyed when Molson Brewery pledged \$50,000 for the Campus Centre. Molson's joins Pepsi as a major contributor to the Campus Centre. To date the S.A. has raised just over one third of the money needed to secure the \$3.4 million.

BCIT President Roy Murray says he expects that the government will kick in the needed money once the S.A. has done its part. Murray says he can't imagine the provincial government killing the project once the S.A. has raised over four million dollars.

Campus Centre fund raiser Maeva O'Byrne says that support amongst Alumni and the business community is high. O'Byrne is confident that the S.A. will raise the needed money by this spring.



One more Shinerama photo.

Executive ponders trades involvement

Council report by Delanne Reid

"The Student Association has had difficulty finding representatives for the Trades since BCIT and PVI merged a few years ago," SA president Guy Steeves pointed out at last week's executive meeting. He's concerned and would love to see more out to voice their opinions. "Without them we miss the final link for BCIT," Steves said. (Interested students can contact Steeves through the Student Association office in the SAC).

SA business manager, Lorne Hildebrand reported that the new tutoring program is going well. So far twenty-five tutors are available for students having difficulties in various subjects. "We've had a positive response", he said, "However, more tutors are needed in such courses as economics, accounting, business communications, computers and so on". If you'd like to earn some extra money while helping others, contact Anna-Lisa Jones, the support program coordinator, at 432-8600.

This time of year is stressful not only educationally but financially as well. So once again student budgeting seminars are taking place with Gordon Farrell, the associate dean of financial management. They start October 12th.

Hildebrand also reported that a campus daycare is being looked into. He said the only problem is "six to ten of the work study positions haven't been filled yet". He said

students who enjoy working with children should contact financial aid for more information.

Sports chairperson, Brent Kelly said the SAC "Has been looking terrible lately, probably due to our new fast food outlet". He reminded students to "clean up after themselves". Wendy Lawson, VP of said that this and "getting on the backs of your friends" is all it takes to keep our institute clean.

Mike McLarnon, business society chairperson, reported that alcohol awareness week will take place in November. "This is an annual national campaign for all universities to educate students about the effects of alcohol consumption", McLarnon explained.

"This is the best sign-up year ever for intramurals", according to sports recreation chairperson, Brent Kelly.

Steroid use at UBC down, claims coach

By Deanne Fisher
Canadian University Press
VANCOUVER

University of British Columbia athletics are not beyond the controversy surrounding steroids in sports.

A former UBC Thunder-birds football player has confirmed the use of steroids by some team members.

"I felt pressured to take steroids," he said, adding many of the team members who "were looking at something further," such as a career with the Canadian Football League, felt the same pressure.

Football coach Frank Smith said he suspected some athletes of taking steroids last year. "I'm quite confident that steroids are not a factor this year... but the problem has not vanished entirely."

Smith said a departmental policy discourages the use of steroids. He has counselled some returning players whom he suspected were using steroids to enhance their performance.

The Canadian Inter-university Athletic Union, or CIAU, passed in principle this summer a proposal which calls on athletes to agree to random drug testing. Those who refuse will be banned from competition.

The 46-member CIAU, which represents every university in Canada but Simon Fraser, must ratify the proposal at its December meeting. Testing would begin in the spring of 1989.

Educational programs focussing on the risks of steroid use are already being set up across the

Continued on page 12

Plastics students follow through - date now set

Plastics Technology students finally got what they wanted, a completion date on their long-awaited lab facility.

The entire first and second year class of about 35 students descended on the administration building last Thursday (September 29) as promised, but this time they faced several administrators, including the director of Physical Plant, the lab project coordinator and a Vice President.

The students, many of whom had occupied BCIT President Roy Murray's office for an hour the week before, are upset that one month into the second year of the new plastics program, a vital lab facility is only barely under construction. On September 22 the second year class tried to meet with Murray, but he wasn't available. They vowed then to return with first year students to show full technology support for their complaint.

Students say the administrators gave them all kinds of excuses as to why the lab was so far behind schedule, but promised it would be

completed by November 15.

Second year tech rep Chuck Stewart said they are happy with the outcome, but disappointed it "took so much effort to get these results. If it can now be done by November 15, why couldn't it have been done over the summer?"

One student noted that in private industry, "time is money, but here, the only people affected are the students. As far as Physical Plant is concerned, completion date could be five years from now."

Another student, picking up on that comment added that if private industry construction is delayed, money is being burnt. "But at BCIT the only thing being burnt is the students".

Stewart said their protest did get them what they wanted, despite the Student Association's assertion that they should go through the "proper channels".

"We went through the proper channels last year," said Stewart, "and promises were made and broken. It was too late to try that approach again."

Shinerama Thank You To:

Hot Seats
Connections Plus
Arts Club Theatre
Raymond's Hair Salon
Jonathon's Seafood House
Bootlegger
Punchlines
A Kettle of Fish
Time and Gold Shops
Gadget Electronics
Pegasus Ballooning
Nakamichi
Polo/Ralph Lauren
Sony
Vantage Electronics
Colony Motor Inn (Victoria)
Sheraton Villa
C-FOX
Butchart Gardens
IBM
Koala Springs
A&W
French Riviera Beach Bodies
Taps Pub

TNT Stores
Westin Bayshore
The Old Spaghetti Factory
Royal Oak Steak and Lobster House
Rackets and Runners
Granville Island Hotel

Special Thanks to:

Burnaby Centennial Lions Club
Joyce Harrington of the CFSEA
Sure Printing & Copy Centres
Drew Burns - Commodore Ballroom
Wall Street
Colin Sharp

And a Very Special Thanks to:

The Shinerama Committee
Marc K. Preston, Shinerama Ass't
and ALL SHINERS!

Thanks for your support!

Wendy A. Lawson

Shinerama Director, 1988

Space for this ad donated by The Link

Student budgeting

Worried that your money seems to be disappearing too quickly?

Need help in budgeting your funds to last the full school year?

Then the following workshop is for you:

"Managing Your Finances"

Wednesday, October 12, 1988

Room 2N-202

This workshop is presented by instructors from the Financial Management Technology, in conjunction with Financial Aid & Awards and the BCIT Student Association.

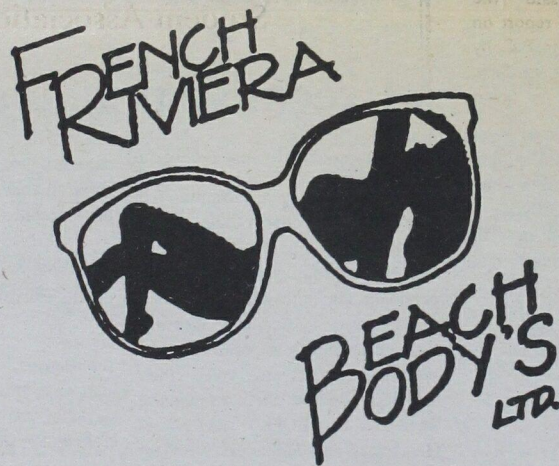
Registration is limited. Students wishing to attend should leave their names at the Financial Aid reception in Student Services (Building 1A, second floor northwest corner). Telephone 432-8555.

More tutors needed

The Tutoring Network is off, and running! With the start of midterms, the demands for tutors is increasing daily.

The Network needs students in each program and course area to become tutors.

Registration forms are available at the Student Association General Office.



Would like to thank

Taps Pub Teeze Hair Design TNT Stores

For their support in the Fashion Show!

Special thanks to French Riviera's
Fashion Representatives
Pamela Lucas and Bob Sophonow
and to all of our models for
their hard work and time!

Prince George wants new B.C. university

By Gordon Clark
Canadian University Press

VANCOUVER

The B.C. government should build a university to serve the province's far north which would offer its students intensive three-and-a-half-week courses over the traditional five concurrent classes per term, says a report to be released last week.

The study, commissioned by the lobby group the Interior University Society, says a new university is needed to train northerners in their hometowns rather than shipping them south, said IUS president Murray Sadler.

Few of the students who travel the 600 km or more to a university in Vancouver or Victoria return to share their skills and Sadler said the brain drain is hurting the region.

"We want a full-fledged university that can take northern students and train them to be northern teachers."

The IUS received a \$100,000 grant from province's Economic Development Ministry and hired a consultant. Sadler is interested in setting programs of special interest to northerners, such as environmental and native studies, health care, and social work.

Traditionally northerners have not been well represented at the province's three universities in Vancouver and Victoria, he said.

Young high school graduates in the past could get high-paying logging and mill jobs and didn't see the value of education, but with those sectors shrinking, education has become more important, Sadler believes.

He said students from northern communities need about \$7000 a year to attend a B.C. University: "I think a lot of young people are

raised in the north without the expectation of being able to go."

The report, written by Swedish education professor Urban Dahllof, calls for a central campus in Prince George, a city of 67,000 in British Columbia's geographic centre. The university would have outposts in communities to the northwest and south.

Sadler said that the program calls for students to take a series of intensive three and a half week courses instead of five concurrent courses over an eight-month term. The system would allow students to "move from field station to field station for special projects."

Sadler said the Social Credit government has committed itself to a new degree-granting institution but hasn't said where that university will be. Prince George, 600 km north of Vancouver, is competing with a proposal to give degree-granting status to Okanagan College in Kelowna, a community 800 km northeast of Vancouver.

Prince George already has a post-secondary institution within its borders: the College of New Caledonia offers vocational training and first and second year university classes to its 3,000 students.

Sadler said the city of Prince George is the largest centre in Canada that is not served by a university.

Sheila Munro, spokesperson for the Ministry of Advanced Education and Job Training, said the government will release a report on post-secondary education in B.C. by mid-October, but she can't say if the Prince George proposal is being considered.

"I can't really discuss it because it's still a confidential report," she said. "I think the subject will be dealt with at that time."

U of T orientation goes dry over lawsuit fears

Canadian University Press

TORONTO

Most of the University of Toronto's orientation events are dry this year as administrators worry about lawsuits, says a student councillor.

Student council Services Commissioner Don Rambajan said university officials were worried U of T might be liable if anyone was injured during an orientation event where alcohol was served.

"They (administrators) were in favour of non-alcoholic events and stressed that quite heavily" in summer meetings, Rambajan said.

With the new booze restrictions, "you won't have drunk people staggering across (the streets)," added student council president Bill Gardner. The council's flagship pub crawl, Roamaround, was reduced to a single non-alcohol concert. Orientation leaders did not want separate wet and dry events.

"Most of the orientation frosh groups are mixed (underage and 'o' age)," Rambajan said. "The orientation leaders don't want to

break up the groups. They want to move as a whole."

One administrator estimated that at least 42 per cent of first-year students are underage.

Rambajan said security guards will check the 3000 students expected at the concert for hidden booze stashes.

Said student councillor Rachel Foulkes: "I just wish they could have arranged to have a beer tent. They are deluding themselves if (they think) not having a beer tent will solve that problem. People will bring in their own stuff and with those numbers there is no way they can check those people."

TYPEWRITERS

Sales - Service - Rentals - Supplies

IBM Selectric Rentals

\$29.00/Month

- Used electric from \$169

- New Olympia electronics from \$299

- Basic electric from \$75

- Also calculators, transcribers, furniture

Century Liquidators

294-6761

Open Monday - Saturday 9:30 - 5:30

Parking at rear

ITALIAN DAYS!

Come for Pasta!

Spaghetti

Ravioli

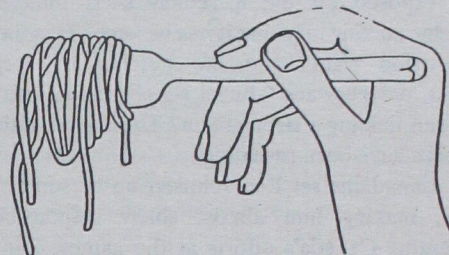
Tortellini

Lasagne

Beefaroni

Cacciatore

Oct. 11 to 22



Free garlic bread or breadstick with all meals - try an Italian sausage omelet for breakfast - top your choice of pasta with your favourite sauce!

New item! Italian Subs - 55 cents per inch!



Campus Café

Access Computers and the Publishing Office of the BCIT Student Association are pleased to offer a

DESKTOP PUBLISHING SERVICE!

Let us produce a professional quality newsletter, club bulletin, etc., for you on our state of the art computer system for only \$25/hour.

Service includes publication design, typesetting, page composition and layout. You get a clean original to take to the printer of your choice.

For more information contact Don Wright at local 5517 or Colleen Knox at local 8368.

Ask for a free, no obligation quote!

RESEARCH PAPERS

16,278 to choose from—all subjects

Save Time and Improve Your Grades!

Order Catalog Today with Visa/MC or COD

Ordering Hot Line 213-477-8226 Ext. 49

Or, rush \$2.00 to: Research Assistance

11322 Idaho Ave. #206-SN, Los Angeles, CA 90025

Custom research also available—all levels

WRITE A LETTER TO THE LINK!

The Link

Published by the BCIT Student Association, 3700 Willingdon Ave., Burnaby, B.C. V5G 3H2
Telephone (604) 434-5734 local 5517



Listed in CARD under Campus Plus. Member of the Canadian University Press.
Don Wright, publisher. Editor, TBA.

Profitable games will carry on

Has the Olympic dream been tarnished, or simply exposed for the incredibly slick, multi-million dollar star making machine it has become? Has the value of television rights and the number of corporate sponsors, partners and official suppliers come to mean more than fielding a strong team? The events of the past two weeks have been revealing.

Canadians set Ben Johnson up as some sort of saviour, making him almost solely responsible for representing Canada's efforts at the games. Canadians badly wanted the gold and the glory Johnson promised them as the games got underway.

At the same time, Johnson's own sponsors dangled gold-plated carrots worth some 10 to 15 million dollars, his for the taking if he won the race. On top of this, Johnson faced, and was committed to beating, his arrogant arch rival, Carl Lewis.

This was not a simple foot race, but a winner take all, loser take nothing proposition for Johnson. Whether he is guilty of knowingly taking banned steroids, or a cruelly treated victim of circumstances, we'll perhaps never really know, although Canadians will hold his claim of innocence near and dear.

His career has suffered a dramatic set back, if he chooses to carry on running at all. Canadians have suffered greatly. The euphoria that swept the nation that Friday night was so abruptly halted over the weekend, it left us a nation bewildered and confused.

But tarnish the Olympics? Not likely, it's making too much money and serving its corporate sponsors too well to let a little thing like good sportsmanship get in the way.

Work Study Positions Open

10 Work Study Positions
with the Student Association.
Contact Financial Aid for
more information about
working under Work Study.

Medical Services Special Events

October 5 - Free Blood Pressure Clinic
SAC Racquetcourts Lobby, 11 to 1:30 p.m.

October 6 - Free Blood Pressure Clinic
JW Inglis Cafeteria, 10 to 2 p.m.

October 19 - "Break the Fast" Food Fair
SAC Lobby - free samples!

November 23 & 24 - Blood Donor Clinic
SAC Racquetcourts Lobby

Letters to The Link

Riviera's concerned about health, too

Editor, the Link

French Riviera Beach Body's would like to thank BCIT Medical Services for their article submitted to the Link in the September 21st issue, voicing their opinion. They are obviously as concerned about the effects of indoor tanning as we also are. We feel that the public should be given as much information a possible regarding this concern so we are submitting some other professional medical opinions.

From the Toronto Star:

"Well-run tanning salons not harmful, doctor says"

Canadian health officials say tanning salons pose no health problem if patrons use common sense and don't overdue it.

"If they're properly supervised (sun tan parlors), and if people use them in moderation, they're just fine," said Dr. Sandy Macpherson, medical health officer for Toronto.

The American Medical

Association last week released a report saying suntanning parlors are potentially dangerous and offer no proven health benefits.

The report lists dangers such as immune system changes, abnormal tissue or tumor growth in the skin and retinal damage and cataracts in the eye arising from excessive exposure to ultraviolet rays.

Telling people to avoid tanning salons "would be just as foolish (as saying) never go out in the sun," said Dr. Robert Macbeth, special consultant to the Canadian Cancer Society.

Tanning parlors "certainly offer no health benefits," said Macpherson, adding that tanning is "a cosmetic thing."

People using sustanning clinics get vitamin D, the so-called sunshine vitamin, which strengthens and helps form bones. But adults don't need large doses of it because their bones are already formed, Macpherson said.

"The sun's rays do contribute to skin cancer if you get too much of them," Macbeth said. He advised people exposed to ultraviolet rays to use a strong sunscreen, one with a rating of 10 or more.

From the Calgary Herald and the Vancouver Sun:

VANCOUVER (CP) -

Canadians trying to beat the winter blues by spending a week sunning on beaches in the Bahamas or Hawaii are more at risk of developing cancer than people who tan year-round, a new study suggests.

People who burn easily are particularly susceptible.

After a six-year study, epidemiologists at the Cancer Control Agency of British Columbia have found that intermitten, intense sun exposure is more likely to be a factor in triggering the cancerous change in moles and skin and leads

Continued on page 8

75% Off Fine Arts Performances!



Finally, students can enjoy the symphony, theatre and dance performances without destroying their budgets.

The Vancouver Cultural Alliance (VCA) is administering the new "Distix" program to enable **students with loans**, people in low fixed income jobs, and handicapped persons to attend cultural performances which, until now, they may not have been financially able to attend.

When you apply for the Distix program, you will be put on a mailing list. The VCA will, in turn, send you lists of all performances for which the 75% discount applies. Tickets are sold on a first-come-first-serve basis.

There is no enrollment fee, just the luxury of fine entertainment at an incredible 75% discount! So hurry to pick up an application form at the Student Association office to assure your seat for the next performance.

Heading home for Thanksgiving?

The Thanksgiving long weekend this year is from Friday, October 07, to Monday, October 10. If you are travelling out of the Vancouver area and want to share the cost of gas,

please fill out the form below and post it on our Carpool Board which is located across from the Student Association Offices:

Destination: _____ Lv. Vancouver _____

Name: _____ Rtn. Vancouver _____

Phone: _____

Driver/Passenger (circle one)

Stuart McNish

Student seriously injured in corridor incident!

No one has actually been hurt, but the potential is there. Imagine walking down the corridor and "bam" a door opens in your face.

You may require dental work, stitches or even plastic surgery. Imagine the humiliation you would suffer, explaining to your friends that you walked into a door. That's like admitting you rear-ended a parked car.

How do you explain the gash on your face is a result of being side swiped by a back pack. How do you explain to your Mom you didn't eat lunch because some jerk dumped your meal tray on the floor, by stopping suddenly, pulling a Uey and slammed into you head on. He then fled the scene of the accident, you didn't get his license and you couldn't find an eye-witness. Mom's not going to buy that, she's going to suspect drugs.

Working your way through the corridors of B.C.I.T. can be a problem. Rushing to class is an oxymoron. The corridors are as jammed as the freeways of L.A., because we have as many stalls, fender benders, slow pokes, and pile ups as the Ventura Freeway.

We need to adopt the rules of the German Autobahn. Slow pokes on the right, speed balls on the left. Stopping only in rest or pull off areas. Pulling out only after checking to see that the path is clear. No opening of lockers during rush hour.

A solution would be to issue

Still time to apply

There is still time to get an application in to spend the summer of 1989 in the Leeward and Windward Islands on a World University Service of Canada (WUSC) Seminar.

Deadline is October 15, and according to BCIT Local Committee members, they want to encourage first year students and all faculty to apply to go on the six week seminar.

"WUSC is very university oriented, but we think it would be great to have a BCIT student or faculty member selected to go on the trip," said Don Wright, vice-chairperson of the local committee.

WUSC Ottawa selects thirty students and several faculty members for the trip, which takes place every year, with the destination a developing country. The students, to be selected, are required to identify a research project related to development in the country being visited.

For more information on the 1989 Seminar, contact Donna Hooker in trailer 2G.

Fast and Professional Typing/Word Processing

IBM PC/Laser Printer
Special Rates for Students
Pick Up and Delivery Available

Jennifer 939-8711

signalling. Licenses will be revoked for excessive violations. Students should contribute to an insurance fund to pay medical expenses of the unfortunate victims of careless or intoxicated walkers.

With rules of the corridor, traffic would flow smoothly and fewer student study hours would be lost to injury and death.

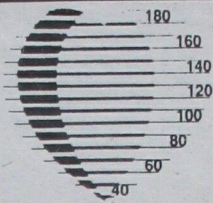
Think of the freedom of movement. Zipping from one end of school to the other. Arriving on time and refreshed. Just think of it, the next time you stop, turn, swerve or open a door suddenly.

Dr. JOAN DAVIDSON Chiropractor

is pleased to announce the opening of her new practice in association with Dr. David Wasylenko at
#210 - 403 North Road, Coquitlam
(Lougheed Village)

By appointment

Phone 931-3044



KNOW YOUR BLOOD PRESSURE

by Heart

BLOOD PRESSURE QUIZ

Answers on page 11

What do you know about blood pressure? Take this short quiz by circling either "T" for TRUE or "F" for FALSE for each of the following statements about blood pressure. Check your answers on the reverse.

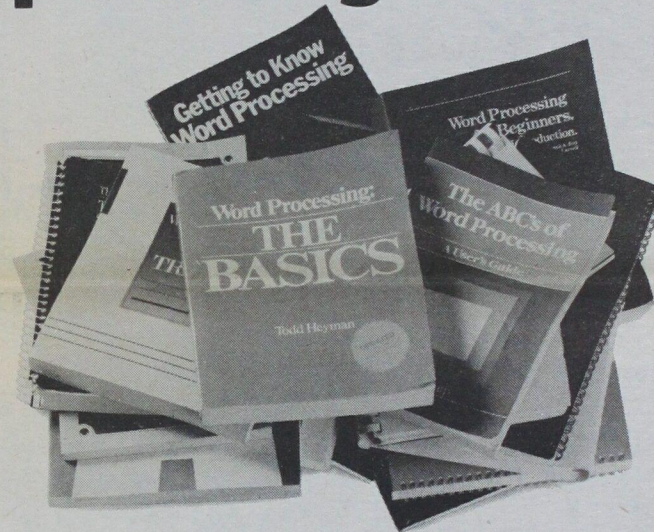
SAMPLE

It is important for me to know what my blood pressure is.

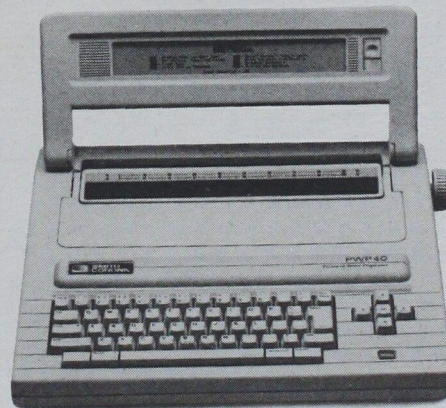
T F

1. Blood pressure begins with a heart beat. T F
2. Blood pressure stays the same all day, every day. T F
3. Blood pressure helps the blood flow to all parts of the body. T F
4. A blood pressure reading has two numbers. T F
5. You can tell what your blood pressure is by the way you feel. T F
6. A healthy person could have a blood pressure of around 120/80. T F
7. Blood pressure should be checked every five years. T F
8. You can only tell what your blood pressure is by having it measured. T F
9. Being overweight can lower blood pressure. T F
10. Eating large amounts of food high in salt (sodium) can cause blood pressure to rise. T F
11. Regular exercise will help keep your blood pressure healthy. T F
12. Only a relaxed and easy-going person can have normal blood pressure. T F

Word processing made simple.



Word processing made simpler.



Talk about manual labor. The only thing more complicated than most word processors is their instruction manuals.

You can wade through hundreds of pages of "user interfaces" and "output fonts" or try something far simpler: The Smith Corona PWP 40 Personal Word Processor.

Using PWP 40 is truly an exercise in simplicity. Our easy-to-follow Tutorial DataDisk teaches you that moving blocks

of text is a snap, deleting words is a cinch and inserting words is effortless.

In fact, PWP 40 is so incredibly simple to use, you can pick it up in practically no time.

That way, you can spend more of your time writing. And less of your time reading about writing.



SMITH CORONA
TOMORROW'S TECHNOLOGY
AT YOUR TOUCH™

For more information on this product, write to Smith Corona, 440 Tapscott Road, Scarborough, Ontario, Canada M1B 1Y4, or call (416) 292-3836.

The BCIT Student Association

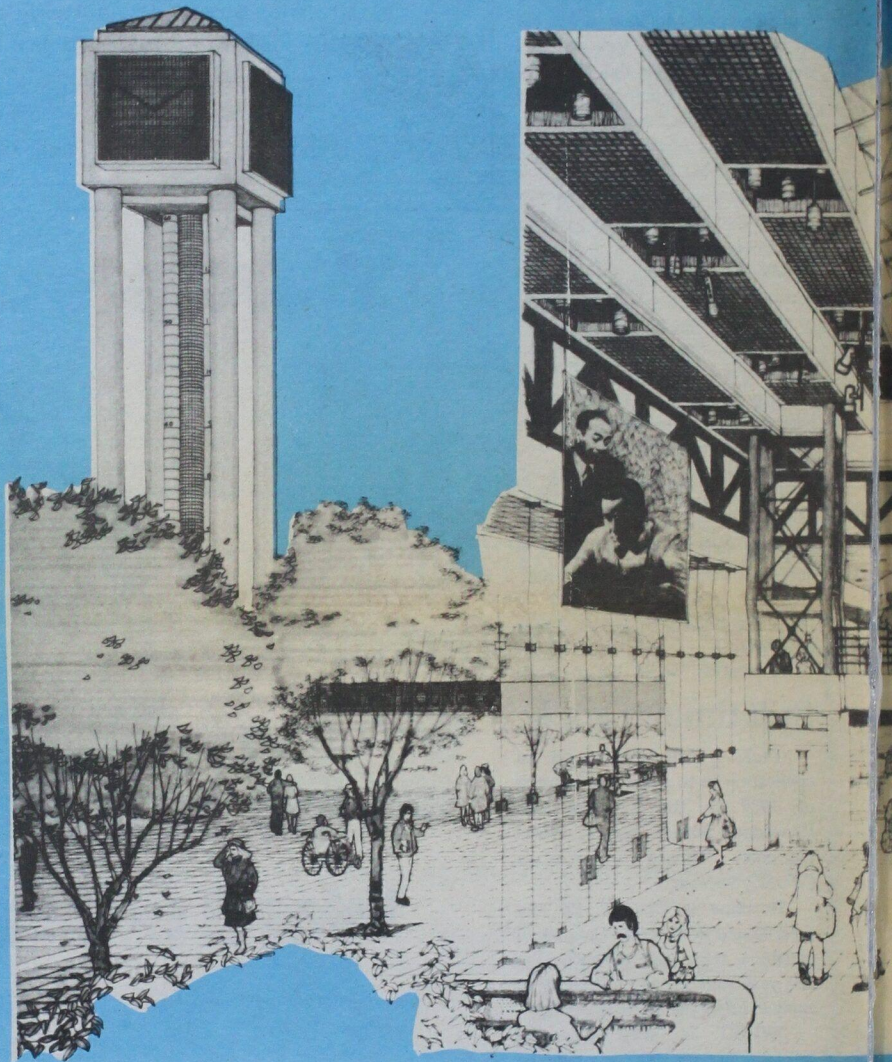
BCIT CAMP

as its 20th Anniversary

Students!

Join the Campus
Centre Club! Your
participation is
vital to the success
of the BCIT
Campus Centre.

Contact S.A. V.P.
Wendy Lawson for
more information!
Take the Challenge!
Phone 432-8491



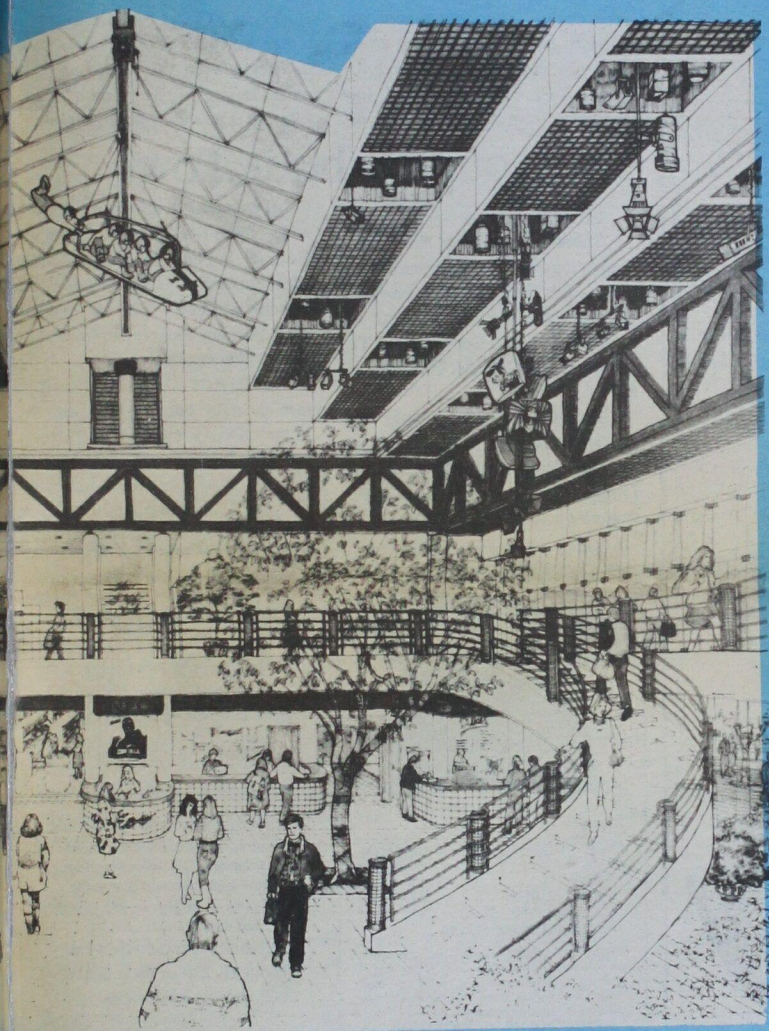
Watch for the sod



is pleased to announce the

S CENTRE

rsary Project!



**Alumni, Staff
Faculty & Friends**

Join the Tower

Group and show
your support for

the building that

will take BCIT

into the 21st

century! Contact

Lorne Hildebrand,

S.A. Business

Manager, to find

out how you can

get involved!
Phone 432-8600

urning this Spring!

BCIT

BCIT
CAMPUS CENTRE

PRIMA BOOKS & COMPUTERS

Books Software Supplies

We are the Largest Microcomputer Bookstore on Vancouver's East Side!

10% Discount to students on books!

207 - 3900 E. Hastings Burnaby/294-4567

Letters from page 4

to melanoma than constant, low-level exposure.

From the Edmonton Journal: Dr. Jack Brown, head of dermatology at the university of Alberta Hospitals, agrees that there is little chance of getting skin cancer from tanning facilities.

"Sun-tanning parlors have been around for a while and have proven to be relatively harmless," he said.

"Skin cancer is related to a

person's total exposure to the sun over an entire lifetime. A person would have to spend a tremendous amount of time under a tanning light for a prolonged period of time to get skin cancer.

And finally, from Dr. Beitzen - "Tan to Health":

According to present day findings, if modern tanning equipment with long-wavelengths is used correctly and sensibly, their is

no risk of skin cancer.

Since JK tanning units use the most favourable part of the UV spectrum, we can state with absolute certainty that JK tanning equipment in no way causes cancer.

Our JK Ergoline tubes have the lowest UVB (burning ray) content

of any product made, including less than the sun. We also insist that you wear eye-protection, goggles, when tanning to avoid any damage to the eye. So relax and enjoy looking like you just got back from the French Riviera!!!

French Riviera's Beach Bodys Ltd.

Ten years too late

Gary Wright - Who I Am By Michael Aikin

It's a long long way from Spooky Tooth and the Dream Weaver days and although Gary Wright can still write a good tune I was left with mixed feelings over this album.

The production was superb and some of the songs were really good he just had some ideas that were a little outdate. The song "Sad Eyes" is a rock ballad and right where you expect to hear a nice searing guitar he puts in an Indian violin which has a very deep groaning sound that takes away from the feel of the song.

"(I Don't Wanna) Hold Back" is a good rocking tune that features George Harrison on guitar and backing vocals. This is one of the bright spots on the album. "Love Is On The Line" and "Voices" round out my list of favorites.

Being a "Dream Weaver" fan I tried to give this album every opportunity but it still fell short. I think he's 10 years too late with the Indian instruments but there were a few keepers on the album and I'll probably give his next one a listen. All in all it was a mediocre album.

Round About Town

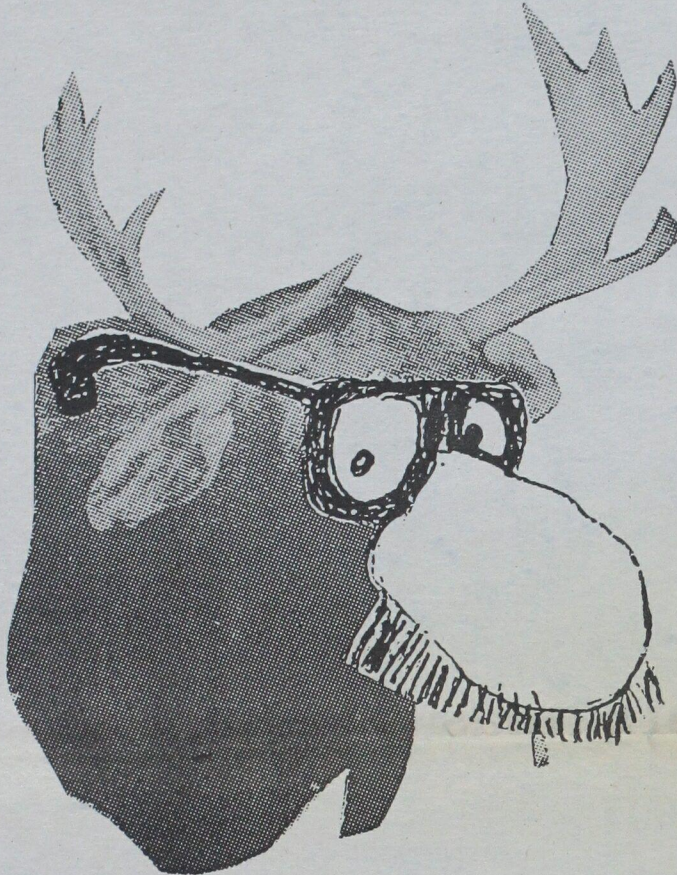
By Michael Aikin

There's some great live music happening right here in Burnaby this week. Jake O'Grady's has Incognito from Oct. 5-8, the Sting Cabaret has Love Hunter, and Coconuts has Ted Moore and the Border from Oct. 3-8.

The 7th annual Vancouver Film Festival is running thru to Oct. 16. at the Ridge, Vancouver East, Hollywood, and Pacific Cinema-theque Theatres.

If you're into history we've got a little piece of it right here in Burnaby. The Burnaby Village Museum by Deer Lake makes a nice Sunday afternoon. Get out and see what Burnaby looked like in the late 1800 and early 1900's.

FASHION - Yes that's right, fashion right here on campus, the French Riviera and the T.N.T. stores are putting on a fashion show at Taps on Wed. Oct. 5th from 12:00-3:00 pm. I saw the preview and you won't want to miss this one.



COMEDY

NIGHT

AT Taps

Wednesday, October 19

Featuring Free Comedy

SILKSCREENING



(1 week delivery on stock items)

Kenny

OYE SPORTSWEAR & DESIGN

- T-SHIRTS \$6.31 ea
 - SWEATSHIRTS \$11.71 ea
 - POLO SHIRTS \$12.03 ea
- PLUS MANY MORE STYLES

PRICE INCLUDES: 1 color print, garments, set up, screen & artwork puff printing & flash curing (33 extra) solid coloured fabrics may vary in price additional colour printing by quotation. (Based on 25 pieces)

EMBROIDERY BY QUOTATION
Call: (Ask for Kenneth) 873-0862
Monday - Saturday 10 a.m. to 6 p.m.

Presented by BCIT Counselling Services

Workshop on

Loneliness

October 12, 1988

12 noon to 1:30 p.m.

Room 1A 201

Topics of discussion will include:

- Understanding loneliness - causes and consequences; misconceptions about loneliness; and countering loneliness - strategies for preventing and coping with loneliness.

Register at Student Services, room 1A 229 or drop in and join us on the day.

For more information contact Heather Hyde, Counselling, 432-8432

CFML104.5 hot twenty

BCIT BROADCAST COMMUNICATIONS 3700 WILLINGDON AVE. BURNABY BRITISH COLUMBIA V5C 3H2 (604) 434-5734

TV	LW	WOC	SONG TITLE	ARTIST
1	2	3	FOREVER YOUNG	ROD STEWART
2	4	3	KOKOMO	BEACH BOYS
3	1	3	ONE GOOD WOMAN	PETER CETERA
4	5	3	DIAMOND SUN	GLASS TIGER **
5	7	3	TRUE LOVE	GLENN FREY
6	8	3	NOBODY'S POOL	KENNY LOGGINS
7	3	3	BETTER BE HOME SOON	CROWDED HOUSE
8	9	3	SMILE ME DOWN	ANDREW CASH **
9	11	2	GROOVY KIND OF LOVE	PHIL COLLINS
10	13	2	DON'T BE CRUEL	CHEAP TRICK
11	14	2	DANCING UNDER A LATIN MOON	CANDI **
12	17	1	COOL RUNNING	BOZ SCAGGS
13	20	1	ROUND AND ROUND	FROZEN GHOST **
14	10	3	HERE WITH ME	RED SPEEDWAGON
15	6	3	I DON'T WANNA	ELTON JOHN
16	19	1	THE RUNOUR	OLIVIA NEWTON JOHN
17	NEW	-	TALKING 'BOUT A REVOLUTION	TRACT CHAPMAN
18	NEW	-	DON'T YOU KNOW WHAT THE NIGHT...	STEVE WINWOOD
19	NEW	-	SPOT YOU IN A COALMINE	COREY HART **
20	NEW	-	MUST BE THE RAIN	DOUG & THE SLUGS

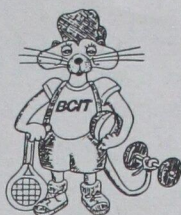
Music Director: DOUG OZEROFF

Week of: SEPT 26, 1988

Sports Rep Meeting

Today (Oct. 5)

5:30 p.m. ETC Cafeteria



Recreation &
Athletic News

Men's soccer coach predicts team will do well this year

By Andrew Moore

The BCIT men's soccer coach says this year's team is the best he's ever had. Carmen Morelli has been teaching hospitality at BCIT for nine years and coaching the men's team for the last four. The forty year old native of Bari, Italy had been coaching soccer in other leagues off and on for fifteen years before taking over BCIT's team when the school reinstated their intercollegiate sports programs in 1984.

Morelli says his present squad has the talent and commitment necessary to be consistent winners. He says their strong desire to win and their superior technical skills

could make them provincial champions. He adds that as long as he can keep their motivational level high, they should come out on top of a very strong league.

Morelli predicts the BCIT Cougars men's soccer team should end up above, in descending order, Capilano College, Malaspina College and Vancouver Community College. And maybe with a little bit of luck thrown in, the team will make it to the Canadian finals in November.

This team deserves the support of its fellow students. So come out and cheer for your team at their next home game when they meet Cariboo College, October 15th at one p.m.

Women's soccer team suffers with few subs

BCIT Women's Soccer vs. VCC Wednesday, Sept. 28th at BCIT.

The Cougars had 3 subs today, the first time this season, which made the game interesting.

Right from the kick off both teams moved the ball around the park with authority. The Cougars hussled VCC and gave them no time to settle. VCC had had a good previous weekend beating Capilano 6-2 and Kamloops 5-2.

Midway through the first half VCC were awarded a penalty when Commee Smith handed the ball to stop it from going over the goal line. VCC took the spot kick and Linda Bossom in goal saved it. From that time on the Cougars responded and put pressure on VCC. Half time 0-0.

The second half started as the first up and down the park with VCC scoring from a scuffle in front of the goal. Final score VCC 1 - Cougars 0. A fine team effort 1st all star of the game goalkeeper Linda Bossom, who gave the Cougars confidence they needed. Excellent game.

BCIT Women's Soccer vs. Malaspina Sat. Oct. 1st.

The Cougars were at a disadvantage from the start with only 10 players. With two new players playing their first game the team had difficulty setting down to put passes together. Malaspina having four subs used them throughout the game as it was a hot day.

Malaspina used the advantage of the extra player well and went in half time 1-0 up.

The Cougars came back the second half with all their energy gone to battle back for the next 45 minutes. Malaspina went 3-0 up and the Cougars pulled one back through a fine effort by Maria Marshall 3-1. Still strussleing Kelly Renix had to come off with cramps leaving on 9 players to battle on final score Malaspina 6 - Cougars 1.

A gallant effort by the team but with a hot day and short of played the odds were stacked against them. It is disappointing to the team and regular players that with 18 signed players the Cougars have difficulty feilding 11 players with substitutes. But we will battle on to get our first 2 points before the season ends.

Men's team takes one

The Cougars had a week-end full of soccer when they met Malaspina College on Saturday and Selkirk on Sunday.

Saturday's game result was Cougars 1, Malaspina 0. However, the score does not reflect the number of missed opportunities. The ball simply would not go in the net for Cougars who played a strong first half.

The only goal of the game came during the second half on a winner kick masterfully executed by Cal Traversy and deflected in the back of the net by the Malaspina goal keeper.

Sunday's game saw the Cougars in action against Selkirk College.

Selkirk played a strong defensive

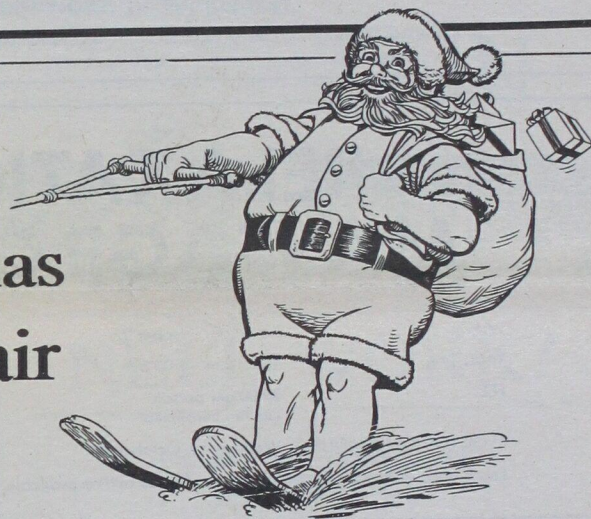
game denying the Cougars many scoring choices both during the entire game.

The first goal was saved on a
Continued on page 10

Basketball Scorekeepers Required

For BCIT Cougars Home Game
Apply at Recreation and Athletic
Services Office in the SAC
"We Pay Top Dollar"

BCIT Christmas Craft Fair



Earn extra Christmas money!
Tuesday, November 29 -
Friday, December 2

11 a.m. to 2:30 p.m.

SAC Building/Racquetcourts

No fee for BCIT Students or staff

The Craft Fair will feature BCIT students and staff and will be well advertised throughout the local community as well as on campus. Share a table with another student or staff member or have a family member look after your table. Space is limited so book your table through the Recreation and Athletic Services office in the SAC as soon as possible.

Intramural Curling

8 weeks for \$25 per person

Fridays 6:45 to 8:45 p.m.

Starts Friday, October 14

Register as a team or sign up individually!

Registration closes Wednesday, October 12.

Scuba Certification Course

Fee: \$125 includes gear (except personal gear) text book and dive tables. Contact Recreation and Athletic Service for details



THANKSGIVING TURKEY SHOOT

WHEN: Tuesday, Oct. 4
11:30 a.m.-1:30 p.m.
Thursday, Oct. 6
11:30 a.m.-1:30 p.m.

WHERE: BCIT Gymnasium - East side

FEE: \$1.00 provides you with enough arrows to hit the target 3 times. BCIT's record is 26 arrows!! (We provide the bow and arrows)

PRIZES: A turkey awarded every 20 participants!!

PART 1 OF THE PHYSICS OLYMPICS

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

RELAXATION MASSAGE CLINIC

WHEN: Saturday, October 22

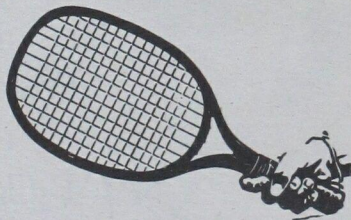
TIME: 10:00 a.m. - 2:00 p.m.

FEE: \$9.00 per person
Limited Enrollment

REGISTRATION DEADLINE: Wednesday, October 19

Learn body relaxation through massage. Course outline available.

LESSONS!



Beginners Racquetball

Mondays: October 17 to November 21
Session A: 6:30 to 7:15 p.m./Session B: 7:15 - 8 p.m.
Fee: \$30 for 5 sessions/4 people per session
BCIT Racquetball Courts
Register for these lessons at the Recreation and Athletic Services Office in the SAC.

Beginners Squash

Mondays: October 17 to November 21
Session A: 6:30 to 7:15 p.m./Session B: 7:15 - 8 p.m.
Fee: \$30 for 5 sessions/4 people per session
BCIT Squash Courts
Register for these lessons at the Recreation and Athletic Services Office in the SAC.

Flag Football Officials Wanted

3 games every Wednesday
11:30 to 2:30/\$12 per game
Experience is an asset but not required
Training given. Apply at Recreation and Athletic Services in the SAC.

Continued from page 9

penalty kick awarded to the Cougars because of a handball in the penalty box.

The penalty was placed in the lower left corner by a blazing shot from Neil Taverner. Half time result Cougars 1 - Selkirk 0.

The second half was a carbon copy of the first. Again the Cougars were not capable of capitalizing on their superior soccer skills and were

constantly frustrated in their scoring chances by a stubborn and well packed Selkirk defense.

Another penalty kick was awarded to the Cougars and executed craftly by Neil Towerner. The final result Cougars 2 Selkirk 0.

Next week, Thanksgiving Weekend, will offer the Cougars some R&R very much needed in preparation for some tough games against Capilano, VCC, Royal Roads, and Trinity.
Good Luck Cougars.

Clubs update

Most of the first meetings for the clubs were highly successful as many experienced a high turn-out. Remember members it's your participation that makes the club successful.

Here's what's happening in clubs.

AVIATION: First meeting included the selection of Dennis Wilson and Lance McNicol to act as club coordinators and discussion of the following possible activities:

Flights - local sightseeing and to a distant destination; Ground school classes, both non-structured and structured; Introduction flights in both ultra-lights and gliding; Trips to aviation related institution - Boeing plant.

Next meeting: Monday, Oct. 19th 5:30-7:30 pm. Location DBA.

CHESS: Meets every Wednesday 11:30-2:30 pm in room 347 of the JW Inglis Building. Sets are available from Karl in room 336.

A chess computer is available from the Recreation office.

GOLF: First meeting discussion included the following: Golf partners - Individuals wanting to arrange games see the bulletin board in the lobby of the racquet courts; Experienced members will provide basic instruction to beginners; Local colleges will be contacted to plan tournaments; Lessons will be investigated; A tournament/social will be scheduled.

Next meeting scheduled for Oct. 12th 11:30 am. Location T.B.A.

OUTDOOR: Next moderate hike - Saturday, Oct. 8th. Next easy hike - Sunday, Oct. 16th - Reifel

Wild Fowl Refuge.

Sign-up sheets for people interested in the following activities are posted in the racquet court lobby. Sailing - people willing to do it now; Kayaking - people willing to do it now; Caving, winter camping, cross country skiing, and cross country ski lessons.

Next meeting Wednesday, Oct. 19th 5:30 pm.

PHOTO: Much was discussed at the first meeting and the search is still on for a dark room. Workshops in both dark room and basic camera techniques are being planned.

Next meeting: Wednesday, Oct. 5th, 1:30-2:30 pm. Location 2N 320.

SHISEI-KAI-KARATE: training continues in the common room of Building 3A every Monday & Wednesday from 6:30-8:00 pm.

SKY DIVING: First jump course began last night with the ground school portion. The jump is scheduled this Saturday.

TENNIS: Courts are being booked on Sunday evenings until December. More details to follow.

TRI-TRAINING: Next meeting, Thursday, Oct. 6th 5:30-7:30 pm in the Telephone Exchange room.

AMATEUR RADIO: The club is still contacting other radio operators world wide and is currently offering some members Morris Code courses. They meet every Wednesday at 11:30-2:20 in the trailer south of Building #10.

AUTO SPORTS: A car rally is being planned for later in October. More details later.

Intramural Hockey Goalies Needed

Wednesdays
12 noon to 2 p.m.
Goalies don't pay
Contact the Rec. office

Careers and Employment

Services
Hints & Tips

Openings

Employment Opportunities

Available through the
Employment Action Centre
4th Floor, JW Inglis Building

'C' Welders: 8:00 - 4:30 - full-time; arc and stick welding; Port Coquitlam, Surrey and New West locations; Salary - \$9 - \$12.00/hr.

Baker: Several positions available - fulltime and part-time; completed BCIT program; Burnaby, New Westminster/Richmond locations; Salary - depending on qualifications.

Carpenter: Several positions available, fulltime; completed ELTT carpen-

try or experienced; various locations in Vancouver area; Salary - negotiable.

Electrician: Several positions available, full-time; completed ELTT electrical or experienced; various locations in Vancouver area; Salary - negotiable.

Electronics Technician: 8:00 - 5:00 - full-time; repair on multi meters, testers, panel meters and communication equipment; Vancouver location; Salary - depending on experience.

Painters: Several positions available, fulltime; inside and outside painting experience; Van-

couver location; Salary - negotiable.

Plumbers: Several positions available, full-time; completed ELTT plumbing or experienced; various locations in Vancouver area; Salary - negotiable.

Retail Meat: Several positions available - full-time and part-time; completed BCIT program; Richmond/Vancouver locations; Salary - depending on qualifications.

Sheet Metal: Mon. to Fri. - full-time; residential and light commercial work; Vancouver location; Salary - depending on qualifications.

Unclassified Advertising!

ROMANCE is only a letter away. Are you looking for a date, romance, or correspondence? Write for free forms. No cost to join. No obligation. Everyone welcome. Write: University and College Contact Service, P.O. Box 36, Nanaimo, B.C. V9R 5K4.

TO SHARE Modern furnished two bedroom house near BCIT. 6 appliances, new carpets, fireplace, deck. Require one m/f non-smoking person to share with one. AVAILABLE NOV. 1. \$350/month. Call 438-3645.

EDMONTON Going to Edmonton for Christmas holidays. Would like to share expenses. Details negotiable. Call may at 526-5782 after 6:30 p.m. or leave msg cms ID B3140006.

TYPING Experienced typist will type your essays, term papers, letters, resumes, etc. Near BCIT. \$1.50 per page (double-spaced). Call Kathy at 526-9053.

HELP WANTED Draftsperson m/f well paid employment for 2 to 4 week. Mechanical/technical understanding. Will assist in travel and accommodation if required. Call 669-3022 not before Saturday, October 8.

HELP WANTED Student positions available with Campus Food Services evening service. \$6.41 per hour - pleasant, light work geared to student hours. Contact Mrs. Peach at Campus Cafe daily after 3 p.m.

DANCE Fin Man/Admin Man Tech dance at TAPS Friday, November 18.

FOR RENT Available immediately near Champain Mall, 2 br unfurnished basement suite, 2 appliances, laundry facilities included. No pets. Non-smoker. Call 438-4120 after 5 p.m.

SPEEDY ON-CAMPUS PROFESSIONAL WORD PROCESSING

Resumes/Reports/Projects

Reasonable Rates
Call 432-8368

AC ACCESS COMPUTERS

Located in the Library Lobby
This service formerly located at the
Business Resource Centre, J.W. Inglis building

ANSWERS TO BLOOD PRESSURE QUIZ

- TRUE.** When the heart beats it pushes blood through the arteries and veins. Blood pressure is created by the force (pressure) of the blood pushing against the walls of the blood vessels, as it flows through them.
- FALSE.** Blood pressure changes moment to moment and day to day. It is usually lowest when we sleep and gradually rises throughout the day. Changes in activity, posture and emotions cause changes in blood pressure.
- TRUE.** Everyone has blood pressure. It is not an illness or an abnormal condition. Blood pressure keeps us healthy by helping the blood flow to all parts of the body.
- TRUE.** Systolic pressure (the first or larger number) refers to the highest pressure in the arteries. It occurs everytime the heart beats. Diastolic pressure (the second or smaller number) refers to the lowest pressure in the arteries. It occurs when the heart is relaxing between beats.
- FALSE.** You cannot tell your blood pressure by the way you feel.
- TRUE.** The normal range of blood pressure is between 100 and 140 for the systolic pressure (the first or larger number), and between 70 and 90 for the diastolic pressure (the second or smaller number).
- FALSE.** The Royal College of Family Physicians in Canada recommends that a healthy person should have her or his blood pressure checked every two years. If you are pregnant, your blood pressure should be checked more often.
- TRUE.** The only way to tell your blood pressure is to have it checked. Always have your blood pressure checked by someone who can refer you for medical care if needed.
- FALSE.** Being overweight can lead to an unhealthy blood pressure.
- TRUE.** Using less salt has proven to be a useful part of treatment for some individuals with high blood pressure. Most Canadians eat more salt than necessary, so using less salt makes good sense.
- TRUE.** Regular exercise, three times a week for 20 to 30 minutes at a time, can help to keep your blood pressure healthy.
- FALSE.** Blood pressure is not necessarily higher in anxious, overactive people than it is in easy going, relaxed people.

SCORE

- | | | | |
|--|---|---|---|
| <input type="checkbox"/> 0-3
Poor. Lots of room for improvement | <input type="checkbox"/> 4-7
Fair. You need to improve your score. | <input type="checkbox"/> 8-10
Good. But you can still do better. | <input type="checkbox"/> 11-12
Excellent. But aren't you curious to know more? |
|--|---|---|---|

You can learn more about your blood pressure by reading
How to Keep Your Blood Pressure Healthy.
Contact your provincial Heart and Stroke Foundation for a free copy of this booklet.



Canadian Heart Foundation
Fondation des maladies du coeur

Submitted by BCIT Medical Services

We offer a university education and a career to make the most of it.

Ask about the Canadian Forces Regular Officer Training Plan for Men and Women.

- have your education paid for by the Canadian Forces at a Canadian military college or a mutually selected Canadian university upon acceptance.
- receive a good income, tuition, books and supplies, dental and health care and a month's vacation if your training schedule allows.
- choose from a large selection of 1st-year programs.
- have the opportunity to participate in a number of sporting and cultural activities.
- on graduation, be commissioned as an officer and begin work in your chosen field.

Choose a Career, Live the Adventure.

For more information on plans, entry requirements and opportunities, visit the recruiting centre nearest you or call collect - we're in the Yellow Pages™ under Recruiting.



NEED WORK?

Full-time and part-time jobs
available including:

Cook (short order - institutional - a la carte),
Welding, Electronics Technicians, Electrician,
Bartender, Horticulture, Drafting (architectural -
mechanical - civil & municipal - industrial -
structural), Upholstery, Millwright, Carpentry
(framing - finishing), Benchwork & Joinery,
Appliance Repair, Painting & Decorating,
Mechanics (automotive - commercial
transport - heavy duty - small engine
- motorcycle), Baker, Machinist,
Plumbing, Sheet Metal, Retail Meat
Cutting & Wrapping

Employment opportunities in
additional areas also available.

The EAC has it!

Register Today
at the Employment
Action Centre

4th Floor, J.W. Inglis Building

or call 438-1343

This program is a co-operative venture
of your Student Association and BCIT.

Now Open on Your Campus!



First to the West Coast
J.K. Ergoline Supertanners!

For the tan of the future and
the clothes to show it off!

Located in the Student Activity
Centre near Taps Pub.

Phone 433-3511

Don't miss the French Riviera/TNT Fashion Show
Wednesday, Oct. 5 at 1 p.m. at Taps. See you there!

Steroids

from page 1

country. While steroids build muscle tissue, side effects include kidney and liver problems, hypertension, aggressive behaviour and decreased sperm count or menstrual irregularities.

And although many of the players know the risks involved, UBC's Smith said they balance those risks against a possible professional career in sports.

He said most athletes acquire the drugs from off-campus gyms. "There is one doctor in town who will prescribe them for athletic reasons."

Professional engineers meet

The Association of Professional Engineers of B.C. is holding its 1988 annual general meeting up at Whistler and students are welcome to attend the Saturday, October 15 lecture series.

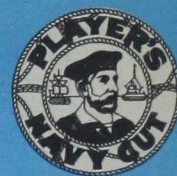
The lectures, relating to the theme "Blueprint for Tomorrow", feature several SFU and UBC speakers, as well as Dr. Denzil Doyle, president of Doyletech Corp., and Frank Ogden, "Dr. Tomorrow". Topics under discussion will include economic success in the 1980's, technological trends and engineering in a world of rapid change.

The lectures run from 8:30 to 12:30 at the Whistler Convention Centre and admission is \$10 general, \$5 for students.

Interested persons may pre-register with the association (736-9808) or take their chances at the door.

Player's

A taste you can call your own.



Warning: Health and Welfare Canada advises that danger to health increases with amount smoked - avoid inhaling.