

# NEXUS

CAMOSUN'S STUDENT VOICE SINCE 1990

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## WHAT IF? WHAT IF?

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STUDENT USED PERSONAL  
EXPERIENCES TO ILLUSTRATE  
A BOOK ABOUT ANXIETY

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ABOUT URINE  
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# NEXUS

camosun's student voice since 1990

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*Nexus* prints letters to the editor. *Nexus* reserves the right to refuse publication of letters. Letters must include full name and student number if a Camosun student (not printed). *Nexus* accepts all letters by email to editor@nexusnewspaper.com. We reserve the right to edit all letters.

OVERHEARD AT NEXUS: "I would get on the bus with a bag full of knives and hope nobody would ask what's going on."

COVER ILLUSTRATION: Sebastien Sunstrum

## student editor's letter

### Connection as an alternative to anxiety

Anyone with anxiety knows there isn't actually an alternative to the paralyzing tightness in the chest, the nausea, or the tears. But you can be a student and still learn the ins and outs of making daily life with anxiety a little easier.

Anxiety really is an awful thing to live with, and it can render the simplest of daily tasks next to impossible, but the good news is that there are things you can do to not feel so alone in the fear, that damn constant invisible fear that is always so difficult to pinpoint.

I say that the best option is transparency. If you're having one of those dark days, tell someone who is able to listen, because odds are they've had a similar experience at some point. By externalizing an internal struggle, it starts to feel not so specific to you. The last thing anyone with mental illness needs is more guilt and isolation in wondering why and how they feel what they feel.

So share your story. Talk. You'll be surprised by the compassion and empathy that people have. This is what our new features writer Fred Cameron did for his first feature story for the paper. He sat down with a Camosun student who recently celebrated a major victory in spite of his struggles.

The story Cameron paints for us shows the importance of actually saying what needs to be said: mental illness can be a barrier, but sometimes it can—and will—be a vehicle with which you launch yourself forward into a life of connection. And connection is, after all, the polar opposite of the isolation that so often results from anxiety.

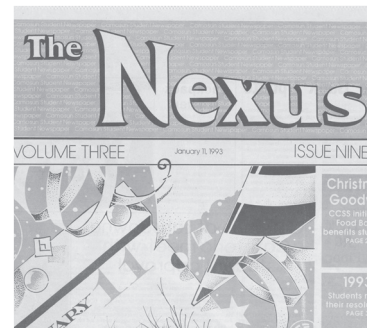
What doesn't get said enough is that it's really hard to make conscious choices about these things. But one of these choices—about what to pay attention to when faced with a plethora of emotions—can be the game-changer. Pay attention to the possibility of connection in an internal dialogue that will otherwise try to beat you down and leave you isolated.

Fight back with connection.

Adam Marsh, student editor  
adam@nexusnewspaper.com

## flashback

### 25 Years Ago in Nexus



GREG PRATT  
MANAGING EDITOR

**Student Society goodwill:** In our January 11, 1993 issue, the story "Food bank update" talked about the food bank program run by the Camosun College Student Society (CCSS). Through the program, the CCSS collected over \$4,000 in donations of food and cash, which they distributed through hampers to students in need. And the goodwill didn't stop in the '90s: the CCSS still delivers hampers to students every year.

**CCSS hiring procedure gets ugly:** This issue also detailed a four-hour December 16, 1992 CCSS meeting in which CCSS office resources coordinator Michael

Subasic was hired. Apparently, the CCSS had a committee responsible for hiring someone for the position and had spent weeks reviewing 300 applications and interviewing 13 short-listed candidates. According to the story, the committee had decided to do second interviews with a handful of people from the short-list, but the CCSS council decided to skip that process and offer the position to Subasic. The decision to hire Subasic was unanimous except for two CCSS directors; the meeting devolved into allegations of "childish" and "irresponsible" behaviour and accusations of council members being "liars." Subasic recently left his position at the CCSS, although is still listed on its website as being a staff member. And, yes, you read that right: it was a four-hour meeting.

**Dawson reopens:** We mentioned in previous *25 Years Agos* that there had been various fires at both campuses recently; in this issue, we reported that the Dawson Building was re-opening soon, after undergoing renovations in the aftermath of a fire. The total damage from the fire was over \$400,000.

## open space

### Modern capitalism is an oppressive lie

JAYDEN GRIEVE  
CONTRIBUTING WRITER

Oppression is a limiting of options. This exists as an alternative to freedom, which can be seen as a de-limitation of options. Now, we are all well aware of the classic forms of oppression, most notably totalitarianism, but what should be brought to the forefront of our thoughts is a much more subtle malignancy.

Modern capitalism as a system that prides itself on the gloriousness of the free market, as a place where everyone has a chance of success, is a bogus and purposefully perpetuated corporate lie.

The corporation is an evil and selfish entity whose sole *raison d'être* is to devour as much and as many resources as it possibly can and give in return a bleak and mea-

After decades of clawing our way toward freedom we have found ourselves again in a place where the only options seem to be play by the rule of our oppressors or die. We are becoming limited in our action; as more and more industries become commercialized, the potential for us to enjoy what we're doing diminishes, the potential to find a path to success less and less plausible. Yet this time—for the first time—our failures are not seen as the fault of a deeply corrupt and unbalanced system but as a result of our own shortcomings. Under capitalism our failures are "our fault." How can this be the same system that continues to tell us that anyone can succeed if they just try hard enough? This chicanery has to be stopped before it controls our everything, before the scope of the resources

It is the corporation's masters—who've released its leash, who've opened its cage, who have removed its muzzle and commanded it to feed so that they might glean the benefit of its shining golden shit—who are our true tormentors.

gre recompense. That is its nature; to blame it for such digressions is nonsensical. It is the corporation's masters—who've released its leash, who've opened its cage, who have removed its muzzle and commanded it to feed so that they might glean the benefit of its shining golden shit—who are our true tormentors.

And so, the rich are cannibals and their bountiful success depends almost entirely on the exploitation of the people. They steal the resources of the land, the land that we share together. They steal the fruits of our labour under the guise of perpetuating a free and functioning society; in return, they claim that we do not work hard enough.

Perhaps this wouldn't be such a problem if they were satiable, were willing to leave us with some acceptable amount of freedom, but it seems they will never be happy. To them, we are surplus value; human life is a commodity and is no match for the sickly-sweet syrup of El Dorado.

that we have access to is limited to whatever keeps us content and subdued enough to be productive.

There is a dark and ugly future where the chances of the success of a common person is a thick and viscous reduction at the bottom of a burning pot. Where the fat and victorious laughter of the rich perpetually echoes off the walls. Where we are slaves of our own making. All that is needed for its success is for us to allow this to happen.

It is, undeniably, unfair to disallow the success of the hardworking, but it is entirely unjust to reward one person's hard work with exaltation and cast the others into the pit. In our lifetime we will have to find a balance between these two points. We must find a way to ensure that our children have a levelled playing field, a genuine chance for success. Hope is slim, but, for those fighting to be free, it always has been.

We've reached a pivotal point where if we forget ourselves and the freedom that we so desire, we may never get it back.

The end of net neutrality: what does it mean for Camosun students? Find out in our next issue, on stands on January 24.

## SPEAK UP

What's your new year's resolution?

BY ADAM MARSH



CAITLYN WHITE

"To try harder in school."



KATHRYNN THIELE

"To not think about school until I'm back at school."



OLIVIA MUNDAY

"Probably to eat healthier."



ALEX JOHNSON

"I could try to save more money than I've been spending."



MICAYLA HENRY

"Maybe travel more this year, across Europe and maybe to the east coast."



AIDAN SEYMOUR

"My new year's resolution is to eat healthier."

student input

## Government website gives students a chance to critique college policy



FILE PHOTO

Camosun College Student Society external executive Mitchell Auger-Langejan.

**ADAM MARSH**  
STUDENT EDITOR

The Ministry of Advanced Education, Skills and Training recently launched a new website for students to give feedback about their post-secondary institution's sexual violence and misconduct policy, as well as to give feedback about provincial ministry guidelines around the policies.

In a press release dated December 4, 2017, provincial minister of advanced education, skills, and training Melanie Mark said that the guidelines in the provincial legislation that required all post-secondary institutions to have a sexual

violence and misconduct policy in place by May of 2017 "were important first steps" and that consulting students a minimum of once every three years for a review of the policy will help ensure everyone feels safe on post-secondary campuses. (Mark was not available to comment for this story.)

Camosun College Student Society (CCSS) external executive Mitchell Auger-Langejan says both Camosun and the provincial government conveyed the policies in a fair and strong manner.

"Students who will put measures in place to protect them are ultimately better educated and have

more tools, not only to know what's wrong and right in those situations, but what's in place to protect them," he says. "A student who's educated about that is ultimately empowered in that regard."

Camosun, he says, also does a good job in being clear in its policy by eliminating ambiguity. (Camosun College vice president of student experience Joan Yates did not respond to a request for comment.)

"They go really into detail about what is and isn't acceptable," he says, "and how these things are dealt with [in a] fair and equitable way."

Writing terms and policies, says

"[Camosun goes] really into detail about what is and isn't acceptable, and how these things are dealt with [in a] fair and equitable way."

**MITCHELL AUGER-LANGEJAN**  
CAMOSUN COLLEGE STUDENT SOCIETY

Auger-Langejan, is important so that the average person knows what is and isn't acceptable behaviour. But some situations are complex, and these policies account for that, he says.

"They talk about situations in which an individual isn't able to [give] consent. If two people get together and they're both really drunk, the situation becomes complicated. People in those situations do need to consider their actions before they proceed because it's more difficult to gauge a person's state—what they want, what they're comfortable with—when they're inebriated like that," says Auger-Langejan.

College students specifically, says Auger-Langejan, should learn about this part of the act.

"They will be, from time to time, put in a situation where they have to make a judgment call there, and making the right one could be potentially a very important thing for them," he says. "A clear understanding of what those situations are and how to act appropriately is one of the strongest points."

First year Psychology student Cortnee Erickson says that it's important that everyone has their voices heard.

"Especially on a sensitive topic

like that, definitely people's voices need to be heard," she says. "I think that's really smart. You're getting people's views on it, you're getting people's opinions on the matter."

First year Environmental Technology student Andrew Warren says he wants people to be able to freely express themselves with healthy and normal behaviours such as dating and flirting, but he says that it is a fine line.

"People shouldn't feel like they're victims in any circumstance," he says. "There should be a platform where people can report things that they feel are threatening their safety, and any awareness that people can raise about what their actions might make other people feel—I think that's valuable."

Auger-Langejan says the provincial government put forth "strong straight-forward guidelines" that asked for specific input.

"Something that's quite common is people put policies in place," he says, "but unless they're enforced or discussed or people are educated about them, they don't have a lot of power over change."

Feedback on Camosun's policy and ministry guidelines can be given until 4 pm Monday, January 29 at [engage.gov.bc.ca/preventsexualviolence/feedback](http://engage.gov.bc.ca/preventsexualviolence/feedback).

## NEWS BRIEFS

### Camosun part of local education initiative

Camosun College, Royal Roads University, and UVic, along with three high-school districts, recently signed a memorandum of understanding to work together as Education Victoria, a partnership that highlights academic cooperation and educational growth on the island. The long-term vision of the partnership is to make Victoria and Vancouver Island domestic and international education hubs.

### New chair elected to Camosun board of governors

Ron Rice is the new Camosun College board of governors chair.

Rice has been a member of the board since 2013 and was elected chair on December 4, 2017. He started his term on January 1, 2018.

### Fisher building in late stages of construction

Camosun president Sherri Bell said in a video posted on YouTube in December detailing Camosun's year in review that the Fisher Building construction is nearing completion; Bell thanked students and staff for their patience throughout the process.

### City of Victoria wants input on how to spend

The City of Victoria is launching its first participatory budgeting process, in which residents can vote on

how they would like to see the City spend \$50,000 on community projects. The options include an art and music program for seniors with dementia and an employment-training program that puts vulnerable adults in touch with potential employers, among many others. The deadline for voting is Saturday, January 20. See [victoria.ca/pbvic](http://victoria.ca/pbvic) or head down to City Hall to vote.

**-ADAM MARSH**

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## Eye on the National Student Movement

**ADAM MARSH**  
STUDENT EDITOR

1. The Canadian Federation of Students (CFS) held its semi-annual general meeting from November 17 to 20, 2017 in Gatineau, Quebec; student delegates from the Camosun College Student Society attended. At the meeting, the CFS denied a motion that would have allowed students to be able to view the financial audit detailing over \$260,000 withdrawn from an unauthorized bank account between 2010 and 2014 by former CFS staff members. CFS treasurer Peyton Veitch was not available for comment before deadline; Veitch called the former CFS employees' actions "reprehensible" in a *Nexus* story from July 2017. At the meeting, motions were passed that support the National Our Turn Student

Action Plan, a student-led strategy to end sexual violence and to support survivors. A motion was also passed to donate student money to natural disaster relief efforts in Mexico and Puerto Rico.

2. The British Columbia Federation of Students (BCFS) is still holding over \$200,000 of Camosun students' CFS fees. The BCFS is holding these fees because the CFS owes the BCFS money; the CFS says the BCFS has no right to be holding Camosun students' money. The Camosun College Student Society (CCSS) gave the CFS fees to the BCFS; the BCFS and CFS are separate legal entities. BCFS chairperson Simka Marshall did not respond to a request for comment. A spokesperson for the CFS confirmed that the BCFS has not remitted the money to the CFS.

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## events

# January CamFest aims to warm students up to campus life



PHOTO PROVIDED

Students enjoying themselves at a previous year's CamFest event, this one on the Lansdowne campus.

**ADAM BOYLE**  
STAFF WRITER

The January CamFest may not be as grand as its September counterpart, but the core goals that the Camosun College Student Society (CCSS) sets out to accomplish with it are the same. CCSS outreach coordinator Quinn Park says that the January CamFest allows students to connect with the college.

"Students can count on warm drinks and donuts being there," says Park. "There will be some clubs, too. I haven't heard back from all of them, but some of the notable ones that are attending are the nursing club, the Adventure Club, and the wellness club. It's very likely there

will be more clubs that attend, but those are the definite ones."

The January CamFest won't have some of the issues that its bigger sibling in September had. For example, construction on the Fisher Building at the Lansdowne campus limited the available space for the September CamFest, which is most likely Camosun's busiest day of the year. But this CamFest is on a small enough scale that construction isn't a big concern, says Park.

"There won't be as many tents as compared to our main CamFest," he says, "so we aren't really concerned by construction at either campus."

For September's CamFest, there are countless tents lining the court-

yards of Camosun's two campuses; the CCSS only puts out a few for January. Students might not realize it's CamFest at all; they might think it's just some people giving out free drinks. But Park says the event pulls its weight.

"If it wasn't worth it, we wouldn't keep doing it," he says. "It's not super costly to do. Most of the costs come from our supplies. One of the only things we actually do have to deal with is donuts. Of course, we don't make them on campus, so we use a local bakery that supplies all the donuts for both January CamFests, and they've always done a great job."

Given the season, weather plays

a big part in the production of the January CamFest. If the weather turns out to be obstructive and a damper on attendees, then the whole event might be void—but Park is optimistic.

"It's always an adventure to deal with weather," says Park. "Last year, for instance, we had to deal with hail, which resulted in us having to use snow shovels to move all of the hail out of the way. Most years, there's enough rain to form small rivers under our feet as we're serving donuts, so that's not that great. I don't think the turnout will be affected as much as you might expect by the weather—students still need to get textbooks and go

to the library. We try to catch the students doing some of this work; that's why we set up the event on the first week of classes instead of the third, for instance. Warm drinks and donuts really help to gather people."

"Students can count on warm drinks and donuts being there."

**QUINN PARK**

CAMOSUN COLLEGE STUDENT SOCIETY

**CamFest**  
10 am to 2 pm  
Monday, January 8  
Interurban campus  
10 am to 2 pm  
Wednesday, January 10  
Lansdowne campus  
camosunstudent.org

## know your profs

### Camosun's Geneviève Beninger on dramatic Jeopardy, losing her voice, and tending chickens

**ADAM BOYLE**  
STAFF WRITER

*Know Your Profs* is an ongoing series of profiles on the instructors at Camosun College. Every issue we ask a different instructor at Camosun the same 10 questions in an attempt to get to know them a little better.

Do you have an instructor that you want to see interviewed in the paper? Maybe you want to know more about one of your teachers, but you're too busy, or shy, to ask? Email [editor@nexusnewspaper.com](mailto:editor@nexusnewspaper.com) and we'll add your instructor to our list of Camosun teachers to interrogate.

This issue we talked to Camosun Applied Business Technology instructor Geneviève Beninger about reversing meals, improving her teaching, and exploring with Bernese mountain dogs.

1. *What do you teach and how long have you been at Camosun?*

I teach in the School of Business and just finished my first term as continuing faculty. I was also a student at Camosun... 30 years ago!

2. *What do you personally get out of teaching?*

"I am terrible, terrible, terrible at remembering names, but that doesn't mean I don't know who you are."

**GENEVIÈVE BENINGER**  
CAMOSUN COLLEGE

I enjoy many things about teaching, but the best gift is to see my students go beyond what they initially thought they were capable of. Teaching also provides me with a constant source of puzzles to solve, not the least of which is how to keep improving my own teaching.

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

I wish they knew how important it is to me that they succeed, not simply academically but in broader terms. It's about more than just the grades to me.

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

I am terrible, terrible, terrible at remembering names, but that doesn't mean I don't know who you are.

5. *What's the best thing that's*

*ever happened to you as a teacher here?*

The most dramatic game of classroom Jeopardy ever!

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

In the middle of class, while getting over the flu, I completely lost my voice and had to improvise.

7. *What do you see in the future of post-secondary education?*

In my doctoral research I've seen some good developments in distance education and online learning for post-secondary. Online courses can have many benefits to both the institution and the students, but my concern is that online learning also has many challenges—such as technological barriers, feelings of isolation, and lack of teaching presence—for students that must be recognized and addressed in order



PHOTO PROVIDED

**Camosun Applied Business Technology instructor Geneviève Beninger.**

for true benefits to be realized. This means investing time and expertise in how to develop effective online course materials and how to teach in that environment, which is quite different from face to face. Online learning is a growing field and I'm excited to see what we can do with it here at Camosun.

8. *What do you do to relax on the weekends?*

When I do get time to relax, I spend it tending chickens, exploring

Metchosin with my Bernese mountain dogs and a good friend, finding inspiration for my paintings, and learning new songs on my guitar.

9. *What is your favourite meal?*

Breakfast for supper and pizza for breakfast.

10. *What's your biggest pet peeve?*

Students who expect grades for work they haven't even attempted. Don't be that student.

food  
**Camosun students serve it up with new food truck**



ADAM MARSH/NEXUS

**Camosun College chair of Culinary Arts Steve Walker-Duncan.**

**ADAM MARSH**  
 STUDENT EDITOR

Students in Camosun's Culinary Arts program are keeping their fellow students' hunger at bay with hot food served up fresh out of their new food truck. The food truck has been operating at the Interurban campus, selling bowls of ramen noodles with pork or chicken, vegetables, and an egg for \$10.

Camosun chair of Culinary Arts Steve Walker-Duncan says the food truck moves to various locations around the campus to make sure all students have equal opportunity to try the food. In January, he says, the menus and locations will be

their feet," he says. "These are incredibly valuable skills."

Walker-Duncan says a key aspect of doing well and thriving in that setting is teamwork.

"Those teams rotate together, so it's almost a cohort-based system," he says.

Students take turns in different positions in the kitchens and typically will stay working as a team throughout the term, rather than working with everybody once or twice.

"[They're] learning what it means to communicate and interact with people that are going to, ultimately, pay their salary—that's

"[The students are] learning what it means to communicate and interact with people that are going to, ultimately, pay their salary—that's what it boils down to—and to provide them with a service that they're happy about and that they're going to come back for."

**STEVE WALKER-DUNCAN**  
 CAMOSUN COLLEGE

changing (he was unsure of the details at press time). The food trucks create a unique experience for his students, he says.

"We're actually getting them out of the comfort zone we've created here at the Culinary Arts centre. We want to put them right out there," he says, "up close and personal, right in front of people in the environment, where it's a little bit of sink or swim. You've got to be ready. You've got to be prepared. You've got to be capable of working quickly and working effectively, and doing a number of different things at the same time."

Walker-Duncan says this hands-on experience is essential to students because it's what the industry is looking for.


"They want people to be able to interact with guests, they want people to be able to multitask, they want people to be able to think on

what it boils down to—and to provide them with a service that they're happy about and that they're going to come back for," he says.

Walker-Duncan says food is one of the most unique things on the planet: everyone needs it to survive, but it can also be used to bond with one another, find a common ground, and break the ice. He says this is especially relevant with a broader scope of nationalities and ethnicities being represented on campus.

"I think the diversity of cuisine is certainly something that is creating conversation," he says. "We had a couple of people commenting on the origins of one dish we were doing—where it came from, and was it specific to a region or was it a hybrid of different influences? Food is the tie that binds us all across the planet. Everybody has to eat."

See [camosun.ca](http://camosun.ca) for info on the food cart's times and locations.



# VICTORIA FILM FESTIVAL

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John was in the midst of doing a Downward Dog when...

1

the bartender politely asked him to stop

2

the dog went down


3

his skirt blew over his head

CANADIAN PROGRAM

BC PROGRAM


WORLD PROGRAM



meta + unpredictable + delicious

Pickups  
UK Program


*Game of Thrones* star Aidan Gillen collaborates with Jamie Thraves in this low-fi drama about the bizarre life of a jobbing actor. In something of an autobiographical riff, Aidan lives alone with his dog, Echo, and has complicated feelings about his mounting fame. He is also playing a serial killer, a situation which becomes complicated by his "method" approach to acting.



powerful + emotional + triumphant

Meditation Park  
BC Program

Maria has spent her life being a devoted wife and mother. Never questioning her husband Bing's authority as a provider and excusing his vices, she has willingly followed his wishes, including not speaking to their estranged son. While doing Bing's laundry one day, her world is turned upside down when she discovers lingerie tucked away in his pants' pocket.





## Camosun student? Want to write for media? Join us.

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Story by Fred Cameron, features writer

Photo by Adam Marsh, student editor

Illustration by Sebastien Sunstrum, cover illustrator

# illustrate comic about anxiety for kids

o you deal

**M DUNCAN**  
COLLEGE STUDENT

otions into words. Instead, they are just exploding, and [as] the  
make a book that shows this to kids, and not just to the parents.  
ands. We wanted children to be able to identify with it so they  
ize that, ‘Maybe I’m not angry all the time, I just have anxiety.’”

## GROWIN’ UP

during his time at Margaret Jenkins Elementary. He didn’t fit  
n in class and on the playground.

e third grade when he was diagnosed with Asperger’s syndrome

obably a time in his life that he would rather forget. Because he  
uite a bit in school. He didn’t pick up on academics easily. He  
e didn’t have a good time. It was difficult to make friends with  
d and the kids were all playing, and then there was Sam on his  
g pool, for example, he loved to go swimming, but they would  
ave him alone.”

he was able to see his troubles for what they were and pulled him  
pecial-education school for children with learning disabilities.  
ividual attention was always available if he needed it. He also  
he ideal fit and, as his confidence grew, Duncan blossomed.  
Sam,” says Joseph. “You find kids just like you, facing the same  
e kids, and Sam did very well in that environment. He was able  
y to go to college when he graduated.”

## A HELPING HAND

ing end of the autism spectrum; it’s generally characterized by  
on and repetitive, micro-focused patterns of behaviour. Joseph  
ations as a child, where he would just talk and talk, regardless  
and take that makes up a conversation; he would just export  
asperger’s.

ommunications skills through cognitive behavioural therapy.  
out social interaction is something he continues to work on to

ct me too much. It’s hard to explain. For me, it’s mostly social  
ent ways. I get a lot of anxiety meeting new people. Usually it  
.”

to transition straight to college, and he enrolled in the Comics  
himself in class with some incredibly talented artists under the  
n instructor Ken Steacy. Duncan admits that he was nervous  
program with a lighter workload. Steacy recalls that Duncan  
the students in the program are united by their love of comic

Steacy. “He was always enthusiastic, energetic, very creative,  
n entrepreneur, which is difficult, especially because a lot of  
more of a challenge, but that is one of the learning outcomes,  
ce and the constant changes. That’s one of the reasons I was so

ve students the tools they need to make their way in their field  
ent at the beginning, but he watched Duncan blossom as the  
–Duncan developed his skill set, which has allowed him to give

ly what we are hoping to achieve. That is the ultimate outcome  
e skills to produce work of this calibre, to build a character that  
s to tell the stories that only they can tell.”

e stories that

**KEN STEACY**  
CAMOSUN COLLEGE

And Duncan, with his first published  
work, has done just that. In *Freddie the  
Frog*, Duncan has given life to a character  
who faces the same struggles he went  
through. Steacy says that there was virtu-  
ally no sign that Duncan was struggling

in class and says he applauds Duncan for  
being so forthcoming about his challenges.

“It’s a very human thing to feel isolated  
at various points in our lives, trying to cope  
with things and feeling unsure of who to turn  
to or who to talk to,” says Steacy. “It’s that  
generosity of spirit from people like Sam,  
saying, ‘I’ve experienced this, too; let’s see  
what we can do to help each other.’”

Joseph has dedicated her life to helping  
children with behavioural challenges and  
special needs. It all started in 1992 when she  
enrolled in General Arts at Camosun in pur-  
suit of her English degree, which she would

eventually complete at the University of Victoria. She saw a lack of support for these children and turned her passion  
and experience into Fresh Steps, which aims to help children and families cope with life’s challenges.

So often, says Joseph, children are misunderstood, largely because they lack the ability to communicate effectively.  
She experienced this first-hand, trying to help her sister and nephew overcome their own issues; children faced with  
stress disorders often lash out when fear becomes a block and they can’t voice it.

“It’s the fear of the unknown,” says Joseph. “‘What if I can’t do it? What if I don’t do it properly?’ That’s why the  
‘what if?’ came up. It seemed so natural for the ‘what if?’ generation. We ‘what if?’ ourselves out of situations that  
could be great.”

Children who have problems communicating often find it much easier to express their anger, because that’s what’s  
being recognized. All too often, kids get a bad rap for being difficult to work with and treat, and for being difficult at  
home, but often this is due to a lack of skills and education for everyone involved.

“What I find is when we sort of peel back the layers and find the core,” says Joseph, “we realize that it’s just anxiety  
and the fear of the unknown that kids are having a tough time describing. For some, it’s just easier to explode and  
throw a tantrum, rather than say, for example, ‘I still want to go and play soccer today.’ They just don’t have the tools.  
These are the kids that usually get labelled as having behavioural problems in the classroom or at home, but usually  
what I find is that this can be traced directly to anxiety.”

## ANXIETY AT CAMOSUN

**D**uncan’s struggles are by no means unique. Today’s college students are suffering through a mental-health  
epidemic. Documented cases are rising steadily around the globe and students are feeling the effects in  
every facet of their lives. It can be an incredibly difficult discussion to start, but the solution can often be  
found in the discussion. Camosun counsellor Chris Balmer is the lead in the Student Mental Health and Well-Being  
Strategy, which is responsible for developing policies, spreading awareness, and providing the education and tools  
necessary to help support students in need.

Balmer says the most common problems faced by Camosun students are probably anxiety and depression. Rela-  
tionships, depression, and anxiety are the top three issues discussed with Camosun counsellors.

“I would say it is far too likely that succumbing to the burden of stress or depression can be insurmountable,”  
says Balmer. “It can lead to dropping out or failing grades. It’s very isolating for many, so the first sign could be that  
someone is missing from class, but we wouldn’t know that because we don’t keep tabs on the students. We are really  
trying to encourage the faculty to watch for signs that students are struggling, and encourage them to take advantage  
of the services available.”

Stigma is complex in nature and can lead to a lack of understanding by friends, family, peers, and teachers. All too  
often, this leads to isolation, causing struggles to compound. It can be very difficult for students to seek help. Fear of  
judgement, or of being seen as weak, can make it difficult to discuss struggles with peers. Balmer says the the loss  
of confidence can suffocate a student and leave them unable to reach out and communicate. Combine this with the  
stigma and sometimes the conversation never starts.

“We try to reduce stigma and encourage conversations around mental health,” says Balmer. “We would like it to  
be seen in the same light as physical health issues. For example, if you have a cold, you can probably get an extension  
on an assignment, but because of the stigma, if you can’t get a paper done due to depression, it isn’t always seen the  
same way. Stigma goes both ways. There is also reluctance on the side of the employees because they don’t always  
understand the situation.”

Balmer says that many Camosun students don’t even realize that the counselling services are there. For many,  
they think of academic or career counselling, and it stops there.

“From a counselling point of view,” says Balmer, “it’s an individual process. First, understanding what is going on  
beneath the surface: family, trauma, current stresses and pressures... Then we can work collaboratively to reconnect  
with their energy, passion, and hope. That can include medication, or breathing exercises, CBT [cognitive behaviour-  
al therapy], learning how to understand their emotions, sometimes additional therapy; sometimes it’s as simple as  
reconnecting with nature. Always, in my experience, solutions include connections with friends or family—people  
that you can count on and trust, allowing you to be yourself.”

As for Duncan, art has shifted back to hobby as he deals with regular 19-year-old life. He still has a destination in  
his sights but the path is unclear.

“I’m still working a lot on my art,” says Duncan, “mostly drawing stuff that I like. A lot of the time it’s fan art, where  
I see a character I like in a cartoon or video game. I’m also working on my own comic right now. When I was younger,  
in middle school, I really wanted to be a video game designer. I also want to keep doing comic books. I would like to  
get into Capilano University for animation, but that’s kind of a ways off right now. I’ve never lived on my own before,  
so I’m going to work on that for a while. Once I’m used to that, then I’ll probably look into it.”

He’s working at a dollar store and getting a taste of life in the real world. It’s not glamorous, but it’s a necessary  
step. *Freddie the Frog* (which is available by emailing Joseph at freshsteps.jj@telus.net) has given him a taste of his  
dreams and he seems to have a direction.

“It was pretty awesome,” says Duncan. “I had had a few things printed before—not comic books, but posters of  
my art. Any time I see my work in print for the first time, it feels awesome. I’ve had art for sale before, but this is the  
first time outside of school that I’ve had a comic book for sale. That does feel pretty great.”

## music

## Vince Vaccaro gets honest with his process, his past, and the industry



DEAN KALYAN

Local guitarist/vocalist Vince Vaccaro released his last album, *So Long Wicked Tide*, in 2016.

**ADAM MARSH**  
STUDENT EDITOR

For Victoria-based guitarist/vocalist Vince Vaccaro, there are no limits to creating art based on what he calls the different seasons of life: sitting on the beach watching the sun set, reliving past pain, and considering the inevitability of death, to name a few. His latest album, 2016's *So Long Wicked Tide*, sounds radically different from his others, he says, because it represents a particularly trying time for him, as he was navigating a particularly difficult season of life.

"In 2015, my dad passed away," he says. "I watched him decline from July until August when I got the phone call. It was like, 'Come, now; it's time.'"

It was a turning point for Vaccaro; he saw things differently, both personally and creatively, after that day.

"It really changed my perspective on everything," he says. "I realized that you're here for the time that you're here for, and it's up to you to do whatever it is that you want to do in that time, end of story. It's that simple."

Vaccaro says that choosing how people spend their limited time is "the ultimate gift" and that, for him, the answer is music. He says that with *So Long Wicked Tide*, he spent more time than he had in the past working on the composition of the songs. His music was the shelter he found to ride out—but also embrace—the storm.

"It was kind of like my safety," he says, "because it's really disorientating to lose a parent. I didn't have a great relationship with him. He was incredibly absent for a long, long time and it was a really volatile

"It's incredible that I was able to live off my art, but I don't think it's fair to require that of your art."

**VINCE VACCARO**  
MUSICIAN

relationship that was painful and abusive. When he was really sick, he turned his whole life around, and it was like, 'Holy shit.' He kind of looked at me for the first time and saw what I was. And that's what the song 'I Was Alive' is about."

In other albums, such as *79*, Vaccaro comes from a more straightforward standpoint, he says, but his lyrical themes remain consistent. And singing the words to all his songs live is more important now than ever, he says.

"Playing is now the only thing left for us to make a living," says Vaccaro, adding that he gets less than a cent every time a song is streamed on Spotify.

Vaccaro says that for years, he made a comfortable living off his art, selling between \$400 and \$1,200 of merchandise at every concert, but times have changed for musicians. He says that many people don't care about having something tangible with their art nowadays; it's been replaced by an expectation of free access, which means that, for the first time in 10 years, he's having to look elsewhere for work.

"It's incredible that I was able to live off my art, but I don't think it's fair to require that of your art," says Vaccaro. "It's like screaming at an

invisible spirit that gets you music, 'Make money for me!' It's like, 'No, that's not why I'm here. I'm here to help you make sense of things and I'm here to help you express what you're experiencing as a human.'"

Looking back on his own love of music, Vaccaro remembers skipping school one day as a kid to wait in line at local record store Lyle's Place. Vaccaro describes the day as "a serious mission." The desired object in question? Pearl Jam's *Vitalogy* on vinyl.

"There's been so many records that have helped me through stuff," he says. "I'm a little bit old school and I buy the record or I will buy the MP3. I buy that shit."

Vaccaro continues to work through the ebbs and flows of the creative process. Music is his centre. His next album will be heavier, keeping in line with what he grew up listening to. But through it all, he keeps his focus clear and simple.

"I'm just a guy playing guitar and writing songs," he says.

Vince Vaccaro  
8 pm Saturday, January 20  
\$15, Capital Ballroom  
sugarnightclub.ca

## art

## First Nations artists' collaboration explores the meaning of form

**ADAM BOYLE**  
STAFF WRITER

When you think of the letter A and how it is formed, what kind of meaning comes to mind? This is the sort of question the Art Gallery of Greater Victoria's exhibit *Form as Meaning: First Nations Prints from the Pacific Northwest* focuses on. The exhibit, made up of works from the art gallery's permanent collection, is curated by First Nations artists from some of the many different cultures around BC. Coast Salish artist Leslie Robert Sam, who goes by his decolonized, artist name lessLIE, is one of the curators; he says that the form of First Nations art can have many meanings.

"The exhibit relates to how the form of contemporary northwestern First Nations art prints can relate to the contemporary world as well as traditional content," says lessLIE. "My particular curatorial process was about how the design elements are comparable to letters of the alphabet and how that can spell meanings with old traditions. Basically we were tasked with looking at the collection of prints that the art gallery had and, as a group, selected works that best fit this. Each of us co-curators also wrote up a curatorial statement."

"One one of the first things I realized was that I could only speak about the works from my culture or from artists that I was inspired by."

**LESSLIE**  
ARTIST

Working with a large group was a rewarding challenge for lessLIE. The artist says that there were a lot of ideas floating around because there were so many cultures represented.

"It was a challenge, but it was a good challenge, because one of the first things I realized was that I could only speak about the works from my culture or from artists that I was inspired by. It was great to have a diversity of representation," he says. "I was thankful to be there, because sometimes you find people who know about Coast Salish art but don't recognize it as a northwestern art and that it's linked to other art traditions in the northwest. In some ways, I'm representing my culture by partaking as a co-curator."

As for lessLIE's own artistic output, he says that he tries to expand his styles but it's not the kind of thing that can happen overnight.

"When it comes to the graphic works, I'm quite slow; I don't try to push too much. One of the things that's emphasized in the contemporary northwest coast art market is individuality, which I understand is important, but an artist can't really force that to happen; it's something that happens over time," he says. "For myself, I don't think my style has changed very much, but I try to diversify. I try and explore other mediums like carving, sandblasting glass and wood, and by using metal pieces that I work with."

lessLIE was drawn to art at an early age. Although he didn't start professionally until later, he says that some of the shows he used to watch when he was young were huge inspirations for him and that he was always drawn to their design and style.

"I've had the dream since I was six years old," he says. "My grand-



PHOTO PROVIDED

A 2008 serigraph from local artist lessLIE, a curator of *Form as Meaning*.

father carved for the tourist market and that inspired me to learn more about art. I also had these influences like watching *Transformers*, *Pop-eye*, *Pac-Man*, and horror movies that made me interested in the creative process of special effects, scriptwriting, and things like that. I didn't really become an artist full-time until I was in my late 20s, but

the artistic interest and drive was always there, my whole life."

*Form as Meaning: First Nations Prints from the Pacific Northwest*  
Until Sunday, April 29  
Free,  
Art Gallery of Greater Victoria  
aggv.ca



stage

## Comedic play explores power through urine analogy

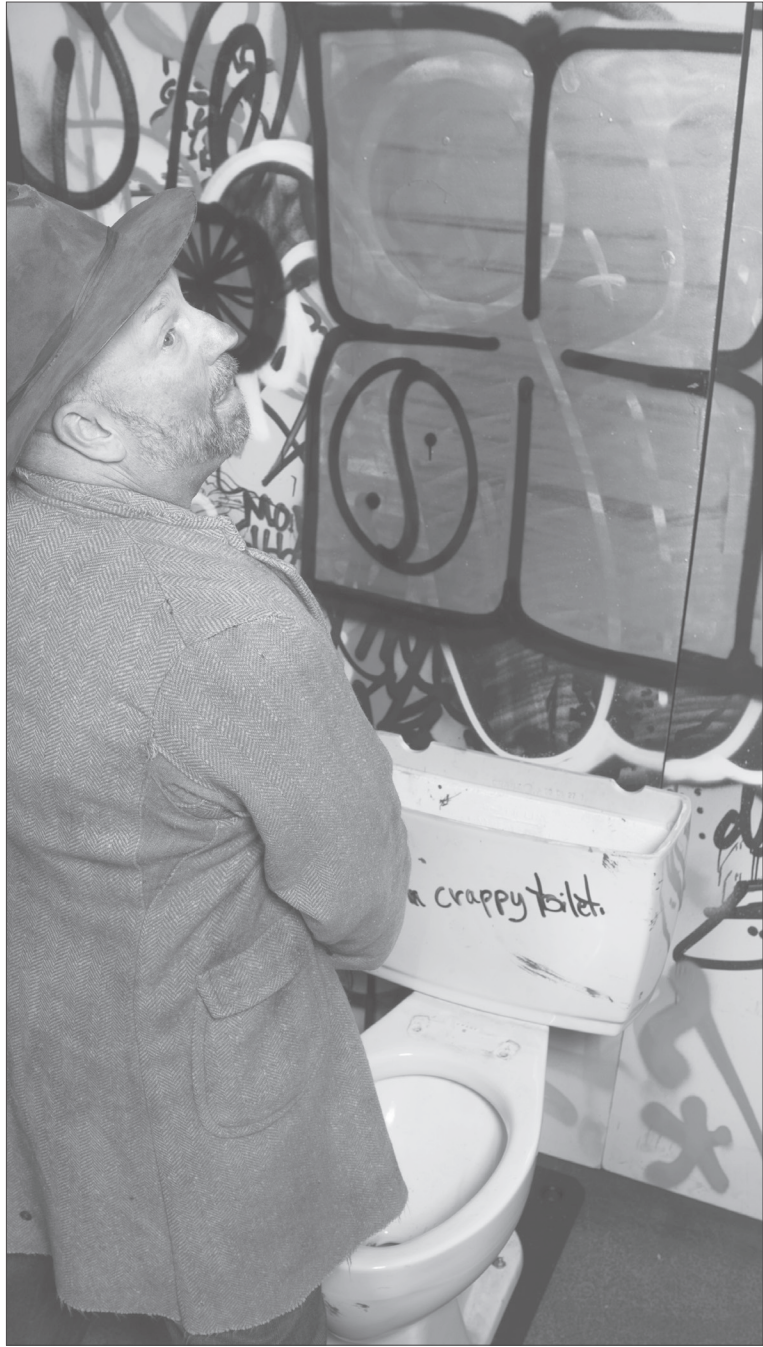


PHOTO PROVIDED

*Urinetown* is a play most definitely not about pee, says director Roger Carr.

“I do appreciate the fact that there may be some younger couples that will go, ‘I don’t want to see a play about urine.’”

**ROGER CARR**  
URINETOWN

**ADAM MARSH**  
STUDENT EDITOR

*Urinetown* director Roger Carr likes his plays the same way he likes a frosty pint: the darker the better. Why, then, is the local director working on a musical/satirical comedy if he likes dark plays? Because there’s more bubbling under *Urinetown*’s surface than there initially seems to be.

“This musical really appeals to me,” he says, “and has story in it, and has some political satire talking about a post-apocalyptic society.”

Carr says the inception of the play goes back to when the writer, Greg Kotis, realized he had not budgeted for the use of public restrooms during a backpacking vacation in Europe. Yes, that’s right: budgeted for the use of public restrooms.

“You had to pay to pee,” says Carr. “I thought that was a very innovative and novel way to come to a concept for a play, but I also like what they did, which is they took the concept of he or she who controls the power of urinals controls ultimate power.”

Carr understands if people are hesitant to see the play due to its title, but he says that audiences

should move past judgements like that.

“I do appreciate the fact that there may be some younger couples that will go, ‘I don’t want to see a play about urine,’” he says.

But the play is most definitely not about pee, says Carr.

“It’s a play about power,” he says, “and a play about rebellion, revolution, all of those elements.”

Carr says it can be more challenging to direct a comedy than a drama: as always, the director needs to remain aware of characters’ motivations while keeping in mind blocking and other elements of theatre, but there is the additional responsibility of throwing comedic timing into the mix.

“There’s multi-layers to playing a comedy which you don’t always get when you’re doing a drama,” he says.

Carr’s job comes down to looking deep into the characters’ motivation and making some technical adjustments to the actors’ and actresses’ processes during rehearsal.

“At every rehearsal, characters are saying, ‘Why am I doing this?’ That’s always the basic question for an actor: ‘Why are you doing this?’ They ask the same questions.

I have to answer those questions,” says Carr. “But at the same time, I will say to them, ‘Okay, what I want you do at this moment is put a big pause there, look in this direction there, or just do this one directly at the audience,’ because those are stylistic cues, and those come with the territory of either comedy or this particular satirical style of play.”

The characters sometimes narrate to the audience, which poses unique directorial challenges for Carr in terms of comedic timing.

“The actors of the play frequently stand aside from the plot and they become very much representational,” he says. “They’re deliberately being evocative and provocative.”

Carr says that any satire that currently deals with political power nods to Donald Trump.

“We’re living in a world in which abuse of power is rampant,” says Carr, “and this is a play about the abuse of power.”

And satire itself is a powerful medium, says Carr. He says there is a joy in doing satire that goes beyond other forms of theatre.

“Anyone can stand on stage and do a pretty dance or sing a pretty song,” he says, “but if you’ve got something with some balls in it—and this one really does—it’s great.”

### *Urinetown*

Various times,  
Wednesday, January 17 to  
Saturday, February 3

Various prices,  
Langham Court Theatre  
langhamtheatre.ca

comedy

## Comedian Pete Zedlacher says stand-up is about living

“I’ll bring things up on stage that make people very uncomfortable, but as long as you bring it around and make people laugh and give them your point of view, you can pretty much do anything you want on stage.”

**PETE ZEDLACHER**  
COMEDIAN

**ADAM MARSH**  
STUDENT EDITOR

I challenge anyone to get through a conversation with Canadian comedian Pete Zedlacher without laughing. It’s impossible to do. For example, when I had him on the phone to talk about his upcoming performance here for the Snowed In Comedy Tour, he stops me in the middle of a question after I mention Louis C.K.

“I’ve never masturbated in front of somebody,” Zedlacher says, deadpan. “Without full permission.”

As with the humour in any joke, that one was subjective. Some would be offended by it; others wouldn’t be. Zedlacher says a key to him making people laugh is using relatable material from his life that he thinks is funny, but he acknowledges that sometimes funny material is controversial.

“Comedy comes from experience,” he says. “I try to live a fun, exciting life, where interesting things happen to me and I can share the stories on stage.”

The Snowed In Comedy Tour this year also features, among others, Erica Sigurdson, Toby Hargrave, and Dan Quinn. Zedlacher says his jokes for the tour will be new; he adds that he’s tough on himself when it comes to his jokes.

“Selfishly, I always want to do a show that I would laugh at,” he says. “I’m my own worst critic—‘Is this funny? Am I trying to win people over with this joke?’ All these critiques that I have of myself are the editing process that I go through before I put it on stage. I’ll bring things up on stage that make people very uncomfortable, but as long as you bring it around and make people laugh and give them your

point of view, you can pretty much do anything you want on stage.”

Zedlacher—who won the Canadian Comedy Award for Best Male Stand-up in 2006, which he describes as “the manifestation of a dream come true”—says audiences understand him and his style, so he doesn’t run into being misunderstood on stage very often.

“I’m in a very fortunate position now, after 21 years of stand-up comedy,” he says. “People know me. People come out and see me again and again; they know the humour that I’m going to bring to the stage. Especially on Snowed In, these towns all across western Canada that we’ve come to two, three, seven, 10 times in a row now, they know us, so they know what kind of show we’re going to put on.”

But that wasn’t always the case for Zedlacher. He says he worked extremely hard early in his career to get to where he is now, and he always had a vision of being the best comedian in Canada.

“After 21 years of comedy, I kind of know what’s going to make me laugh and what’s going to make an audience laugh,” he says. “It comes from a lot of hard work and a lot of dedication.”

Zedlacher is not one to write his entire act out the way some



PHOTO PROVIDED

Comedian Pete Zedlacher is on the Snowed In Comedy Tour this year.

comedians do. When he gets an idea, he jots it in his notes and trusts that, at this point in his career, he’ll know how to deliver it. That freedom keeps his shows fresh and personable, he says.

“What works best for me is I have the nugget of a joke—something funny happens to me, or I observe something that I think is stand-up comedy—and I put down just a little bullet note in my notes and then I, literally, just hit the stage and just try to work it out on stage,” he says.

And with this relaxed approach comes spontaneity: Zedlacher says

that each time he tells a joke, it’s a little different.

“I always try to find a new way to approach the joke each time, keep it fresh so it’s not stale. It’s not a rehearsed show,” he says. “I think comics that get into writing out every word of their act, they’re performing a performance rather than actually giving a performance.”

Snowed In Comedy Tour  
8 pm Saturday, January 13  
\$25 student tickets, Royal  
Theatre  
rmts.bc.ca

what's going on

by adam boyle



Pianist Stephanie Chua is playing in Victoria on January 22.

PHOTO PROVIDED

UNTIL SUNDAY, JANUARY 21

**Losing everything**

The play *The Prisoner of Second Avenue* is coming to Congregation Emanu-El synagogue this month. It's a story about a married couple, and about how having a mental breakdown after losing everything becomes the best thing that's ever happened to the husband. Tickets are \$20 and are available at ticket-rocket.co.

SATURDAY, JANUARY 13

**The composer and the percussionist**

Composer/conductor Owen Underhill and percussionist Daniel Tones have been collaborating for more than 15 years and are now bringing their teaching techniques to the stage for a show at UVic's Phillip T. Young Recital Hall. Admission is free; for more info, visit finearts.uvic.ca.

FRIDAY, JANUARY 19

**Two-guitar Beethoven**

Seattle-based guitarists Michael Partington and Alexander Dunn will

be bringing Beethoven to UVic's Phillip T. Young Recital Hall on January 19. The duo will be playing some of Beethoven's more famous works with a modern twist. Tickets are between \$15 and \$20; find more details at finearts.uvic.ca.

SATURDAY, JANUARY 20

**Explore flamenco**

Flamenco lessons will be hosted at Intrepid Theatre January 20. Flamenco is an improvisational Spanish art consisting of dance, poetry, and guitar; if this sounds interesting to you, visit eventbrite.com for more info. Tickets are between \$20 and \$25.

SUNDAY, JANUARY 21

**A Sunday at the gallery**

The Art Gallery of Greater Victoria is hosting one of its Family Sundays on January 21; this event is inspired by its new exhibit *Form as Meaning*. The event will include hands-on art-making and will feature storytellers, artists and musicians. General admission to the gallery gets you into the event; see aggv.ca for details.

SUNDAY, JANUARY 21

**Joining the strings**

As part of Canada's 150th anniversary celebrations, the Saguenay Quartet is joining up with UVic's Lafayette String Quartet. The two groups will be performing at the Phillip T. Young Recital Hall. Tickets are priced between \$10 and \$25; more information is available at finearts.uvic.ca.

MONDAY, JANUARY 22

**The violin to the piano**

Pianist Stephanie Chua is teaming up with violinist Veronique Mathieu for a tour in support of their debut CD, *True North*. The UVic concert will be held in the Phillip T. Young Recital Hall. Admission is free; more info about the show can be found at finearts.uvic.ca.

Got an event that students should know about that you want to see listed here? Email all the relevant information today to editor@nexusnewspaper.com for potential inclusion.



By Jayden Grieve

contest

Find the hidden Nexus and win



GREG PRATT/NEXUS

Let's see if you can find this copy of the last issue of *Nexus*, which we hid somewhere at Camosun College's Lansdowne campus.

The first person to find this copy of the paper and bring it in to our office wins themselves a free prize!

Last time, the issue was sticking out a hole on the side of a storage unit on the second floor of Young.

Who will find this hidden *Nexus*? Bring it to us once you find it; we've got gift cards, shirts, and more for the winner to choose from!

NEXUS

Call, email, stop by.

We want to hear your story tips.  
We want you to write for us.  
We want your thoughts on the paper.

250-370-3591.  
editor@nexusnewspaper.com.  
richmond house 201,  
lansdowne campus.

Web Exclusive

**NEXUS**

What's happening at nexusnewspaper.com

Week of December 18, 2017

Top five most read stories:

1. "Local collective gathers menstrual products for those in need," December 15, 2017
2. "Canadians should work toward inclusion, not separation," December 18, 2017
3. "The Bi-weekly Gamer: Vainglory the perfect mobile MOBA," November 29, 2017
4. "New Music Revue: OMD prove that even their extra material is great on new collection," December 14, 2017
5. "Know Your Profs: Camosun English prof Kelly Pitman says education is about seeking understanding," May 11, 2016

Web-exclusive stories: Reviews of new ones from OMD, The Rolling Stones, Noel Gallagher, and Neil Young; extra event listings; a review of Kenny G live; *Nexus* staffers looking back at 2017; an opinion piece arguing for a more unified Canada; stories on Camosun's Capstone Symposium and local collective Period Posse.



Mind Matters

by Cindy Peckham

## Resolution rebound

Well, with the holidays swiftly behind us and the first week of school in session, many of us are knee-deep in our new year's resolutions. Sadly, a lot of us won't manage to keep them. But don't fret: if you're one of those people, you're in good company.

The majority of people don't keep their resolutions. It's not because they're abject failures or because they don't have wax-on-wax-off endurance; it's also not because they lack self-discipline. It probably has more to do with framing than anything else.

We humans are great at piling on the pressure. We start out with the best of intentions and then we just overwhelm ourselves.

Consider the word "intention" for a moment. What a great way to rephrase and rethink the idea of resolutions. Instead of "resolutions," which is so final and unyielding, try using the word "intentions," which is much more flexible. It isn't that you want to give yourself an

Instead of "resolutions," which is so final and unyielding, try using the word "intentions," which is much more flexible.

easy out, or that you don't aim to accomplish the same goals, because they're probably great goals, like eating better, working out more, and studying harder. You just want to have the ability to stretch them or give them a little tweak.

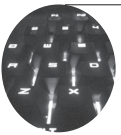
The next step will be to consider each one of your intentions for the upcoming year in a realistic light; the best way to do that is to plan it out. Ugh, I know: this is sounding like a school paper and you're just not ready for that yet. I hear you, but trust me, just three short sentences will get the job done.

Write down why this is your intention, and write down one way you will accomplish this. Be very

specific: if you want to eat better this year, write down "I will eat five servings of fruit and veggies three times per week." The more specific you are, the more likely you are to do it.

Finally, record the time you are going to revisit this intention to see where things are at. It could be once a month, once a week, or daily—whatever works best for you. The key is not to look at it as a deadline, but rather as a check-in point. You're just taking stock of what's working and what isn't. That way you can make a new plan to address any obstacles that have come up.

Easy peasy.



The Bi-weekly Gamer

by Adam Boyle

## It's time for an organized esports draft

With all of the changes being made in the *League of Legends* Championship Series (LCS), and with the *Overwatch* League (OWL) kicking off this month, it's no surprise that there are a slew of names out there in esports right now that viewers aren't familiar with.

In any sport, rookies are one of the biggest question-mark factors. Rookies are usually younger players competing professionally for the first time; every year there are more, and every year some don't make the cut.

So how do organizations know which players are the top prospects and the ones to throw money at? The answer lies in scouting, which, traditionally, required keeping track of the player throughout their amateur career. Scouting has remained quite traditional in esports; the change from traditional sports comes when

Scouting has remained quite traditional in esports; the change from traditional sports comes when teams sign rookies.

teams sign rookies. In many sports, there's one day of the year that all the competing teams get together and take turns drafting top prospects for their upcoming seasons. This draft allows rookies the chance to get noticed and signed, even if they aren't the top pick.

As the North American LCS and OWL both toss nods toward traditional sports structures, I think it's time for organizers to set up a proper draft system. It's no secret that many of the esports pros are young, but with restrictions in place to prevent anyone under 18 from

professionally competing, organizations often snatch up talent early and let them play on their amateur teams before either promoting them to their main team or dropping them. With an organized draft, players could have that definitive answer before they commit to a team, and before they sign a contract that they may come to regret.

Ultimately, an organized draft may take years to work out and it may not be perfect. But when there starts to be a push for one by players, the leagues will notice, and they will make some serious changes.



Unpacking the Bags

by Renata Silva

## Old new challenges

The arrival of a new semester brings new challenges: different subjects, new teachers, and new classmates. However, we know that some school situations will always be similar. We'll have group projects, quizzes, deadlines, and demanding teachers.

As much as the classes change, the routine is the same. With that in mind, it's very common for students to adopt study strategies that are similar to the ones they've already used. It's very important to learn from the mistakes and successes of the previous semester.

One of the biggest challenges for international students is delivering an assignment without grammatical errors. But there are solutions to better our ability in academic writing. My tip is to try to finish the job

one or two days in advance and look for the college Help Centres, where you can get assistance in correcting your vocabulary and making sure your APA style is correct. No more losing marks for grammar!

Another challenge is to understand the differences between the Canadian study style and the one from your home country. We often see students closing themselves in groups with people from the same country. This can negatively affect your daily practice of absorbing the language and culture of the college.

This semester, create a closer relationship with all your classmates and instructors. Interact, ask questions, and slowly walk out of your comfort zone. Remember that college is an amazing place for networking.

Finally, do some planning! Never leave assignments until the last minute. We international students need to find a way to plan differently from the way we are used to doing in our home country, because the projects here might take us twice as long to do. I, for example, plan my assignments on a weekly basis so no projects will pile up.

A lack of time and difficulty with the language here are not justifications for falling behind. But it's also important to strike a balance between the daily struggles of dealing with a new culture and taking some time for yourself. There are recurring challenges in our college routines; we can use our experience to improve our academic performance. Here's wishing a good start to the semester to everyone!



Calculated Thought

by Sean Annable

## Corporate tax changes get a reboot

After public outcry, the proposed changes to how corporations are taxed in Canada have been redrafted in hopes of simplifying the contentious updates.

The most debated issue was the practice of business owners structuring their corporation to have family members as shareholders and pay them dividends, spreading income across the family to reduce taxes, a process referred to as "income sprinkling."

The government's controversial plan was to expand the "kiddie tax," also known as the tax on split income—a provision that imposes the highest marginal tax rate to income transferred to minors—to include all adult children and family members.

According to a Department of Finance press release, there are

on to say that "while this income is of benefit for recipients, it also creates incentives that reduce female participation in the workforce. Increased participation of women in the workforce is a source of economic opportunity for individuals and is a major driver of overall economic growth."

I suppose that the government's suggestion is that some women have incentive to avoid employment in favour of a lower tax burden on their families afforded through shared, family corporate ownership.

I haven't found any comment from women regarding the government's statement, and would be interested to know how this is being interpreted.

The medical community has been a staunch opponent to these changes. Following negotiation

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now "bright-line" tests to determine what—if any—income earned by family members through a corporation will face the highest rate, and if those tests are not met, a reasonableness test will be performed by the CRA.

To recognize that business ownership plays a role in retirement, any spouse over age 65 will not be affected. Those over 18 who work at least 20 hours per week for the business won't be hassled. Adults over 25 who own 10 percent or more of the business get a pass, too.

A spouse who doesn't meet these tests, or the reasonableness test, is subject to tax that would make the scheme undesirable.

This leads to an interesting passage in the release's section on "gender-based analysis."

The release says that data show that men transfer 70 percent of the sprinkled income, and that 68 percent of it is received by women. The government document goes

with the federal government in the '90s, the ability to incorporate was built into doctors' compensation packages, and income splitting through dividends became a common practice.

Doctors Nova Scotia director David Chapman reacted to the changes by expressing that they still don't address this deal struck with doctors, and that they put pressure on people who move to underserved communities where work can be scarce for their spouses. The BC government has incentives for doctors to work in underserved communities, but the new rules may work against those efforts.

Support for the changes comes from people earning income as employees who don't get to enjoy splitting income with their spouses, and that's a strong argument.

It will be a long road ahead tackling the issues brought on by a corporate tax system that has Canadians at odds.

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winter word search

Feeling the winter yet? We brainstormed a bunch of words to do with the coldest of seasons to make this issue's word search.

Find the words on the left in the puzzle on the right; as always, stop by the *Nexus* office (Richmond House 201, Lansdowne campus) if you complete this puzzle to pick up something from our pile o' prizes (which includes gift cards to local coffee shops, *Nexus* T-shirts, books, CDs, and more).

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