

DEMOCRACY IN ACTION



**FEDERAL
BY-ELECTION
PRIMER** **PAGE 3**

**ANTI-PIPELINE
PROTEST RECAP**
PAGE 4



MMA FIGHTERS FIGHT CRITICISMS **PAGE 5**

**ART SHOW CONTEXTUALIZES
PLACE** **PAGE 10**



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NEXUS

camosun's student voice since 1990

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Phone: 250-370-3591

Email: editor@nexusnewspaper.com

Website: nexusnewspaper.com

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NEXUS PUBLISHING SOCIETY

STUDENT BOARD MEMBERS

Nicole Beneteau
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Kate Masters
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EDITORIAL ASSISTANTS

Lucas Milroy
Marielle Moodley

ADVERTISING SALES

Jason Schreurs
250-370-3593
Campus Plus (national)
1-800-265-5372

DISTRIBUTION

Sid Mehra

CONTRIBUTORS

Pedro Banman
Nicole Beneteau
Ryan Brezzi
Lucas Dahl
Dan Darling
Marina Glassford
Patrick Hallihan
Libby Hopkinson
Nickolas Joy
Madeline Keller-MacLeod
Insu Kim
Kate Masters
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COVER PHOTOS:
Protest: Lucas Milroy/*Nexus*
Mixed martial arts: Marielle Moodley/*Nexus*
Art show: *Fishing Adventure* by Edward Joe

editor's letter

Politics and cheap thrills

We had a pretty fun issue last time around, focusing on all things spooky and celebrating the scary side of Halloween. But now it's back to business as usual, in a big way.

Staff writer Lucas Milroy dives deep into the electoral process here on page 3, profiling local politicians so students can decide for themselves who they'll vote for when they hit the polling stations (you do do that, right?). Flip it over to page 4 and Milroy describes what he saw at a recent anti-pipeline rally; his great photos help paint the picture.

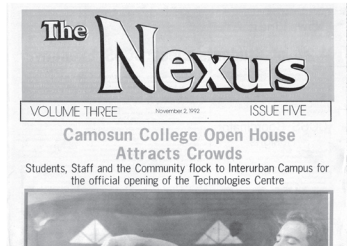
Milroy also takes a logical look at the recent Amanda Todd tragedy and concludes that things just aren't quite adding up; check out his opinion piece here on page 2. And staff writer Marielle Moodley examines the lives of international students, the hardships and trials they go through, and finds out how they end up coping with the help of a Camosun service, over on page 8.

There's still some remnants of Halloween fun to be had, though: contributing writer Nick Joy talks to a real-life ghostbuster on page 6, and back in the arts section there's a death metal band that worships at the altar of Lovecraft and a local KISS tribute band. If that's not scary enough for you, how about this: our fashion expert Kate Masters explores the realm of men's fashion over on page 7. Hold on tight: the thrills aren't done.

-Greg Pratt, editor-in-chief

flashback

20 years ago in Nexus



They were complaining 20 years ago, too: An opinion piece in our November 2, 1992 issue declared that discrimination against white males had begun in full force and said that, indeed, in five years the poor white male would be a "target group." Right.

Oh my: In this column last issue, we reported on the two-decade-old exploits of one Eugene Evans, who had been taken off his duties at the Camosun College Student Society (CCSS) and was trying to run again for the same position (director of campus communications) by getting around some CCSS policies regarding who can run in the elections. Well, cut to two weeks later, and Evans called student council members and candidates "the dyke brigade" at an election speech at Interurban. Evans did clarify during his speech, however, that "they were, in fact, not dykes," according to the article. Evans did not get re-elected.

The future is here: We asked students in our *Speak Up* column what Camosun would look like in 20 years time. How did the predictions work out? Well, is driving to school banned? Is college cheaper than university? Is it really crowded? No, no, and generally speaking, no. But one student's words ring true: "I think students here need to realize just how lucky they are," said Panduan Wijaya, comparing his experience here to other places in the world. True then, true now.

letters

Rites of passage are used to prepare and test an individual's ability to deal with issues they will face as an adult in their society. Saying that slutty costumes are a rite of passage (Slutty costumes? Yes, please, October 17 issue) is implying that women need to build their skills in being sluts because that is what they will face as adults. The problem with Halloween costumes

for women is not whether or not to purchase a sexy costume, but rather that sexy costumes are in large part the only costume marketed to women, and increasingly marketed toward younger and younger women, which is worrisome. If you want to dress in a slutty costume, as defined by our society, then do so. But we should not be made to feel like this is the expectation.

DAPHNE SHAED
CAMOSUN STUDENT

eyed on campus

Horrorfying Lansdowne



MARIELLE MOODLEY/*NEXUS*

Students dancing for an on-campus *Rocky Horror Picture Show* pub night.

See something interesting on campus? Snap a picture of it and send it to editor@nexusnewspaper.com and we just might print it!

open space

Entertainment industry stifles

MARIELLE MOODLEY
STAFF WRITER

So often I see people shying away from things because they think they aren't good enough to show their skills in public. This is a tragedy, and it's the fault of the entertainment industry.

Whether it's playing sports, dancing, singing, wearing certain clothing, having their photo taken, or presenting something they have created, people stifle their self-expression because of the impossibly high standard that has been set by television, movies, and advertisements.

Why do you hear about people singing in shower, but never in public? Singing is a release of self-expression; it's therapeutic and it releases emotions. Many people feel embarrassed to sing in public because they can't hit the same eight-octave scale as Mariah Carey. But push that embarrassment aside: singing in public can liberate a person, and whether they are trained, naturally gifted, or tone deaf, someone will appreciate their sincerity.

What about looks? A lot of the people we see in the entertainment

industry have huge plastic surgery bills and a team of people helping them sculpt their bodies. These perfectly chiseled figures that are projected as desirable are either unhealthy, unrealistic, or completely unattainable, depending on the severity. As human beings we all have the right to feel comfortable in our own skin and express our bodies how we like, no matter what shape or size we are.

Dancing is an amazing form of expression; it can come naturally to a person if they just let go of their bodily inhibitions. Not everyone is going to get the Macarena right on the first try, but if you let your body move to the rhythm, you'll feel good and look good to people who can truly appreciate it.

Industry standards should not determine whether or not a person is photogenic. Industry standards should not determine if a person has singing talent or dancing skills. Industry talent should not determine whether or not a person has an attractive body.

Sing. Dance. Be creative. Love yourself. Don't let anyone make you feel like you can't.

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

SPEAK UP

If you could speak a foreign language, what would it be and why?

BY MARIELLE MOODLEY



DEVON CUZNER

"Swedish, because my dad is Swedish and when I go there I want to get closer to my heritage."



JOCELYN JONES

"French, because it can help me communicate effectively all over Canada and it's the basis for other romance languages."



CHANTAL BRAJKOVIC

"Italian, because I've been to Italy, I love it, and I want to go back and be able to fit in with the locals."



MARIA MORRISON

"Mandarin, because for me it's completely random, unexpected of me, and I think it would be complex to learn."



ALEX FROHLICH

"Japanese, because I want to experience the fast-paced environment of Japan and become enriched with their culture."



DOUGLAS ENG

"Cantonese, because I'm a Chinese immigrant and can't speak my own language, and I want to be able to communicate with my elders better."

politics

Federal by-election looms, candidates weigh in

THE CANDIDATES:

Donald Galloway - Green

Murray Rankin - NDP



STEVEN DENGLER

Dale Gann - Conservative

Paul Summerville - Liberal

LUCAS MILROY
STAFF WRITER

A federal by-election will be held on November 26 as a result of current MP Denise Savoie resigning due to health complications. This has left a relatively short time for candidates to prepare for their chance to go to Ottawa and represent Victoria on a national scale.

To help students make sense of the by-election, *Nexus* caught up with candidates and spoke with them about a few key issues.

There are four candidates, one for each major party.

The Conservative candidate is Dale Gann (who did not respond to requests to be in this story), a Victorian who has spent his career building up Victoria's high-tech industry. Gann is currently president of the University of Victoria's Vancouver Island Technology Park and the

Marine Technology Centre.

Representing the New Democratic Party (the Conservatives' official opposition in Ottawa) is Murray Rankin. Rankin is a law professor at UVic, where he still teaches as an adjunct professor, and is recognized for his work in environmental and public law.

Fronting the Liberal party in Victoria is adjunct professor at UVic's Peter Gustavson School of Business Paul Summerville. He has worked for several large investment banks throughout Canada, and runs a blog that provides discussion about public policy issues.

The Green Party of Canada has nominated Donald Galloway, a professor of law at UVic, as their candidate. Galloway focuses on immigration and citizenship law as well as tort law. Galloway has testified as an expert before the House of

Commons and Senate committees, and is the founding president of the Association of Refugee and Forced Migration Studies.

While there are many issues to be discussed in this election, a key one regards raw sewage being pumped into the Juan de Fuca Strait.

Rankin says that he is open to learn more, but also points out that the law says we have to implement the sewage treatment plant, estimated to cost about \$1.43 billion.

"As to whether it is necessary... It has been ordered by the government, I'm not sure what people think should be done in the face of a government order," says Rankin. "I don't accept the premise that we can just ignore it."

On the other hand, Summerville and Galloway are opposed to the idea of immediately building the

plant. Galloway urges for further investigation, while Summerville is opposed to the idea altogether, citing that it goes against what scientists are saying and that it will use up all federal and provincial infrastructure money.

"The science doesn't support the building of this plant, and therefore it is a gross waste of public funds to build this plant," says Summerville. "If we have the science to support it, then it would be good for the environment, good for society, and good for the economy. But if the science doesn't support it, then it is bad for the environment, bad for society, and bad for the economy."

Another important issue in the Victoria by-election is the proposed pipeline set to be going through northern BC that would ship raw bitumen oil to China. All three of the candidates that we spoke to

express strong opposition to this, for reasons such as environmental impact (both immediate and future) and out of respect for Aboriginal territory, which large amounts of the pipeline will be going through. However, one candidate, Galloway, also brought to light the issue of Canadian sovereignty and security that Canadians face if the Canada-China Trade Treaty, a motivating factor for the Conservatives to build the pipeline in the first place, goes through.

"We are selling it to state companies that are not driven by the market, but are driven by national political issues," says Galloway. "The new investment treaty with China is a really important factor to focus on because it is a possibility that if the pipeline isn't built that we may owe a huge damage award to China."

NEXUS

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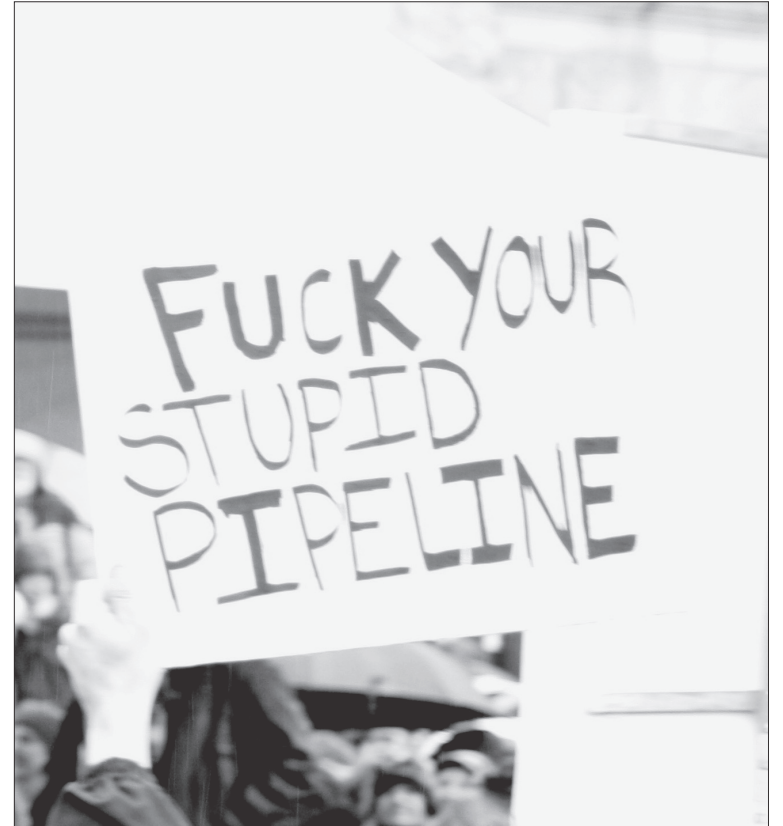
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politics

Anti-pipeline rally raises awareness through peace



Raging grannies, raging signholders, and a large crowd made a recent anti-pipeline rally an event to remember.

PHOTOS BY LUCAS MILROY/NEXUS

LUCAS MILROY
STAFF WRITER

On October 22, thousands of opponents of pipelines, tar sands, and oil tankers gathered together at the Legislature in an act of civil resistance dubbed Save our Coast.

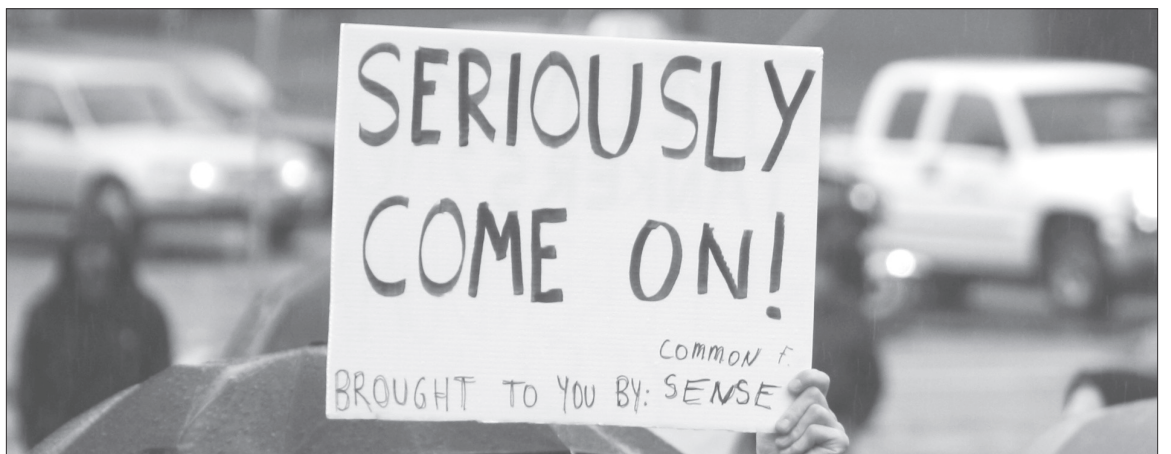
The day was filled with inspired speeches, live music, enlightening discussions, and a sense of camaraderie that seemed to cover the crowd. People from all walks of life were present at the event: politicians, Aboriginal leaders, grannies, toddlers, students...

While one of the major objections to the proposed Enbridge pipeline is the environmental damage it could cause, there was also a distinct focus on indigenous land rights at Save our Coast.

Green party leader Elizabeth May also brought to light the negative repercussions of the Canada-China Investment Treaty, with regards to such things as the right for China to be able to claim damages over Canadian laws, and how we may even be restricted on the use of our own resources.

The event officially started at 11 am on that day, but movements have been happening since then, with advocates of the cause across Canada rallying outside the offices of their local MLAs. Social media also played a large role in spreading awareness, and the event even became the number-one trend on Twitter for a period.

One important goal of the event was an emphasis on it being a peaceful resistance, and, through the cooperation of protesters and the support of local police, this, regardless of whether or not the pipeline gets built, was a success.



NEWS BRIEFS

UVSS supports plan for students

The University of Victoria Students' Society has come out in support of a new plan put forth by the Research Universities' Council of British Columbia. It was delivered to the Government's Standing Committee on Finance and Government Services on October 18. The three-point plan argues that there needs to be more spaces for students, improved access to postsecondary education through initiatives such as an up-front needs-based grants program, and guaranteed funding that would match federal dollars for research initiatives at BC postsecondary institutions.

Golfers grab silver

The Camosun College golf team did it again. If you're wondering what "it" is, fear not, as you're about to have your socks blown off by way of mad pride. The Chargers

have successfully acquired the silver medal in this year's Canadian Colleges Athletic Association golf season. The final tournament was held in Oshawa, Ontario, home of the fierce Durham Lords. After a rough start to the tournament, finishing the first day in seventh place, Camosun charged forward and were able to finish only behind the Humber College Hawks, who are now the reigning champions four times over. The whole Camosun team came together for this success, however one cannot ignore Jarred Callbeck's inspirational showing on day two, shooting the second lowest score of the day (for all you for all you pointy-headed intellectuals, low is good), that indubitably helped the Chargers sequester the silver.

Crush organizers crushed

The Liquor Control and Licensing Branch (LCLB) recently announced a ruling that prohibits the

auction of any bottles of wine that have not been directly purchased through the LCLB. This ruling is having negative consequences on many charities that auction off bottles of wine. One such charity is the Belfry Theatre's fine wine auction, Crush. They've had to cancel the event, which received donations of fine wines from private donors, and has had no problems operating for the past two years. "Our many volunteers, sponsors and donors have been working for months to realize this event," said Sherri Bird, chair of the fundraising committee for the Belfry, in a press release. "The LCLB approved our past two events without incident."

Justice served?

About a decade back, Algerian Ahmed Ressay was caught with a trunk full of explosives when coming off of a ferry from Victoria; his plan was to bomb the Los Angeles airport. He has recently been sen-

tenced to spend 37 years in prison. Ressay, who had trained with internationally recognized terrorist organization al-Qaeda in Afghanistan, was caught in Coho, Washington. Since this was a pre-9/11 occurrence, Ressay will not face as harsh a sentence as someone would if they were to do the same thing today. If he were caught today, he would be charged with carrying a weapon of mass destruction, which can lead to a life in prison.

Modern economic strategies

Hey, virgins, here's the inside scoop on how you can make some quickcash. By simply selling your virginity online, you could make hundreds of thousands of dollars! This is exactly what 20-year-old Brazilian physical education student Catarina Migliorini has done. By auctioning off her virginity to a Japanese man, she has made \$780,000, which she reportedly intends to

give a small portion of to help her hometown of Santa Catarina. When accused of prostitution, she said that "if you only do it once in your life then you are not a prostitute, just like if you take one amazing photograph it does not automatically make you a photographer," *The Daily Mail* reported. And men, this is equal-opportunity weirdness: a male virgin did the same thing and made a comparably small but still rather whopping \$3,000.

-LUCAS MILROY

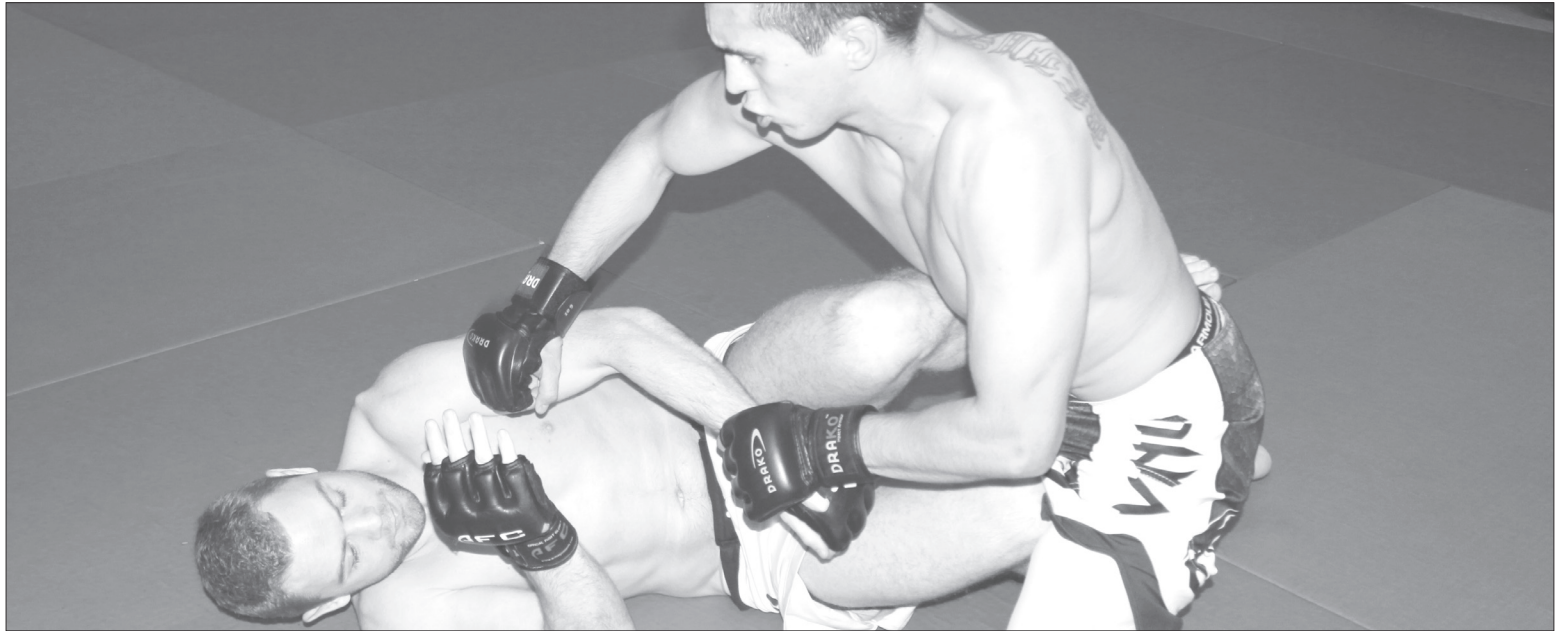
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sports

MMA fights criticisms, continues to grow

“The drama that fighters and spectators can encourage cheapens the sport and can give us all a bad reputation.”

JASON HEIT
AGGRESSION FIGHTING
CHAMPIONSHIPS



MARIELLE MOODLEY/NEXUS

Tristen Connelly and Dillon Brown of Island MMA in action.

MARIELLE MOODLEY
STAFF WRITER

Mixed martial arts (MMA) is a combination of boxing, Muay Thai, wrestling, and Brazilian Ju Jitsu with its own unique set of rules. MMA started as a competition to see which of those sports was the best, but quickly turned into its own sport entirely.

But while the popularity of MMA is increasing rapidly, so are the criticisms against it. People say it's too violent and insiders are guilty of creating controversy to sell events.

Jason Heit, a local MMA veteran, is a trainer and competitor; he also runs the Aggression Fighting Championships (AFC). Heit sees the positive impact that the sport has on people.

“I believe that people need an outlet for aggression, whether it's painting, getting in a cage and training, or just going to the gym and hitting a heavy bag,” he says. “I need that outlet in my life, and find that mixed martial arts improves my quality of life.”

Heit notes that when people have outlets for aggression they are more calm, patient, focused, and productive. He does feel, however, that certain promotions try to exploit controversy between the competitors in order to create emotional appeal. He notes that the promoters will ask loaded questions to the competitors with intention of creating tension that doesn't even need to exist in the first place.

“Unfortunately the violent stigma that comes along these promo-

tions can stick with all mixed martial arts organizations,” says Heit, “but I personally think that the drama that fighters and spectators can encourage cheapens the sport and can give us all a bad reputation.”

When Heit was on the Canadian National Boxing Team, he felt the glory and was in an honourable position representing his country. He says that being an MMA athlete is not the same, because of the stigma surrounding MMA.

Aggression Fighting Championship commentator and Island MMA manager Keith Nadasen doesn't understand why this stigma sticks, considering the statistics.

“In boxing, there is a standing eight count when someone is down and injured, whereas in MMA when the fighters get injured badly, the

fight is stopped. There is way less of a chance of a head injury in MMA than in boxing.”

Nadasen supports the zero tolerance against violence rules that many MMA clubs enforce in Victoria. He explains that when fighters use their skills out of the ring—not for competition but to create problems—they can be suspended or even kicked out of their club, depending on the severity of the situation.

“The AFC doesn't tolerate petty behaviour from its contestants,” says Nadasen. “We've suspended a fighter for throwing his opponent out of the ring, and on another occasion took a fighter off of the roster for mouthing off his opponent at the weigh-ins.”

Dillon Brown, an Aggression

Fighting Championship competitor in the upcoming fights on November 3, says his life is moving forward in a positive direction, and MMA training is giving him the discipline to achieve his goals.

“Since I've been a MMA competitor I've become much more humble,” he says. “The toughest and best fighters are usually the most humble, and discipline themselves to fight for competition. This is a sport that we're all trying to improve in, so I really don't condone getting into people's faces and creating problems.”

AFC 13: Natural Selection
November 3, 7 pm
Bear Mountain Arena,
\$43.25-\$123.25
aggressionfc.com

exhibit

Human Library helps us understand each other

“Through these kinds of dialogues we can break down a lot of those assumptions that may be associated with that particular cultural identity or sociopolitical group.”

TANIA MUIR
ART GALLERY OF GREATER
VICTORIA

MARINA GLASSFORD
CONTRIBUTING WRITER

At one point or another we all wonder how other people live. Whether it be a cop, a graffiti artist, or a prostitute, we're all curious as to what others' lives are like. The Human Library, taking place at the Art

Gallery of Greater Victoria, allows us to glimpse into the lives of others and see a different perspective on being. In the Human Library, the “books” are actually people.

“The concept can be applicable to different kinds of situations; with ours in particular we wanted to focus on the diversity of the Victoria community and accessing people who you may not encounter in your day-to-day life,” says Tania Muir, coordinator of The Human Library. “There are going to be some books from the homeless community, and PEERS, which is the prostitute empowerment resource centre.”

The exhibition offers up self-portraits of a different sense. Instead of being hung on a wall and analyzed, these are real people sharing their experiences and stories in one-on-one conversations. The idea is to open our eyes to alternate views and reconsider stereotypes by connecting a life to the judgment, therefore personalizing it.

“Just having that chance to sit down and pose any questions that may have arisen... many of the people live their lives with different types of social or cultural stereotypes. Through these kinds

of dialogues we can break down a lot of those assumptions that may be associated with that particular cultural identity or sociopolitical group,” says Muir.

The Human Library will be running in conjunction with the gallery's *Beyond Likeness* exhibition, which explores human portraiture and challenges visitors to assess their views of others and question how they would choose to project their own identity. Where portraits are left up to interpretation, the “books” in the Human Library are able to explain their character in an open space to question and learn.

“How do we represent identity? What kind of stereotypes and assumptions are they around different types of identities and personas? A lot of the artists in this exhibition are playing with those different ideas and kind of unpacking them; finding different ways to represent identity,” explains Muir. “These individuals within our community will provide service portraits representing types of communities and different ways that they choose to represent themselves and also stereotypes that are imposed upon them; you'll see many of the artists



PHOTO PROVIDED

In the Human Library, people become the books.

explore those ideas, too. “

By having a conversation with a member of the community who might not be approachable or available in natural settings our eyes are opened to new ways of existing, according to Muir. With a variety of “books” to choose from, a great amount of knowledge will be shared.

“We do have an urban plan-

ner, we have a Zen monk, a graffiti artist,” says Muir, “and a Muslim artist who is constantly combating questions about their response to 9/11.”

The Human Library
November 3, 1-4 pm
Art Gallery of Greater Victoria,
free but reservation required
aggv.ca

supernatural

O'Kanese deals with the dead for Victorians



PHOTO PROVIDED

Isabele O'Kanese does tarot readings and spiritual house cleansings.

“Sometimes people who have passed on don't realize that they're dead, so you have to have a conversation with them.”

ISABELE O'KANESE
LOCAL MEDIUM

NICKOLAS JOY
CONTRIBUTING WRITER

Victoria has been known as one of the most haunted places in Canada, but it doesn't have to be like that.

Isabele O'Kanese is a native seer who aids people in their spiritual plights. O'Kanese, who is of the Oji-Cree nation, helps people with their haunts by doing tarot readings, psychometry, pet readings, and mediumship for spiritual house cleanings.

“I think the number one thing

is to take care of [a haunting] right away, don't go through the mind games of calling yourself crazy, or waiting to see if others will accept the fact that your home may be haunted,” advises O'Kanese. “In my culture elders say if you even hear a knock at the door, or a knock in your room, you smudge the house or you say a prayer.”

O'Kanese has been communicating with spirits since she was a child. Her earliest memories are of playing and speaking with spirits and helping them return to the

spirit world, but she wasn't always supported in doing so, and was even mocked for her clairvoyance. This inspired O'Kanese to use these abilities to help people who feel they are being haunted.

Many of the techniques O'Kanese uses and teaches in her workshops are directed towards encouraging positive energy while discouraging negative energy, and to help lost spirits find their way out of a person's house and towards their next world.

“Sometimes people who have

passed on don't realize that they're dead, so you have to have a conversation with them,” she explains, “and that's where it's good to get a medium like myself, or any other medium, to help push the ghost and say, ‘Hey, there is a better place for you and you can go on.’”

Having a medium come clean your home can be costly and some may find themselves stuck in a haunted house and living in fear but unable to afford to do anything about it. This is one of the reasons that O'Kanese recently put

on a Ghostbusting 101 workshop at the Intuitive Arts Festival, held in Victoria.

The workshop was an affordable way for people to further their understanding on what their hauntings might be and receive tips from O'Kanese on dealing with the dead.

“Ghosts are like people, they just don't understand,” she says. “They're scared, like a child going to kindergarten for the first time. It's okay, you can move on to the next level.”

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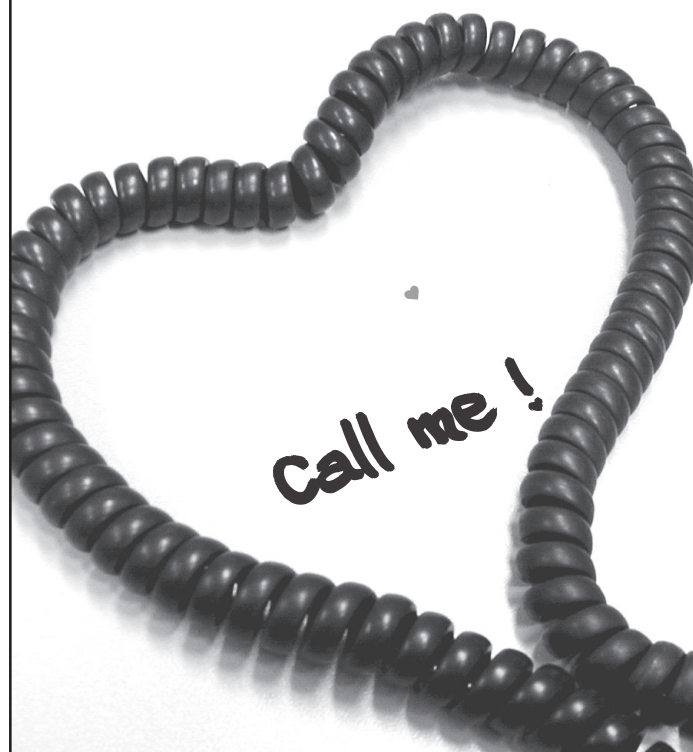
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NEXUS

style

How to stay a fashionable man in Victoria



PHOTOS BY KATE MASTERS/NEXUS

Men can look fashionable, too, you know. Here are a few examples of what to wear to get there.

KATE MASTERS
CONTRIBUTING WRITER

Fashion is often considered a feminine pastime, but a man who can creatively style his duds is something to be appreciated. The popular saying “when you look good, you feel good” doesn’t just apply to weight loss, makeover shows, and women. Men should also embrace that saying and apply it to how they dress.

“You live in Victoria, it’s not a high fashion capital, but also it’s not the middle of nowhere. You can wear something nice and not feel like a dork about it,” says Jordan Stout, manager and assistant buyer at Still Life for Him and Her. “Victoria is a cool, weird, eclectic city, as well as a Euro-English feeling city, so dressing decent doesn’t look out of place.”

In Victoria, men’s fashion trends reflect the temperate climate. Pacific Northwest styling inspired by outdoor adventure has heavily influenced Victoria’s fashion scene.

“It’s been a trend in menswear for a while, this adventure- and worker-inspired look from the mid-century,” says Stout. “Back to basics is a big look.”

Currently, men’s fashion is all about investment pieces. In the span of two years, buying a pair of \$200 jeans is a better investment than having to continually replace cheap jeans.

“A lot of guys aren’t shopping as frequently as they

use to, or as much as girls do, but they’re buying better stuff,” says Stout.

Another focus is fit. Sure, a guy can look beautiful and have the features of a rugged, chiselled hunk, but if he’s wearing ill-fitting, cheap jeans and a XXL shirt when it should only be L, he’s not doing himself any favours.

“The first way a guy can look unflattering or not himself is by having poorly fitting clothes,” says Stout. “If it’s a small, tiny guy and something is too big for him, it’s going to make him look smaller and sicklier. You lose all definition and shape if you’re sized too big.”

Since menswear stores in Victoria are generally in the mid-to-high price point, Stout recommends students on a budget peruse thrift shops and second-hand stores and have a trusted tailor to fit the clothes perfectly to their body.

“If you find a blazer at Value Village for \$20 and it looks almost right, take it to a tailor,” says Stout. “For \$20–30 you’ll have it fit perfectly. If you bought the blazer new it would probably cost \$200.”

Just remember, men have it pretty simple compared to their female counterparts.

“Men’s fashion is pretty straightforward,” says Stout. “It’s men’s clothing, it’s literally just T-shirts, shirts, sweaters, pants, boots, socks... It’s not as complicated as women’s fashion.”



Five Victoria essentials for men

A good pair of jeans

Men can wear a nice pair of jeans almost anywhere in the city and not feel underdressed. Ideally choose a dark wash and raw denim (not washed out). “Raw denim looks better every time you wear them,” says Still Life for Him and Her manager and assistant buyer Jordan Stout.

Waxed canvas jacket

Avoid the Gortex-style rain jackets and opt for a nice wax-finished canvas or cotton jacket. The water will just shed right off!

Knitwear

Instead of staying warm in a generic hoodie, try a well-fitted sweater.

Multipurpose footwear

Whether it’s boots or leather sneakers, make sure the quality is high so you can wear them to dinner, work, or going out with your buddies.

Tote bag or backpack

A good bag is essential to keep all of your belongings safe. Search around for a good quality canvas or leather backpack, instead of buying an average Roxy or Billabong backpack.



students

International students struggle with cultural challenges

“People here even thank the bus driver, which I find really funny.”

BIANCA WALTER
CAMOSUN STUDENT

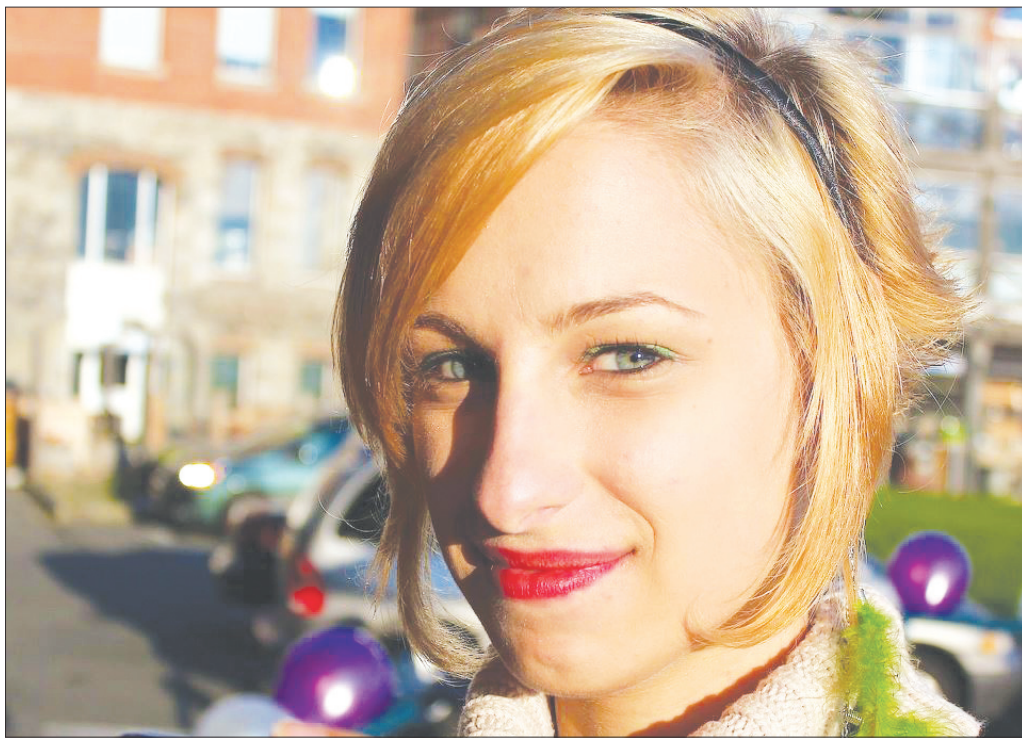


PHOTO PROVIDED

Bianca Walter came from Germany to study at Camosun.

“In Canada people are expected to participate and have their own views, and that might not be the same in international students’ mother countries.”

MARIUS LANGLAND
CAMOSUN PEER
CONNECTIONS

MARIELLE MOODLEY
STAFF WRITER

Sure, being a postsecondary student has its difficulties. But just imagine how difficult it can be to be in foreign land as a postsecondary student. Camosun College currently has over 600 international students from over 45 countries with numbers continuing to rise. And as those students know, it’s not always easy transitioning to life in Canada.

Just ask Bianca Walter, who came over from Germany to study at the college. Even though Walter has been warmly welcomed here in Victoria and at Camosun, there are still some important things that she misses from home. It’s a struggle any international students face once they realize how far away home actually is.

“The thing I miss the most from Germany is the bread and butter we have there,” she says. “The margarine here is salty and not like the butter we have back home. There is a German bakery in Duncan that I love getting bread from, but it’s a journey to get there.”

Walter learned a fair amount of English in Germany but she still sometimes has difficulty understanding her fellow students due to fast talking and slang that she doesn’t understand.

“Sometimes I don’t understand why Canadian people do the things

they do or how they do them. I think it must be a cultural thing,” she says. “It’s great, though, because I feel comfortable telling people when I don’t understand them and learn more that way.”

A Deutschlander’s experience

One of the big things that Walter noticed about her new Canadian surroundings was something positive. She saw how nice people were.

“I was amazed at how friendly people are here,” she says. “They smile more, are polite, and even thank the bus driver, which I find really funny. At first I thought it was all superficial, but have soon come to realize that people here are genuinely very nice and caring.”

Walter is very thankful that she went to international students’ orientation day at the college in early September because that’s where she was introduced to most of the friends she spends time with today, as well as Peer Connections. She soon became a volunteer for the program.

To help aid international students during their time in Victoria and at Camosun College, the college provides students with Peer Connections. The program helps international students with living in a new culture, feeling homesick,

adjusting to college life, language barriers, frustration, loneliness, and more.

“I’ve learned how to support our fellow peers,” says Walter about the program. “I am consistently being trained on how to help the cultural and emotional transition for my peers, and it feels great to be able to support one another.”

Connecting with peers

Marius Langland has been involved with Peer Connections since he came to Victoria as an international student two years ago. Like Walters, Langland heard about Peer Connections at the international students’ orientation.

“The international orientation is so important for new students to integrate into Camosun College,” he says. “Peer Connections usually has a panel of volunteers who speak about why they came to Camosun College, what some of the challenges are that they have faced, and how they are dealing with their integration.”

From Langland’s first encounter with Peer Connections he knew he wanted to be a part of the program. Langland soon became a student coordinator, along with three other coordinators out of the group’s 35–40 members.

“The language barrier can be

huge and cause difficulties for international students at Camosun,” says Langland. “There are six levels of the English Language Development (ELD) class so there are a lot of mixed-level students, which can make it difficult.”

Langland explains that it’s difficult for some international students when they transition from their ELD classes to regular Canadian college classes. He says teachers need to be more aware of what it’s like to be an international student in a Canadian class.

“Instructors can help by encouraging students to participate,” says Langland. “In Canada people are expected to participate and have their own views, and that might not be the same in international students’ mother countries.”

Langland explains that in many countries postsecondary education is teacher-centered, but at Camosun the education is more student-centered.

“Some international students need to step out of their comfort zone because they aren’t home and if we can prepare them for what the education model is like here, then they can have a really enriching experience,” he says.

Langland says that international students face many challenges, like adapting to the language, culture, and food. Simple things that

people take for granted can be a huge struggle.

“When I came to Canada I didn’t know I had to pay \$2.50 for the bus and had no idea what a transfer was,” says Langland. “If you break it down, there is potential for a lot of things to go wrong. At Peer Connections we talk about these things, share stories, give support, and point out other resources.”

The program also has guest speakers come in to help teach about being a better listener, personal boundaries, cultural differences, dealing with culture shock, and more.

“We’ve learned the skills to identify when something is wrong and what clues and signs to look out for,” say Langland. “We are able to deal with cultural sensitivities, and help as much as we can, unless we feel that they need to speak with a counselor.”

Langland has noticed significant improvement in each batch of international students that get involved with Peer Connections and feels that it’s a great growing experience for the students involved.

“At first when new students get involved with Peer Connections they seem a bit intimidated, or shy, or reserved,” says Langland. “By the end of the semester many subtle changes have happened and they’ve evolved and grown noticeably.”



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Nexus Newspaper WORKSHOP

Jason Schreurs and Greg Pratt, the editors of Camosun College's student newspaper *Nexus*, will share their insights about writing for print publications and talk about the ups and downs of interviewing.



Jason Schreurs

Jason Schreurs has been with Nexus since 1999, starting as an assistant editor and becoming the managing editor in 2004. He is also a freelance writer, covering music for Exclaim! and Alternative Press and WHL hockey for the Canadian Press. Jason spent this past summer covering a variety of music festivals, including Shambhala in Nelson, Bumbershoot in Seattle and Festival d'ete in Quebec City.

Greg Pratt

Greg Pratt is the editor-in-chief of Nexus and also writes for publications such as Revolver, Exclaim!, Douglas, Urban Male, Snowboard Canada, and Today's Parent. His work has also appeared in Wired, Business Examiner, and American Airlines' in-flight magazine. He's had James Hetfield from Metallica commend his interviewing and his profile of Donnie Wahlberg of the New Kids on the Block for Monday Magazine was anthologized in the Best Music Writing 2010 book.

Thursday, November 15
Fisher 210, 11:30–12:50
www.nexusnewspaper.com

theatre

Good Person of Setzuan contemplates poverty, morals

“If we have money, we can afford to be generous. If we are poor, we all do anything to survive.”

CONRAD ALEXANDROWICZ
GOOD PERSON OF SETZUAN

INSU KIM
CONTRIBUTING WRITER

Poor people can also be good people. *Good Person of Setzuan*, the current production of the University of Victoria's theatre department, is ready to drive that point home.

Conrad Alexandrowicz, the director, writer, and choreographer,

will be bringing the enlightening play (based on Bertolt Brecht's classic work) to audiences in November.

Brecht asks many important questions about a world where economic inequality is prevalent everywhere. In the play, Shen Te, a young prostitute, tries to be a “good person” by giving people food, but she fails because many people take advantage of her.

“The problems we have are based on material circumstance of our lives,” says Alexandrowicz. “If we have money, we can afford to be generous. If we are poor, we all do anything to survive.”

Alexandrowicz says that Brecht claimed that in a monetary system it's impossible for impoverished people to choose whether they become good people or bad people, regardless of their intentions.

“Morality is a luxury that only people who are well off can afford to have,” says Alexandrowicz, “that is the point that Brecht, who was a communist, tried to make.”

Brecht was a firm believer in transforming society and creating revolution so that everybody would have enough to eat, says Alexandrowicz. “They wouldn't need to turn to crime,” he says. “Most crimes are committed by people who are impoverished, marginalized, or non-white.”

Poverty has always been a social problem and isn't going away anytime soon, a reality that *Good Person of Setzuan* tackles head on.

“He wants to make this story contemporary. Then people can think about all the people on Pandora downtown who are homeless and do not have money,” says Alexandrowicz. “It is very easy to lose your home. People live paycheck to paycheck. If something goes wrong, they are on the street.”

Despite the fact that the story of the play is based in China, this is a fictional China that could be anywhere in the world, at any time in history.

“When Brecht wrote this play in 1938–1943, it was very differ-



PHOTO PROVIDED

Conrad Alexandrowicz is bringing *Good Person of Setzuan* to audiences.

ent world then. The Nazis were in power. It was the Second World War and there were mass murders,” says Alexandrowicz. “But I do not think the world is any better now.”

Good Person of Setzuan
November 8-24
UVic Phoenix Theatre
finearts.uvic.ca/theatre/phoenix

culture

Art show gives meaning to place

“I'm trying to create a way for someone to come into the gallery and look at these images and think differently about how they contextualize place.”

SHELBY RICHARDSON
UVIC MALWOOD ART GALLERY



PHOTO PROVIDED

Kank'ulahukw by Francis Dick is part of *Understanding Place in Culture*.

RYAN BREZZI
CONTRIBUTING WRITER

Images inevitably carry with them the artist's meaning; if this meaning is not seen, it is lost. A new art exhibit entitled *Understanding Place in Culture: Serigraphs and the Transmission of Cultural Knowledge* is a collection of indigenous artists' work; the meanings behind the work can help the person viewing them understand the world and everyone's place in it.

Photos of a river or a mountain contain that artist's understanding of their world and how they tie into it. Physical spaces visited in the artists' lives and their cultural roots are contextualized in this new exhibit.

“The images act as a window, opening into different understandings of place,” says curator Shelby Richardson. “Their understanding of that land is intricately tied to cultural continuation and knowledge, and the way in which people interact with the world around them.”

According to Richardson, the

images in the exhibit communicate the true diversity that exists among indigenous individuals who have been treated and portrayed as one entity.

“I have a really hard time blanketing over indigenous people and how they work,” she says. “It's so individual to each community, and each person in the community. I'm just saying that this is a way to look at such things in terms of working together, just as the prints are acting as a window of exchange.”

The unique views of the indigenous artists displayed offer insight into our blanketed views. Audio of the artists' voices is paired with some of the images to bring the viewer the full experience of the spiritual place in which the artist made the piece, so the unique perspectives of the individual indigenous artists who created the works can be fully experienced within the viewer.

“What I'm trying to do in the exhibit is to create windows of ex-

change between different peoples. I'm trying to create a way for someone to come into the gallery and look at these images and think differently about how they contextualize place,” says Richardson.

Housed in the McPherson Library at UVic campus, anyone can go and look at the free exhibit. This intellectual space's identity is being challenged to accept a new way of sharing knowledge other than the traditional way at universities: through books. We have to learn from each other and be creative instead of being stuck in our paradigm of existence, says Richardson.

“You're never going to know everything,” she says. “It's about opening our eyes to different ways of viewing and understanding place.”

Understanding Place in Culture
Until January 28
UVic Maltwood Art Gallery
uvac.uvic.ca

music

KISS tribute kills

GREG PRATT
EDITOR-IN-CHIEF

Lots of stuff went down in Sooke in 1989. Can you even imagine? The mind bends and warps a bit when you even start to put place and time together like that. Here's how what happened in Sooke in 1989 matters today: James Keble and D'Arcy Ladret met.

Who are James Keble and D'Arcy Ladret? Two members of the local KISS tribute band *Dressed to Kill*.

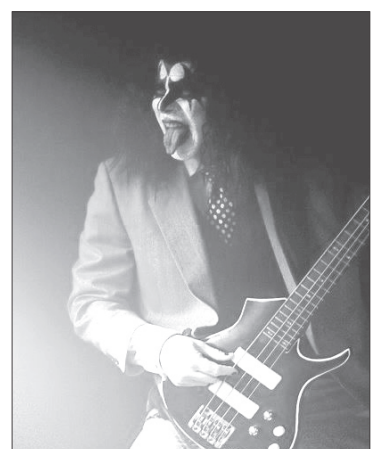
“James and I met in high school when I moved to Sooke in 1989,” says Ladret, who plays KISS bassist Gene Simmons on stage. “I was 13 years old. He introduced me to KISS; he was fanatical. I was more into the Red Hot Chili Peppers, and still am. After about 20 years, he eventually convinced me that I should be Gene Simmons in his KISS tribute, so we formed about one and a half years ago and played our first show on Halloween 2011.”

Fanatical: it's a word that can describe most KISS fans, and a word that would have to be used to describe someone who would go up on a stage and quite literally pretend to be somebody else for an entire concert.

“It's strange,” says Ladret about being somebody else on stage, “very, very strange. I don't mind playing someone else's songs, but dressing up and acting like them is a lot of work.”

Strange but worth it for the fans that get to come out and see *Dressed to Kill*. Considering KISS has never played Victoria, this might be as close as some people get to the long-running rock legends. And for those who aren't KISS fans, Ladret says that we should at least appreciate what they've done for music.

“Music has changed so much



JOHN CARLOW

D'Arcy Ladret as Gene Simmons.

since KISS exploded in the '70s,” he says. “They were so over the top for that time in rock history; I really believe they helped open the door for a lot of bands to let loose, do what they want, play what they want, and dress how they want. Who knows? Lady Gaga might not be around if it wasn't for KISS... hmm, maybe that would have been a good thing (laughs).”

And as for the difference between honouring a band's legacy and honouring their current output, it's clear that Ladret has his preferences. When asked about KISS' just-released new disc, *Monster*, he holds no punches (although he does mention that Keble loves the album).

“Like the Rolling Stones, AC/DC, and Aerosmith, KISS did some great things and have music that will stand the test of time. But there is a day when it should stop and I think KISS shouldn't make any more albums,” he says, before offering up a succinct two-word review of *Monster*: “It sucks.”

Dressed to Kill
October 31
Soprano's, \$10
sopranoskaraoke.ca

review

Trucking book surprisingly powerful image of Canada

GREG PRATT
EDITOR-IN-CHIEF

There is beauty in big rigs, grace in grease, glory in hard work. And all these things are on display in Daniel Francis' gorgeous hardcover book *Trucking in British Columbia*, which is a stunning read for truckers and anyone who appreciates striking visuals.

The book is anchored in amaz-

ing photographs but it also has lots of history to dive into. Going back in time over the past century, it looks at issues relating to working conditions, changes in technology in the trucking business, and the harsh yet beautiful landscape of British Columbia as seen by the eyes of truckers (the mountains and river valleys of BC conspire to make the province one of North America's toughest

regions for truck driving).

And truckers aren't just the dudes who bring your... well, everything to the grocery store. They're the backbone of one of the biggest industries in BC. It's a \$2-billion business with over 20,000 companies and over 50,000 trucks, as the foreword to the book points out. This is no small beans.

And neither are the weather

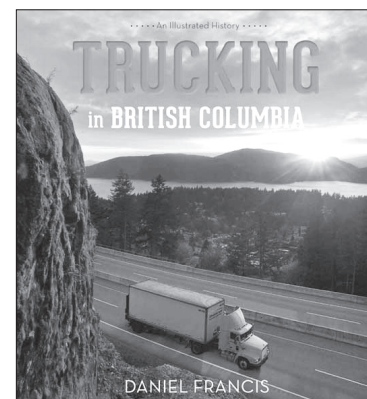
conditions in Canada. Some of the photos literally made my heart race a bit, considering I get frazzled navigating a mall parking lot: windy, wet roads being explored by huge trucks is enough to make anyone's blood pressure spike. Photos of accidents could make the biggest lumberjack have a moment contemplating mortality, while the shots of the logging trucks carrying trees are amazingly

Canadian and, well, just plain amazing (the old shot of a custom-made truck transporting one loong tree down a quiet Vancouver road with a police car leading the way is both quaint and intense).

This book about trucking is the purest vision of Canadian identity that I've seen all year.

While the book's words are gripping, it's the photos that steal the show. Any of the number of full-page or double-page shots of trucks cruising through mountains, windy logging roads, or urban areas (I just drool over those big bridge shots) are amazing, and say so much about Canada. Really, this is the purest vision of Canadian identity that I've seen all year.

And the poem from trucker Charlie Docherty that's reprinted in this book is incredibly moving, which makes sense: the man never got famous as a poet—he never got famous for anything—but quietly wrote words that could move mountains, just like the truckers featured in this book quietly work away holding up the backbone of this country while asking for no fame.



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music

Plants and Animals embrace their Frenchness

“The recording console itself is built from the wood from an old schooner with 1,001 tales from the stormy sea.”

MATTHEW WOODLEY
PLANTS AND ANIMALS

JASON SCHREURS
MANAGING EDITOR

Sometimes a Canadian indie rock band gets to record their latest album in a pretty cool spot. But a recording studio in a 19th century mansion just 15 minutes from downtown Paris? Plants and Animals have to be kidding us.

“We did it in a big house and that house itself is an instrument,” says the Montreal-based band’s drummer and vocalist Matthew Woodley about recording Plants and Animals’ *The End of That* at La Frette Studios in France. “There are giant, carpeted rooms and chandeliers and a grandfather clock with a secret staircase behind it. We put our amps in the wine cellar in the basement and there are these microscopic cobwebs there that deaden the sound just so.”

Under the guiding hands of



Montreal’s Plants and Animals did not pose with plants for this photo shoot. Or animals. However, they did bring one big scarf.

engineer Lionel Darenne, who has also worked with Feist and Readymade, the three-piece took their magnificent surroundings as a chance to try something different for their third album. *The End of That* was the first time that Plants and Animals wrote songs in advance of recording, as opposed to the improvisational jams that ended up on their first two albums. And, according to Woodley, it wasn’t just Darenne who was able to provide feedback during the recording.

“There were songbirds going

at it outside for most of the day,” he says. “The recording console itself is built from the wood from an old schooner with 1,001 tales from the stormy sea. The walls spoke to each other at night and sometimes between takes, if they had any comments or constructive criticism.”

The result is an album that lives and breathes, but it’s a life that isn’t always easy. It’s a life where relationships come to an end, and the cycle of life begins all over again, like a phoenix rising from the ashes.

“The album means coming of

age all over again for the first time,” explains Woodley, who, along with guitarist/vocalist Warren Spicer and multi-instrumentalist and vocalist Nicolas Basque, created songs like “Control Me” that are beautiful with a dark edge. And with sugar on top? “‘Control Me’ is about control, lack of control, relationships, and, believe it or not, doughnuts,” says Woodley.

The cruelest question you can ever ask a musician is to pick their favourite song off any of their albums. *The End of That* is teeming

with really good songs, but Woodley only has to reminisce about the amazing La Frette studios to come up with his hard-fought answer.

“Hmmm,” he ponders. “I like ‘Before’ a lot. It really reminds me of being at that studio in France. I can honestly smell the place when I hear that song.”

Plants and Animals
Wednesday, October 31, \$20
Lucky Bar
atomiqueproductions.com

music

Death metal band Auroch worship at altar of Lovecraft

“Most criticism inside of metal typically comes dorks who like to masturbate subgenres.”

SEB MONTESI
AUROCH

JASON SCHREURS
MANAGING EDITOR

H.P. Lovecraft is one weird dude. Go ahead and Google image search his name. For every menacing looking head shot of ol’ H.P. is yet another menacing looking head shot of him with monster squid tentacles emerging from the back of this head. This, of course, is the perfect source material for a brutal death metal band from Vancouver.

Auroch, a three-piece metal band who just released their debut full-length album, have chosen Lovecraft’s cosmic brand of horror stories as the inspiration for *From Forgotten Worlds*, featuring eight songs with titles the likes of “Talis-

man for Total Temporal Collapse” and “Slaves to a Flame Undying.” Yep, this is some serious shit.

“We have rather accurately captured the transcendental horror of Lovecraft in our music,” boasts Auroch vocalist/guitarist Seb Montesi. “Lyrically, it’s a mirror to reflect deeper and darker thoughts. The moilings of the abyss.”

Okay, let’s take a couple of steps back here. For those unfamiliar, brutal death metal is a subgenre of heavy metal that uses extreme sounds, imagery, and lyrics to create a kind of musical stew that conjures up all kinds of harshness. Imagine walking into a dark, dingy club with spilled beer all over the floor and everyone projectile thrashing their ass-long hair towards the stage in a headbanging salute. Then imagine Auroch up there on that stage creating a din of brutality. It’s definitely not for everybody.

“We’ve yet to encounter anyone who is not a ‘metalhead’ who criticizes our music, but I quite strongly suspect it’d be lost on them. That’s fine,” says Montesi. “Most criticism inside of metal typically comes dorks who like to masturbate subgenres. We’ve actually only felt very strong support so far. I don’t recommend



Vancouver’s Auroch play death metal with a decidedly Lovecraftian lyrical touch.

anyone stand in our way.”

Inspired by the death metal greats, with such oppressive names as Decide, Morbid Angel, Death, Cannibal Corpse, and Pestilence, the guys in Auroch managed to hook up with Polish death metal label Hellthrasher Productions for their debut album. As for the greats that influenced their sound, Montesi doesn’t hesitate to name his favourite death metal album of all time, one that also delves into the realm of the supernatural.

“*Covenant* by Morbid Angel, hands down,” he says. “It’s as whiplashingly fast as it is bowel-churningly slow. Thrashy at times, madness solos, and ambient at points. Perfection.”

And with the unspeakable horrors of Lovecraft always in the forefront of their minds, it would be easy to assume these guys have dealt with their own share of scary experiences over the years. Maybe some ghost sightings, or a lakeside encounter with a giant monster

squid? But, when prompted for his scariest experience, Montesi comes up with an answer that’s perhaps even creepier than any sniveling, drooling creature that Lovecraft could ever dream up.

What’s the scariest thing he’s ever seen? “The future,” he deadpans. “The past.”

Auroch
Saturday, November 10
Logan’s Pub
facebook.com/aurochmetal

New Music Revue



The Winter Sounds
Runner
(New Granada Records)
3/5

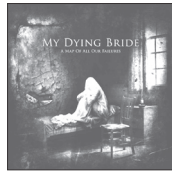
Runner, the third album by Nashville band The Winter Sounds, makes for decent background music, but that's about it.

Hailing from the land of country music, the band claim to be a mix of indie, folk, and punk. While I don't quite know where the "punk" portion is (left behind on one of their old albums, maybe), you can certainly hear the inspirations of folk on this indie-rock disc.

I played *Runner* at a friend's games night recently and the tunes were very mellow and relaxing, creating a great atmosphere in the room. But listening to *Runner* again, I feel somewhat bored by the music. The music just doesn't grab me or keep my interest.

While the memories of that night remain strong, just listening to it on my own doesn't have the same feel. *Runner* sets a great mood to a night of fun while playing in the background, but that's where it belongs: in the background.

-PATRICK HALLIHAN



My Dying Bride
A Map of All Our Failures
(Peaceville Records)
2/5

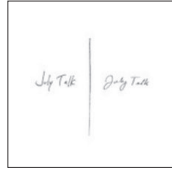
A Map of All Our Failures marks the 11th excursion by the doom/death metal band My Dying Bride. It certainly fits the genre, as listening to this album will undoubtedly leave you feeling somewhat mopey, if not utterly depressed.

A Map of All Our Failures steers away from the typical fast-moving riffs and lyrics of the death metal franchise, favouring instead melancholic stories of mortality and failure (sensible enough, given the title of the album).

Most songs start with an eerie silence, then a noise seemingly in the distance, followed by a lone guitar strumming a steady tune. Shortly thereafter, a voice in more of a speaking tone than a singing one tells a story to the listener as other instruments chime in and add to the atmosphere; this formula is used for almost every song.

I wouldn't recommend *A Map of All Our Failures*: this is something you lock yourself in your room and listen to in the dark. Alone.

-PATRICK HALLIHAN



July Talk
July Talk
(White Girl Records)
3/5

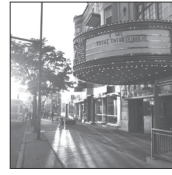
The self-titled first album from Toronto's July Talk isn't half bad. It's actually half good, then ends up leaving me wanting something more.

As we listened to the first few songs my wife quipped, "It's as if Oscar the Grouch decided to make music with Zoey Deschanel." It's a gritty, gravelly Tom Waits-like voice paired with an airy, sometimes ethereal one, and it mostly works. Tunes like the first single, "Paper Girl," and the rockabilly tempo of "The Garden" highlight the best parts of the dichotomy.

I truly enjoyed about half the songs on this album. The music is well crafted and, for the most part, catchy.

So why do I feel like something is missing? It falters just as it's picking up steam and doesn't quite keep me interested. That being said, I am very interested to see where July Talk go from here.

-DAN DARLING



Tusks
Total Entertainment
(Static Clang)
3/5

Doesn't Canadian indie rock just make you want to kill? Like, vicious, relentless, killing? Taking scrawny dudes and turning them into men by killing people together? C'mon, admit it.

It's not that Tusks mainman Samir Khan doesn't know what he's doing: dude has been in Snailhouse, Kepler, and Weights & Measures. It's just that what he's doing is so goddamn fragile you just feel like someone has been suggesting they tickle you with a feather for half an hour after listening to *Total Entertainment*.

There are good moments, though. The near doo-wop, '50s innocence of second cut "Oceans" makes up for the fact that the first song on the album just went in one ear and out the other (the FIRST SONG!). "New To Old Money" is what happens when Canadian indie rock is actually good, while "Wake them Up" threatens to do just that with a shuffle step and hints of '70s rock sounds.

-GREG PRATT



KISS
Monster
(Universal Music)
4/5

Rating a KISS record is sort of like rating your grandparents. What can you say? Everything's weird.

Here, on their first studio album since no one really cares, the long-running pseudo-parody/rock band lay down the goods with surprising authority. It's impressive that a band so out of touch with reality can release an album with a crashing, natural production sound and a legitimately boisterous attitude. Some of the tunes are reminiscent of their '70s heyday sound, which is good news for those worried the band would try more "serious" fare like lots of old bands do, and like KISS have tried in the past. Doesn't work. We want cock rock, and we got it.

But, wait, do we want cock rock? Well, in a world full of whining, sniveling, post-Nickelback bullshit, mopey-man stop-crying-on-my-fucking-sleeve, Pearl Jam-were-best-when-Vedder-was-being-sensitive rubbish, I say, hell yeah we do. Enjoy life a bit.

-GREG PRATT

Dunlop House

PUB NIGHT

Rumble in the Jungle

Thursday, November 8

NHL LOCKOUT

Thursday, November 1



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

NEXUS

We need voices.

Representing the student voice can be a lot of work, and volunteers go a long way towards making each issue of *Nexus* fantastic. **We could use your help.**

Writers - We cover news, sports, and entertainment on campus and throughout Victoria, from local theatre to mainstream movies, concerts, and festivals.

Artists/illustrators - Good artists always have opportunities to share their work through *Nexus* with comics and illustrations.

Proofreaders - Every issue of *Nexus* strives for perfection, but the occasional typo escapes our notice. Proofreading is an invaluable skill.

Ad Sales - *Nexus* actually pays a finder's fee for any local advertising brought to the newspaper. What student doesn't need money?

If you're interested in doing some volunteering at an award-winning student newspaper, stop by our offices at Richmond House 201 on the Lansdowne campus, or contact us by email (editor@nexusnewspaper.com) or phone (250-370-3591).



WHERE LEADERS ARE MADE

Create Your Vision for Success - Free Workshop
Saturday September 15, 9am-12noon, Y300

Register now: <http://endpointvisualization.wordpress.com>
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NEXUS

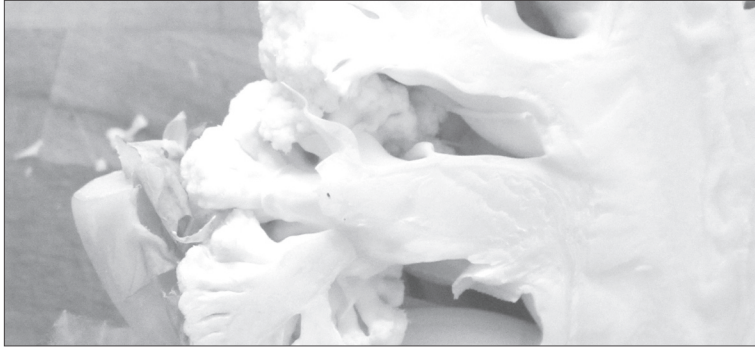


Sour Grapes

by Nicole Beneteau



Cauliflower cruelty



NICOLE BENETEAU/NEXUS

Oh, go away.

Move over, kale: there's a new food fad out there and, believe it or not, it's even more boring than you. Yes, kale, it's time to relinquish the healthy-eating crown to your awkward and anaemic cousin, cauliflower.

Cauliflower is the new game in town when it comes to health-food trends, popping up in place of everything from pizza crust to chicken wings. The popular food blog Recipe Girl touts the cauliflower crust as "the greatest invention ever." Just leave it to the gluten/dairy/flavour-free set to turn something as deliciously indulgent as pizza into salad on a crumbled cauliflower plate. And the idea of battering then saucing a cauliflower floret and serving it up as a chicken wing can only have come from the most sinister of vegetarian tricksters.

Even our fast food isn't safe from cauliflower's influence, with Kraft introducing cauliflower macaroni in their classic mac-and-cheese meal in a box. When even Kraft Dinner is compromised, it leaves one wondering: is nothing sacred?

Somehow I get the feeling that this is just some ruse being perpetrated by The Cauliflower Producers of North America (if such an evil entity were to exist) and passed off as the next big trend to the hordes of faddish foodies, hungry for an

alternative. What other explanation can there be for the sudden popularity of the world's most boring vegetable? When did cauliflower become something more than a pale, flavourless imitation of broccoli?

Pretty soon we'll be seeing bottles of cauliflower tonic stocked on shelves aside the kombucha. There will be cauliflower essence in our shampoo and cauliflower oil in our salad dressing. That is, until something else comes along that's even more devoid of taste.

What *is* tasty, though, and a heck of a lot more colourful, is squash. Now that fall is here in full swing, the blogosphere is simply brimming with recipes that make use of the many varieties of gourd, pumpkin included. Stuff it, roast it, make it into soup: the options for squash are seemingly endless.

As a kid, I would look on my mother's cinnamon- and butter-laden acorn squash with disgust, but I have since come to my senses. How could one not be enamoured with the sun-coloured flesh and the snackable seeds of the noble squash? It boasts a flavour that's magic in a risotto and irreplaceable in a pie.

And, yeah, it's healthy, but, unlike cauliflower, it also happens to be delicious. Even the name "squash" feels good in your mouth.



In Search of Lost Time

by Daphne Shaed
camosun college pride centre

Acceptance, not tolerance

Everyone has multiple dimensions to their lives and develops specific and sometimes specialized social instruments to function. We all have sets of behaviours and social guidelines that we follow in varying social groups.

If we are to, for example, accept and support a person in a specific sector of our lives but in other sectors disagree with that same person's nature of being, it should create inner conflict. Somehow, this seems to happen in many people; possibly, they are unaware of this dualistic state. This is tolerance, not acceptance.

Part of the nature of acceptance is to have the abilities necessary to defend someone in their absence, whether or not they are part of that particular social institution. Tolerance is essentially the capacity to endure. This is where tolerance and acceptance diverge.

A large psychological aspect of acceptance is sympathetic reproduction of identity, differentiated from one's own identity inventory. Meaning that although you may not claim or perform a certain identity you do have an empathetic construction in your own mind of that identity.

I have had to come to terms with these ideas over the course of my life. I have had to investigate why people vary their degree of support and understanding.

I have also had to learn from experience that there are those, who in certain groups or in private, reveal their understanding and support but withdraw it when outside of the circumstance they were originally extended.

This is why I encourage acceptance, not just tolerance.



Speaker's Corner

by Jean Oliver
camosun college toastmasters

Powerful points on PowerPoint

PowerPoint slides that dazzle by fading in and out don't engage anyone anymore. Those days are long gone. Here's how it's done.

Chicago-based slide-ology guru Nancy Duarte tells us all great speeches have a discernable pattern of "what is" and "what could be" until they wrap up in "a new bliss." Does that sound like your last presentation for your sociology group project? Well, it should.

TED Talks, whose mission is to spread ideas, is a case in point: they have lots of simple slides that are limited in length, accompanied by speeches that tell a story with a strong opening, an organized middle, and

a clear, call-to-action close.

Check it out: three basic, *non-negotiable* rules of slide presentations are as follows.

1. One slide, one image. Period.
2. Keep to about six words per slide, or reveal points one at a time.
3. If you're reading from your slide, you're not presenting; you're reading. Present.

Creative brevity is the presentation of the future in a world filled with viewers who are more jaded by the hour. With the right program, and practice, you could be the source of their next new bliss.

A MESSAGE

FROM THE CAMOSUN COLLEGE STUDENT SOCIETY

by Madeline Keller-MacLeod
ccss external executive

This October I represented BC students in Ottawa during the Canadian Federation of Students' (CFS) national lobby week. From October 22 to 26 students from across Canada met with Members of Parliament (MPs) and senators to talk about our common goals for postsecondary education. I met with seven NDP and Conservative MPs, with whom my colleagues and I shared eight recommendations on how the federal government should improve postsecondary education in Canada.

These recommendations are aimed at increasing equality of access for people who come from low socio-economic and other marginalized backgrounds. The recommendations that we made were democratically prioritized by students from across Canada at national general meetings (the CFS represents over 500,000 students from all the provinces).

Our recommendations include the creation of a national post-secondary education act and dedicated funding that would reduce tuition fees and ensure that money allocated to the provinces for postsecondary is used as intended. We also recommended that grants be increased and that federal student debt be cut in half by 2015. Other recommendations include removing the cap on funding for First Nations and Inuit students, and regulating tuition fees for international students.

Our recommendations were met by a wide array of responses, and support has been growing. Our goal is that the federal government will recognize that postsecondary education is an important investment that could have significant positive impacts for Canadian society, as well as the Canadian economy.

NEXUS

The content doesn't end in the paper.

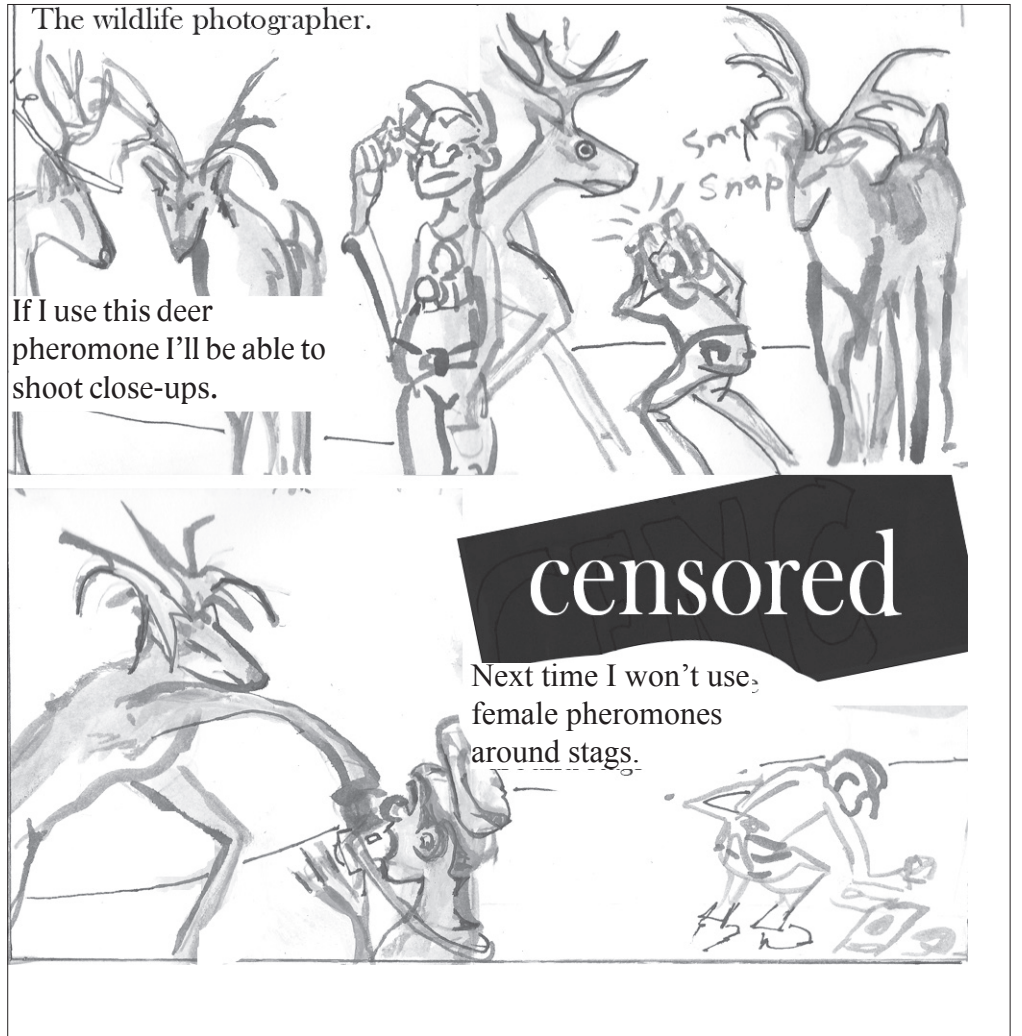
Web-exclusive stories are always popping up at nexusnewspaper.com.

Plus, use the comments sections to make your voice heard!

Noble Sloth Manifesto By Libby Hopkinson



Luke Sanity Deprived By Lucas Dahl



Pablo By Pedro Banman



Ski Ninjas By Kyle Lees (*The Argus*)



local, live, and loud

by Dan Darling



PHOTO PROVIDED

Metric are going to be rocking the arena on November 9.

WEDNESDAY, OCTOBER 31

Alcoholic White Trash, Endprogram, Fuquored

LOGAN'S PUB, \$10, 9 PM

Anyone remember Punky Brewster? Soleil Moon Frye? Was that her name? I'm pretty sure she was in that *Sabrina, The Teenage Witch* sitcom as well. I often wonder about the whole child-star thing. I mean, you get all this attention at such a young age. A lot of these kids seem to have so many issues. She seemed to turn out okay, though. Definitely not alcoholic white trash, as far as I can tell.

WEDNESDAY, OCTOBER 31

Plants and Animals

LUCKY BAR, \$20, 9 PM

I love recycling, don't get me wrong. I would love to save the world. Sure, the ice caps are melting and the ozone is disappearing, but we've all got to do our part to help out. Take *Plants and Animals*, for example. Not only are they a band but they're bringing eco-knowledge to the masses every time one of their songs is played. "Reduce, reuse, go to Lucky Bar." That should be on the poster.

THURSDAY, NOVEMBER 1

Aidan Knight, Andy Shauf

ALIX GOOLDEN HALL, \$18, 7:30 PM

There's almost a never-ending supply of great local talent on this island we call home. Even if some of the styles aren't your cup of tea, there's no denying the quality of the craftsmanship from some of the bands on Vancouver Island. The soothing, dreamy sounds that will emanate from the Alix Goolden Hall when Aidan Knight and the Friendly Friends play might put you to sleep, or they might ease a tired mind. That's up to you to decide. I just get to tell you about it.

FRIDAY, NOVEMBER 2

Madchild, DJ Dow Jones, Ghost, Pyoot

CLUB 90NE9, \$20, 8 PM

Imagine being one of those lucky bastards that had the foresight to buy stock in Apple back in the day. I don't even know what that's worth these days. Seriously, I don't. I wish I knew how to play the stock market. I'd be buying low and selling high all over the place. If only I had a rhyme to throw in here, something to impress all the homies that are heading to this show chugging Monsters to get hyped. BattleAxe Warriors, come out and plaaaaaaayyyyyy.

SUNDAY, NOVEMBER 4

Martin Taylor, Solorazaf, Guinga and Brian Gore

UVIC FARQUHAR AUDITORIUM, \$15-\$30, 8 PM

I've told you guys how hard it is to play guitar before, haven't I? Oh, sure, some of you are like, "No, it's not. I'm awesome at guitar." Shut up. No, you're not. These four guys sure as hell are, though. I'm not talking like ripping electric guitar kinda awesome. These guys play acoustic guitar the way you wish you could if you practiced 20 hours a day, six days a week. Six days a week, you ask? Why not seven? Because on Sunday we watch football.

TUESDAY, NOVEMBER 6

Spectrum Community School Bands

SPECTRUM OLD GYM, ADMISSION BY DONATION, 7 PM

I played the flute for about four or five years when I was little. I wanted to play something sexier, like the drums, or even the saxophone, but my dad wanted something softer. He was pretty smart. You can only play the flute terribly up to a certain volume. I quit band soon after I started skateboarding. I just wish Beastie Boys had released "Flute Loop" a little sooner. I probably would have stuck it out. Jazz flute is pretty sweet.

FRIDAY, NOVEMBER 9

Metric, Stars

SAVE-ON-FOODS MEMORIAL ARENA, \$29.50-\$45, 7 PM

Guys love Metric. Or maybe guys just love blondes. Still too much of a generalization? How about guys love to watch strong, impassioned lead singers do high leg kicks while rocking their socks off? The first time I saw Metric years ago I looked out over the crowd from my vantage point beside the stage and I realized that it was mostly men. Dumbfounded men, in awe of the spectacle they were experiencing. It made me smile that night, much like I'm smiling at this very moment.

TUESDAY, NOVEMBER 13

Wintersleep, Elliott Brood

ALIX GOOLDEN HALL, \$26, 7 PM

I grew up in the Yukon. In the summer you can watch the sun hide behind a mountain for half an hour, then creep back out again. It doesn't get dark. The winter, however, is an altogether different beast. You wake up in the morning, it's dark. You go to school, it's still dark. You get out of school, it's brighter than when you came in, but only for an hour or so. Then it's dark. My mom got cabin fever the first winter we spent up there.

eye on campus

by Lucas Milroy



WEDNESDAY, OCTOBER 31

A bloody good time

On hallow's eve (October 31, in case somehow you do not know this), the Centre for Sport & Exercise Education Students Society will be hosting a very appropriate event. What's Your Type, hosted in collaboration with Canadian Blood Services, will be aimed at helping students find out their blood type. Hopefully this will also inspire some folks to learn more about how to become a blood donor, or how to help save lives in other ways. The event starts at 10 am, goes until 1 pm, and will also feature a bake sale to raise money for future events.

NOVEMBER 1

Be secure in your knowledge

The Vancouver Island Criminal Justice Association is sponsoring the public forum "Surveillance: Security and Civil Rights" on November 1 at Camosun's Lansdowne campus. On the panel will be Earl Moulton, a retired RCMP assistant commissioner; Michael Vonn of the BC Civil Liberties Society; and Dr. Kevin Walby, a sociology professor at UVic. The event takes place from 7 pm to 9 pm in Fisher 100. This will give students a chance to not just learn about their rights regarding security, but also to speak to experts on the topic and to share ideas.

OCTOBER 13-14

Engler speaks

While many "radicals" find ways to criticize Prime Minister Stephen Harper, they would be hard-pressed to find someone who does it in a more eloquent fashion than former VP of the Concordia Student Union Yves Engler. And, it just so happens that Engler will be in Victoria talking about his newest book, *The Ugly Canadian: Stephen Harper's Foreign Policy*, at both Camosun on November 13 and UVic on November 14. He's known as Canada's Noam Chomsky; meeting him will be an interesting evening no matter where you situate yourself on the political compass.

NOVEMBER 1-30

Nanowrmwhat?

If you are the type of person who sees a challenge and then proceeds to run home, hide under your sheets, and write a novel, then this is the event for you (also, if you simply like to write, or might like to write, or are interested in the idea of maybe writing....). November 1 marks the start of NaNoWrMo, which is the fun thing to call National Novel Writing Month. Here's how it works: You have one month to write a novel, and only one month. You may not use anything thing you have already started to write (including drafts scribbled on a bar napkins). For more info, check out nanowrmo.org.

Club Nights at **CLUB 90NE9**
Every Friday and Saturday

Doors at 9pm

\$4.00 Drinks on Friday
\$4.50 Drinks on Saturday

Full Event Listings @
www.CLUB90NE9.ca