NEXUS

camosun's student voice since 1990

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student issues

Referendum to join Canadian Alliance of Student Associations passes in student society elections



FILE PHOTO

CASA executive director Man-

jeet Birk says that the CCSS voting

to join CASA is wonderful news; she

says that she would welcome the

joining CASA, for sure," she says.

lower than CFS membership fees:

CASA membership is \$0.42 per

month, per student; the CFS' was

\$1.14 per month, per student (the

BCFS fee will be raised to a max-

imum of \$2.28 per month, per

student). Birk says CASA focuses

solely on student advocacy, without

"swag" or services like International

Student Identity Cards, which the

vocacy," says Birk. "We don't do

anything else... We lobby around

our priority area. That's all we do."

of CASA gives Camosun students

"Our focus is on student ad-

Turcotte says that being part

"We would love to have CCSS

CASA membership fees are

CCSS into CASA.

Camosun College students may soon be members of a national student organization again.

ADAM MARSH

A referendum question asking Camosun College students if they would like to be members of the Canadian Alliance of Student Associations (CASA) passed in the recent Camosun College Student Society (CCSS) elections, meaning that Camosun students may soon be part of a national student organization again.

Almost the exact same number of students voted in the fall CCSS elections, which happened in October, as in the April CCSS elections. 697 students voted this time; last time it was 694 students.

CCSS executive director Michel Turcotte and CCSS clubs and events coordinator Tagg Kelt agree that they want more students to be voting. Turcotte says the turnout was better than some of the CCSS' traditional paper-ballot elections, in which the required five-percent voter threshold for the election to take place was sometimes a struggle to reach. Turcotte says that the CCSS thought the two referendum questions regarding student fees would create some buzz about the elections.

"We didn't engage CCSS staff to promote the election widely," says Turcotte. "We were sort of counting on the candidates largely for that."

One of the two referendum questions asked Camosun students whether or not they were in favour of allocating to a CCSS fund Canadian Federation of Students (CFS) membership fees that have been collected from Camosun students since the CFS expelled the CCSS in June of this year. That money will be put into a temporary CCSS campaigns and advocacy fund. 485 students voted yes; 212 voted no. (If accepted into

CASA, the CCSS will use money from that fund to pay CASA fees until the British Columbia Federation of Students [BCFS] raises its fees, which it is planning to do no later than December 31, 2019. The BCFS will be raising its fees by the amount that Camosun students used to pay to the CFS, so then the entire amount that used to be split between the CFS and the BCFS will go to the BCFS, and Camosun students will pay an additional 42 cents a month for CASA fees.)

"One of the main things that fund will do initially is pay the CASA membership fee and some of the costs related to other political/advocacy campaigns that we do at the CCSS. It increases our ability to do that," says Turcotte.

The other referendum question asked students if they support joining CASA, a national student organization that campaigns to have students' voices heard at a national level. 470 students voted yes; 227 voted no. (CASA and the CFS are the two national Canadian student organizations.)

Turcotte says that now that the referendum has passed, the CCSS is going to put in a request with CASA to join the organization.

"We will be applying to join the Canadian Alliance of Student Associations, and if everything goes as predicted and they choose to accept us [we will be members]," says Turcotte.

CASA is having a lobbying week in Ottawa at the end of November, which Turcotte says CCSS intends to send representatives to; there will also be a plenary session during that week, at which time the CASA board of directors will decide on whether or not to bring the CCSS on as a member.

alone, the CCSS is "a little bit more disadvantaged" due its size, he says.

"[CASA membership] will increase our ability to lobby federally. The federal government still spends a lot of money in the area of post-secondary education and controls much of the administration relating to student loans," says Turcotte. "Our ability as a small college to lobby the federal government is very slim, but as part of a larger umbrella of organizations with greater resources, it enhances that ability to do that."

The CCSS will also use a portion of the campaigns and advocacy fund to promote proportional representation in BC.

"Now that the municipal election is over, that's what the big campaign is for the student society this semester," says Kelt.

First-year general studies student Paige Kochanuk says she didn't know about the student society potentially joining CASA, but thinks that it would be great for Camosun students.

"We are the future of our political climate. It's important for our voices to be heard. It sounds awesome to me," she says, regarding CASA membership.

Second-year Hospitality Management student Elyse Nguyen says she also hadn't heard about CASA until she saw the email CCSS sent out to students about the elections.

"I think that it's okay. I signed for

"We would love to have CCSS joining CASA, for sure."

MANJEET BIRK

CANADIAN ALLIANCE OF STUDENT ASSOCIATIONS

it. I agree with that," she says about the CASA referendum question.

Kelt says that there were a few technical issues during the elections because someone forgot to activate the voting software.

"Apparently, it needs to be manually started," says Kelt. "There was just a lateness in clicking the button to start the election."

But the elections were supposed to begin at 12:01 am on Monday, October 22, so Kelt doubts the late start impacted many people, given that few people would be voting at that time of day.

"I don't think anybody, or very few people, are that engaged in our democratic process here at the college," he says.

The wrong end date was also set, making the elections end on Tuesday, October 23, instead of on Wednesday, October 24. The student society added an extra day to the elections to account for the technical troubles.

In the election, Sacha Christensen was voted in as Lansdowne executive; Angela Chou is returning as pride director; Shayan de Luna-Bueno was voted in as women's director.

Gurpreet Singh Bhollar, Max Walther, Hayley Lamb, and Gagandeep Baath all got in as Interurban directors.

Yara Abaza, Nishant Harmilapi, Malcolm McLaren, and Elvin Khankisbiev got voted in as Lansdowne directors.

a better chance at being heard;

CFS does offer.

eyed on campus



CAMOSUN COLLEGE A/V SERVICE

Camosun College hosted a pit cook demonstration on Friday, October 19 at the Lansdowne campus.

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OVERHEARD AT NEXUS: "It's like an orgasm in your ear."

student editor's letter Students dangling on deadly destitute cliffs

Would you give your change to someone huddled in a business doorway on Douglas Street on a cold fall night? How about a coffee or a blanket? Or would you walk past them? Our experiences and values dictate what we would do; each person has a compelling argument that would make the skin of those who feel differently crawl. I'll do my best to help those in need, not because I try to be a good person or because I think socialism is always the right answer, but because I've been there. I know that no matter how strong and committed you are to change, when you do decide to do it, it almost always takes that one person who believes in you when no one else will.

Last year, Victoria mayor Lisa Helps said that sleeping in cars should be legal until the vacancy rate rises. The BC Supreme Court also ruled it unconstitutional to stop someone from making a temporary shelter if there were no available beds in shelters. I've spoken to Camosun students who have had to do just that. Imagine trying to study for midterms in the back of a Ford Escape.

Some people can't escape their realities, and that's not necessarily because of a lack of work ethic, stable mental health, or gainful employment. Because of the rising cost of living, students are on a rapidly steepening cliff, and we are left clinging to the rock face with no harness. We can't do this much longer; our arms are giving out.

Does something have to give, or will humans adjust to a world where the list of demands, stimuli, and expectations is always changing or, in the case of day-to-day finances, becoming unattainable? There's a reason *Nexus* has covered the issue of homelessness three times in the last three vears: it's an issue that cuts straight to the heart of society and who we are as humans. Students are one of the demographics that suffer most when times are hard because, well, we all know that knowledge is expensive.

Tent city seems to be an inevitable result of the rising cost of living and the housing crisis; features writer Fred Cameron does what he does best this issue and fearlessly dives headfirst into these topics. Cameron is known for his long, in-depth stories, many of which are literally written to the absolute maximum word count. And, I promise you, every word packs a punch in this one.

> Adam Marsh, student editor adam@nexusnewspaper.com

flashback 25 Years Ago in Nexus



GREG PRATT

Revisiting repairs: The story "Dawson Building to be replaced again" in our November 15, 1993 issue talked about how Camosun was hoping to go ahead with a total rebuild of the Dawson Building. Somehow, I just want to make a joke about how in 2018 students still can't walk all the way around the Young Building, but I dunno; that joke's getting old. Still...

Still keeping students safe: This issue's story "Safety in numbers' at Camosun campuses" talked about an idea the Camosun College Student Society (CCSS) had to help make the college's campuses safer at night. That idea was a service where someone will walk with a student or give them a drive in a golf cart to their car or bus stop. The idea became reality: it's called Walk Safer and is still going strong today.

Retroactive CFS controversies: Last time around in this column, we talked about the CCSS approving a raise in Canadian Federation of Students (CFS) fees; this time around, former CCSS chairperson Niki Stanford piped in to say that the CCSS council betrayed the trust of Camosun students. "We were told when we joined the CFS that any fee increases would go to referendum," she said. "Students should have that choice." The CFS expelled the CCSS from the CFS in 2018, after ongoing disputes.

open space

You are not a slave to your job

Despite any superficial vision or mission statements, the natural law of a corporation is that it must make as much money for its shareholders as it possibly can, by any means necessary. Often this takes the form of a charade of corporate responsibility in order to deceive customers, suppliers, and employees into believing that the company is on their side.

Don't be fooled—the corporation is not allowed to perform actions that do not in some way generate profit.

As an employee, it's important to remember that corporate loyalty is a sham. Any effort that a corporation makes to treat its employees well exists only as a ploy to trick them into thinking that they're cared about so that they may be milked of as much value as possible. The truth is that no matter how much passion you put into your work for a corporation, it will never love you in return.

If at any point you become more of a liability than a profit-generating asset to a corporation, they will dump you faster than you can blink. It will happen regardless of whether or not it was justified, whether or not you're ill, whether or not your release will have a devastating effect on your life. No matter the circumstance, if it is within the allowances of the law, they will not hesitate.

It's completely foolish to feel any amount of loyalty to a corporation, either as an employee or

as a customer. To be bonded with your coworkers is an honourable arrangement, and you should work to do your best by them. But to form a bond to the cold iron machine will result only in rejection and misery. The corporation may give you a place to work, but you give them something much more valuable. As an employee you give your

employer everything. People in our society are not only expected but required to work 40-hour work weeks to survive. With an eight-hour sleep each night, this represents more than a third of our waking lives. We are not nearly as furious about this as we should be; we are forced to throw away a third of our lives. Not to mention that in exchange for it, many of us receive barely enough to support the remaining two thirds of our time. For what? For "positive economic growth"? To feed Scrooge McDuck's giant gold-coin-filled swimming pool? Honestly, it's pathetic that we the people let this happen.

Good value for the people can be derived from the corporate engine. It's never derived from the benevolence of the overlords, though; it's derived from their greed. It's this that can be used to twist the corporation to the will of the people. The corporation will do whatever it must to earn money, and so it is susceptible to the whims of the masses from whom it derives this money. Never forget that the people have power, and together we can bring the villains of the modern era to justice.

letters

Access denied

It is evident that those making design decisions for public spaces cannot project themselves into the point of view of those with mobility concerns (Re: "Campus Access," October 24, 2018 issue). Maybe there is an opportunity for a business that consults on this topic. The business model would be a group of mobility-challenged individuals that can provide their unique insight into the requirements of public space designs. Great article.

RON SHERRING

VIA FACEBOOK

Way to go, Kelsey [Worth, Nexus writer]. I have mobility issues now (Re: "Campus Access," October 24, 2018 issue). I know what you mean and I am way past school age, but I am surprised how many places don't have handicapped seating.

LEONA PETERSON

BY ADAM MARS

hat do you feel should be done about Saanich's tent city?



NATHAN GREGG

"It's more than just housing. It's also the support network that goes with that. You can't just provide housing and expect the problems to go away: there's a lot of underlying issues that need to be dealt with pertaining to addiction, chronic homelessness, mental health issues."



KAITLYN JONES

themselves. I feel like the more housing that they'll actually want to live in to prevent tent cities from popping up everywhere."



"I don't know. I feel like it's inhumane to just tell them to leave and figure it out for city should work on creating it should be okay. If the



EVA RENUNDA

"If the environment's being treated with respect and it doesn't look like it's post music festival, I think that area isn't being disrupted, people's peace isn't being disturbed, then it's fine."



CHIRAG CHIRAG

"The government should provide some benefits to them, like some really cheap housing so that they can afford that, and that should be good for their hygiene, as well."



MATTIE PHILIP

"I don't really have a because I don't know much to judge them."



TYLER ZHU

"I feel like we should offer them a place to stay; myself, when I do see homeless people, sometimes I will give them a few cents, but I am guilty of not really giving them too much, so I shouldn't really be talking."

sports

Camosun Chargers golfers return from national golf championships



The Camosun Chargers golf team travelled to Medicine Hat, Alberta last month to compete in the 2018 Canadian Collegiate Athletic Association (CCAA) championships. The team competed at Desert Blume Golf Club from October 16 to 19 and placed 8 out of 11.

Chargers golf head coach Doug Hastie says that although the team "actually overperformed to make it to nationals" they didn't do as well at nationals, but it was still a good trip.

alumni

"[The team] definitely underperformed a little bit at nationals,

ADAM MARSH

STUDENT EDITOR

Alistair Vigier is a man of many

lives. He currently lives in Toronto

and owns his own law firm: in 2009.

he graduated from Camosun's

Criminal Justice program. Prior

to that, he was busy getting shot

at in the military. Literally: he was

standing near a target in the woods

with his troops one day when the

face, you can actually feel a whip,"

says Vigier. "In the moment, you

don't have time to adjust to any-

thing; it happens really fast. You don't really understand what's go-

ing on... There's a lot of adrenaline

been years since Vigier lived the

military life; now, he is the CEO

of law firm ClearWay Law. And it

seems to be working out for him:

BCBusiness magazine put Vigier on

its "30 Under 30" list in 2017 ("30

Under 30" is a list that celebrates 30

Camosun was critical to his career

path, due in part to the mentality of

instructor Brian Young] was a big

He says the time he spent at

"[Camosun Criminal Justice

businesspeople under 30).

some instructors.

Due to medical discharge, it's

and confusion."

"When a bullet comes near your

crackle of gunfire filled the air.

[but] the guys got to know each other a little better and they had a great weekend." Before nationals, the team re-

The Camosun Chargers golf team recently competed in the CCAA national championships.

ceived a silver medal at the Pacific Western Athletic Association (PAC-WEST) championship, where they qualified for nationals. Hastie says that he feels the team considers the trip to Medicine Hat an "added bonus" to their overall successful season. He says that they couldn't have prepared any differently for nationals, but that improvements can always be made.

"The players didn't adjust to the wind and fast streams as well

legal industry," says Vigier. "I really

liked his teaching method. He was

sun's instructors "actually have

real-world experience," which he

contrasts to other schools, such

as UVic, where a lot of instructors

are PhDs and have never actually

"They're totally, 100-percent

Vigier says instructors having

"That makes you more curious

Vigier says that the law industry

real-world stories to back up the

course content reinforces for him

why people should get an education.

is broken; he says that 70 percent of

people are representing themselves

in court, which he compares to

"doing surgery on yourself." Vigier

says people represent themselves

because of the costs associated with

divorce lawyers, and the emotional

context in which clients deal with

"They're already going through

worked in business, he says.

theoretical," says Vigier.

about it," he says.

family lawyers.

Vigier says many of Camo-

really fun."

still pleased with the team. They did their best, but the first couple of days they definitely didn't play up to our potential."

as we could have," he says. "I'm

Chargers golfer Tyler Robertson, who has been playing golf since he was 13, says he had a great last round despite "not really playing well during the week." Even though he's played with the Camosun team for the past four years, this was Robertson's first year competing at nationals. "Although the golf didn't go

too well at nationals," he says, "the team connected very well and I feel

Camosun criminal justice alumnus gets accolades as law firm CEO

"[The team] definitely underperformed a little bit at nationals, [but] the guys got to know each other a little better and they had a great weekend.

> **DOUG HASTIE** CAMOSUN CHARGERS

like we bonded on the trips we had together."

Hastie says that golfers Scott Merriam and Mike Flegel "hit the ball a lot better than they scored."

"They just didn't get much out of the rounds, unfortunately," he says. "They were missing a few strokes here and there, and that adds up at the end of the day."

This was Hastie's first time attending the nationals since he took over as coach in June.

"It was a good season," says Hastie. "I've been getting used to PACWEST and the CCAA... It's an interesting golf season; it's all packed in because it's such a short season and you don't have a lot of chances to do a lot of coaching."

Robertson says that the "positive vibe" Hastie brings to the team is one of the reasons why they made it to nationals. He says this will be the last season for a couple of his teammates, and is glad that they were "able to have a fun last year and to have the chance of going to nationals."

NEWS BRIEFS

Politicians meet with student organizations

Student representatives in British Columbia met with a number of MLAs on the week of October 29, including premier John Horgan and minister of advanced education, skills and training Melanie Mark. Topics discussed were drawn from Making Post-Secondary Education Affordable for British Columbians, a paper created by the British Columbia Federation of Students The topics included the need for supports for sexual violence and misconduct policies; eliminating interest on student loans; and the advancement of open education

Upcoming CSEE information session at Camosun

Camosun College's Centre for Sport and Exercise Education (CSEE) is having an information session from 6 pm until 7 pm on Thursday, November 15. The free session will be for people to find out more information about the CSEE program and will be held in room 329A of the Pacific Institute for Sport Excellence at the Interurban campus. These information sessions take place on the third Thursday of every month from September to May.

Upcoming trades information session at Camosun

Camosun will be holding an information session for people to find out more about its trades programs on Thursday, November 15. The session will run from 7:30 pm until 9 pm in room 124 of the Liz Ashton Campus Centre at Interurban and is free to attend.

Saanich residents invited to complete climate survey

All Saanich residents are being encouraged to fill out an online survey to help create Saanich's Climate Action and Adaption Plans. The plans include a gradual transition to use 100-percent renewable energy by 2050. See saanich.ca for more info and to fill out the survey.

Ontario government can't deliver \$325-million postsecondary promise

The Ontario government announced on Tuesday, October 23 that they will not be able to provide \$325 million that they had promised would go toward funding three post-secondary institutions in Markham, Milton, and Brampton. The campuses were set to open in 2021 and 2022 and would have provided 8,000 student seats. The province of Ontario is \$15 billion

-ADAM MARSH

GOT A NEWS TIP FOR US? **EMAIL EDITOR@NEXUS-NEWSPAPER.COM TODAY!**

Camosun alumnus Alistair Vigier is now the CEO of ClearWay Law. messed up. The industry needs to "a real opportunity that not a lot

can agree on this." Vigier's answer is self-represented coaching, which involves hiring a lawyer part-time to teach clients how to represent themselves

be changed. Most divorce lawyers

"If you show up in court by yourself and you don't know the terminology, you can actually turn the judge against you by pissing an extremely stressful period of time them off because you're doing all the in their life," says Vigier, "and the wrong things, and that has nothing to do with your case," he says.

last thing they want to worry about [is] are they getting overbilled? Are Vigier says he understands why they going to go bankrupt because some people might not want to of the divorce and communicahire a lawyer full-time, but he calls part of inspiring me to get into the tion with lawyers? It's very, very a part-time, flat-fee-based model

lawyers, thus eliminating potential conflicts of interest. The value lies in combining the skill set of lawyers in the courtroom through a flat rate. and non-lawyers to create a better business model, says Vigier. "Non-lawyers bring a very specific skill set to the law world

that the lawyers don't have," says Vigier, adding that lawvers are analytical and typically very good at their jobs. "But what they're not good at is technology; they're not good at marketing. They're very cautious; they're risk-adverse

of law firms are doing." He also

firmly believes that law firms should

be owned by people who are not

Camosun's Sandra Christensen on life as a teacher and as a student



international students and new set-

tlers (immigrants) in ELD [English

Language Development], School

of Access, since I started working

2. What do you personally get

For me, teaching students from

all over the world is like travelling

without leaving my hometown. I

love meeting new people at different

stages in their lives and supporting

them with their learning goals. As

an ELD teacher, I am continually

adapting my approach and the cur-

riculum so I don't get bored. I like

working with students and seeing

them meet their goals, then go on

to succeed in their academic pro-

gram. I love when students connect

with me months or years later and

share their achievements, including

awards, acceptance and success in

their choice of academic program,

a satisfying job, or positive impact

on their family.

at Camosun in September 2013.

Camosun English as a Second Language instructor Sandra Christensen.

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 out of teaching? a little better.

Do you have an instructor who vou 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 and we'll add your instructor to our list of teachers to talk to for this column.

This issue we talked to English as a Second Language instructor Sandra Christensen about being an open book and her passion for life-long learning.

1. What do you teach and how long have you been at Camosun? I have been teaching English to

"Lo and behold, one

very rainy morning,

there [the mouse

lemur] was."

MIREYA MAYOR

your students knew about you? I have had many diverse experi-

3. What's one thing you wish

CAMPUS/LIFE

ences in life, and I really appreciate each student's unique perspective. Also, I am open-minded and interested in supporting students in a way that meets their needs for their whole life, not just for one class. I see each of them, and I am listening.

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

There's not much about me that I wouldn't share about myself, in the right context. I have experienced hardship in my life, I have felt shame, and I have struggled. Some days can be difficult, but this is part of our mutual struggle as humans. My suffering is what cultivates my compassion.

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

Being a teacher at Camosun is probably one of the best things that's happened in my life, so when my students have an enjoyable learning experience, I feel honoured to support their well-being. Also, since being hired at the college as continuing faculty, I have been very fortunate to receive support to continue my own education. Currently, I am in my second year of a doctorate program with a focus on transformative eco-conscious education. Yay for life-long learning!

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

For me, it is difficult to tell a student that they will fail a course, especially when they have been working very hard all term, and I

know there will be negative con- ally adapt and respond to the needs sequences (time delays, additionof our community, both locally and al cost). This happens for many globally. reasons: low skills, lack of Canadian experience, non-academic

responsibilities, stress, or health

issues. Although I am always proud

of students who make great prog-

ress in their language learning, not

everyone progresses at the same

rate. Thankfully, there are a lot of

resources at Camosun and in our

community, so I can usually direct

students to additional resources

that can provide extra support to

7. What do you see in the future

Personally, I am interested

in opportunities for students to

manage a healthy work/life bal-

ance. Life is stressful, and post-sec-

ondary students are facing more

health issues related to this stress.

Education is also about finding a

career that offers a sustainable and

quality lifestyle that is adaptable to

rapid change and complex social

problems. I am excited about more

opportunities for land-based learn-

earth and to their local community.

Working together, respecting all liv-

ing beings, and making sustainable

choices requires our education sys-

tem to be more responsive to local

contexts and the lived realities of

students. Developing connections

across disciplines, between insti-

tutions, and into the community

will help us all thrive and solve

complex problems together. I am

grateful to be at an institution like

of post-secondary education?

boost their success.

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

I am also a student now, so most of my free time is spent reading, writing, and reflecting. Yoga, gardening, and long walks allow me to reflect and relax, as well as keep my body moving and healthy. My children are young adults, so we often plan activities together: going to an art or music show, watching my son play soccer, attending a workshop with a health focus, or just hanging out at home, helping each other.

9. What is your favourite meal? I like a home-cooked meal made with fresh ingredients from my garden, the forest, or a local farm. If I was eating out, I would like to go for sushi or Vietnamese soup. Two special places to dine are the Fig and Be Love. Sharing a pot of tea while having a heartfelt conversation nourishes my soul.

10. What's your biggest pet ing that connects students to the peeve?

I don't really think about pet peeves. I suppose that it is hard for me to be around people who do not care about themselves, others, or the environment; people who harm without remorse scare me. I don't like it when people talk more than they listen. Yet I often do this too, especially in my role as a teacher. If I see an injustice, I speak up—even if I cannot change it. I hope that others can feel strong and worthy to Camosun that is always willing to speak up. I will try and listen more reflect on our actions and continu- so I can hear you.

nexusnewspaper.com

USS celebrates 10 years of music with special Victoria memories



The members of USS have good Mile Zero memories.

KATY WEICKER

Toronto indie-rock duo USS (Ubiquitous Synergy Seeker) are revelling in 10 years of making music together on The Bonavista Tour, a birthday celebration of sorts for the band and their fans. Vocalist Ashley Buchholz says that Victoria is actually home to a special moment in the band's history.

"Victoria was the first big show we played outside of Toronto," says Buchholz.

The outdoor show was part of the Fringe Festival and, in true Victoria fashion, it was raining that day.

"There's a lyric in our song '2 15/16,' and the lyric was, 'You're like the ideal rainy day activity,' and when we got there, it poured rain all day," Buchholz recalls. "700 people stood in the rain for, like, four hours waiting for us to come on, and it poured rain through our whole set, and we were so joyful, and so happy. We were so excited and so

happy, and when I sang that line in that song, 'You're like the ideal rainy day activity,' I think everybody started crying. It was honestly one of the sweetest moments of my entire life." (As an homage to this experience, Buchholz has tracked down the original keyboard he wrote the song on and plans on playing it live—something he's never done before—at the band's upcoming show in Victoria.)

In addition to the beauty of that moment, Buchholz says he's excited to play in Victoria this time around because the energy from the crowd in Victoria was the first time he'd let the wave of energy from the audience hit him.

"I didn't used to know how to do that," Buchholz admits. "And that's, I think, what made that experience so special and unique. Because I used to wear a hat and sunglasses on stage and pretty much close my eyes."

"It's like a marriage—after 10 years you need to start shaking things up in the bedroom."

ASHLEY BUCHHOLZ

Buchholz says he put that barrier in place because, like many people, he questioned his worth—a challenge he admits is a work in progress. As the lyricist of the band, Buchholz uses this experience to create a universal message that he hopes audience members can

"Fundamentally, I've just been trying to bottle the magic of this uncomplicating of myself," says Buchholz.

Allowing that communal energy to be shared between himself and the audience, while incredibly fun and inspiring for the singer, comes with its own challenges, including some unexpected nerves.

"The reason why I'm nervous is because I've never done this like this before," admits Buchholz.

Breaking down that barrier meant accepting that the rock-star lifestyle was not for Buchholz, who—despite some pit stops in debauchery and recklessness—prefers clean living and embracing his athletic side.

"Coming out the other side and actually being like, 'Holy shit, let's try this a different way; let's try this as who you actually are,' I gotta tell you that I'm really happy about this

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decision. I'm just so glad to be able to bring this version of myself, so that everyone that's coming and that's a part of it, it's just gonna be so awesome for them and so wonderful for them."

One of the people who has gotten to see this transition is Buchholz's bandmate, Jason Parsons. Reflecting on a decade of growth together, Buchholz admits that in order to keep things fresh, they decided to bring in some new talent for their latest EP, Medicine.

"It's like a marriage—after 10 years you need to start shaking things up in the bedroom," says Buchholz.

This decision took the duo to Nashville, where they met a bunch of different musicians for an experience Buchholz describes as a swingers' party for songwriters. During this trip, Buchholz's journey of self-reflection and discovery deepened when the girl that he was dating completely ghosted him.

"It felt like I got stabbed by a million knives in the stomach because I realized, it was like this satori moment—which is a flash of awakening—that I was so blind and deluded to, that I realized that's what I was doing to everybody and I never knew what it felt like," says Buchholz. "Forgiveness is a delicate subject, especially if you've been neurotic and doing shitty things like that without being aware of it."

USS 7 pm Sunday, November 11 \$28.50 to \$39.50, Royal Theatre rmts.bc.ca



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what's going on

by katy weicker

THURSDAY, NOVEMBER 8

CCSS movie night

The Camosun College Student Society is hosting a screening of the documentary The Right to Learn on Thursday, November 8. A panel discussion with the filmmaker and guests will follow the screening, which begins at 1:30 in Young 216 at the Lansdowne campus. See camosunstudent.org for more info.

THURSDAY, NOVEMBER 8

Meow-vie night

Cat's Cradle Animal Rescue hopes to fill The Vic Theatre for a movie night and silent auction to raise funds in Victoria. The event will include a screening of *KEDI*, a documentary about cats in Istanbul. Doors open at 5 pm; there will be refreshments including alcohol—available at the concession, and there will also be door prizes. Tickets are \$30 and can be purchased at eventbrite.ca. You must be 19 or over to attend.

SATURDAY, NOVEMBER 10

In memory of Amanda The Victoria Symphony is performing My Name Is Amanda Todd, a new composition honouring the life of Todd, who died by suicide after being cyber-bullied. The concert starts at 8 pm at the Dave Dunnet Community Theatre, located at 2121 Cadboro Bay Road. See victoriasymphony.ca for more information.

SATURDAY, NOVEMBER 10 TO MONDAY, NOVEMBER 12

Lessons at Langham Langham Court Theatre is collab-

Graf. Lessons tells the story of Ben, who is preparing for his bar mitzvah, and Ruth, a rabbi questioning her beliefs. Tickets are \$23 with proceeds going to The War Amps. Visit langhamtheatre.ca for more info. SATURDAY, NOVEMBER 10

orating with Bema Productions to

present Lessons, a play by Wendy

Celebrating Leonard Cohen

Victoria musicians Oliver Swain and Glenna Garramone are *Tower of* Song, a duo celebrating the music of Leonard Cohen. They're playing, with guest musicians joining them, on November 10 at Victoria Event Centre on Broad Street: the show begins at 8 pm. Tickets are \$20 and can be purchased at eventbrite.ca and in person at Lyle's Place.

SATURDAY, NOVEMBER 17 Imagination on stage

SKAM School of Performing Arts is

presenting Grownups Perform Plays That Kids Wrote #2 on November 17. The premise is exactly what the title suggests: local directors and performers will collaborate to bring scripts written by children to the stage. This fundraising event will raise funds for bursaries for lower-income children. The show starts at 4 pm at Metro Studio Theatre on Quadra Street. Adult tickets start at

\$15, with options to include dinner

for an additional fee. Tickets can

additional info, visit skam.ca.

be purchased at eventbrite.ca; for

See nexusnewspaper.com for expanded event listings, with info on Jesse Roper and Glass Tiger concerts, a night of magic, and more!

BESIDE The Point

Call for Submissions Themed Issue: Power

Writers and Artists! We want your work.

Beside the Point is a creative writing journal produced at Camosun College in Victoria, BC. In our next issue, we explore the many facets of "power." The plot of a story often hinges on a power struggle. In politics, power is said to corrupt. What does "power" mean to you? Does a blackout shroud your characters in darkness? Did developing personal power transform your life? From solar power to super powers, from loss of power to empowerment, we'd like to hear about it all. Please send us your stories, poems, creative essays, scripts, comics, or photographs. We seek a diversity of approaches and visions. Try us!

To submit, please register as an author and upload your work here: https://journals.uvic.ca/index.php/btp/index

To read our most recent issue, find us at the above link or on Facebook.

Deadline for submissions: Dec.15, 2018



EMMA BOUCK

CONTRIBUTING WRITER

PRIMATOLOGIST

As a young girl, Mireya Mayor was told it was too dangerous to join the girl scouts. Today, she has claimed the title "the female lemur. Indiana Jones." Mayor is now a National Geographic, and a mother of six kids.

my first expedition, I had never left the country," says Mayor, who is a former NFL cheerleader. "I didn't even have a passport and had never been camping, so it was all very much trial and error, and a brand new experience."

to be a primatologist, Mayor was focusing on her studies in pre-law. class, so she chose anthropology. Little did she know her life was about to take a huge detour.

primates, I started learning about how many species were on the verge of extinction, and many that had never been studied before," she and it really piqued not just my make a difference so these amazing

creatures would not go extinct." On one of her expeditions, Mayor made a co-discovery with a geneticist, revealing the smallest primate in the world—a mouse

"Him and I were on an expedprimatologist, correspondent for ition together, and, lo and behold, one very rainy morning, there it was," says Mayor. "We looked at have kids, you sort of need to stop "When I decided to head off on it and it didn't look like any of the species that had been described, and certainly not in that area. We decided to collect more genetic samples to prove our suspicion that, in fact, this was a new species to science."

After going through many adventures, Mayor decided to write a Before realizing she wanted book, *Pink Boots and a Machete*, to share her stories about the science

was among male explorers and she felt they only saw her as a former NFL cheerleader. She found herself playing down her femininity, which "When we got to the section on didn't last long. Instead, she did the opposite by wearing pink boots out

Primatologist who discovered mouse lemur to speak in Victoria

says. "I had always loved animals inspire people to care more about the planet and hopefully motivate curiosity but the urge to try and them to follow their dreams as well," she says. "Because that's also a big component of the book—to never give up, and pursue your passion."

> to Madagascar when she was just a few months old, and my 10-yearold came with me last summer," she says. "While it would seem once you doing this kind of thing, my motivation for protecting these places and animals has gone up because I want them to be around for them. I want to hopefully inspire them in trying to make the planet a better place for everybody."

and wonders of nature. Mayor says their beauty, intelligence, and com-

"I thought the book could help

Mayor also lives a life of being a mother to five girls and one boy. "My first-born went with me

Mayor hopes that by learning about animals' biological importance, people will come to appreciate She was required to take a science the book's title refers to how she passion, and become motivated to live lectures, and one of the reasons



Primatologist Mireya Mayor is known as "the female Indiana Jones."

jaguars being poached in Suriname and Latin America are issues that people need to be educated on.

"In an age where it's so technology driven, people have sort of lost touch of the things around them," she says. "I find that to be one of the more rewarding experiences about going out and giving these

help them. She says that massive I'm so excited [about] coming to crises like the ones happening with Victoria is getting people excited, not just about places around the world, but even locally; there's so much people can do."

National Geographic Live

with Mireya Mayor

7 pm Tuesday, November 13

Student tickets \$32.50 and up, Royal Theatre rmts.bc.ca

Burst bubbles

How Victoria's housing crisis impacts Camosun students

1 September 15 of this year, a letter from a Camosun College instructor was published in the *Times Colonist*; in the letter, the instructor told of a "dedicated student" who had been evicted from Saanich's tent city and faced challenges that most of his peers likely haven't considered. My initial response was strengthened gratitude for what I have, but as it sank in, I was faced with a number of questions. Why this student and not me? What kinds of barriers are faced by students who find themselves in a similar predicament? And, considering how hard society works collectively to sweep the marginalized under the rug, I couldn't help but wonder how many of our fellow students have found themselves facing similar battles, what their lives look like, and—if they want the streets." it—where they can go for help.

Then I'm not writing for *Nexus* or going to Camosun, I work as an outreach worker. I'm professionally centred in the downtown red zone, right at ground zero: the 900 block of Pandora. At a glance, the street-entrenched population doesn't seem to be bound by age, gender, creed, sex, or economic background. While my position helps me in terms of understanding, I didn't know of any homeless Camosun students; however, I do have a network of friends and colleagues who I thought would be more than happy to help me out. I started a chain of emails to academics, paramedics, fellow outreach workers, and instructors, and then went out and shook hands and started talking to people on the Pandora sidewalks.

I was initially directed to Paige Phillips, a 28-year-old first-year Camosun Business student who, on the surface, shows no signs of her convoluted past. Today, Phillips is a happily married mother of two who attends Camosun with hopes of completing an Accounting degree over the next five years. But life wasn't always this way for her.

"While I was in high school, I bounced around between provinces," says Phillips. "I was fully homeless in those situations. They put me in a group home, and then I got kicked out, and I had to go to an adult shelter,

"We used every Camosun resource possible to avoid being homeless. We really used every support possible that Camosun offered. We drained their resources. Like completely draining them, but they kept us afloat, and it kept me in school."

> **PAIGE PHILLIPS** CAMOSUN COLLEGE STUDENT

and got really fucked up. I was still going to school, so there was some regularity, but as soon as I graduated, my sustainable, 9-to-5 kind of life was gone, and I was just fucked all the time. Because there was nothing in place, vou couldn't access adult resources as a ministry kid who couldn't access ministry resources as a student. It doesn't make any sense."

Unable to find a safe and steady place to live, Phillips had to do it by

"I was living on my own, and I didn't make rent, so I lost my apartment," says Phillips. "I was a teenager, so I just left really quick. I kept my suitcases behind a couple of dumpsters, and I just wandered around most nights. I worked night shifts, and then I just partied the other nights, and they turned into days, and they turned into weeks, and they turned into years. I was homeless on and off for the rest of my life after that."

Phillips says that her primary issue was a lack of social support the first time she was homeless.

"I really didn't feel like I had anyone I could go to to talk about my tenancy issues," says Phillips. "It was easier to deal with on my own. When you have a drug habit, you really don't want people in your business. Especially when you're high functioning—you don't want to be ratted out. There is a level of shame, too. You don't want people to know. Sometimes

you just want to prove people wrong. That's exactly why I stayed in high school and got through it."

As I know from my own history, it can be very hard to reach out, or even to accept help when it's offered. I couldn't help but ask Phillips if she would have taken it if proper support were in place.

"When I was in high school, yes," she says. "It was the first time. It's scary, so you don't want to be homeless. If there were more supports there I definitely would have taken it, and I would have taken it any time, but it wasn't there. When I moved to BC, my husband Jack and I were living on the streets. We moved from Vancouver to Victoria when I was 21, but that continued until I was about 24. We were completely entrenched on

Phillips says that when she was pregnant she tried to use every resource possible, but it was still difficult to get help.

"There are still people who currently work in the system who wouldn't help us. It isn't until your second or third trimester that you will even get looked at. We still didn't get accepted. We couldn't get housing with anyone. We had to do everything on our own. I couldn't get into the Cool Aid system because I couldn't get my health care records transferred, so I have a pharmacy bill of over \$10,000 for my methadone. I couldn't get into the clinic, and I have chronic health conditions. I couldn't get a worker, even as a pregnant young person. I was pretty pissed off. I don't think the services were helpful locally. Their judgment stopped us from getting help at a lot of places. It seems it's more about who you know than what you know. Not being from here didn't help."

With no choice but to move forward, Phillips says that her family struggled through all the difficulties. She came back to school in 2015, enrolling in the Building Employment Success for Tomorrow (BEST) program at Camosun. At the time they were recently housed, and Phillips says that she and her family almost lost their tenancy.

"Because we had a child, and I was going to Camosun," says Phillips, "we were able to use the ombudsman, and we used every Camosun resource possible to avoid being homeless. We really used every support possible that Camosun offered. We drained their resources. Like completely draining them, but they kept us afloat, and it kept me in school. I kept up with the BEST program, and then finished my upgrading, and now I've gone into business. Being able to access those resources kept us from the streets. We were really, really close. They were helping us call shelters and everything.'

Phillips says that investment that Camosun or the Camosun College Student Society—she can't recall exactly who she got the help from—put into her has returned double, as she now works in the community, helping others in the same situation.

"I am a health education coordinator and an advocate. Because I have had to learn to navigate the system to stay alive and keep my family together, I help others by showing them what I did to get through the system and keep working through the legal, medical, and housing systems," she says. "It's therapeutic for me, and it's therapeutic for other people. It's really peer support and peer navigation to help people meet the social determinants of health. I learned it the hard way, but it all comes naturally now."

Tith her permission, I brought Phillips' success story to the attention of Camosun ombudsman Carter MacDonald. I let him know that she is now working in the community helping others in the same way that he helped her. MacDonald says that sometimes the work he does multiplies in the community.

"I would call that a success story," says MacDonald. "I've seen it a few times. Sometimes if a student comes back and feels that they are at a point where they can stand on their own two feet they may not feel the need to come back and see me. These stories don't often come to my attention. I'm pleased that you shared that with me because it encourages me to keep practicing being an ombuds in the way that I do it. I'm a human being, and I very much care about the health and the success of our students. I don't have a magic wand. I can't solve everybody's problems, but I will do my best to try."

When it comes to helping students in the outside community, MacDonald says that he primarily uses the Bridges for Women Society's Bridges Community Handbook to refer students to the proper services.

"I've seen a lot of students who have been in dire financial need, and students who have racked up a tremendous amount of student debt," he says. "You don't always get the opportunities, but you need to act on them when they present [themselves]. That's why I take the time I take with our students to make certain that they don't slip between our collective fingers."

MacDonald says that his primary role is to ensure fair process for

"I try to allow them the time and the space to be able to talk about their situation," says MacDonald. "Listening is the most underestimated communication skill that there is. If people feel that they are listened to, they'll tell you more. It's hard to help someone unless you have the proper

In recent years, MacDonald says there've been some international students who have had landlord-tenant issues.

"We hope that the government will provide funding to Camosun to build affordable student residences to help alleviate this particular problem, because if we get some students out of secondary suites and things of that nature. that will also free up housing for more of the non-student residents of the capital region."

> MICHEL TURCOTTE CAMOSUN COLLEGE STUDENT SOCIETY

"Unfortunately, there are some unscrupulous landlords, and students for whom English is not their mother tongue get taken advantage of. Over the past couple of years, three international students came to see me, and I put them in touch with an advocate in the community. The students all seemed to me to have acted in good faith, notwithstanding the fact that they were having trouble trying to understand the rental scheme. In all three instances, the adjudicator found for the students."

Camosun College Student Society (CCSS) executive director Michel Turcotte says that the CCSS acknowledges that there are affordability and capacity problems in the Victoria-area rental situation that disproportionately impact students.

"The CCSS believes that having a roof over one's head should be a right and people should not have to choose between food or shelter." he says. "We hope that the government will provide funding to Camosun to build affordable student residences to help alleviate this particular problem, because if we get some students out of secondary suites and things of that nature, that will also free up housing for more of the non-student residents of the capital region."

Turcotte says that the CCSS has a guide available at its food banks that lists non-profits and social-service agencies.

"Our expertise is student issues; housing is not our area of expertise, so we would tend to want to refer them to others that have more experience some of the money she had been spending on rent is available to improve estly, it's myself holding me back. It's not like there is a big bully standing in that area," he says, "But we do have some of those resources available

Turcotte says that the CCSS has definitely encountered some Camosun students who are homeless, and has encountered a lot more who are in accommodations that are not ideal.

"People have to make choices nowadays, given prices and availability of accommodations," he says. "So you have more roommates than you may like, or it may not be as nice as you may want, or a lot of students would prefer a non-shared type of accommodation, but that's becoming increasingly difficult, given the situation."

would guess that many people associate homelessness with drugs, alcohol, whisker length, and clothing condition, and do their best to not think about the actual housing crisis. The truth is that, with vacancy rates where they are, much of the student population is vulnerable.

I sat down for a chat with August, a recent Camosun grad who is finishing up her final year of Nursing at UVic (August is not her real name, but she about forever here. We need to do something different, because this just was granted anonymity for this story).

August could walk through any west coast campus and blend right in. On the surface, she looks young, happy, healthy, and full of energy. So why is she different?

"Basically, myself and my roommate, who is also in fourth-year Nursing, are both living in a 1975 Vanguard motorhome," says August. "We live in there together because we could not find a place we could afford. We are in school with a 100-percent course load, and that doesn't allow much time for us to work at all."

The two of them had spent two years in their previous home, which August says was a decent place at a decent price, but they were asked to sign a lease for another year.

"Because our program is ending in April," says August, "and I'm not even sure that I can get a job in Victoria, I can't commit for a whole year. So [our landlord] basically evicted us, and it was all of a sudden. Basically we freaked out and started looking everywhere for places, but we could not find a single place that was within our budget that wasn't a rat's den."

August says that time was running out and they had to leave, so they started to look for vans. She says they found one that, at 21 feet, is big enough, so they moved in. Then the challenges began.

"We don't have running water," says August. "I have to do my dishes at school in the bathroom. Everything is more of a challenge. Everything takes longer. We have to walk to a public washroom. We have to go and gather water about every three days. We have to be very creative with what we eat. We have a fridge, but we never know when it's going to go out. We can't really rely on anything. Not to mention I don't have Wi-Fi, which makes it a lot more difficult to do my homework. I can stay at UVic to use the Wi-Fi. I have to always think ahead to make it all work."

August says that the most challenging part is finding a place to sleep, as long as he has been living in Victoria. because it's illegal to sleep in a vehicle.

"We don't have running water. I have to do my dishes at school in the bathroom. Everything is more of a challenge."

> **AUGUST UVIC STUDENT**

"We have, basically, been told by law enforcement officers to continuously move so we're not congregating," says August. "We have to vacate the park by 7. They hand us a pamphlet telling us we can go to the shelter, or we could build a home out of anything from 7 pm to 7 am. That's not going to work when we have class at 8. I'm not going to take everything I own to school, participate in nursing and my practicum, and then go back and build my home again every night."

other aspects of her life.

"I have been able to go to yoga and have a gym membership, and I have been able to spend my money on more healthy things that are supporting my lifestyle," she says. "It can be intense to be doing this alternative living, but this experience has changed my whole outlook on life. It has pulled me or physically removed me from society, and I'm grateful for that. As shitty as it is sometimes, I am so grateful, because it has opened an incredible

August says that she hopes that the recent civic election brings some question, and... silence. changes to the housing market. She says housing seems to be on every

"Me and my roommate are not an anomaly at all," says August. "This is the way the world is going. Alternative living, tiny homes, van life—it is what is practical right now. It's too expensive out there. It's not feasible for students, and we really, really need to look at providing a different

source of housing—not just affordable homes that we have been talking

By Fred Cameron, features writer

Torking in the support field, I am regularly in direct contact with the homeless population. There's one person I've overheard talking about returning to school whom I was hoping to get a chance to talk to for this piece. He seems intelligent, fit, and enthusiastic, but from what I can see in passing he lacks the support needed to get his feet under him. I don't know him by name, but he agreed

The young man doesn't have a phone, but I see him from time to time on the street. We have to reschedule on more than one occasion and our meeting doesn't seem to be happening. Then, on a Saturday night, I run into him on Pandora Avenue. I walk up and ask him how he is doing. He is

"I would love to go to Camosun. If I'm not going to be working in construction then I need to bump up my education big time."

STEVEN

HOMELESS VICTORIA COMMUNITY MEMBER

clearly not at his best, but he says he's fine and asks me if I'm ready to do the interview. We walk down to a Tim Hortons; as we choose a table and start talking, I can see immediately that we should have picked a better time, but he insists that he wants to do the interview.

The 23-year-old, who we'll call Steven, tells me he has been homeless

"I live wherever I rest my head," says Steven. "Sometimes I am lucky enough to stay with friends, but I can't rely on them to house me. I had a place lined up for October, but I couldn't come up with the money, so I didn't get the place."

In addition to the struggles a homeless addict faces, Steven has a brain injury. I couldn't forget the promise I had seen in him in our prior visits, so I asked what he thought he would be doing if he weren't caught in this

"I've been to work, man," says Steven. "I have a bachelor's of the job site, because no matter what you need done, I can do it—except for plumbing, pipefitting, or electrical. It's easy to find work, but it's hard to want to get there every day. I know nobody wants to go to work, but it's different when you're on the streets. I used to do it every day, but it's different now. I don't have a sigh of relief when I close myself off to the outside world—it's a constant state of regret, but I can't get out of it."

Steven says he knows he needs a change, but he doesn't know where

"I would love to go to Camosun," says Steven. "If I'm not going to be working in construction, then I need to bump up my education big time. I As a full-time student, August is living off of student loans. She says that was thinking about taking a mathematics refresher before I go back. Hon-

> I can almost see his thought process at times. Steven's energy moves in ebbs and flows, to the point of him nodding off once or twice. I haven't quite got the story, so I asked if it were up to him, all barriers aside, what would he like to do next. Instantly, Steven stated that he would go to a treatment centre that is focused on sober surfing. The only thing keeping him from going is the \$3,000-a-week tab. Steven is very adamant about the fact that he doesn't want to live like this anymore. Then, I ask another

> Steven has fallen asleep at the table. I wait a minute and call to him again, but he doesn't respond. I start to pack up my things and put my coat on. I turn off my recorder, and the beep makes him jump a little. I watch for a moment, but he seems to be asleep. I stand up and pat him on the shoulder to see if he was okay to leave.

"I'm in," Steven says. "Can you fast-track me? I need help."

Locals take on reimagined version of classic opera

"When I first heard that we were doing this version, my first concern was whether they had changed the music, and I was very relieved to hear none of the music had changed."

THE VICTORIA GILBERT AND SULLIVAN SOCIETY

ASHLEE SOLECKI

CONTRIBUTING WRITER According to the Victoria Gilbert and Sullivan Society (VGSS) music director Tom Mitchell, classic opera lovers and newcomers alike

can enjoy the VGSS production of The Mikado: Reimagined, a take on Arthur Sullivan's original 1885 opera The Mikado.

"Sullivan brought such wonderful music for all the operas, and in *The Mikado*, there is certainly a wealth of wonderful, delightful tunes," says Mitchell.

The VGSS production of *The Mikado* is the first to incorporate an added prologue, created by the New York Gilbert and Sullivan Society. While The Mikado is a classic, satirical comedy, it has come under scrutiny for its treatment and presentation of Japanese culture. The prologue is used to set the scene for the opera, and works to diminish what previously seemed like racist tones within it.

"The New York Gilbert and Sullivan players were originally going to mount this production in

2016," says Mitchell. "There was a great deal of controversy in the press, such that they cancelled the production and went into what I believe was just more than one year of consultation with the Japanese Cultural Association in New York, and came up with this approach to it that would be acceptable without being insensitive to Japanese

The prologue brings in some much-needed context without taking away from the original wit and comedy present in Gilbert and Sullivan's works. Mitchell says that it sets the scene up in a way that allows for a more Victorian take—and less of an imitation of Japanese culture.

"It certainly does the job of setting up the premise of the show," says Mitchell. "It basically sets the scene for the opera to take place in what the time was—the current time in London, England, in the 1880s. So it's set in Victorian London with hints of Japanese to it. But it's basically English people enacting out what's going through



The Mikado: Reimagined is an updated version of the 1885 play The Mikado.

Gilbert's mind as he formulates the Mikado in his own mind."

While the prologue creates a framework for the opera, the rest of *The Mikado* remains much the same, with no changes or additions to the classic music. This is a plus for Mitchell, who considers the to use." music a huge part of what makes The Mikado so enduring.

"When I first heard that we were doing this version, my first concern was whether they had changed the music, and I was very relieved to hear none of the music had changed," he says. "There's certainly an element of a couple of

places, because one of the principal characters, of course, is Mikado himself, the emperor. And so, when he's coming in, there is very much a Japanese element to the tunes. And it is actually a true Japanese marching song that Sullivan chose

Still, Mitchell hopes that there will be younger people in the audience to enjoy the addition to the opera, and that longtime Gilbert and Sullivan fans can appreciate what the prologue does for the opera without changing its essence.

"Hopefully, we will have a lot of people in the audience that are still

younger people," says Mitchell, "for future generations who either don't know The Mikado, or don't know very much about it, and therefore they'll see it for what it is, as opposed to comparing it to the way we've always seen The Mikado."

> The Mikado: Reimagined Various times, Friday, November 9 to Sunday, November 11 \$30 student tickets, Mary Winspear Centre ilbertand sullivan victoria.ca

Larkin Poe take independent route to roots rock

"We take great responsibility for the way [our music] ultimately comes out for fans, so, of course, that means we sweat every detail."

> **REBECCA LOVELL** LARKIN POE

KATRINA BROOKE

CONTRIBUTING WRITER

Larkin Poe are about to fly through Victoria as they head out on a world to sustain a touring lifestyle over says Rebecca. "I spend countless tour, and they're coming here for all these years is not because we're hours with headphones on and a cause: their show is a benefit in it to try to get some quick fame a laptop, perusing master sound for Community Living Victoria, a or we're in it to make a whole lotta non-profit organization that raises funds and awareness to benefit individuals with developmental

disabilities and their families. been performing since childhood, when classical training met Georgia bluegrass in their first band, The Lovell Sisters (which included their third sister, Jessica). When Jessica decided to move on, Rebecca and Megan re-formed as Larkin Poe, drawing on family-tree connections new musical endeavours. It's been to be Larkin Poe," says Rebecca. a journey eight years in the making, the value of persistence. Persistence, and the right motivations.

that what you're doing has to be for the right reasons," says younger Atlanta roots-rock sister duo sister Rebecca. "I think the only reason Megan and I have been able that is fulfilling for our souls."

Without the financial backing of a record label, the duo have done Rebecca and Megan Lovell have their development in front of a material found on Venom & Faith. live audience. They attribute their breakthrough moment to Tip o' petitive and crazy-making," she the Hat, a video series they created almost by accident two years ago. What began as a learning tool to dig into some traditional blues and classic rock in their off time turned to Edgar Allan Poe to inspire their that has defined "what it feels like

"It really felt like a big coming and the two are strong believers in home," says Rebecca of the resulting album, *Peach*, which they were inspired to make over the "You really have to understand course of a weekend after fans reacted so positively to their video series. "It was the first time Megan and I got into the studio with just the two of us—no production, no other musicians—and it was such a liberating experience."

With a central theme of self discovery, their new album, Venom & Faith, continues that experience, with a layering of instruments and voices that is all their own.

"We take great responsibility for the way [our music] ultimately comes out for fans, so, of course, that means we sweat every detail," libraries that I can choose from to money; it's actually an experience create the musical landscape that people will hear on the album."

> Megan says that it's really special to share something like the

"The music industry is so comsays, "but, at the same time, we're able to be in a field that revolves around creativity, and if you can introduce a bit of creativity into your day-to-day, you're gonna experience into a record-making inspiration every moment so much deeper and so much brighter."

> Larkin Poe 8 pm Friday, November 16 \$55 and up, McPherson Playhouse rmts.bc.ca



The sisters of Atlanta roots-rock duo Larkin Poe.

Hyang Cho turns mundane objects into art in new exhibit



Guelph-based artist Hyang Cho will be showcasing her art in her At Random exhibit at Open Space.

BECCA WHEELER

Buttons, glass jars, tape. In the exhibition At Random, artist Hyang Cho brings a new perspective to mundane items like these.

Originally from Korea, Cho relocated to Canada about 15 years ago and currently lives in Guelph, Ontario. Learning how to navigate a different country with a new language has been a wellspring of inspiration for the artist.

"I use language, specifically English, as a primary medium of many of my works to express the otherness and anxiety I feel in everyday life," she says. "What are supposed to be natural actions like speaking, listening, writing, and reading becomes unnatural. That's why I think that misunderstanding, confusion, uncertainty became a understandings and distortion that

music

I feel in everyday life, because of the language barrier, are very positive aspects and not negative aspects. If the audience does not understand my work, I don't think it's a bad thing."

In Cho's work, ordinary materials are transformed into a contemporary magic that is simple and sophisticated. One of the pieces featured in At Random is made out of conventional glass jars that are broken into fragments and reworked into a striking glass sphere. This piece exemplifies the complicated elegance that Cho applies to the entire exhibition. Each work is challenged by the presence of time and meticulous process—no object undergoes the same process, and each gets its own laborious effort. Cho examines the feelings and emotions evoked by the march of part of my everyday life. The mistime and grounds her work in this

"The passing of time, in every day—it's not just the memorable events you need to measure, but the passing, accumulating, or repeating," she says. The pieces in At Random are

simply that. They are disparate, and they are collected over a period of time. Some of the items are connected to Cho personally, while others are scavenged for at thrift stores or taken from donation piles. For example, in the exhibit, Cho features a string of buttons sorted from smallest to largest. Half of them belonged to her mother while the other half were found thrifting.

"Everything is equal to me," she says. "I don't have a specific, favourite button compared to the other buttons that are special to me. I collect a bunch of buttons. I collect a bunch of jars, I collect the papers. I like them as an object that I can touch, and feel, and sort, and

count... But I have an attachment to the result of my work, but not to the individual things."

Another piece in the exhibit features handwritten transcriptions of letters that Hyang collected from a Google search. The letters vary in language, and the content remains mostly unknown to the artist.

"I just Googled "handwritten letters" in a certain language and just collected a bunch of them," she says. "Because I don't know the content, I just chose whatever I liked the appearance [of]. I know some of them are personal love letters, but there are some letters that I was able to read, like old Korean letters. When the language is different, the context keeps changing from the viewer's view, not from my view, I think."

Cho does not predetermine how people should perceive the exhibition, and instead believes that each viewer's subjective experience contributes to her message.

"A certain audience who speaks a specific language who comes to the show and reads some of the specific letters will perceive the whole letter scene in that context. or not, so I think it can open up the meaning of the expression in a certain way," she says, "not confine

> At Random Friday, November 9 to Sunday, December 16 Free, Open Space openspace.ca

Winnipeg's Madeleine Roger brings gender parity and nature to debut album

KATE WOOD

Madeleine Roger's debut solo album Cottonwood is rich with the influence of the nature she surrounded herself with while writing it. The warm acoustic guitar and sweet vocal harmonies of the Winnipeg singer/songwriter will have the listener feeling transported to her great-grandparents' cabin in the woods, stoking the wood stove to keep the room warm enough for Roger to play another song. Which

Unplugging from the distractions of internet, cell phones, and electricity, Roger was in her element and inspired by what she calls the "marvellous routine" of daily life at the cabin. Chores like chopping wood and opening a hole in the ice to get her daily water were the only tasks to accomplish before she was able to sit and write for the rest of the day.

where Roger wrote the album.

"In the winter, or even late fall or early spring, there's either almost nobody on the lake or literally nobody on the lake," says Roger. "It's my favourite place to go because I have complete solitude."

Roger turns to nature to decompress. She drove to Virginia to take through the recording process of Cottonwood. Although she may not be bringing her kayak with her, she feel more at home. That's a bit of

will definitely be taking some time to appreciate the wonders of the west coast when her tour takes her here.

"Thankfully, I am somebody who enjoys living out of a suitcase, but I'm trying to get better at actually taking time off while on tour," says Roger. "What I've been noticing is that every national park in Canada has a good reason for being a national park and that they're well worth seeing and well worth going out of the way for. So something we've taken to doing is makes sense, because that cabin is just en route taking that maybe 100 kilometres off the main highway to go check out these incredible places that are so spectacularly reserved from development."

Cottonwood was proudly created with gender parity; half of the musicians contributing to this album identify as female. Roger says this may not have had a discernible effect on the sound of the album, but it was important to her that the collaborative process was representative of her audience.

"I was sort of sick of opening the liner notes to albums and just seeing a bunch of men involved, for the most part," she says. "Everybody on the album noticed the difference because so often it's maybe one woman with a whole bunch a kayak-building course halfway of men around. It just became this really easy process and everybody remarked on how nice it was to just



Singer/songwriter Madeleine Roger recently released her debut album.

a convoluted way to basically just to be so much louder. I think it's just say that it felt really comfortable."

Roger's advice to aspiring artists and musicians who are feeling underrepresented is simple and achievable: even if they are harder to find, seek out those people to collaborate with who believe in the same things you do. The parts of the creative process that can be challenging are so much easier when

you have a team that backs you up. "Why does there need to be another album in the world? Why does there need to be another singer/songwriter? Well, everyone has something individual to say, and especially the people who are underrepresented; we need those voices

having the gumption to do what we know is important even if it's hard, even if there's people who speak up

Roger says that for the concert here, guitarist Logan McKillop will join her, and that the show will be more than just music.

"There's definitely going to be some storytelling," she says, "so if you want to hear the stories behind the songs, that's a part of the live

> Madeleine Roger 7 pm Friday, November 9 \$10, Vinyl Envy vinylenvy.com





Kinnie Stari Feed the Fire (Aporia Records)

Feed the Fire is Toronto hiphop/alt-rock artist Kinnie Starr's ninth album. There is a drastic change in tone from her previous work, from heavily acoustic and lyrical to more aggressively electronic. Unfortunately, it leaves much to be desired in its artistry.

The title track is a powerful, ambient, anthemic opener that may be the only track I would voluntarily listen to again. "I'm Ready" harnesses arena pop, the theatrical choreography almost audible. "We Are Sky" pairs spoken word with a reverberating ballad and sends the listener off with a grand farewell.

Starr has incorporated more heavy instrumentation and synthetic sounds on this album. It's well produced and a variety of genres have been blended effectively. Although the technical boxes are ticked, the songs on this album are held back by shallow songwriting and they fall flat, failing to keep the interest of the listener.

The lyrics are bare-bones and, at times, lack creativity. Although some listeners may appreciate the bluntness of Starr's messages, there's nothing on this album that makes me want to hear it again.

-KATE WOOD



Younger Then Bad Life (Standby Records) 4.5/5

New York indie rockers Younger Then's second album, Bad Life, is a deeply cohesive alternative record with a great deal of experimenta tion. It makes for a very enjoyable listening experience.

"Sara Told Them" is one of the best songs on the album. The use of reverb truly makes the track stand out and sets an atmosphere. "Cherry Glaze" follows it and has a similar effect, which makes the change between them feel very natural.

A very good balance between the instruments and the vocals is present throughout the album and lets the listener enjoy both. In the title track, the instrumentation serves as a build-up to make the chorus stand out; the effect at the

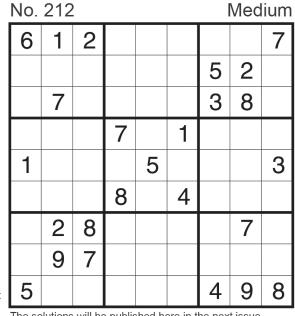
end makes it linger in your head. Each track on Bad Life flows into the next without getting monotonous; this makes the album very easy to recommend to anyone who enjoys alternative rock.

-Bruno Adame

You can find more help, tips and hints at www.str8ts.com

Man, I'm

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 t



SUDOKU

The solutions will be published here in the next issue

any given time.

Campus Access

multiple options for most people,

that is. While some might argue that

the campus cafeteria is perfectly

accessible, that isn't necessarily the

case. It isn't so much the layout of

the cafeteria that's the problem; it's

the volume of people in the space at

and, especially, powerchairs take

up quite a bit of extra space, they

are rather difficult to manoeuvre in

crowds. This makes crowded spaces

awkward and uncomfortable, for

fear of injuring someone or spilling a

lunch—your own or someone else's.

makes things difficult on campus,

on campus, it really shouldn't come

as a surprise that there are a num-

ber of microwaves scattered about

campus. One might think that these

are a suitable alternative to cafeteria

crowds. They would be, of course,

if they were within reach of anyone

It isn't just the cafeteria that

Given the number of buildings

Given the fact that wheelchairs

Microwave concerns on campus

There are multiple options for while the lower section sticks out

prep one's food.

food on campus. Well, there are to provide a counter on which to

Previous solution - Easy

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

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Str8ts check out our books, iPhone/iPad Apps and

While the height of the micro-

waves is the main issue, those in

wheelchairs can't get close enough

to them to reach them, even if they

were lower. There are two micro-

waves on regular desks, but these

reside in the cafeteria, which, once

College Student Society (CCSS),

who are in charge of some of these

microwaves around campus, could

rectify these issues in several ways.

They could place more microwaves

in other areas, each at a different

height. They could even just add

more microwaves in the current

areas, putting them on the lower

section of the cabinets instead of

be made less crowded by installing

a new line queue to be used only

by people with access issues; this

would help ensure that everyone

has enough space to manoeuvre and

gather their food without hindering

the student society decide to do,

it would be nice to be able to have

lunch without it feeling like a monu-

No matter what Camosun and

The crowded cafeteria could

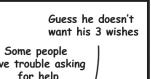
the higher areas.

their fellow students.

Camosun and the Camosun

again, raises the issue of space.

by Kelsey Worth



By Jayden Grieve

by Tess Syrowik





Health with Tess

Should talking about porn be less taboo?

Behavioural addictions—when people get addicted to activities, not substances—are everywhere. They're in how often we check our social media, how many hours we play video games, how often we shop online, how much money we spend on gambling, how much we eat, how much time we spend exercising. Any of these in moderation are relatively harmless, but when the behaviour becomes compulsive, it can become an addiction.

Recently, I was listening to one of my favourite podcasts and it was talking about porn addictions. Porn is a taboo topic (despite its huge number of users), but it should be discussed, because when it starts to cause problems in sexual attitudes and performances it becomes a problem for society. The things that shocked me the most were body types, ethnic backgrounds, that people are losing the ability to

users find themselves less attracted One of the largest consequences

from over-exposure to porn is how people are interacting with it. If someone is only orgasming from internet porn, they could be rewiring themselves to only be able to orgasm that way, especially when they do not have many real-life experiences (this is called an "idiosyncratic masturbatory style," for anyone interested in big words). A disjoint can be made between what intercourse actually is and what heavy porn users may end up believing it should be.

Being able to search for different types of interactions, sexualities, and countless other categories on it follow suit?

orgasm during intercourse due to porn sites allows watchers to choose overstimulation from internet porn, exactly what they want to see and and that sometimes heavy porn change it as often as they want. This is not how real relationships work.

> uals who have a porn problem, but inconsistent across searches.

Millennials and Gen Z-ers are growing up in an age where sexual content of all sorts can be found with only a few clicks. If porn use is becoming more and more mainstream, shouldn't education around

This impacts not only individ-

also their current and/or future sexual partners. Since this is the case, shouldn't we at least be educated about it? Doing research for this article led me to many dead ends. There are countless myths surrounding the impacts of porn, a few case studies, and very few hard statistics. Even the frequency of porn-site use and bandwidth was

> While the cabinets housing the vast majority of the microwaves on campus seem logical in theory, they are rather impractical. The microwaves themselves are situated on the upper shelves of the cabinets

First Things First Take care of yourself

by Tiegan Suddaby

The importance of eating and shopping locally

what of a phenomenon. In Victoria, we are blessed to be surrounded by an abundance of amazing producers, farmers, growers, and artisanal shops. This not only makes eating local easy but also gives us a vast quantity of choices.

advocate of the slow-food movement. The movement promotes knowing your growers and farmers, appreciating where your food comes from, and taking the time to sit down to enjoy a meal and connect with those important to us, which is, admittedly, not always an easy thing to achieve in our ever-so-busy lives.

ing locally that is so important?

For one, and this is the most eat and shop local we are building are putting into your body.

and seasonally has many health benefits for our bodies and minds. It aids in our digestion, improves our immune system, helps prevent allergies, and provides our bodies a way to align with the seasons. As an added benefit, it keeps menus fresh important factor for me, when we and promotes creativity in what you

Food plays a major role in our

So next time, before you go to

be taken lightly, especially when

even hold the coffee you're drinking. and fingers."

high heart rate.

Writing papers might not kill you, but please put your health first. Take a shower, go to sleep, and eat an actual meal as often as possible. Schedule some proper relaxation time. If you find yourself in a worstcase scenario and skipping classes too often, do contact a doctor or nurse. Never hurt yourself for work. is kind of true. Everything in your You are a human being, and no body is connected, but often your college, or company, can price you.



Let's Talk? by Katy Weicker

Maybe, and most likely, fuckboys are a product

of their environment. They come from a land of

low expectations, where women have been

deemed irrational and emotional. They see the

world through the lens that society has placed

in front of them. And, fair enough.

A cautionary tale

We have all known—or will come to know-at least one fuckboy over the course of our lives: the guy who makes our skin crawl whenever we have to interact with him; the one who has one too many dating apps, yet is eternally single; the one who wears just a little too much cologne, hair product, and/or jewelry. His sneakers and/or teeth are uncomfortably white, he always lets social media know when he's going to the gym, and he's a little too into his car.

He's the one who rotates through "baes" on a weekly basis, ending them all because "she's crazy." He has become a trope in the world of millennials, the avocado toast of the dating pool, if you will—you know it's not worth it, but it's convenient, so you do it anyway.

The fuckboy is a rite of passage among women in their 20s. At best, we come away with a wariness toward relationships; at worst, a round of antibiotics.

Now, I know I may be oversimplifying things and stereotyping here. I'm probably coming across come from a land of low expectas a crazy, bitter man-hater who ations, where women have been needs to take a good long look in the

Often, we as international stu-

dents feel at a disadvantage com-

pared to domestic students. We

have this feeling because of the

language barrier and the lack of

knowledge of Canadian culture,

but being international can be our

biggest asset when it comes to

looking at the job market. I would

say that being international needs

to be our main asset, to stand out

in a country that is not our country

defects that we cannot correct im-

mediately, we need to show how our

qualities overcome those defects.

For example, instead of letting our

lack of English be a major issue,

we can show the benefit of having

someone around who is able to

Instead of letting others see

of origin.

Unpacking the Bags

along and teach them how to love. Maybe, and most likely, they are a product of their environment. They

mirror myself before casting such

irrational judgments on these poor

guys, right? Because they are more

than the sum of their dating profile

getting painted with a stereotypical,

tiny onions of insecure layers, just

communicate in more than one

language. We international students

have a great ability to know how

to deal with people from different

cultures, because we do this every

day. A business can benefit from

someone who has this ability in

been able to adapt to a different

country shows our ability to deal

with adverse situations, have perse-

verance, and cope with pressure. We

also need to pay close attention to

grammar and any written instruc-

tions, and the rules, regulations,

and culture of a job. This makes us

develop a great ability to be critical

advantage compared to Canadian

Sometimes we feel at a dis-

Moreover, the fact that we have

interpersonal relationships.

Maybe they are. Maybe they are

They see the world through the lens that society has placed in front of them. And, fair enough.

But here's the thing, fuckboys: pictures and Peter Pan complexes. at the end of the day, this doesn't give you a pass on your behaviour. We get it—you're damaged, you're insecure, but so are we. And it is not our job to fix you. Reminder: being a fuckboy actually has nothing to do with

hypocritical brush. Maybe they are waiting for the right woman to come what you wear or your grooming standards. It's in how you interact with the world around you. It's in the double standards, and it's in the blinders you place on the women deemed irrational and emotional.

by Renata Silva Being international can be your biggest asset



same as them. The truth is that we your tongue because it has swum never will be. We can perfect our away, only to have come back to you. English or learn all about Canadian When turned inside out, not unlike culture, but we will always be international. I listed all the qualities we The Periodic Column have because it is important to be aware that we are not competing with anyone for a spot in the market-The action potential of the thalamus place, but simply looking for our How do our brains decide what space in a country, in a province, to learn? As students, how can we and in a city. And to find this space, force our brains to hold on to the we need to believe in ourselves and

facts from our classes that we need to remember for exams instead of random information from our favourite TV shows? Turns out, researchers at Harvard University were wondering that, too. In order to learn, our brains—

innate to us; it's learned.

We've known that the thalamus was involved in this information exchange, but not to the extent to which it now seems to be. It was thought for a long time that the thalamus only relayed information, not processed it or interpreted it in any way. New research shows that the thalamus has a larger role than

The researchers at Harvard looked at this in mice, tracking how their brains respond to good

Communication Error by Nate Downe A breath of fresh air

What is it like to feel alone in a what happened to your T-shirt when vou changed it this morning, your room full of people, to suffocate on nightmares slowly become dayyour own breath as if you gasp for air but each attempt to inhale is so dreams, and daydreams become asphyxiating that your eyes begin to reality, so where can you run in water and you momentarily forget this inversion of security? How can your own name? As you lie faceyou hide from what you cannot say down in a pool filled with failed when you can no longer hide inside opportunities to speak up, you may yourself? What if insecurity has

How can you hide from what you cannot say when you can no longer hide inside yourself?

believe that trying to communicate with others has successfully killed you. Instead of letting the fluidity of what you couldn't say drown you, why not learn to swim?

When it seems as if others have turned your air into poison and that letting it consume you has come to feel like an anaphylactic shock without an adrenaline shot, you realize that you might as well already be dead, and that holding your breath feels like eternity.

If that's the case, then hasn't this eternity granted you the opportunity to forever fail your communications? Isn't the pressure of failure finally off?

When you finally open your eyes, you can notice the sea of emerald green water made from words that were lost in your throat and never came out; eventually, the pool has drained and you cannot feel constructed an enclosure quite like a shark cage specifically for you by turning your world inside out? A world that looks real, has walls that taste familiar but are lined with hard metal bars that you never want your tongue to stick to?

We can stop trying to secure ourselves. Maybe, just maybe, then we can understand, when the water has become clearer, that a reflection of ourselves (our desire for security) is really the one responsible for our cement shoes pulling us deeper into the abyss of communication.

If the kingdom of your own voice starts falling down around you, or the shark of speaking clearly always bites at the cage when it's time to clear your throat—when it's time to get out of this inverted nightmarish prison you are in and speak—we must remember one thing. Instead of lying there, slowly forgetting your name, waiting for the water to evaporate, try to understand the importance of the doggy-paddle.

by Gwyneth Faulkner

like the brains of other animals need to connect cause and effect. For instance, if you eat something and it tastes good, your brain remembers that. Next time you're hungry, you'll pick that same thing that tastes good again. Our brains also need to figure out what to learn from—what information is important, and what is unimportant background noise. As babies and young children, we have lots of things to learn. Our brains need to turn the information from our eyes into a useful and meaningful interpretation of our environment. This isn't something

we thought.

and bad stimuli. The researchers released odours just before they gave the mice a sip of water (good), and another before squirting the mouse in the face with a puff of air (bad). The researchers found that about 60 percent of neurons in the thalamus were activated by the odour signalling the puff of air, and 80 percent were triggered by the odour signalling water. The brain was more reactive to the "good'

Then, they changed the negative outcome to add electric shock. Almost all of the thalamic neurons reacted to the smell indicating the electric shock. The same number reacted to the water as before. When the mice had drunk a sufficient amount of water, their brains were less reactive to the water and more reactive to the air puffs, showing the researchers their brains tracked what was most important to the mice at that time and influenced their behaviour.

Why is it important? Who cares about the neural activity of mice? Well, this is just the beginning of study in this area and how it can impact learning.

It may be possible to suppress or stimulate activity in the thalamus to help facilitate learning; this has applications in areas such as addiction medicine, where practitioners could help people with substance-use disorders disassociate taking a drug with getting high.

The Chopping Block Chronicles by Justin Bennett

Eating local has become some-In high school, my chef was an

So, what exactly is it about eat-

community. Most farms on the south island are run by families. Purchasing from them doesn't just benefit them; in turn, they put that money back into our local economy. Most producers are also involved with one or more of a large number of charities and food programs. Community, to me, is knowing your neighbours and working for the Punjab region of Pakistan. Now the benefit of all within that community, especially those who are Furthermore, eating locally

carbon footprint. For example, whenever I'm in someone's house and I'm cooking for them, I always find the same ingredient: Himalayan pink salt. I get it—it's trendy, it's pink, and it tastes much better than sodium chloride. That being said, it's mined from a single source in imagine how many factories and transport ships and how much fuel it takes for that salt to arrive in your cupboard. Why not look toward our coast, where I know of at least two sea-salt producers within a 30-kilometre radius?

Walmart to buy your produce out of convenience, perhaps stop and think of just who or what you could be benefiting by shopping locally. Who knows? It could even be you.

the post-secondary workload is something you've never experienced You are not a machine, and, despite the career-based mind-

set of "work hard, play hard," or "all-nighters are just a part of the job," or even "sacrifice your health so you die young and stressed for some big-name company that doesn't really care about one of its ant-like workers," you do not deserve to engineer your body to stay awake for days to finish an assignment. What I'm trying to say is this: don't romanticize dangerous work. Don't be one of those poor kids with aching fingers and hands, because you will end up twisting your arm in the middle of an exam. That's a very specific example, but it still

The topic of health should never overachiever brain will be oblivious to how your body is reacting. While you're thinking, "An extra espresso shot wouldn't hurt," your body is shaking to the point that you can't This roughly translates to, "Please eat an apple, I am dying. You severed the connection between your brain

Also, if you're anything like me, coffee will make you feel like a small, anxious prey animal with a

Tech Talk Preparing for exams with apps

of ourselves.

Preparing for exams can be haus' spacing effect theory. Using overwhelming, especially when you have many things to memorize. Here are two apps that can help you to memorize everything for tests.

Anki is a fully-featured index-card app that works across all the major platforms, including a paid version for iOS. How it works is just like real-life index cards—you can add some cue words on the front and detailed information on the back. From there, you can try to guess the information on the back from the cue word on the front.

On Anki, you do not only respond with "I remembered it" or not but also with "I remembered it instantly" or "I remembered it but it was very hard." Then the app will decide what question it should ask you later based on German psychologist Hermann Ebbingthis algorithm, the app asks you the same question every couple of hours, days, or weeks. Through this technique, you can start to remember something for longer and longer periods of time.

Another key feature is richmedia embedding. On the back of your card, you can put audio, image, video, and mathematical notations, such as TeX, so you can use the app to memorize languages or any other subjects that require you to remember things other than simple texts.

SimpleMind+ is one of the best-reviewed mind-map apps. Mind mapping is a note-taking technique where you organize thoughts based on branches and leaves. It gives you much more visual stimulus than traditional notes, increasing your chances to remember what you're studying. This technique became popular through English psychologist Tony Buzan. To draw a mind map, first, you

in our work. Only then can others

recognize our abilities. Therefore,

let's be proud of our background

and draw an amazing Brazilian,

Mexican, Indian, Chinese—to name

just a few places Camosun's inter-

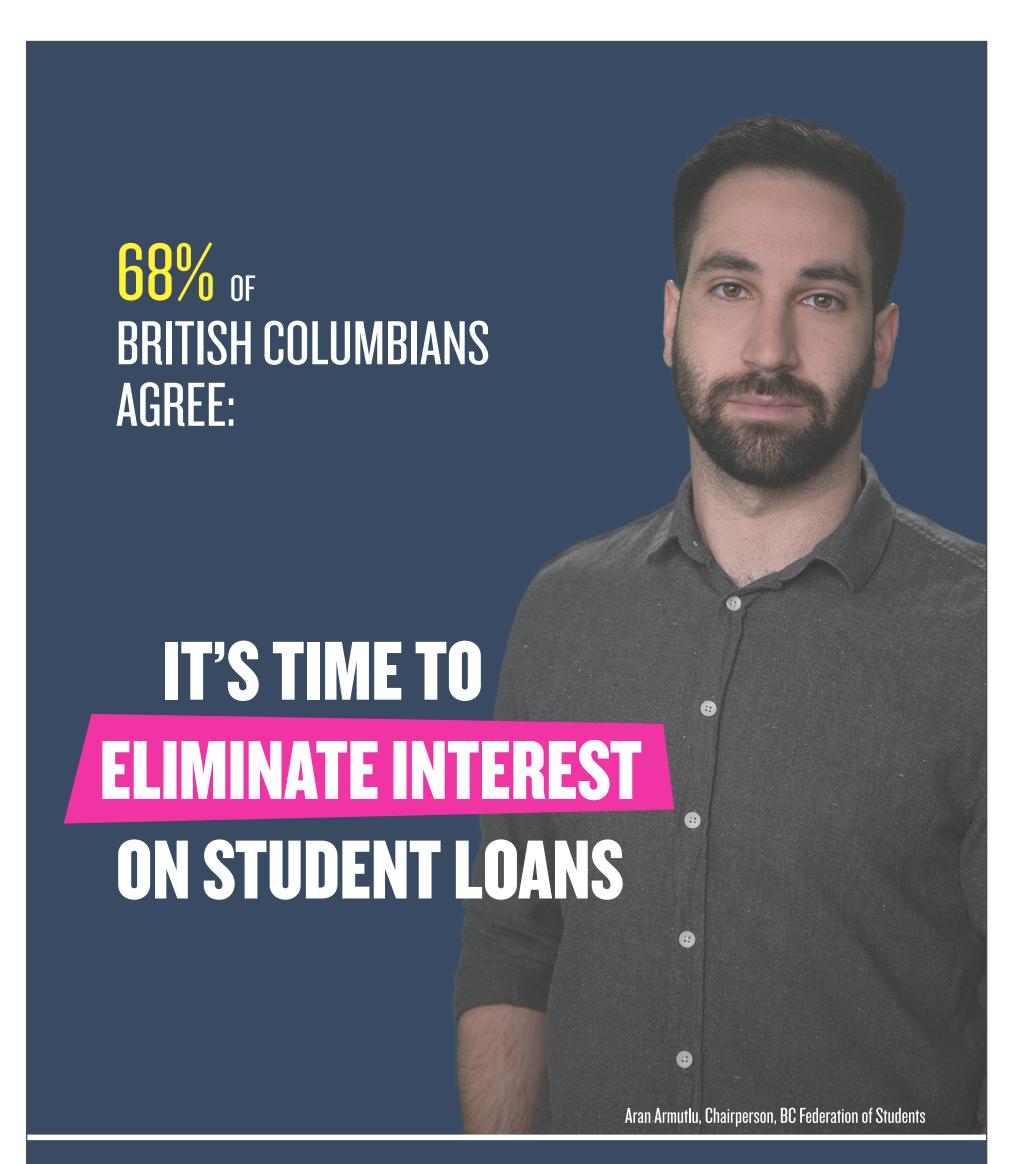
national students come from—path

by Sunki Baek

put a central theme in the centre of the card. Then you branch out ideas that are right below the first in the hierarchy. After that, you can add more detailed information to each branch, including diagrams

One of the key points to make good mind maps is to make them visually popping, so don't be afraid to use big letters or vivid colors.

With SimpleMind+ (which is available for free, with paid options), you can draw mind maps on your tablets, phones, and desktops, and sync information across them. There are many similar apps out there, but SimpleMind+ excels, as it works seamlessly across platforms.



EMAIL FINANCE MINISTER CAROLE JAMES TO URGE HER TO ELIMINATE INTEREST IN BUDGET 2019

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