



**Camosun Charger takes home President's Cup Award**

page 3

**"It definitely interferes with my classes, because a lot of the time when I'm in a lecture and it's really not that gripping or interesting to me, then I look at my phone and then I can just kind of zone out."**

**The impact of cell-phone use on Camosun students: a special report.**

page 6



**Less Than Jake bring ska/punk from Florida to Victoria Ska Fest**

page 8

# NEXUS

camosun's student voice since 1990

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housing

## Camosun College involved in microhousing project



KATE WOOD/NEXUS

Camosun Innovates associate director Jamie VanDenbossche stands outside a tiny home being built at Camosun's Interurban campus.

**KATE WOOD**  
STAFF WRITER

Camosun College—through its Camosun Innovates department—is teaming up with Clemson University in South Carolina and Anomura Housing Society in Victoria on a design for tiny homes that can be assembled with just a rubber mallet, a screwdriver, and steel twist ties. The design, called sim[PLY], was developed at Clemson University in the interest of synthesizing do-it-yourself construction with affordability and sustainability. A demonstration model is now set up in the bay of Camosun's Innovation Centre, located in the Jack White Building at Interurban.

Camosun Innovates associate director Jamie VanDenbossche says that the Camosun Innovates team is unique in its technology and expertise because the work it does focuses on solving problems for small companies and social agencies.

"Unlike a university that would

have to maybe put [sim[PLY]] as part of the master's students' project, or something on the side, our research is community driven," says VanDenbossche. "So we're not doing specific research because it's something that a professor is interested in—we're doing it because companies are coming in with a problem and we're trying to solve them. So it's a whole different model of the way we traditionally would see research done. So when Anomura called us, they were surprised by that model and excited because it meant that we could act really quickly to get this first prototype done."

Anomura Housing Society president Susan Abells says that one of the big ideas behind the sim[PLY] design is to minimize the number of tools needed in order to make the construction process more accessible and flexible.

"It's all been predesigned so that anybody like myself, yourself, or others can all be involved in the construction of the home," says

Abells. "The prefabrication happens in advance, and that carpentry is built into the pieces. Like in an IKEA kitchen—there's a lot of work in the front end, but then for the builder at the back end you don't need a lot of skills. In IKEA you need an Allen key and for Anomura you need a rubber mallet, a screwdriver, and zip ties instead of nails."

VanDenbossche says that one of the exciting innovations that Camosun has brought to the sim[PLY] technology is the idea to use waterjet cutting technology instead of computer numerical control (CNC) drilling machines in order to extract the puzzle-piece designs from the plywood sheets.

"The CNC will produce a lot of dust, because a lot of that basically is cutting at wood, and when you cut wood there's a lot of wood pilings," says VanDenbossche. "So the difference with the waterjet is that debris is minimized because it's a jet of water versus an actual tool. They're both computer controlled,

but with the waterjet it's a finer cut, so we can actually get more pieces out of a sheet of plywood than we can with the router machine. So we actually figure we could probably save 30 percent of the material costs right there alone. Also, it means there would be less wood waste and decrease the cost of production."

Camosun Innovates applied research technologist Sergio Asebey Solares is the lead engineer on this project; he contributed the cutting-edge idea of waterjet technology to the sim[PLY] design.

"We had experience with waterjet cutting here," says Solares. "The idea was to find ways to make it more efficient, so we can produce it faster, and produce waste that comes out of manufacturing that can be recycled and not just thrown [away]. So by jumping into the waterjet you can gain all those characteristics of manufacturing. [With] the waterjet, the parts inside of the stock sheet could be nested closer to each other, so we can lower the

"We're not doing specific research because it's something that a professor is interested in—we're doing it because companies are coming in with a problem and we're trying to solve them."

**JAMIE VANDENBOSSCHE**  
CAMOSUN COLLEGE

waste, and all the pieces that come out of the waterjet can be easily recycled. So that was one of the reasons—just finding better ways to manufacture."

Abells says that the sim[PLY] design is an exciting opportunity to create densification in urban areas with an environmental perspective.

"We're all pretty excited about it as architects, and engineers, and other people," says Abells, "knowing that whether it's a tiny home in a backyard suite or on one of the islands, this is a very flexible form of architecture that can appear and be moved. Another great thing about this architecture is that when you disassemble it, you can reassemble it using the same materials and nothing goes to landfill. So from an environmental point of view, being able to create density by accessing true densification, but small and distributed rather than every development having 150 units in it, which is getting harder and harder to do in the urban environment."

Abells says that the team is now working on the process of coming to code in Canada and estimates that in about one year it will be ready to introduce the materials to the public.

"We figure that within about a year our process will be complete," says Abells, "and we'll be able to offer this product in Canada and then use the proceeds as a social enterprise to support social housing and other forms of affordable housing for low-income people."



# NEXUS

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OVERSHARED AT NEXUS: "I just got pulled over by the police right outside the office."

#### COVER PHOTOS:

PRESIDENT'S CUP: CAMOSUN CHARGERS ATHLETICS  
LESS THAN JAKE: JODI CUNNINGHAM

## SPEAK UP

What's your favourite Netflix show?

BY ADAM MARSH



**BRYAN ADAIR**

"I think they took it off, but I watched pretty much all of *The X-Files*. I was a bit young to get into while it was still on the air, but the first four seasons or so are just brilliant the whole way. I think it was really ahead of its time for TV."



**LOUISE BRIGHAM**

"Okay, right now, it's *Queer Eye* because school's so depressing, and the people on the show are so happy that it makes me happy."



**MORGAN ARMSTRONG**

"*Daredevil*. It's a really interesting take on a character that's not done so well in the film industry, and the choreography and the cinematography and all of the elements that went into making the show what it is were just incredible. I'm really upset that it got cancelled."



**HOLLY KRYWORUCHKA**

"Probably [the American] *The Office*. There's always a lot of things that come up that I'm interested in watching, but that's the thing that I can consistently always go back to and always makes me feel pretty happy. I really enjoy watching comedy."



**SUKHMAN MANES**

"It's *Prison Break*... I liked it very much. I have seen the five seasons of them, and I'm waiting for the sixth season."



**ANTONIO BATTILANA**

"*Chuck* was a show they used to have on Netflix, kind of a crime-spy drama where this guy gets his brain transformed into a high-functioning computer."

### student editor's letter

#### Do summer courses help or hinder?

In just over a week, it will be summer again. It's the most deceptive time of year, with nothing but sunshine, highballs on the deck, and cigars—I mean, cherry-pumpkin-bubble-gum-flavoured vapes—late into the night. What a tender world that would be. While the air might carry some humidity, the season does little for students but remind them that there's even less time to study now than there was in the winter term. And hopefully students' grades aren't taking a beating in the summer the way mine have in the past.

I'll never take a summer course again. You could hold out \$500 cash and I still wouldn't do it. When I looked back at my transcript a few weeks ago, a trend in my near-failure to matriculate was obvious: it was always during the summer months. Even English and creative writing—the courses that I'm half-decent at—went down by almost a full letter grade. The content was crammed into a proverbial mason jar and placed on the shelf of a hot and sticky upper-floor classroom; when it came time to uncan my knowledge for exams, the contents of that jar stank with mould. Why? Because the canning job was half-assed. I retained about half the amount of information that I had the semester before. Even sitting in the front row of every class, I always had a feeling as though I had missed a lecture. Instructors were forced to slip and fumble on the surface of each lesson's content because of the spring and summer scheduling: longer classes in a shorter period of time. I absorbed the information as best as I could, and the instructors communicated it clearly, but there wasn't enough processing time to flesh any content out into anything other than simple memorization.

But memorization is not an education. In order for memorization to turn into knowledge, more time is required than instructors have in the spring and summer semesters. Even the best professors can't dig deep into the learning outcomes in seven weeks, even with lengthier classes.

So, other than stress out and hope you don't fail, what can you do? Wake up an hour earlier and study in the sun on the field. Hit the gym, and raid the salad bar at the caf. I can feel half of you rolling your eyes at me, but when it comes to giving yourself every chance you can, relaxation is just as important as work. That way, when you do work, your brain does its job.

Especially if it's during those epic spring and summer classes.

Adam Marsh, student editor  
adam@nexusnewspaper.com

### corrections

In "Camosun Powerlifting Club a chance for students to train, escape" (June 12, 2019 issue) we incorrectly identified club member Eric Villa as club founder Eric Zhao in the photo caption. We apologize for the mistake.

**The content doesn't end in the paper.**

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25 Years Ago in Nexus returns in September

### open space

#### BC government finally cracking down on post-secondary money laundering

**VARUNJOT SINGH**  
CONTRIBUTING WRITER

The BC government has identified post-secondary as a vulnerable sector for money laundering and are asking institutions such as Camosun College to put measures in place to prevent money laundering. It's about time.

Around \$7.4 billion in cash was laundered in British Columbia in 2018, according to a report by a panel of experts led by former BC deputy attorney general Maureen Maloney. From the luxury-car market to real estate, dirty money is being converted into clean money across our province. Many of the province's issues—skyrocketing housing prices, underground drug markets, gang-related crimes—are linked to this activity. On May 28, the BC government announced it would send letters to 367 public and private post-secondary institutions across the province to inquire about their practices on accepting cash as a method of tuition-fee payment. This step by the government might lead to the imposition of a future ban on cash payments in colleges. Post-secondary institutions have been given a one-month deadline to respond.

This is certainly a step in the right direction considering how Canada is slowly becoming a safe haven for cleaning dirty cash. There's a lot of money laundering happening in the province, and post-secondary institutions might just be the next target. Post-secondary institutions are very vulnerable to being used as a medium for money laundering. Apparently, some students have been paying fees for several semesters in advance and then withdrawing to

receive a fee refund as a cheque from the college (the reports detailing this do not name institutions where this has happened). There's even a report of a student showing up at a college with \$9,000 in cash in a bag, paying the \$150 he owed, and depositing the rest. He was basically asking the college to serve as his bank. This is one of the many tactics used by money launderers to render dirty money clean. The cash could be coming from drugs, extortion, insider trading, or illegal gambling. Criminals might use naive students to convert their ill-gotten cash to clean money, and the student—who doesn't necessarily know what's happening—might be the one who ends up getting in trouble.

It used to be that casinos were used for money laundering. The realization that this is now seeping into institutions of higher education is simply nerve-racking. Camosun College still accepts fee payments in cash, so the college needs to be very careful moving ahead.

What about the students who want to pay their tuition in cash? Well, first of all, who the heck carries this much money to college in a bag to pay for their fees? Even if they do bring it to the college safely, the question arises: how did they get that money?

The government's decision on this is clearly a step in the right direction and would help solve many of BC's problems related to financial crimes. Let's hope that the government brings the situation under control in post-secondary institutions—such as Camosun College—across the province.

Something on your mind? If you're a Camosun student, send *Open Space* submissions (up to 500 words) to editor@nexusnewspaper.com. Include your student number. Thanks!



### awards

#### Camosun student Graham Basi takes home college's President's Cup award



Camosun president Sherri Bell presenting the President's Cup to Graham Basi.

**KATY WEICKER**  
STAFF WRITER

Camosun student Graham Basi has won the Camosun College President's Cup award. The award is among the most prestigious a Camosun athlete can receive; it's earned by a student athlete through a combination of excellence in athletics and academics, and it's presented at the annual Athletic Awards Ceremony. At this year's ceremony, held on April 25, the award went to second-year men's volleyball left-side hitter Basi.

While Basi admits he had an inkling he was going to win something, he had no idea he was going to walk away with one of the biggest awards of the night.

"I was just so surprised at the actual awards presentation when they called my name, because I had no idea that's what I was going to get," Basi says.

One person who wasn't hugely surprised was Chargers men's volleyball coach Charles Parkinson.

"I was super happy for Graham, because he is the perfect example of

what's possible with hard work," says Parkinson.

Basi, a second-year Business Administration student, was on the dean's honour roll in the first year of his studies and won a Pacific Western Athletic Association Academic Excellence award for his academic achievements in 2018 and 2019. Basi says his ability to be successful in both athletics and academics comes down to strategic planning and finding a good balance between courses.

"School's always been something that I've been pretty good at, so that makes it a little bit easier," Basi admits, "but honestly, I think it's more about setting yourself up for success—that's planning your courses, making sure you're taking courses that you can work hard at and be successful at."

Parkinson echoes that mentality, saying that the Chargers try to recruit players who are not just good athletes but also bright and intelligent students.

"If you want to play sports at a post-secondary level, you have to maintain both your athletic and your academic eligibility," Parkinson explains, "so it becomes pretty important that we try and recruit

#### Government invests in campus-sexual-violence prevention

The provincial government recently announced that it is investing \$760,000 in initiatives to prevent and respond to sexual violence on campuses across BC. The money will go toward, among other things, the coordination of resources and training between post-secondary institutions; plain language supports to ensure policies around sexual misconduct and violence are clear; and outreach to students to better understand student experiences. The money also went toward the sector-wide Moving Forward Together: Building Capacity to Prevent and Respond to Sexual Violence on Campus forum on June 4 and 5.

#### Province looks at post-secondary money laundering

First it was casinos and real estate, and now the province of British Columbia has its eyes on

"I was just so surprised at the actual awards presentation when they called my name, because I had no idea that's what I was going to get."

**GRAHAM BASI**  
CAMOSUN COLLEGE STUDENT

kids that have a really good balance between the two."

That ability to balance is necessary for Basi, who, on the average day last semester, was juggling two two-hour classes, followed by two hours of volleyball, another hour or two of training in the gym, and homework and assignments.

"It gets pretty busy sometimes," he says.

Basi, who started playing volleyball at the beginning of high school, got into the sport to follow in his father's footsteps.

"My dad played a lot when he was younger," he says.

But when he began this journey, Basi had no idea he would one day be playing at a college level.

"Towards my Grade 12 year I wanted to, but I never really got the call to say, 'Hey, come play for Camosun,'" Basi says.

Still, thanks to open try-outs, Basi joined the team in the 2017-2018 season as a red shirt, meaning he could practice and work out with the team, but he didn't play competitively.

"I told him you need a season to kind of see how far you can go," says Parkinson. "And he just worked his tail off."

Parkinson says that during that first season, Basi took every opportunity and advantage presented to him to better himself as a player. Basi became an active member of the volleyball team for the 2018-2019 season, where he continued to shine.

"This year he was a key performer for us on the roster," says Parkinson. "He came in in the semi-finals of the provincial championships and did a masterful job, and was the reason we made it to the finals."

#### University of Regina keeping tight-lipped about oil and gas research

A professor at the University of Regina (UoR) is fighting the school to find out who is funding oil and gas research at the university. Emily Eaton teaches Geography and Environmental Studies at UoR; she recently told CBC that she wasn't expecting to find anything "particularly surprising or malicious" when she started looking into this, but is now curious as to why the university is going to "such great lengths to keep it from the public." Eaton has tried to get the information using a Freedom of Information and Privacy request, but the university provided her with redacted information that didn't answer her questions. A date is being scheduled for open court; Eaton has launched a GoFundMe to cover her legal costs.

#### Newspaper offers free content for students

The *Toronto Star* wants to give post-secondary students across Canada a chance to get their news for free for a while. The paper is offering free digital access for students in the months leading up to the federal election in October. To sign up for the content, go to [thestar.com/vote2019offer](http://thestar.com/vote2019offer).

**-GREG PRATT**  
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student clubs

## Camosun Video Games Club provides universal language for students

“I love it when all of the students who come to the club will go off and be like, ‘Okay, let’s go down to EB Games, or let’s go hang out or something,’ and it’s nice that it seems to actually be creating a space where friendships can develop over a mutually loved activity.”

AMY LEE-RADIGAN  
CAMOSUN VIDEO GAMES CLUB



CAMOSUN COLLEGE STUDENT SOCIETY

Students gather at a Camosun Video Games Club meeting to shoot the breeze, and each other.

kind of connection with it,” says Lee-Radigan. “There was one year where there was, I don’t know which, but there was a big football tournament going on, so everyone was playing the FIFA game at the club, and it was great... it just seems to be something everyone can kind of enjoy together. Everyone has some connection with some game.”

During her two years as club organizer, Lee-Radigan has seen the club evolve from having get-togethers tucked away in classrooms to having them loud and clear in the centre of the Fisher Building foyer, making the club more visible and accessible to students. Another change she’s seen is the focus of the club: the Video Game Club was born from the Classic and Party Gaming Club, and there used to be a full-fledged Board Games Club, which still exists as a side table during the Activity Club gatherings.

“We did have a board games club, but one of the issues that we found was because students only

have a limited amount of time between classes it was really difficult to get board games up and started,” says Lee-Radigan. “You’d start with some people, someone would have to leave, and you don’t have enough people to swap in. Our hope is to get the board games up and running again as more of an evening event.”

The Video Games Club runs from September to April; Lee-Radigan stresses students don’t have to sign up as members to participate.

“I think if it’s more of a drop-in students feel a little bit freer to join without necessarily the commitment of, ‘Oh, I have to join this club, and sign up, and give my email...’” she says. “It’s like, ‘Nope, if you’re

in the area, play some video games, hang out with us.’ No pressure.”

Lee-Radigan says that the inclusive, relaxed atmosphere is one of her favourite things about running the club.

“I love it when all of the students who come to the club will go off and be like, ‘Okay, let’s go down to EB Games, or let’s go hang out or something,’ and it’s nice that it seems to actually be creating a space where friendships can develop over a mutually loved activity,” she says.

While it’s true that some people take their video games very seriously, Lee-Radigan stresses that newcomers are always welcome in the club.

“There’s some players that have, you know, clearly been playing all their lives and are amazing, but I also find that those players are really jazzed about the game, and so they’re really helpful to any players that might be new because everyone is just so immediately friendly,” she says. “So, if somebody doesn’t necessarily know how to play the game, instantly everyone’s like, ‘Oh, yeah—so, that controller does that, this controller does that; do you have any other questions? Just ask us.’ I find it’s just a really welcoming environment.”

For more information on the club, look for Camosun Video Games Club on Facebook.

know your profs

## Carl Everitt on the importance of giving back

KATY WEICKER  
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 who 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 too shy, to ask them? Email editor@nexusnewspaper.com and we’ll add your instructor to our list of teachers to talk to.

This issue we talked to Hospitality, Tourism, and Golf Management instructor Carl Everitt about giving back to the community, vacation planning, and the importance of a good wine pairing.

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

I teach Business and Sustainability, The Global Tourism System, Tourism Value Chain Management, and Sustaining Tourism Performance. I have had the chair for the Hospitality and Tourism Management Programs for the past six years and have been at Camosun for 13 years.

2. What do you personally get out of teaching?

Watching students gain confidence and learn to work in teams to solve problems that are relevant to the real world.

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

How lucky I am to be able to come to work each day and work with such amazing students. I am also fortunate to work with such a fantastic team of faculty and staff in the Hospitality and Tourism Management program that delivers a great applied learning program to our learners.

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

That I once fell asleep on the train going to school and missed my stop!

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

There are lots. The one that stands out the most to me is the first time that our students planned and organized a three-course dinner at the Our Place Society for 600 less-fortunate people in the local community. The event had a profound impact on the students taking

the class. I can think of no better way to use hospitality to give back to the most vulnerable citizens in our local community. It has been a very successful way to teach students about social responsibility. The project has been running for the past eight years and has had a significant impact on many students.

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

Most likely, a technology failure in the classroom!

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

I see great opportunities to inspire our learners by using creative applied learning strategies.

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

Relaxing with my family and traveling where we are going to travel to next. Turkey this summer!

9. What is your favourite meal?

I would have to say duck confit. Served with the perfect pinot noir!

10. What’s your biggest pet peeve?

Not being able to follow through on commitments that I have made.



CAMOSUN COLLEGE A/V SERVICES

Camosun Hospitality, Tourism, and Golf Management instructor Carl Everitt.

what’s going on

by kate wood



LARA EICHORN

The Greater Victoria Shakespeare Festival is presenting *Julius Caesar* as one of its plays this year.

UNTIL SUNDAY, OCTOBER 6

### The art of matriarchs

New exhibits on now at the Art Gallery of Greater Victoria include Canadian contemporary artists Daniel Young and Christian Giroux’s *Film Path/Camera Path with under-titles*, where their projected images meet motion, dimension, and sculpture. *Matriarchs: Prints by First Nations Women* is guest curated by Margaret August, a two-spirit Coast Salish artist from Shisháhl Nation, and features the work of First Nations women and two-spirit artists such as Margaret August, Kelly Cannell, Francis Dick, Lou-ann Neel, Sage Paul, Susan Point, and Marika Echachis Swan. Both of these exhibits run through October 6. For more information, visit [aggv.ca](http://aggv.ca).

THURSDAY, JUNE 13

TO SATURDAY, JUNE 15

### For the senses

Victoria Film Fest is celebrating international food and film with Feast 2019. For its seventh year, Feast will curate a sensational experience of culinary stories and menus crafted by local fine food and drink connoisseurs. The line-up includes five documentaries and one feature film that focus on an array of people, stories, and flavours. Schedule, tickets, and menus are available at [feastfoodfilm.ca](http://feastfoodfilm.ca).

FRIDAY, JUNE 14

TO SATURDAY, JULY 13

### Continues as projected

Open Space and the National Film Board of Canada are joining forces to present *Neither One Nor the Other/Ni l’un ni l’autre*. Made by Anishnabek artist Dominic Lafontaine and Métis artist Jessie Short, this multimedia installation uses video cameras and projectors to create a feedback loop and immerse the observer in ethereal light and energy. Open Space is located at 510 Fort Street, on the second floor. Admission is free but donations are welcome; for more information, visit [openspace.ca](http://openspace.ca).

WEDNESDAY, JUNE 19

TO SUNDAY, JUNE 23

### Walk the bass to Ska Fest

It’s the 20th annual Victoria Ska &

Reggae Festival, and they’re kicking it off with a free, licensed, all-ages night of ska, reggae, hip-hop, soul, and funk on June 19. London eight-piece Chainska Brassika is headlining, with other acts including Victoria’s own 16-piece funk/soul/hip-hop monstrosity The Leg-Up Program, singer and rapper Meryem Saci from Montreal, and nine-piece ska/reggae troupe Brehdren from Vancouver. Tickets for shows spanning the rest of the weekend vary in price and include other free showcases. For the line-up and other information, visit [victoriaskafest.ca](http://victoriaskafest.ca), and see our interview with performers Less Than Jake on page 8.

WEDNESDAY, JUNE 19

### Celebrating in service

Congregation Emanu-El Synagogue is hosting the Love Your Neighbour Benefit Concert on June 19. The concert is in support of Emanu-El’s social-action group, Avodah, and its work, *tikkun olam* (repair of the world). There will be traditional treats and participatory stories by *maggidah* (female Jewish storyteller) Shoshana Litman, accompanied on the piano by Joe Hatherill. High-energy klezmer band The Klezbians will bring the beats. Doors are at 6:30, and the \$20 tickets are available by phone at 250-896-8069, online at [eventbrite.ca](http://eventbrite.ca), or at the door, if any are left. Head to [tourismvictoria.com](http://tourismvictoria.com) for more information.

THURSDAY, JUNE 20

### Is it just?

Filmmaker Nick Versteeg’s documentary *A Just Society* confronts British Columbia’s opioid crisis through the perspectives of people on Vancouver Island with first-hand experience. Versteeg interviews people who suffer from addiction and those around them to share their stories of heartbreak and inspiration. The Victoria premiere of the documentary is presented by Our Place at First Metropolitan United Church on June 20th at 7 pm; admission is by donation. For more information, visit [ourplacesociety.com](http://ourplacesociety.com).

FRIDAY, JUNE 21

TO SUNDAY, JUNE 30

### Victoria gets jazzy

The time has come for The TD Vic-

toria International Jazzfest! Between June 21 and June 30, 368 acclaimed musicians and bands from around the world will saturate Victoria with jazz and blues. Headliners in the Marquee Series at the Royal Theatre and McPherson Playhouse are Raul Midón and Lionel Loueke & Laila Biali, The Suffers, Patricia Barber Trio, Joey Alexander Trio, Jesse Cook, Gregory Porter, and Jacob Collier. TD Jazzfest is the longest running multi-day professional music festival on Vancouver Island; it’s presented and produced by the Victoria Jazz Society. Visit [jazzvictoria.ca](http://jazzvictoria.ca) for tickets, lineup, and schedule, as well as workshop information.

SUNDAY, JUNE 23

### Prayers answered

Beverly Glenn-Copeland is coming to Upstairs Cabaret on June 23. The iconic Canadian/American singer, composer, and transgender activist has honed his skills over a 50-year recording career and is now preparing to reissue his album *Primal Prayer*. Glenn-Copeland has received composition awards from Canada Arts Council, Ontario Arts Council, and Arts NB. He also spent 25 years as a regular actor on the popular children’s television show *Mr. Dressup*. Doors are at 8 pm and advance tickets are \$25. For more information, visit [upstairscabaret.ca](http://upstairscabaret.ca).

MONDAY, JUNE 24

### Saxe sells

The Fifty Fifty Arts Collective is presenting Mats Gustafsson in a solo concert at the Copper Owl on June 24, with guests to be announced. Gustafsson is an innovative saxophonist, improviser, and composer who has collaborated with the likes of Sonic Youth, Merzbow, Jim O’Rourke, Otomo Yoshihide, and Peter Brötzmann. Doors are at 8 pm and advance tickets are \$15. For more information, visit [copperowl.ca](http://copperowl.ca).

THURSDAY, JULY 4

TO SATURDAY, JULY 27

### The Bard hits Lansdowne

The Greater Victoria Shakespeare Festival is back for season 29. This time around, the fest takes on *Julius Caesar* and *Two Gentlemen of Verona*; the classic plays will be

performed outside, on the grounds of Camosun’s Lansdowne campus. There will also be performances at Esquimalt’s Saxe Point Park from August 1 to 3. Tickets are \$21 for students; see [vichakespeare.com](http://vichakespeare.com) for more information.

SATURDAY, JULY 6

### Bring it to bandshell

The Victoria Accordion Club Band are playing a free concert on July 6 in Sidney’s Beacon Park Bandshell on the waterfront. *Accordions by the Sea* will demonstrate the flexibility of the accordion through an array of pop music. This band plays big band, country classics, oldies, showtunes, and, yes, polka. For more information, including a performance schedule, visit [victoriaaccordionclub.com](http://victoriaaccordionclub.com).

SATURDAY, JULY 6

### One night in the backyard

It’s the inaugural *One Night Only Concert Series* at Phillips Backyard.

This event should tide Victorians over until the Phillips Backyard Weekender. Acts include Jesse Roper, Yukon Blonde, Daniel Wesley, and Lo Waigant and the Rattlesnakes. This event is 19-plus; advance tickets are \$36.50 and can be purchased at Phillips Brewing & Malting Co. and at Lyle’s Place. For more information, visit [phillipsbeer.com](http://phillipsbeer.com).

COMING SOON:

August 21, “Weird Al” Yankovic, Save-on-Foods Memorial Centre September 6 and 7, Great Canadian Beer Festival, Royal Athletic Park November 16, Jim Jefferies, Save-on-Foods Memorial Centre November 16, Rick Mercer, Farquhar Auditorium

Got an event you want to see here? Email editor@nexusnewspaper.com with all the relevant information today!

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# Through the looking glass

## The impact of cell-phone use on Camosun College students

By Christine Clark, features writer  
Photo provided

Cell phones. Who uses cell phones these days? Pretty much everyone, obviously. Except me. I gave up my cell phone in the fall of 2014; I was leaving BC to go travelling for several months in Europe. I really needed a change, and it was the perfect opportunity to make a complete break from the entire social structure of my life. I came back home but I've never picked up another cell phone since. I use a landline and email to communicate with anyone I can't speak to in person. That's it. People don't really like that, and they generally have to get used to the strangeness of the fact that I never answer the text messages that they send me. "You gotta call me," I tell them.

At Camosun, and pretty much everywhere else you look, people can be seen staring—fixated—at their phones. This is the new normal. It's also perfectly normal to have to jump out of the way when someone, deeply absorbed in the little device in their hands and oblivious to the world around them, makes quite clear their intention to crash directly into me and my cup of hot coffee. The question, of course, is what the hell is everyone staring at? Is it doing more harm than good? And, importantly: is it damaging Camosun students' ability to learn?

### The student perspective

53-year-old Camosun Community Support and Education (CSEA) student Caroline Larsen says that there is now a compulsion to be in constant contact with family and friends. Current cell-phone usage makes a huge difference in how we behave even compared to 20 years ago, when we'd go probably days—maybe even longer—between phone calls with friends or family.

"It's a tool for me because it's how we keep in touch during our day," says Larsen. "I'm often corresponding with [my husband and adult children] because we are meeting up or there's an issue at home with the dog or the cat or something. There's always something—almost daily—that we're talking about or discussing; certainly this last term it's been really busy for texting."

Although his mother emphasizes the importance of maintaining communication with her family, Larsen's son, 21-year-old University Transfer student Gareth Larsen, uses his phone to browse the web and scroll through social media, including Facebook and Instagram.

"It's a little bit mindless," he says. "I'm just scrolling through because I never really interact with social media at all; I just scroll through the feed that other people have posted."

It's similar for 22-year-old CSEA student Anna Fenton. Although she spends several hours a day looking at her phone—and that includes reading lots of YouTube comments—she never signs in to leave her own comments and she never uses social media.

"I have an app, like the CNN app, so I read the news a lot. And the BBC. I surf the internet. I watch YouTube. I do have a few games on my phone, too," says Fenton. "I have a Facebook account, but I haven't logged into it in years. I made it when I was 13 and I stopped using it when I was in high school. I literally have not logged in for years and years. And I've never had Twitter or Instagram or anything."

CSEA student Jen Blaikie, who is 41, keeps her phone handy in case there's a call from her eight-year-old son's school.

"Even though it rarely happens, you just want to be able to respond right away," she says, "which is kind of silly because we didn't have that when we were little, and we were fine."

Aside from being available for her son, Blaikie uses her phone to keep up with work emails, to stay in touch with friends and family, and to learn.

"It's a tool, man, and to have access to all that information for positive things, it's amazing," she says. "When I want to learn how to do something I pretty much watch a tutorial on YouTube, and I do that with my phone half the time. If I'm going to pick up my son and I have just 10 minutes to sit in my car and wait for the bell to go, I can be learning things or calling my mom and connecting with her. Yeah, it's just such a tool."

### What about the dark side?

Having a pocket-sized computer on hand at all times is obviously useful for keeping in touch and killing time. Reading up on areas of interest no matter where you are—this is a very high quality of life, right? However, there is a growing awareness that our whole-hearted adoption of near-constant tech use might actually have a dark side.

With a background in neuroscience, Royal Roads associate faculty member Paul Mohapel, who has a PhD in psychology and is also a faculty member at the Canadian Medical Association, is able to speak to both the

psychological and neurological impacts of tech use on our brains and our lives.

It appears that our growing commitment to screen time is having some serious consequences. According to Mohapel, a 2012 study out of the University of Essex found evidence to suggest that cell phones can put a serious damper on our relationships. Just being in the same room with a cell phone can significantly lower levels of trust and empathy between people.

"When a phone is in the room, even if it isn't their phone, people would break eye contact and would be constantly looking at their devices or at the device," he says, "so there seems to be a strong conditioned response when it's around. We're thinking about it, we're looking at it, and that kind of breaks our connection with each other."

Owen Farkvam is completing prerequisites before entering the Dental Hygiene program; the 20-year-old has been using a cell phone since he was in Grade 9 to keep in touch with family and friends through email, Facebook, Instagram and Snapchat, but he sees digital tech as a double-edged sword that undermines important relationships.

"The only thing that has a huge downfall for me personally is relationships, and when you are actually interacting with people and they're still stuck to their phone," says Farkvam. "Say, at dinner, if you're with your partner and they are on their phone still—I try and stay away from that. If I'm with my friends I try to put it away, or with family; that's the only time when I try and stay off of it."

Farkvam has noticed that a lot of people have a problem with compulsive overuse.

"Even on the ferry yesterday I was studying on my laptop, but the family across from me, the parents were on their cell phones the whole time," says Farkvam. "The kid was like... I don't know what he was doing, he wasn't on anything, but the parents were stuck on their phones. I don't know; it kind of bothered me a little bit."

The area of the brain most impacted by screen time is the prefrontal cortex, which is responsible for our executive functioning. The prefrontal cortex is basically the CEO of the brain; it controls our actions, thoughts, and emotions and is linked to our ability to self-regulate. Mohapel says that tech use requires serious multitasking, which is an especially demanding activity. An extreme example can be seen in gamers.

"Studies with gamers have found that they hyper-excite so much that the prefrontal cortex actually stops functioning for days," he says. "So if you're engaged in shooter games for two hours or so—intense gaming—they find that when they look at their prefrontal cortex it actually stops functioning for days. It takes days to recover, suggesting that the activity has exhausted the prefrontal cortex; it can't even function, like a muscle that's fatigued, almost like getting a temporary lobotomy."

It's a pretty serious buzz that'll take your prefrontal cortex out for days on end, but you don't have to be some fanatic in a basement to experience the negative impacts of technology. Take Gareth Larsen, for example—during our interview, he repeatedly states that he does not like social media, and yet he admits to still looking through Instagram and Facebook even though he's deleted the apps from his phone.

"It definitely interferes with my classes, because a lot of the time when I'm in a lecture and it's really not that gripping or interesting to me, then I look at my phone and then I can just kind of zone out," he says. "I'm scrolling through something on my phone and not really paying attention to the lecture."

### Health and wellness

Camosun doesn't have a cell-phone policy, but it is concerned about student well-being. Camosun director of Student Affairs Evan Hilchey tends to the college's Student Mental Health and Well-being Strategy as part of his job; he explains that it's important for students who are experiencing trouble with tech addiction to come forward with their concerns. (Camosun has acknowledged that some students are struggling to control their usage.)

"As a society—and as a college, particularly—we look to find ways to

support students with mental health and well-being concerns, and so one of the areas that we provide support to students is through our counselling services," says Hilchey. "One of the things we've done recently within counselling with the intake form is added a presenting concern related to tech usage. So, we're asking students at the point at when they are seeking support through counselling, is that an area that they are seeking support?"

Researchers at the University of Victoria Digital Health Lab want to use digital technology to promote health, but in order to do that they first have to understand both the negative and positive impacts of technology on our lives. Lab director Sam Liu and his team are currently engaged in a two-year longitudinal survey and study of 600 middle-school and high-school students on the island.

It's important to begin these studies early in the lives of tech users to get a better sense of technology's impact over a span of years. We've been living with iPhones since 2007. That's 12 years; given that the average age of Camosun students is 25.7, most of us at this college have been exposed to serious hand-held tech since we were in

middle school.

"The original research that came out in this area was mostly focused on adults or people in their 20s, university students," says Liu, "and those studies found out there was a negative relationship between usage and health and well-being outcome."

Recent studies, however—including Liu's current research—are more nuanced. He describes the impact of cell phones on health and wellness as a U-shape. Limited usage is actually showing to be beneficial for learning, friendship, and general well-being, and this is in comparison to people who don't use cell phones at all. However, Liu's research also shows that participants begin to experience negative effects when their usage exceeds two hours a day.

"They're getting less sleep at night; the quality of sleep decreases," he says. "What we also see is their overall health and well-being score decreases [compared to individuals with either moderate or no use]. And then some of the other things we see include lower physical activity levels, and then the quality of their friendship decreases as well."

It's good to know that two hours a day is the magic number. But in an age when, as Mohapel claims, the average adolescent is using digital technology for 11 hours a day, how can we possibly limit ourselves when most of us probably have no idea how much time we actually spend staring at our screens?

Fenton can't really answer the question of how much time she spends on her phone. Maybe two or three hours a day, she thinks, although I've personally witnessed her using her phone before class, on breaks, at lunch, and at the bus stop, and she admits that she takes it to bed. Blaikie, on the other hand, can't put a number to it, but she knows for sure that her usage is excessive.

"I don't do that much on social media," she says. "I have a Facebook account and I'll post some stuff usually in the summer, and a Halloween costume, but I'm not too crazy with it. I use it more to research things and watch things. I don't know, but I use it a lot. And just for emailing; I'm constantly emailing on my phone when I have a spare moment. I think I use it a lot."

The World Health Organization (WHO) just released recommendations in April regarding children and digital technology. According to WHO, kids under one year old should have no screen time, while kids under 4 should be limited to less than one hour of sedentary viewing. These are babies, right? It makes sense to me to want to protect their tender little selves from adult pursuits, and yet even just a quick scan through the news shows a ton of pushback against these recommended limits.

"When we say, 'I don't think there's much harm,' we haven't followed these kids," says Mohapel. "The prefrontal cortex keeps forming in our brains until our mid 20s, so we don't know yet. To say, looking at a child, 'Oh, I don't think there's any big issues here,' when someone says, 'Oh,

it's safe'... You need to follow this for a few years. You can't say you did one cognitive test and it's fine. Every paper that shows no issue, there's a paper that shows an issue."

### Could this be addictive?

"With technology addiction, there's a few specifics about it, but more than anything else it's connected to the same kind of addictive behaviour as anybody using alcohol or cocaine," says Bill Caldwell. And he should know: Caldwell is the director of special projects at Cedars, an addiction treatment facility in Cobble Hill. He's also a counsellor who's been working to treat addiction for over 14 years.

"There's individualized things about tech addiction just because of, for want of a better term, the delivery mechanism," he says, "but the bottom line is that the thinking and the obsession and the behaviours are very similar."

Although excessive use of digital technology is not yet officially recognized as a disorder, there is a growing body of literature on the topic because in recent years it's been recognized as a significant problem.

"When you feel like, 'How do I know if I just really like games and I'm playing games a lot?' or, 'How do I know if I'm on the internet or on my phone a lot?' versus an addiction, I would say the primary thing is to be aware if the behaviour is causing problems in your life," says Caldwell, "and that could come in the way of problems at work or it could come in the way of deteriorating relationships with people around you."

Gareth Larsen didn't get his first phone until he was 18. Growing up healthy in rural Sooke, Larsen was pretty sheltered from contemporary pressures. As a teenager, he thought people with cell phones looked silly, but that perspective has—obviously—changed quite a bit.

"Yeah, I would say I consider myself addicted to my cell phone," he says. "Not just to the cell phone, but to technology. The only time I'm able to easily ignore my cell phone is when I'm on my laptop or watching TV or something."

His mother, Caroline, mentions that he can often be found multi-tasking tech with a laptop open and his phone in hand while either watching TV or playing a game.

"There are issues that I have that frustrate me with Gareth because if he is engaged with technology, he's not listening even though he has automatic responses," she says. "He'll often say to me, 'You didn't talk to me about that,' and I'll say, 'Oh yes I did, and you actually responded,' so it's often better for me to actually text him even if he's in the house."

And it's not just the youngsters, either. For Fenton, the roles are reversed. Although she depends on her phone for some solid entertainment, she still feels in control. The way her mother and the other middle-agers in her life behave with their phones is a different story.

"I'd say they are more addicted than I am," says Fenton. "I'd say my parents both have issues with their cell phones, and the staff at my practicum all have cell phones and many of them are older—at least in their 40s, quite a few of them—and they all pull out their cell phones a lot too. But my mom in particular is always on her phone. Always always always. She's on Instagram. She's really big into Instagram. She's always checking her phone."

19-year-old University Transfer student Rachel Morton has been using a cell phone for about six months. Although her phone is useful as a watch and for keeping in touch with friends, Morton also describes her epic YouTube binges as a serious waste of time, and she has strong opinions on why people are so willing to overuse their tech toys.

"It's this cycle where people can spiral downwards, just escape further and further, and they don't have to address problems," says Morton. "Especially social media echo chambers and whatnot, using the phone as a substitute for friends and family... Phones themselves aren't bad, but I definitely feel they aren't used as effectively as they could be used."

Liu's research into student use has shown that in addition to time spent, the other indicator for negative impact—and in fact this is the strongest variable—is social-media use. As a part of Liu's study, the research team distributed questionnaires to diagnose self-reported addiction levels in participants. Criteria included being physically anxious when separated from your phone, negative feedback from friends about your usage, and feeling left out when not on your phone.

"What's interesting is that when individual data are being diagnosed as being addicted to cell phone use," he says, "we definitely see that there is a negative outcome in terms of their health and well-being score compared to those that are not addicted, but then what we are seeing in our survey is that individuals that are moderately addicted—so they're not at the very very high end, they're kind of in the middle, but they are not diagnosed with being addicted to cell-phone use—those individuals already have a lower [health and well-being] score."

Hilchey says that Camosun students who want help overcoming a tech dependence can access specialized resources and organizations at the college and in the greater community by making an appointment with the counselling department.

### What to do?

When everyone you know—including your grandma, your coworkers, and your job-market competition—is on a phone, how do you break your dependence on the device? Especially when it's obviously one of the best ways to keep in touch with your friends?

"It's super difficult, very difficult, but no different from people with eating disorders, no different from people with sex addiction," says Caldwell. "It's not realistic for people to avoid food and sex for the rest of their lives. If you go without food for too long, you're going to die anyhow. There's a lot of questions around, 'How do I limit it?' How do I know that I'm doing it in a healthy way?"

Interestingly, Caldwell describes using a drug of choice, whether actual drugs or technology or some other substance or behaviour, as a coping mechanism to deal with a host of problematic thoughts and behaviours. Even after an addict has survived a lengthy detox, that person can continue to exhibit the obsessive behaviours we normally associate with active addiction.

Liu also describes addiction as a compulsion that can sometimes act as a Band-Aid solution to underlying problems. Maybe there's a broken home or financial stress and, as a consequence, college students will immerse themselves in a digital reality every spare minute of their lives. Another way to think about tech addiction is to think about the devices themselves.

"Last year one of the engineers at Apple who designed the notification system has admitted that they were actually studying people's brains to see what was the most addictive way to get the right quality of light and sound that caused the greatest response in people's brains," says Mohapel. "They were actually looking to make it addictive."

Mohapel describes three factors that either cause or intensify addiction. The first is the involvement of our senses. The more senses involved, the more highly addictive the substance or device. The second is access. Of course, with tiny computers in everyone's back pocket, we have non-stop access; we can grab our phones and look each and every time we feel even the slightest urge to do so. The third factor is social reinforcement. I don't think we need any convincing to believe that social reinforcement might be an issue when it comes to tech addiction.

"The IT sector, they started a non-profit called Information Overload Research Group that actually studied solutions," says Mohapel. "Some of the things that have come out of their work that seems effective is restricting the amount of time you're on your screen. That's the best thing to do. They say you need to take about four hours off, consecutive hours in your waking day with no screen time whatsoever, to give your prefrontal cortex an opportunity to restore itself. No screens whatsoever."

Liu is actively limiting his own access by going on a 30-day social media diet. He's deleted the Facebook and Instagram apps from his phone and only checks his accounts on his desktop.

"It's always good to limit cell-phone use or social-media use during certain instances," says Liu. "When you're hanging out with your friends, it just makes you a little more present, because sometimes when you pull out your phone, you're, like, totally gone; you're in a different world. So, try to be more present and live in the moment."

Blaikie has come to realize that all the answers aren't found on a phone. "It's so interesting, because when I go camping there's no Wi-Fi and I love it," she says. "You just kind of forget about emails and all that stuff, but the interesting thing is that as soon as I get home or get to a coffee shop or something where there's Wi-Fi, I go, 'Oh,' and I check my everything just to see what I've missed. That's so lame that that's one of the first things I do when there's Wi-Fi. It's funny, right?"

I can't really end this article without a little honesty on my part. I don't use a cell phone, that much is true. I can spend all day away from home and never once check my emails or the updated real-estate listings I'm ardently following. But when I get home... oh, when I get home! I hate to admit it, but opening up my laptop and typing in the password is like sinking into a warm bath. There are some days when even my dog has to wait. I just want to stare at the screen.

At least I know I'm not alone.



environment

## Maritime Museum launches exhibit about the state of oceans

“It’s not something that just kind of hangs out in our oceans and we can forget about it; this actually affects us on a very personal basis as humans.”

BRITTANY VIS  
MARITIME MUSEUM OF BC



MARITIME MUSEUM OF BC

The Maritime Museum of BC’s new exhibit, *The Great Pacific Garbage Patch*, aims to convey the realities behind the patch of garbage in the ocean.

ADAM MARSH  
STUDENT EDITOR

The Great Pacific Garbage Patch is exactly what it sounds like it is: 80,000 tonnes of our shit floating in the ocean. Broken down, that’s the weight of roughly 500 jumbo jets, or about 250 pieces of garbage for every human being walking this planet.

The Maritime Museum of BC’s exhibit *The Great Pacific Garbage Patch* aims to convey the realities behind the patch and what we can do to stop the patch from getting worse.

“It’s not something that just kind of hangs out in our oceans and we can forget about it; this actually affects us on a very personal basis as humans,” says Maritime Museum of BC associate director Brittany Vis. “It affects our health in different

ways, as well as our economy... Plastic is what simply doesn’t degrade.”

The exhibit starts by explaining what the Great Pacific Garbage Patch is: a mass of debris in a distinctive area, says Vis, who describes it as more of a smog than a patch. The exhibit explores the impacts on wildlife and humans. (It’s also timely, with World Oceans Week having recently taken place from June 1 to June 8.)

“Plastics are out in the oceans. They’re getting broken down into smaller pieces—so they end up being microplastics,” says Vis. “Animals end up eating these plastics. And, of course, we fish.”

This means that we ingest a lot of these chemicals, says Vis.

“Our health is majorly impact-

ed, and of course it’s just going to get worse and worse to the point where we might not even be able to eat any fish,” says Vis.

But despite all the focus on doom and gloom, Vis says that the exhibit actually ends on a more positive note.

“We explore work that different organizations around the world are doing,” she says, adding that in BC and Canada there’s a big focus on initiatives like shoreline-trash clean-ups.

Over time, the little habits count, too: for example, using reusable shopping bags can create much-needed environmental change. Vis says that no one knows what will happen if we keep going down the path we’re on.

“The fact that we don’t really know is kind of scary in and of itself,” she says. “Hopefully we don’t get to that point.”

But it’s a timely subject matter, which is part of the reason the museum decided to put the exhibit together, says Vis.

“We spend a lot of time researching and exploring with the public our history and our interactions with the oceans in many different ways,” she says.

Vis says this is a prominent topic, considering how humans have been treating oceans for the last hundred years.

“It’s quite mind-boggling,” says Vis about the short period of time that it has taken us to do so much. “That was one thing when

I started doing the research that just hit me: ‘Wow, these are such massive numbers that we’re looking at right now,’ and it’s just absolutely overwhelming at first.”

So Vis started breaking the situation down, asking herself what she could do as an individual, and what the museum could do as an organization.

“You just hope to inspire change from there,” she says.

### The Great Pacific Garbage Patch

Until Sunday, October 27  
\$8 student rate, Maritime Museum of BC  
mmbc.bc.ca

music

## Less Than Jake still going strong after all these years

ADAM MARSH  
STUDENT EDITOR

There’s a certain laid-back tranquility to Canada’s west coast. Just ask Chris DeMakes, guitarist/vocalist of Florida ska/punk band Less Than Jake. The group have travelled all over the world in the 27 years since they formed, and they’ve never looked back.

“I dunno what else there is to say, man—it’s British Columbia. It’s Canada. I’ve never had a bad time in Canada,” says DeMakes. “It’s a couple paces more chill than here and the fans just go crazy.”

When the band started out, they were just a three-piece punk group, says DeMakes, but ska caught their ears thanks to a certain legendary British punk band that also deals in brass.

“There’s a band from England called Snuff; they’re a punk band and they had a horn section—a trombone player—and we thought it was really cool, so we were like, ‘We should find a horn player,’ and we did,” says DeMakes. “From there, we started to incorporate ska into our music.”

That wasn’t a really common thing to hear in ‘92. Up to that point, The Mighty Mighty Bosstones, Operation Ivy, and Fishbone were among the few who had combined different styles—including punk—into ska.

“When I first started doing interviews, the band was probably three, four, five years old, and we’d get asked questions like, ‘Do you think you’re gonna be around in five years?’ And it’s like, ‘Man, I just wanna go play my friend’s backyard keg party.’”

CHRIS DEMAKES  
LESS THAN JAKE

“There was never any grand plan of, ‘We’re gonna be a ska/punk band,’ it just became what it became,” says DeMakes. “When I first started doing interviews, the band was probably three, four, five years old, and we’d get asked questions like, ‘Do you think you’re gonna be around in five years?’ And it’s like, ‘Man, I just wanna go play my friend’s backyard keg party.’”

Although there wasn’t really any grand plan for the band members—then in their late teens—Less Than Jake are still around today. The band like to live in the moment, but record producers, fans, and the pressures of having a following have made for a more regimented creative process since the early days. And speaking of pressure, Less Than Jake were even signed to a major label for a stint during the pop-punk mania of the ‘90s.

“At times it was great and at times it was tough,” says DeMakes about the band’s career so far. “We were young—for lack of a better word—punks; we were just kids. When I got signed to Capitol [Records] I was 21 years old; all of a sudden you have these people who are older than you are that have influence at a company, and you’re part of that. There were some hard pills to swallow, but overall it all worked out; we’re still here.”

DeMakes says there were some growing pains along the way: it was never meant to not be fun, but he says there were times when it wasn’t.

“That’s part of it, too,” he says. “Life isn’t all a bowl of cherries.”

There are a number of bands in the world—some who have made it, some who haven’t—who would give a shiny new Fender to have made it



JODI CUNNINGHAM

Florida ska/punkers Less Than Jake are playing this year’s Victoria Ska Fest.

27 years in one band. In the span of their life, Less Than Jake have seen vinyl, cassettes, CDs, and MP3s come and go, eventually giving way to streaming services.

“Who knows what the next format or model’s going to be?” says DeMakes. “All I know is that until you can somehow download me to stand in your living room and play a show for you, nothing’s going to replace the live show. That, for us, has always been our bread and butter and why we’re still a band. That’s how we make our livelihood,

because people want to come and see the band play. 27 years into this and we’re still getting asked to travel 3,000 miles across the country to play a ska fest in Victoria. It’s pretty cool.”

Victoria Ska Fest  
Various times,  
Wednesday, June 19 until  
Monday, June 24  
Various prices and locations  
victoriaskafest.ca

stage

## Langham Court to close out season with a heap of British humour



DAVID LOWES

*Noises Off* explores the mishaps of a theatre troupe on the final night of rehearsals before their big opening night.

KATY WEICKER  
STAFF WRITER

Local community theatre company Langham Court Theatre is preparing the final show of their 90th season, *Noises Off*. For director Don Keith, the shenanigans of the 1982 British comedy about a theatre troupe on the final night of rehearsals before the big opening of their show hit close to home.

“*Noises Off*, I laugh at it, because it’s what goes on backstage in any production, magnified a hundred times,” Keith says. “But it is appropriate because it’s about actors. It’s about putting on a play, it’s about the things that happen, and experienced theatre-goers,

experienced actors will understand everything. One of the interesting things we discovered about this play is that the things that happen in the play are happening to us in real life right now. It seems to be an ironic parallel that we’re working under a very strange world.”

Keith adds that while he doesn’t “worry about it,” *per se*, he hopes the audience is aware that these things don’t go on to the extreme presented in the show. According to Keith, the show is a British farce to the *n*th degree, something the team discussed at length from early on because of the nature of the genre.

“It’s a different kind of comedy, a different kind of farce,” says Kei-

th, “the language, the actions, the staging.”

Although the movie adaptation of the play was set in the United States, Langham has decided to keep it set as originally intended in England. And while the farce-within-a-farce is chock-a-block full of British humour, Keith insists there is substance to it.

“It doesn’t take itself very seriously, but on the other hand, it does take itself very seriously,” he says. “It’s probably one of the hardest plays you could ever imagine to put on.”

According to Keith, the show was written in a very specific way that makes it very challenging to

“It doesn’t take itself very seriously, but on the other hand, it does take itself very seriously. It’s probably one of the hardest plays you could ever imagine to put on.”

DON KEITH  
NOISES OFF

put on without following original playwright Michael Frayn’s stage directions.

“It’s very specific with timing, with characters... there’s two plays going on at the same time. It’s a bit of a puzzle to put together,” Keith says.

Still, Keith is confident the puzzle is complete, although he admits to one other unique challenge.

“The set for this production is one of the most complicated and enormous—it’s a big set,” he says. “It’s two levels with eight doors.”

Keith also has the challenge of the set needing to be able to revolve to reveal the backstage area. This challenging set means the cast of this show, which is a combination of newcomers to Langham and seasoned performers with the company, has to maintain high energy throughout the performance.

“It’s up and down the stairs, back and forth—this is a good play to get in real good shape,” he jokes. “I said at the very beginning

the requirement is they have to be able to hop up two flights of stairs backwards. That’s literally—it doesn’t happen, but it almost does.”

Stamina and set challenges aside, Keith says the show makes him laugh every time he sees it, and he hopes it puts everybody in a great mood.

“Nobody wants to go to the theatre to have a bad time. Whether you’re audience or an actor, you want to have fun and celebrate the craft,” says Keith. “So, I guess that’s the appeal of [the show], is that it really is a very appropriate, very funny, a summer-like silliness, but it’s a real celebration of our history, our 90 years.”

### Noises Off

Various times, until Saturday,  
June 22  
Various prices (student discount available), Langham Court Theatre  
langhamtheatre.ca

## New Music Revue



### Mounties

*Heavy Meta*  
(Light Organ Records)  
4/5

It’s been five years since the release of *Thrash Rock Legacy*, and Canadian supergroup Mounties are back with their highly anticipated second LP, *Heavy Meta*. Combining the creativity of Hawksley Workman, Hot Hot Heat’s Steve Bays (who is originally from Victoria), and Age of Electric/Limblifter’s Ryan Dahle, Mounties possess an embarrassment of talent. Expectations were high. *Heavy Meta* doesn’t disappoint.

On first spin there is too much going on to take it all in. The synth is overwhelming at times, but it grew on me. The sounds are subtle yet powerful—simple yet complex. These are elite-level musicians with the freedom to work in the studio.

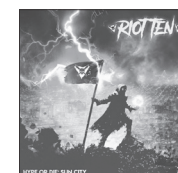
While it sounds great coming from a speaker, check the video for the lead single, “Flags of Convenience.” You have to see it to understand how fucking good Eric Breitenbach—also of Limblifter, and who provides guest drum work

on this track—is. His beats are unconventional and all over the place but somehow they fit perfectly. It almost sounds like a sober Keith Moon. Brietenbach just might be the best in the game right now.

*Heavy Meta* is loaded with great cuts. The title track defies time, coming at us in movements, each of which would stand alone. “Longplay” mixes straight-up rock guitar with staccato synth and great melodies. Mounties’ versatility is showcased on slower tracks like “Python Status” and “Beauty Won’t Fail You.”

Combining frontmen often results in catastrophic failure, but Mounties successfully feature three lead singers and their unmistakably distinct styles somehow meld into one. *Heavy Meta* is a great album. Don’t miss it.

-FRED CAMERON



### Riot Ten

*Hype or Die: Sun City*  
(Dim Mak Records)  
4/5

Texas-based DJ and producer Riot Ten—also known as Chris-

topher Wilson—has unleashed his fierce new EP, *Hype or Die: Sun City*, on Dim Mak Records.

The first track, “Los Pinches,” is unforgettable. It leads with trumpet and impresses on the listener an image of the scorching sun burning brilliantly in the Wild West. Furthering this, the click of a cocked gun commences a Mexican standoff.

With tension and anticipation risen, the trumpet breaks for a second then shifts tempo; a mariachi *grito* and countdown pierces that tension to playful fiesta. Another countdown, pinnacle reached; the bass is thrown down with heavy revving and rapid-fire scratching. The song asks if you want some more; another incredible drop. Unfortunately, at the halfway point, this track feels like it’s on loop, repeating itself.

The next three songs pale in comparison to the first. There is rap brazenly screamed and spat at the listener’s face; I do enjoy the rhymes and wordplays, though. The drops are interesting, although I am unable to overlook that the bass sounds like something being squished. Verses loop through the entirety, which is standard dubstep and hardstyle with rap.

The fourth track reminds me of exercise videos people play on their TVs. It could be; I felt tired jumping and bobbing my head up and down

to this song, which is called, well, “Up N Down.” The beat is danceable and more controlled on this bass-house- and trap-influenced track.

Riot Ten shifts gears again on the EP’s outro, “Sun City.” Differing from the rest of the EP; it’s the perfect conclusion to the erratic ride. Slow-paced strumming and then humming drone as the pace intensifies. Soft percussion signals the hype. The drop is chill and calm; I picture the sun setting on a tropoteric world. At four and a half minutes it’s a bit long, but it’s my favourite cut here, as Riot Ten demonstrates his capabilities and ability to incorporate different styles into his music. “Sun City” draws the curtains and resets the listener’s nerves at the end of this diverse EP.

-ZACHARY GREENWOOD



### Steven Bowers

*Elk Island Park*  
(New Pony Music)  
3.5/5

After a seven-year wait, Newfoundland Steven Bowers—who now calls Victoria home—has released his fifth LP, *Elk Island Park*.

Co-produced by Juno-winning producer Colin Stewart, Bowers’ latest effort picks up right where he left off with his last album, 2012’s *Beothuk Words*.

*Elk Island Park* offers a collection of well-crafted, melodic stories, reminiscent of the works of David Gray and Damien Rice but with a distinctly Canadian feel. The band is tight, led by clean electric guitar, but Bowers’ beautiful voice is the centrepiece.

There are several songs that stand out, including “Ben and Jesse Running” and the bittersweet “Bad Friend,” which expresses the challenges of maintaining a relationship through addiction recovery.

*Elk Island Park* is a good album from start to finish, but it isn’t without flaws. There were some questionable mixing choices—for example, the drums are too loud and seem out of place on a few tracks. The overall energy on the record is probably better suited for an outdoor concert, so, as good as it is, it likely won’t be on your playlist a year from now.

Still, there’s plenty to enjoy here. Bowers’ vocals are the driving force on this album, but it is really his storytelling that you’ll remember. The detail and imagery connect the listener emotionally on a level that is rarely achieved.

-FRED CAMERON



**KAYFABULOUS** by Nate Downe

By Jayden Grieve

**NEXUS** (jects Series) By Jenna Cotton

Submit samples to: Nexus, 201 Richmond House, Lansdowne campus, or email editor@nexusnewspaper.com

**Kayfabulous** by Nate Downe

**Bubbles** by Lia Glidden

**STR8TS** No. 230 Medium

					4		
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7	2		4				
	4		6			9	
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			6			1	
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How to beat Str8ts – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

**SUDOKU** No. 230 Very Hard

5				6			9
9			4				
	4		2				
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	1	9	6	3			
		9	3	7	8		
				3	6		
			1				2
7	4						1

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

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  3. "*New Music Revue*: Dave Hause's Kick a 2019 essential," February 20, 2019
  4. "*News Briefs*: May 15, 2019 issue," May 15, 2019
  5. "*Open Space*: The reality of rentals in Victoria," May 15, 2019
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Let's Talk?

by Katy Weicker

Let's talk about Alabama

As the writer of a column about women's issues, one would think that I'd be sitting at my keyboard with bated breath, fingers feverously clicking across the keys as I express my views on everything going on in the southern states right now.

But in reality, I've been dreading writing a column for this issue. I've asked multiple people for something, ANYTHING to write about other than this topic. Highlights include me egging on a male acquaintance when he said something along the lines of "You know how women are," and how my friend's wife found a sundress with pockets, which led into a 20-minute discussion about how a lack of pockets in women's clothing is the patriarchy at work—the conversation was passionate and I could already see the column forming in my mind. But then I came home, opened my Word document, and stared at the blank screen with tears in my eyes. Because I realized I couldn't do it. I had to talk about Alabama, but how could I articulate everything that needs to be said?

How can I express the sick heartache and rage I feel whenever there's a CNN update on the issue? How I couldn't focus on a conversation

with a co-worker because a news-cast about it playing on her phone was filling me with rage? And how I wanted to ask her to turn it off because I wanted to avoid that feeling?

How I can't help but feel there is a certain element of "we'll give you something to cry about" in the votes as a reaction to how far women's rights have come since the birth of #metoo? How a little part of me has a "preach" reaction when I hear people say, "This is about controlling women, not about protecting babies"? How I want to cry every time I see someone bravely bare their soul about their painful decision to terminate a pregnancy in hopes of highlighting how common it is? How nurses write passionate pleas about all the circumstances in which they've had to help a woman who very much wanted her pregnancy but, for medical reasons,

had to terminate it because it was not viable?

How mental health, education, poverty, life goals, and a million other things go into the decision? How I'm overwhelmed by how triggered people are by this topic, and how all I want to say is the right thing but it feels impossible?

One in four women chooses to terminate a pregnancy, and the reasons behind it are as unique and complex as the woman herself. And it breaks my heart that there is nothing I can say to change the minds of people who are hell-bent on taking that right away. So, I guess all I can say is: I'm sorry. I'm sorry to everyone suffering because of this. I'm sorry I can't write a brilliant opus to all the brave souls faced with this decision.

You are not alone. If nothing else, know that.



Health with Tess

by Tess Syrawik

Sweet slumber and circadian rhythms part 2

Back in the dark ages of last semester, when everything was due and tensions were high, I touched on how sleep helps us concentrate and be more productive, and how poor sleep can impact our immune systems and mental health. Many of these are short-term benefits that compound to help manage long-term health, but they are by no means the only reasons to make sure you are getting enough rest.

I can't be the only person who eats like a garbage monster when sleep-deprived, and now I know why: the hormones that make me feel sleepy also make me feel hungry. When a person doesn't get enough sleep, more hormones that cue feelings of tiredness enter their bloodstream, also bringing out feelings of hunger. Not sleeping enough

helps us make the bad decision of fries and chocolate at the same time. Avoiding the garbage-monster hunger state also assists in maintaining positive relationships because it decreases incidences of "hanger," the common state of irrational irritation or anger that emerges when a person is in a hungry state. And multiple studies have found that individuals who are sleep-deprived (usually measuring at less than six hours of sleep per night) are more likely to struggle with obesity and the plethora of health issues that living at an unhealthy weight can cause.

Sleep deprivation can also put people at a higher risk for cardiovascular health issues, including heart disease, heart attack, an irregular heartbeat, and high blood

pressure. According to the Public Health Agency of Canada, about 1 in 12 Canadian adults age 20 and over (that's 2.4 million people) lives with diagnosed heart disease. If sleep deprivation is increasing these problems, getting enough sleep can help protect people from being on the dangerous side of these statistics.

If you are having a hard time getting to sleep, are waking up frequently, or are not feeling rested from a night's sleep, it may be worthwhile to speak with a professional about sleep strategies. More studies are coming out that speak to the benefits of getting enough quality sleep. Sleep impacts so many facets of health, so taking care of those sweet circadian rhythms is more than worth it.



Communication Error

by Nate Downe

Spilling voices

Jogging at a standstill, layering yourself into position, and dripping into place—not unlike a gelatin mould of yourself. Voices are running wild, and they are running nowhere. Where exactly are you going, voices, and are you not already somewhere you wish to be? Spending time devising ways to spend time isn't exactly useful right now, if ever at all.

We are told by voices frequently and with such authority that we

here and experiences the pillows and knives as they are, not as others wish them to be. After all, what are we listening to: voices or feelings?

Written in red all over the walls, our obligations yell at us, but at least the walls have no ears and cannot hear silly voices, unlike us. Come to think of it, the voices are in our heads... what a silly metaphor. Most people do not take that phrase to be a metaphor, and yet where are there voices? Literally?

When the edge of the knife feels as smooth as the softest pillow, it is time to wake up.

ought to be doing something else, or that we should be doing something more important; it is as if we are expected to split ourselves into two. One of us is conforming to the rules and regulations of our "ought to" selves, while the other is the actual one here, right now. It is the former that looks as if they are in motion but goes nowhere, and the latter that slowly drips away.

With copious amounts of so-called "freedom," our first self buys into our social contracts that it believes are ours to begin with, because, after all, that is what "we" wanted, isn't it?

When the edge of the knife feels as smooth as the softest pillow, it is time to wake up. Your pillow is not that soft and knives are not that dull. Our second self, however, is already

Are they swimming around in the bloodstream or the neurological pathways? Only the ears perceive sounds and voices, and only we can understand laughter. Perhaps the voices reside in the mind, but that too is only figurative.

If we spend all of our time planning our time—living right now, for the future that may never be—then we are layering ourselves into a position that does not equally serve us as it does our voices. "Then what shall we say back to the voices?" another voice asks.

What would you like to say? Where is your voice?

"I miss you," said a voice. Another voice whispered only laughter. And a third voice murmured, "They are already gone." Which one are you—or do you hear no voices?



First Things First

by Tiegan Suddaby

Struggles for a summer job

As May wastes away through long nights of watching cooking ASMRs and worrying over when classes are available, June swoops in with the reminder that you don't have a job. Three months is a long time if you don't have much of a purpose. But when I'm happily trapped in a cycle of hedonism, I recall the wisdom of Homer Simpson: "Money can be exchanged for goods and services." (He also said "\$20 can buy many peanuts," but I want to focus on the first part.)

Now that the opportunity for applying to most scholarships has passed, the door to summer classes has shut, and the hopes of getting your fall classes are too far in the future, the only thing left is to get a job. My advice? Just apply. Hand your resume out like candy.

Of course, apply to jobs that you really want, but remember that plan B, and plan C, and plan

D, and even plan Z are all here too. After all, not everyone is going to call back, and not every dream job is going to be open. Luckily for you, you have time!

If the location is a little more out of the way, but you could still make it, go for it. The worst that could happen is they say no. The minimum is that you get an interview, and that's enough experience in itself. If your schedule is completely empty, and you're willing to, you could even try balancing two part-time jobs. Think of all the textbooks, dinners, or peanuts you could buy.

In the meantime, there are always alternate options, such as running a business online, or volunteering for experience and references while you look for paid work. Check in on the job postings in the Fisher building, or keep refreshing the postings online. Something might appear that's just for you.



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exams word search

Our feature story for last issue took a look at how Camosun students feel about exams; check it out over at [nexusnewspaper.com](http://nexusnewspaper.com). We took words from that story to make this issue's word search. Take a break from studying for your next exam to do this puzzle!

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.

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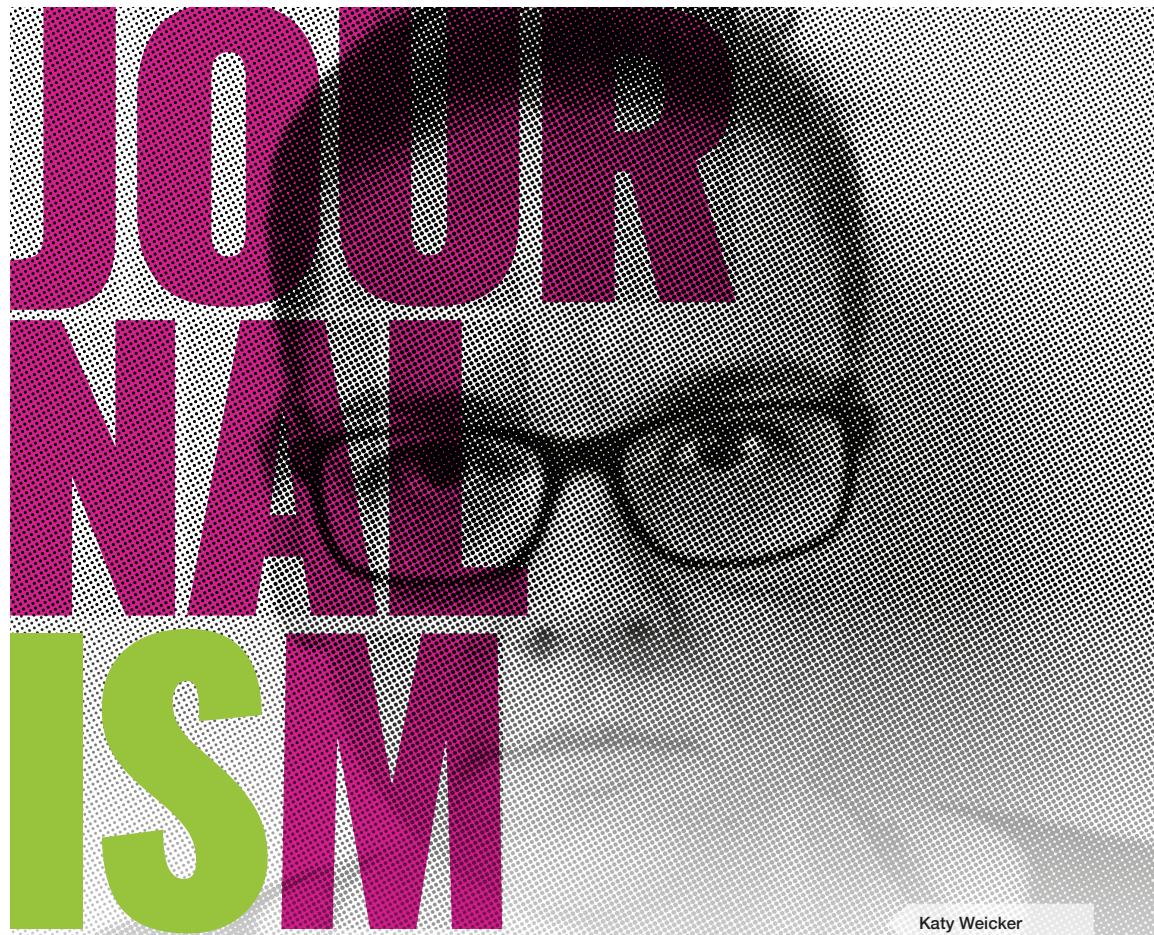
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The first person to find this copy of the paper and bring it in to our

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Katy Weicker

Staff writer for *Nexus* newspaper. Her *Let's Talk?* column examines feminist issues, and her stories often look at arts and entertainment through a feminist framework.

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