

# LINK

MAGAZINE



**STUDENT SPOTLIGHT**

**Sophia Hsin**

Meet the designer behind  
Instagram's favourite hedgehog

**VFW**

Spring/Summer '17  
photo feature

**DOPE HAUS**

The doors are open at this  
underground feminist radio station.

*PLUS:*  
Colin Kaepernick, posture products & The Magnificent 7

**FENTANYL**

It's closer than you think.  
Here's what you need to  
know to stay safe.

**NHL  
SEASON  
PREVIEW**

**FRANK  
OCEAN**

**media democracy days**

"Know the media, be the media,  
change the media."

Review: Pac-Man Championship 2







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# self-reflection.

on the cover:

After Sonic, **Amelia Hedgehog** is easily the most famous of her kind. Her loving owner and personal stylist **Sophia Hsin** is no slouch either.

photo **maddy adams**  
here: **@ameliahedgehog**



**W**hen the last drop of beer has been guzzled, the laughter has trickled into background music, and the lights flash only in reminiscence, you'll find yourself snuggled in your comforter, caught between stretching the night, or officializing the day as memory. Your lids will put on more weight until you can no longer fight. And off to sleep you will fall.

Days go by, weeks are blurred, and before you know it, months have passed since the event. All you can find are some photos online, maybe even some prints stashed behind your unfinished books. When you look at them, a smile may crinkle upon your lips, perhaps your brows will furrow slightly. But that feeling of temporary togetherness, naive passions, and faded nostalgia... It's all there, to the frayed corners of the photo you grip so firmly. It's that past you choose to only relive as memory. Because you've already chosen this present.

It takes a lot to leave behind the comforts of an old identity, to start fresh and dust off the bits that others hold on to. But how can you hold onto a reflection that's blurred with other's thoughts of you, rather than your own? They tell you to never change, but who are they to anchor your growth? Sure, their intentions may be kind, but at the end of the day, your growth is yours.

It's going to be hard, especially as you push through the tensions that come with change. You have to ask: just how much do you want it? Really, how much? Is it worth shedding the comforts of your old skin? Then you decide: it is. It really is. You nod in the mirror. You rub off

the steam that's blurred your silhouette for far too long. Then you slowly rip off the flakes of your old self, amazed by how easily it comes off. It was keeping the old skin that required effort.

You examine your old flakes of skin, each made distinct by your unique print. So, who were you before, and why the need for change now? What has humbled your drive for constant continuity, yet pushed you enough for a road you've yet to take?

Taking the time to understand your emotions, motives and actions will allow you to be open to change, but also to forgive yourself for the person you used to see yourself as. Such self-reflection is essential for real growth, and yet, is often not practiced enough. I guess it's because being honest with ourselves, and I mean truly honest (to the point where we cringe at hilarious embarrassments, bow our heads down at shame, and cry at our happiest), is one of the hardest things we can do. I know it is for me.

But when you are able to finally break off fragments of your old identity, examine it with new eyes among and a fresh reflection, and confess the passions you've allowed to starve, you will feel ever so satisfied.

It is only when this satisfaction melts and contours to your bodies, will your new skin stick to your new identity. After all, the intentions you set for yourself are what will build the character you envision becoming. Perhaps then you'll be able to see your reflection. Without a mirror.

— **Selenna Ho**  
Managing Editor





## Drake and Future in the 604

**Max Omeleniac** checked out the Views from the floor at Rogers Arena during the Canadian hip-hop icon's recent trip to the West Coast. Drizzy's audience hype is on some other level, but how good was the actual music?



## Ultimate High-End Audio

Looking for loud in all the wrong places? **Jarell Alvarez** takes his love of good quality audio to the next level and shares his thoughts on headphones at the higher end of the budget scale. Find out what's worth trying and what's worth buying.



## Extra Prickly

Just can't get over how friggin' cute that hedgehog is? No worries, we've got you covered! Check out our site for a full gallery of extra photos and behind the scenes shots from our brilliant photographer **Maddy Adams'** time spent with Amelia and Sophia.

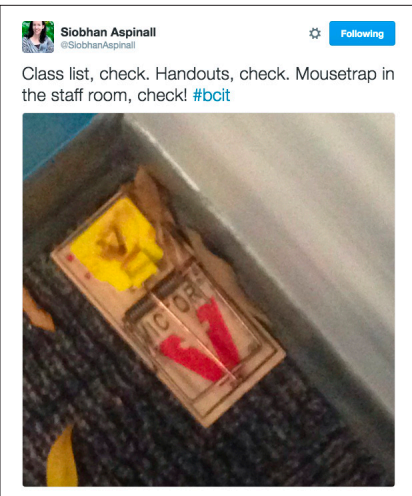


RT  
#BCIT

@gomjenny



@SiobhanAspinall



@KarenMLarsen





# PROVE 'EM WRONG

Overcoming obstacles is what BCIT is all about. It's the story of you, challenging yourself to be better, and showing the world that anything is possible. Or it's just you whooping your loudmouth friend's butt in Nintendo. Either way...



## BRONZE GOD

He's been called the "Secretariat of the Sun Run," but I don't know, can you really compare Tristan Smyth to a horse? Can a horse mount an against-all-odds rehabilitation quest after suffering a spinal cord injury from crashing on a longboard? Can a horse push itself day after day to just keep going, to accept this twist of fate and use it to fuel an Olympic-sized story of determination that can inspire us all? I don't know, I don't really follow horse racing. But I did follow this former BCIT student as he and his teammates propelled themselves to a bronze medal finish in the 4 x 400m race at the Rio Paralympics last month, and let me tell you, no horse has ever brought a tear of pride to my eye. Congrats Tristan!

## BOSS LEVEL

I've always wanted to start my own lizard café. You know, like those quirky coffee shops where you can enjoy a latté with a bunch of cute little kitties that aren't yours, which is better anyways because then you don't ever have to scoop a litter box. Lizards though. That'd be cool. There's not enough opportunity to pet an iguana while sipping a machiatto. I'd like to offer this gift to the world. And now that the SA has launched their new Entrepreneurial Services, giving me access to workshops, mentorship, and panel discussions with successful entrepreneurs who've come before me, I've got a real shot at making my dream a reality.

[www.bcitsa.ca/beaboss](http://www.bcitsa.ca/beaboss)



## GET SMASHED

We all know school can be pretty stressful, and at times a good gaming sesh is the way to go. Luckily, a community of casual-to-hardcore gamers at BCIT who make up the e-Sports club, are making their laps around BCIT, looking for new places to share their passion for cords and moving pixels. Whether you join the *League of Legends*, *Hearthstone*, *Overwatch* or *Smash* group, there's room for everyone. Join in on their bi-weekly "Clash" *Super Smash Melee* or *Smash 4*, or take part in the *League of Legends Worlds* viewing party with many other schools around Vancouver. Be part of it.

[www.facebook.com/BCITeSports](https://www.facebook.com/BCITeSports)







# Small things with great love.

Inside her beautifully decorated sunlit apartment in Kitsilano, **Sophia Hsin** sits perched on the edge of her couch with a quivering hedgehog curled up in her hands. Known to her thousands of Instagram fans simply as **@AmeliaHedgehog**, this little cutie owes her fame to her owner, the prolific photographer and recent BCIT Communication Design Essentials grad who's crafted a brand and a style to call her own. We sat down with Sophia to talk about her life, her career and of course, her hedgehog.

interview **rachel chang**  
photos **maddy adams**



## How did Amelia the Hedgehog come into your life and how did she become this successful self-directed project?

I got her at Christmas two years ago, as a present to myself. You guys know *Eat, Pray, Love* right? So I've been reading this book called *Big Magic* by Elizabeth Gilbert; it's her second book. She writes about how creativity is like a genius, a creative spirit floating around, and sometimes it lands on a specific person or lands on you at a specific time. That's when you know you're possessed and you have to put out work. So I think Amelia came during a season of my career where I was wondering about my voice as an artist. She was a muse and an inspiration, and also kind of like a business partner. I basically told everyone this was my business partner. I really humanized who she is. The voice behind her work... part of it is my own, but in my head I blew it up to be 80% Amelia, 20% Sophia.

## How did you pick up photography?

Photography started as something for myself. It was after med school that I picked it up. I felt like it was a really good outlet. It gave me things to look forward to; it was beautiful. When I had the worst day, you know how [some] listen to music? Photography was that for me. I always knew that I wanted to do it.

## Are there any photographers that have inspired your work?

The photographers that I look up to the most are the ones that have a story behind them. They build their business around that and it's unique to them. I feel that's when it becomes valuable. I realized that I want to do that for myself and I have the tools to do it too. There's a podcast that I listen to, called *Sounds Good*. I started following him when I lived in China. His name is Brandon Harvey, and he's a photographer that's focused on sharing the good and the hope in the world.

**"She was a muse and an inspiration, and also kind of like a business partner."**

And there's another one, Jeremy Cowart. He started out as a graphic designer... Now he's shooting for Taylor Swift, Katy Perry, all the celebrities; [he's] a big time photographer. But now he's using that for himself. He's starting a hotel on Kickstarter called The Purpose Hotel. Every time you stay in a room, the [money] goes to support a child in the developing world. Every room key is a key to a child's life. I think it's really cool how as you get well-known in the industry, you find ways to give back.





**“Design is a good way to prove that it’s not just pretty, it’s something that communicates a message, solves a problem, or tells a story.”**

Design is a good way to prove that it’s not just pretty, it’s something that communicates a message, solves a problem, or tells a story. It took me time to realize: it doesn’t help anyone if I just create pretty things. These pretty things need to be used for something.

#### **What has your time at BCIT been like?**

BCIT has been really cool. Art schools like Emily Carr really focus on concept, and BCIT [focuses on] the trade: it is the skills and the language. I felt like me going into photography, the entire process was unique, but at the same time, it’s what makes you different as an artist... I moved here three years ago, and it’s been a huge learning curve. I would take on every project being scared to death... But with every project, you learn so much, you get to know your skills. I think I learned to be confident through doing projects.

#### **What’s next for Amelia?**

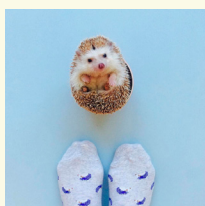
Now that I know that I’m more grounded, I know which direction I want to head in. I did decide that I won’t be pursuing Amelia’s studio work or her artwork in the future. It’s just too much, and it makes me less focused. She really helped me discover who I am as an artist, her voice is part

of who I am — her sass, her ability to not be serious, to be fun and make people happy — but to make art, print art, market it, pitch it... there’s just a lot of work involved. I do it because people will come up to me and say, “We love Amelia!” They’ll look at hedgehog photos all day and it makes them happy. That’s such a precious part, but then I’d like to move that on to a bigger vision: to me, the photographer behind the camera.

Amelia’s been part of that process. It’s almost like she gave me emotional support, but maybe it was just me imposing it on her and she doesn’t really care. All she cares about is sleep, and kibble [laughs]. She’s led a very interesting life, and she’s met lots of people. But it’s like: “You can go back to being a hedgehog now.”

#### **What do you have planned for the future?**

I think it happened this year during school that I realized that I’m ready to move on from photography. [Having] my voice, being used to expressing myself, and applying that to other people—now this is something that I can provide another company, and my voice will add to the message they’re trying to create or share.



*Sophia now sets off for an uncertain, but assuredly bright future. Her distinct style and extraordinary take on using her photographic powers for good, accompanied by the authentic optimism she radiates, is a refreshing and hopeful look on the creative world. Be sure to keep up with her new projects at [www.sophiahsin.com](http://www.sophiahsin.com) and you can always check in on @AmeliaHedgehog whenever you need your fix of tiny cuteness.*



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# FIGHTING FENTANYL

words **alexis cornwall**

*It won't happen to me or anyone I know. And then... it does.* Ashley Bull is a BCIT student currently pursuing her BBA. She lost her best friend on July 1<sup>st</sup> of this year to a fentanyl overdose. He was one of the closest people in her life. Ashley was brave enough to sit down with me recently and share her story about the devastation fentanyl has caused her, to make sure her friend's death won't be in vain.

Ashley and her friend worked together at the same restaurant, so she saw him on the daily and she loved him very dearly. When he passed away this year from a fentanyl overdose, it hit Ashley hard. Losing him like that didn't make sense at first; she was so close to him and didn't know him as much of a partier or drug user. So how could this happen? One day he was here and the next he was not. His life was taken at such a young age.

That night, he had gone out with friends and he experimented with cocaine socially. What he didn't know was that it was laced with fentanyl. He likely didn't think he was at risk of that — he wasn't a drug addict — but when surrounded by a group of his friends, he did it. Soon after, he wasn't feeling well so he went home to get some rest.

He never woke up.

So what is fentanyl? Fentanyl is an opioid classified as a narcotic. It is used in hospitals and various areas of health care for pain management after serious operations or terminal illnesses. Due to its strength and potency, it is often abused for its heroin-like effect. But is the high of fentanyl worth dying for? "A fentanyl dose the size of two grains of salt can kill somebody," Ashley warns. "It's insane how strong it is... Nobody is safe."

While it seems unthinkable that there are people out there who take fentanyl as their drug of choice, what's scarier is that it has found its way into other drugs some people take for granted as being harmless. "People are buying off-market antidepressants like Xanax, and even those are being laced with fentanyl, because it's super cheap to get," says Bull. "It's in anything from weed to prescription drugs. You might trust your dealer, but you don't trust your dealer's dealer. You don't know who these people are and they're just trying to make a buck. The death rate has increased so much. And they're kids, they're not drug addicts a lot of the time."



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It's normal for our generation to ignore warnings from authority. We revel in the freedom to do what we want, say what we want to, and try whatever we want. We really like to think we are invincible. Truth is though, there have been 433 deaths linked to fentanyl within the first six months of this year and BC declared fentanyl a public health emergency in April. The government of BC website shows the proportion of illicit drug overdoses has increased to 60% in BC for 2016 compared to 2012 when it was only 5%.

When you think about your friends going out, you don't imagine them doing fentanyl. You can't imagine them dying that night. We might accept drugs from our friends because, 'they must have gotten it from someone they trust right?' Ashley knows that many people don't even see this happening to them. "I don't think people really realize the extent of how serious this is. Fentanyl is an opiate, so it's a downer that you associate it with things like heroin. And yes, there are some people who take it as their drug of choice, but they're [also] putting it in ecstasy and cocaine and these uppers that people are doing for fun, and have no idea what they're taking, or how it's affecting them, until it kills somebody... Even doing coke, where it's not supposed to kill you, or taking ecstasy, still isn't worth it because you're taking a chance no matter what." You can't see it, you can't smell it, you can't even taste it, but it's ability to take lives is potent.

Ashley's friend was only 32 years old. He had recently started a new job, so he was likely under a lot of pressure and stress. These factors could have contributed to him using drugs socially. Maybe he was coping, but friends need to be support systems for people they care about, not enablers. It comes down to finding healthy outlets, and partying isn't always the best option. Especially with fentanyl lurking in the shadows, ready to claim another life. "It's like playing russian roulette," Ashley says. "You could be doing it with five people and think it's fine, and then you're the one that goes."

It is extremely important that we relate this in a community context. This is not a problem that happens "out there" to "those" people. It isn't a problem that only exists in the downtown eastside; this is happening to our friends, to our families. It is ripping apart homes and claiming unsuspecting casualties. "I can't imagine being a parent [and] losing someone to this," says Bull, "because it is such a senseless death. People don't deserve to die from this." The peer pressure we face even as adults can only be combated by really knowing who you are and feeling confident in the decisions you make. Ashley believes we can stop this epidemic now and change the course on deaths that are 100% preventable.

The government of BC is now taking vigorous steps to address the issue. They have made Naloxone (the "antidote" to a fentanyl overdose\*) available at almost every pharmacy so anyone can go in and be trained on how to use a kit. All 14 urgent care and emergency departments in the Vancouver Coastal Health district are slated to have take-home Naloxone available in the next few months. In addition, the kits are also available at 65 additional sites in the Vancouver Coastal Health district, including homeless shelters and some community centres.

Christie Clark also recently said BC will provide \$10 million to support an addiction treatment, research, and training centre to fight the overdose epidemic. For now, BC has limited resources, but Ashley believes money isn't always the answer: "People need to talk about it, and share their stories. It's okay to talk about how it has impacted you, so that it doesn't have to happen to another person. It may sound bold, but it's going to take you walking up to someone at a bar and saying 'Don't do it' and being that impact on their life."

Ashley, along with the BCIT Student Association and BCIT's lead physician, are now working together on an awareness campaign that includes getting members of the community to come out and share how they have

been affected. "Education is key," she reminds us. "If we can have members of the public know what a fentanyl overdose looks like, we have made a change. And dying is not the only tragic outcome. There are people who have gone through overdoses and now have serious mental health issues that follow them for the rest of their life. The fact is, just because you survived, doesn't mean you aren't changed forever."

In order to truly stop this problem, Ashley believes that we need to be more accepting and open-minded to what people are going through, and to treat it the same as any other disease. "Don't turn a blind eye to people doing drugs," she advises. "If they're [using] recreationally, don't be afraid to say something." This takes courage, yes, but Ashley reminds us that since you care about this person, be sure not to pass judgement. As a community, we need to come together, bring awareness and be open-minded. We shouldn't belittle someone if they've tried drugs, as it may push them away from your message.

In the end, make sure to take care of yourself. If you're feeling uneasy, walk away. Don't do it. And definitely discourage your friends from participating. Ultimately, it starts with yourself: you have to first be strong enough to resist trying it, and then you can move on to helping someone else say no. "Each day I find strength knowing these are the changes I can make," says Ashley, "and that his death does mean something to this world."

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*If you or someone you know needs help,  
or just someone to talk to, reach out:*

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*\*Naloxone does not work in every case.*



# media democracy days

Student journalist **Danielle Carr** attends the Media Democracy Project's Media Co-Lab and reports back with big hopes for big change.

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**Media Democracy Days**  
November 19, 2016

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

**Nov. 15 & 16:**

Vancouver Public Library  
(350 W Georgia St)

CiTR & Vancouver Co-op Radio host  
two free workshops on media training by  
Inspiration Lab.

**Keynote Speaker:**

Ryan McMahon – Indigenous comedian  
and host of the podcast *Redman Laugh-  
ing*. Ryan has written for *VICE*, *CBC*, *The  
Globe & Mail*, *CBC Aboriginal*, and *APTN*.

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Since 2001, The Media Democracy Project has been working to create a significant presence for non-commercial media in Canada. Their annual conference —Media Democracy Days (MDD)— is presented by the School of Communication at SFU, OpenMedia.ca, and The Vancouver Public Library as an opportunity to network and skill share with the alternative media world, who'll be providing free talks and workshops. This year features: Rabble.ca, Discourse Media, CiTR, CJSF, Vancouver Co-op Radio, Access TV on Shaw Television, Cascadia Deaf Nation, and Access to Media Education, and more.

The Media Democracy Project is doing things differently this year, starting with their first open call out to media makers to collaborate on their 2016 program. I attended the recent Media Co-lab to check it out.

It felt like the who's who of the independent media scene as we filed into the Vivo Media Arts Centre on a late September night. All the media players who are providing workshops at MDD came out, and community members like me. Diversity could be seen throughout the event, from the empathy exercises, to the ESL interpreters, and even vegan chilli. So there we all were, sitting in a circle, sharing our ideas on how media can save the world.

So how can media can engage with community to make an impact? I caught up with Sydney Ball, Co-ordinator for the Media Democracy Project, to get her thoughts on this first-ever Co-lab and what she expects from MDD 2016.



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"Well it was kind of an experiment for us. We'd never done this before. It's a little bit like asking people to jump off a cliff, asking people to collaborate [laughs]. What basically happened was, we split people into different sections so they could collaborate on our program together. We ended up having great conversations around how different intersectional policies in media creation can lead to a more diverse media... instead of diversity being an afterthought, or things [happening] when you try to fill in the gaps that can lead to tokenism, or underrepresentation in different areas. I'm really happy to say that doing an open call-out really led to a diverse program this year."

Media Democracy Days is known as Canada's signature media event, as it brings activists, scholars, and media makers together to create a more democratic landscape. Their slogan is: *Know the media, be the media, change the media.* I asked Sydney if she thought people could really change the media:

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"I think part of making a more democratic media system is making participation and accessibility easier for people. And asking questions about whether or not we want to have media that's based on profit and what purpose it's serving. Ya we can change it. We'll do it together!"

MDD's Co-lab is a great example of media democracy in action. A strong media free of commercial interest has the power to shape global conversations. A diverse media allows for a diversity of voices. Too much concentration of ownership can lead to underrepresentation, bias, and the perpetuation of stereotypes. Free media pushes the stories that are underreported. For instance, it took decades for the mainstream media to wake up and pay attention to the missing and murdered Indigenous women (MMIW). Meanwhile, community media outlets have been giving a voice to the MMIW and Indigenous peoples long before they were covered on the six o'clock news.

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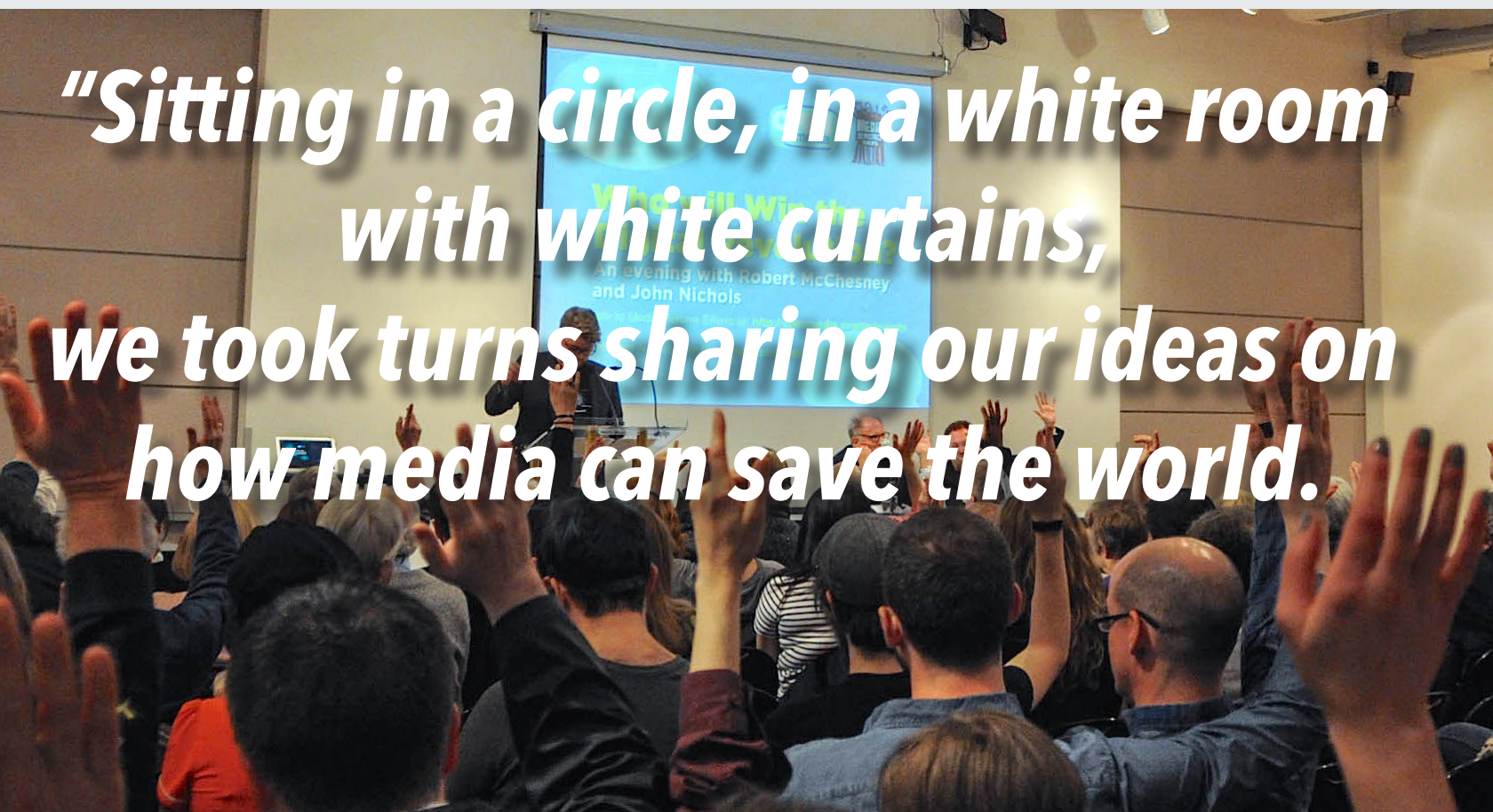
James Mainguy, Producer and Host of RedEye on Rabble.ca & Vancouver's Co-op Radio on his experience with such underreported news:

"I first started listening to community media in the early 90s. That's when I began hearing stories about women going missing in the DTES. The people who lived in the area were speaking out, demanding the police pay attention. Sadly it was another decade before Robert Pickton was caught. That's when I realized how important an alternative media source, accessible to everyone, was to the city."

MDD promotes both media diversity and accessibility by making all the workshops, training, and talks completely free. MDD is about community building and invites everyone to join them at their three days of events to participate in making a more democratic media.

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For full details on the 2016 Media Democracy Days, check out **MediaDemocracyProject.ca.**



***"Sitting in a circle, in a white room with white curtains, we took turns sharing our ideas on how media can save the world."***



# FEMME FM

## words **selenna ho**

CJSF 90.1FM (aka Dope Haus) knows **Chanel Klein** as the woman whose firm presence is accessorized with a Nintendo 64 remote control backpack, Pikachu earrings and...

*Hold up! We're not seriously using wardrobe as her primary descriptor. There's so much more to Chanel than the way she chooses to dress. And ya, fashion is super interesting, (and her name is Chanel) but let's step away from the narrative where female names are often paired with fashion brands and into a world where they're known for their work. Chanel Klein is Dope Haus.*

So what exactly is Dope Haus?

**CK:** I really want to see Dope Haus as a place where underrepresented artists have a platform, especially Aboriginal artists, female talent, female DJs and MCs, and just for anyone else who wants to get out there. It's corny, but I really do feel like Dope Haus is like a house. House of people, house of collaborators. Everyone's coming together. I want to put all my listeners on the guestlist. I want you all to come behind the scenes with me, meet all the people that put these events on. It's like the all access-pass.

*Chanel's determination to bring together and highlight not only the forefront stars, but also the underappreciated backstage workers and fanbase, comes from her own personal experience:*

**CK:** When I was a videographer and photographer working nightlife, I realized that working in this industry is really frustrating as a woman, especially when you're going out and you're doing it alone. It's frustrating and it's terrifying. I used to have to lug, to and from gigs by myself, \$3,000 worth of equipment on my back, and go film. I didn't know where I was or who was there, but I'd go and do it. But when I was there, I'd get groped, and harassed... I'd get all sorts of nasty, mean comments. That's where I come from: being a female working in the nightlife industry.

*As an individual who identifies as female, Chanel knows that working in a male-dominated industry is tough. People respect you less and don't take you as seriously. And so, she experimented with a short-term solution:*

**CK:** I started dressing like a man. Whenever I went out to these places, I'd put my hair up, put on three sports bras, and I'd wear a man's t-shirt. I wanted to say to people: you're going to treat me like a man and respect me like a man because I'm dressed like a man. And not only that, but walking to and from those gigs with all that equipment on my back, I looked scary and intimidating. I told myself that I have to act like I have the biggest balls on the block. Because otherwise... Well, you never know what happens late at night when you're on your own. But even after dressing as a man, I still got harassed, and not only that, but I had to act nice because I was working.

*Being exposed to the inherent injustices that comes with being a woman pushed Chanel to change the social hierarchal structure by becoming an authoritative figure.*

**CK:** At Dope Haus, you better believe that if anyone messes with my crew, it's not acceptable. Women have worth. If I see anyone disrespecting them in any environment, it's simply not acceptable. I will make sure everyone gets treated right and respected. When you work with me, I give you 100%.



*You can already see and hear Chanel changing the music scene with her unique programs and ideas:*

CK: We do this mix series called 'Ladies First,' where the DJ we have spinning that night is either female or female identifying, or if it's just me on the air, all the music I'm playing is by female or female identifying artists. I love to do an interview in the middle of the set. I want everyone to hear from the woman behind the set, where she came from and why she's doing what she's doing right now.

What also makes Dope Haus unique is a lot of times we do a multi-cam live stream broadcast. I set up three cameras, and if I have some DJs come in, we will film the whole set with the three cameras, and then I host it live. A lot of people like to watch stuff. We bring the multimedia platform to radio.

*Not only does her stance stand strong for women in the industry, but Chanel also builds a platform for all voices.*

CK: We always praise the DJ, but do we ever think of the promoters who worked their asses off all day? Do we ever think of the photographers who risk their lives coming to and from this event? Do we ever think of the journalists who write these interviews? They're never in the spotlight. So when we do these shows and blog reviews, I want to make sure that we take their photos, and we do a little blurb. We make an effort to highlight the people behind the scenes.

.....  
Chanel's vision of Dope Haus has become more than just an idea. Her brand is changing the scene for artists and backstage workers who would otherwise be overlooked or underappreciated. Underground female artists who have been featured include: Queensyze, Sinerise, Diana Boss and Missy D. The doors to the Haus are always open, whether you're a performer, contributor, or a straight-up fan! Check out the Dope Haus website at: <http://dopeha.us/> for more information. Radio shows are bi-weekly on Saturday nights from 9-10pm.

**"I told myself that I have to act like I have the biggest balls on the block."**



# LIKING BIKING

## words dan post

*If you've ever spent even five minutes on public transit you'll understand how soul-crushing it can be. Body odour, bags on seats, and it's never right there when you need it most. By the time you do get to school, you're either miserable, late, or both.*

Thankfully for you, the power to change your destiny is in your own hands. Sure, you might say: Why would I bike when I'm already paying for a U-Pass? To which I would say: Because it takes half the time, it's excellent exercise and your personal happiness is worth more than a wasted bus pass. Heck, to never take the bus again to school, I'd burn a whole pile of Compass Cards.

Here's what I like about biking: A) The City of Vancouver and Mayor Moonbeam may have made some car-toting crazies a little ticked off when they plunked in all those bike lanes, but for cyclists, it's never been easier and faster to get from Vancouver to Burnaby, out of harms way from last-minute lane-changers and surprise car doors. B) Fresh air. Do not underestimate the power of spending the first part of your day outside before you're locked up in a stuffy classroom for the next eight hours. C) You get the heart rate going a little bit, waking up your brain, and preparing you to get the most of an education you paid too much money for to sleep through.

So why should you make the switch? It's a little investment that goes a long way. And yes, it will be tough for the first couple of weeks, but let me tell you, you'll get used to it quickly and it's simply impossible to pass over top of a gridlocked Hwy 1 at 5:00pm without a huge shit-eating grin on your face. As a reformed driver / Skytrainer, I can say with utmost honesty that you can hit me with the worst rain storm imaginable and I still won't care, because a few drops of water are better than a public fart in an enclosed space, and I'm in the best shape of my life.

## PODCASTS TO KEEP YOUR MIND OFF THE GRIND

### Mysterious Universe

[www.mysteriousuniverse.org](http://www.mysteriousuniverse.org)

Two hilarious Aussies discuss the paranormal, UFOs, conspiracies, Bigfoot, fringe science, and all things unexplainable. Plus: awesome guests and EDM.

### Radiolab

[www.radiolab.org](http://www.radiolab.org)

If you like *This American Life*, you'll love Radiolab from WNYC studios. Always stimulating, you're guaranteed to learn something new, and the production quality is second to none.

### Revisionist History

[www.revisionisthistory.com](http://www.revisionisthistory.com)

Malcolm Gladwell walks you through key moments in history, illuminating important details that may have been overlooked.



Already a hit internationally, and now officially launched in Vancouver, this app makes sure that every ride counts by allowing you to cash in the km you ride for points which are redeemable at local businesses. The list of participating sponsors is still growing, but so far my favourite rewards have been: Free growlers at Red Truck and Granville Island, \$25 gift cards to Big Rock Urban Brewery, and "skip the line" at the VAG on cheap night... I haven't paid for beer or art in weeks.

[biko.com.co/en/](http://biko.com.co/en/)



# POSTURING

A wise person once told me, "Maintaining good posture can make a considerable difference in the long-term health of your spine and nervous system." That person: my chiropractor. Yes that's right, I'm only in my 20s, but I'm definitely not too shy to get a headstart on health consciousness. So I've been taking his advice, and now bring you my picks for a few products that make a huge difference in my health, before it gets too late. Homework may cost a limb, but these body correcting products can change that.

words **jarell alvarez**

## Custom Orthotics



Now if you're flat-footed like me and ready-made orthotics just aren't working anymore, it's time to invest in your health. Custom-fit orthotics may be a bit pricey, but if you check your Student Health & Dental plan, you might be covered. You can get custom orthotics done at a few good retail places, but for best results, visit a chiropractor and get proper treatments.

[kintec.com](http://kintec.com)

## Study Chair

With great lumbar support comes high expectations, and this Mesh Task Chair delivers every day. Fully breathable, thick comfortable seat pad and good adjustability – this is a top winner in the chair department against the likes of NE1 chairs and even Herman Miller.



[staples.com](http://staples.com)

## Adrenalease



Featured on the *Dragon's Den*, this revolutionary shirt has straps to help push your shoulders back and maintain your posture. Super simple and hidden underneath regular shirts, this will be your go-to workout and homework companion. Future you will love present you.

[www.adrenalease.com](http://www.adrenalease.com)

## Fjällräven

One of my favourite brands for outdoorsy items, whether you get the über-famous Kånken or 28l Råven, you can never go wrong. Features include water resistance and, most importantly, amazing ergonomics to help alleviate back pain.

[www.fjallraven.com](http://www.fjallraven.com)





## PHOTO FEATURE



### Jarell Alvarez

"I'm fairly new to shooting black and white, and I love how it's an entirely new medium to explore. I used to think it was an excuse to make my pictures more artsy and forced, yet now I shoot to find new meaning."

[facebook.com/jarellalvarezphotography](https://facebook.com/jarellalvarezphotography)



### Alec Peleshok

"Fall represents change to me. In my yoga practice I always try to embrace the new and the unfamiliar, especially now when the leaves are changing colour and beginning to fall. It reminds me to always be open for change and embrace it in the most positive way I can."

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







BEYOND



PHOTO FEATURE

VANCOUVER  
FASHION WEEK  
S/S '17

photos **yinan shi**

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











# NHL SEASON PREVIEW

What to expect from teams north of the border this year.

words **annie sheng** illustration **flora brodie**

= last season

playoff chances:  
**22%**

## VANCOUVER CANUCKS

Canucks now have ex-Boston Bruins Loui Eriksson and the Sedins will finally have a quality first-line winger. Those three will form a great top line, and should be the Canucks' best shot at entering the playoffs this year. A full season of Sutter will also be an asset to the team.

> last season

playoff chances:  
**37%**

## CALGARY FLAMES

Acquiring Elliott will definitely help Calgary's goaltending situation. Continued progress of younger stars, such as Gaudreau, Hamilton, and Bennett may help the Flames challenge for a playoff spot, but realistically it may be another year of missing the cut.

> last season

playoff chances:  
**35%**

## WINNIPEG JETS

The Jets have the unfortunate reality of being stuck in perhaps the NHL's hardest division. They've acquired young prospects such as Laine and Dano, but despite having as good a team as any from Western Canada, the fact that they're in the Central Division makes things a whole lot tougher.

> last season

playoff chances:  
**60%**

## MONTREAL CANADIENS

The Habs will only go as far as Price can "Carey" them. Swapping Subban for Weber may not work out in the long run, but could benefit the team this year. Radulov could help add spark to the team's offense, something that was sorely missing last year. Playoff odds plummet if Price gets hurt.

< last season

playoff chances:  
**30%**

## OTTAWA SENATORS

Even though the Sens made the playoffs just two years ago, it seems unlikely they will get there again this season. Karlsson is one of the best defensemen in the league, but he just does not have the supporting cast around him, and can only carry the team so far.

≥ last season

playoff chances:  
**5%**

## TORONTO MAPLE LEAFS

They have a new goalie in Freddy Anderson, and they drafted a potential superstar with Matthews, but expect the Leafs to finish near the bottom of the Eastern Conference. Babcock's back for his second season as head coach, sporting yet another international Gold medal around his neck, but expect him to stick with last year's promise from Shanny and Lou: "There's pain coming."

> last season

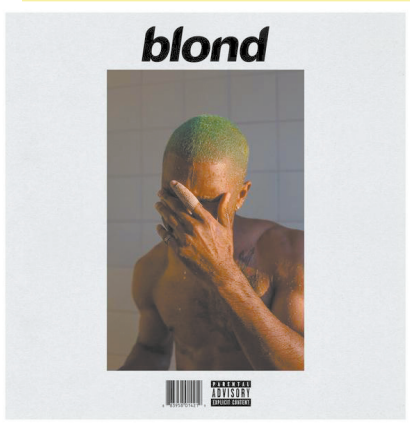
playoff chances:  
**40%**

## EDMONTON OILERS

Will this finally be the year for the Oilers to turn it around? McDavid has almost a full season of NHL under his belt, and is the most likely choice for captain. Nugent-Hopkins and Draisaitl both looked great at the WCoH. Expect Edmonton to challenge for a playoff spot.



MUSIC



**blonde**  
frank ocean  
(boys don't cry)

We've waited four years for this...

When Frank Ocean's second much-anticipated studio album was released during the third week of August, I was in the middle of a BCIT term and decided to play the album as a way to get me through my ever-piling list of project deadlines.

At first, I have to admit that I was a little disappointed by its different sound to *Channel Orange*. There weren't many standalone tracks, unlike *Channel Orange*, which had "Sweet Life" and "Pyramids". However, I knew that I shouldn't expect it to be like his previous album, or the *Nostalgia, Ultra* mix-tape.

What I realized after listening to the album several times was that it's more about the lyrics than the instruments. I was making the mistake of playing it in the background, and not really listening to it and dissecting each song – through headphones, minimizing everyday distractions. Every track has so much depth and meaning, and if you've been listening to this album without paying attention to the lyrics and trying to figure out the story, then you're missing out on an amazing experience.

The "Be Yourself" skit was interesting. It came on pretty suddenly and kind of snapped me out of this entranced mood that "Pink + White" had built up for me. You might think the voice is Frank Ocean's mom, but it's actually a woman named Rosie Watson, who's the mother of one of Ocean's good friends. She was also featured on the previous album. It's actually been a while since I've listened to an album that contained skits. It brought on some nostalgia as it reminded me of the skit in Kendrick Lamar's "Real" track in *good kid, m.A.A.d city*.

This album grows on me the more I listen to it. It's not *Channel Orange*, but don't expect it to be. From listening to his music, watching his video album, and reading his lyrics, many people will agree that he's a phenomenal storyteller. This album is deeper and darker. *Channel Orange*, in comparison, has a more naïve and upbeat tone. Meanwhile, *Blonde* resonates growth, learning, screw-ups, and personal revelations.

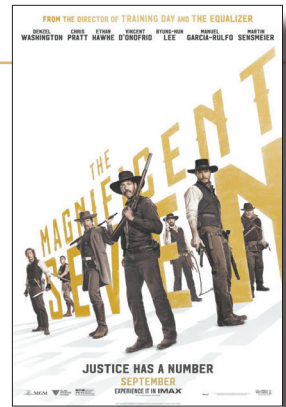
Final words: This album already is a huge success with positive reviews on *Pitchfork*, *Rolling Stone*, *The Guardian*, and *Metacritic*. Chance the Rapper has called it a "masterpiece." If you're looking for something fun and catchy, this album might not be for you. But if you want to be wowed by Ocean's artistic talents and genius storytelling, give this a listen if you haven't already.

— annie sheng

9/10

Favourite Tracks: Seigfried, Pink + White, Nikes

FILM



**The Magnificent 7**  
dir. Antoine Fuqua  
(sony pictures)

From a wave of endless cutthroat gunmen to tense shootouts, this cowboy film stands out among the exploding cars that keep piling up the theatres. *The Magnificent 7* is director Antoine Fuqua's modern vision on the classic story of seven outlaws protecting a small town full of hired gunmen and thieves.

The classic Western vibe of the movie was very well done, using typical tropes and dialogue easily associated with older Westerns. A lot of this was due to the tremendous cast, who kept the movie alive with smart and quirky lines that felt modern. Chris Pratt and Vincent D'Onofrio stole the show, adding life and personality to the old-fashioned cowboy world. There were often times when I wished the villain had more moments to show his motivations or backstory instead of just opposition.

The casting of the minority groups (i.e Chinese, Native peoples) felt a little forced, often not giving them many moments to have their own lines or stand-alone moments like the rest of the cast. I would have loved to see more character development overall, which this movie fell a little flat attempting.

The pacing gave the viewer moments to relax with the gang in the saloon between drunken banter and moments of adrenaline-fuelled action. There were a few themes present, among them PTSD (post traumatic stress disorder), which I felt could've been dealt with better, rather than gliding over the topic and not fully stating it's seriousness.

Overall: Fast-paced and action-packed, these gunslingers made for a swift ride with some memorable theatre moments. Formed around an excellent cast, *The Magnificent 7* rode away from tradition, hitting just a few rocks on the path.

— jarell alvarez

7/10





TECH

# iPhone7

- **Finish:** Rose, Gold, Silver, Black, Jet Black (new fingerprint magnet)
- **Capacity:** 32GB, 128GB, or 256GB
- **Display Sizes:** 4.7"
- **Screen type:** Retina HD Display - 1334 x 750px
- **Splash, Water, Dust Resistant:** IP67 (1 meter of water for up to 30mins)
- **Chip:** A10 Fusion Chip
- **Camera:** 12MP at f/1.8 aperture wide-angle; f/2.8 aperture telephoto
- **Front Camera:** 7MP
- **Video:** 4K video recording at 30fps
- **Battery:** 1960 mah (two hours longer than iPhone 6s)

Apple recently released their new iPhone 7 in September, amidst a whirlwind of headphone jack and dual camera rumours, and to my surprise many of those came true. From a business perspective, this makes sense, as Apple takes a cut from each third party manufacturer making lightning ports. New revenue streams will line up for other companies as well as Apple to make lightning port accessories.

With this new iPhone release, consumers are up in arms about not being able to listen to music and charge their phones without a cheap dongle. Like the new Instagram logo, it seems that change is simply too scary for some.

When all the new phones are laid out on the table this fall, we'll see how Apple has made a huge move to push analog ideas and hardware aside and enter a new smart phone era. The headphone jack is still something I personally love, with memories dating back to the first Shuffle I owned. But sometimes it's important to just move on, even if these changes get us all 'jacked' up.

— jarell alvarez

## GAMES

8/10



Gaming mascots are a thing of the past. A relic from a time when publishers would use the main character of a popular series as the main identifier of their company, Pac-Man was arguably the first major mascot for a publisher, and has endured over decades as a paragon of the arcade era.

After the fall of arcades, game design centered on chasing high-scores became much rarer. It makes sense that in 2007, Pac-Man revived that design mentality

### *Pac-Man Championship Edition 2* PC, PS4, Xbox One (bandai namco studios)

in the original *Pac-Man Championship Edition*. Bandai Namco has now released a sequel to the original, expanding upon the core Pac-Man formula once again.

In *Championship Edition 2*, everything is dialed up to twelve. The expected gameplay of eating pellets and avoiding ghosts is still there. However, this new game is much more frantic. As you eat pellets, items appear, which allow you to progress onto new mazes.

Each new maze has a different layout and throws new elements into the mix. Ghost-trains, runaway power-ups, and immobile sleeping ghosts all provide different twists on how you need to

proceed. Two new abilities are added to help you manage everything in the form of braking and bomb-jumps.

The game features a pumping soundtrack, and very colourful visuals that complement the chaotic nature of gameplay well. However, with the amount of activity on screen, it's sometimes tough to discern what's going on amidst all the rapid flashing and colours.

If you can handle the busy gameplay, and are looking for an arcade-style kick, *Pac-Man Championship Edition 2* is worth your time, even if only to experience what a modern Pac-Man game is like.

— brandon mclean



# Take a stand.

words **dexter watty**

On August 26th, San Francisco forty-niners quarterback Colin Kaepernick shocked the sports world by refusing to stand during the American national anthem before his team's third preseason game. Ever since, many question the validity of the national anthem.

Now, here's a little background in case you've never seen an American sporting event: Americans take their Star Spangled Banner seriously. Very seriously. There are usually fireworks, cheering and applauding *before* the anthem is even completed. Kaepernick framed his choice to sit during the anthem as an act of protest against social injustice and oppression against people of color.

While some may find it easy to side with Kaepernick, there are scores of people who are offended by his inaction. You need look no further than Colin Kaepernick's Twitter mentions for examples of racism that continues to persist.

**"@sportscenter Hope you tear your acl next game stupid \*\*\*\*er (@JamesERustle)"**

How can one man's choice to sit during the national anthem, in response to racism and oppression, spark even more ludicrous racist name-calling? I understand what the Star Spangled Banner means to many people (hey, I even have to capitalize the name) and that sitting during the national anthem is an extremely bold move. But if everybody is willing to stand together for the national anthem, why won't they stand together against injustices committed against people of color?

**"I am not going to stand up to show pride in a flag for a country that oppresses black people and people of color."** – Colin Kaepernick

During last year's NBA playoffs, star player Dwyane Wade was seen practicing during the Canadian anthem in his team's first round series against the Toronto Raptors. Should there not have been an equally measurable uproar at his display of disrespect towards O Canada? Or was it the mere fact that Kaepernick chose to sit in defiance of racism that sparked the uproar?

Kaepernick's protest is already affecting the sociopolitical structure of modern America. Many athletes in the NFL have chosen to take a knee during the national anthem. (More specifically, 45 athletes from 13 different teams.) There are players in the NBA who have banded together during these dark times by linking arms during the national anthem. A member of the US women's national soccer team is known to have taken a knee during the anthem. Even children as young as eight and nine years old have chosen to sit out during the anthem.

**"To me, this is bigger than football and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave and getting away with murder."** – Colin Kaepernick

It's too soon to tell how large of an impact Kaepernick's protest will have on the legal level of American governance. However, what is apparent is that the conversation is at the forefront of many people's minds. The very fact that you're even reading an article about standing up against racism is proof of the strong social movement. So, come on. Let's all sit down and make a stand. Together.



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