

theLink

Student Newspaper at BCIT

November 24 to
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Stress!

Throughout the ENTIRE issue!

theLink

TYPING IN ALL CAPITAL
LETTERS SINCE 1964

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14 tips for dealing with stress and tension

These are widely recommended for this time of year

Guest Editorial

By Paul Gill

Part-time Studies

Stress: What is it? Although we all talk about stress, it often isn't clear what stress is really about.

Many people consider stress to be something that happens to them, an event such as an accident, financial troubles, and problems on the job, at school or with family.

Others think that stress is what happens to our bodies; minds and behaviors in response to an event (e.g. heart pounding, anxiety, or nail biting). While stress does involve events and our response to them, these are not the most important factors. Our thoughts about the situations in which we find ourselves are the critical factor.

It's all in the way we deal with these pressures that has a lot to do with our mental, emotional and physical health.

The following are suggestions to get you started on managing the stress in your life.

1) Recognize and clearly define your symptoms of stress. Write them down and ask yourself questions about the situation.

2) Look at your lifestyle and see what can be changed -- in school, work situation, your family situation, or your schedule. Can you cut something back that can free up some time? If so, fill that gap for personal time. Find a hobby, watch a movie, or go bun-

gee jumping, whatever.

3) Use relaxation techniques - Just sit by yourself and breathe deeply. Breathe in from your gut, hold for 2 seconds and breathe out. Get a massage -There are places in the mall that give you a 10 minute massage for \$15.

4) Exercise - Physical activity is one of the most effective stress remedies around! I know it's tough to squeeze in, but do some quick exercise before going to bed. Do 10 minutes of jumping jacks, do some push-ups, skip rope, and go for a quick jog. Blast your favorite tunes and just bust a move for eight minutes. Trust me you'll feel a lot more energy and a heck of a lot better about yourself.

5) Time management - Do your priority stuff first. A quick example: Do the laundry or start your school project? At least start your project and you'll feel a sense of accomplishment and less anxiety. Break your whole week into a weekly time schedule. There are 168 hours in a week. Break down each day and write in priorities like school, homework, exercise, relaxation time etc. Once you have a schedule, stick to it you'll feel in total control and most importantly this will reduce your stress, big-time.

6) Watch your diet - Alcohol, caffeine, sugar, fats and tobacco all put a strain on your body's ability to cope with stress. I'm not saying get rid of your diet, I'm just saying mix it up a bit. Have your



fatty foods & cigarettes, but add in some fruit, water and at least 15 minutes a day of exercise. I know we don't all get enough sleep these days, but try to sleep at least 5-6 hours a day.

7) Talk with others - Talk over your challenges with positive people. They can be friends, family, school mates, even find a professional counselor (BCIT has a department just for students in SE16). This will help get everything off your chest.

8) Help others - Volunteer work can be an effective and satisfying stress reducer.

9) Get away for a while - Watch a movie, play a game, listen to music or go away for the weekend. Leave yourself some time that's just for you.

10) Work off your anger - Get physically active, I suggest buying a punching bag. Hammer away, I personally guarantee this will make you feel better.

11) Tackle one thing at a time - Don't try to do too much at once - you're not Richard Simmons.

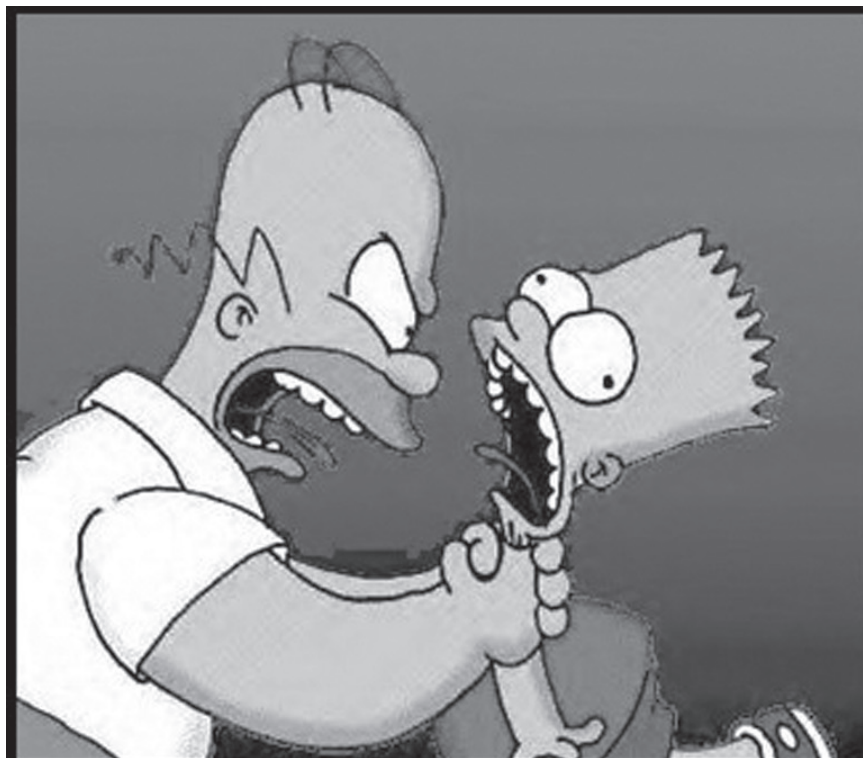
12) Don't try to be perfect.

13) Ease up on criticism of others.

14) Don't be too competitive.

Stress is all about how we handle the situation mentally. Spend 20% on the problem and 80% on the solution.

Stick with some of these suggestions. Lighten up, it's not the end of the world, life's too short. Laugh! And have some fun!!



Let off some steam

@

the Link

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Stress, lack of sleep weaken immunity: study

More stress equals lower antibody production

By Darcy Wintonyk
The Ubysey
(University of British
Columbia)

VANCOUVER (CUP) - Lack of sleep is more damaging to the immune system than eating poorly, smoking or drinking, according to a new psychological study at the University of British Columbia.

The study cites the body's response to stress as a contributor to disease.

"Long term, ongoing stress and recurrent depression are particularly toxic to the body," said Gregory Miller, the study's founder, emphasizing that heart and lung diseases in particular can be influenced by how we think and feel.

The study, run by the department of psychology, looks at the human body's production of antibodies. Eighty-two subjects, ranging from 18 to 20 years old, submitted stress tests from a personal digital assistant four times daily to measure their stress levels before and after receiving a flu vaccination.

The vaccine works by intro-

ducing a weakened or dead strain of the flu into the body, triggering the immune system to begin producing antibodies that kill off the infected cells.

In the study, subjects in the high stress category produced almost 25 per cent fewer antibodies against the flu than those who ranked in the low and medium categories.

In addition, factors such as drinking, napping, fatigue and smoking levels were all measured, along with levels of cortisol, a hormone that is released when the body feels stressed.

The change in a person's behaviour when under stress is very harmful to the immune system, said Miller.

"Stress doesn't cause you to get sick -- the virus does," he said, adding that a weakened immune system is less able to protect the body against disease and illness.

"The stress changes your body and makes it more vulnerable."

Miller cites smoking, drinking, overeating and lack of sleep as the most common and damaging behavioural responses to stress. However, drinking and exercise were not related to the production

of antibodies.

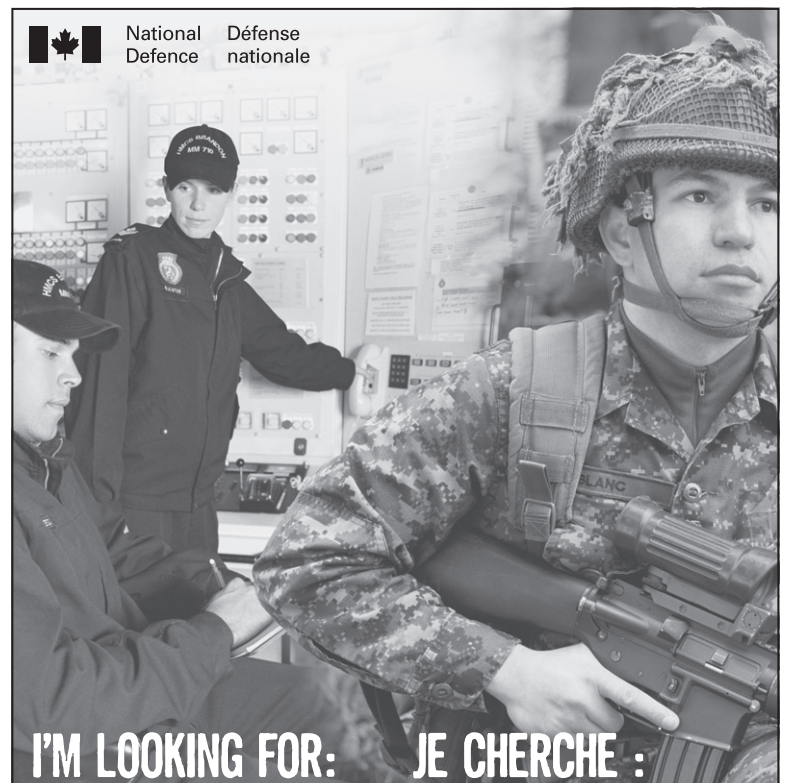
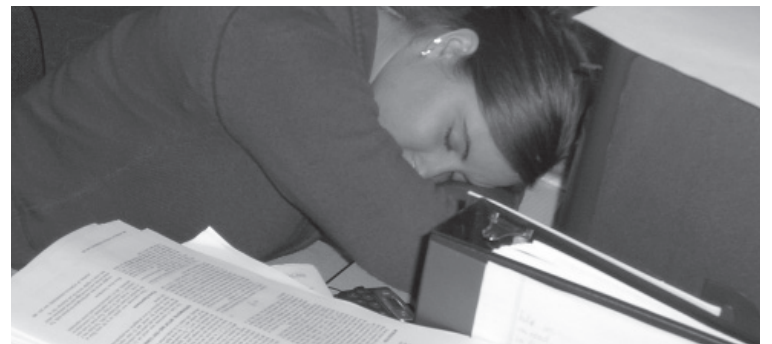
"Young people exercise and drink a lot anyways," said Miller, adding that the same applies to smoking. While smoking in young people tended to increase with their stress level, it was unrelated to the production of antibodies.

Lack of sleep hurts the body's responses more than all other factors. It's also a vicious and repetitive cycle: while stress decreases the quality and quantity of sleep, it is sleeping less that makes it harder for the immune system to fight off sickness.

Of the 82 subjects in the study, roughly half were university students with the other half being young working people. Miller said young people were chosen for the study because of their relatively low stress level.

"It's harder to do this study on older people because they have a weakened immune response," he said.

Miller plans on replicating the test with people living with HIV and AIDS, and cancer in the future.



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Around here

News in brief from around BCIT

Update # 3: Flu Shots: Fall 2005

BCIT Medical Services is now able to assist with Flu shots as follows...

Group 1 Free Vaccine Program – For the eligibility criteria document provided by Fraser Health Authority, please contact BCIT Medical & Counselling Services at the number below.

Group 2 Pay Program - BCIT has been able to purchase a limited supply of Flu Vaccine and it is available for those Student, Staff and Faculty that are not included in the free eligible group.

The cost will be as follows: \$20 for staff and \$10 for students (supply is limited - first come first served).

BCIT Medical & Counselling Services, Ph: 604 432 8608

Campus Planning: Town Meeting

BCIT is in the process of developing a new Campus Master Plan for the Burnaby Campus, and we need your input.

The new Campus Master Plan will address the pressures of growth, program changes and building use, and is part of BCIT's vision of being Canada's premier polytechnic institute.

The Campus Master Plan Advisory Committee is seeking your input on topics such as:

- how to integrate the surrounding community in our campus?
- should BCIT be a commuter campus or a mini-city?
- how should we balance green space with the need for structures?

Please mark your calendar for the upcoming Town Hall meeting: December 7th (2 sessions) 2:30pm and 4:30pm, SE2 - Town Square A/B

Missing AV Equipment

AudioVisual Services is looking for a projector missing from building NE01.

Early last week, someone removed an LCD data projector from the AV loan out room, and has not returned it. AV staff and BCIT Security have checked classrooms, but have not located the projector.



The LCD data projector has probably been placed in someone's office or storeroom. This has caused considerable problems for other users, since there are not enough units to cover existing bookings.

If you have seen an LCD data projector, engraved with "Property of BCIT, AV # 202," please contact either AV Services at 432-8780, or BCIT Security 451-6856 and let us know where it is located.

Challenging consumerism met with mixed student reactions

International Buy Nothind Day's intent resonates with some students, less with others



By Rachel Molnar
The Carillon
(University of Regina)

REGINA (CUP) -- Created in 1993 by magazine Ad-busters, Buy Nothing Day has become a day of protest for social activists around the globe.

The day aims to make consumers aware of their spending habits by encouraging shoppers to take a 24-hour break from purchasing anything.

Buy Nothing Day, also referred to as Black Friday, is the day directly following American Thanksgiving. It tends to be the

busiest retail-shopping day of the year and, exactly one month before Christmas, it is seen by many as the first day of the official shopping season.

U of R history major, Nathan Bauche, stressed how relevant Buy Nothing Day is to everyone, especially students. "As one of the largest consumer groups in our society, we tend to be exploited by multinationals. It is essential that we send a message to large companies and corporations to remind them of the power we wield with our wallets. Students have enough expenses without being constantly bombarded with promos, advertising, drink machines, credit card or cell phone sign ups, jewelry or poster sales."

Attitudes towards the day on campus range from those of keen interest to complete dismissal of the entire idea. "Why should I care about how my spending hab-

its effect poor people on the other side of the world?" asked one business administration student who asked not to be named.

Bauche suggested that people need to think of the bigger picture and not underestimate the power they possess. "People today tend to forget the power of their actions. After all, action does speak louder than words."

In previous years the campaigning involved with Buy Nothing Day has resulted in creative and attention grabbing events in cities around the world. Yet Black Friday has not seemed to have caught on in Regina.

University of Regina film student Jean-Francois X suggests the lack of participation could be for two reasons. "It's very easy to justify any form of consumption that we feel bound to by convenience. Buy the cup of coffee in the morning and say, 'Well, I re-

ally just buy coffee, I'm not like one of those really bad consumers.' Then go about your day as per usual."

He also attributes it to feelings of hopelessness in the face of larger consumer culture. "Another thing that makes the event easy to avoid is that as far as activist action is concerned, one day of non-participation feels fairly trivial when one considers the billions of dollars that will be fed into the global economy on Nov. 25 without even the slightest regard for the earnest statement of a few."

Plans for the day range from e-mailing friends and family and raising awareness to simply not buying anything. Students interested in participating are encouraged to log onto the Adbusters' website for more information about events going on in their area.



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Schedule Events for Alcohol Awareness Week

November 28 – December 2 2005

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Information booths in the Great Hall and NE 1 | Information booths in the Great Hall and NE 1 | Information booths in the Great Hall and NE 1 | Information booths in the Great Hall and NE 1 | Information booths in the Great Hall and NE 1 |
| | Wrecked car in Great Hall | Wrecked car in Great Hall | Wrecked car in Great Hall | Wrecked car in Great Hall |
| Information on website | Information on website | Information on website | Information on website | Information on website |
| | Mocktail Bar in Great Hall | Mocktail Bar in NE1 | RCMP Speaker first in NE 1 and then Great Hall | Beer goggle obstacle course in Great Hall |
| Pub giving out don't drink and drive coasters and other material | Pub giving out don't drink and drive coasters and other material | Pub giving out don't drink and drive coasters and other material | Pub giving out don't drink and drive coasters and other material | Pub giving out don't drink and drive coasters and other material |



Message from VPSA - Jennifer Leaman

Hi everyone. I hope that everybody is keeping their sanity as we get close to the end of this semester.

A new sanctioned club has been formed called Journalists for Human Rights. Keep watching this space for upcoming information about them.

During the week of November 28 to December 2

Alcohol Awareness Week is happening. Check it out in the Great Hall and NE 1.

Events include Mocktail Bars, an Obstacle Course, and a guest speaker. Check out the car that will be in the Great Hall all week. There

will be prizes given out all week. See you there.

Jennifer Leaman
 Vice President
 Student Affairs
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You're not the only one who is stressed

Posing the question to BCIT's front-line staff



By Aaron Morris
Special to the Link

Today, like so many other days, I found myself taking a break from the grind

to visit my good friends up in the Link office.

Normally partaking in the hilarious and creative banter that I have come to expect from this dynamic duo, as they weave word wonders for their readers enjoyment, today was a bit different for me.

Geoff, the Managing Editor for the Link, had put the word out to his working journalists to write articles about student stress and how to deal with it, especially since it is soon to be exam time.

Upon hearing this I took it upon my self as one of the BCIT RO's (Records Officers) from line staff to give a few examples of how certain staff members deal with the stress they encounter from not only working at BCIT serving students but also balancing the stress of often being students themselves.

I went around to several CSR's (Customer Service Reps) in the registration office and posed the question:

"How do you deal with stress after you leave BCIT for the day?"

The answers came easily. The two most popular were to drink beer (only once they arrive safely

at home, of course) and to go to the gym. Other stress reduction techniques from the group were things like Jujitsu, shopping, vent to friends and family, play with your cat, draw, prank calls to friends, sports, television, play music, sit in a hot tub, take a nap, go out with friends, do fun things with your kids, swimming, and reading.

Personally I favour sitting in a coffee shop writing lyrical poetry, eating, and most recently feeding an ever increasing addiction to X Box.

The bottom line and general consensus seems to be to leave it behind as much as possible, try not to dwell on things.

Most of all try to smile in spite of yourself, try not to take things too seriously, especially when you get a disgruntled parent on the other end of the line demanding to know why we aren't able to give them their money back for a course their son or daughter just failed.

It's just another day in paradise.

Besides, with the great big office lottery pool win lurking just around the corner, we won't be working forever, right? Right?

Special Agents that can save your life!

What to do when your computer breaks during crunch time...

Annika Reinhardt
2nd Yr
Marketing Communication /
Direct Response

When my laptop broke a while ago, it felt like the end of the world. First, I thought that it could not be that bad. Right! After punching every key on the keyboard as hard as possible, I knew there was nothing I could do to save my 'baby.' Even though my computer was still covered under warranty it took almost one month before me and my loved one were reunited.

We all know that during crunch time at the end of the semester you don't have a month to get your computer fixed. Every day counts. What should you do when a computer emergency rears its ugly head? Well, what I didn't know then, I do know now: Get in contact with the Special Agents

from the Geek Squad!

The Geek Squad could be your life saver in this kind of crisis. The "Support Task Force" can be reached 24 hours a day, 7 days a week. Visit one of their local stores or call for an Agent to come to your house to fix any computer hardware or software problem that might look like it's going to give you a heart attack.

Now, why should you get help from the Geek Squad and not from the computer shop around the block? If you want professional service that is quick and fun, you want the Geek Squad. Think about it, in a moment of disaster the last person you want to talk to is someone mumbling: "Mhhh, I don't know, this might take a couple weeks or longer." The Geek Squad does not only promise to fix your computer free of charge if you aren't completely satisfied with their services, they also wear badges and roll up to

your house in the "Geekmobile." The fun factor is guaranteed and who doesn't need a good laugh when the term project seems to have disappeared?

Alright then, the Geek Squad it is but how much do these computer angels cost? The company generally has flat rates, depending on your computer problem. Unfortunately, there aren't any special student rates. Check out their website at www.geeksquad.ca for store locations or call 1-800-Geek-Squad for further information. Hopefully,

your laptops and computers will perform great during this critical time.

To avoid any additional stress, make sure you back-up all your work (yes, sometimes this needs to be pointed out again). Send your important files to your grandma's email account where

they are definitely secured or save them under your personal files drive at your BCIT account. In case you have a real emergency though, be assured that the Geek Squad Agents will not only fix your most valuable asset but also put a smile back on your face.



Executive stress

Maintaining a healthy balance

Former BC Tel CEO sheds light on the three thirds of good stress management

By Tara Williams
Business Administration
Post-Diploma, Set 1A

According to a study by the American National Institute for Occupational Safety and Health, more than half of working people view job stress as a major problem in their lives. Given this research, and when looking at the work of top executives in Canada, you would think that stress would play a similar role in the everyday lives of Canada's CEOs.

Yet, for Don Calder - past CEO and president of BC Tel, past CEO of the Vancouver 2010 Olympic Bid Committee, and former Chair of the United Way for the Lower Mainland - stress has never become an overly negative issue.

Calder has managed to maintain a relatively calm physique despite being in numerous stressful situations by taking a holistic approach to stress and stress relief, and dividing his stress into

manageable portions.

Dividing stress into external and internal factors has enabled Calder to better deal with the stressful situations he has encountered. External factors such as labour relations, dealing with customers and changing BC Tel from a completely regulated environment to a semi-regulated one like Telus is today, are just some of the external stresses Calder has had to deal with over the years.

Internally, Calder has had to cope with complete company reorganization, the creation of new departments like the marketing department and broadening executive backgrounds of the organization.

"When I first started working for BC Tel, all of the executives were engineers." Calder was one of these engineers, (with a B.Eng degree in Engineering from McGill University, and an MBA from UBC), but as he climbed the corporate ladder the backgrounds of the executive members slowly

began to change. This change was one of the major internal struggles that Calder had to deal with as an executive member.

How did Calder manage to keep his stress to a minimum while dealing with these internal and external stresses?

He was able to find balance within his life. Calder relates that his philosophy was inspired by, "a guy I once worked for, who told me that in order to be successful you have to divide your life into thirds: one-third for work, one-third for family and one-third for yourself."

Although Calder doesn't think that he has ever attained this balance completely, he's still managed to serve as a top executive, help raise four children and six grandchildren, and still have some time for himself.

So what advice can this seasoned executive give to students who are eager to enter the business world?

Calder says, "learn to identify

what your sources of stress are and the highest level at which you can function under stress without going beyond your limits while you're a student, so that in the working environment you know what you can and can't cope with."

Learn that stress is "not all bad" and healthy levels of stress can act as motivation driving the individual and the organization to better performance and higher success.

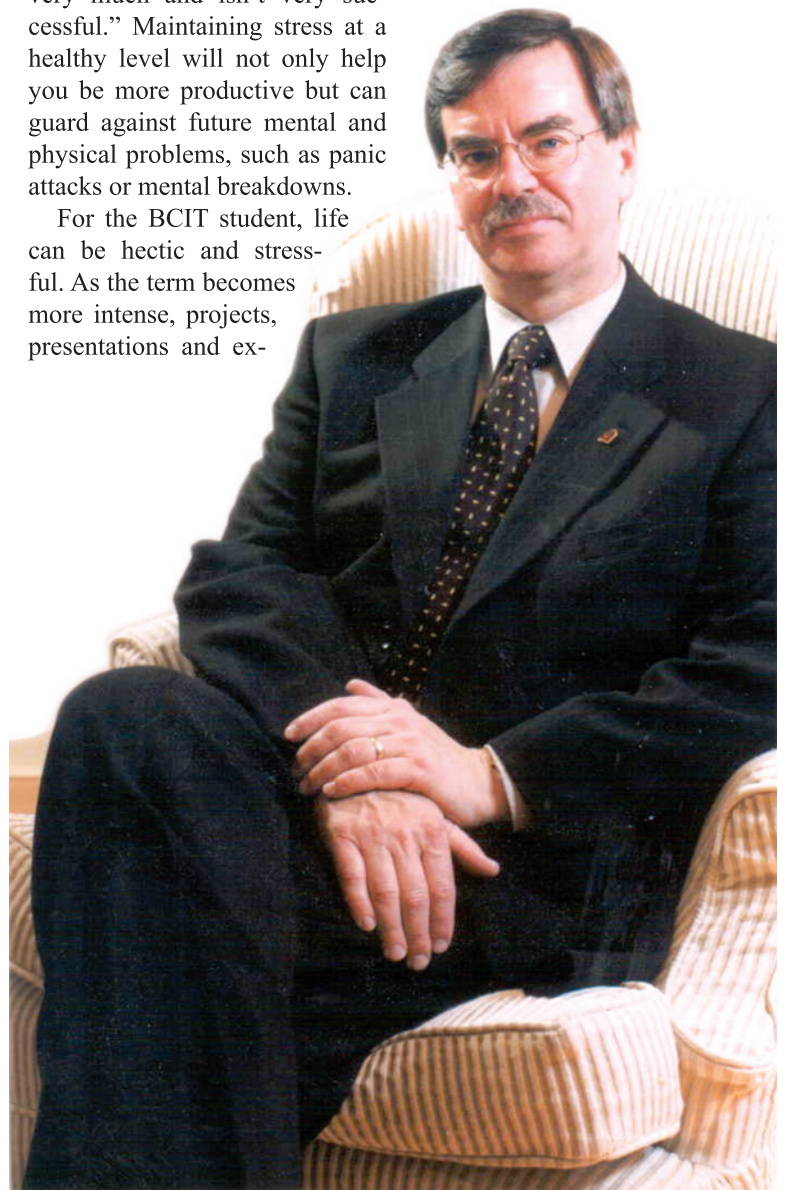
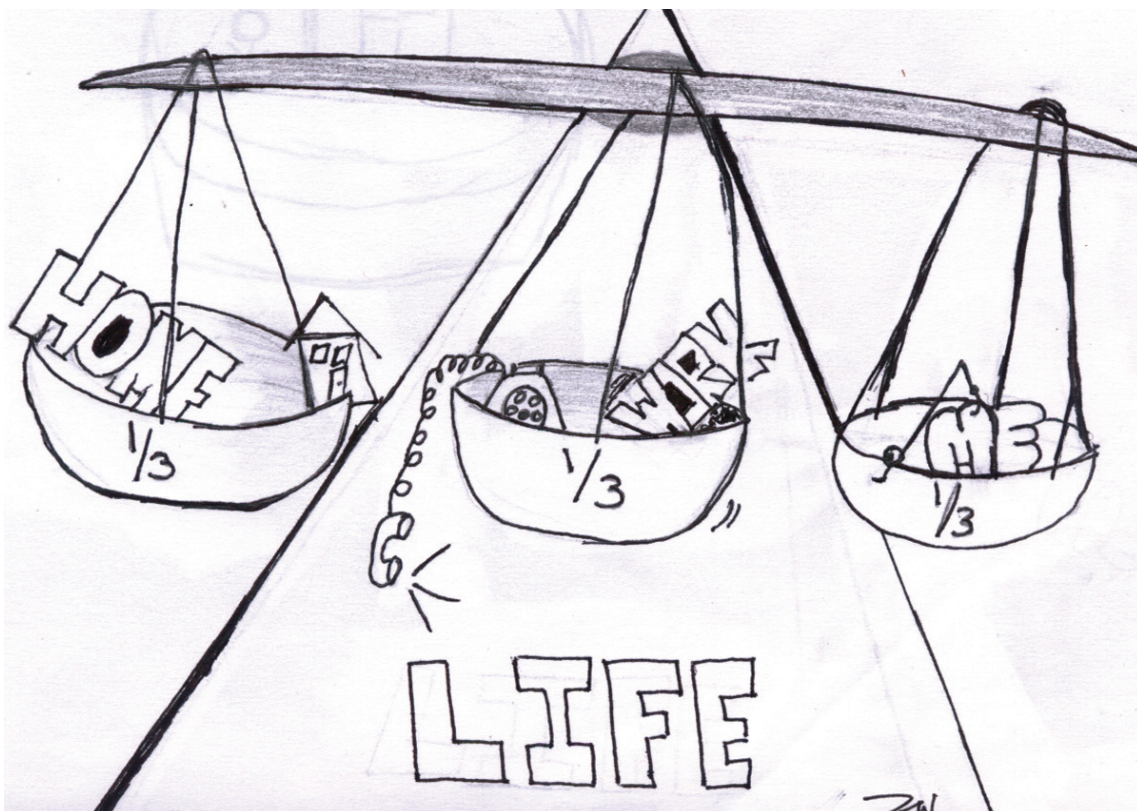
Calder asserts that, "the completely stress-free individual or organization usually doesn't do very much and isn't very successful." Maintaining stress at a healthy level will not only help you be more productive but can guard against future mental and physical problems, such as panic attacks or mental breakdowns.

For the BCIT student, life can be hectic and stressful. As the term becomes more intense, projects, presentations and ex-

ams begin to accumulate. While studying, try to always remember that all work done at BCIT will soon be applied to a job. Whether this job is as a manager, an accountant, or an engineering technologist, we will all encounter stressful situations.

Take this time as a student to get to know yourself. Learn how you best deal with stress, what your limits are, and how to maintain a healthy level of stress to remain productive.

This knowledge will help you later in life to achieve your goals and become successful.



CAMPUS QUERY

WHERE YOUR OPINION MATTERS

The Link asked: This is a stressful time at BCIT. What do you do to relieve stress at school.

By Shawn Edstrom



Kostya K.
Financial Management

"I try to play with my son, it is the only way I can really relieve my stress."



Flip McGern
Robotics and Automation

"I sit in my room and play with my pet goldfish 'Montgomery.'"



Christina T.
Financial Management

"I like to hang out, watch TV, and if its really bad I'll dance in my room by myself."



Colin D.
Television

"I drink!"

Untitled

Strong wind
Blows from a distance
At times, it feels so close,
But yet, is so far away
Never thought this day would come,
Never thought I'd live
Through the storm
The wind continues to push me
Through this cruel, cruel world
Impurities, imperfections
How one can learn to accept; I know.
Trees sway left and right, as the
Wind's grip tightens,
The children play, smiles and laughter
Yet there is no sun; only birds at a distance
Too much innocence, spells too much danger
Trying to understand the ones who are strangers
Branches with leaves, continue to dance
Following the echo of the winds romance
Then all of a sudden,
The wind does not exist.

INTERESTING FACTS

By Paul Gill

All clams start out as males; some decide to become females at some point in their lives. his horse, but the charges were later dropped.

Former U.S. President Franklin Pierce was arrested during his term as President for running over an old lady with Coca-Cola was originally green The world's youngest parents were 8 and 9 and lived in China in 1910.

Review: Jeen O'Brien – "Sixties"

By: Katharine Scotton
2nd Year Fish, Wildlife and Recreation

It's catchy. It's throaty. It's simplistic in the heavily repeated chorus kind of way, but with good lyrics.

Jeen, former frontgirl of Lilith, hails from Toronto, ON. *Sixties* is her second album; her first was a six song EP entitled *Can't Get It Out Of My Head*. *Sixties* was produced by Hawksley Workman, who also lends his guitar skills to the album.

The first single off *Sixties* is "Sing this Song," an almost eerie sounding song. However, I prefer "Like a Child." It's got good rock guitar, strings, and a little angst. Other songs on the album range from folk acoustic, to pop rock, to alt rock. It's a nice mix of enjoyable songs.

Jeen's got a great voice that she experiments with throughout the variety of tracks on *Sixties*. Heartfelt lyrics mixed with heavy guitar, broken up by lighter melodies, are a common theme on the

album.

The guitar work on the album and addition of strings are nice compliments to Jeen's voice. It is an album deserving of frequent play, and a good 4 out of 5 stars.



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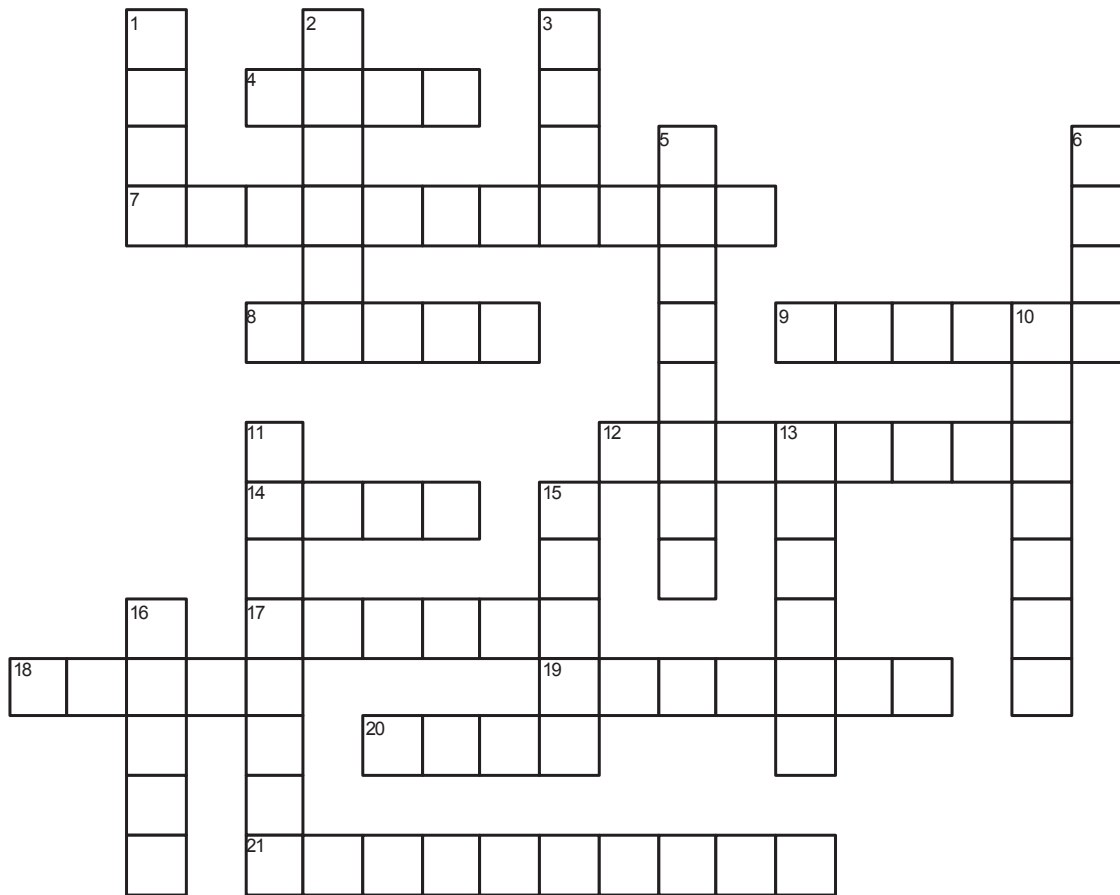
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By Gilbert Matembe
Ad Sales Coordinator



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ACROSS

- 4. Application of mental or physical effort to a purpose
- 7. Formal questioning of a student, accused suspect or a witness
- 8. Devotion of time and attention to acquiring knowledge or information
- 9. A condition or circumstance that disturbs or is likely to disturb
- 12. Academic session occupying half of the academic year
- 14. Abstain from action, exertion or labour
- 17. To make or become tense or taut
- 18. Compress or apply pressure to an object to flatten it
- 19. Nervous disorder characterized by a state of excessive uneasiness
- 20. Not succeed
- 21. A state of physical or mental fatigue

DOWN

- 1. The indefinite or continuous duration of existence seen as a series of events from the past through the present to the future
- 2. Bind, or pledge to a certain course or policy
- 3. Intense technical institute in BC
- 5. Make or execute successfully
- 6. Move onward, or proceed
- 10. Perform exercise to lengthen one's muscles and improve flexibility
- 11. You work under _____ to meet a deadline
- 13. Go beyond what is required, necessary or advisable
- 15. Situated at the end or coming last
- 16. Make or become less stiff or rigid

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or toll free 1-866-7-VOYAGE.

Apply now for programs that start summer 2006!

Apply Now! Priority deadline January 15, 2006.

See website for programs for older youth, & NetCorps Internships!

On the books - Stress

If you've got time to read, these can really help

By The Library Ladies
Special to the Link

We're heading into Christmas, but before the holidays start, you've got to face Christmas exams! If the thought of tests and exams gets you anxious and stressed out, check out these books available at BCIT Library.

And don't forget – the Burnaby Campus Library will be open extended hours December 5th through 15th so you've got a convenient, comfortable place to study late into the night. Hours are posted on the website: www.lib.bcit.ca.

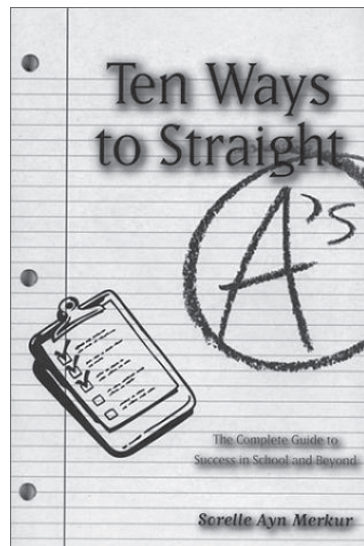
Conquering Test Writing Anxiety: Helping Adult Students Develop Confidence and Skills
Ellen Long

Call #: LB 3060.6 L66 2000

Designed as a manual for teachers and tutors to help students with test taking anxiety, this book contains tips and strategies to improve your performance on tests. For example, *Section 4: Understanding Types of Tests* has

specific approaches for multiple choice tests, true/false tests and essay exams.

The setup of the book can be a bit cumbersome for students, as it is designed to be used as a teaching manual, but the accompanying disk, which can be copied, contains a self-study guide for students in PDF format.



Ten ways to straight A's
Sorelle Merkur
Call #: LB 2395 M47 2001

At the time she wrote this book, the author had just completed a degree in Economics at McGill and was attending Harvard Law School, so she has demonstrated her 'ways to straight A's' can work. Her introduction lists the 25 skills she would like you to acquire by reading the book – including setting goals, prioritizing, finding study methods that work and writing excellent papers and essays.

The book is divided into ten chapters, each one describing a key in her method of achieving good grades. The appendix lists websites for students on all areas of student life – housing, test taking, essay writing, scholarships and health.

Test success: test-taking techniques for beginning nursing students

Patricia Nugent
Call #: RT 55 N77 1997

Designed so nursing students can learn test-taking techniques while reinforcing basic theory and fundamental skills at the same time, this book provides loads of

sample questions with reasoning for the correct and incorrect answers.

This book covers studying methods, and multiple-choice, true and false, and essay exam strategies.

Three practice tests are provided, so the reader can gage their progress as they advance through the book.

Controlling Stress and Tension
Danel A. Girdano, George S. Everly, Jr. Dorothy E. Dusek
Call #: RA 785 G57 2005

Now in its seventh edition, this book thoroughly explains the physical and psychological aspects of stress and examines the many everyday causes of stress. A chapter is devoted to each of six stress management techniques, including yoga and stretching, meditation and physical activity.

Self assessment exercises and journaling activities are included as well as a final chapter designed to help the reader formulate a personal stress-management plan. Includes diagrams, photos, charts, and a glossary.

stress
reduction
for busy people



Stress Reduction for Busy people: Finding Peace in a Chronically Anxious World
Dawn Groves
Call #: RA 785 G768 2004

This book is easy and quick to read, but offers lots of common-sense tips on how to calm things down and make life more manageable. The author is a minister and teacher and writes in a personal way that will make reading this book seem like taking advice from a friend. There is an appendix of recommended books and magazines and a very handy appendix of common questions with references on where to go in the book to find the answer.

ace bcit ACE Corner

November 1st marked the first ACE Showcase this term. The showcase is a monthly event where ACE BCIT Venture Partners present their achievements and goals for the past and previous months.

Presentations are given before Business Advisory Board members, ACE BCIT Alumni, BCIT faculty and fellow Venture Partners.

Showcasing the events of Oc-

tober, it was apparent that the past month was a very proactive one for ACE Venture Partners. In October, 10 second year Venture Partners had the opportunity to visit Toronto for SIFE World Cup, which was attended by students from more than 45 different countries. It was an inspiring learning experience for all that attended. The SIFE World Cup will be held next year in Paris and ACE BCIT plans to be there.

Successful recruitment and orientation has brought forth many motivated first and second year students, who have already been actively involved in ACE projects. Many ACE projects that are now under way were discussed throughout the presentations. A few key projects currently running are:

- Monthly visits to Mt. Currie to mentor and work with high

school students

- Weekly visits to the Union Gospel Mission to feed the hungry

- Working with Chef Hinda in the East Side to develop her specialty food business

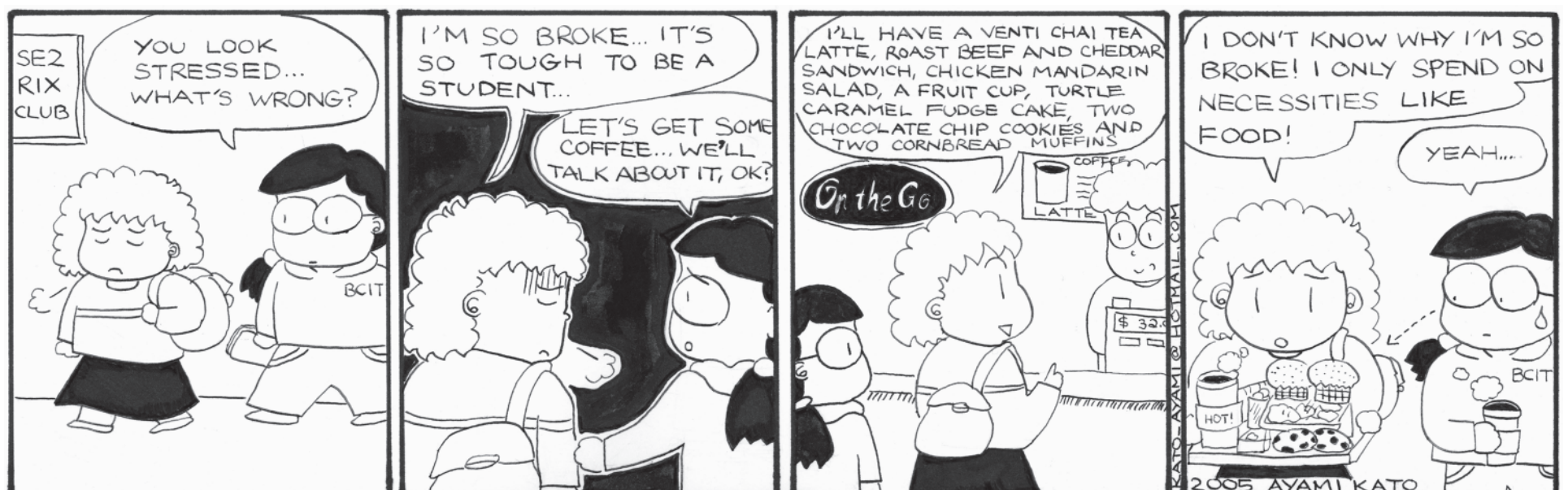
- Developing biographies of BCIT students interested in working with local entrepreneurs

ACE BCIT also runs several promotional and fundraising events that fund the projects.

Our most recent event was The GREAT WHITE SHARK PARTY at AuBar on November 10, which was a huge success.

For further information on ACE BCIT, visit www.ace-bcit.com or email Candice at cearle1@my.bcit.ca

SCandice Earle
Director of HR
ACE BCIT



CLASSIFIED ADS

Classified ads are free for students accompanied with your student ID, and \$10 per issue for advertisers.

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

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

Send classifieds to the Link office at: 604.432.8974 or adsales@bcitsa.ca, or if you will, slide them under our door at SE2 rm 285, between the Image Centre and the Uconnect Resource Centre.

Announcements

Comp TIA A+ Certified PC technician that can resolve your PC/printer/network issues for half the price of Future Shop/Best Buy. (Better service too!). If I can't fix it, there will be NO charge. Call Robert at 604-996-1365.

The Student Association is having a clothing drive and wants you to donate your old clothes, blankets, and shoes to the Uconnect Resource Center. All donations will be given to The Gathering Place in Vancouver. This will be an ongoing event. Check www.bcitsa.ca/events for more information on the drive.

The 2005 "Gift of Choice" holiday campaign is now on. Since the holiday season is knocking at our doors, BCIT and BCITSA are focusing on students and student families that are less fortunate to afford some of the things we take for granted. Please donate towards this cause in the spirit of giving. For more information, contact Melodie at 604.432.8549.

Do you have a business, an event, or anything you would like to inform the student and staff populations of BCIT? If you do and you want to have a measurable R.O.I., then you need to advertise with the Link, a student newspaper that relates to students and staff at all eight BCIT campuses.

Contact the Ad sales coordinator at adsales@bcitsa.ca or 604-432-8974.

For Sale

Queen Size Bed

One slightly used hotel-style box spring and mattress, queen size, with black painted wooden frame. \$200 o.b.o. Also...

Ikea Sofa w/Pullout Bed

Cream colored sofa/bed combo, about 5 years old, nice shape, twin size bed, about 6 feet long, call for details \$200 o.b.o. Call 604.764.8076. Email for photos: geoffrey76@hotmail.com

Wireless keyboard and mouse for sale. They are both new and in mint condition. Also included is the software for the keyboard and the mouse. If you are interested, call 778.881.8459 for more information.

Events

Nov. 25th

If you were born on this day, you share a birthday with celebrities like Barbara and Jenna Bush, the fraternal twin daughters of President George W. Bush, and John F. Kennedy Jr. who died in a tragic plane crash.

Nov. 27th

Grey Cup party at the Professor Mugs Pub starting at 1pm. Win a limo ride and tickets to the game.

Nov. 24 & 30

Hat trick menu at professor mugs pub. \$3 appies and prizes.

Nov. 28th - Dec. 2nd

Alcohol Awareness Week.

Nov. 30th

Write successful exams - Counselling

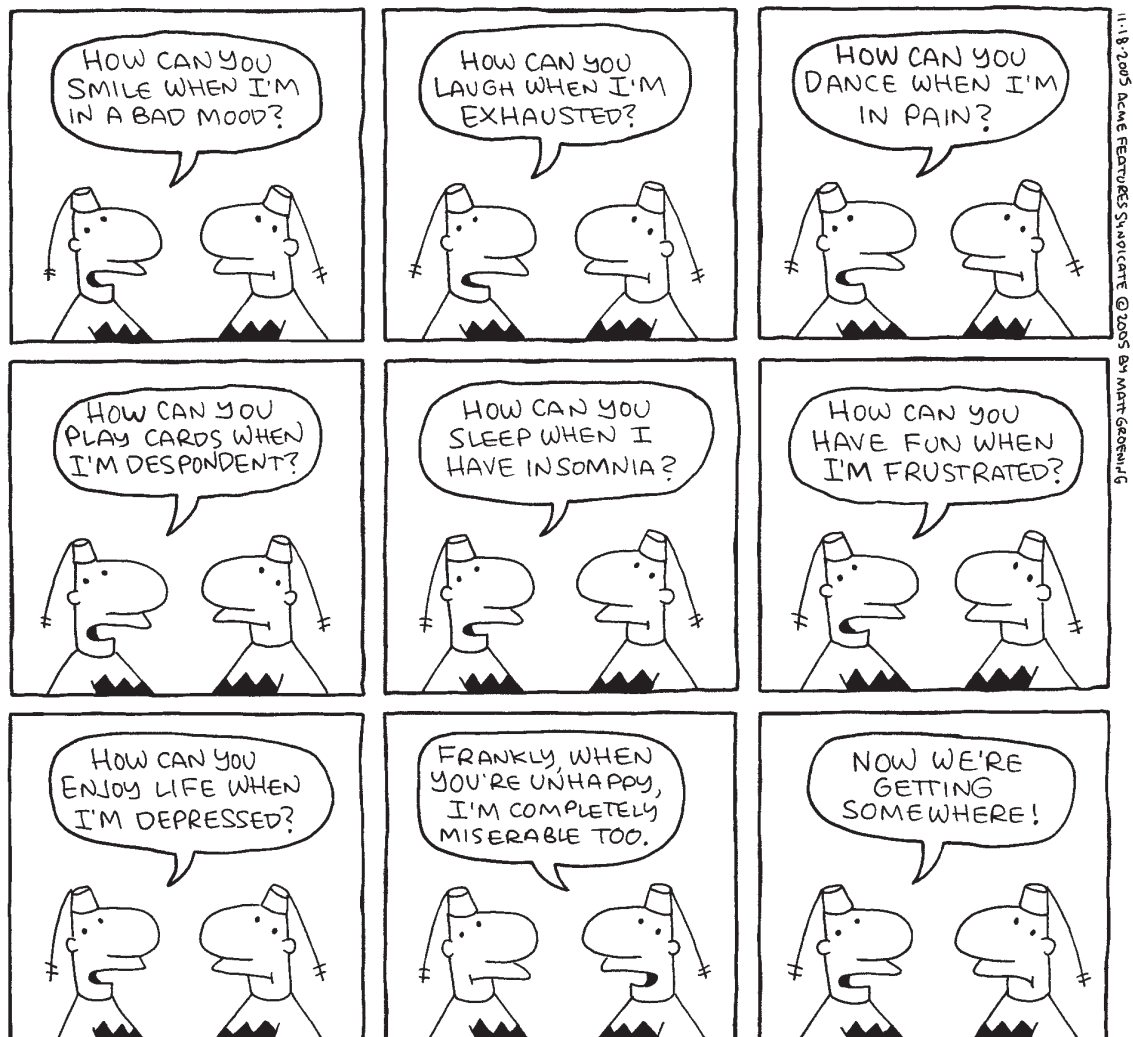
Brush up on studying and writing exams, including how to organize your material, maximize study time and not be stressed out. Come experience this in the learning commons (Library SE14 - Room 350) at 2:30pm.

Dec. 7th (2 sessions)

The Campus Master Plan Advisory Committee is seeking your input on topics such as:

- *how to integrate the surrounding community in our campus
 - *should BCIT be a commuter campus or a mini-city
 - *how should we balance green space with the need for structures
- Please mark your calendar for the

LIFE IN HELL



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upcoming Town Hall meeting: 2:30pm and 4:30pm, SE2 - Town Square A/B

Dec. 8th

The Link Christmas issue hits the stands. Look out for the Happy Holidays' paper.

For more information on events at BCIT, contact Michael Van Lane at events@bcitsa.ca or check the events calendar at www.bcitsa.ca/events.

Hey You's

Hey man, whatever happened to all the hot ladies who were here at the beginning of the semester? Did they all drop out already?

When the sign in a library says, "Quiet Zone," it means that it's time for you to quit yapping and start reading or studying!

Hey, I was just wondering if there is any registered measure for stress? Would the instrument be a stressometer?

Desert Island, Flashlight and Candle. Captain Morgan page me now, Warm Curling Iron.

I believe the Link discovered a

way of relieving one's stress, but no one seems to care. In case you didn't know, burying yourself in books right now with no extra curricular activity isn't really doing you any good. Try working on one of those crossword puzzles and see if you've still got it. Before you know it, you'll be stress free, trust me.

Can you believe that Burnaby has as much crime as Surrey? This is getting out of hand, don't you think?

Is it just me or does everyone around here have those days when you are just not into it, like you just don't want anything to do with whatever it is that you are doing?

Hey, what did you think about the international food fest? We need more of that diversity here at BCIT. Keep it up, internationals.

Hey everyone in school right now, I just wanted to wish all of you a happy reading period before your finals for the semester. I hope you are preparing and getting ready for the exams. Good luck both now and later on in future. Don't forget to rest though.

It's not who you know, it's how you know them.

Hey House Lady, I'm sorry I likened you to a dwelling. You know how I really feel. I suppose I owe you a rose!

Hey A.K. - your eyes are made of the most beautiful azure.

Be a part of the Link and the student community at BCIT. Write a **Hey You**. Find them outside the Link office SE2Rm285, between the image centre and the Uconnect resource centre, or email it to ads@bcitsa.ca. Write what you would like to read in your newspaper and let us publish it on your behalf.

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Items to relieve your stress

From balls to rings, this list is a must have for mellowing out

By Ryan Malzer
Assistant Editor

Stress sucks, we all know that. Maybe you're pregnant by aliens, or you took an STD test and have to wait a week for the results. Stress is all around you, crushing you. Well stress can go to hell!

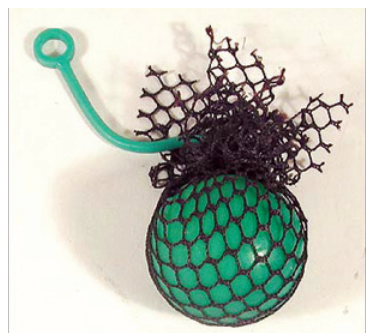
Over the years there have been leaps and bounds made in the field of stress reduction research. I bet there's a team of Japanese engineers working around the clock to come up with a solution to help you sleep better. Yeah right! What I did find, however, was a ton of crap to try and relieve you of that nasty stress. Here is the best of the best.



Mini Zen Garden

This is a handy device. So your boss yells at you all day. What do you do? Retreat to your office and rake sand in a four inch by four inch square, of course. Put a little candle in there and BOOM! You just feel the stress start to melt away.

The only problem with MZG is that if you have a cat it will most likely take a crap in it. So if you like raking sand and cat feces, then this is the tool for you. Man those mini-monks were really on to something.



Yo-Yo Squeeze Thing

This is kind of cool; it's one of those squishy, breast implant-type things that are fun to poke.

Not only does it squish, but it also doubles as a yo-yo. If you think you've got stress now, ten minutes with a squishy, boobesque yo-yo and you'll almost be a priest.



Kegel Master

What the hell is a Kegel? Ohhhhhh, that Kegel. Hell yes, the Kegel Master! Now I can understand how this could relieve stress (in theory).

But seriously, what the hell is this thing? It looks like it could cause internal bleeding and shortly thereafter more stress. And what is that little knob handle thing for? Seriously ladies get back to me. What is this thing?

Stress Balls

Normally my balls cause me more stress than necessary, but if you've got balls of steel then you're in business. We have all



seen these and we all know they don't work, but you're probably not using them right.

First off who has the time to roll metal balls in their hand? What you've got to do is rig up a three man slingshot and wing these babies at the mailman. Trust me it will relieve more stress than you will have in a lifetime.

Stress Ring

Oh man this is the best. You're about to kill someone, and a load-bearing vein in your head is about to burst. When everything in your life is about to collapse, chill. Just put on this ring, and instantly your stress is gone.

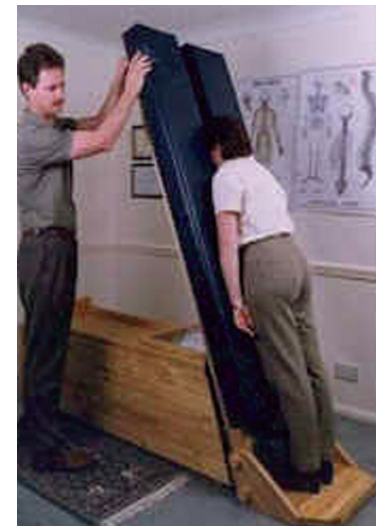


There is a downside to this though. Once you put it on, you might become overly obsessed with it, and turn into a freak. Then this idiot Bilbo starts hassling you for it like, "c'mon my feet are too big for my body. I've got stress." I hate it when that happens.

The Anti-Stress Kit

This is a classic, no doubt! Just cut out the picture and put it on a binder or your desk or something equally hard and crank up the Slayer.

Pack some extra napkins with you, though, because if you miss there will be plenty of nose blood to clean up.



Archaic Medicine

Now this is a last, last, last resort. If your doctor has one of these beds, then really it's time to get a new doctor.

Apparently this apparatus helps the patient to get into a laying position. Or sets them up for a decapitation, it's hard to tell.

If you're stressed out enough to choose this option, maybe you've made the right decision. That person looks pretty relaxed.

ANTI-STRESS KIT

BANG
HEAD
HERE

Instructions

1. Place on firm surface.
2. Follow directions provided in circle.
3. Repeat until you are anti-stressed or become unconscious.