



Students show skills: page 5



Aidan Knight's rise: page 8



ZZ Top's beards: page 8

NEXUS

camosun's student voice since 1990

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Sexy school

Exploring Camosun's frisky side

page 6



NEXUS

camosun's student voice since 1990

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OVERHEARD AT NEXUS: "Nice to meet you, and your butt."

COVER IMAGE:
Sexy Camosun by Greg Pratt/Nexus
Skills competition: Camosun College A/V Services
Aidan Knight: Photo provided
ZZ Top: Blain Clausen

editor's letter

Making Camosun kisstory

We've covered a lot of serious subjects this semester in our feature stories. From municipal amalgamation to the power of the written word, it's been a few months of big topics. So we thought it was time to unwind. And to get some bare butts on the cover.

Flip over to page 6 to read contributing writer Piotr Burek's look at the sexy side of Camosun. Oh, there is a sexy side, alright. Burek talked to 200 students to find out where on the two campuses they like to go to sneak a smooch or two (or three).

Ah, yes, it brought back memories of when I was a Camosun student, and it was with a bit of a satisfied smile I realized that no one had mentioned the spot where I snuck one particularly memorable smooch many years ago. The recipient of that smooch is now my wife, which just goes to show that sometimes the Camosun love stories go a long way.

But enough sappiness: back in our arts section we've got a chat with longtime-bearded rock and roll icons ZZ Top (see page 8) and Winnipeg extreme grindcore pummellers Head Hits Concrete (page 9).

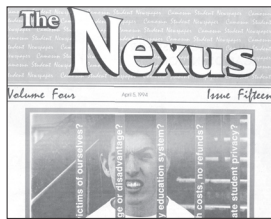
Bringing it back to Camosun, head over to page 4 to read contributing writer Jill Westby's piece about the upcoming Skills Competition, taking place at the Interurban campus, and check out contributing writer Giustina Qualizza's story about the new Vancouver Island alliance of postsecondary institutions, which Camosun is a part of, on page 2.

Alright, fine: go sneak some smooches, and then get back to reading the issue. Even we realize some things just take priority.

Greg Pratt, editor-in-chief
editor@nexusnewspaper.com

flashback

20 years ago in *Nexus*



Tone down the hysteria: That was the sentiment from a reader who wrote in to complain about our "political correctness" issue (discussed last issue in this column) in our April 5, 1994 issue. The cover art of the PC issue, showing a man dressed up as "Miss Camosun," drew this reaction from then-Camosun students Sarah Glide and Jeanette Miller, who penned the letter together: "There was also little point to the front page photo, it was disrespectful and tacky. As far as the *Nexus* representing Camosun students, it is consistently conservative and predictable. When dealing with an issue such as political correctness, perhaps a less hysterical approach could be taken."

Ancient apathy: If you've ever thought that Camosun student in-

volvement needs a bit of a jolt, rest assured, it's not just you... and it's also not just now. The *Student Opinion* column in this issue grabbed the bull by the horns: "Look around at the apathy present on our campuses," said writer Barbara Krasicki. "How many of us take the time—a mere few minutes—to vote for our student council?" A good question, and a timely one, considering the recent student society elections.

Still charging: In our last issue, we reported that the Camosun Charger's women's volleyball team had took home their first-ever medal; back in this 1994 issue, we reported that they had won not a medal, but the BCIT Cougar Classic held at BCIT. Their recent medal was a long time coming, so, congrats, Chargers!

open space

Saviour complex isn't helping Africa

MATTHEW HELLIWELL
CONTRIBUTING WRITER

I can't count the number of blog and Facebook posts I've seen of the same ilk: some white, middle-class college kid takes a "voluntourism" trip to a developing country (usually in Africa), snaps a few photos of themselves with children in an inspirational T-shirt, and swings a hammer a few times over a week.

World saved! Not.

Voluntourism is a terrible idea. I get it: we're young, we've got lots of energy, we want to see the world, and it seems like a real opportunity to make a difference. Unfortunately, even the noblest of intentions can go awry when the consequences aren't fully understood.

First of all, lots of people are stuck on the "white saviour" complex. It's usually subconscious, not an outright feeling of racial superiority. But the implications are clear: Africans need to be "saved" and white college kids just happen to have the money and time to do it.

But anyone who has been to Africa can tell you that it's nothing like the Christian Children's Fund commercial. Yes, some people live in abject poverty and awful living conditions. No, they aren't all miserable, and they aren't all waiting for your dollar a day. No one in

Africa, or anywhere else, needs to be "saved" by the West.

The trouble with short-term trips and sappy commercials comes down to the biggest word in the study of development: sustainability. When a project isn't sustainable, it's worthless.

Short-term trips usually focus on one goal, like building a well. Never mind consulting with locals to find out if that's what they really need, here come the 20-somethings with big hearts. Trouble is, they'll all be packing up in two weeks and maybe no one knows how to maintain the well. Two years later, they could be back where they started.

Child sponsorship programs are guilty of the same crimes: since they can't force you to keep sponsoring, a child receiving aid from a Western family is completely vulnerable. The donor hits tough times and cancels their sponsorship? Sorry, pal, you're on your own.

The best way to help make a real difference in Africa is to find an NGO working directly with local African grassroots organizations. The only sustainable solutions to African problems are going to come from within Africa.

Let's focus on saving our own country before we get too ahead of ourselves.

Something on your mind? Send *Open Space* submissions (up to 400 words) to editor@nexusnewspaper.com. Include your student number. Thanks!

letters

Amalgamation answers

[In "Like pieces of a puzzle," March 5, 2014 issue, we said] "[Camosun College's Mona] Brash does not necessarily oppose the principle of amalgamation in Greater Victoria. Rather, she invites citizens of different municipalities to initiate it by lobbying their council, as called for by provincial law."

Brash misses the point that Amalgamation Yes is providing a mechanism for that.

Brash says that "The efficiency

argument can easily be refuted."

If the efficiency argument is easily refuted, then we are waiting for Brash to refute it.

[In the story, UVic's Jim McDavid says] "If [Amalgamation Yes] is successful in getting a straw vote on the ballot, fine. That's going to be a good indicator of interest."

Exactly.

LESLEY EWING

FROM NEXUSNEWSPAPER.COM

Could we get rid of the CRD at the same time?

CHRIS GOULD

FROM NEXUSNEWSPAPER.COM

SPEAK UP

Do you think that Camosun is sexy?

BY RACHEL SOVKA



MYLES ANDERSON

"Well, Camosun is old. So, yeah, maybe it's a mature sexy."



MATTHEW SALES

"Yes, but it might be more Victoria than anything. Where I'm from it's smaller; here people's fashion sense is a little different, there's more variety, and I think that's sexy, I guess."



MIA ALEXANDER

"Yeah, there are some nice looking people at Camosun. People's way of dressing, mostly."



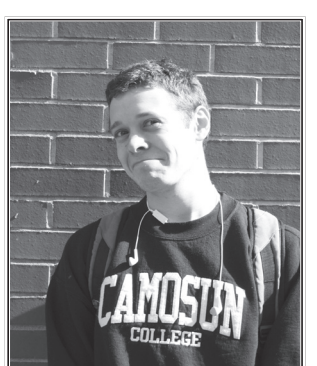
CATHERINE LEAH

"Yeah, if you want to get a date in this town, you need postsecondary. But if you go to UVic, they're just a bunch of hipsters. Camosun is more relaxed and the Young Building has some sexy architecture!"



BATOOL MOHAMMAD

"Yes, there are lots of good looking people here!"



REUBEN WASSER

"Yeah, there are a lot of beautiful girls at Camosun."

partnership

Camosun part of new island postsecondary alliance aiming to help learners



CAMOSUN COLLEGE A/V SERVICES

Camosun president Kathryn Laurin (middle) with presidents of the other Vancouver Island Public Post-secondary Alliance institutions.

GIUSTINA QUALIZZA
CONTRIBUTING WRITER

Camosun College president Kathryn Laurin recently signed an agreement with four other postsecondary institutions (the University of Victoria, Royal Roads University, North Island College, and Vancouver Island University), creating the Vancouver Island Public Post-Secondary Alliance.

The new alliance of schools say they are committed to working together to stimulate economic and social initiatives to benefit both students and the island community at large.

“The institutes, for many, many years, have worked quite closely

together on a number of fronts,” says Joan Yates, Camosun’s vice president communications. “This is just formalizing it a little bit more. Giving formal structure to what has, in the past, been done informally.”

The schools plan on reaching agreements on multiple issues, hoping to increase the accessibility of postsecondary education to all students.

“We are looking at ways to maximize resources,” says Yates. “But I think more importantly, we are looking at ways to maximize opportunities for learners. That includes things like defining pathways more clearly, and having memorandums

of understandings for students that are transferring from program to program, so that it becomes more seamless and clearer to the learner. Less red tape, more enabling.”

Another topic the alliance will be discussing is how to respond to forces on the economic development front.

To do this, the schools plan to collectively develop programs and to enter relationships with industry together.

“Co-op work education would be a classic example,” says Yates. “We currently have a very good working relationship with UVic, but part of what we may be looking at here is finding ways students

can work in other jurisdictions more easily, and conversely look at how we might collectively provide programming to all the learners on Vancouver Island.”

The Camosun College Student Society (CCSS) says it is in favor of the schools on the island working together, instead of in competition with each other.

“We have seen institutions using tuition revenue and public funding on advertising meant to take students from one postsecondary institution to another,” says CCSS external executive Simka Marshall. “What we want to see is institutions working more effectively together to better serve our communities

“The institutes, for many, many years, have worked quite closely together on a number of fronts. This is just formalizing it a little bit more. Giving formal structure to what has, in the past, been done informally.”

JOAN YATES
CAMOSUN COLLEGE

NEWS BRIEFS

Ground breaking at new Trades Centre

This month marked the official beginning of construction for the new Trades Centre at Camosun’s Interurban campus. The brand-new trades training facility is expected to be completed by the 2015 fall semester, while the upgrades to other campus buildings will not be finished until 2016. Camosun is one of a number of post-secondary institutions in BC to receive targeted trades funding from the provincial government, and has the largest trades school on Vancouver Island.

Camosun DECA shows off in Seattle

Business students in Camosun’s DECA club travelled to Seattle last month to compete in the Pacific Northwest Career Development Conference, bringing in multiple

first, second, and third place finishes. The competition included categories such as Business Ethics, Accounting, Marketing, and Financial Statement Analysis. The DECA club helps students prepare for careers in business through skill building and networking, and participates in a number of competitions through the school year.

Alumni worth appreciating

Camosun’s annual Distinguished and Promising Alumni Awards needs nominations for the graduation ceremony in June. The awards recognize graduates from more than ten years ago who are successful in their field and active in their communities. Each award comes with a fund to be directed toward a Camosun project, library purchase, or student of choice. The nomination deadline is March 31.

Canada ends military presence in Afghanistan

This month Canadian troops are leaving Afghanistan, ending a mission of just over 12 years. Originally part of a group hunting al-Qaida, Canadians remained with their goal to help stabilize the war-torn country and protect civilians. Though NATO has pledged aid money to maintain security after the withdrawal, there are still concerns over future internal conflict. Canada’s government has committed to three years of funding.

Moon elevator gathering attention

A Seattle company has been part of the resurgence in interest about the moon, thanks to a far-out idea: an elevator from the Earth to the moon. The LiftPort Group claims their plan isn’t as impossible as it

sounds, and has developed concepts to allow for rapid transportation of equipment and even people. NASA has created a program called CATALYST to encourage the creation of technology related to commercial development of the moon, offering development assistance to chosen innovators.

BC government investing in emissions reduction

The provincial government is adding public hospitals, colleges, and universities to the schools already receiving funds to reduce energy costs. The Carbon Neutral Capital Program also aims to enhance clean technology and reduce carbon emissions, and will be expanded to \$14.5 million from the \$5 million previously allocated. It’s hoped that facilities upgrades will increase energy savings significantly, meaning more money

available to the health care and education services.

South Korea becomes free trade partner

Canada and South Korea have agreed to remove most trade tariffs between the two nations, though the impact on consumers won’t be immediately obvious. The tariffs will be reduced over the next few years, reducing prices on imported South Korean consumer goods such as electronics, vehicles, appliances, and clothing. Canada will benefit from the increased export revenues of agricultural products, including beef, pork, and grains.

-SAMANTHA PETTIFER

Got a news tip or a story that we should be covering? Let us know!
editor@nexusnewspaper.com

know your profs

Camosun instructor Larry Lee's classroom chemistry

GREG PRATT
EDITOR-IN-CHIEF

Know Your Profs is an ongoing series of articles helping you get to know the instructors at Camosun College a bit better. Every issue we ask a different instructor the same 10 questions. Got someone you want to see interviewed? Email editor@nexusnewspaper.com and we'll get on it.

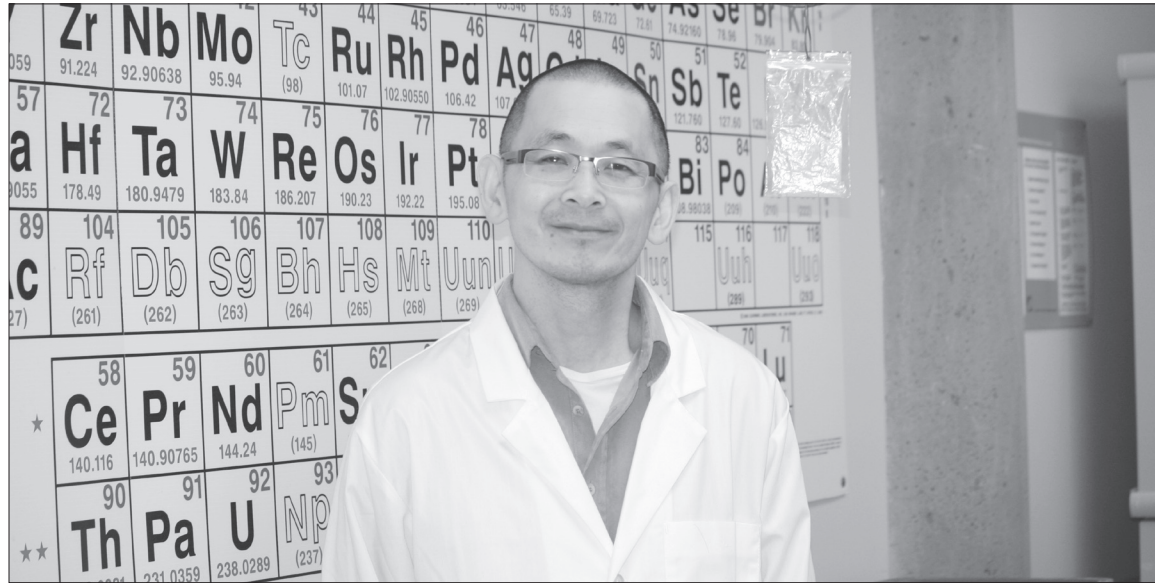
This time around we caught up with chemistry instructor Larry Lee and talked about mentoring, how he won't reveal his true birthday, and passing notes in class.

1: What do you teach and how long have you been a teacher at Camosun?

I have been at Camosun as a continuing faculty member since August 2006. Before that I was at UVic heading the Chemistry co-op program and taught as a term instructor at Camosun since 2002. I teach College Chemistry, general first-year Chemistry, and Organic Chemistry.

2: What do you personally get out of teaching?

It was a lifelong dream to be a teacher. I had really good relationships with my teachers and mentors. I get my satisfaction by seeing



JILL WESTBY/NEXUS

Camosun's Larry Lee would rather see students pass notes, "like the good old days," than text in class.

students benefiting from me. It's even more satisfying to hear from my past students and hear them talk about their success stories. I hope to make a difference in a student learning experience.

3: What's one thing you wish your students knew about you?

I am really approachable and hopefully can benefit from my abilities to serve as a mentor.

4: What's one thing you wish they didn't know about you?

I hope students don't know my actual age and my birthday. I always tell them that I was born on December 25, but it's really a different day that I will keep as a secret.

5: What's the best thing that's ever happened to you as a teacher here?

The best thing that ever happened is getting hired as a continuing faculty member. Camosun is one of the best employers, and this has become my second home. I am very comfortable at work as I really like

the students and my colleagues

6: What's the worst thing that's ever happened to you as a teacher here?

I was given Fisher 100 for CHEM 110 (before the new update). The classroom seated over 100 people, but I only had 30 students and few didn't often show up. It's disheartening to have an almost empty class. On top of this, the data screen covered the white board. I normally use both and it just threw me off completely. It was a comical

juggling act that I hope will never, ever be repeated.

7: What do you see in the future of postsecondary education?

I hope that the government cutbacks will eventually stop. Each year, we are always faced with cutbacks. I hope that the government will reconsider how they finance postsecondary and give faculty an opportunity to serve students better with funding for space, instructional assistance, and capital funding.

8: What do you do to relax on the weekends?

I enjoy being with my wife and son. We do family things like head out to the park or have a play date with one of his friends.

9: What's your favourite meal?

I love sushi, and can be found eating at Sen Zushi very often.

10: What's your biggest pet peeve?

There are two. The first is smoking in public place. I sneeze too frequently that it's sometimes hard for me to breathe. The other pet peeve is seeing students distracted with texting in a classroom. I even prefer if students pass notes around just like the good old days.

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event

Skills competition highlights Camosun programs

“This gives [younger students] the exposure to the various trades programs and gives them a chance to see the enthusiasm of the current students.”

KELLY BETTS
CAMOSUN COLLEGE

JILL WESTBY
CONTRIBUTING WRITER

Think you’ve got skills? Wait until you see what Victoria students have to offer.

Camosun is hosting the annual South Vancouver Island Regional Skills Competition on March 28 at the Interurban Campus, so get ready to see some amazing skills being showcased by Vancouver Island’s middle school and high school students.

The competition involves about 180 students who visit Camosun for the day to compete and showcase their abilities in trades and technology.

Students in Grades 6 to 10 compete in the Junior Skills Contest, which is set up like a science fair. These young hopefuls compete in

groups to create projects in three contest areas: a gravity car, a spaghetti bridge, and even a sumo robot.

“We’re really trying to focus this year on our juniors, so we’ll probably have more middle school students this year than we’ve ever had before,” says Kelly Betts, the skills competition coordinator. “In those three contest areas, we’ve seen a significant growth in participation, so we’re really excited about that.”

Students from grades 10–12 will compete in categories such as cabinetmaking, automotive service, electronic and electrical, professional cooking, carpentry, and welding. There are also three categories hosted by the Pacific Design Academy: architectural CAD, graphic design, and hairstyling.

During the competition, about 1,000 Grade 8 students will be visiting Camosun to take tours of the trades centre. They will be able to participate in a variety of hands-on activities, mingle with professors, and play games with students from other schools.

“The young people that are coming in to compete have already developed the skills at a higher level,” says Betts. “Our goal is to show off these young people to middle school students and say hey look, this could be you some day. Here’s a wonderful way to celebrate the young people that have developed these skills, and



CAMOSUN COLLEGE A/V SERVICES

A spaghetti-bridge building team from a previous year's competition.

to say, “Yeah, this is a really valuable career path.”

Once the winners have been declared in the regional competition, they move on to provincials, which are held in Abbotsford, BC on April 9. The winners from provincials have the potential to go to nationals in June, and then an international competition takes place in 2015.

“There’s some stiff competition out there at the national level,” says Betts. “We’ve had students from the south island go to the nationals in the automotive and 3D animation categories. There is a big potential for these Vancouver Island students to move on to higher levels of competition and show off their skills.”

The skills competition is part of

a community partnership between Camosun College, the five local school districts, the Pacific Design Academy, and Skills Canada. The idea behind this partnership is to create an easy transition between high school and post-secondary education.

“This gives them the exposure to the various trades programs and gives them a chance to see the enthusiasm of the current students,” says Betts. “They get up here on the campus, they get to walk around and see things and meet people, and gain a higher comfort level with the facilities that wouldn’t necessarily be available to them at their high school.”

A greater awareness of the op-

portunities available in the trades will be essential, says Betts, not just at Camosun, but at universities and colleges across the country.

“It’s important to have students think about their future as well as careers that they might want to pursue. If they really like working with their hands, or even just building things, to let them know there is a place for them,” she says. “There are worthwhile options and opportunities for them to pursue.”

South Vancouver Island
Regional Skills Competition
Friday, March 28
Camosun Interurban campus
skillscanada.bc.ca

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AGENDA

- I CALL TO ORDER
- II INTRODUCTION TO RULES OF ORDER
- III APPROVAL OF AGENDA
- IV APPROVAL OF MINUTES FROM PREVIOUS AGM
- V REPORTS
 - 1.) PRESIDENT'S REPORT
 - 2.) FINANCIAL REPORT
- VI ADOPTION OF FINANCIAL STATEMENT
 - 1.) ADOPTION OF MAR. 31, 2014 FINANCIAL STATEMENT
 - 2.) ADOPTION OF APRIL 1, 2014 TO MARCH 31, 2015 PROPOSED BUDGET
- VII RESIGNATION OF CURRENT BOARD OF DIRECTORS (EXCLUDING PRESIDENT AND TREASURER)
- VIII BOARD OF DIRECTORS ELECTIONS
- IX ADJOURNMENT

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FREE PIZZA!

The risk brings on the fr

Getting to the bottom of how sexy Camosun's campus

Have you ever sat in class listening to the teacher lecture about some abstract concept while twiddling your fingers or biting your nails in agonizing boredom when all of a sudden sexy-time, lovey-dubby thoughts pop into your head? I know I sure have.

Maybe your imagination brought you to thinking about a cutesy cuddle-puddle with your significant other(s), or maybe it made you think of a hot and sweaty roll-around? Either way, let's face it: many of us at some point in our studies have thought about getting risky and frisky on campus. In fact, some of us lucky ones have done it!

Sexy-time on campus isn't necessarily the easiest thing to write about, given that most people who have had some special encounters on campus aren't always willing to talk about them. It's not like it doesn't happen, it's just that what happens in the bathrooms, lecture halls, staircases, teachers' offices (yup, I went there), or the bushes on campus generally stays in those places. But in the hypothetical, people are more than willing to spill their deepest desires and fantasies about getting steamy or romantic on campus.

I asked over 200 students on both campuses where they would go (or have gone) to get frisky on campus, to try and come up with a mapping of all the sexy-licious places students have, or would like to, have frisky-time. While the answers were about as diverse as the students who answered them, a few popular answers would suggest that some places are just more conducive to the desires of the imagination.

Before we delve into the logistics of sexy-time on campus, we need to address something. Rape culture and sexual assaults pervade campuses across this country, so while I try to be sex-positive in writing this story, I also understand that it may be traumatizing for some. Not everybody is open to discussing sex or public displays of affection, so if you're one of those people, I'd recommend to stop reading here.

Also, if this story gives you some thoughts on getting frisky on campus, just remember, consent (and I state, once again, consent) is by far the single most important thing you need to think about. Consent is about everyone wanting everything that is happening, so check in with your partner(s) and always ask permission to make sure everyone is having fun. So, with those thoughts in mind, let's move on to the most popular answers students gave for getting frisky on campus.

Young Building lawns (Lansdowne)

It would appear that there are lots of exhibitionists among the student body at Camosun. By far the most popular answer at Lansdowne was the lawns in front of the Young Building. No surprise here: the beautiful architecture and immaculate lawn bordered by impressive twisting Garry Oaks creates quite the romantic setting for a roll-around in the grass.

While the out-in-the-open aspect of the lawns is intriguing for some, multiple bushes on the outskirts of Young offer perfect spots to bring your partner(s) for a snuggly make-out session.

Also, the open lawns offer a lot of sun during the spring and summer months, so not only can you get down on the soft grass, but you can tan while doing so. (Just remember, bums aren't often exposed to the sun, so wear sunscreen!)

Forest nature trails (Interurban)

Sticking to the outdoors, the most popular answer at Interurban was the trails and woods behind campus. No surprise here: nature can be one of the best aphrodisiacs out there. The beautiful green forests, ponds, and soft moss patches offer a perfect retreat for the stressed-out student. In addition, chirping birds and frolicking animals can provide quite the mood-setting background symphony.

Interurban student Haley Christie says it best: "I like the outside, it just makes you feel happy to have fresh air and it's not stuffy... it's nice to be comfortable. It'll just be you and the person you're with, and it's quiet; you can hear the sounds and it's just relaxing."

On a side note, Christie says "the most important thing about frisky-time is that I, right now, don't have anyone to be frisky with." The forest trails can be the perfect setting for a first date, so students, don't be shy: ask someone out for a stroll!



Libraries (Lansdowne/Interurban)

It wouldn't be a story about frisky-time on campus if no one had ever been in a library. I don't know what it is, but there's something about libraries that attracts students... well, how to put this... adventurous. Maybe it's the quiet, or maybe it's something about scholarly textbooks that give you a sense of power, or maybe it's the desire to convert those hair-pulling research papers into something a little more fun.

Maybe it's the smell of thousands of fiction novels, or maybe it's the fact that we've seen the library story play out in movies and TV shows. Either way, the library is a popular location for students' lovely frisky-time. You're browsing through books and see that special someone through the cracks, ask for a kiss and see where it goes: you never know, it might really hurt!

Study rooms/breakout rooms/multimedia rooms

The various study rooms on both campuses were popular answers for getting frisky in private. As opposed to the outdoors, these spots are for those students who don't bear the risk of being seen by others. In addition, it doesn't rain in a study room. Think about it, the rain might make for quite the sloppy wet and messy situation.

The multimedia room at Lansdowne (the red room on the first floor, between the computer lab and the back tech info desk), for example, has a nice view which just might make students feel a bit more comfortable when they're in there. It is that those scandalous students do in there.

Just remember, folks, while these places are private, nothing is completely private than a college staffperson storming in, so use at your own risk!

Young 216 auditorium (Lansdowne)

This lecture hall is probably the most beautiful one on both campuses. The balcony on top is rarely used and provides a quiet spot to get away from it all. They provide the much-needed warning that someone is coming. If you want a special experience, get a friend to play some classical music to provide a backdrop, or show off your skills for your special someone(s).

Finally, the echo: if you're one of those people on the riskier side of the coin, the spanking, the echo in Young 216 will add a bit of auditory sass to your frisky-time. Young Building ghosts. Don't piss off the ghosts: you'll regret it!

Trades workshops (Interurban)

Leave it to the Trades students to mix work and play; why not bring your tool belts, engines, and wires. If you're a welder, why not bring your welding mask (intended). If you're a carpenter, why not show off your skills hands-on. If you're in a program, why not let your partner(s) know about how things run?

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Frisky spots are



Story and photos by Piotr Burek, contributing writer

he mentioned the libraries that make the risk of getting caught what turns people frisky. Memories to

It's the multiple options; who knows? Desires, so next time someone eyeing you

er know what may come to fruition. (Just be careful; paper cuts



(Lansdowne/Interurban)

swers for one reason: they're students who aren't willing to go indoors (although, come to think of it, a fun experience outside). The floor of the library between the two buildings has no windows and has a lock, making it a great spot for smooching, or whatever



g can spoil the mood faster than we can condone the use of any college offices.

campuses and was a popular answer for a few reasons. First, the doors are old and squeaky, so they're easy to open. Third, there is a piano in there, so if you're planning an extra break, you can play the piano. Better yet, if you're a piano player, you can

(or louder) side of the frisky-time spectrum, or you're into the idea of a piano. Just keep in mind that you might piss off the janitor!

ot? There's something very sexy about welding masks, overalls, and a spark. Our lovely(s) into the workshops and see if there's a spark (no pun intended). If you're in the automotive workshop, you can get a smoother with just a bit of lubrication (okay, I'll stop).

Washrooms/locker rooms (Lansdowne/Interurban)

While not as popular as the answers above, many students pointed to the washrooms/locker rooms as a possible spot to get frisky. Camosun student Will MacLean bravely told me his story about getting frisky in a washroom on campus. Unfortunately, the story is a bit too X-rated for the school newspaper, but I did get some insight into the motivations behind washroom/locker room frisky-time.

"There is an aspect that's more appealing when there is a risk of getting caught," reveals MacLean. "It turns me on." I'd second that.

Empty classrooms (Lansdowne/Interurban)

Empty classrooms seem like logical places to sneak in a kiss or two. Make sure to write PLO ("please leave on") on the chalkboard if you unintentionally leave a bum print.

Nowhere/anywhere (Lansdowne/Interurban)

While a few people stated that the campuses just don't get their juices flowing, others said anywhere on campus works for them; some students (like me) just aren't that picky.

Camosun: a love story

It's not all about frisky-time on campus; sometimes it's about love. This story is about two students who met after class and have spent virtually every day together since.

Introducing, the Camosun love story: student Crystal Derry met her boyfriend on campus. After an exam one day, the two ended up "standing outside in the freezing cold for three hours talking, and have been together ever since."

Derry explains that because they both worked and studied on campus, "our entire relationship was Camosun." Being on campus all day would be tough for any relationship, so Derry and her boyfriend found a special spot to get away where they could sneak in some kisses and snuggles.

Behind the Lansdowne parking lot is a little hidden path that's out of the way, so that's where the couple met during breaks. Although Derry is not much into the risk of getting caught, she suggests "the benefits of getting frisky sometimes outweighs the negative of the risk."

"When you're here on campus for 12 hours a day, you want to have a relationship and you're both students, you're going to fool around on campus," she says. "We probably wouldn't be able to start our relationship, especially keep going with a serious relationship, unless we had some interaction on campus, otherwise we would have no time for each other."

When asked if there are any other places to go to sneak in a kiss on campus, Derry points to the front lawn of the Young Building.

"Where the benches are in the field, because it is really nice and romantic, especially in the evenings, there is a path that's a little lit," she says. "It's just a very beautiful area, it's a really nice place to go for a romantic walk between classes."

Let's just say that my heart melted a little bit when listening to Derry's story. All I can say right now is this: too cute, just too cute.

So, there you have it, folks: it's not just about frisky-time on campus. While there are a lot of spots around campus to get some make-out time in, sometimes it's just all about spending some quality time with the person(s) you love.

Hopefully, this article gave you some perspective on all the lovey-dubby, sexy-time locations on campus. Next time you pass some bushes on campus and hear them rustling, maybe you won't be so quick to assume that it's just an animal.

It might, in fact, just be some students having some fun-loving frisky-time. Now I'm off to take a cold shower!



42%

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MCI18577

local music

Victoria's Aidan Knight a product of background

“By playing music, I could create my own worlds.”

AIDAN KNIGHT
MUSICIAN



PHOTO PROVIDED

Aidan Knight is a Victoria musician on the rise, and he knows where his roots are.

MATTHEW HELLIWELL
CONTRIBUTING WRITER

Spend any time in the Victoria music scene and you are bound to hear Aidan Knight's name come up at least once. This Victoria native has been taking stages by storm for years and has previously performed and recorded with The Zolas, Hannah Georgas, Dan Mangan, We Are The City, Jeremy Fisher, and Counting Heartbeats. Knight launched his own musical quintet under his name in 2008, creating their own brand of experimental folk in his Victoria home. He hasn't looked back since.

Knight was also a major player

in the creation of his current label, Adventure Boys Club. Knight co-founded the label alongside Tyler Bancroft, guitarist and vocalist for Vancouver indie rockers Said the Whale.

Adventure Boys Club's first release was Knight's acclaimed debut album, *Versicolour*, in March of 2010. The momentum kept rolling into November of that year with the release of Knight's first EP, *Friendly Fires*. Since then, Knight released his second and latest studio album, *Small Reveal*, in October of 2012. Taking a break from recording new tunes, Knight's band is headed on tour in North America and Europe,

starting March 16 in Los Angeles, California (no Victoria dates as of yet, but keep your eyes and ears open! For now, the closest date is March 21 in Vancouver.)

Knight says that growing up in a musical family has made all the difference in his motivation. “My family put a lot of importance on music and being creative,” he says.

His success is a product of his background, but Knight has built on his musical roots and thrown in his own touch.

“I'd say there is a time when you are really shaped by what music your parents have around,” he says. “Eventually [artists] start moving

away from their roots and start making their own choices, and some of those choices are hilarious.”

Growing up as an only child left Knight time to experiment with his music and sort the gold from the cringe-worthy, he says. “I would explore lots of different ideas, whether musical or fantastical. By playing music, I could create my own worlds.”

Much of Knight's inspiration comes from his local roots. Growing up just down the road from the Lansdowne campus, one of Knight's favourite musical memories was with his music teachers at the now-dissolved Richmond

Elementary and his memories with the jazz band at Esquimalt High.

Knight jokes that he's sure “all my teachers loved me... I was not a kid who practiced. I think I took a lot of things for granted in school. But I still liked all my time in those music classes.”

And living in British Columbia has also had a profound influence on him, he says.

“It's hard not to be inspired by such a beautiful place. I've seen a lot of Canada through touring and travelling, and this is one of my favourite places,” he says. “It's influenced bits and pieces of the songs that I've written.”

beards

ZZ Top rock into their fifth decade

GREG PRATT
EDITOR-IN-CHIEF

ZZ Top vocalist/guitarist Billy Gibbons is a man of few words. But after being part of the classic rock band since their formation in 1969, releasing 15 studio albums (including 1983's *Eliminator*, which sold a staggering 10 million copies), and recently releasing one of their best discs in years with 2012's *La Futura*, he doesn't need to talk. The cooler-than-words blues and rock licks he dishes out say it all.

Well, almost: they only tell half the story sometimes, like, for example, what the audience makeup at a ZZ Top show in 2014 consists of. Everyone's rocker uncle? Kids? Young men in their '20s who know the power of great rock and roll?

“We've got a multi-generational thing happening,” says Gibbons. “The fact is that we've had fans who go all the way back to our earliest days and they've turned their kids on and that goes down the line. One of the most gratifying things is when kids today discover us on their own and have a ‘eureka’ moment when they realize they've ‘found the sound.’ We're just here waiting to be discovered.”

And what a discovery it is to fans of rock music. The band's back catalogue is worthy of much exploration, from the raw, blues-drenched early material (first three albums = classics) to the fun, if not dated, synth-groove rock of the '80s material. And while the band's '90s



ROSS HALFIN

ZZ Top, one of rock and roll's all-time coolest bands, doing their thing.

and '00s output often struggled to attain their high standards of excellence, *La Futura* brought all that back. The album has great, simple, fun tunes, and one of the greatest production sounds of the past five years: huge and natural, raw and professional, it's got it all.

“The album's sounds got that grit in the grooves and dirt in the works,” says Gibbons. “One can crank it up and enjoy that beautiful distortion in all its glory.”

That simplicity was part and parcel of the process for the album, by the sounds of it. Gibbons' answer to why the album came out as good as it did is simple: “We cooked up some hot tunes, and laid down our licks,” he says. “[Producer] Rick Rubin invited us to be the best ZZ Top possible.”

But how long can they continue to be the best ZZ Top possible? A simple run-through of the math

shows that the guys ain't exactly young pups. So when does Gibbons stop playing music? Apparently, not any time soon.

“There's always a car to tinker with and a guitar to string up and an amplifier to turn on,” he says.

Like any true rocker, Gibbons perks up when I mention to him that there are undoubtedly a lot of longtime ZZ Top fans in Victoria who will be so happy to see the band coming through town that they'd love nothing more than to buy the trio some beers to thank them for all the years of good rock and roll.

“Free beer?” says Gibbons. “We're in!”

ZZ Top
6:30 pm Friday, March 21
\$39-\$85, Save-on-Foods
Memorial Centre
sofmc.com

what's going on

by samantha pettifer

MARCH 13-22

100 years since war and illness

This summer is the centennial anniversary of the start of World War I, but fewer people remember the epidemic facing soldiers returning home after the war: the Spanish flu. Fear surrounded each outbreak, with entire towns quarantined in Canada and millions of deaths worldwide. A theatre production, *Unity* (1918), explores the Canadian response to the deadly illness.

THURSDAY, MARCH 20

Get de-stressed at Interurban

Quick, go to the Wednesday, April 2 listing below, and substitute “Lansdowne” for “Interurban.” Then head out there (in front of the Campus Centre building) and get relaxed!

THURSDAY, MARCH 20

They always get their man

Mounties are riding in to Sugar Nightclub this week on the heels of their new album, *Thrash Rock Legacy*. Made up of the well-known Canadian talent of Hawksley Workman, Steve Bays (Hot Hot Heat), and Ryan Dahl (Age of Electric, Limblifter), Mounties can't miss. Rich Aucoin and JPNS GIRLS open the show.

MONDAY, MARCH 24

Share your love of good food

The Shelbourne Community Kitchen is holding an orientation for new volunteers who would like to get involved with helping others access healthy food. This non-profit group facilitated the Camosun FarmBox program, which provided organic edibles to students, and they have

many other community programs. See shelbournecommunitykitchen.ca.

FRIDAY, MARCH 28

What kind of show? Involving ropes? Hmm...

Local groups The Roper Show and Band of Rascals want to rock you. Well, blues-rock you actually, but isn't that just as good? The Roper Show was one of the Zone's Bands of the Month last summer, but live shows are always better than listening to the radio. It goes down at Upstairs Cabaret.

TUESDAY AND THURSDAY, APRIL 1&3

Work off some exam jitters

Take a break from studying and work up a sweat with the last drop-in soccer and floor hockey sessions of the semester. Soccer is at 8-9 pm Tuesday and 8:30-9:30 pm Thursday, and floor hockey runs from 9-10 pm Tuesday and 9:30-10:30 pm Thursday, all at the Lansdowne Middle School Gymnasium.

WEDNESDAY, APRIL 2

Just lose the stress already

The last month of the semester is always the hardest. The Camosun College Student Society feels your pain: that's why they're holding a DeStress Fest. There will be PUPPIES! Maybe not puppies, exactly, but dogs: cuddly dogs. Also, ice cream and massages. What more do you want? It takes place at the Lansdowne campus from 10 am-2 pm in the Fisher courtyard.

Head to nexusnewspaper.com for an expanded version with more listings!

metal

Head Hits Concrete keep extreme music underground

“We didn’t feel like one of those shitty old ’90s bands that no one remembers or gives a hell about anymore.”

MIKE ALEXANDER
HEAD HITS CONCRETE

JASON SCHREURS
MANAGING EDITOR

Playing in a grindcore band has its benefits and drawbacks. Just ask Head Hits Concrete vocalist Mike Alexander who, after a long hiatus, has returned with drummer Brad Skibinsky and guitarist Darcy Bunio to embark on a Canadian tour of houses, basements, and dingy dive bars. And while their shows are filled with chaos, feedback, and so much inspiration, Alexander says explaining the band’s sound to family and friends is always tricky.

“I guess we start off saying, ‘It’s heavier than Metallica, so it’s heavier than Slayer, so it’s kind of Napalm Death-ish,’ and by that time we’ve usually lost the person

we’re trying to describe it to,” says Alexander from his Winnipeg home. “But, just think fast, think heavy, and try to imagine what that might be like, I guess.”

Started in the late ’90s by Alexander after the dissolution of one of Canada’s best-named and harshest sounding bands ever, Swallowing Shit, Head Hits Concrete went on a five-year tear of live shows and recordings.

The band released a discography CD entitled *They Kingdom Come Undone* (featuring over 50 songs) in 2004 and curled up in a corner somewhere, nursing their wounds. Last year, they resurfaced, minus a bass player.

According to Alexander, the old songs had “retained themselves” and as soon the three men started jamming again, everything fell back into place.

“We said, ‘We should probably do this again. It’s probably about time,’” he says. “We found that we could devote a bit of time to writing new stuff and it felt like we didn’t really lose a beat, and we didn’t feel like one of those shitty old ’90s bands that no one remembers or gives a hell about anymore.”

A sturdy dude who often looks like he’s bursting blood vessels when the band plays their quick,



PHOTO PROVIDED

Does anyone need a hug? Winnipeg’s Head Hits Concrete are bringing anything but lovey-dovey tunes to town.

loud bursts of controlled chaos live, Alexander says that once people get to know him and his motivations for writing music, they are often taken aback by the band’s progressive, positive lyrics. Head Hits Concrete songs deal with everything from colonialism in Canada to transphobia.

“Yeah, when people get to know me, and it takes time,” he says, “even with my co-workers who have heard about me being in bands, they are surprised at how I’m in a band that talks about political things.”

Vehemently independent, the band has always booked their own tours and been involved with releasing their own records. A 7” vinyl release called *Hollowed Out*

Human Husk was released last year on Mercy of Slumber Records and the band is prepping a four-song cassette release for their upcoming tour. Small, sweaty house shows are still the predominant venues on tour for Head Hits Concrete.

“We’ve done the living room or basement shows where I’ve felt like I’ve almost lost teeth or been launched over the drum kit and those are pretty hectic shows, for sure. They are an awful lot of fun and we definitely can’t complain about them, but there’s a sense of, ‘Should there be more room for people so I don’t fucking end up bleeding all over the place with a microphone shoved down my throat?’” explains Alexander.

And while he says big clubs aren’t ever going to be in the band’s normal routine, Alexander’s not sure why the band gravitates towards playing in claustrophobia-inducing spaces and sleeping on people’s floors. It seems to be something ingrained in them since day one.

“I don’t know,” he ponders. “It’s either I’m terrified of change or I quite enjoy doing this kind of thing.”

Head Hits Concrete
Wednesday, March 26
\$5-\$10, The Mirancave (details at Black Raven Records)
headhitsconcrete.bandcamp.com

review

Victoria surrenders to Cheap Trick

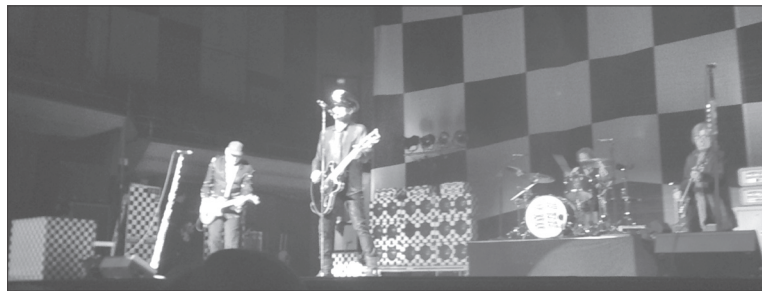
JILL WESTBY
CONTRIBUTING WRITER

After 34 years, Cheap Trick finally returned to play a recent concert in Victoria at the Farquhar Auditorium. The last time they made a trip onto the island was in August of 1980. Consider that for a moment. In 1980, a ticket to their show cost about \$10. I’m not even going to say how many times more it cost in 2014.

The astounding longevity of Cheap Trick speaks volumes about their songwriting and performances. For over four decades, the band has been releasing albums and touring around the world.

Their particular sound of power-pop mixed with hard rock has influenced countless other musicians. Johnny Ramone, Guns ‘n’ Roses, and even Nirvana have all cited them as influences.

The thing that makes Cheap Trick so likeable is they never take themselves too seriously. Rick Nielsen, the band’s guitarist and main songwriter, is probably the only performer I have ever seen who’s able to



JILL WESTBY/NEXUS

Cheap Trick put on a rockin’ show at UVic recently.

casually pick up a five-necked guitar, play the shit out of it, then pick up another guitar built to look exactly like him (seriously, with a face, body, and with the double necks as his legs) for the next song.

Nielsen’s multiple guitar changes and stage personality was definitely one of the highlights of the show. The singer, Robin Zander, who I think I probably would’ve had a huge fan-girl-crush on if I happened to have a time machine and was 18 years old in 1978, has the most underrated and versatile voice in music. (Go listen to “I Want You to Want Me,” then try “Gonna Raise Hell.”)

Zander’s vocals carried the band

through the middle of their set. And during the encore, when the first notes of the band’s hit “Surrender” started, he didn’t disappoint.

UVic’s Farquhar Auditorium isn’t the ideal venue for a loud, fast, rock ‘n’ roll band to play, but Cheap Trick kept the atmosphere and momentum going throughout the show.

In between songs, Nielsen jokingly asked why we hadn’t asked them back in 34 years. Someone in the audience yelled, “It’s not our fault!” and everyone laughed.

Take this as an invitation, guys: Victoria would be happy to have you guys back much sooner next time around.

New Music Revue

Bowie-esque pop, killer metal



St. Vincent
St. Vincent
(Loma Vista/Republic Records)
4/5

The self-titled fifth album by Annie Clarke, better known as St. Vincent, is a unique blend of jazz and pop with some of her unique guitar style (solos and all) and a David Bowie feel.

“Otherworldly” is how I would describe it, with a fabulous mixture of instruments and St. Vincent’s goddess-like vocals taking you completely away, despite some rather grim lyrics and themes throughout.

This new album by Clarke seems to be a fine-tuned version of a sound she’s been attempting for a while. *St. Vincent* is filled with some very danceable tunes and some slower, melodic songs as well, but the party is fairly consistent throughout.

The more upbeat songs stand out, not to say that the others aren’t great in their own right.

-MATT O’CONNOR



Killer Be Killed
Killer Be Killed
(Nuclear Blast Records)
3.5/5

It’s tough being labelled a “supergroup.” How do you live up to that? They’re destined for failure most of the time, but metal fans have a lot to look forward to with this one.

Killer Be Killed is made up of Max Cavalera (Soulfly/ex-Sepultura), Greg Puciato (The Dillinger Escape Plan), Troy Sanders (Mastodon), and David Elitch (The Mars Volta).

Opening cut “Wings of Feather and Wax” chops and slices: starts off with the Mastodon part, goes in to the clean Dillinger chorus part, then delivers Max’ fast punk/metal part. Luckily, the rest of the album mixes things up more cohesively.

Really, many songs here contain the members working together in a chemistry most non-supergroup bands would kill for.

-GREG PRATT

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Noms!

words and photo by Patrick Hallihan

Famoso serves pizza with punch

Famoso pizzeria serves a great medley of pizzas with unique twists, priding themselves on the authenticity of their ingredients.

A group of friends and I ventured to this pizzeria during Dine Around & Stay in Town week. They had special menus for the event: \$20 for a listed starter, 11" pizza, and dessert. This would also explain why the place was packed with patrons.

Famoso, located near Market Square on Johnson Street, operates almost like a bistro: choose what you like, go up to the counter and order, pay, and it will be brought to your table once ready. After using the regular menu as a Rosetta stone to translate the special menu—many names were Italian without any sort of explanation as to what it was—we went up and placed our orders.

The atmosphere was very energetic, no doubt due to how much busier it must have been that weekend. The pizzeria itself was brick-laden with warm earth tones, and you could see the Pizzaiolos (pizza-makers) in the back spinning pizza dough and popping them in to the oven. I talked to the girl at the

front for a bit, and apparently they only cook the pizzas for about 90 seconds, but the oven is kept at an unbelievable 900 degrees!

Our appetizers were brought over, at which point I realized nearly all of us got the meatballs. They were covered in good, thick tomato sauce and ricotta cheese, and were perfectly cooked, albeit a bit small and with only three in the bowl.

Later came our pizzas, which, based on their somewhat lopsidedness, were indeed handmade as advertised. I actually like it when I see lopsided things in food, as it usually means it was made by a person as opposed to being made by a machine. Each pizza was about 11" in diameter, which isn't gigantic but should handily feed one person.

I had the Sweet BBQ Chicken pizza, which sported a nice assortment of vegetables along with the chicken. Across the table my friends had a Romano, Marinara, Spicy Thai, and a few other choice pizzas. We were all delighted with what we received, with each pizza being properly cooked, seasoned, and sporting a healthy supply of toppings.

Also, pro tip: the girl at the



Famoso serve up great pizzas.

front informed me that the pizzas are meant to be folded like a taco when eaten; otherwise, you end up with a sloppy mess. She did not lie. The crust was fantastic, with their method of cooking the pizza leaving just the right amount of chewiness.

Final verdict? I would definitely go again. It is a bit on the pricey side at \$13 to \$16 per pizza, with most being too small to share. Although I managed to score the Dine Around & Stay in Town deal, what I ordered would have normally been \$30.50 before tax and without drinks for a small starter, pizza, and dessert (tiramisu).

Still, it was great non-greasy pizza, and definitely worth a try.



Politically Speaking

by Matthew Helliwell

Alberta should get head out of sands

In the past, I've used this column to poke fun at our Albertan neighbours. It's all done in love, and always directed at policy and not people. After all, BC and Alberta have a lot of things in common. I mean, I'm pretty sure Alberta PM Alison Redford is Christy Clark's mom.

I've never drank the Kool-Aid on oil sands hate, believing it's something we all have to have a more civil discussion about. Maybe there's good in the oil sands, maybe not. But we need to approach the topic as rational adults, with at least a basic understanding of both sides.

Unfortunately, the Alberta government does not seem to agree with me on that.

This week the Edmonton Public School Board decided that oil sands giants Suncor, Syncrude, and Cenovus were suitable groups to invite for consultation on curriculum for students from kindergarten to grade 3.

I'd like to know who thought that was a good idea. The angle that's being sold is getting kids interested in science and develop-

ment. I might buy that if I saw a few environmental science firms on the invite list.

But in Alberta there's only one path to scientific progress and that's working for oil and gas. Give me a break. It's the same story the coal companies sold kids in the US after helping write curriculum down there, providing what Alberta NDP education critic Deron Bilous called "a completely one-sided view speaking only of the benefits."

Let's face it: kids in kindergarten and grade 3 will believe pretty much anything you tell them. They're already getting bombarded with advertising on TV, billboards, and mobile apps.

Shouldn't the classroom be a place where they can get away from all that?

As cliché as it is to say, we should let kids be kids; there's nowhere that's truer than at school. I don't envision a dystopian future where children are force-fed pro-"job sands" propaganda at school.

But I do wonder if oil and gas can't keep their dirty bitumen fingers off my future kids' education?



Age of Geeks

by Vishal Pandey

More gadgets and gadgets

Last month ended with lot of announcements and promises: new phones, new devices, and new promises for the future of the communication and technology sector. In the upcoming months, we will have our hands on the technology of the future. It all comes down to us as consumers: we make or break the future of new devices.

This issue I want to shift our focus to what's coming to Canada, and what you can buy with all the money you're going to earn during spring break (yeah, right).

Galaxy S5 Canada release

Remember the new flagship phone from Samsung that we talked about last issue? Well, if you don't, let's refresh your memory. It's the

long-awaited Galaxy S5 and it's water-shielded, packed with top-notch hardware.

Most of the carriers in Canada have already announced the Galaxy's upcoming release to their stores. It's supposed to hit shelves sometime in April and, given the popularity of its predecessor, it's going to be priced aggressively. If we're to believe the rumours and trends, it will be around \$200 on a two-year contract.

CamMe

Get ready for some awesome selfies because CamMe can take photos based on gestures. The app lets users take selfies from up to 16 feet away without having to touch their device.

Unlike other photo taking apps, CamMe relies on gestures to control an iOS device's shutter. To take a selfie, users simply raise their hand and make a fist, which triggers a three-second shutter timer.

The app looks very promising and fun to use. Selfie app CamMe also won the Most Innovative App award last month at the 2014 Mobile World Congress. One thing, though: for now this app is only available for iOS.

Tipping app

Last but not least, I want to just quickly mention the new feature of the Starbucks App, which will let you tip your barista directly from your phone. How's that for convenience?

amalgamation word search

Our cover story last issue looked at the hot-button topic of amalgamation in Greater Victoria. We're curious to hear your thoughts; head over to nexusnewspaper.com (or find us on Facebook or Twitter!) to join the conversation.

We thought we'd keep the conversation alive just a little bit longer with this fun amalgamation word search. Find the words on the right in the word search below, and have fun!

The first 10 people to bring the completed word search in to our office will get a free pass for one admission to a drop-in session (swimming, skating, weightroom, etc.) at any Saanich Recreation Centre, courtesy of Saanich Parks & Recreation.

- AMALGAMATION
- CALGARY
- COMMUNITY
- COSTS
- COUNCILLORS
- CRD
- DEMOCRACY
- EFFICIENCY
- GEOGRAPHIC
- HALIFAX
- LEGISLATION
- MAYORS
- MUNICIPALITIES
- POLITICIANS
- PUZZLE
- REFERENDUM
- TORONTO
- TURNIPS
- VICTORIA
- ZONING

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We want to bring a student on board to be guest editor for one issue of *Nexus*. Help decide the feature story, news coverage, and how the paper looks for an issue.

NEXUS

Email editor@nexusnewspaper.com with the subject line "Guest editor" and tell us one great reason why you'd be a perfect fit. New deadline for entries is April 2, 2014!

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E A N T R O A A R O M I Z I I
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U X E P O L I T I C I A N S C
M L C O M M U N I T Y V Q N D
C I H P A R G O E G A Z D V P
M A Y O R S K Y R A G L A C O

Camosun College Student Society columns



Student Zen

by Ben Baird

camosun college meditators on campus

Meditate your way to As

Students tend to divide our attentions widely. There are likely few students who haven't had difficulty balancing their attentiveness to school, work, and home life. We know the importance of giving our undivided attention to whatever we are doing, but what is this "undivided attention"?

In the technical terminology of Buddhist meditation, there is the Sanskrit word *samadhi*, which is often translated as "concentration." The character of this *samadhi* varies between the different schools of Buddhism; the Zen school in particular teaches a "receptive *samadhi*."

In Zen practice, meditation is centred on letting go of discursive thoughts. Because we prize our intellectual capacities so highly in the academic world, it might seem foolish to consider "letting go" of them. Rather than dismissal, we

might consider letting them run.

Consider the phrase "undivided attention," and what it means to the student in pursuit of knowledge. As a Mental Health and Addictions student at Camosun, I've learned that a crucial attention skill is the filtering of relevant cues. When we narrow our focus to study, does this mean that we attempt to exclude other stimuli?

What if we were to include any sensations of annoyance, haste, or anxiety into our experience, rather than trying to suppress or avoid them? Which attention is "undivided," that which attempts to eliminate distractions, or that which is radically inclusive?

Cultivating this non-discriminating mind through meditation could be a useful parallel study for those of us who face the demands of an intellectually challenging academic career.



Mind Your Business

by Andrea Eggenberger

camosun college DECA club

Breaking down a case

DECA has two case competitions approaching. The first is open to all Camosun students and will be held during finance week on Friday, March 21, starting at 10 am in CBA 285 at Interurban. The second will take DECA members all the way to Washington, DC to compete in the International Career Development Conference.

When competing in case competitions, it's important to manage your time wisely. Here are a few steps to keep you on track:

Skim and ask: Who? What? Why? When?

It's important to draw out the bones of the case immediately so you don't spend time on details that aren't relevant to the key problem.

Identify the issues/problems and relate them to course material

Judges want to know that you are applying the concepts you're learning in school. Be sure to identify

what type of problem it is. This will also help you with your analysis.

What are the external and internal factors?

Acknowledge which factors you can affect change over and which you can't.

What information are you missing?

Most cases will have some unknowns. Make sure to identify any missing information so the judges know that you are not making assumptions.

What is your action and implementation plan?

Be very specific with all the steps you are going to take to achieve your goal, why you think these steps will be successful, and how you will evaluate the success over time.

Practice your presentation

This is key. If you have a partner or team-mates, divide up the presentation and budget your time to include a run-through.

astrological asininity

by River Rainfall

OMG I got my first fan letter the other day OMG OMG OMG thank you for reading I hope your future is great! Oh wait, I know your future and, well, it's so-so... but you're still awesome! Totes thanks for reading!

For the rest of you, hi! I'm River and I can see the future!@ LOL what is that "a" with the circle around it?

Umm so I think next issue might be my last column for the *Nexxis* or whatever this website is called. Totally got called off on a spiritual journey with a real-life guru!

Maybe someone wants to continue doing astrology in my absence? That means "when I'm gone"... this is tough. But I'm sure someone can do it. Email the paper!

Aries: Hi Aries! Last time we talked about unicorns which was weird although I found out a while ago that unicorns are real someone told me and I was like OMG. So did you see a unicorn??

Taurus: I'm going to stop telling you to buy lotto tickets now but I hope you won big. The other day I was waiting in line at the drug store, LOL not buying drugs, and the lady in front of me was checking all these lotto tickets and I was just like hurry up LOL! Oh wow, was that you?

Gemini: Wow I totally just blacked out sitting here because sometimes I see all these stars in

front of my eyes and I just roll with it but wow I saw something in your future. It was gum. Or gomme. Is that French? Do you eat erasers? What's going on?

Cancer: Hi! My name is River and I'll tell you your future. Oh, you know that? LOL don't sit on seats for the next couple weeks, k? Just find a way.

Leo: I'm sitting in the middle of Hillside again because it's the only way I can get Leo readings sometimes. And yours is great this time. Totes NOT TELLING YOU WHAT IT IS THOUGH!

Virgo: So... last week (or does this website come out every day? I get confused.) I talked about big pharma. OMG I don't want to you alarm you but after that issue came out the guy at the pharmacy I go to totally gave me a weird look. Like, weird! Someone said it might have been because of my Dr. Seuss hat, but no way!

Libra: No way!

Scorpio: Hey, Scorpio. Ever see that movie *Serpico* with Anne Pacino? I haven't. What am I, 80? LOL.

Sagittarius:

Capricorn:

Aquarius: LOL sorry I totally went on a journey there and I missed some of you. And I think I'm going again...

Pisces:

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College transfer student Courtney Lockhart always knew she wanted to pursue a career in politics. What she didn't know was that a degree from the University of Lethbridge would take her from Lethbridge all the way to Capitol Hill.

Courtney secured a co-op position at Global Centurion in Washington, D.C., an organization focused on the abolition of modern slavery. Not only did Courtney see

former U.S. Secretary of State Hillary Clinton give a speech at the Department of State, but her work allowed her to see the impact of human rights advocacy first-hand.

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