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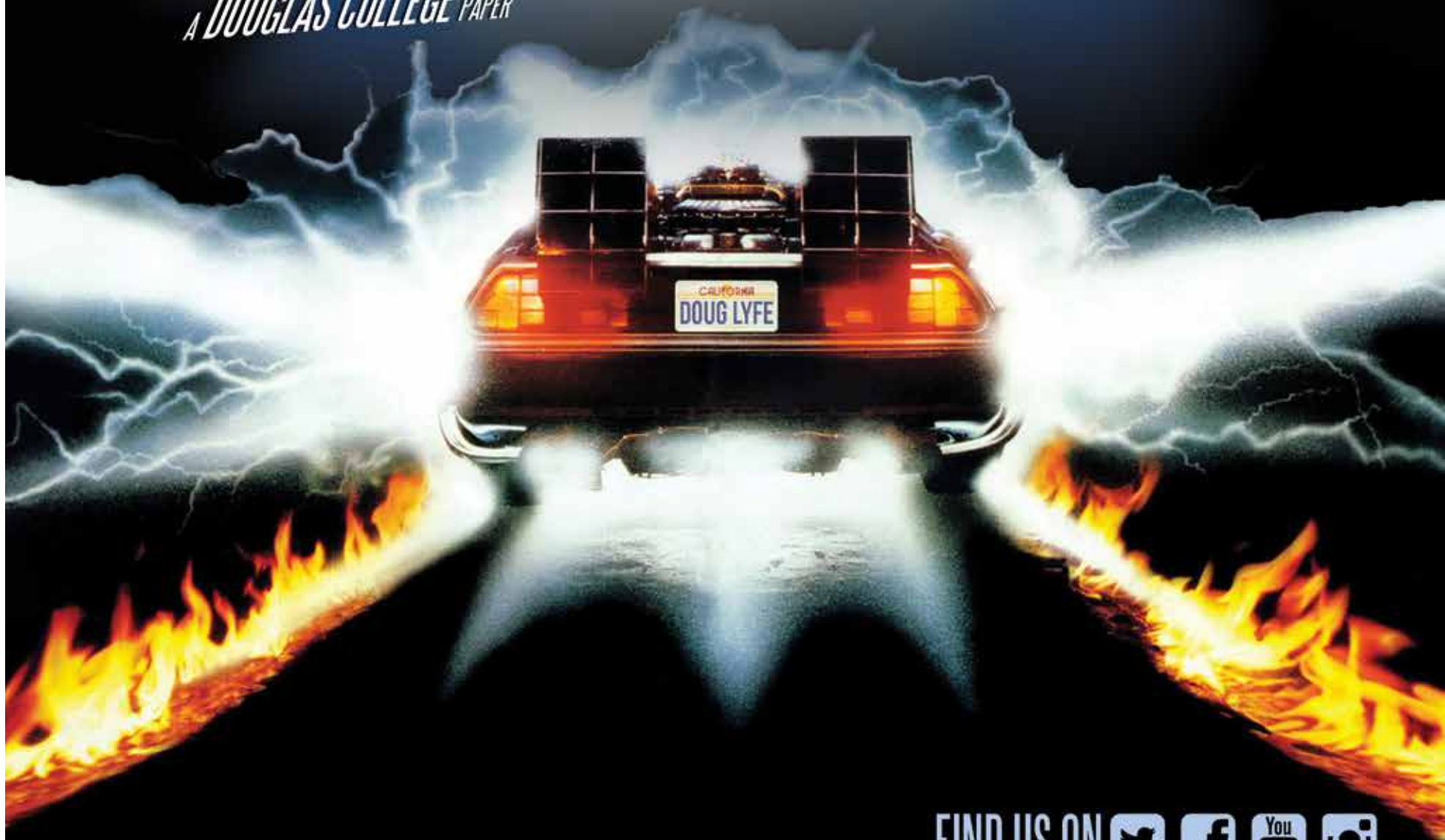
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ISSUE 15

THE OTHER PRESS PRESENTS

# BACK TO THE NEW YEAR

A DOUGLAS COLLEGE PAPER



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## It's a new dawn, it's a new day

I've traditionally been something of a cynic when it comes to the New Year and New Year's resolutions. Perhaps it's from paying witness to so many earnestly pursued and doomed-to-fail resolutions, or perhaps I simply veer towards the dubious. Regardless, my attitude towards resolutions has long been, "Why wait for January to do what you can do now; if you put it off, you probably aren't actually going to do it."

I used to attack self-improvement projects with a ferocity, whether that meant going to the gym and working out consistently, dedicating time to school, eating healthily, or being more environmentally friendly.

Ever since I moved out though, I haven't had as much time or energy for the perpetual self-improvement projects that I would do when I was living on my parents' dime. All of it was easier when I wasn't the one buying my groceries, cleaning the apartment, and earning money for rent. Not only do I not have the energy to enthusiastically cross-todos off my self-improvement

list, I can't always keep up with my base expectations of regularly moving my body and breaking a sweat, keeping the apartment clean, or dedicating hours to school. Now I feel like I can better understand the temptation of a blank slate on which to write new habits and patterns of behaviour.

I know, boohoo, this is the same problem that everyone faces. The myriad pushes and pulls of life's commitments keep us all struggling, racing pell-mell to do everything and be everything; and I do have plenty of improvements to make in my life and myself. When I do hit this new-year reset button that's begging to be pushed though, I know I'll do it with the resolution that I won't be as enthusiastic in my self-improvement as I used to be.

Part of it (in addition to an unhealthy dose of laziness) is that I know all too well my obsessive tendencies. I'm generally inclined towards the all-or-nothing, which can be either beneficial or detrimental—usually a questionable cocktail of the two.

My obsessive tendency

is what helped me become healthier, eat more fruits and veggies, and exercise everyday; but it's also what caused me to lose 25 pounds when I didn't need to, and had me striving to lose more. My obsession with environmental friendliness did get me using reusable bags, composting, and becoming a vegetarian; but I also felt disproportionately guilty anytime I was at all wasteful.

The problem, and one that I think a lot of people suffer from, is seeing our self-improvement as emblematic of ourselves. "I'm not good enough unless I fix this aspect of myself."

We all could stand to improve in various ways, and our characteristics do combine to make us the whole and complete people we are. Those characteristics combined make us who we are though, so it's unfair and unrealistic to see ourselves as failures, imperfect, or less-than because of our supposed flaws.

When I was working out everyday, I wasn't happy, and I certainly wasn't happy with my body despite the fact that I had reached my weight-loss goal. I'm

going to feel a bit bad about the pizza I eat and the workouts I skip whether I weigh 110 pounds, 130 pounds, or more.

Our dissatisfaction is what motivates us to improve—and that's wonderful! Do eat more veggies, get a gym membership (and use it), recycle, learn something new, travel, do whatever it is you've been wanting to do. The problem is with losing sight of that aspect as an aspect of yourself. If you don't accomplish what you want to, that doesn't say much about you as a person, it simply speaks to your strategy—hey, change is hard. Don't let that general dissatisfaction that both plagues and motivates us take over your resolutions. You wouldn't think less of your friend because they ate a slice of cake, forgot their reusable water bottle, or let their Spanish-language textbook gather dust in the back of their closet, would you? So don't blame yourself either.

Hello gorgeous,

**Natalie Serafini**  
Editor-in-Chief

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- ☑ The Other Press has been Douglas College's student newspaper since 1976. Since 1978 we have been an autonomous publication, independent of the student union. We are a registered society under the Society Act of British Columbia, governed by an eight-person board of directors appointed by our staff. Our head office is located in the New Westminster campus.
- ☑ The Other Press is published weekly during the fall and winter semesters, and monthly during the summer. We receive our funding from a student levy collected through tuition fees every semester at registration, and from local and national advertising revenue. The Other Press is a member of the Canadian University Press (CUP), a syndicate of student newspapers that includes papers from all across Canada.
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*This issue:*

- ☑ Tax and fare increases for 2015
- ☑ A look at the Canucks' 2014
- ☑ Food waste bins mandatory January 1

And more!

Have an idea for a story? Let us know!

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# Search for AirAsia Flight 8501 victims, debris continues

» Cause of crash likely due in part to poor weather



**Angela Espinoza**  
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On December 28, Indonesia AirAsia Flight 8501 crashed; the plane was carrying 162 passengers and crew. At least 30 have since been confirmed dead, with the number likely to grow as search operations continue.

The plane, which was headed to Singapore, crashed in the Java Sea. In the week since, search teams have been attempting to recover the black box, but have only found large

pieces of debris, including “chunks” of the plane.

*Bloomberg* revealed on January 3 that the flight did not have permission to fly to Singapore. In addition, the crash has since been attributed to bad weather, including freezing rains. Several other flights were in the air at the time Flight 8501 was, and a recording from air traffic control has revealed that the pilot requested permission to climb to a higher altitude. *Bloomberg* reported that permission was eventually granted to the pilot, although there is speculation that it was too late by then.

As other flights did not crash that day, recovery of the plane’s parts is essential to learning whether or not the crash was partly due to an issue with the plane itself. While the weather is considered to be a factor, no reports have stated that the crash was solely a result of the weather, although the *Wall Street Journal* has claimed that “icing” may have contributed greatly.

In a January 2 report by the Indonesia’s weather agency, they’ve stated, “The most probable weather phenomenon was icing that can cause engine damage.” The report itself also

states though that it “is not a final decision about the cause of the incident.”

But there also remains the question of why the plane was permitted to fly that day despite regulations stating flights from Surabaya from Singapore are not allowed outside of Mondays, Tuesdays, Thursdays, and Saturdays—the plane flew on Sunday. In addition to the tragedy of the crash, the full cause of which is unclear, AirAsia Indonesia may be subjected to investigation for not complying with their regular flight standards.

Founder of Endau Analytics

Shukor Yusof told *Bloomberg* that “the onus falls not only on the airline but also on the regulator.

“Somebody clearly didn’t do their job,” Yusof added.

Despite rough weather making searching in the Java Sea difficult, there is hope that more information will be recovered, as the general location of the plane is known.

This incident follows the earlier disappearance of Malaysia Airlines Flight 370, which since March 2014 has still not been located, along with all 239 missing passengers and flight crew.

# BC AirCare program comes to an end

» What the change means for BC drivers

**Mercedes Deutscher**  
Staff Writer

Twenty-two years after the BC AirCare program was initiated in 1992, the program ended on January 1. AirCare was dedicated towards reducing the air pollution caused by vehicles.

As part of the AirCare program, any driver owning a vehicle was required to pass an emission test prior to renewing their auto insurance if their vehicle was seven years or older. Drivers were responsible for the \$45 inspection fee

that came as a result of the program.

In 2012, the BC Government announced that the AirCare program would be phased out by the end of 2014. Over the course of the past year, inspection rates dropped \$2 per month for vehicles made after 1992, and \$1 for vehicles from 1991 or earlier.

In a statement made by the Ministry of Environment, they indicated how successful the program had proven to be over its two decades of operation. “Since the program began in 1992, emissions from light-duty vehicles have decreased 89 per

cent from 149,300 tonnes to an estimated 16,500 tonnes for 2014.”

The Ministry of Environment also stated that a decreased test failure rate and improved fuel efficiency are other reasons the AirCare program is being removed. In the past seven years, the inspection failure rate has dropped from 14 per cent to seven per cent.

AirCare has asked drivers to have their vehicles repaired if they are producing more emission than is otherwise permitted, and asks the public to assist in reporting vehicles

that pollute excessively.

The discontinuation of AirCare also means that over 100 BC Government and Service Employees Union (BCGEU) members will lose their jobs.

Dave Gourley, general manager of AirCare, has been an employee of AirCare since the program’s inauguration. “I think we all believed in what we were doing,” Gourley recounted to the *Vancouver Sun*. “We always strived to make the program as effective as it could be. ... The main message here is that it was something that was necessary at the time.”

The *Vancouver Sun* also reported in a December 30 article that as part of AirCare’s legacy, the program is credited for having “reduced vehicle emissions by 31 per cent” over the past 22 years. The program was also credited with keeping drivers more environmentally aware.

For now, drivers will be able to save money when they go to renew their insurance. However, drivers can expect an average increase of \$36 on their basic insurance plans due to the removal of the program as a way to help prevent monitor vehicle emissions.

# Tax and fare increases for 2015

» Rates for transit, medical going up



**Angela Espinoza**  
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The year 2015 will see a number of tax and fare increases occur in BC throughout the year. Taxes on medical, hydro, and transportation will be raised, as will transit fares.

Already in effect are BC's medical services plan increases; single person medical plans have increased from \$39 to \$72, and family plans have gone from \$70.50 to \$130.50 (for family of two) and from \$78 to \$144 (for family of three or more). Each has nearly doubled from the previous year's cost.

Starting April 1, BC Hydro will see a six per cent increase, lower than last year's nine per cent increase. The adjustment is part of BC Hydro's 10-year increase plan, which went into effect in 2014 with what is expected to be the largest tax increase. Already confirmed are that 2016 will see a four per cent increase, 2017 will see a 3.5 per cent increase, and 2018 will

see a three per cent increase.

Also going into effect on April 1 will be BC Ferries' four per cent fare increases, replacing the fuel surcharge and raising prices by 0.5 per cent. The fare increase is one of the ways BC Ferries is hoping to work around 2014's upset over the possibility of cancelling some ferry routes in BC.

TransLink's previous fare increase was on January 1, 2013 when fares were raised by \$0.25 (for one and two zones) and \$0.50 (for three zones), and monthly passes were increased by \$10 (one zone), \$14 (two zones) and \$19 (three zones). This spring, TransLink is holding a public vote on whether residents of Metro Vancouver specifically should increase their fare rates by 0.5 per cent. While major fare increases will not be occurring to TransLink this year, increases are expected as the 10-year plan to increase transit throughout BC is planned to total \$8-billion.

"There will be a lot more traffic congestion, pollution, sitting in traffic ... it's a costly

Already in effect are BC's medical services plan increases...

thing for our economy," said Vancouver Mayor Gregor Robertson to CBC, in reference to fare increases being a result of increased residency in Vancouver.

By November 1, ICBC will be increasing their monthly rates by \$3, bringing the yearly average up by \$36 later next year. This increase follows the recent cancellation of the BC AirCare program, which was previously supported by ICBC taxes.

The city of Surrey this year is expected to receive a 2.9 per cent increase to property tax, amongst other tax raises. Part of the tax increase is to pay for additional police service, and, according to CBC, Vancouver may also receive a similar rise in property tax.



## Still much to be done for women's abortion access after New Brunswick Liberal announcement



**Tess Allen**  
The Brunswickan

The barriers facing a New Brunswick woman's right to choose may have been tackled in a historic announcement from the Liberal government in December, but local officials say the fight for abortion access is far from over.

On December 1, New Brunswick Premier Brian Gallant announced that amendments would be made to regulation 84-20 of the Medical Services Payment. The amendments would eliminate the requirement that two physicians certify the procedure is medically required, as well as remove the requirement that the procedure be performed by a specialist.

The amendment, which went into effect January 1, will put reproductive health procedures in the same category as any insured medical service. The government will also be working with regional health authorities to increase capacity and improve timeliness of access.

"It's great that the government has finally started to make some changes, but for us to act as if our fight is over now would be ludicrous," said Sarah Dominie, chair of the University of New Brunswick's Women's Centre, which provides information to all students on issues such as abortion, sexual health, and eating disorders.

Dominie said that while it can indeed be considered a victory that abortions will

no longer need to be deemed "medically required," this becomes problematic when you take into account that the province still has not pledged to fund services outside of hospitals, and there are only two hospitals in the province that will perform the procedure—in Moncton and in Bathurst.

"It's one of those things about New Brunswick that just makes you hang your head," said Dominie.

"We've seen an inevitable increase in women travelling to Maine and Quebec for the procedure, as they cannot rely on their home province to provide basic access to health care."

Jessi Taylor, spokeswoman for New Brunswick Reproductive Justice, sees

the changes as a first step in fostering improved abortion access for New Brunswick women.

"We're extremely pleased that these two pieces of legislation were abolished ... [but] without that third piece, a lot of the changes that were made don't have any practical applications, not without something more to supplement," said Taylor.

"In failing to apply reproductive health best practices by refusing to fund services outside of hospitals, New Brunswick continues to be in violation of the Canada Health Act ... People are sometimes treated in a punitive way when they access abortions in some hospitals. There are also confidentiality problems when abortions are provided in

a hospital."

Dominie believes the key going forward lies in "continuing to make our voices heard."

"The efforts of pro-choice activists in the province over the last several months—notably the rally at the legislature in April and the nationally trending hashtag #NBProChoice—seem to be what has really been causing the government to notice, and bringing awareness to the injustice happening here," she said.

"New Brunswick is letting its women down. Abortion access is not something the government can keep from us. Canada is not a place where the government makes your choices for you, uncomfortable conservative old men be damned."

# A look at the Canucks' 2014

» Recapping faults and successes of the past year

**Michael Sopow**  
Sports Reporter

By the conclusion of the 2013/14 season, a number of drastic changes had occurred for the Canucks. With new head coach Willie Desjardins taking over and former iconic player Trevor Linden becoming president of Hockey Operations and alternative governor, the Canucks were able to begin the next season with more positive progression.

Former general manager Mike Gillis was fired from the team after a series of poor trades throughout the season. One such notable trade was the heavily criticized trade



**Nick Bonino**

of Vancouver goalie Roberto Luongo back to the Florida Panthers.

Despite trading and losing other players like defenceman Jason Garrison or left-wing David Booth, the Canucks did not leave the table without potential benefits to their now-redefined team. Former Buffalo and United States National Team star goaltender



**Luca Sbisa**

Ryan Miller was acquired from free agency along with former Phoenix right-winger Radim Vrbata.

The beginning of the 2014/15 season saw pressure in the public eye on Desjardins to perform well as the team's new head coach.

In a June 23 statement, general manager Jim Benning

said, "Willie Desjardins has won at every level and we believe he'll be an excellent fit as we strive to return to the playoffs and build with youth for long-term success."

Vancouver started the 2014/15 season with three straight victories, which provided early confidence for newly acquired players Miller and Vrbata. Vrbata managed to score the winning goal of the November 19 game against the Edmonton Oilers.

Thus far this season, Vancouver talents such as Henrik and Daniel Sedin have delivered on the stats sheet. Some more surprising additions are Vrbata with 26 points in

33 games, and Bonino with 21 points in 35 games.

As of December 31, the Canucks are currently in 10th place in the NHL, with 46 points after a couple of big wins against the first place Anaheim Ducks and the San Jose Sharks.

While the 2014/15 season continues on, Canucks fans have already witnessed 19-year-old Bo Horvat's first NHL goal, Henrik Sedin's 1,000th game, and a team that has preformed respectably in the standings.

This week's Canucks games will see the team playing against the New York Islanders on January 6, the Florida Panthers on January 8, and the Calgary Flames on January 10.

# FIFA Women's World Cup 2015 coming to Canada

» What to expect from the summer games

**Michael Sopow**  
Sports Reporter

**Angela Espinoza**  
News Editor

Canada will be hosting the 2015 FIFA Women's World Cup from June 6 to July 5. The games will take place across six provinces, with the finals being held at BC Place in Vancouver.

Additional venues include the 20,000-capacity Moncton Stadium in Moncton, New Brunswick; the historic Olympic Stadium in Montreal, Quebec; TD Place Stadium in Ottawa; the Investors Group Field in Winnipeg, Manitoba; and Edmonton, Alberta's Commonwealth Stadium.

The draw for which respective country would host the games was held on December 6. As a result of Canada winning, 24 teams will be playing over four weeks, including Germany, Brazil, France, Japan, and the United States.

In a press release from FIFA.com, chairman of the National Organizing Committee for the FIFA Women's World Cup Victor Montagliani said, "We take special interest in the growth of the women's game around the world, noting that more than 125 nations will participate in this competition through more than a year-and-a-half of FIFA Women's World Cup Canada 2015 qualifiers."

52 matches will take place over the course of the

tournament, with semi-finals being held in Montreal and Edmonton.

The winners of each group play against each other as the teams progress. Teams that have lost will play each other as well for a chance to keep a higher ranking until the next World Cup, to be held in 2019.

CBC reported in September that organizers have planned to sell 1.5 million tickets for the Women's World Cup, with sales thus far offering a positive outlook for the games to come. Reportedly over 150,000 tickets for the games were sold within the first 48 hours of release.

Preceding this year's tournament, however, is controversy over the use of artificial turf in certain stadiums, including BC Place. Several dozen FIFA Women's players have since protested against use of the fields. Currently a lawsuit has been put forward over discrimination based on the sex of the players. Hampton Dellinger, the lawyer representing the players in their Ontario suit, told the *Canadian Press* in December, "FIFA's effort to evade the jurisdiction of the Ontario Human Rights Tribunal has failed," referring to the company's ongoing public denial of sexism.

The last FIFA Women's World Cup was held in 2011 and hosted by Germany, where 16 teams played with Japan coming out on top; Canada at the time was ranked last.



TM ©

# NYPD officers protest by lowering arrests, tickets

» Protest briefly put aside in honour of slain officer Wenjian Liu



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The New York Police Department (NYPD) is currently undergoing what the *New York Post* called a “virtual work stoppage.” The label refers to the NYPD officers who have been protesting by deliberately not making arrests for minor crimes since December 22.

The “stoppage” began as a response to the murders of two NYPD police officers, Wenjian Liu and Rafael Ramos, on December 20. The two officers were shot and killed on duty inside a squad car by Ismaaiyl Brinsley, who then committed suicide.

Media have suggested due to Brinsley’s race that his attack was in retaliation of the December 3 ruling in the Eric Garner case. Garner, who was unarmed, was killed by NYPD officer Daniel Pantaleo on July

17 via chokehold. However, despite being ruled a homicide, Pantaleo was not indicted for the death of the black Garner.

As the case followed the media frenzy that occurred after the death and similar ruling in the Michael Brown case throughout 2014, racial tensions have been high in the US. The ruling in the Garner case saw mass protests occur throughout December in New York and other parts of the US.

As NYPD have been protesting however, in a December 29 article the *New York Post* noted the mass decrease in arrests. “Tickets and summonses for minor offences” reportedly decreased by 94 per cent, lowering the number from thousands of weekly tickets and summonses to several hundred, while overall arrests dropped by 66 per cent.

NYPD Commissioner Bill Bratton said in an open statement to officers, “I issue no mandates, and I make no threats

of discipline, but I remind you that when you don the uniform of this department, you are bound by the tradition, honour, and decency that go with it.”

Critics have taken the opportunity to review whether or not the lack of arrests in relation to minor crimes will have a great social effect, and what that determines about the police system within New York, and possibly other US cities.

While the protest is not over, officers honoured Liu at his public funeral on January 3. Tension was expected as Mayor Bill de Blasio, who has publicly stated he does not support the protest, was in attendance for the funeral, but the event occurred without incident.

In turn, at Ramos’ funeral, held the week before, officers turned their backs to de Blasio in response to his public speech in honour of Ramos.

Protests are expected to continue as talks continue between Bratton and de Blasio.



# Food waste bins mandatory January 1

» Metro Vancouver businesses called out for wasting food



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Food disposal bins are now required for major food businesses of Metro Vancouver as of January 1.

The green bins are a response to the vast amount of food waste the city produces each year. A report from Value Chain Management International from December stated that roughly \$31-billion is wasted on food disposed of each year in Canada.

Businesses that will be using the bins include restaurants and grocery stores, both of which play large roles in contributing to mass food waste. Farms were also blamed for mass food waste, making up 10 per cent of food waste in Canada, according to the Value Chain report.

In an interview with CBC, Malcolm Brodie, Chair of Vancouver’s Zero Waste Committee, stated, “We recognize there may be unique challenges initially for some businesses and this phased approach is intended to help resolve any issues.”

The introduction of the

bins is part of a citywide plan to encourage recycling and healthier living throughout Vancouver in 2015.

CBC has also stated that in order to enforce regular use of the food waste bins, garbage picked up from contributing companies will have their garbage inspected, and will be flagged if garbage contains more than 25 per cent food compared to what’s collected from food waste bins.

Food waste recycling was earlier introduced to Metro Vancouver homes with smaller bins, and has been successfully in practice for the past year.



# Hundreds of seabird deaths on Pacific Coast

» Cause could be lack of food



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Since October, numerous seabirds have been found dead throughout the Pacific Coast. The cause of their deaths is currently unknown, but with the number of deaths in

the hundreds, scientists are concerned.

According to the *Huffington Post*, the birds’ deaths are a result of mass starvation. One theory presented is that an overwhelming amount of the species of bird had bred to the point where their regular food sources are scarce.

The *LA Times* stated

the birds breed in BC, thus making their deaths a possible issue for local environmental scientists. The number of birds dying has grown significantly as of December, yet professor of marine sciences at the University of Washington Julia Parrish told the *LA Times* that despite the hundreds dead, the death rate for the birds is not

out of the ordinary.

“If the bottom had fallen out of the ecosystem, you would be seeing everybody dying, but we are not,” Parrish said. “There is a little bit of a mystery to it.”

Climate change has also been listed as possibly contributing to the deaths of the birds, as many of them were

likely already weak from lack of food. The increasing heat, according to Inquisitr.com, may have caused the birds’ food source of zooplankton to not produce as much.

While there are some ideas as to what has caused so many seabirds to die at this point, no official statement has been provided on the cause.

*This issue:*

- ☑ Chairman of the Board: Just keep flying
- ☑ Not another cheap imitation
- ☑ Kickstarter in the Community: Sweet words for nerds

*And more!*

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# A battle too big for Bilbo?

» 'The Hobbit: The Battle of the Five Armies' review

**Adam Tatelman**  
Senior Columnist



In *The Hobbit: The Battle of the Five Armies*, Thorin Oakenshield has a fever dream in which he drowns in a river of the very gold he sought so desperately. I can think of no visual metaphor to better describe the current state of the *Hobbit* film franchise. With all the money he made through the *Lord of the Rings* trilogy, director Peter Jackson's attempt to make three more movies out of a shorter, simpler novel results in an amorphous, hog-wild mass with more pacing problems than a sprinter with a heart condition.

If each *Hobbit* film roughly corresponds to a first, second, and third act, then *Battle* is essentially a three-hour climax. Unfortunately, this means the films don't stand well on their own and, as such, the trilogy as a whole shoots itself right in the hairy foot.

Case in point: this movie kicks off with a slam-bang fight against Smaug the Dragon and then spends an entire hour trying to continue with progressively inflating CGI action sequences whose context only disintegrates over time. Once the thousandth

identical CGI orc was slain and I heard Thorin speak the lines, "Goblin mercenaries. No more than a hundred. I'll take care of them," all dramatic tension had evaporated and I was left praying for an end. It's all visually impressive and well-choreographed, but why focus on a battle which, in the book, was only a few pages long? Doesn't this fantasy warmongering contradict Tolkien's anti-war philosophy?

This leads me to the second pedial bullet wound: the criminal underutilization of *Battle's* all-star cast. So much of this film is focussed on scale that it forgets about that little guy. For a movie called *The Hobbit*, you won't see much of that Bilbo Baggins dude it was supposed to be about. Where *Return of the King* closed the *LOTR* trilogy by giving each character a sendoff, *Battle* ends abruptly and unceremoniously, then asks us to be happy with a cameo from Ian Holm and a musical number by Billy Boyd. When the credits rolled I was sad and unfulfilled, and that's not how Tolkien usually makes me feel.

Many of Jackson's earlier films were campy, over-the-top cheesefests with a lot more heart than brains. In that respect, *LOTR* was easily his most focussed theatrical

vision. By comparison, *Battle* is poorly structured; the plodding tale unfolds at the speed of glaucoma, denying closure to basically everyone who had a stake in the eponymous battle, in favour of closing off a bunch of superfluous side-stories nobody asked for and fewer people liked (e.g. the Legolas/Tauriel/Kili love triangle, the rescue of Gandalf from Angmar).

I can already hear the shrieking chorus of tremulous voices decrying me as one of those basement-dwelling Tolkien purists who probably speaks fluent Elvish and treats *The Silmarillion* as gospel. While it's true I named my pet lizard Smaug, my love of the lore isn't what kept me from enjoying this film. If you want to build on the source material, I'm game. But when you do this at the expense of story beats that didn't need to be cut or changed, you achieve nothing other than artificially fattening a narrative whose very brilliance was in its brevity.

While I'm sure many will enjoy *Battle's* art design and performances, I would have preferred "the final journey to Middle-Earth" to be handled with a bit more gravitas. Given Jackson's professed love of Tolkien's work, I'm rather surprised he didn't feel the same way.



# A crossover of fairy tales

» 'Into the Woods' movie review

**Jerrison Oracion**  
Senior Columnist



Based on the hit musical by composer Stephen Sondheim (*Sweeney Todd*) and playwright James Lapine (*The Moment When*), the film version of *Into the Woods* follows the story of a baker (James Corden) and his wife (Emily Blunt) who wish to have a child. Before they can, they need to find four items for a

witch (Meryl Streep) who in exchange will end the curse on them.

As they journey into the woods in search of a white cow, a red cape, yellow hair, and a gold slipper, they meet familiar fairy tale characters including Cinderella (Anna Kendrick), Prince Charming (Chris Pine), Little Red Riding Hood (Lilla Crawford), and Jack (Daniel Huttleston) from *Jack and the Beanstalk*.

The film's first half features a lot of great songs and classic fairy tale moments. Johnny

Depp's portrayal of the Wolf is fantastic but brief—the movie could have shown more of him. The film's stars who aren't known for singing all sing well in the movie.

However, *Into the Woods'* second half causes the film to go downhill when it takes a dark turn and reveals that not all fairy tale characters get a happy ending. While the film is interesting, it focusses a lot on the baker and his wife when it could have shown more of the other characters' stories.





## Chairman of the Board: Just keep flying

» 'Firefly: The Game' board game review



**Ed Appleby**  
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Board games based on licensed products are usually not good. They are either a cosmetic upgrade to a classic board game, or a rushed out game with clunky mechanics or gameplay that distances itself from the source material. Being a self-professed Browncoat, I was thrilled to discover this is not the case with *Firefly: The Game*.

*Firefly: The Game* is a pick-up-and-deliver style game for one to four players, designed by Aaron Dill, John Kovalski, and Sean Sweigart in 2013, and published by Gale Force Nine. Players pick a ship and a captain

and then proceed to fly around the 'verse building a crew and completing jobs of various states of legality for a variety of shady characters, all the while staying clear of the Alliance cruisers and ships full of carnivorous Reavers.

The game is won by being the first to complete the required goal, which is chosen at the beginning of the game. The goals range from pulling off a big job, to just making enough credits to retire. Some goals are for single player games and others are for multiple players, making the replay value of the game quite high.

However, there are a few downsides to the game. The rule book is small and information can be hard to find during gameplay, which makes the

game hard to play as a beginner. Game length tends to run at least double the estimated time given on the goals. Finally, as fun as it is to see all of your favourite crewmates from the *Serenity*, they are very overpowered compared to the rest of the crew in the game, leading to unbalanced gameplay from a lot of crew poaching by other players.

I was very pleasantly surprised how much material the designers managed to get out of the source material. The game itself feels like it belongs in the appropriate universe. I would recommend the game to any fan of Joss Whedon's series, or anyone who wants a complex, but not too complicated, game and aims to misbehave for a few hours.

## Not another cheap imitation

» 'The Imitation Game' review

**Megan West**  
Contributor



Based on a true story and set in England in 1939, *The Imitation Game* brings back to life the behind-the-scenes efforts of mathematician Alan Turing and his team to end the war through means of cracking an "impossible" Nazi code called Enigma.

Many movies depicting historical events tend to be loaded with Hollywood extras and overacting in order to glam up the viewing experience, but this film does no such thing. Now don't let that imply that this movie is boring, because it is anything but.

Benedict Cumberbatch, who plays Turing, and Keira Knightley, who plays Joan Clarke, give absolutely stunning performances that have already been recognized as worthy for Oscar nominations and should, in my opinion, win hands down.

Determined to find a way to crack Enigma, Turing creates an ingenious machine, which he lovingly refers to as "Christopher," that looks for patterns in the intercepted German messages. Throughout the process of doing so, he is depicted as an underdog with social anxiety (which has been said to be inaccurate) who rises above his awkwardness by living by the motto that "sometimes it is the people that no one imagines anything of that do the things that no

one can imagine." The film also deals beautifully with other social issues of the times, such as women's rights and homophobia.

Regardless of the fact that this movie is by no means action-packed, I found myself with goosebumps a number of times over the course of the two hours. Not only is the film heartwarming, it is infuriating in the best possible way, leaving you thinking about the big picture long after you leave the theatre.

Coupling together the perfect screenplay and the beyond incredible acting, I'm going to say that, without a doubt, *The Imitation Game* was the best movie of 2014. Now all there is left to do is wait for the Academy to prove me right.



## Comic Corner: The space western continues for Browncoats

» 'Serenity: Leaves on the Wind' review

**Brittney MacDonald**  
Life & Style Editor

I have never hidden my extreme love for science fiction, and Joss Whedon's *Firefly* television series is no exception. In fact, one of my first reviews for the *Other Press* was *Serenity: Those Left Behind*, a graphic novel that focussed on the timeline between the end of the television series to the beginning of the 2005 movie continuation, *Serenity*. Though I loved its comic sequel, *Leaves on the Wind*, it doesn't quite match my adoration for *Those Left Behind*.

Written by Whedon's brother, Zack Whedon, *Leaves on the Wind* picks up after the end of the 2005 film. Captain Malcolm Reynolds and his crew have gone into hiding to avoid the backlash for revealing the powerful Alliance government as responsible for the origin of the much feared Reavers. Now pursued by both the Browncoat rebels and the

Alliance government, the crew is forced to come out of hiding after Zoe suffers complications during the birth of her and Wash's daughter, Emma.

Though I enjoyed the story arc of *Leaves on the Wind*, I did find that there were times when the narrative would drag on too much. This is common with works that were originally published in single-issue format because cliffhanger endings will encourage a reader to pick up the next issue.

The art by Georges Jeanty, who is best-known for his work on the *Buffy* comic series, is bright and dynamic. It is bold, with good use of colour theory and earth tones to avoid use of too much black. The one thing I found missing was the almost painting-like quality the panels had in the earlier *Serenity* series.

Overall I enjoyed this novel, but I would definitely recommend watching the film *Serenity* before picking up *Leaves on the Wind*.



# Kickstarter in the Community: Sweet words for nerds

» Valentine's Day goes to the geeks with science-themed cards



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Now that Christmas is over, it's time to start thinking about the next card-giving holiday: Valentine's Day. No longer just a holiday for mushy romantics, Valentine's Day is about to get geeky with Nerdy Words, a new card-making company from Tottenham, Ontario.

Founder Christine Snyder, who has a Ph.D. in Biomedical Science and a background in graphic and website design, recently ran a successful Kickstarter campaign to fund the production of six Valentine card designs that cover a variety of science topics, including physics, chemistry, biology, computer science, and statistics.

"I wanted to introduce new sources of humour to academics, scientists, and all-around science lovers, and I thought greeting cards were a very personalized way of doing so," Snyder wrote to the *Other Press*. "There are very few science-related greeting cards currently on the market, and I think it provides the intellectual community a unique way to express their nerdy feelings."

The Valentines feature geeky phrases such as "Your energy excites my photons"

and "For my statistically significant other," accompanied by Snyder's illustrations of animated hearts with DNA fragments, light bulbs, Schrödinger's cat, and more.

"I am a frequent visitor of estate sales and auctions, and I just love vintage cards, books, posters... really anything! This was my inspiration for the illustrations," she wrote. "I tried to cover as many disciplines as possible for the sayings, so that I could reach a large audience."

Snyder also expects the Valentines will appeal to those outside of the geek and nerd community. Fans of the television show *The Big Bang Theory* will likely recognize concepts like Schrödinger's cat, which has been mentioned in the show.

"I have had many non-geeks express their interest in the cards," she wrote. "I love how *The Big Bang Theory* has really bridged a gap between the science and the non-science community, and I hope that fans of the TV show will also find the cards humorous."

The Valentines were also designed to be environmentally responsible, so the cards are printed on recycled and uncoated cardstock, the envelopes are made from recycled post-consumer waste, and the product is packaged in compostable, plant-based cellophane bags.

"The shipping materials are also recycled/recyclable/biodegradable, which is something that is very important to me and hopefully others," Snyder wrote. "I feel that eco-friendly shipping materials get overlooked by many companies, and now that online shopping is becoming more and more popular, it is important that our shipping material does not just end up in the garbage."

The Kickstarter campaign raised over \$2,500 from more than 100 backers, becoming a Kickstarter Staff Pick and more than doubling its \$1,000 funding goal.

"The Kickstarter campaign has exceeded my expectations!" Snyder wrote. "I am so excited that we met our goal and I plan to use the additional funds to get our website and online shop up and running quickly. That way if anyone misses out on the campaign they can still order Valentines online."

Nerdy Words will eventually expand to include science-themed cards for other holidays such as Christmas, Easter, and Mother's Day. The company currently has a line of birthday cards in the design phase, which will be the focus of Nerdy Words' next Kickstarter campaign scheduled for February/March.

For more information about Nerdy Words, check out the website at [nerdywords.ca](http://nerdywords.ca)



# Historical drama delivers blood, battles, betrayal

» 'Marco Polo' (sometimes) entertains and educates



**Cazy Lewchuk**  
Staff Writer



Netflix portrays a wide range of shows, from the prison dramedy *Orange Is the New Black* to the political thriller *House of Cards*. The streaming service has continued creating captivating shows with its latest, a historical drama called *Marco Polo*.

The series is set in Mongolia in the year 1273, shortly after

Genghis Khan's reign over much of Asia. His malicious grandson Kublai Khan (Benedict Wong) rules a majority of the continent, in a performance memorable enough that he may possibly be the most entertaining part of the show. Italian merchant traveller Marco Polo (Lorenzo Richelmy) is given by his father to Khan in exchange for the rest of the travellers' freedom after their party is captured. The show follows his training and adventures throughout the Mongolian empire, with no shortage of war and betrayal.

There are plenty of graphic (although not super explicit) portrayals of sex and violence—

the very first scene features a massacred village full of impaled citizens. The first two episodes feature sword fights, brothels, and dozens of bodies. It's a bit like *Game of Thrones*, except (mostly) a true story and with a primarily Asian cast and environment.

The visuals are perhaps the most entertaining part of *Marco Polo*. Filmed on a \$90-million budget for 10 episodes, there's plenty of exploration of the Mongolian scenery. There is, of course, plenty of period dress and armour. Even the shots are quite memorable—one particular scene in episode two features a 360-degree long shot

for a sword fight across the desert as hundreds of soldiers watch.

Although the plot itself is a bit tedious and almost boring in parts, *Marco Polo* is an exciting watch for anyone who enjoys historical fiction and/or shows like *Game of Thrones* or *Rome*. The setting and true context of the plot make it fun to watch for the educational aspect, as it's a neat way to learn about a faraway country from long ago. It's almost a completely different world from ours but still grounded in reality, which translates to entertainment.

Another drawback of the show is the characters. With the

exception of Khan, most of them have little depth and are almost boring. It's hard to get involved in the storyline when you're not quite sure who's who or why you should care about what they're engaged in.

Nevertheless, it's an exciting show to watch (perhaps in a binge period) on Netflix, especially if you care more about the sword fights and sex than the actual historical context or storyline of a series. It's an impressive and promising achievement for Netflix, and shows that the streaming service is capable of creating original series from a wide variety of genres and spectacles.

# Ryan Hemsworth resists pop music with 'Alone for the First Time'

» This recent Juno winner hasn't let success change his aesthetic



**Beau Bridge**

*The Peak (NUW)*

Ryan Hemsworth's 2014 release, *Alone for the First Time*, maintains his trademark eight-bit, intimate bedroom electronica that fans have come to love, while simultaneously painting a more personal picture of the artist than previous releases.

Winning Electronic Album of the Year at the Juno Awards in April has not affected Hemsworth's style.

"The Juno has helped with regards to recognition, but the music itself is not reflected by it so to speak," Hemsworth says over the phone on a quiet morning in Toronto.

As the album opener, "Hurt Me," begins with a lovely synth-string melody that reflects those sentimental soundtracks of video games like *Final Fantasy*, you find yourself immediately pulled into a space that is simultaneously wondrous, yet lonely and



somber. Fans will find it a lot quieter than his previously R&B, pop-melody inspired *Guilt Trips*, and frankly, that is not a bad thing.

As the glockenspiel and xylophone samples drive over sustained fuzz synths in tracks like "Snow In Newark" and "Blemish," there is a sense of self-reflective comfort that could be equalled to wrapping yourself up in a blanket on a cold winter day. Aside from

the vulnerably voiced choruses that plead for lost love in "Walk Me Home" and "Surrounded," Hemsworth is capable of producing a surprisingly human feel that tends to be difficult to find in electronic music.

"Other than the fact that this album was mostly produced by myself in dark hotel rooms, I try to add some live instrumentation in to add that humanistic quality—the guitar in 'Blemish' was me

playing guitar and some of the drum samples are complicated pieces of a live drum kit that I'll mesh together," explained Hemsworth.

The lonely, vulnerable aesthetic of *Alone for the First Time* is ironically unexpected. Winning a Juno Award is arguably the Canadian equivalent of winning a Grammy, which any young, up-and-coming artist would likely want to reflect on in their

following album. However, these potentially boastful, "lean-towards-the-masses" undertones are significantly absent in *Alone for the First Time*.

"Becoming the biggest artist in the world is not really a goal to me as much as it is to make my own work, and I get how people could react to this based on circumstance, but it's just not something I really think about," said Hemsworth.

The album does not intend to go against this recognition, but rather acts as an ineffectual nod to the circumstances that may naturally be forgotten as time goes on.

*Alone for the First Time* proves that Hemsworth is still the awkward, vulnerable artist that fans have grown to love for his nostalgically warm, bedroom electronica. However, listeners will inevitably leave *Alone for the First Time* with a feeling that is equivalent to discovering a deer in the forest that flees before you even get to know what it's truly all about.

## Shelf Indulgence: As she sews...

» "The Incomparables" book review

**Joshua Grant**

*Senior Columnist*



Some novels grab you right away with strong, specific detail, forcing you into the head of a relatable character. Such novels are easy to fall in love with. Alexandra Leggat's *The Incomparables* is not one of those novels. Its surface is resistant at first, and difficult throughout.

*The Incomparables* follows Lydia, a theatre costumer who is freshly unemployed, split from her husband, and returned to her family home, which is now a small-town bed and breakfast run by her mother. She's used her art to take revenge on her unfaithful ex and lost her job because of it. Now shamed, she swears never to sew again, but the guests at her mother's B&B, a mysterious group known as "the Counsellors," have other ideas, and she soon finds herself caught up in the preparations for a bizarre wedding ceremony, involving a mysterious masked bride.

This is a dense novel that should not be read quickly. Leggat's attention to detail—particularly tactile detail—is extraordinary, and some sections leap out and come to life only on careful reading. It's also an immensely frustrating, restricting read, as we spend the novel firmly stuck in the head of Lydia, who is never very sure of what's going on, distracted and haunted by everything, and caught up in the tactile, almost to exclusion. This is a bold choice on the part of the author, and it plays out consistently; after reading the book, you get the sense that you know how every surface in Lydia's life feels.

There's a lot to get from *The Incomparables*, but it's not light, nor fun, and not terribly satisfying. The plot unfolds slowly, tortuously, and the characters seem to be invested with unrevealed secrets. Even Lydia is difficult to like until a flashback halfway through the book describes her theatrical, almost comical, fall from grace.

As difficult as it is, the interesting writing and odd plot make *The Incomparables* a worthy read—if you're willing to give it your full attention.

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*This issue:*

- ☑ What to expect in 2015
  - ☑ The year that was and the year that will be
- And more!

Have an idea?

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# Kinesics: The exciting science of body language

» What your gestures say about you

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Kinesics is an exciting yet complicated science of behavioural patterns in non-verbal communication. To understand the body movements and signs, experts need to take into consideration cultural and environmental differences. Anyone who is unfamiliar with the cultural nuances of the body language has every chance to misinterpret what they see.

We convey more messages, consciously or subconsciously, through our body than with our words. In fact, we convey more than 60 per cent of our thoughts during any conversation through body movements and very little, sometimes less than 20 per cent, through verbal communication.

Dr. Ray Birdwhistell, the founder and father of kinesics, in his manual *An Introduction to Kinesics*, tried to put together an annotation system for body language. He attempted to break all the body movements into their basics, giving them symbols. The system is based on the assumption that every body movement has a meaning and none are accidental. Separating the significant from the insignificant gestures, the meaningful from the totally random ones, or the conscious from the unconscious are important factors to be considered in interpretation of body language. Starting with the eyes, as they are the most powerful and expressive source of communication in body language, Birdwhistell chose simple symbols such as a diamond for an open eye and a line for a closed one. Combinations of these symbols were used to interpret body language.

Eyes can transmit subtle hints, and the most important technique of eye management is the look or the stare. Over

a period of time, researchers revealed some interesting facts about “stares.” When people speak a lot they look at their listener very little, and when they listen they look at the speaker a lot. When people start to speak they look away from their partners at first. There is a subtle pattern in speaking, listening, looking, and looking away. When someone looks away while speaking, it generally means they are still explaining themselves and don’t want to be interrupted. A locking of the gaze in such situation is a point to interrupt. If they give a pause but don’t look directly into the eyes of the listener, this means they are not finished yet or looking for a response. This is mostly observed during an interview when 27 to 92 per cent of the time people look away from their interviewer.

Sometimes during a semi-formal conversation if you look away and to the sides without turning your head, it may mean, “I am not certain about what am I saying.” If while listening you suddenly look straight into the eyes of the speaker, you are indirectly saying, “I agree with you and I am listening to you carefully.” When you look away with your head slanting in the direction you are looking, you convey to your speaker, “I do not want you to know my feelings and I am not very interested in this conversation.” It is particularly true when the speaker is critical or insulting—this is why kids often look away when you scold them.

Staring is a strong signal if we wish to treat someone with a contempt or ignore them. It can make or break a person by giving them human or non-human status. Generally we don’t stare at human beings and stares are reserved for non-human things only. We stare at a piece of art, a painting, a sculpture, scenery, and at the animals in the zoo, but we don’t stare at humans

if we want to extend a human treatment toward them. Criminal investigators stare at suspects because they look at them as subjects for evidence and information—not humans. They add human character to the people only after talking to them.

Staring at strangers like this should be avoided in order to acknowledge their humanity, yet we must not ignore them. Look at the unfamiliar faces long enough only to make it clear that we see them and then immediately look away. This way we convey with our body language, “I know you are there but I would not intrude on your privacy.” If you pass someone in the street you might eye the oncoming person until you are about eight feet apart. Then you must look away, each looking briefly in the direction you are walking. Such brief daily encounters signal that we are not afraid of the people who walk with us on the streets. This look-and-look-away technique is used almost every second we are alive, often unknowingly. Some use it correctly and some don’t.

Marketing companies use the subconscious interpretation of body language that our minds do largely for their benefit. Studies show that the pupils of our eyes become twice as large when we see something pleasant or arousing. This principle is used to test the effect of the TV commercials and their likability. Our gestures of arms and shoulders show our willingness or unwillingness to buy the product. Our finger movements can suggest our interest in knowing more about the product or dissatisfaction from the product if used in past.

The study of these minute human non-verbal movements is a world of its own where we actually know that things are not as deceptive as verbal language. Yes, actions do speak louder than words.





# WHAT TO EXPECT IN

# 2015

By **Mercedes Deutscher**, Staff Writer

*We might not have the superfast travel technology but the year 2015 has a lot to offer and watch out for. Elections, Star Wars, Eurozone, and S6 are some expected events and releases which the world will look forward to.*

At this time during any year, we are often filled with resolutions and eagerly anticipate what will take place during the year. The year 2015 is no exception. Although it's impossible to predict everything that will happen in the future, it is exciting to look forward to this year's anticipated politics, events, and innovations.

## Politics in Canada

It is highly probable, if not certain, that the 42nd federal election will take place this year on October 19. The frontrunners for this election are current PM and Conservative leader Stephen Harper, Justin Trudeau of the Liberal party, and Thomas Mulcair of the NDP.

In the previous federal election, the Conservative government won a majority government. However, according to current polls, that may change. Since the 2011 election, the Liberal party's

popularity skyrocketed from third place to first. This change in public opinion is most likely due to the rise of Justin Trudeau, son of former Prime Minister Pierre Trudeau, as the party's leader in 2013.

Mulcair has brought forth the promise of a \$15-minimum wage if his party is elected to power, while the Harper government has reformed employment insurance rates to better suit the small businesses.

## Politics around the world

The Eurozone is continuing to grow. On January 1, Lithuania became the 19th country to join the Eurozone. The euro replaced the litas as the nation's currency.

The United States and South Korea are expected to dissolve the post-Korean War Combined Forces Command. The Command was created in 1978, two decades following the end of the Korean War.

Queen Elizabeth II is the second-longest reigning monarch (after Queen Victoria). If the Queen is still reigning on September 9, 2015, she will surpass Queen Victoria as the longest reigning monarch.

Although Americans

won't be heading to the polls until November 2016, the US and the world can expect the Presidential election campaigns to begin early. As of now, it appears that either Hillary Clinton or current Vice President Joe Biden will be running for President for the Democratic Party. As for the Republican Party, Rick Santorum, former US Senator of Pennsylvania; and Michelle Bachmann, the US Representative from Minnesota, have both expressed interest in running.

## Innovations

It looks like 2015 is shaping up to be a big year for NASA.

In April, NASA's *Dawn* space probe is scheduled to arrive at Ceres, a dwarf planet that is also the largest object in the asteroid belt between Mars and Jupiter. Visiting Ceres is the second half of *Dawn's* mission, after previously visiting protoplanet Vesta. Should *Dawn* successfully orbit Ceres, it will be the first time a spacecraft orbited two separated extraterrestrial bodies.

In July, NASA's *New Horizons*, launched in 2006, is set to fly by Pluto and Charon. At that point, *New Horizons*



will explore the area for five months. After its exploration, *New Horizons* will make its way towards Kuiper Belt and eventually out of the solar system.

Another project that NASA is starting on in July is the LISA *Pathfinder* spacecraft. This spacecraft is built to research gravity and see if two free-falling bodies follow geodesics in spacetime.

Metal foam, a new material being developed by German engineers, will help make future trains much faster, safer, and lighter. It will likely be experimented with by August 2015.

Much to the disappointment of *Back to the Future II* fans, there are no planned releases of a hover board.

## Technology

Starting this year, 3D printing is expected to become more affordable, partially due to the industrial use. The use of 3D printers will be also increased in biomedical and consumer applications.

There are several anticipated smartphones being released. Although Apple hasn't

hinted at any new releases following the iPhone 6 and iPhone 6 Plus, the Galaxy S6 is expected to be released, and is hoped to recover the company's losses after the unsuccessful S5. The S6 has some great internal hardware, such as 4GB RAM, 5.2 inches of ultra high-definition display, Android 5.0, 21 MP that record at 8K resolution, and more.

Other major smartphones to be released in 2015 include the Sony Xperia Z4, HTC One M9, and the LG G4.

Both Apple and Samsung are releasing new tablets this year. Apple is releasing the iPad 7, the iPad Air 3, and the iPad Mini 4. All of these iPads run on iOS 8, with fantastic retina screens, the touch ID finger sensor, and a fast Apple A8X processor.

2015 is also going to be host to several new and updated operating systems. Windows 10 has an expected 2015 release. Many consumers are hoping that Windows 10 is the Windows 7 upgrade that they wished that Windows 8 would be. More details about Windows 10 will be released at Microsoft's Build Conference in April.

As for Apple, iOS 9 will be coming to iPhones in

September.

While the following gadgets have been discussed often over 2014, it is in 2015 that they will be released. The Oculus Rift, a headset that allows the user to experience a 3D virtual reality display, will hit the market in 2015. Although the official release date has not been announced, the developers have stated that they are very close to a final release.

The Apple Watch, which was originally expected to be released this past fall, is now expected to be released in the spring.

While an early version has already been released in the UK, Google Glass has an expected public release later this year.

Several well-anticipated game titles will be hitting the shelves. Although we won't know all of the big game titles until E3, gamers can pick up *Metal Gear Solid V: Phantom Pain*, *Batman: Arkham Knight*, *Red Dead Redemption 2*, and *Halo 5: Guardians*.

## Pop Culture

The world is expecting some very exciting and much-

awaited movie releases. Several famous franchises will continue.

After three years, Marvel will release the much-anticipated *The Avenger* sequel, *The Avengers: Age of Ultron*, on May 1. Marvel will also release a new version of *The Fantastic Four* in August.

*The Hunger Games* saga will come to a close with *The Hunger Games: Mockingjay, Part 2*, in late November. Another successful dystopian series, *Divergent*, will get a continuation in *Insurgent*, expected for a March release.

Arguably the most anticipated movie release for 2015 is *Star Wars: The Force Awakens*, which will be released on December 18. The seventh instalment (and seventh episode) of the *Star Wars* saga comes 10 years after the prequel trilogy ended, and 38 years after the release of the original *Star Wars* film.

There are some upcoming events in 2015 to be held in Vancouver and nearby areas which you wouldn't want to miss as well! You can go to [www.tourismvancouver.com](http://www.tourismvancouver.com) and look for some great adventurous, amusing, and fun events of your interest.



# The year that was and the year that will be

» Reflections and predictions on 2014-15

**Chitwan Khosla**

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Twitter and Facebook rate events and bring us news according to interest and clicks. Twitter trends and newsfeeds spread more information than TV news anchors, so it's definitely more interesting to start to see the year through the eyes of the Internet. Now I bring to you some of the exciting news reports, fascinating scientific breakthroughs, and biggest newsmakers that brought fear, smiles, and amusement into our homes, as well as what to expect in 2015.

## Social

In 2014, the FIFA World Cup in Brazil drove more Facebook conversation than any other event in the website's history.

The legendary ALS Ice Bucket Challenge videos became a global sensation, raising about \$100-million in donations for the ALS Association, while bringing up some controversies on water conservation.

Many celebrities such as Jennifer Lawrence, Kirsten Dunst, and Kate Upton came face-to-face with dirty publicity when their nude photographs got leaked on the Internet; this brought privacy issues into

direct conflict with technology.

*The Interview*, a controversial movie based on the fictional assassination of the North Korean dictator, garnered as much publicity and tweets for its release issues as it did about the movie itself.

Apple's iPhone 6 and iPhone 6 Plus drove Apple lovers crazy around the world. The Samsung Galaxy S5, Apple iPad Mini 3, Google Chromecast, Sony Playstation 4, LG G3, Smart watches, and many more technological advancements arrested the attention of gadget freaks.

## International

The Ebola virus not only shook the World Health Organization (WHO) and the countries affected by it but the very trust of humans in their long-term existence.

The US remained in the news for many different reasons. On January 1, Colorado became the first US state to legalize the use of marijuana for recreational purposes. A few others such as Washington, Alaska, and Oregon joined later in the year.

Same-sex marriages made large developments legally and socially, as well: by the end of the year, 35 US states legalized gay marriage, and even Pope Francis took a powerful stance on homosexuality with his now-famous statement, "Who am I to judge?"

The Twitter trend #BlackLivesMatter was consistently in the news, in response to police brutality against black people.

US army Sergeant Bowe Bergdahl was released by the Taliban after keeping him captive for five years, in return for five high-ranking Taliban prisoners.

India, the largest democracy in the world, held its largest election in history, and for the first time brought a government with a sweeping majority into the power.

Shootings at Parliament Hill in Ottawa on October 22 drew international attention, and brought discussions of terrorism and racial profiling to the fore in Canada.

The Ukraine saw major changes in its political landscape after Russia's annexation of Ukraine's Crimea peninsula.

The kidnapping of 276 school girls from a school in a Nigerian village by the militants of Islamist movement Boko Haram caused international outrage, but the girls are still missing.

Since the peace talks mediated by the US collapsed in April, the Israeli-Palestinian violence saw bloodshed of thousands, leaving the world in utter shock. The UN reports astounding numbers of sufferance in Syria and Iraq, with thousands injured, killed, and registered as refugees since

the radical Sunni Islamic group ISIS rose to power in these countries in 2014.

Terror resurfaced in Pakistan leaving 137 school children fatally shot by the Taliban in Peshawar in December.

Airlines experienced some significant turbulence. Malaysian Airline Flight MH370 with over 239 passengers on board went missing in March, and in July Malaysian Airline Flight MH17 with 283 passengers on board was shot over the Ukraine-Russian border. AirAsia flight QZ8501 crashed in the Java Sea in December, and remains are still being searched for.

## Scientific

Landing of the spacecraft "Philae" by European Space Agency on a comet 300-million miles away and NASA's discovery of Kepler-186f, an Earth-like planet, were some of the major space exploration breakthroughs of the year.

Scientists pursued a genome study of 45 bird species representing every bird group alive.

A Swedish woman gave birth to the first baby born via a transplanted uterus, giving hope to other women who have undergone the procedure and worried they might not have children.

## What's to come?

In 2015, we will probably see many of the repercussions of 2014. Major legal reforms are expected in the US on police authority and accountability, gun laws, and immigration policies.

The UN also has much on its agenda for this year. Some of the noticeable ones include resolving the political disturbance in the Israel-Palestine region as Palestine will soon be charging Israel in International Criminal Court for war crimes; settling the refugees of war from Syria; research on vaccines and treatment for Ebola by WHO, controlling Ebola from ground zero; and reaching the displaced people in Ukraine with humanitarian aid.

Cloud Computing will be a major trend in 2015, and is predicted to generate almost 14-million jobs worldwide. The development of 3D printing is expected to grow in use by 98 per cent by the end of the year. European Data Relay Satellite is being constructed at the cost of \$562-million, and will allow faster transmission of data through laser technology. Wireless charging, asteroid mining, and rise of drone technologies will further develop and surprise the world.

*This issue:*

- ☑ Hidden tracks
  - ☑ DIY Beauty
  - ☑ Bacon alternatives
- And more!

Have an idea for a story? Let us know!

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# Meatless Monday

» Baked spaghetti squash and cheese

**Brittney MacDonald**  
Life & Style Editor

Start by heating your oven to 400 F, then take your halved spaghetti squash and lay it, flat-side down, on a baking sheet. Once your oven is heated up, roast the squash for about 40-50 minutes, or until the squash has softened.

The flesh should easily come off of the squash now, so remove the peel and set the squash aside—wait until it's cooled down a bit first though, and be careful not to burn your fingers!

Reduce oven temperature to 375 F.

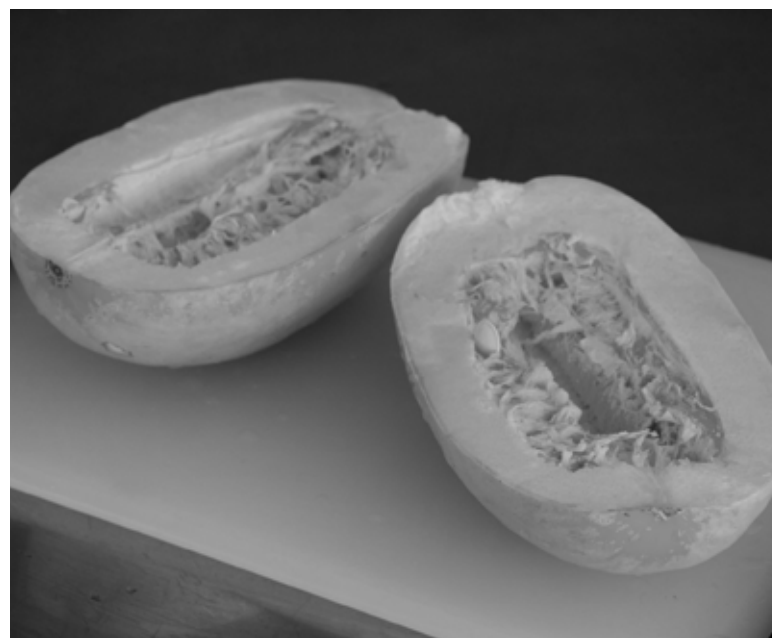
On your stovetop, melt the butter in a pot over medium heat. Once the butter is melted, stir in the flour and mustard until it's smooth. Slowly stir the milk in with the mixture until it looks like heavy cream, then remove it from heat.

Mix the squash, spinach, and cheese in with the milk mixture. Stir it until the cheese has melted, and then pour it into a 9x13 baking dish. Sprinkle the top with bread crumbs and parmesan cheese, then bake in your oven for about 10 minutes.

Serves 10

**Ingredients:**

- One spaghetti squash, cut in half and with seeds removed
- 1 tbs. butter
- 1 tbs. all-purpose flour
- 1/5 tsp. dry mustard
- 2 cups milk
- 342g white cheddar cheese
- 1/4 cup white bread crumbs
- 2 cups parmesan cheese, flaked
- 2 cups baby spinach



# Stop HIV & Hep C now

» Your partner's got HIV, but you've got options

**Andrea Arcscott**  
Senior Columnist

You and your boyfriend have been dating for a while now, and you feel the relationship is going to progress to the next level—a sexual level. You decide it's time for a chat about testing for HIV and other sexually transmitted infections (STIs) and take him out for a picnic in a quiet park where you will both be relaxed. That way, if your partner has an illness or infection to tell you about, he will be more likely to open up. After some food, you bring up your own experiences with HIV and STI testing and ask him if he's been tested lately.

He hesitates, then responds: "I want to be honest because I really care about you, and I'd love to see where this relationship is headed. I'm really glad you brought this up because I wasn't sure how to do it, but I am HIV-positive."

He goes on to explain that although the virus is in his body, the anti-HIV drugs he takes have resulted in an undetectable viral load (the amount of the virus in his body fluids). This means the risk of HIV transmission during protected vaginal sex is extremely low.

Although you're surprised and a bit worried, you have

feelings for this guy and want to give him a chance. You bombard him with questions and jump way ahead and ask him if he can have kids. He says, "Unless I have a sperm problem that I don't know about, yes, I can. But even though my viral load is undetectable, there's still a risk, so we'd have to weigh the pros and cons with my specialist."

A webinar at [Catie.ca](http://Catie.ca) states there is a 0.08 per cent chance of HIV transmission during receptive vaginal sex without a condom, but this number increases as the number of unsafe sexual acts increase. The webinar presenter, James Wilton, offers an example: after 300 exposures, there's a 25 per cent risk of being infected with HIV from your HIV-positive partner. Wilton therefore warns that the percentages should not be underestimated.

If the two of you eventually choose to engage in condomless sex or want to try to have a baby, you've got options. One of those options is called PrEP (pre-exposure prophylaxis). PrEP is an anti-HIV drug that HIV-negative people can take to reduce the likelihood of contracting the virus from their HIV-positive partners. You could consult a doctor to discuss the benefits and disadvantages of taking PrEP on a daily basis.



As with any medication, there are side-effects. [Catie.ca](http://Catie.ca)'s fact sheet on PrEP says that anti-HIV drugs "may negatively affect a person's quality of life." If a person starts PrEP and contracts HIV while taking these medications, but is not aware they've been infected, they could develop resistance to the drugs. This is problematic because the drugs are the same ones used to treat HIV.

The riskier activity would be to engage in condomless sex with a male stranger who is unaware he has HIV because the last test he had didn't include his sexual partners from within the one- to three-month window period. A person in this acute stage of HIV is extremely infectious and can pass the virus on more easily

than someone who has had HIV for years. This means their viral load is high, which, according to Wilton, can increase the risk 26-fold.

Although PrEP is not approved in Canada, [Catie.ca](http://Catie.ca) advises that some doctors may be willing to prescribe it "off-label." They also warn that PrEP shouldn't be considered as a replacement for condoms, as it only provides partial protection against HIV and doesn't protect you from other STIs.

According to [Positive Living BC](http://PositiveLivingBC.ca), in Canada there are an estimated 71,300 people living with HIV/AIDS, and according to [Newsroom.gov.bc.ca](http://Newsroom.gov.bc.ca), 13,000 of them are British Columbians. Since HIV doesn't discriminate, you cannot recognize the face of HIV. The only way to know

if your sexual partners are HIV-positive is to ask them when they were last tested. Don't raise the topic when you're in bed with the person or about to get it on at the drive-in—this discussion requires a little pre-planning and some careful consideration.

Stop HIV now. Know your options and protect yourself and others.

The Purpose Society testing clinic at 40 Begbie Street in New Westminster will be providing anonymous and rapid HIV testing and STI and hepatitis testing on January 16. It will also provide vaccines, free harm reduction supplies, and condoms! Any questions? Email the Purpose Society at [sexyquestions@purposesociety.org](mailto:sexyquestions@purposesociety.org) for a free, discreet answer.



## Hidden tracks

» Must-have music for movie lovers

**Brittney MacDonald**  
Life & Style Editor

A music lover's iPod is a confusing place, but nowhere near as confusing as a movie lover's. So what are those classic soundtracks that every self-professed movie lover should check out for their own listening pleasure?

**Dangerous Minds:** Originally released in 1995, this film featured an incredibly poignant and hard-hitting soundtrack that spoke to the difficulties of growing up in an urban ghetto. The movie's standout track is "Gangsta's Paradise" by Coolio and L.V.,

and though rap is not for everyone, this song spoke to the anger and frustration everyone has experienced.

**Once:** Released in 2006, I wasn't a huge fan of this film, but I did love the music. Much mellower than the tracks in *Dangerous Minds*, this movie's standout track was "Falling Slowly" by the film's stars, Glen Hansard and Marketa Irglova. This song has been covered more times than I can count on reality singing shows like the *X Factor* and *American Idol*, mostly because of its instant emotional effect on an audience.

**The Fountain:** It's hard to go wrong with any film

that features music by Clint Mansell, and this 2006 film is no different. There are no vocals beyond some lines worked in from the film, so if that isn't your thing then I'd avoid this album. But if you're like me and find vocals distracting, this is probably going to be your perfect study playlist. I can't pick one standout track, because the entire soundtrack flows together almost seamlessly with its definitive use of piano and orchestral arrangement.

**Purple Rain:** I can't pretend that this movie was some great epiphany in film creation, but it was certainly worth production if only for

the soundtrack. This film was released in 1984, so probably well before many of us were born. The music was done by Prince, who also starred in the movie. The soundtrack is upbeat, and with a distinct sensuality unique to the '80s. It's perfect for working out or playing during late night drives to stay awake because the songs are so catchy that it's hard not to sing along. If you want a sample before committing to the whole album, just check out "When Doves Cry."

**Pirate Radio:** I loved this movie, mostly because of its catchy, retro tunes. The film came out in 2009, but is set in the 1960's when rock and roll in

Britain was outlawed. A super fun movie, the soundtrack reflects that and reminds me of beaches and summer. It's also something I'm completely comfortable putting on in the presence of my parents and grandparents. It's hard to resist the Beatles.

**Guardians of the Galaxy:** This album was the inspiration for doing this list. Like many other people, I loved the unique soundtrack that matches retro with sci-fi themes. Also any soundtrack that includes David Bowie is alright by me. This film has a very similar effect as the soundtrack to *Pirate Radio*. It's catchy, fun and universal.

## DIY Beauty

» Make your own lipstick

**Brittney MacDonald**  
Life & Style Editor

You will need:

1 tsp. coconut oil per crayon (add more or less depending on how sheer you want your shade)

One drop mint or vanilla extract (optional), for flavour

A small container or old lipstick tube.

Peel the paper off of the crayons, and throw out any crayon parts that weren't covered by the wrapper—these outer parts might have become

contaminated by germs or bacteria.

Place a pot, filled halfway with water, on the stove over high heat. When the water has come to a boil, reduce to low-medium heat. From here you can create a temporary double-broiler by putting a metal mixing bowl on the pot of simmering water, making sure that the water doesn't touch the bottom of the bowl.

Put one crayon into the metal mixing bowl or double-broiler—this will be your base shade. Add a few more colours to the bowl, using half crayons or small pieces. These additional crayons will help create interesting colours, so experiment with blues, yellows,

maroons, and peaches. Use a fork to stir the crayons as they melt, then reduce the heat again.

Stir in the coconut oil and (optional) extract until everything has mixed. Remember that if you add more coconut oil your lipstick will become more sheer, but it will also be easier to put on.

Turn the stove off, and use oven mitts to lift the mixing bowl from the saucepan. Pour the lipstick into a lipstick tube or small container, using a knife or your fingers to shape the lipstick. Once it has cooled down a bit, put the lipstick in the fridge for 24 hours.





# Health benefits of green tea

» How can swapping out your morning coffee help you?

**Brittney MacDonald**  
Life & Style Editor

With a new year comes new resolutions, and for a lot of students with those early morning classes, drinking less coffee is probably one of them. But let's be honest, quitting coffee cold turkey is a pretty amazing feat. Even if you were able to get used to waking up at the crack of dawn for that lengthy bus or SkyTrain commute, you'd have to deal with the migraines from caffeine withdrawal.

Not to fret though, because I've discovered a solution—or at least a Band-Aid until the semester break.

Many nutritionists and health websites such as WebMD.com praise green tea for its various health benefits including improving circulation and lowering cholesterol. But

as students, many of us aren't health buffs. We just want something that will give us that kick in the morning, and help us get through the day.

So many times when I've suggested to my coffee addicted friends and classmates to try green tea I've heard the same excuse: "Oh no, I can't. I need caffeine." So let's just nip this right in the bud. Green tea is not herbal tea; it is what is known as a "true tea," like black tea and oolong tea. These teas contain caffeine, unlike herbal teas which do not. True teas in general usually contain more caffeine than brewed coffee, so if your goal was to cut back on the caffeine, this might not be the solution for you.

Why make the switch in the first place then?

As I said before, green tea does have some pretty amazing benefits that coffee does

not. It improves circulation and lowers cholesterol—which sounds nice but you might be wondering what the practical application is for a 20-something student. Basically this means that green tea can help stabilize blood sugars, which will be beneficial to anyone with diabetes or who finds they're succumbing to a high-fat diet. This better blood-flow also means good things for your skin, heart, and brain, which should be important to any student.

Green tea has been linked to weight-loss as well. Studies show that green tea can improve metabolism which results in some weight-loss, but it's certainly not a solution for anyone looking for a dramatic change. Studies also show that the results of this may vary depending on your own personal body chemistry.



# Bacon alternatives

» A taste-test on a carnivore

**Brittney MacDonald**  
Life & Style Editor

I have been pork-free for around 13 years, and one of the most common questions I receive is "How did you give up bacon?" For myself, I've pretty much forgotten the taste of real bacon, so I find this question highly perplexing. But for the carnivores I love, such as my father, I wanted to challenge them to trying some of the various bacon alternatives out there, to find out which is the most satisfying.

**Turkey Bacon:** This is probably the most common bacon substitute I find on restaurant menus. For vegans or vegetarians it's not very helpful—it's purely for the health conscious or religious. My dad didn't seem particularly thrilled by this alternative either.

"It's the texture. It's very chewy and not pleasant. It feels like I'm eating a belt."

Turkey bacon is very lean, which gives it that unique texture. When cooking turkey bacon, you have to use cooking oil or butter because it doesn't produce its own fat to fry in. Health wise it's a good choice, but according to dad it's just not the same.

**Chicken Bacon:** Out of the three alternatives that I looked at, this was the hardest one to find. Many grocery stores just don't sell it, and I have never seen it in a restaurant. Chicken bacon isn't as lean as turkey bacon, and while cooking it I noticed it fries up very similarly to real bacon. My dad seemed strangely satisfied by this option.

"I like it. It's not as salty, but it's crispy like real bacon. I'd eat this."

Chicken bacon has the same downfalls as turkey bacon, in that it's no help to vegans or vegetarians, but it's also no help to the health conscious because it is fatty just like pork bacon. The benefit of chicken bacon is that there is significantly less sodium, and it's easier to digest for people with Crohn's disease and other digestive issues. Out of our three options my dad said that this was his favourite.

**Vegan Bacon (or Fakon):** Out of the three options, this was the one that my father dreaded the most, and the one that I eat the most regularly. It's widely available at grocery stores and even some vegetarian- or vegan-friendly restaurants. Vegan bacon comes in many varieties,



including some organic or all-natural options, but I choose MorningStar Farms Veggie Bacon Strips because I like the taste and they're affordable. Vegan bacon is like turkey bacon in that it doesn't produce as much fat as pork

or chicken bacon, so butter or cooking oil is necessary to fry it. Usually I use butter for flavour and to add in animal fats from the heavy cream that can be helpful. My dad was a bit mixed on this one.

"It tastes a lot like real bacon. It's salty and smokey. The texture isn't the same, but it's not bad. I would eat it in a sandwich, not sure if I'd eat it by itself."

*This issue:*

- ☑ 'The Interview' aftermath
  - ☑ The health benefits of pets
  - ☑ Let's be smart
- And more!

Have your voice heard!

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# New year, old news

» A pessimistic look towards 2015



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Here's to another new year—but let's be honest, as much as things change, the next 365 days will probably contain some scenarios that will feel as though history is repeating itself. This is because numerous unresolved incidents, like lawsuits and wars, can just drag on and on. Other occurrences may seem spontaneous and random, but after the smoke clears, we'll see that it's much of the same.

I have high hopes for 2015, I think it'll be a great one, but don't be surprised if some of these scenarios occur without warning to derail our plans.

**Death of a star:** Each year we seem flabbergasted when we hear about tragic deaths of celebrities. It's nothing new. Death is inevitable and stars burn out. Some might be aging legends, others are troubled individuals, and a few are just ill-fated tragedies.

At the start of 2014, none could have guessed that we'd lose Robin Williams, Philip Seymour Hoffman, and Joan Rivers. Shirley Temple, Lauren Bacall, and Richard Attenborough were not that surprising, although the pain



lingers still. By the end of 2015, we'll be recuperating from another year of mourning.

**Health crisis:** In 2014 Ebola scared medical workers, border guards, and pretty much everybody else in the world. Every few years we get an epidemic scare. Here's a brief list of diseases we've survived so far: H1N1 (swine flu), E. coli, H5N1 (avian influenza), Listeriosis, mad-cow disease, SARS, etc. With that in mind,

let's be ready for the next one. It's bound to happen with so much filth in the world. Let's trust in the warning systems and the institutions that protect us. Let's make good health practices and laugh in the face of death one more time.

**Aircraft tragedy:** Since 9/11 and the disappearance of Malaysia Airline's aircrafts, getting on an airplane is a risky and stressful experience. While flying still remains the safest

method of travel over great distances, aircraft tragedies have become an international crisis whenever they occur. Tenerife, Lokomotiv Yaroslavl, and Captain Sullenberger are all memorable stories that have made a significant mark in our lives and in the year when they occurred. Don't be too shocked when another aircraft crash lands into our headlines and leaves us wondering what if.

**Cyber controversy:** The

world of technology is an exploration people have just embarked on and we are all discovering the wonders and the horrors of the Internet and the devices we use. From newly implemented laws such as distracted driving to chilling crises like security breaches and hacks, 2014 was full of stories involving technology, proving that although we can send files across the globe we have yet to master this new tool. The celebrity nude images scandal and the Sony/North Korea hack were proof that the cloud and the ether are no safer than a dark alleyway. As we venture deeper, more awfulness will be discovered and hopefully vanquished.

**Natural disaster:** Finally, we come to natural disasters. Unlike 2012, 2015 does not have any prophesized apocalypse, and I hope Mother Nature knows that. Any act of God this year will undoubtedly be a shock whether it be an earthquake along the Pacific Ring of Fire, a volcano on an island nation, blizzards on the east coast of North America, or maybe even a wildfire close to home.

Bad things happen. They're bound to happen and they're probably happening already, but don't let that ruin our year. We can rise above it; we have before. Here's to a great year!

# Invoking more of the same lies

» Why your New Year's resolutions will fail again



**Cazy Lewchuk**  
Staff Writer

Most of us make some form of New Year's resolution. Maybe it's a solid list of goals, maybe it's just a vague Facebook status about having a positive, better year than before. For the first few weeks, we may even try to implement those goals by making changes in our routines. There's a reason why gyms are crowded in January—and there's also a reason why the gyms are back

to normal capacity right after. In fact, the cliché of breaking New Year's resolutions is almost as popular as making them. So what goes wrong? Why does everyone inevitably fail themselves?

Setting goals for ourselves is hard. Even when the goals follow the SMART pattern often taught in goal-setting exercises (Specific, Measurable, Achievable, Realistic, and Timely) it's difficult to follow through with them, unless you happen to be a very goal-oriented person. And the vast majority of people—particularly those under 30—

are not.

Permanent lifestyle changes are difficult to imagine, let alone implement. A new year has no actual meaning besides the symbolic; nothing has changed except the passage of time. You are the exact same person you were the day before, and having a goal for the sake of having a goal isn't enough. To make the resolutions, you have to really want to do it for your own sake and not just because it's a new page on the calendar.

Seasons can have a slight effect on the failure of goals. December is a

month of celebrating, usually with dinners, parties, and relaxation; time is spent away from school and work. January is when the cold status quo returns. Returning to school and work can be overwhelming and stressful, leaving you to cope in whatever way you usually do: the same things you did before the holidays, with no resolutions in place.

Most New Year's resolutions are made for the sake of the new year. Goal setting is important and can actually be achieved (the SMART pattern really does do wonders), but it's

fundamentally important that you really want to achieve your goal. Take all the New Year factors out. If you want something, you'll have to genuinely do the work needed to get it. This is true for everything in life. If you aren't willing to do it, that's okay. But it's important to be honest with yourself. Are your resolutions actually about making significant changes to your life that you've been needing for a significant amount of time? Or are they wishful thoughts during that relaxing period between Christmas and January 1?

# 'The Interview' aftermath

» What Sony, North Korea, and hackers taught us about movies



**Elliot Chan**  
Opinions Editor  
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Terrorist threats, computer hackers, and harsh critics have all failed in killing *The Interview* this holiday season.

While the North Korean government is still bitter over the Christmas release, viewers rejoice knowing that we can all move on to award season without further controversy from the lacklustre film. Our freedom is still intact. We watched a movie without being executed. We won—sort of.

After all the buzz and scare, it's safe to say that the movie will become a forgettable political satire. *The Interview* was pretty much *Pineapple Express* with a sympathetic villain, Kim Jong-Un. I'm not sure what the terrorists and hackers expected, perhaps a defamatory representation of their "god," but the fact that they made us worried—even for a little bit—is a violation of our rights. For a moment there, we were intimidated. And we should never be intimidated in such a coercive manner.

Obviously President

Obama's statements after Sony pulled *The Interview* from theatres will not be the most memorable moment of his term, but it's good to see that they weren't bypassed either. Censorship is a dangerous power, especially in a society that harbours freedom of speech. Enabling some foreign government to control our right to document, report, and create art to establish discourse is something every media company should be wary of, but shouldn't give in to.

The whole scenario is a laughable one now, perhaps even funnier than the movie itself. I hope that Sony is no longer afraid of North Korea, and I hope other private media companies have learned from the incident and fortified their networks as well.

The fact that a movie can be considered a threat says a lot about that nation and the fact that we wavered when threats were uttered says a lot about us too. However, we've rebounded with grace and innovation, even teaching some of us to purchase and rent movies via online streams; meanwhile North Korea is shooting insults at the American president, using racial slurs and poor turns of phrase.

Although it was a bit annoying, it was also reassuring to see all the support on social media after *The Interview* was pulled from major theatre chains. It's good to know that so many people out there understood the circumstances. It's good to know that we are not easily swayed by terrorist threats. Sure safety is paramount, but doing something just because someone has a gun to our head is cowardly.

But then again, perhaps Sony already knew about all this. Perhaps, it was all a big publicity stunt written by a supreme leader and orchestrated by a corporate behemoth. *The Interview* will forever live in infamy. There will be college courses teaching the events of this film in years to come. Maybe Sony knew this. After all, the movie made over \$15-million during the holiday weekend and ranks number one in online Sony films.

*The Interview* was not a threat; it's a cinema-distributing pioneer. Because of it, YouTube and Google Play are now big players in the feature motion picture game. If there is going to be a censorship war, it's going to take place in cyberspace, not in the movie theatre.



# The health benefits of pets

» Why that furry friend helps your health

**Lauren Paulsen,**  
Senior Columnist

After a long day at work or school, isn't it wonderful to come home to someone that is excited to see you? Fifty-seven per cent of Canadian households keep pets, but why isn't that number higher?

Countless studies have been done to determine how pets affect our health, and time and time again, it has been proven that pets actually benefit our health. Having a chronic illness, I must agree that keeping pets has enriched my life. But what are the health benefits?

People who look after pets, particularly dogs, are more physically fit than those who don't. Walking your dog, playing with your cat, and cleaning a cage are all things that get us up and moving.

People with pets are also far less likely to suffer from depression, especially for those who live alone. The

companionship of an animal prevents us from feeling isolated or lonely, and caring for them helps us feel needed and wanted. Keeping pets can also help reduce anxiety problems and build confidence in those who lack it.

It has been found that in stressful situations, people who have pets have lower blood pressure than those who don't. People who are stressed have a buildup of chemicals that can negatively affect their immune system and create plaque buildup in arteries, potentially leading to heart disease. Playing with a pet can elevate dopamine and serotonin levels in the brain—both nerve transmitters that have been known to have calming and pleasurable properties. There are many people out there who take drugs to artificially raise these levels when doing something as simple as petting a dog can do the same thing and is far less harmful to the body.

People with dogs gain the

most health benefits, but doing something as simple as watching a fish swim around in a tank can help reduce muscle tension and lower one's heart rate. The rhythmic movements are mesmerizing and can keep the mind busy for quite some time.

Another benefit pets can give us is meeting new people. Pets are great conversation starters for those who are shy and aren't comfortable with small talk. People out for walks with their dogs are more likely to stop and chat with another dog owner than two people who are out by themselves. Pet stores, clubs, training classes, and parks also make for great places to meet other pet enthusiasts.

Not only does owning a pet help adults, but it can help a child learn responsibility and empathy towards animals. It's my personal belief that every child should have a pet while growing up. Whether you fancy furred, feathered, or scaled, having a pet will help improve your health in so many ways.



# Let's be smart

» Do we still need professional critics?



**Elliot Chan**  
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What makes one person's opinions more valuable than another? Why should some people get paid for their thoughts on entertainment, economics, and world news when other people can barely get an audience? In a world where everybody is shouting aimlessly, professional critics or critics with credible reputations should be appreciated more than ever, right?

The thing is, the idea of an expert doesn't materialize overnight. Although anyone can claim to be an expert and a critic, it takes a gifted person to add insight and not just spew jargon. Anybody can flip through a dictionary and find sophisticated words to describe the refined, yet robust taste of a bottle of wine. But that is just a façade. Anyone can hide behind a keyboard and type up their thoughts on any given subject and some points will undoubtedly hit a mark; anyone can do what I'm doing right now. Being an expert and a critic

is no longer about judging, it's about communicating. Experts who can express their ideas in a clear and intelligent fashion will be quoted, and the quotes are what make professional critics necessary.

A good critic does more than just critique a project or a topic; their work itself is an art form. Just take a look at the late-great Roger Ebert; he could present painful truths in an entertaining, witty manner. Ebert wrote in a review of 2009 failed comedy *Old Dogs* starring Robin Williams and John Travolta: "*Old Dogs* seems to have lingered in post-production while editors struggled desperately to inject laugh cues. It obviously knows no one will find it funny without being ordered to. How else to explain reaction shots of a dog responding to laugh lines?" Such an observation is commonly lost by amateurs or delivered in bad taste.

Few dream of becoming critics or experts as children. It's hard to imagine a life judging stuff professionally or being called upon to comment on a specific area of interest. But if we live in a world where a social worker is a legitimate job title, then yes, professional critics

Although anyone can claim to be an expert and a critic, it takes a gifted person to add insight and not just spew jargon.

should be as well. Because what they do is more than just researching, wasting time on a subject, or simply watching movies, they are summarizing sometimes complicated, sometimes idiotic ideas to us. And those deemed worthy of the job should be revered but also challenged. After all, experts are not always right.

We should all aim to be professional critics and experts. Although some have the fortune to be paid to spew their thoughts, we must remember that the reason why they are compensated for their words is because people are ready to listen. What makes people ask you about? Perhaps you can monetize that as well.



# Food, family, and the politics of eating

» Revolution can happen at the dinner table



**Katie Stobbart**  
The Cascade

We have an intimate relationship with food. The contents of our meals say a lot about who we are, about where and how we live. Because it's so ingrained in our everyday lives, it can be easy to forget food is not just a source of energy; it's also a source of political power.

As students, many of us are in the midst of a complex transitional relationship with our parents: straining away or resisting departure, at once eager to taste independence and lured back by the magic of the home-cooked meal.

The thought of Thanksgiving, for example, triggers immediate sensory memories: the warm, rich smell of my mom's homemade dressing; the texture of moist turkey breast; and the taste of acorn squash baked with brown sugar. They're nostalgic



sensations, reminiscent of times my family ate together.

After being out on my own for two years, I hosted the holiday dinner for the first time and was feeling the pressure to live up to those memories. Meanwhile, I've made choices about my diet that no longer welcome that tasty stuffing packed with bread and sausage.

There's a resonant connection between food and autonomy; learning to prepare our own meals is essential to our capacity to thrive independently as adults. But it can be a tense transition. Recently I have been taking a harder look at what

I choose to eat, but I found myself drawing an uneasy square around the day of my family's Thanksgiving dinner as a day to slip back into my old eating habits. I justified it to myself as a special occasion—but it's not for the sake of childhood nostalgia.

It's not those holiday scents and flavours standing in my way; it's fear of alienation.

Even if I didn't host the dinner, I was afraid it would cause a lot of tension with my family to suddenly start passing on most of the meal. I already experienced some of that strain at informal gatherings, but to

invoke it at a family holiday would make for a lot of awkward fork-to-plate clinking, as well as the unsaid: What's wrong with the way we eat? The way we've always eaten?

For one, the food we've always eaten has been largely a result of socio-economic status. We've eaten plenty of boxed food, potatoes, and fast-food because it's cheaper than eating healthily and it's easy to find prepared food that reflects our culinary traditions. Putting a meal together can happen in less than half an hour, or less than five minutes in the microwave. Putting a healthy meal together takes much longer.

Who has the time to always buy fresh food and prepare it from scratch? How many students have the funds? Filling my grocery cart with fresh vegetables and other unprocessed ingredients for a week's worth of meals costs significantly more than it does to eat fast food or buy pre-

packaged facsimiles of the comfort food I grew up with.

What we eat for cost and convenience moves from necessity to habit, and from habit to tradition. But the choice to improve my eating habits feels empowering: I feel healthier, more in control, and more mindful. Part of the intimacy we have with food is that we literally take it in and make it part of ourselves. Forgive the cliché: you are what you eat. Choosing what you eat, then, can be an expression of identity and of independence. It's an act of autonomy.

Just as our ability to make choices is influenced by economy, choosing food (to eat local products, for example) is an economic decision. Trying to break out of a loop of choosing and needing to choose cheaper food is inherently political. Awareness of what we eat becomes a kind of political engagement, making your own dinner a revolutionary act.

*This issue:*

- ☑ Rambunctious puppy ruins next Christmas for everyone
  - ☑ Irresponsible child lets bedbugs bite
  - ☑ Pun, 2, 3
- And more!

Been told you're too funny?

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# Totally Real Food Review: Happy Lucky Dragon Smiling Restaurant

» Chinese food that you eat with your mouth



**Elliot Chan**  
Opinions Editor  
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The 7-Eleven of Chinese restaurants, Happy Lucky Dragon Smiling Restaurant never closes—not even for New Year's Day or Christmas—making it a perfect last option for desperado foodies.

Located in the same complex as Money Mart, Lust Factory Adult Store, and Subway, Happy Lucky Dragon Smiling Restaurant's parking lot is usually empty due to the swiftness of its neighbours' clientele. This means you can stay as long as you want at Happy Lucky Dragon Smiling Restaurant without worrying about your car being towed. However, crime rate is up 12 per cent in the area, so be cautious—nevertheless, most of the crimes are just hate crimes and crimes of passion.

Inside Happy Lucky Dragon Smiling Restaurant, you'll find chairs to sit on and tables to

eat food on. The chairs have four legs and some have rips in them. This gives you an exclusive look at the browning inners of the cushion. The wallpaper is different from my home, because I decided at the last minute not to decorate it with water-stained flower patterns. But I think it's pretty cool seeing the deterioration of the wallpaper; it reminds me that even though life is short, you can live long enough to see wallpaper get ugly. I think that's beautiful. It's like watching your grandmother do stuff, and you're just like: "Oh grandma, just get out of the way. I'll do it for you."

Once I was done admiring the décor, I chose to sit by the window, offering a perfect view of the parking lot, which with my imagination kind of looked like a tennis court, but instead of tennis players there was just a lunatic.

The service was nice. The server was also the cook, which I believe should be how every restaurant should work. Imagine how nice it would be just to tell



the cook what you want to eat and then he or she would just run back into the kitchen, which is pretty much right beside the table, and cook it for you. It's like eating at your mom's house, but without the resentment or guilt for not cooking the food yourself.

When the food arrived, I ate it with my mouth. It tasted

hot. After a while it tasted cold, but some say there is no such thing as cold, and that cold is really just an absence of heat, so I guess it just tasted normal after awhile, which was okay.

Overall, Happy Lucky Dragon Smiling Restaurant is not the worst. If you end up there after an argument with your spouse about where the

two of you should go for dinner on your anniversary, you should be happy that you are still alive. Happy Lucky Dragon Smiling Restaurant lives up to its name and reminds us of what it's like to be a happy, lucky, dragon smiling at a restaurant. Few other restaurants are that honest. Maybe White Spot.

## New Year's resolutions you may have forgotten

» A new year means a new you

**Mercedes Deutsche**  
Staff Writer

While wanting to spend more time with loved ones, aiming to lose weight, or spending less money over the new year may be on top of your list of resolutions, you may have forgotten some important ones...

Balance your chequebook. Part of being a responsible adult requires balancing your finances. Try balancing your chequebook on your nose, on your TV, or on your morning coffee. Bonus points if you balance it on the tip of a pencil.

Eat well. Eat well and you will be joyous and fulfilled. Dump stuff that you don't want. After all, no good story begins with a salad. Who needs carrots sticks when you could eat a Costco-sized bag of chips all by yourself? Why eat at some organic place on Commercial

Drive when you could just as easily stuff yourself with Denny's?

Watch your gambling. If you are known to blow a lot of money at the casino, there is only one thing that will help. Find a luckier casino. Winners never quit!

Be more sentimental. Take some time to look back at where you came from. Remember your first high school crush and how they rejected you, and now they're getting married? Or the time you went to a movie by yourself because all of your "friends" were "busy"? This resolution pairs well with a bucket of ice cream and Kleenex.

Finish a ChapStick. Be the most accomplished of your peers. Have they ever finished a ChapStick?

Be creative. Being creative can open several opportunities. Your boss has heard "I'm sick"

hundreds of times and they may not buy it. Try new excuses like "there's a bear in my yard," or "I was in a car accident. All of the passengers were killed and I am in a coma."

Be more sociable. Yes. Actually put on pants. Okay, never mind. That's what Facebook is for.

Get down to business. To defeat the Huns. In order to complete this resolution, you must be swift as a coursing river, with all the force of a great typhoon, with all the strength of a raging fire, mysterious as the dark side of the moon.

Learn something new. Like how to use the remote control with your foot, knit a Snuggie, or overthrow the government.

Be more environmentally friendly. Leave the car keys at home and opt into public transit. After all, the SkyTrain works every four out of five times.



# Rambunctious puppy ruins next Christmas for everyone

» Post-Christmas chaos at the North Pole linked to retribution for lost squeaky toy

**Allie Davison**  
Columnist

Normally at the North Pole, the days following Christmas are filled with relaxation and Yuletide cheer. In the early days of January, Santa's elves should have been getting back to their day-to-day lives, and slowly starting to get ready for next year's toy-production schedule. Unfortunately, because of one unhappy puppy, preparations are set back by months.

An as-of-yet unnamed brown beagle hybrid puppy reportedly traveled 5,000 km across bodies of water, frozen tundra and vast mountains in order to reach the jolly village that Santa calls home. Although the exact reason for the rampage that followed remains slightly unclear, analysts believe there was a specific squeaky toy missing from the pile under the Christmas tree.

"It was madness, pure madness," one of Santa's little helpers recalls. "I was just sitting at my bench, starting up whittling a little toy train when

she tore the roof right off the workshop! I can't remember much after that—a reindeer trampled me and I think I lost consciousness."

Thankfully no one was killed in the attack, but four elves have been airlifted to the nearest hospital, and a number of reindeer are still missing.

"Well, those reindeer are mighty jumpy. And with all the ruckus that happened, I'm not surprised they headed for the hills like they did. We're just lucky their flying dust had worn off, otherwise we'd be looking for them on the moon!"

As for the fate of the rampaging hound? After destroying the workshop, chewing on Santa's sleigh, and destroying Mrs. Claus' kitchen, the puppy turned around and headed back to civilization. She was last seen diving into the Pacific Ocean, presumably on her way home. The Clauses have yet to comment on the situation, and while it remains unknown if they will be pressing charges, someone has definitely made next Christmas' naughty list.



# Irresponsible child lets bedbugs bite

» Six-year-old defies parents' order, ends up having 'bad night'

 **Brad McLeod**  
Contributor (The

A child was awoken late last night with significant sores on his back after he foolishly allowed himself to be bitten by bedbugs despite being warned repeatedly not to let them bite.

Joey Foreman, who is nearly six-and-a-half and really should know better, is now having to deal with the repercussions of his actions according to his disappointed parents.

"We tell him every night to not let the bedbugs bite and he never listens," his mother Sheryl told the Peak. "Maybe now he'll think twice before ignoring us and just sleeping carefree and happily."

Sheryl explained that Joey had continually let his guard down at night, going to sleep without taking proper safety

precautions and, as a result, was bitten by the bugs.

"I think he thought we were just kidding or something, he'd always just laugh and say 'goodnight' instead of agreeing to ward them off," she continued. "He got lucky for the first couple years that we didn't have much of an infestation problem, but now he's facing reality."

"He's got to know that part of growing up is conquering bedbugs and not just letting them crawl all over you and then take as many bites as they want to."

While Joey might have believed that the sores were enough of a punishment, his parents say they are also banning TV for a week to teach him a strict lesson for not doing as he was told.

In response, Joey has issued the public statement that "It's not fair."





# I'd take that class!

» College courses that should be things

**Allie Davison**  
*Columnist*

*Sick of taking real(ly boring) classes every semester? We explore the courses that we'd actually like to take. Douglas College—take note!*

**The Art of Drunk Dining 203:**  
**Course Code:** NOMNOM 0105  
**Faculty:** Drunk Sciences  
**Department:** Arts  
**Credits:** 2.0  
**Learning Format:**  
 Classroom—Held in the New Westminster campus lower level café.  
**Typically Offered:** Lunch time!

**Course Overview:** The five Ws of drunk dining like a professional

**Course Content:** Learn the difficult process of choosing the most delicious—yet most effective in not making you throw up—dining choices while you are intoxicated.

**Course Objectives:** We will taste test some of the most popular drunk food selections. We will also cover which drunk dining venues to avoid, and which ones to check out. Also, learn when during your drunken night is the best time to indulge your drunk food fantasies (e.g. macaroni and Nutella), and when it's time to say no to the food and go directly to bed.

# THE OTHER PRESS IS HIRING

## STAFF WRITER

Do you love writing? Want to be more involved with the Douglas College community? The Other Press is hiring a Staff Writer!

The Staff Writer is responsible for writing two to three quality articles on a weekly basis. The successful applicant will be responsible for working closely with current Section Editors on producing relevant college-related content.

**Must haves:**

- Experience writing, with a history in student journalism a plus
- Strong writing skills
- Interest in student and community news and events
- Willingness to collaborate with other writers/editors

**Pay:** \$200/month

Interested? Send resumé and writings samples, questions or concerns to [editor@theotherpress.ca](mailto:editor@theotherpress.ca) by January 7, 2015 at midnight.

## DISTRIBUTION MANAGER

Always dreamed of being a newspaper delivery person? Here's your chance! The Other Press is hiring a Distribution Manager.

The Distribution Manager is responsible for transporting newspapers from the printer, and completing full distribution to all distribution points in a timely manner each issue. Should collect and arrange for appropriate, environmentally conscious disposal of out-of-date copies of the Other Press not picked up from stands.

**Must haves:**

- Reliable transportation for performing the distribution duties; preferably access to a vehicle capable of transporting 1,000 copies of the paper and a valid BC driver's licence
- Availability to complete distribution every Tuesday in an orderly and effective fashion

**Pay:** \$100/issue, given full and timely distribution

Interested? Send resumé and cover letter, questions or concerns to [editor@theotherpress.ca](mailto:editor@theotherpress.ca) by January 7, 2015 at midnight.



by Sarah Walker



Join us *Tues Jan 6, 1:30pm*  
in Rm A1190 for the



**Official Opening** of the  
**DSU Student Lounge @ DLC**  
*A casual hang out space for students*

Douglas Students' Union @dsu18 www.gotoohlala.com www.dsu18.ca



**Welcome back pancake breakfast FREE**  
**DSU Lounge NWC Jan 14, 9am-10:45** - until food runs out



**Welcome back breakfast sandwiches FREE**  
**DLC Caf Jan 20, 9am** - until food runs out

Open until 2am  
Bring your friends  
27 Church St NW

**DSU Student Night Jan 22, 8:30**  
**Drink Specials No cover**

**STATUS**

**Welcome Back Pub Night      Welcome Back Pub Night**

**N I G H T C L U B**