

NEXUS

camosun's student voice since 1990

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NEXUS

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Come out to our weekly *Nexus* editorial meetings, where all Camosun students can get involved in their student newspaper. Meetings take place every Tuesday at 11:30 am in the *Nexus* office, Richmond House 201, Lansdowne. Call 250-370-3591 or email editor@nexusnewspaper.com for more information.

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editorial

Turning frowns upside down

DYLAN WILKS
STUDENT EDITOR

Imagine our alarm here at *Nexus* when we found out that the second-most renewed prescription covered under Camosun's student medical plan is antidepressants. A growing number of students are taking antidepressants to cope with the stresses of balancing life, work, and school. It's a chilling reality of postsecondary institutions in our modern age, as Ali Hackett finds out in this issue's feature story (page 8).

An incredible number of people suffer from depression—but mostly in the western world, where the percentage of the population suffering from depression-like symptoms is higher than anywhere else. And the number is still growing.

On a more positive note, staff writer Rose Jang looks at Pecha Kucha on page 4, a unique presentation format created by two Japanese architects that has gone global. Pecha Kucha events are now taking place all over the world (including an upcoming event in Victoria) with their fast-paced presentations covering the widest variety of subjects.

Meanwhile, the arts section of this issue is jam-packed, including a half-page of CD reviews from Adam Price, Chesley Ryder, and Clorisa

Simpson on page 11, coverage of the Royal Theatre productions of *The Flying Dutchmen* and *The Man in Black* (also page 11), a Great Depression-themed improvised soap opera (page 10), and even previews of Langham Court's *The Melville Boys* and new documentary film *Urban Roots* on page 12. It's a veritable arts bonanza in *Nexus* this issue.

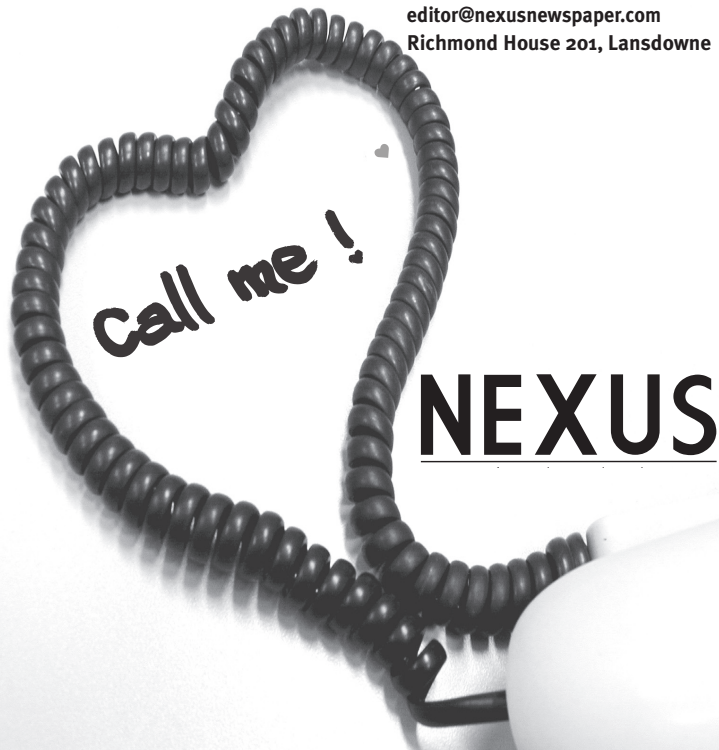
Then we have a sports story for those who are too cool for school and drive their pimped-out car around picking up hotties. Our own Wes Lord caught up with the local car-drift-racing scene to talk about their upcoming Halloween practice (page 6). Not to mention a preview of this year's Vancouver Canucks (page 7).

Of course, if you just want to know what's going on in the world or on campus, we have that covered, too: including the falling-window incident at Camosun and the Ottawa oil sands protest, both on page 3.

If there are issues we missed, or if you just noticed something you want to discuss with us, please give us a call at 250-370-3591. You can also send an email our way via editor@nexusnewspaper.com, or stop by the *Nexus* office—we're at the Lansdowne campus in Richmond House 201.

Call, email, stop by.
We want to hear your story tips.

250-370-3591
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Richmond House 201, Lansdowne



correction

In "A deadly silence" (September 7 issue), we reported that Tyeshia Jones went missing after leaving a party. She actually went missing after a leaving a friend's house she was at after the party.

In "The return of the music video" (September 7 issue) the photo should have identified MuchMusic host Damian Abraham. We apologize for the errors.

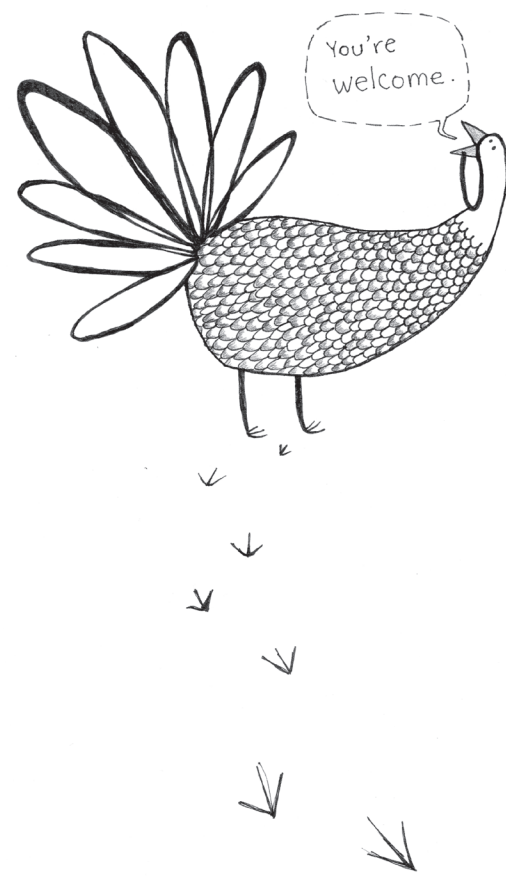
letters

Driven to comment

Reading your review of *Drive* (September 21 issue) led me to believe that the critic misunderstood the artistic value of the film.

To appreciate *Drive*, you need to acknowledge the *Grindhouse* effect that the director was likely trying to achieve. The whole '80s

open space



JESSICA TAI/NEXUS

Unthankful Thanksgiving

CHESLEY RYDER
CONTRIBUTING WRITER

As Thanksgiving weekend quickly approaches, many students are looking forward to having a day off and eating pumpkin pie. But, 54 years after the creation of the holiday, is anyone still taking it as a day to be thankful?

The first recorded times of giving thanks were in the late 1700s, when people in eastern Canada celebrated a successful harvest by sharing a meal with family.

In 1957, when Thanksgiving day was officially recognized as a national holiday in Canada, people celebrated for the first time as a country by feasting with friends on the second Monday of October.

Fast forward to 2011, and we don't have to rely on a successful harvest because the food on most of our tables no longer comes from the farms or fields in our community.

In the 21st century we can go to the grocery store to find pretty much any type of food at pretty much any time of year because we have the means to ship fresh meat, fruits, and vegetables from not only the other side of the country, but the opposite side of the world.

Society is no longer dependent on a successful harvest to have nutritious meals on our plates each

night due to this globalization of food production. But, because Thanksgiving has been added to a list of holidays in most of Canada, we are left with a day that many take for granted.

Society is so far removed from the original reason behind the holiday that it seems no one is thankful on Thanksgiving day anymore.

Instead, it has become a day for pumpkin pie, turkey, stuffing, cranberry sauce, and, for some—students especially—a day of forced visits with grandparents, parents, cousins, uncles, aunts.

If a holiday that was created around a good growing season or enough rain doesn't mean anything to us anymore, what we all need to do is find something to be thankful for.

Whether that something be passing a recent exam, getting to sleep in for another day, spending time with your family, making time for friends, or having a few hours to enjoy on your own, we all need to realize we have something to be thankful for.

This thankfulness should not just last for 24 hours on the second Monday in October.

But since society has become so unthankful, it's not a bad place to start.

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

feel of the film is a throwback to that particular style of filmmaking.

Much like Tarantino's *Death Proof*, the violence seems overdone and even, at times, comical. Both movies are based on the personal motives of the protagonist, and for lack of a better word, their drive.

I don't think the director intended the dialogue to be the main focus of the film. Ryan Gosling's

character is not even identified as anyone but "driver," further emphasizing that his "drive" is the most important component in the plot.

I don't normally go for gory, action-packed thrillers, but I really appreciated this film for what it was.

JENNA GRANT
CAMOSUN STUDENT

services

College rattled by falling-window incident

“We’ve replaced all the rivets with stainless steel screws so all the windows are now made safe.”

IAN TOL
CAMOSUN COLLEGE

ROSE JANG
STAFF WRITER

Students and staff at Camosun College are relieved that no one was injured when a window fell off the second story of the Fisher building at Lansdowne campus on Monday, September 12.

Mona Jensen, a clerk at the Lansdowne bookstore, was working when she heard the window fall.

“Thank god nobody was hurt,” she says.

The window fell off the Fisher building after an instructor tried to open it. It landed in front of the cafeteria near the main doors of Fisher.

University transfer student and Lansdowne Education Council student rep Darragh Grove-White also happened to be near where the window fell.

“There was a big hunk of metal and broken glass all over the floor,” he says.

College staff soon had the area roped off and all of the windows on Fisher were bolted shut that evening until a safety assessment could be done. The windows have since been deemed safe and re-opened.

The window gave way due to deteriorating rivets that hold the hinges in place, according to the college’s physical resources department.

“We’ve replaced all the rivets with stainless steel screws so all the windows are now made safe. We’ve taken out the screws that kept the windows shut, and they’re all oper-

ational now,” says Ian Tol, acting director of physical resources.

Physical resources also checked the other buildings at the Lansdowne campus that had similar windows. The windows on the other buildings are newer and were found to be secure.

The Camosun College Student Society (CCSS) is blaming the incident on a lack of maintenance funding. Camosun has less money to maintain its buildings after the government decreased the college’s capital allowance fund over a year ago.

“The government has taken about \$1.2 million out of the capital fund from the college, and that’s just not acceptable,” says Michael Glover, CCSS student services coordinator. “The Young building is in desperate disrepair. Now a window has fallen off in a place that could have killed someone. We’re calling on the government to put funding back so we can keep the college from falling to pieces. It’s basic safety.”



LIZA DAWSON-WHISKER/NEXUS

No students were harmed in the taking of this photo.

issues

Oilsands protestors converge on Parliament Hill

BRIANA HILL
CUP OTTAWA BUREAU CHIEF

OTTAWA (CUP)—An estimated 100 people were arrested on Parliament Hill on September 26 as hundreds of citizens from across the country descended on Canada’s seat of government to protest the construction of the Keystone XL pipeline and further development of Alberta’s oilsands.

Following a morning rally around the Centennial Flame, waves of protesters began to peacefully scale the barricades set up by the RCMP on the parliament lawns and sit on the grass on the other side.

“All together, there were over 30 waves of people that crossed this barricade and did a sit-in on the other side, and now, one by one, these very brave individuals are being arrested and processed by the RCMP,” says York University graduate student and oilsands activist Kimia Ghomeshi.

Ghomeshi says she was at the protest to express solidarity with First Nations communities that are impacted by the tar sand and to oppose the proposed pipeline that would come with the expansion of the tar sands.

The sit-in protest was coordinated by several groups, including the Council of Canadians, Greenpeace Canada, and the Indigenous Environmental Network, and was billed as a publicly organized, peaceful act of civil disobedience that drew citizens from all over the country.

University of Guelph student Cassy Andrew made her way to Ottawa to participate in what she calls “an extremely important action.”

“The bottom line is that resources are being destroyed and depleted, and once that’s done we can’t go back,” says Andrew. “We’re risking the lives of billions of people, depleting a resource such as water,



BRIANA HILL/CUP

Protestors demonstrate against the Keystone XL pipeline.

in exchange for oil, when we should be moving away from our dependency on oil.”

Minister of Natural Resources Joe Oliver released a statement on September 26 supporting the Keystone XL pipeline and made no mention of the protest.

The statement said that “Canada’s energy sector is a cornerstone of our national economy and future prosperity... revenues to government from the upstream oil and gas sector in 2010 totaled more than \$16 billion.”

It also said that’s “money that

supports Canada’s quality of life, including investments in health care, infrastructure, and keeping taxes low for Canadian families. Currently, Canada’s oil sands directly employ 132,000 people and account for hundreds of thousands of indirect jobs across Canada.”

SPEAK UP

What are you thankful for this Thanksgiving?

BY CLORISA SIMPSON



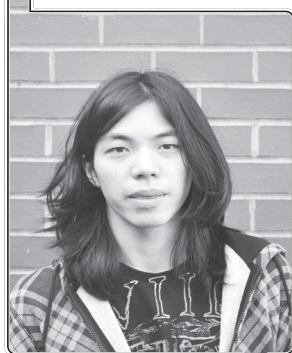
ROSE LANGE

“I’m thankful that I’m finished my art project—building a giant cardboard Game Boy.”



SOPHI SCHMIDT

“I’m thankful to be coming back to school and to be supported in doing so.”



SHO YOKOYAMA

“I’m thankful for the opportunity to be able to transfer to UVic soon.”



NICK LAMPARD

“I am most thankful for love.”



HILARY HARRIS

“I’m thankful to no longer be living with roommates.”



MIKE RUTTER

“I’m thankful that the smoke pit at Camosun is still open.”

presentations

Pecha kucha shares diverse topics

“It’s about bringing people together to watch and learn.”

AMANDA SMITH
PECHA KUCHA

ROSE JANG
STAFF WRITER

20 slides. 20 seconds each. An infinite number of topics.

This is the format for Pecha Kucha, a presentation style created in 2003 by two Tokyo architects. The idea has since expanded to 446 cities around the world.

Victorians Amanda Smith and Aleya Samji picked up the concept in 2010, and now present four Pecha Kucha nights per year at the Victoria Event Centre.

Talks at Victoria Pecha Kucha events have included topics as diverse as the screen-printing process, new photography techniques, and homes made of shipping containers.

Each night consists of 12 talks. Presenters are diverse in age and background and can talk about anything.

“It can be about an innovative



PHOTO PROVIDED

A speaker presents at a previous Pecha Kucha.

idea or a philosophy of some kind, or someone with a wacky point of view,” says Pecha Kucha co-organizer Amanda Smith.

“When it works, it’s a wide mix of stuff. Speakers follow up on stuff that’s been said earlier in the night,” adds co-organizer Aleya Samji. “It’s kind of like a mixtape.”

Jaryd Zinkewich, a 21-year-old Camosun business student, was a presenter at Pecha Kucha #4, where he talked about “generational knowledge transfer” with financial services professional Janis LaCouvée.

“I found presenting really stimu-

lating,” says Zinkewich. “There are a lot of people here pushing the envelope. It was cool to be treated as an equal, where it’s your ideas that put you forward, not your age. There are no barriers. It’s all about good ideas.”

Mike Vardy will be presenting a talk comparing productivity to dieting at Pecha Kucha #7. Coming from an improv background, Vardy has found the 20 x 20 format challenging yet appealing.

“It’s a theatrical presentation,” he says. “People will see when a proper presentation is married with technology, how great it can be.”

Pecha Kucha means “chit-chat” in Japanese, and audience members and presenters are encouraged to do just that.

“It’s about bringing people together to watch and learn,” says Smith. “It’s a place to come for a massive dose of inspiration, where we’re bringing a lot of different communities together for one night in one room.”

Pecha Kucha #7

October 6

Victoria Event Centre

pecha-kucha.

org/night/victoria

October 6
Country/Western



4-6 PM
Off Lansdowne Road,
beside the staff parking lot

Dunlop
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PUB NIGHT

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NEWS BRIEFS

Yard sale earns \$125

On Saturday, October 1, the Camosun College Student Society (CCSS) hosted a yard sale on the Legislature lawns, generating \$125. The sale was an attempt to raise awareness and to help pay for Adult Basic Education (ABE) costs at Camosun College. Currently, the college is offering enhanced credit versions of ABE courses and charging tuition.

Camosun gets up to \$700k for student employment

Camosun College received confirmation last week of up to \$700,000 in Employment Skills Access funding for training unemployed and under-employed students. The funding is part of a BC Ministry of Jobs, Tourism, and Innovation initiative intended to strengthen job-specific skills in challenging economic times.

Premier asked to intervene in Missing Women’s Commission

A letter has been sent to BC Premier Christy Clark asking for an intervention in the Missing Women’s Commission, describing the inquiry as being in “serious jeopardy.” Sent on behalf of 20 of the 21 non-governmental parties granted standing in the Missing Women Inquiry, along with the families of 17 of the missing and murdered women (some of whom were included in our September 7 feature story), the letter states numerous concerns with the fundamental execution of the inquiry, including matters of proper legal representation for the groups who have been granted standing in the inquiry. The hearings are scheduled to commence on October 11, 2011.

UVSS calls out Clark

UVic Students’ Society chairperson Tara Paterson says that BC Premier Christy Clark’s recent announcement that the province intends to increase enrollment from international students by 50 percent over the next four years is shortsighted. “If the BC government is truly serious about job growth, it should instead be looking at goals such as eliminating interest on student loans and reinstating the provincial needs-based grants program for students,” Paterson said in a press release.

Report shows need for more government support in Canada

The Organization for Economic Cooperation and Development (OECD) recently reported that individual Canadians receive less benefit from postsecondary education than the OECD average. The annual report found that the average male university graduate in Canada can expect a lifetime net premium of \$80,000 USD over a high school graduate—a full \$10,000 USD less than the OECD average. For female university graduates in Canada the figure is only \$46,000 USD over high school graduates.

-DYLAN WILKS

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alumni

Camosun a Hart starter

JAI RAKIC
CONTRIBUTING WRITER

Dwayne Hart, vice-president of finance and administration at Northern Lights College (NLC), credits Camosun College for re-launching his highly successful academic career.

Hart's studies as a mature student at Camosun reignited his passion for education. He now travels the world promoting the new Centre for Clean Energy Technology, which is situated over at NLC's Dawson Creek campus.

"It's a classroom that students can learn in," says Hart, "as well as a demonstration site for the province."

The \$8-million development boasts classrooms and training facilities powered by clean energy sources, including solar panels that generate electricity and hot water, and a biomass boiler that heats the building with pine-beetle-infested wood pellets.

Hart's love for higher education has seen him prosper in several different fields. He began his career in agriculture management after getting a diploma from the BC Institute of Technology.

After decades in the management field, and with just the single diploma, Hart decided to go back and continue his education at Camosun.

"What continuous education does is it gives you the opportunity to refresh your mind, look at things

in a different way, and to continue to develop yourself," he says.

In the late '90s he opted for accounting, a field that had caught his eye during his management career.

"I decided to go to Camosun College because it had a reputation for being one of the best accounting and finance schools in Canada," he says. "As a mature student, Camosun was very welcoming and an incredible place to study."

Shortly after graduating from Camosun with a diploma in business administration-finance, Hart completed his CGA accounting designation.

He was then approached by the college and asked to be an accounting instructor, an opportunity he jumped at as it was the perfect opportunity for him to say thanks to Camosun in his own personal way.

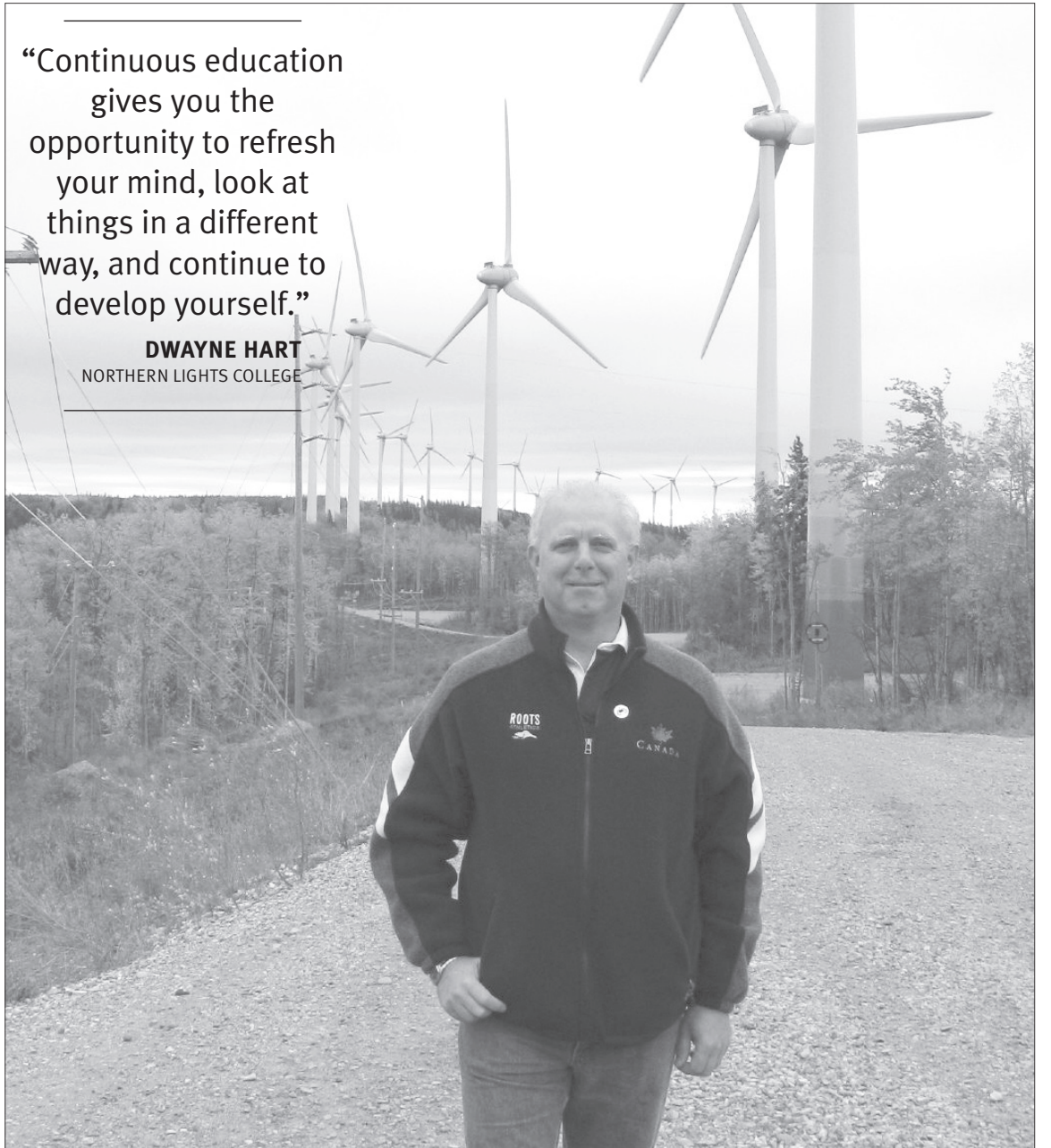
"One of the things I wanted to do was give back to Camosun," he says, "because I felt like they had given me such a lift in life."

Now at NLC, Hart is dedicated to promoting the centre and inspiring students to further their education. "My ambitions," explains Hart, "are to continue to give back to the province of BC through education."

What do you think?
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or TEXTBACK to 604-223-0076.

"Continuous education gives you the opportunity to refresh your mind, look at things in a different way, and continue to develop yourself."

DWAYNE HART
NORTHERN LIGHTS COLLEGE



Dwayne Hart is a successful Camosun alumni trying to give back.

PHOTO PROVIDED

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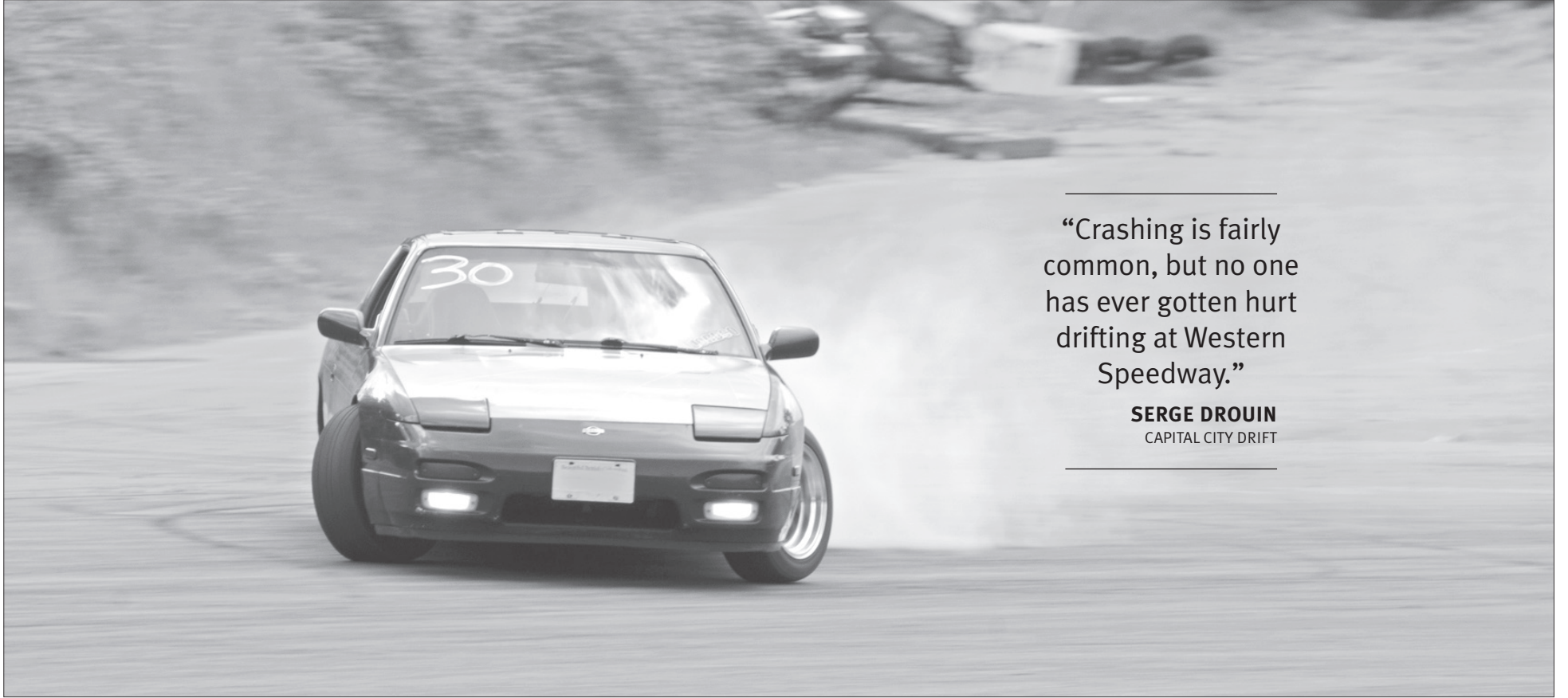


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racing

Drifting good outlet for drivers



“Crashing is fairly common, but no one has ever gotten hurt drifting at Western Speedway.”

SERGE DROUIN
CAPITAL CITY DRIFT

COLE CHALMERS

Drifters don't live their lives a quarter mile at a time, instead they go through tires and spare parts.

WES LORD
CONTRIBUTING WRITER

Dan Cormier is emphatic that Capital City Drift is more than a racing series. It's a community.

A pair of strangers approached the former Camosun student in a Tim Horton's parking lot a couple years ago after noticing his customized Nissan 200sx with swapped-in Skyline engine. They invited him to a drift event the next day. From then on, he was hooked.

Two years later and Cormier is a core member of the drifting scene. He's still driving the 200sx, although it's seen its share of ac-

cidents and is now known as “the crab” due to its bent suspension and propensity to travel sideways.

Fortunately for Cormier, traveling sideways isn't the disadvantage it would be in, say, drag racing. Event organizer Serge Drouin, an engineering bridge program student at Interurban, describes drifting as “basically doing a burnout sideways as fast as you can.”

“There's smoke everywhere, you're getting really close to the other cars, everyone is having a good time,” he says.

According to Cormier, two main types of people are drawn to drift-

ing: techies who enjoy swapping engines and tweaking suspensions, and extreme-sports enthusiasts who started out skateboarding and BMXing, but can now afford to thrash automobiles like they used to thrash boards and bikes.

When it comes to building a drift car on a budget, aesthetics are low on the list of priorities. The vehicles at Western Speedway on drift day look nothing like the shiny, pimped-out specimens from *The Fast and the Furious: Tokyo Drift*.

Most of the cars are Nissan 240s and Toyota Corollas with mismatched quarter panels held on

with zip ties. It's a utilitarian culture, where the goal is to get out and drift. In most cases, an immaculate paint job would be a short-lived waste of time.

“Crashing is fairly common, but no one has ever gotten hurt drifting at Western Speedway,” says Drouin.

He attributes this to the small size of the track and the relatively low speeds involved. By the time a collision occurs, the car has usually slowed to less than 30 kilometres an hour.

Acacia Spencer-Hills, a volunteer, sees Capital City Drift as

a valuable outlet for drifters and also sees it as an important part of keeping illegal racing off the streets and on the tracks.

“Where else can you get that experience of just fucking around in your car,” says Spencer-Hills, “and not getting in trouble with the cops?”

Capital City Drift
Halloween practice
9 am - 6 pm, October 16
Western Speedway
Drivers \$70, spectators free
capitaldrift.ca



Think you can cover sports?

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SPORTS BRIEFS

Chargers golf team slips to third

After tackling challenging courses at the Okanagan Golf Club in Kamloops on September 24 and 25, the Camosun College Chargers slipped from second to third on the Pacific Western Athletic Association (PACWEST) rankings. September 24 saw the Chargers play a solid first round on the Quail course, ending the day with a team total of 286, just four strokes over the low of the day. September 25, however, saw a major setback as the Bear course raised Camosun's total to 303, a full nine strokes above the low score for the day. The combined total for the weekend saw Camosun finish fourth at two strokes above third, five above second, and 11 above first. The end of the weekend saw the Chargers drop to third in PACWEST standings.

Camosun student earns PACWEST athlete of the week

Camosun College Charger and UBC transfer student Jared Hundza claimed the top spot on the PACWEST leaderboard recently after ranking as the top individual golfer of the first sanctioned tournament of the 2011 season. Hundza's performance earned him the PACWEST male athlete of the week for September 18-25.

Tip-off dinner raises \$18k for scholarships

The fifth annual Camosun Chargers tip-off dinner was a rousing success as the fundraiser managed to raise over \$18,000 in support of student-athlete scholarships. The event took place at the Harbour Towers Hotel & Suites and saw local CTV sports anchor Mira Laurence and CFAX 1070 sports reporter Steve Duffy emcee the event and auction off a number of luxury, getaway, and sports memorabilia items to the audience. Items included everything from a night at Sooke Harbour House to framed jerseys (including one signed by Vancouver Canuck Manny Malholtra).

Chargers women lose volleyball scrimmage

The Camosun Chargers women's volleyball team fell during scrimmage play against the Vancouver Island University Mariners on September 20, going 1-3 (13-25, 20-25, 25-19, 20-25). The scrimmage took place at a neutral location at Ballenas Secondary in Parksville, and was an opportunity for the Chargers to play against last year's national silver medalists. The Camosun Chargers' regular season begins at home on October 13 against the College of the Rockies Avalanche.

-DYLAN WILKS

nhl

Canucks challenged to match last season

“Subtracting Christian Ehrhoff and Raffi Torres and adding Marco Sturm doesn't add up.”

JORDAN CUNNINGHAM
CTV VANCOUVER

JAMES NIELSEN
STAFF WRITER

With last season's Vancouver Canucks posting the most successful campaign in their 40-year history, this year's group faces the challenge of repeating their regular-season success while also repeating an appearance in the Stanley Cup finals.

Following a heartbreaking game-seven loss to the Boston Bruins, expectations for the 2011-12 season may be higher than ever before.

“For the first time ever, anything less than a Stanley Cup will be a disappointment in Vancouver,” says CTV Vancouver Island sports anchor Jordan Cunningham.

The off-season saw the Canucks lose several key players to free agency. Top-scoring offensive defenceman Christian Ehrhoff took a pay raise and a long-term deal with the Buffalo Sabres, while fan-favorite Tanner Glass signed with the Winnipeg Jets. Forward Raffi Torres, the pesky grinder whose presence was felt throughout the playoffs with devastating hits, signed a two-year contract with the Phoenix Coyotes.



JOSH HAGEDORN

Vancouver hopes to surpass last season's expectations, only without the riot

“Considering the additions and subtractions, the Canucks are not as strong a team on paper,” says Cunningham. “Subtracting Christian Ehrhoff and Raffi Torres and adding Marco Sturm doesn't add up.”

Sturm, a well-traveled veteran, has posted 20-plus-goal seasons eight times in his career. However, the 33-year old has been hampered by injuries the last two seasons and his contribution to the team will depend largely on whether he can remain healthy. Sturm remains the Canucks' highest-profile signing.

After accepting a professional tryout with the Canucks, former Shark and Wild captain Owen Nolan was sent packing. It ap-

pears that young talent such as Cody Hodgson will carry the workload through October as forwards Ryan Kesler and Mason Raymond recover from off-season surgeries.

Vancouver's defence remains one of the strongest units in the league. Aside from Erhoff's departure, last season's defence that posted a league-low goals against will all return to this season's Canucks. Expect defencemen Andrew Alberts, Ryan Parent, and Chris Tanev to battle for a spot among the top-six pairings.

Equally responsible for the league-low goals against was goaltender Roberto Luongo, who will enter his sixth season between the

Vancouver pipes, while backup Cory Schneider will be entering his final season under contract with the Canucks.

Although Luongo experienced several blowout losses in the final series against Boston, Cunningham believes a deep playoff run will benefit Luongo and the team as a whole.

“The Canucks know the feeling of competing for the cup and that alone makes them a better team,” he says.

With several top players still in the prime of their careers, a healthy roster has the potential to capture what last season's Canucks couldn't.

whl

Royals electric in home opener

“The fans were really into it and that really helps these young guys.”

MARC HABSCHIED
VICTORIA ROYALS

JASON SALIANI
CONTRIBUTING WRITER

The Western Hockey League (WHL) has officially returned to the Capital Region.

The Victoria Royals beat the Vancouver Giants 5-3 in front of a thunderous crowd of 7,006 at the Save-on-Foods Memorial Center on the evening of Saturday, September 24.

The first ever win for the franchise avenged a 5-2 loss to the Giants in Vancouver the night before, and from the anthem to the final whistle the atmosphere was electric.

“When we came out there and got introduced to a packed house it gives you shivers and gets you really excited to play,” said Royals captain Hayden Rintoul, post-game.

Vancouver Canucks national anthem singer Mark Donnelly started the night off with his classic audience-participated version of “O Canada.”

As the game got underway, the roof exploded when Royals forward Jamie Crooks scored the first goal of the game at 3:09 of the first period.

Leading 2-1 going into the second period, the Royals padded their lead with two quick goals coming off the sticks of Logan Nelson and Brandon Magee.

The Giants pushed back with goals from Nathan Burns and Dalton Sward in the third to make it 4-3 Royals, but veteran forward Kevin Sundher put the game away, scoring an empty net goal late in the frame to seal the victory for Victoria.

Out-shot 51-25, the key to the Royals' triumph was goalie Keith Hamilton, making 48 saves in the



JONATHON HOWE

Robin Soudek takes a shot for the Royals.

inaugural win and getting first-star honours on the night.

All the talk after the game, though, was about the amazing atmosphere in the rink. Head coach and general manager Marc Habscheid said that the energy of the fans really helped his team.

“You can tell just the energy of the players, the hits, the couple altercations,” said Habscheid, “and

the fans were really into it and that really helps these young guys.”

That energy was felt off the ice as well, as the fans were wild, celebratory, and supportive of their new team.

Nothing on the scoreboard in sports is for certain, but one thing that's for sure so far is Victoria is giving their new WHL team the royal treatment.

About 10 years ago, the counselling staff at Camosun College began to notice a disturbing trend. A larger portion of students at the college began suffering from fatigue, an inability to concentrate, thoughts of worthlessness, and insomnia. All of these things are symptoms of depression, according to the fourth edition of the Diagnostic and Statistical Manual of Mental Disorders.

Through conversations with other counsellors across Canada it became apparent that an increase in depression was occurring nationwide.

"I decided early on that I needed to know more about depression, and depression management," says Nancy Willihnganz, a counsellor at the Lansdowne campus.

Willihnganz set out to compile data from college counselling services across the country. She and a colleague did this twice, resulting in Canadian Counselling Centre Surveys for 2005 and 2006.

Both reports indicated that depression, anxiety, and relationship issues are the top three personal issues for which Canadian students seek counselling, with depression taking the top spot in 2006.

UNDER PRESSURE

Former Camosun student Amanda Nelson isn't surprised that so many students feel depressed.

"There's so much pressure put on students to have a career and be successful and get good grades," says Nelson. "Most people are on loans so the pressure to succeed and the pressure to perform is really overwhelming."

Nelson herself struggled with depression while attending the Hotel and Restaurant Management program at Lansdowne campus a few years ago.

"I just was in a constant slump," she remembers, "and I wasn't feeling satisfied with where I was at. I felt like I was weighed down when other people weren't, and I didn't know why I couldn't get to where other people were."

Although Nelson was aware of the counselling services available on campus, she didn't like the idea of opening up to someone she didn't know. She talked to a personal mentor, who suggested antidepressants. A quick trip to the doctor and Nelson had the prescription she was after.

"They do this wimpy little psychological examination, and basically anybody can get on them if they want to get on them," she says.

A prescription for antidepressants can be obtained without any other forms of treatment. They are most

commonly variations of drugs classified as SSRIs (selective serotonin reuptake inhibitors). Basically, the goal of the medication is to control the way serotonin interacts with the body and prevent mood swings. The right pill can be a blessing, but because slight differences in the medication can have big impacts on different bodies, it's hard to predict the outcome.

"Because I did the trial and error process with finding the right antidepressant, there were a lot of side-effects," she says. "Some antidepressants cause high anxiety or low anxiety, or appetite changes, or headaches... It was a nightmare to try and find the right one."

Although Nelson was surprised at how easy it was to get a prescription for the medication, she's grateful for the change she's seen.

"After finding the right one, everything mellowed out," she says. "They say when you take antidepressants you don't really notice, but the people around you notice you being different, and that's how it worked for me. I didn't get as down in the low-lows like I normally would."

One side effect of mood-altering drugs is the inability to feel extreme emotion at the other end of the spectrum, but Nelson says she didn't have that experience.

"I understand that it's something that keeps you level, but I still get happy and I still feel overjoyed and excited," she says.

Although some critics say antidepressants are just a Band-Aid solution, Nelson feels they are working well for her.

"If your body chemistry is missing something, why not make it better, if it's possible?" she says. "Before, I was kind of going up and down, I had no motivation, and was tired all the time... the typical symptoms. Being on them has been a relief."

WHY THE LONG FACE?

Many people are wondering what has students feeling so blue.

"There's a lot of speculation about that," says Chris Balmer, a counsellor at Camosun College.

Because the western world appears to be more susceptible to depression, environmental factors are thought to be a cause.

"Society has become more complicated," says Balmer. "People are impacted, particularly in cities, with all sorts of different kinds of pressures, expectations, stressors."

Many psychologists and psychiatrists feel that the acceptance of depression by mainstream society has contributed to the normalization of the condition. It may also be a contributing factor to the rise in depression in postsecondary institutes.

"Before, people—and students in particular—that had mental illnesses weren't even thinking about coming to college or university, because colleges and universities weren't set up to accommodate them," says Balmer.

Camosun has services in place for career, personal, educational, and cultural counselling, the cost of which is embedded in student fees. Students with a documented mental illness can receive support and assistance at the college's disability resource centre as well.

"The system has changed over time, and that has really helped," says Balmer. "Everybody probably knows somebody in their class who is struggling with a mental-health issue. They're given the same chance to succeed as everyone else."

Another reason why students are feeling de-

"They say when you take antidepressants you don't really notice, but the people around you notice you being different, and that's how it worked for me."

AMANDA NELSON
FORMER CAMOSUN STUDENT

"People are particularly impacted by all sorts of different pressures and stressors."

THE GREAT DEPRESSION

by ali hackett
staff writer

pressed could be school itself. Results from the 2010 National College Health Assessment show that over 80 percent of students felt overwhelmed by everything they had to do, and 77 percent felt exhausted, but not from physical activity.

These feelings, combined with economic anxiety, changes in relationships, and the stress of day-to-day life, often lead to students feeling inadequate and hopeless.

MONEY FOR NOTHING

Besides the emotional aspect of depression, there's an economic factor. Antidepressants are the second-most renewed prescription under the student medical plan, according to Michel Turcotte, Director of Operations for the Camosun College Student Society. Although the cost of most antidepressant medication is partially covered by the plan, Camosun students still spent over \$20,000 on antidepressants during 2010–2011 school year.

For some, the introduction of SSRI antidepressants is thought to be a correlating factor in the increased prevalence of depression worldwide.

According to a report called *The Marketization of Depression: The Prescribing of SSRI Antidepressants to Women*, by Jane Currie, prior to the first well-known SSRI depression was only considered to affect 100 people per million.

Since the appearance of Prozac in 1988, depression rates have soared. They are now considered to be in the range of 50,000 to 100,000 cases per million.

Currie also points out that between 1981 and 2000, the total prescriptions for all antidepressants increased by 353 percent. This begs the questions: are we truly suffering from such soaring rates of depression, or is the marketing of pharmaceuticals playing a role?

Former Camosun student Rebecca Spencer (not her real name) has mixed feelings about antidepressants. She started going to counselling in middle school when she was around 14 or 15.

"I never necessarily thought I was depressed; it was a label put on me by concerned parties in my life," she says.

Depression is characterized by a series of symptoms. Not everyone who's depressed has all the symptoms, but everyone who's depressed has at least some of them on most days.

"I wasn't necessarily labelled as depressed altogether, but it was this ambiguous mélange of depression, anxiety, being a teenager, coping with pressures, being sensitive, being a perfectionist... all sorts of labels were assigned to me," says Spencer.

She also suffered from a common symptom of depression: loneliness, or despondency, which often creates a self-perpetuating cycle of isolation.

"I went through a lot of periods of not being able to get out of bed, not being interested in anything around me, and getting really upset over little things," she says. "Looking back it just seems regular. Like, of course I wouldn't want to get out of bed, because school was really boring. And of course nothing interested me because the things that I was interested in were not valued. I was interested in reading and writing and going for walks by myself. And I was happy doing those things, but I guess I wasn't acting like a 'normal' person."

Diagnosing and treating depression can be difficult because of the variety of symptoms. Spencer decided to try antidepressants, with the support of her parents and a psychologist.

"The way the psychologist talked to me

about it was there are several components to feeling happy, and there are different ways that you can take care of yourself. Those ways are healthy eating habits, limiting substance abuse, exercising, doing things that make you happy, but that sometimes those ways need a little boost. Sometimes drugs can help you to achieve your goals of healthy living. Sometimes they are not achievable all on their own," says Spencer.

The medication wasn't presented as a be-all and end-all solution; it was more like one component among several solutions.

"How my psychologist described it was A is the medication, B is exercise, C is healthy eating, D is positive thought processes," she says. "I did realize that I could achieve more 'success,' as defined by society, if I functioned more normally, but I didn't have the skills to do so."

Next came the trial and error phase of her therapy. "I started with Effexor, then Paxil, Zoloft, back to Paxil," she says. "I was on Trazodone at the same time. It's an anti-anxiety pill, but I used it for sleeping."

For younger people, experimenting with antidepressants can be a dangerous game. Most drugs aren't tested on people under 18 or 19 so safe dosages can be hard to calculate. Beyond that, the teenage years are a period of rapid growth and

change in hormones and body chemistry. Adding more chemicals to the mix can be confusing.

"I felt like I was living in a fog," says Spencer. "Nothing good, nothing bad; just neutral. No feelings of euphoria, no feelings of stimulation, whether to the point where I was overwhelmed or to the point where I felt good and connected. No feelings of inspiration, no feelings of excitement, but none of despair either."

Spencer feels that, for her, antidepressants were an attempt at a temporary solution that didn't deal with the underlying issues in her life.

"They didn't work for me. I think if messages that we held in society were more inclusive, in terms of what success is, I would have felt less pressure to conform, because I put a lot of pressure on myself," she says. "I also felt a lot of pressure growing up to succeed in all sorts of areas, especially academically."

Spencer feels a lot better about herself now, but, like Nelson, there were often times when she looked around and it seemed like everyone else was easily coping with all sorts of situations.

"If peoples' differences and peoples' ways of functioning in the world were celebrated and were more diverse in our society there might be less of a need for antidepressants.

If the definition of normal was broadened, I think that I would have felt less alienated and confused," she says. "I would have felt less like I had something in me that needed to be

fixed."

"If peoples' differences and peoples' ways of functioning in the world were celebrated and were more diverse in our society there might be less of a need for antidepressants."

REBECCA SPENCER
FORMER CAMOSUN STUDENT

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CHRIS BALMER
CAMOSUN COLLEGE

media

PostSecret finds the positive side of having secrets

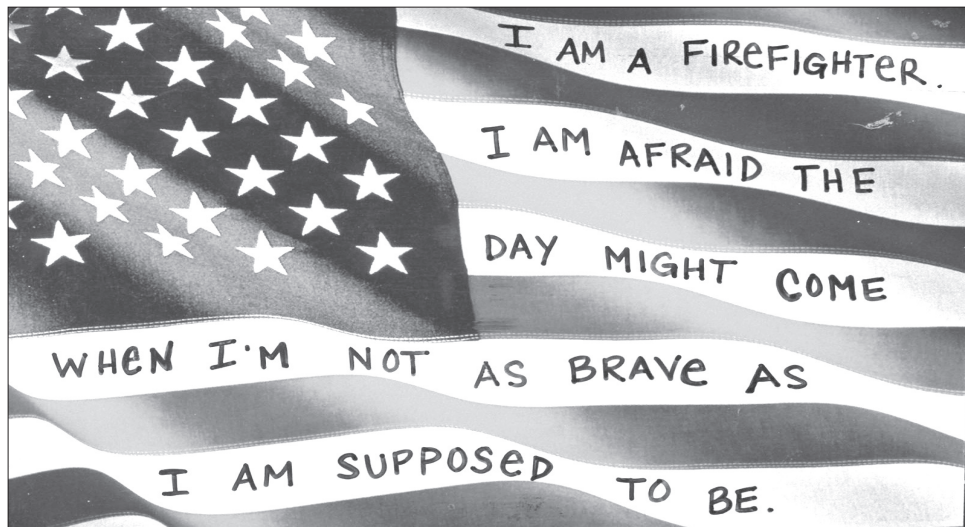


PHOTO PROVIDED

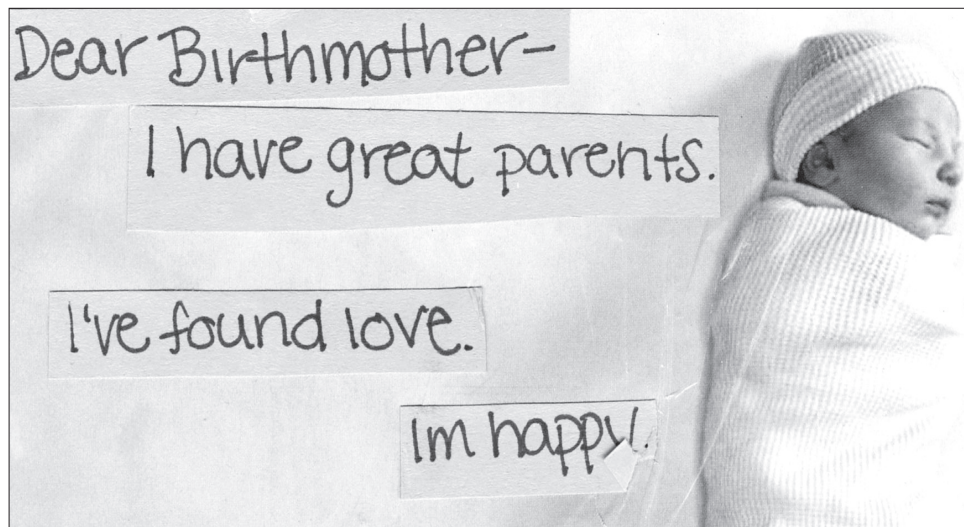


PHOTO PROVIDED

CHESLEY RYDER
CONTRIBUTING WRITER

It started out as a community art project in Washington, DC, seven years ago. Four *New York Times* bestselling books, a successful blog site, and half a million anonymous secrets later, PostSecret is now putting the power of secret-sharing and moderating into the hands of the user with the new PostSecret app.

But despite all the progress, the basic idea behind it all remains the same.

"Secrets can be the currency of who we are," says Frank Warren, founder and curator of PostSecret. "By sharing them, we can find new ways to not just connect with other people on an intimate level, but also discover the deepest parts of humanity."

PostSecret started when Warren asked strangers at Metro stations,



FRANK MORISSEAU, JR.

PostSecret founder Frank Warren and some samples of secrets that have been sent to him.

art galleries, and bookshops to send anonymous secrets to him via postcard, which he then posted on postsecret.com.

He says that the app, like every new technology, has the chance to redefine PostSecret and keep the project alive.

"What makes it so compel-

ling and keeps it interesting is the courage, honesty, and vulnerability that everyday people are revealing through extraordinary works of art, whether that be a postcard or a secret they create with their mobile device," he says.

Warren adds that reading secrets that others have sent in has

helped him to reconcile secrets he has been keeping himself, and he hopes that the project continues to do the same for others.

"When you have the courage to share a secret it can allow you to find a sense of healing for yourself, but it also offers some sort of connection to our community," he says.

PostSecret has also been credited to raising awareness and funds for suicide prevention.

To continue to help in this manner, the app (currently available on iTunes and being released for Android later this year) includes a comprehensive and current listing of suicide prevention hotlines throughout the world.

Other new features allow secrets to be ranked with a "heart," or "like," and connected to a place, such as a school, city, or workplace. With the app, viewers and secret-sharers are able to make direct connections with one another.

"If we can get through those difficult times in our lives, at the other end we come out with a beautiful story we can share with the world," he says, "and share with others who are struggling with those problems at this very moment."

improv

Sin City goes back to the '30s for second season

DEVIN DOYLE
CONTRIBUTING WRITER

Anyone who saw the live improvised comedy show *Sin City* last season and is expecting the same visual experience this time around is going to be surprised, to say the least.

The show, now in its second season, is tackling a whole new era with this season, according to director/producer Ian Ferguson. They were living in the past before, but now they're going back even further.

"We went from 1984 with big hair and Jordache jeans, bright colours, and Flock of Seagulls haircuts to the '30s with the dustbowl and many, many shenanigans," he says.

But one thing remains a central focus in *Sin City*: music, all of which is improvised. Ferguson says that the musicians who are performing at the show are making everything up as the production unfolds, which can be just as entertaining.

"The music is a huge part of the show," he says. "They are improvising a live score, so if we are having a

serious scene or a love scene they'll totally set the mood and then they'll change it up when we're being really goofy."

Actress/producer Kirsten Van Ritzen (who jokes that Ferguson is "kind of like an evil puppet master") says that season two—which is set in the 1930s during the depression, with the characters portraying a band of mischievous travelling carnies who rip people off—will feature no shortage of on-the-spot musical numbers from the cast as well as the musicians.

"We also do improvised songs," she says, "and usually those just happen spontaneously."

The overarching concept behind *Sin City* is that it's an entirely improvised comedy soap opera spanning the duration of 24 weekly episodes.

Each episode's plot continues where the previous left off and lasts approximately two hours, containing a full cast of experienced local actors, comedians, and musicians.

And for those audience members who miss some shows, the



CHRIS ORCHARD

If this is what season two of *Sin City* looks like (and it is), we're in for a treat.

characters introduce each performance with a mini monologue explaining the plot to new viewers. This way, no one misses out on any of the good times that *Sin City* is

offering this season.

"It's just terrific fun; it's addictive, really," says Ferguson. "I think it's probably, for your buck, the most fun you'll have."

Sin City
7:30 pm, October 8-11, \$10-15
Victoria Event Centre
sincityimprov.com

opera

Dutchman promises to excite

“It’s an enormous piece, in terms of the scale, so it is an intense musical experience for the singers.”

GLYNIS LEYSHON
PACIFIC OPERA VICTORIA

LUCAS MILROY
CONTRIBUTING WRITER



Glynis Leyshon is thrilled to be bringing *The Flying Dutchman* to Victoria.

In 1843, *The Flying Dutchman*, the first opera by the infamous Richard Wagner, was debuted at the Semperoper in Dresden, Germany. Now, over 160 years later, Pacific Opera Victoria is producing *The Flying Dutchman* at the Royal Theatre.

Steering the ship on the legendary production is nationally renowned director Glynis Leyshon. “You don’t get to do operas by Richard Wagner in North America very often,” she says. “Those kind of opportunities are rare and ones that I deeply treasure.”

The tale of *The Flying Dutchman* is one of adventure, chronicling the cursed voyage of a seafarer on his endless hunt for love and redemption. And with the inclusion of over 60 cast members, audiences should be in for an outstanding and unique

operatic experience.

“It’s an enormous piece, in terms of the scale, so it is an intense musical experience for the singers,” says Leyshon.

You can also count on this opera to be unique, as Pacific Opera Victoria, unlike many other opera companies throughout Canada and the United States, originates all of their own productions.

“You’re in a wonderful position when you work here to really conceive of the opera in your own way,” says Leyshon, “and for a really specific audience that you know and understand.”

That means that the set is built from scratch and the director has free will to portray the opera as they see fit.

The Flying Dutchman will be

performed in German, with English subtitles provided. But audience members shouldn’t be scared off by the foreign language, as the intriguing legend of *The Flying Dutchman* will be sure to keep them entertained until the curtains close after the final act.

“It is difficult and challenging, but very exciting,” says Leyshon. “And my favourite part is finding ways to keep bringing the story forward with these amazing singers to fill it theatrically, as well as musically.”

The Flying Dutchman

8 pm, October 6, 8, 12
2:30 pm, October 16
Royal Theatre
pov.bc.ca

ballet review

Back in black



PHOTO PROVIDED

Johnny Cash, ballet subject? Believe it.

WES LORD
CONTRIBUTING WRITER

The Man in Black
September 27, Royal Theatre

The Man in Black is a contemporary ballet set to the music of Johnny Cash. Specifically, it’s set to six stripped-down cover songs that Cash recorded late in his life with legendary producer Rick Rubin.

Adding strange to strange can be a risky undertaking, but (like the Cash recordings) the performance manages to transcend novelty.

The performance featured three men and one woman wearing cowboy boots and black cowboy shirts. The footwear and subject matter doesn’t lend itself readily to traditional ballet moves, and the choreography took stylistic inspiration from western forms like line dancing and square dancing.

The first two songs, “In My Life” and “Four Strong Winds,” were a little flat, but Rebekah Rimsay took the forefront and glowed with sadistic delight during “Sam Hall.”

The highlight was Gordon Lightfoot’s “If You Could Read My Mind.” Despite a somewhat literal interpretation of the corny lyrics, the dancers worked together as one tightly cooperative unit.

Unfortunately for choreographer James Kudelka, any visual accompaniment to Cash’s treatment of “Hurt,” a Nine Inch Nails cover song, is going to be compared with Mark Romanek’s unforgettable music video.

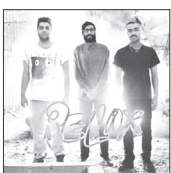
The show ends with “Further on (up the Road),” originally by Bruce Springsteen, a promise to catch up with friends in the afterlife. One by one, the dancers fade off the stage, a logical finale to a night of songs and dances that are largely about reflection and death.

The western take on themes of life, and loss serves as a common thread throughout; the show is cohesive as a result.

The Man in Black sidesteps the obvious pothole of being gimmicky, and the result is thoughtful and entertaining.

New Music Revue

Five new releases to know about, for better or for worse



Das Racist
Relax
(Greedhead)
4.5/5

Das Racist’s third full-length and first commercially available album, *Relax*, is a solid follow-up to last year’s *Sit Down, Man* mixtape. Although *Relax* is a lazier effort than their first two mixtapes, it still hits a lot harder than most modern hip-hop albums. And, like all their albums, it’s fun.

Relax is like a movie about a family vacation that goes astray, half the family goes missing, and the youngest member of the family ends up robbing a major swimsuit conglomerate; cut to the end of the movie where he’s 10 years older and owns a moderately successful Midwestern night club. In other words, *Relax* is like, “What am I watching? Okay, fuck it, sure.”

American hip-hop has been getting a serious revamp for about three years, and along with BBU, Wugazi, Shabazz Palaces, The Weeknd, Death Grips, Big Krit, Lil B, and Oddfuture, Das Racist is at the forefront of that change.

-ADAM PRICE



Tori Amos
Night of Hunters
(Deutsche Grammophon)
4/5

Tori Amos’ maturity and playfulness shows through on her twelfth album, *Night of Hunters*, in a way that will continuously involve any listener’s imagination.

With her characteristic piano solos and strong vocals, as well as brass, strings, and woodwind instrument combinations, the 14 songs blend together to create a modern and realistic love story that comes true following a journey to Ireland’s mystical past.

Night of Hunters is an album that is youthful, timeless, beautiful, and contains aspects of Amos’ passion for classical music, inspiration from composers like Bach and Chopin, and the young voice of her 11-year-old daughter.

Amos’ album is intriguing, and it also offers what many people look for: an escape. Through the sounds and descriptions in *Night of Hunters*, any listener can be taken from their daily life and transported to a wonderful, relaxing evening at the theatre.

-CHESLEY RYDER



65daysofstatic
We Were Exploding Anyway
(Hassle)
4/5

Do not drive while listening to this electronic post-rock Brit band: you will speed and/or attempt to pull off dangerous driving maneuvers.

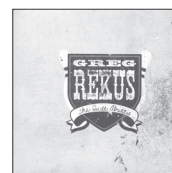
65daysofstatic’s album starts off slow and simple but quickly builds to a mastered delivery of their chaotic yet smoothly orchestrated sound.

The album highlight is “Come to Me,” which features Robert Smith of The Cure, though you might not recognize him as his vocals are looped and altered almost beyond recognition.

The whole album sounds like the soundtrack to an action-packed movie—eerie, intense, and adrenaline pumping.

Looking for music to get you going in the morning? This album will have you feeling like you could kick ass and take names all day long. Need workout music? Your gym sessions will feel like montages of you training for the fight of your life.

-CLORISA SIMPSON



Greg Rekus
The Dude Abrides
(Rekus)
2/5

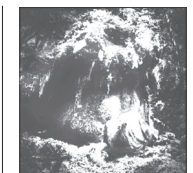
Winnipeg’s Greg Rekus puts together a solid and modern mixture of indie, punk, folk, and rock on his debut album, *The Dude Abrides*, but the end result isn’t going to win him too many new fans outside of his prairie hometown.

Rekus makes use of constant guitar strumming, stompbox rhythms, and his characteristic vocals to create a sound that’s strongly influenced by eastern Canadian artists.

The 10 songs that make up *The Dude Abrides* have themes that range from politics to friendship to drinking. Every song on the album manages to stay true to Rekus’ alternative style, which, it must be said, has a lot of energy to it.

Rekus’ passion for what he does is all over this album, and it showcases his style well. Unfortunately, that style may not be able to find a place on peoples’ home stereo systems or iPods, but it will remain welcome in a small-town bar.

-CHESLEY RYDER



Wolves in the Throne Room
Celestial Lineage
(Southern Lord)
4/5

On *Celestial Lineage*, Wolves in the Throne Room’s fourth full-length release, the Olympia metal/ambient band delicately lay down the bones of a four-year trilogy.

When Wolves in the Throne Room came on the scene in early 2003 they were universally hailed as either heretics or prophets, and although they didn’t create ambient Cascadian black metal they were able to popularize it with the release of *Diadem of 12 Stars* and *Two Hunters*.

Like all Wolves in the Throne Room albums, *Celestial Lineage* conjures forth images of seasonal loss, trees and roots in un-calculable patterns, and earth regurgitated by earth.

The addition of female vocals was wise and further grounds the album between harshness and melancholic levity. “Thuja Magnus Imperium,” “Astral Blood,” “Woodland Cathedral,” and “Prayer of Transformation” are all stellar examples of that contrast.

-ADAM PRICE

documentary

Urban farming breaking ground

“When you’re done watching the film, and if you’re inspired by the film, there’s information and a lot of outreach opportunities through us.”

MARK MACINNIS
URBAN ROOTS



PHOTO PROVIDED

Is this the future of food co-ops? Of course not! That'd be pretty grim. *Urban Roots* shows some inspiring urban-agriculture initiatives happening over in Detroit.

KEIRA ZIKMANIS
CONTRIBUTING WRITER

In the wake of the recent Occupy Wall Street protests, it's hard to deny the effect the recent economic crisis has had on people in North America. Communities are looking for ways to cope and recover, and the people of Detroit have turned to urban farming.

“I think people just got fed up,” says Mark MacInnis, director of *Urban Roots*, a documentary on urban-agriculture initiatives in Detroit. “With the economy going

the way it is and was, it made people think about how to cut corners and how to bring down food costs. So they turned to farming and growing vegetables and starting simple.”

The film centers around individuals and non-profits in Detroit who practice urban farming, some who have been doing it for 20 years, and on “how community comes together to rebuild a city when everyone else has left,” says MacInnis.

“Detroit was built for two million people, and now there are only 700,000 still living there,” he

explains, “and while there are a lot of places to cover, there’s definitely a positive feeling in the air.”

Paul Wurtz is one community member contributing to this renewed optimism that’s taking over Detroit. “Paul took out an entire asphalt parking lot and turned it into a farm,” says MacInnis, “not a garden, a full-on farm with a horse, chickens, and bunnies. And he’s doing it because he loves it and he’s passionate about it.”

Through making the film, the creators were inspired to form the

Urban Roots foundation, with some of the profits from DVD sales going towards putting farms in schools across North America.

“We have two pilot schools right now; one in LA and one in Detroit,” says MacInnis. “With *Urban Roots* we wanted to incorporate a whole action campaign around it so that when you’re done watching the film, and if you’re inspired by the film, there’s information and a lot of outreach opportunities through us.”

MacInnis truly believes these

types of initiatives are positive for the city. “When someone sees these farms, they start talking about their history and farming, and their family and grandparents and what they used to grow,” he says. “It’s amazing how you learn from different people, and it breaks all these racial and gender barriers.”

Urban Roots

7 pm, Wednesday, October 12
Victoria Event Centre, \$10-20
urbanrootsamerica.com

theatre

Director offers modern take on '80s play

“It’s not so much a dark comedy; it’s an interpretation of a play written in ‘84 being performed in 2011.”

TONY CAIN
THE MELVILLE BOYS

KATIE PENTY
CONTRIBUTING WRITER

Some people may think *The Melville Boys* is dated because the play was written in 1984. But, even though our perspectives on the issues discussed in it have shifted since then, Norm Foster’s comedy is far from dated.

Director Tony Cain has only been involved with Langham Court Theatre, who are opening their 2011/2012 season with the comedy, since the 2009/2010 season where he made his first appearance as an

assistant stage manager for *Sylvia*. This is the first time Cain has directed a Foster play.

“He was quite the challenge to me because I’m British,” says Cain. “He is so into the Canadian culture. Me, being English, I had to learn and adapt.”

Cain says that his version of the play not only has a current-day twist, but it’s also a considerably darker take on Foster’s original vision.

“The issue of cancer’s impact on a family and one of the characters’ denial bring a dark contemporary undertone that goes through the play,” he says. “Someone who sat in on one of my rehearsals said that although they had seen *The Melville Boys* several times, they had never see it in such a dark light. My reply was that it’s not so much a dark comedy, but it’s my, and the actors,’ interpretation of a play written in ‘84 being performed in 2011.”

There are other reasons why Cain’s *Melville Boys* is unique. The producer for the play, 16-year-old Vic High student Colleen Maguire,

is the youngest producer in the theatre’s history.

That mix of ages goes right through those involved in the play and can be found in those watching the play. But no matter the age, what the people watching *The Melville Boys* gets out of it is entirely up to them.

“We have a variety of ages in our audience,” says Cain. “There are veterans who have been coming to this theatre for 50 years, and now there’s the younger generation. The audience will certainly enjoy the comedy, but no director can say for certain what an audience will take from the show.”

What do you think?
nexus@nexusnewspaper.com
or TEXTBACK to 604-223-0076.

The Melville Boys

Until October 15
Langham Court Theatre
\$17-19
langhamtheatre.ca



PHOTO PROVIDED

The boys of Melville bring the '80s to the '10s, or something like that.



Worth the Trip

by Tyler Rowe and Jason Saliani
photos by Tyler Rowe

stir it up



Campus Caf
Lansdowne campus
Chicken teriyaki stir-fry
\$6.82
Presentation and service
Jason: The staff here is excellent, but not being able to order lunch before 11 am is ridiculous. Who has the right to deny you stir-fry for breakfast? Nobody. And stir-fry in the morning is delicious.

Tyler: Yeah, I get why there are hard and fast rules for the breakfast/lunch switchover. But these guys were on some down-to-the-minute rigidity.

Taste
J: It's really good. I'd be so bold as to say it's the best thing in the cafeteria. Fresh veggies, choice of protein, the rice doesn't taste old or stale, and a large portion for under seven bucks. If I have one critique it's that the chicken was a little rubbery. Normally, I would make some sort of witty anecdote but it's hard to be funny when you actually like the food.

T: Papa Saliani is right: the stir-fry is the single best thing Camosun's cafeteria puts in a Styrofoam shell. In terms of cost, size, and taste, it's a never-miss option. I probably get it 85 percent of the time I go there for lunch. I'm not too chicken to say that my only beef is I would like more protein options, but I wouldn't want the campus to dig into its pork barrel for such a simple thing.

Verdict: The Lansdowne cafeteria wins. In the end, Shogun just isn't worth the trip. At the cafeteria you get bigger portions, fresher veggies, you don't have to leave campus, and all for less money. On top of that, waiting for your food to come up at the cafeteria is one of the best ways to make conversation with members of the opposite (or same) sex. Bring your appetite and your A-game because the cafeteria's stir fry and maybe even some sexy times await.

Shogun
Hillside Mall
Chicken teriyaki stir-fry
\$7.13
Presentation and service
J: It was pouring rain when we walked to Hillside and my jacket didn't so much repel water as it did just hold it in, so I needed something to warm me up, and quick. Shogun didn't disappoint. They were kind, fast, and the food was hot. The portion was a bit smaller than the cafeteria, but still plenty of food.

T: The Hillside Mall food court reminds me of when I failed grade 10 P.E. because we used to pile into my buddy's Oldsmobile and go to Taco Time instead of getting a little exercise. We'd see who could eat the most spicy sauce and watch the retirees get their midday walk.

Taste
J: I like the way the chicken is cut better; it's shaved rather than diced, and the sauce isn't as sweet, which is good, but the veggies aren't as fresh tasting as the cafeteria. It's a tough call, they're both so similar; for all-around deliciousness, it's Shogun by a margin, but for price and convenience it's the cafeteria. It's a photo finish for taste.

T: I guess the chicken is thrown into a chicken randomizer. The sauce is straight up better than the caf's. But the veggies pale in comparison, and the dish is smaller and more expensive.



What's Up with Her?

by Chantal Kyffin
camosun college women's centre

Something stewing

As I entered one of my first classes this semester I was a little shocked by my female professor's response to the lack of women in the information and technology and trades fields.

Not only did she comment on the lack of women in trades and IT programs, she also assumed that the reason for this was because all women "obviously want to become nurses and secretaries," and she was stumped by this.

It's ignorant comments such as these that suggest women have no place in these fields. Our society and its institutions socialize us at a very early age to act according to our gender roles.

In years past, for example, some preschools divided the types of learning between male and female. Boys' play has the foundation of

architecture and engineering: building blocks, trucks, trains, cubes, and Lego. Meanwhile, girls get the ingredients to make a hearty stew. A life devoted to being a good mommy and wife, along with knowing how to diaper your baby. Mmm, I can smell the stew!

Even though this practice is much rarer these days, people who grew up influenced by that and socialized by those constructs may in turn teach their own children the same. Inequality is perpetuated despite positive changes in society.

Sorry, but none of these roles are rooted in anything other than our own social structure of false foundations and beliefs. It's not okay to justify inequality by social arrangements.

Now let's stew on how to shift our thinking.



In Search of Lost Time

by Spencer Diamond
camosun college pride centre

There are many genders

Most people never think about gender. We register the gender of the people around us by their clothes and general appearance, never really thinking about it any more than that.

But occasionally we meet people who live in a world where such simple gender dichotomies don't describe who they are. These are the people who fall under the T and Q of the LGBTQ (lesbian, gay, bisexual, transgender, and questioning) spectrum and go by many different names, such as transwomen/trans-

men, two-spirited, genderqueer/genderfluid, and many others that describe something other than simply male or female.

Genderqueer is most commonly associated with feelings of not matching with societal norms of either gender.

Unfortunately, genderqueers often feel like outsiders due to the gender binary that exists within our society.

They can experience feelings of dysphoria that are largely associated with transgendered/transsex-

ual individuals, and often engage in homosexual or pansexual relationships due to the expression of gender that's outside society norms.

The best thing society could do is get rid of this simplistic view that there are only two genders.

Does every person you identify in your mind as female look the same? How about male?

What does it really matter anyway, unless you're afraid of who you might be attracted to?

Don't worry: there's a little queer in all of us.



Green Your World

by Luke Kozlowski
camosun students for environmental awareness

It's time to ride

Don't you hate it when you're waiting at a bus stop and a crowded bus passes you by? The only thing more frustrating is when the very next bus also leaves you in the dust.

Kind of makes you want to drive your car more often, right? Except that traffic sucks, parking is expensive, and you're burning more fossil fuels. You could cycle, but when those fall rains start pouring, your will to ride tends to get soggy.

This is where the We Ride campaign can help. An initiative of the Canadian Federation of Students and Student Action for Public Tran-

sit, the purpose of this campaign is to inform BC Transit and the Ministry of Transportation that the levels of service and funding are inadequate.

Over the past four years the University of Victoria Students' Society and Camosun College Student Society (CCSS) have been lobbying both parties to make public transit more affordable, accessible, and frequent.

That is why the CCSS is asking everyone that gets passed up by a bus to voice exactly where and when they were left behind. One way to do so is to contact BC Tran-

sit at transitinfo@bcstransit.com or call 250-382-6161, or contact the Ministry of Transportation at minister.transportation@gov.bc.ca or 250-387-1978.

Better yet, if you have a smart phone keep your eyes out for We Ride posters around bus stops, which will contain a code that you can scan; a complaint form will then come up on your phone that you can fill out and immediately send to both parties.

Doing so will be the most effective way to improve transit service, ease traffic and parking woes, and promote greener communities.

ARCHIPELAGO

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So many shoes!!! lol

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To Do List

- ~~Buy cigarettes~~
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- Pay hydro
- Pay cellphone
- Buy textbooks



I went ziplining at Whistler today!
You gotta try this Sarah!



Finally took some scuba
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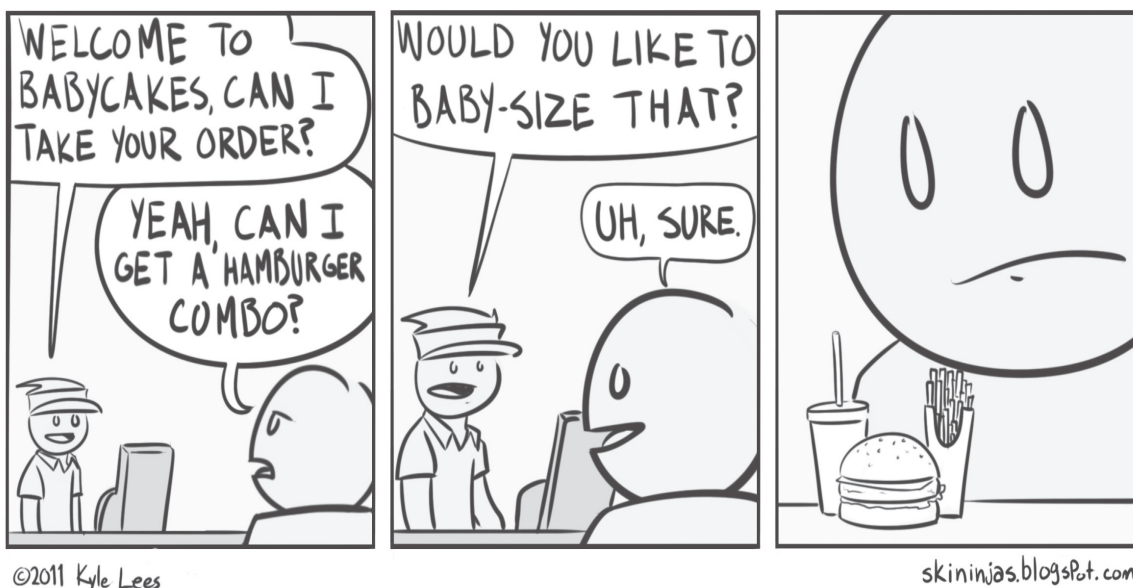
Contest open to everyone 19 and older, even if you don't smoke.



Noble Sloth Manifesto By Libby Hopkinson



Ski Ninjas By Kyle Lees (The Argus, CUP)



Get behind the scenes at Nexus

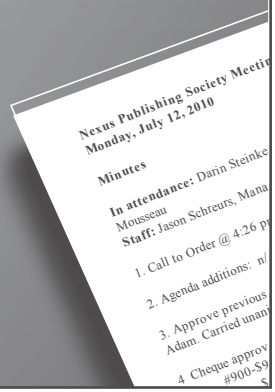
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Maude Hunters is on Facebook

eye on campus

by Dylan Wilks

SATURDAY, OCTOBER 8

Quoia Wildside Release Party

Radio Contact Productions and Max Power are presenting the release of local folk-rock group Quoia's latest album, *Wildside*, and they're taking over Canoe Brewpub to do it. The same organizers who brought you the Tall Tree Music Festival and Song and Surf are promising an epic party for just 200 attendees. Featuring performances by Quoia, as well as Carmanah, DJ Nigel, and Neon Steve, and an art show by Christian Geissler. Tickets are \$20 and include getting a copy of *Wildside*, and can be purchased at Coastline Sports (1417 Broad) and Higher Ground (760 Yates). Check out www.radio-contact.ca for more details.

WEDNESDAY, OCTOBER 12

Presentation on African student initiative

Former Camosun College student Isaiah Archer will be giving a talk, *Education for Girls in Ghana: A Student's Life-changing Initiative*, at 1:30 pm in Wilna Thomas 202, Lansdowne. Archer was co-chair of the college's African Awareness Committee in 2010-2011 where he initiated an education fund to support girls to attend the Human Factor Leadership Academy in Ghana, and he recently received the 2011 leadership in African awareness award. Archer also won the 2011 social sciences award for outstanding student and the 2011 indigenization essay award. Email adufebir@camosun.bc.ca for more information.

SATURDAY, OCTOBER 15

Pulp Fiction quote-along

Do you know what Marsellus Wallace looks like? The Victoria Film

Festival's second quote-along film of the fall season is Quentin Tarantino's modern classic *Pulp Fiction*. If you know what they call a Big Mac in France and like to quote scripture, the recently resurrected Vic Theatre is where you'll want to be on Saturday, October 15. Attendees must be 19 or older, tickets are \$10, show starts at 8 pm (doors at 7), and prizes will awarded for the best costumes.

SUNDAY, OCTOBER 16 UNTIL

SUNDAY, NOVEMBER 20

Improv classes

Fans of spontaneity, people interested in trying something new, and those who wish to fine-tune their evolving improvisational skills need look no farther than public classes with Dave Morris, pick of the Fringe Festival winner for best comedy performer. Two different levels of classes are available: level one for beginners and level two for experienced improvisers. Both classes are on Sundays and run for six weeks. Check out davemorrisa.com or email storyteller@davemorrisa.com for more info.

THURSDAY, OCTOBER 20

Campus-wide info session

A lot's going on at Camosun College, so if you're interested in learning more about any of Camosun's 100+ programs, a campus info session is the place to do it. Program instructors are available to explain what kind of courses you would take in different programs, what kind of prerequisites would be required, costs, and what the job market looks like after graduation. Check out camosun.ca/learn/infosessions for more info and to help make sense of this smorgasbord of helpful postsecondary-related information, something we can always use.

local, live, and loud

by Adam Price



PHOTO PROVIDED

Hopefully Rise Against won't be this sad when they hit town on October 11.

SATURDAY, OCTOBER 8

The Moody Blues

SAVE-ON-FOODS MEMORIAL ARENA, \$89, 8 PM
The Moody Blues, who are currently on a cross-Canada tour, will be stopping in Victoria to grace us with their rock-legend status. This show is a great early gift idea for dad (hint hint). For what holiday, you ask? Doesn't matter, just buy him the tickets!

TUESDAY, OCTOBER 11

Rise Against, Flogging Molly, The Black Pacific

SAVE-ON-FOODS MEMORIAL ARENA, \$43, 6:30 PM
Melodic hardcore band Rise Against are returning to the Memorial Arena with folk punkers Flogging Molly and The Black Pacific, who are ex-Pennywise. Remember Pennywise? No? Hello?

TUESDAY, OCTOBER, 11TH

Professor Gall, Fawn and Weasel

The Solstice Café, \$5, 7 pm
Steampunk jazz. I'm just going to let that sit with you for a moment... steampunk jazz. Professor Gall is a clanky whirring jazz outfit from Portland, Oregon that

comes highly regarded in their, uh... field? They've been featured in the *Seattle Arts Magazine* as the Oregon Representative of the National Steampunk Movement. Sounds like unorthodox fun.

SATURDAY, OCTOBER 15

Star, Gluke Maynard, Monkey Wrench, Comrade Black, StaB David Distaster, Huldufolk, Beatrix Mooney

FORT STREET CAFE, \$5-\$10 DONATION, 7 PM
Benefit gig for VIC FAN/Wild Coast legal defense fund. Live music and spoken word by local environmentalists. All ages, with all funds going to VIC FAN to support their efforts to protect natural spaces from business interests.

SATURDAY, OCTOBER 15

The Matadors, The Preying Saints, Butch Haller

LUCKY BAR, \$10, 8 PM
Canadian horrorbilly/psychobilly kings are in town with the Preying Saints and Butch Haller for a night not unlike an undead version of Elvis Presley. If you like The Cramps or Necromantix, this night is for you.



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