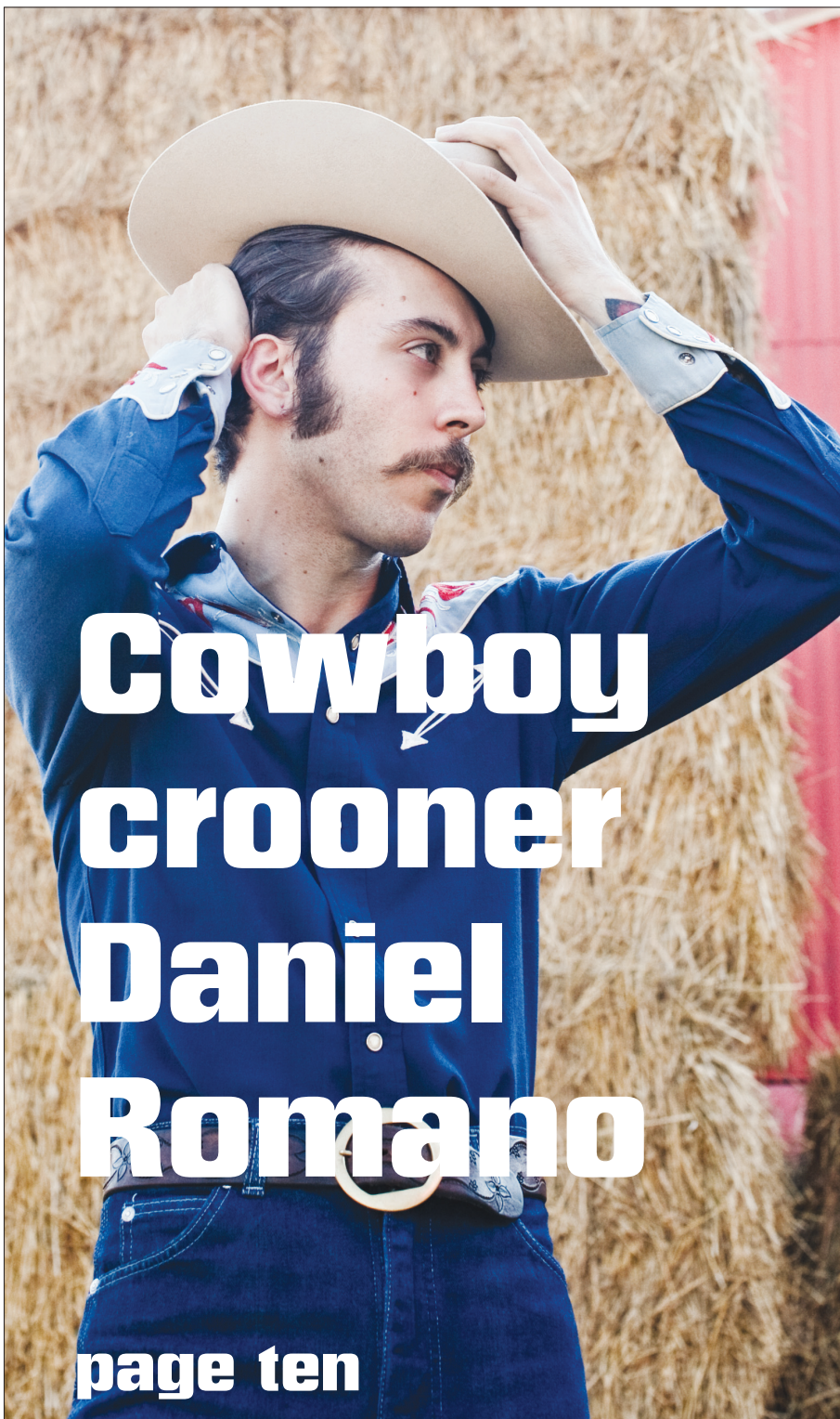


HOARDING: breaking the stigma

page eight



Cowboy crooner Daniel Romano

page ten

Camosun alumnus Martin Reader

page four

plus:
student
society vs.
enbridge

page three



NEXUS

camosun's student voice since 1990

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SEND A LETTER

Nexus prints letters that are 250 words or less in response to previous stories. *Nexus* reserves the right to refuse publication of letters. Letters must include full name and student number (not printed). *Nexus* accepts all letters by email to editor@nexusnewspaper.com. We reserve the right to edit all letters.

EDITORIAL MEETINGS

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 1:30 pm in the *Nexus* office, Richmond House 201, Lansdowne. Call 250-370-3591 or email editor@nexusnewspaper.com for more information.

OVERHEARD AT NEXUS: "The halibut photo is not the most news-appropriate picture."

COVER PHOTOS:
Daniel Romano: Pierre Dubeau
Martin Reader: Kevin Kinisky

editor's letter

Digging for truths

It's true that we're nosy, snoop types. That's why we're journalists. For example, we wanted to get the inside skinny on the much-talked-about Enbridge pipeline issue, so we got one of our reporters on the blower with Enbridge directly to chat (see page three).

It's also true that we care. Like many people, I'm sickened by reality TV shows that sensationalize people with addictions. That was part of the inspiration behind this issue's feature story (page eight), where contributing writer Jean Oliver talks about her experiences working with hoarders (or, as she refers to them, "nesters"). It doesn't hold the shock value of reality TV, but it packs an even bigger punch.

Speaking of which, I ever tell you about the time I interviewed an actress who had once been on a reality TV show? She told me the inside scoop on how that industry works. That's a story for another time, though. For now, let's just say that in the world of media, there are those who sensationalize and those who look for truths. I'm happy and proud that our crop of writers are those who look for truths.

Feel inspired to get involved? Don't forget this is your paper: drop on by our office (201 Richmond House, Lansdowne campus) any time to chat about getting involved. Or shoot us an email (see below) or give us a call at 250-370-3591 to talk about volunteering, offer us your feedback, or just say hello. The Halloween candy is finally gone, but we're still here.

-Greg Pratt, editor-in-chief
editor@nexusnewspaper.com

flashback

20 years ago in *Nexus*



Huh?: Our January 25, 1993 issue featured an article titled "A woman and her wolf," which was about a local woman and her pet... wolf. The animal, named Karpatheon, was "98% Timber wolf" who lived in James Bay in a "makeshift den in a basement suite." Karpatheon enjoyed running through Beacon Hill Park and, as the photo proved, easily passed for a dog. None of which really means anything except for the fact that 20 years ago, weird things happened in James Bay, apparently. "You have to totally love wolves to get into the commitment of having one in your life," owner Lynn Pugle told *Nexus* reporter Shelley Evans. Uh, yeah, no kidding.

Slow news week: In the *Council Clips* column, we devoted fully 11 paragraphs to an article about potential photocopier misuse on campus. The thrilling article climaxed in paragraph eight, which said that "all members of Council agreed that there was no misuse of the photocopier." (The final three paragraphs are a sort of gentle come-down after the thrill ride that was the first half of the story.)

Big in Japan too?: We interviewed Blind Melon (remember "No Rain"?), guitarist Rogers Stevens in this iss after what sounded like a pretty disappointing show at Harpo's. "This is not indicative of the way all our shows go," he told *Nexus* reporter Dustin Rabin. "These people have never heard of us. In the States we do a lot better."

open space

Rethinking protests

LARRY WILKINSON
CONTRIBUTING WRITER

The first time I went to a protest on the lawn of the parliament buildings was a waste of time.

My first real act of civil disobedience, I fully expected to be pepper sprayed, sucker-punched, and arrested by truncheon-wielding cops. I even had a 50/50 mix of Maalox and water in a spray bottle for when things got ugly. When absolutely nothing happened, with the exception of funny looks from the groundskeeper, I was disappointed.

Here's why it was a waste: since parliament was not in session, we were screaming slogans and irritatingly repetitive chants at an empty building. The media wasn't present: with our so-called "decentralized leadership," no one had bothered to contact them. (Not that they would have shown up anyway: I think there was a cat stuck in a tree somewhere in Oak Bay that day, so they were all busy.) The weirdest part of that protest, though, was that nobody participating seemed to have any clear ideas of what, specifically, it was that we were protesting.

There are many causes worth

fighting for. In fact, there are so many injustices, abuses of power, and generally illegal actions by our government that activists like me could stage a protest every day of the year for a different cause and never repeat ourselves. This is, arguably, the problem.

People can only take so much consciousness-raising and awareness before they become overwhelmed and apathetic. If you watch television, when was the last time you had any reaction at all to images of starving, emaciated children on the latest "feed a poor kid gruel, thereby perpetuating the generational perpetuation of global poverty" ad?

All I'm trying to say is that if we really want to change the world, can't we come up with something a little more creative, something that might actually work? I don't want to live in a world where nobody protests anything, but I desperately want to see that rage and energy channelled into projects that will make this planet more than the misery-ridden sphere that a higher education has taught me exists.

Don't just be angry robots, be effective ones.

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

letters

"Hate review" riles reader

That sounded like some full-on hate, bordering on character assault ("Review: Nelly Furtado stinks up the joint," nexusnewspaper.com). The only thing I smell here is the giant crap you just took. These kind of "hate reviews" go a tad farther than necessary, plus it also kinda makes it look like your ego gets off on the judgement and being so much "cooler than thou" in trashing her like that. How would you feel if someone didn't like your life's work and then pissed all over it? I'm sure there are kinder and more respectful ways to write a music review, even if you didn't like what you heard.

TREETREASURE
VIA NEXUSNEWSPAPER.COM

Hat hate, with a top-hat exception

I am frustrated at your article ("Hats off to Hats," November 28, 2012 issue). Although I understand that some women wear hats very well and that it can be quite appealing, I do not recommend any man to wear hats. They are very hard to pull off correctly and are pretty pointless. There is no real reason for any guy to continually wear hats anymore. Although I would love for bowlers and top hats to come back in style, they just won't. As for fedoras, I would maybe wear a straw one in my backyard on occasion but not really in public.

JOSHUA LINDNER
VIA NEXUSNEWSPAPER.COM

SPEAK UP

How do you feel about the NHL season now that the lockout is over?

BY DAMEN KORKORAS



EVAN SOULIOTIS

"I don't think it's going to be quite as good. Any team has a chance to take it all because there are way less games."



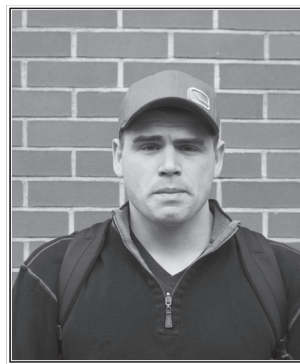
BRIANNA GIBSON

"I don't watch hockey."



CHRIS MARKS

"The fans will be happy and I'm glad for them. But, personally, it's not my issue."



DEREK WELSH

"I don't really feel anything, but I am a devoted fan."



MARY-KATE SOULIOTIS

"I'm so excited to watch it."



HALEY MCNELLIS

"I'm as indifferent as I was before."

politics

Camosun student society joins critics of Enbridge pipeline

“One of the main benefits of this pipeline, in our opinion, is the economic benefits.”

IVAN GIESBRECHT
ENBRIDGE

RYAN BREZZI
CONTRIBUTING WRITER

The proposition to build the Northern Gateway Pipeline—which could transport heavy crude bitumen to tankers which would then carry it to the US and China—from Bruderheim, Alberta to Kitimat, BC has had no shortage of critics. Those opposed to it are concerned about its potential economic and environmental impacts, while those in support of it say the potential economic gain is large. Here at Camosun, the Camosun College Student Society (CCSS) has joined the list of critics.

“The Camosun College Student Society, as a member of the Canadian Federation of Students-BC, is opposed to the construction of the Enbridge Northern Gateway Pipeline and the supertankers that it would bring to the coast of BC,” says CCSS external affairs executive Madeline Keller-MacLeod.

But Calgary-based pipeline transport company Enbridge says the pipeline would have economic benefits for not only British Columbians and Albertans, but also people across Canada.

“One of the main benefits of this pipeline, in our opinion, is the economic benefits,” says Enbridge communications manager Ivan Giesbrecht. “For example, \$270 billion in GDP over 30 years. \$400 million in employment and contracts for aboriginal communities and businesses. \$4.3 billion of labour-related income across Canada during construction. Specifically, 560 long-term jobs for British Columbia, and \$1.2 billion in provincial tax revenues over the next 30 years.”

Those numbers don’t add up for some people. Galen Armstrong, Sierra Club BC’s outreach coordinator, says that the pipeline is actually going to have negative economic effects.

“It’s pretty obvious to most people at this point that Enbridge is here to make money,” says Armstrong. “They’re not here to improve the economy. In fact, I firmly believe this pipeline is going to hurt the economy in a lot of ways. One of the main things is that oil spills are pretty much inevitable. Oil companies expect oil spills to happen all the time, they happen all the time, and they hurt the economy, they hurt people.”

Giesbrecht says that Enbridge understands these issues, and ad-

“The environmental damage that an oil-tanker spill would cause far outweigh any benefits this project could bring.”

MADLINE KELLER-MACLEOD
CAMOSUN COLLEGE STUDENT SOCIETY

mits a clean-up would be a challenge, but says that it is not impossible.

“First of all,” says Giesbrecht, “I think the people of British Columbia need to be reminded that oil-tanker traffic is already happening on the coast. So this is not something that Enbridge is introducing. Tankers have been moving in and out of Vancouver for the last 30 years; over the last 25 years there have been over 1500 tankers that have moved in and out of Kitimat through the Douglas Channel on the same route that we’re proposing. So to suggest that it’s impossible to navigate these waters is not the case.”

Madeline-Keller MacLeod isn’t buying Giesbrecht’s optimism, though.

“The environmental damage that an oil-tanker spill would cause, not to mention the loss of jobs in tourism and natural-resource industries,” she says, “far outweigh any benefits this project could bring.”



PHOTO PROVIDED

Ivan Giesbrecht of Enbridge: pipeline will have positive economic impact.

NEWS BRIEFS

Support staff contract ratification on horizon

Things are looking promising for the ratification of Camosun College support staff’s new contract. The board of the Post-Secondary Employers’ Association (PSEA) recently ratified three other agreements for support staff at Capilano University, North Island College, and Vancouver Island University. Following the recent announcement made by advanced education, innovation and technology minister John Yap, Camosun’s CUPE vice-president Tony Nelson hopes the college’s support workers will be the next ones to get a signed agreement. “We’re still in bargaining at the local level,” he told *Nexus*. “A tentative date to meet with the college is at the beginning of February, and hopefully we can take the ratification vote to our membership around the middle of February.” Camosun’s support staff, along with the staff from 12 other institutions in BC, reached an agreement in principle with the provincial government back in December after targeted job action. The new four-year contract will see Camosun support staff without a raise for two years, and one-percent increases in years three and four.

BC kicks in bucks for Camosun equipment

The provincial government is investing in excess of \$1.5 million

toward new skills training equipment at Camosun College. The funding is part of a \$17-million province-wide skills and training plan investment in order to allow postsecondary institutions upgrades on their equipment. “The Camosun College Student Society (CCSS) welcomes the investment in new skills training equipment at Camosun College. Camosun is constantly in need of updated equipment with which to train our students, so any contribution is welcome,” CCSS external affairs executive Madeline Keller-MacLeod told *Nexus*. “However, there is also a major gap in funding for the general operating costs at Camosun, so the CCSS also calls upon the government to add an inflationary lift to Camosun’s operating grant.” Camosun plans to use the funds to purchase equipment such as an industrial refrigeration trainer, air compressor, alignment lift, and overhead crane, presumably for trades programs at the Interurban campus.

New hiking trail in works

Local naturalists will soon have a new place to hike now that almost \$2 million has been awarded to a local construction company working on two new sections of the E&N Rail Trail-Humpback Connector. The work is being done between Admirals Road and Maplebank Road, as well as from Hallowell

Road to Island Highway at the 4 Mile Bridge. The construction is expected to take six months to complete and the result will be a commuting and recreational link between the City of Victoria and the Westshore communities.

UVic researchers awarded funding

Two teams of scientists at UVic have been awarded research grants funds via the Canadian Foundation for Innovation (CFI). University scientists will receive \$1.8 million to study earth sciences and the role of nanomaterials in creating technological devices. The funding is part of a larger base of \$7.7 million the CFI is putting towards their Leading Edge Fund, including the UVic money, but also funding scientists at Simon Fraser University, the University of BC, and BC Institute of Technology. “This will be a huge step toward taking our ideas to prototypes,” said UVic scientist Alex Brolo in a press release. “This investment will help improve the capacity to transform our research into useful applications.” UVic will also receive a further \$1.6 million through the CFI for research in their School of Earth and Ocean Sciences.

Tibet group to hold AGM

Annual general meetings are always a hoot, so why not head out to the Canada Tibet Commit-

tee AGM on Sunday, January 27? It’s going down at James Bay New Horizons (234 Menzies Street) at 1 pm on Sunday, January 27. Refreshments are at 2, and at 2:30, Bazzi Irvine will give a photo presentation of his recent trip to the Amdo region of Tibet. Irvine, a member of the Canada Tibet Committee Victoria and UVic Students for a Free Tibet, visited Labrang Monastery and the surrounding townships on his trip. Head over to tibet.ca or email tdolma@shaw.ca for more information.

Idle No More protests hits Mayfair, Pat Bay Highway: leg is next

On Saturday, January 19, around 250 Idle No More protestors held a rally at Mayfair shopping centre. This followed a rally that shut down the Pat Bay Highway on Wednesday, January 16. On Saturday, January 26, another Idle No More rally will head from Centennial Square to the Legislature starting at 11 am.

Breakwater to get handrailed

The Greater Victoria Harbour Authority is planning to install handrails on the Ogden Point breakwater. This news was announced shortly before a woman fell off the breakwater on Saturday, January 19. The handrail announcement was met with some opposition, with those against the project saying the rails will impede the views that the

breakwater offers. A local company, Zapco Welding and Fabricating, got the \$425,000 contract to install the handrails, which are expected to be up by the end of March.

Diversity forum

UVic’s annual diversity research forum takes place on Wednesday, January 30 and Thursday, January 31, bringing all interested parties together to share and discuss groundbreaking research, as well as engage in discussion on equity and diversity topics. Keynote speakers are Canadian senator and retired journalist Jim Munson, who will talk about the rights of children and disabled persons, and UVic graduate Olivia Barr, the first woman elected as a student council president in a Canadian university. The event also includes panel sessions and takes place in the UVic Student Union Building, Graduate Students Centre, and the First People’s House. Go to uvic.a/diversity/forum2013 for more information.

**-JASON SCHREURS
AND GREG PRATT**

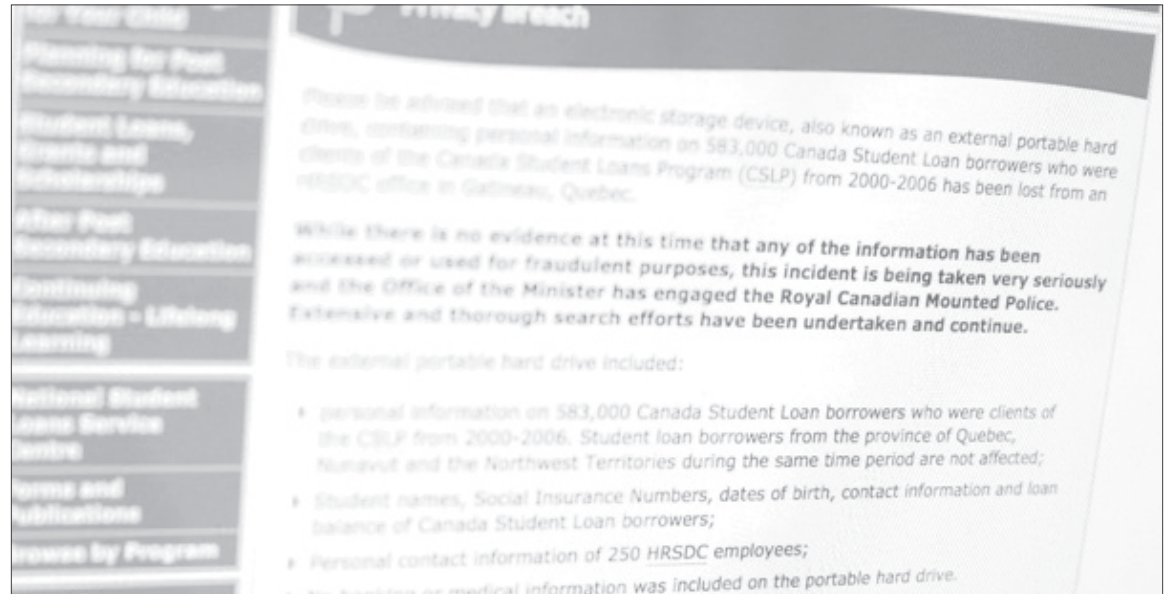
Got a news tip? Send an email to editor@nexusnewspaper.com to let us know what you know!

privacy

Government loses students' personal information

"These students already have the stress of trying to work to pay off these huge debts and now they have the added stress of wondering if their personal information is in the hands of a stranger."

MICHAEL WALSH
CANADIAN FEDERATION OF
STUDENTS



The RCMP is investigating the loss of personal information of hundreds of thousands of students.

THE MUSE

LAURA HOWELLS
THE MUSE/SPECIAL TO NEXUS

A division of the Canadian federal government has lost a hard drive containing the personal information of 583,000 clients of the Canada Student Loans Program.

Human Resources and Skills Development Canada (HRSDC) issued an advisory on the privacy breach on January 11.

The hard drive contains information on students who took out loans between 2000 and 2006. The missing information includes students' names, social insurance numbers, birth dates, contact information, and loan balance. The

breach affects students from all provinces, except for those in Quebec, Nunavut, and the Northwest Territories.

The Canadian Federation of Students (CFS) say they have been getting numerous inquiries from students who are concerned about whether this breach affects them personally, and what it means to have their personal information compromised.

"These are students who are already burdened with huge student debts," says Michael Walsh, the Newfoundland and Labrador CFS chairperson. "They already have the stress of trying to work to pay

off these huge debts and now they have the added stress of wondering if their personal information is in the hands of a stranger."

Walsh believes that this breach highlights a larger problem of post-secondary tuition fees for Canadian students.

"The fact that so many students across the country are forced to borrow in order to finance their education is the reason that we have a situation of such magnitude right now," says Walsh. "This shows that we have a system of postsecondary education in Canada where largely, students have to finance their education on debt."

Adam Awad, national chairperson for the Canadian Federation of Students, agrees that the security breach points to a larger problem.

"If we just funded education properly across the country, we wouldn't have to deal with this all," says Awad.

The Minister of Human Resources and Skills Development Canada (HRSDC) issued a statement on the breach on January 11.

"I want all Canadians to know that I have expressed my disappointment to departmental officials at this unacceptable and avoidable incident in handling Canadians' personal information," said min-

ister Diane Finley in the statement. "On behalf of our government, I want to reassure Canadians that we are serious about protecting their personal information. As minister, I will ensure that every effort is taken so that HRSDC meets the expectations of Canadians in keeping their information safe and secure."

There is no indication that any of the information has been accessed, but all affected accounts have been put on high alert. The situation is under investigation by the RCMP.

Students are encouraged to call the HRSDC's hotline (1-866-885-1866) if they suspect they are affected by the breach.

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college

Camosun alumnus Olympic athlete, model

DAMEN KORKORAS
CONTRIBUTING WRITER

Martin Reader went from playing varsity beach volleyball at Camosun to playing Olympic beach volleyball in London. He accomplished what very few people do in their lifetime: he represented Canada in the Olympic games. Yet Reader recently retired from volleyball to focus on marketing and raising awareness of the sport.

“Canada has no shortage of fantastic athletes, but I think people are catching on to the sport too late,” says Reader, “and by the time they catch on, their goals are set in other occupations. But we can start inspiring kids to pick up and start playing volleyball earlier.”

Although the 27-year-old Reader—who lives in Toronto—recently retired from the physical side of the sport, he hasn’t left volleyball altogether. For example, he went on a tour across Canada in hopes of promoting beach volleyball to Canadians.

“I can do more for the sport being an ambassador for it in the business world,” he says.

People often second-guess themselves during their pursuit of their goals, and Reader says that athletes go through the same sort of self-questioning. He always knew he loved volleyball, but it wasn’t until he captained the Camosun Chargers that he discovered he would take his passion to the next level.

“My second year at Camosun was when I really realized volleyball

is something I could excel at on an international scale,” he says.

Apart from sports, Reader promotes the idea of eating well and living a healthy lifestyle. Interestingly, he also models in his spare time (more on that later).

“There’s so much happening in my life outside of sports that’s so exciting. I believe I can achieve more outside of the sand,” he says.

Reader is an ambassador for the 60 Minute Kids’ Club charity, which, he says, “educates kids on making positive lifestyle, health, and physical choices, and prepares kids so they don’t suffer from obesity.”

For the time being, Reader plans on keeping busy in other ways. He will become a trainer with a high-end hotel in Toronto—where he will train executives in goal setting and achievement—and he will also focus on his entrepreneurial goals with his own training business.

“I’m starting a business,” he says, “Strive Conditioning and Nutrition. And I’ll be doing highest-end consulting for the Shangri-La hotel fitness and wellness center.”

Between his stints at the hotel and brainstorming business plans, Reader will still be pursuing his side hobby of modeling.

Well, he’ll be pursuing it as much as he can, given that he is actually considered too tall for the gig.

“For a model, 6’5” is as tall as you’re really going to get,” he says. “6’7” is an absolute inconvenience.”



KEVIN KINISKY

Martin Reader is a rare breed: an athlete who doubles as a model.

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www.cyc.uvic.ca



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sports

Chargers look forward to BC playoff berths

“We just need to focus on the next step for us, which is to get into the playoffs.”

SCOT CUACHON
CAMOSUN CHARGERS



PHOTO PROVIDED

Camosun Chargers men's basketball head coach Scot Cuachon.

the team back to where it needed to be in order to finish off the season strong.

“It's been a long haul and it's easy to lose touch with that energy and that excitement,” says Dahl. “We're confident that when we keep that, with the skill level and the talent that we've collected within the program, we'll perform well on the floor.”

Dahl says the team will have to keep up its re-found motivation if it hopes to be prepared for the upcoming provincial playoffs in Cranbrook.

“Every opponent we play is going to be a battle, so we need to prepare for those but also embrace

the challenges that come with that,” he says.

Second-year volleyball player Morgan Marshall, originally from Smithers, took home a PACWEST athlete of the week award for her strong play in recent games.

The Camosun men's volleyball team was also able to fight the battle and maintain fourth place provincially after some ups and downs this season. The team currently has a record of nine wins and seven losses.

Over in basketball, the women's team is also picking up speed after a rough start. Its record currently sits at five wins and seven losses.

Second-year Charger Ella



PHOTO PROVIDED

Camosun Chargers women's volleyball head coach Chris Dahl.

Goldsmid was recently awarded PACWEST athlete of the week honours for Camosun's basketball squad.

Meanwhile, the men's basketball team will need to up the level of motivation if it hopes to pull out of last place (currently three wins and eight losses) in time to make it to playoffs.

The team faced no shortage of unexpected challenges in 2012, such as losing three players to injury, but new head coach Scot Cuachon believe they can overcome this season's obstacles if they can come together and work harder as a team.

“We just need to focus on the

next step for us, which is to get into the playoffs,” says Cuachon, “and I think that we still have a really good chance of going. We just have to keep moving forward and building.”

Cuachon maintains an optimistic outlook for the rest of the season, and achieving the goal that was set at the beginning of the season for a minimum provincial bronze title is still realistic.

“Anything can happen once you get to playoffs,” says Cuachon. “I think that we'll improve and come together and we'll learn to work harder together, and after that we should be able to reach our goals.”

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fashion

Make your own floral crown



PHOTOS PROVIDED

Ever wanted to make your own floral crown? Look no further. Above is the large crown, which you can find steps to make, along with a smaller crown, below.

KATE MASTERS
CONTRIBUTING WRITER

There's no time like now to become a woodland nymph. As much as the androgynous look is thriving in fashion, so is the sickly sweet, ultra-girly look. Think tutus, pastels, Peter Pan collars, ruffled white socks, floral prints, knee-high socks, and, of course, floral crowns. Floral crowns carry a sense of whimsy that's akin to a time of medieval princesses, and that's very current right now.

The impact of a floral crown depends on the size of the flowers used to make it. If you are just a burgeoning floral fairy, or just want something to wear day to day, buy smaller flowers. If you are a floral queen, or have a special event to attend, consider buying larger flowers.

Supplies:

- twine-covered wire or an old headband
- silk flowers
- scissors
- florists wire

Approximate cost of a large crown: \$15/approximate cost of a small crown: \$10



Steps:

1: Go to a craft store and buy an assortment of silk flowers. For the larger crown I used six large flowers and for the small crown I used 28 little flowers.

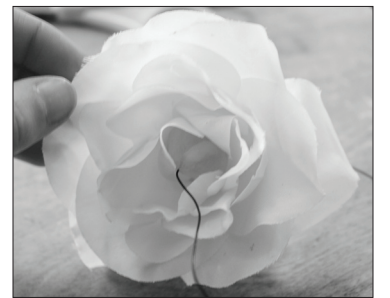
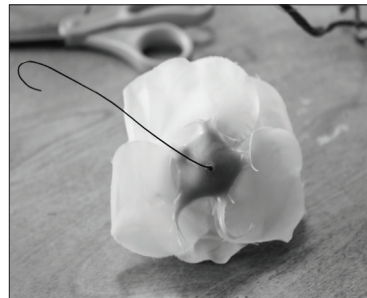


2: Cut a piece of twine-covered wire so it fits around your head. Twist the ends together. If you are using a headband you can skip this step.

3: Pop the flowers off their stems; you should be able to do this quite easily. Cut the rest of the stem off so there's nothing left.



4: Look down the center of the flower; there should be a hole there. Cut a piece of florist wire that's about triple the length of the flower you're using. Take the florist wire and put it through this hole.



5: Bring the top wire back to the wire at the flower's base by looping it around the outside of the flower. Make sure to hide the wire in the petals.



6: If you're using a flower like a rose, the petals are arranged in an overlapping manner, so it might be hard to conceal the wire. If this is the case, just stab one of the petals with the florists' wire so you are back at the base of the flower.



7: Attach the flower to the headband using the florists' wire. Make sure it's tight and the flower is facing the direction you want.

8: Repeat until you have attached all the flowers you want.

9: Make sure to trim all the pieces of wire so they don't poke you in the head.

Since the flowers were attached to the headband or wire using florists' wire and not a hot glue gun, you can reuse the flowers once you get tired of a particular arrangement and want to mix it up a little.



social issues

Cluttered pearls: The stigma of hoarding

After 20 minutes, including his retelling me about an entire final period of a hockey game, he admitted the keys he

couldn't let go of were to the home he had shared with his ex-wife, the home she got in the divorce.

JEAN OLIVER
CONTRIBUTING WRITER

Oh, how the world loves a freak.

Call it what you like—collecting, hoarding—the way we look at someone whose space has filled up with stuff is judgmental. It has long mystified me that many are not able to see this behaviour as a serious emotional illness. But attitudes are beginning to change.

The most notable stigmatizing culprits are the reality TV shows on the subject, exploiting suffering by triggering our survival-fascination with the train wreck. I'll admit, I watched the shows early on. I saw the hoarder as brave, and the helping agencies as noble. It all seemed justifiable, in a lab-rat-sacrifice kind of way. But the blame was one-sided, with the intricate interaction of the enabling family, partner, or friend completely ignored. Eventually I was learning more about what not to do to help. And worse, by tuning in each week I was contributing to stigma.

"Enabler," "hoarder," "martyr," and "saviour" are common archetypal labels we love to use, but are not useful in helping someone face a loss.

I've helped 18 people ("people," not "hoarders") with their "grief" (not their "hoard"). I use the word "nest" instead of "hoard" when it helps with understanding. These labels are unfair if not applied equally because there are elements of all of these tendencies in each of us. It only takes a special set of circumstances for behaviour to appear that has a negative effect on everyone involved.

GRAINS OF SAND

Hoarding, by definition, is a supply of valuable things stored for future use. But in this context, the so-called hoarder doesn't have any future use for the collection, nor do they accumulate consciously.

But the persistent wisdom is to treat as if this is so. As if experts have only observed this condition from afar and not from a grief perspective.

The need for less distance between the person and the treatment is why the peer-support approach is beginning to make a difference in long-term mental-health care. Wendy Mishkin, who worked as coordinator for the Peer Support program with the Victoria branch of the British Columbia Schizophrenia Society and is currently on leave, describes herself as having nesting tendencies.

"This tendency shows most in my collections, and my general trouble with making decisions and letting things go when I am not well," says Mishkin. "Severe anxiety and mood disorders run in my family, and 'nesting' is one manifestation of this."

In her work, she has seen a lot of this behaviour up close; she says she has trouble with the "hoarding" label.

"The term 'hoarding' has entered the public consciousness in a good way, as well as in a negative one," she says. "When we're having an illness of any kind, things start to pile up. It's a completely normal response."

Think of nesters' "stuff" as a grain of sand in an oyster. The pain is like that grain of sand, which



A look inside the collection of a local hoarder.

JEAN OLIVER/NEXUS

gets layered with nacre, mother of pearl. Clearing the nest is like finding the pearl, the real person, underneath the stuff. The main difficulty is, of course, you have to first open the oyster. Then you have to destroy it.

HELPING THE NESTER

There are many kinds of nests—some tidy, some messy—and I've started coming up with names for each one I find.

Some are like the ones mice make, where walls and surfaces are softly layered. There's a sort of preparedness-nest, saving things "just in case." There's a lost-in-the-woods one that uses a system of deer trails that lead to personal spaces. The hardest to work with are the "cliff" ones. They make a nest that is the result of a hard-wired mental-health condition. Inside their nest, the sufferer clings to the edges of their sanity, trying not to go over the cliff. But they are only, as some would say, hard to work with because they require serious and early-on intervention and ongoing help, both of which are simply not available.

As we work, the nester grows to hate me, and pushes back, hard. But the most wonderful thing always happens. They figure out there's no way I'm the true source of their pain and they look inwards. Their anger seems to electrify and cut through their powerless-victim state of mind.

It's important not to react to these outbursts, but also not to let them set aside the object in question "just for now," as they tend to say. This is an object I call a plug. It

represents a tough emotional block, and has to be dealt with before we can proceed. Think of how the oyster must feel when you start prying it open. Once those layers start coming off visibly in their environment, you're in for a rough patch. The good news is, at the end, we have a huge oyster shucking.

When we come up against a plug there are considerable attempts by the nester to deflect. As they attempt to put me off, and no matter what they've just said, I only ever answer with one question: "So, is it okay then to let go of this?" It can take from minutes to weeks to let go of that one thing. But it's important not to move anything until that plug is dealt with. And this way, the nester is the one in control—for a change.

A man I am working with had trouble letting go of two keys he no longer used (keys are a big, and common, problem). After 20 minutes, including his retelling me about an entire final period of a hockey game, he admitted the keys were to the home he had shared with his ex-wife, the home she got in the divorce.

You would not believe the look on his face when he finally admitted that.

CHANGES IN BUREAUCRACY

Things are changing in terms of local services for people like this. Encouragingly, the Vancouver Island Health Authority (VIHA) is making a move on hoarding. About eight months ago, Tracey Thompson, coordinator of outpatient services, and Madeline Ross, coordinator of special services, were

approached by local firefighters and other concerned groups. They are now helping to coordinate with what resources there are. Thompson, who has migrated to her role at VIHA from the NEED crisis line, says that they started the Community Working Group to decide on a strategy and determine how to best respond to hoarding situations.

"Under the VIHA mandate we can assist with a serious and persistent mental-health illness," she says. "With hoarding, this doesn't fit, and we need a mental-health response to this problem. Is the best approach for VIHA to come up with a treatment, or is it about a community response?"

Ross, a psychiatric nurse with a background in health services and the non-profit sector, adds that there are budgetary limits on a health service, so this group is necessary.

"We need to be self-determined, not just working from an office but using peer-supported models, and help the people involved make some choices for themselves."

Meanwhile, a world away from offices and paperwork, I sit with someone in their pile of hurt and see the look of astonishment and awakening joy on their face as they release the hold their pain has over them. This is why I do this work for them.

The evidence of healing is potent medicine. But that look is also a reminder of where I was at once, and how proud I am over reclaiming my power. This is why I do this work for myself.

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music

Romano switches to different attack

“The key to country music is you gotta sing it like it happened to you, but thankfully it didn’t.”

DANIEL ROMANO
SINGER/SONGWRITER

NICKOLAS JOY
CONTRIBUTING WRITER

Deep, deep down, Daniel Romano, best known for his work in Canadian indie rock band Attack In Black, has a country music heart. With his solo career, which includes his recently released third album, *Come Cry With Me*, Romano takes on a different persona of a classic country singer, brimming with nostalgia and channelling George Jones, Gram Parsons, and Hank Williams with his painful storytelling and western guitar.

“I find country the most comfortable genre to write songs in, that’s probably why I do it,” says Romano. “Even the songwriting’s pretty similar to my other stuff. I just like it, it’s my favourite.”

Romano’s version of classic country is timeless. Keeping a sense of humour about his craft, he imitates the sounds and styles of old country artists for his shows and music videos. He even tried to have

his hair cut to look like George Jones for the music video of his single “I Won’t Let It.”

“The barber I went to didn’t know the George Jones hairstyle, so I said, ‘The Elvis,’ and, ‘Leave it over the ears,’” he says.

Romano believes his new album is a step forward. There’s more of an emphasis on storytelling and hints of humour throughout, he explains.

“*Come Cry With Me* is just straight country all the way through and that’s what I wanted to do,” he says. “The stories come from my brain, or things I heard. Usually I just make it up. I like to think I’m a good storyteller. The key to country music is you gotta sing it like it happened to you, but thankfully it didn’t.”

Romano will be the opening act for married indie country duo Whitehorse when he plays in Victoria. Their sound is a lot more modern and intimate with pretty vocals and twangy guitar. Romano says he was asked to change his live show slightly to match the group he’s sharing a stage with.

“Whitehorse is just a duo so they wanted me to perform as a duo,” he says. “It’s just gonna be me and my friend Spencer. Two guitars, two harmonies.”

Daniel Romano
Sunday, January 27
Upstairs Cabaret, \$18
upstairscabaret.ca



PHOTO PROVIDED

Believe it or not, Daniel Romano doesn't spend all his time adjusting his cowboy hat. Amazing timing.

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theatre
Speaking in Tongues makes audiences work to find truth

“What is true to you may not be true to me.”

MARK DUSSEAULT
 BELFRY THEATRE



SHAUN BENSON

Four people, speaking at the same time, meaning different things: get ready for *Speaking in Tongues*.

INSU KIM
 CONTRIBUTING WRITER

Although it is easier and easier to access information as technology develops, it is increasingly difficult to find reliable information. The play *Speaking in Tongues* is, essentially, about the truth: how we understand the truth, and how we persuade others to believe our own truth.

“Truth is very subjective. What is true to you may not be true to me,” says Belfry Theatre publicist Mark

Dusseault. There are two married couples in *Speaking in Tongues*. They are both in separate hotel rooms, deciding whether or not they are going to have an affair with another person. In the second act of the play, they meet five new characters. Something mysterious happens, showing us how the characters are brought together as the play progresses.

“The special thing with this play is the way it is structured,” says Dusseault. “In the second act of the

play, the four characters meet five other characters. You’re wondering how it’s going to come together and how it all is going to make sense by the end of the play.”

Inevitably, most audience members will tend to empathize with one character and begin to believe his or her version of the truth. As Dusseault says, the truth is different to each of the audience members, depending on their experiences, backgrounds, and perspectives. Dusseault also says that although

seeking the truth is very difficult, the audience will be able to approach their own truth by reflecting on characters they relate to.

And the audience will get to that reflection in an interesting way: not only does the play have that special structure, but there’s also an intriguing technique used in the play. Although the four characters recite the same lines at the same time, the words have different meanings and sentiments. The audience’s job is to understand and interpret what each

character means.

“The story about telling the truth really comes out as you’re watching,” says Dusseault. “The two couples have been married for a while, and they’re trying to figure out whether or not they should stay married, and what’s important to them in their relationship.”

Speaking in Tongues
 January 22—February 24
 The Belfry Theatre
 belfry.bc.ca

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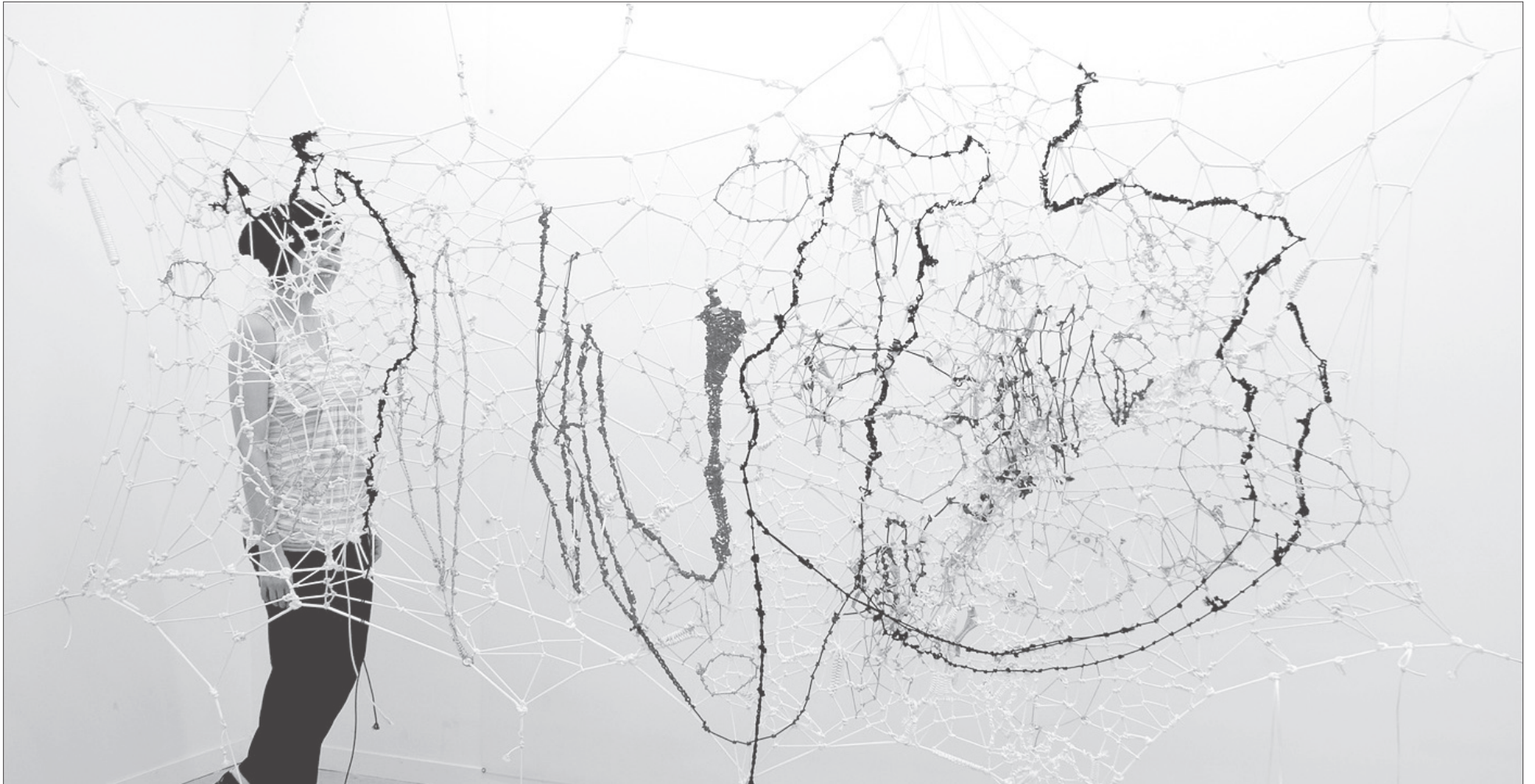
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art

Art show *Traces* subject to negotiation



ALL PHOTOS PROVIDED

Ed Pien's *Play Rope Drawing*, one of many unique pieces on display at *Traces*.

GREG PRATT
EDITOR-IN-CHIEF

No one ever said visual art was going to be easy. Case in point: *Traces*, a new exhibit featuring the works of three artists (Daniel Barrow, Alison Norlen, and Ed Pien), who are pushing limits of visual art by experimenting with both materials used and, more philosophically, the space used—or not used—to show the work.

"The work is not didactic," says Nicole Stanbridge, Art Gallery of Greater Victoria associate curator, contemporary art. "It's not going to tell them what to think. It will ask them to experience the work and

come to their own conclusion."

What that conclusion is depends on what those experiencing the exhibit take away from it, of course. Stanbridge wants people to get a chance to re-examine the simple art of drawing, and how it can be displayed. She says she hopes that those who see the exhibit get "an opportunity to experience the potential for drawing to be defined in a broad way and through a range of media. To see how what we call drawing can move beyond a two-dimensional format into a three-dimensional realm."

Pien says that everyone who comes will have a very direct and

personal response to the works, because everyone comes to the exhibit with their own set of experiences and knowledge... and, of course, taste.

"Without any question, the audience will become active participants," he says. "The more they engage with the various works, the more they'll get out of the show. All the works contain multiple meanings and their meanings are subject to negotiation with the audience."

For Barrow, the exhibit is an example of art that is both extremely meticulously crafted and easy to digest. But the more time you put into it, the more you'll get out of it.

"The exhibition has a broad appeal," says Barrow. "The work represents the work of thousands of hours of skilled craftsmanship and deep investigation of the self. It's a very accessible show so it would be hard to imagine anyone with a passing interest in visual culture being bored."

Pien definitely suggests Camosun students go check out the exhibit to see a refreshing amount of diversity, and just maybe to get a chance to experience visual art in a whole new way.

"The works in the exhibition present a rich and diverse variety of concepts, materials, and processes

as well as means of engagement, be it physical, visual, aural, intellectual or emotional," he says.

"Works range from small maquettes to monumental drawings, large-scale papercuts, multiple time-based projections, and immersive installations," he continues. "The Camosun students will be challenged and seduced by what they encounter. There are many lovely surprises along the way."

Traces
Until April 21
Art Gallery of Greater Victoria
aggv.ca/exhibitions/traces

music

Zion I empower listeners to do their own thing

"In early hip-hop and you had to be original or unique or you were a biter or a perpetrator"

MC ZUMBI
ZION I

JASON SCHREURS
MANAGING EDITOR

Unfortunately, "empowerment" isn't the first word that comes to mind when discussing modern hip-hop. That's where Oakland, California hip-hop duo Zion I come into the picture. Playing self-described "feel-good music" with a message of empowerment, this ain't your ordinary rap group.

"It's not music about how fly am I, or how much weed I just smoked, although those things may come into it," jokes the duo's MC Zumbi. "It's about individuals empowering themselves and doing what they want. That's the gift hip-hop gave me, I was able to go and do it; I want other people to be able to experience that empowerment."

Zumbi is known for his smooth rhyming style and progressive lyrics, but also takes hip-hop into the realm of dubstep, drum and bass, and reggae, thanks to the inventive work of producer DJ AmpLive.

"We kind of do whatever we want and we don't stay in one pocket," says Zumbi. "We just go all over the map."

It's a musical outlook learned from the innovators of hip-hop and passed down through generations of musicians who aren't afraid to do their own thing, especially in an age where being an individual isn't such a financial risk.

"There was a lot of diversity in early hip-hop and you had to be original or unique or you were a biter or a perpetrator, you know?" says Zumbi. "And now people aren't afraid to do off-kilter or wacky things and it's still dope. You can't deny creativity."

DJ AmpLive moving out of Oakland has made Zumbi look outside the group's core duo, now with nine full-length albums out, and towards a whole new generation of producers and DJs.

"When he moved I reached out to a lot of producers, a lot of young guys in Oakland, and that's exciting because all of these years it's always been Amp and now I'm starting to get more guys involved," he says.

With a steady diet of touring and recording, Zumbi decided to dig his heels in, despite whatever challenges came his way, and he says he's a better songwriter for it.

"It's life on planet Earth, so there's going to be ups and downs,



PHOTO PROVIDED

Zion I are carrying on the traditions of hip-hop originators.

and sometimes it's a struggle," he says. "We're indie artists and we're doing everything ourselves, and in my mind the love of the music is what is pushing us forward."

Zion I
Wednesday, February 6
Club 9one9
strathconahotel.com/club90ne9

MUSIC

Kozelek enjoys solitude, comfortable with obscurity

“I played a festival and there were nine people in the crowd.”

MARK KOZELEK
SINGER/SONGWRITER



GABRIEL SHEPARD

Mark Kozelek prefers a room full of people but can also play to a sparse crowd if the need comes up. Plus, he plays AC/DC covers.

JASON SCHREURS
STAFF WRITER

Mark Kozelek is a man of few words, but many songs. The now-solo singer/songwriter, also known for this work in indie rock bands Red House Painters and Sun Kil Moon, has remained in relative obscurity for the past two decades, despite releasing over 25 albums over his three projects.

“I guess I just don’t have what it takes,” deadpans Kozelek on his level of success.

Kozelek is busy “doing his taxes” and hasn’t had a lot of time

to think about his upcoming show in Victoria, which will see the venue turned into an intimate, candlelit space for one night as Kozelek strums his chilling yet hopeful acoustic numbers.

“I hope there aren’t too many drunks right in front of me at the show,” says Kozelek, adding that there is “too much drinking... up there in Canada.”

But playing solo to a variety of crowds is nothing new to Kozelek. He’s tracked countless miles in his storied career and has gotten used to playing without a backing band. The

biggest difference between band and solo, he says, is how much easier it is to head out on the road without a bunch of other people in tow.

“I have more control playing solo,” he says. “There’s less pressure to follow set lists, soundchecks are shorter, no band practice, and organizing tours are much easier if it’s just me rather than a band.”

Still, for some, the thought of exposing yourself and your craft up on stage all by your lonesome could be a staggering nerve-wreck. But for Kozelek, the experience can only be soured when the turnout is weak.

“I played a festival and there were nine people in the crowd. I was embarrassed, wanted to get out of there,” he remembers. “If the room is full, I just look out and feel grateful to still be in the business.”

Known for his love and, ahem, interesting interpretations of classic rock songs, Kozelek recorded a full album of AC/DC covers in 2001 called *What’s Next to the Moon*. The album was a bold move, considering that the only other significant artist that has dared to pronounce such love for the Australian bad boy rockers was a lot, well, tougher:

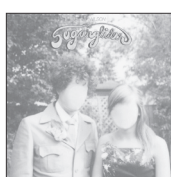
extreme death metal band Six Feet Under.

So, will any of Kozelek’s versions of AC/DC songs, which are different kinds of animals altogether, make an appearance at his upcoming show?

“Probably,” he teases, “at least one.”

Mark Kozelek
Tuesday, February 5
Club 90ne9, \$18
strathconahotel.com/club90ne9

New Music Revue



Renny Wilson
Sugarglider
(Mint Records)
2/5

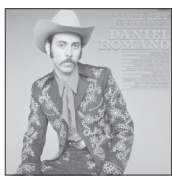
Sugarglider harkens back to a day when men pointed at disco balls with a sultry look in their eyes... but it never makes me feel like visiting that era.

There’s an otherworldly, almost underwater, funk to many of the tracks on this Edmontonian’s freshman full-length album, but it leaves me feeling less like dancing and more like passing out with a bag of chips in my lap. Call it chill-wave, call it pulsar-pop, call it whatever you like. I call it uninspired.

There are bits and pieces of this album that tease me. A little bit of synth in the title track, a bass lick in “Feel Like a Child,” a sexy sax sound in “Lady Pain,” they all make me want to hear more. Then Wilson starts to sing and all the good comes to an abrupt halt. His range tickles into falsetto with an airiness that could barely fill a balloon.

This music isn’t poorly crafted or terribly presented, it just doesn’t ever grab me enough to pull me in to that sweet spot that the disco balls and sleazy glances promised.

-DAN DARLING



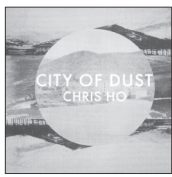
Daniel Romano
Come Cry With Me
(Normaltown Records)
4/5

Daniel Romano’s new album, *Come Cry With Me*, doesn’t quite have any songs as memorable and catchy as his last album, *Sleep Beneath the Willow*. It is, however, filled with some timeless country storytelling that just can not be found on Country Music Television.

This nostalgic and painful album makes your want to drink whisky and drive your Bronco down a dusty trail and out of this town for good. It’s tacky and corny at times, heartfelt and moving at others: this is just what country music should be.

Some highlights of the album are “Chicken Bill” and “When I Was Abroad,” which come together as a twangy western story about a cross-dressing chicken farmer. A more sincere song on the album is “A New Love Can Be Found,” which is as tragic in its lyrics as it is in its melodies.

-NICK JOY



Chris Ho
City of Dust
(Independent)
2.5/5

Chris Ho’s debut album is smooth and easy to listen to. The young Victoria artist has an attractive singing voice and his songs have emotional high and low tones, which is great.

However, the album is distractingly inconsistent: the first three tracks are mellow and conservative; the next track reveals a surprising uplifting rhythm.

Many of Ho’s songs have the same catchy lyrical sequence and his music sounds like a cross between Jack Johnson and Coldplay—he has a minimal folk guitar style mixed with light progressive build-ups.

His style is very plain and earthy, his lyrics are consistent with the tone and style of his tracks and he’s a talented songwriter. However, Ho’s got a comfort zone; if he can break out of it, he can produce something far more unique and inspiring.

-DAMEN KORKORAS

MUSIC

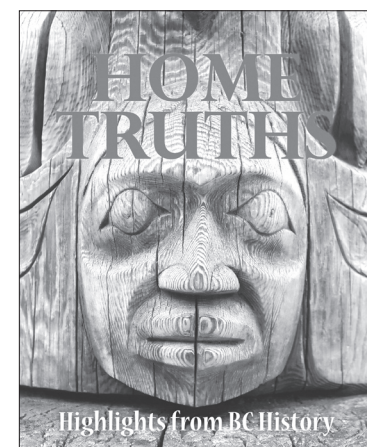
Book looks at home in BC

GREG PRATT
EDITOR-IN-CHIEF

What is home? *Home Truths* (Harbour Publishing), an anthology of writings from scholarly journal *BC Studies*, explores that question with a BC focus that will prove fascinating to anyone interested in the history of our province. And even if you don’t think you are that interested in British Columbian history, you probably are. Still don’t believe me? Just read the book, and you will be.

The only problem with reading the book is that because the selections are culled from a scholarly journal, the writing tends to be overly academic (when hanging out with friends, how often do you, say, describe race as “porous”?). So it can be a bit of a slog, but if you’re in the right mood, the payoff is great.

For example, the essay “Race and Space in Victoria’s Chinatown, 1891” tries its hand at debunking the oft-thought “truth” of our Chinatown being a “forbidden city” and the only place in town where, in the past, Chinese people could feel comfortable. In fact, through maps and charts and boring language, it lays out how plenty of non-Chinese people lived in Chinatown,



how plenty of Chinese people lived outside of Chinatown, and how the racial segregation—although there, to be sure—wasn’t as severe as we’ve retroactively made it. It’s a contentious statement but one they defend and hold well.

Elsewhere, we get a look at what home was, is, and can be in BC. From nomads to mining-town settlements, from old shacks hastily constructed on the sides of rivers to Victorian mansions, from First Nations who call BC home to settlers who came and called it home, the concept of home is an amorphous and interesting one in a province that has a history built on racial question marks and social dividing lines as tall as trees.



Sour Grapes

by Nicole Beneteau

The modern caveman



LORD JIM/FLICKR CREATIVE COMMONS

You're all set. You've scrounged the internet for recipes and braved the darkest corners of the health food store. You've whipped up a gourmet meal, without meat, without dairy, without even a hint of gluten, that's sure to please every one of your guests. You've got this dinner party under control.

But wait. What you don't know is... there's a caveman coming to dinner.

Health nuts across North America are jumping on a new diet bandwagon: the Paleolithic Diet, otherwise known as the Caveman Diet, or—if two names wasn't enough—Paleo.

Though the name may tempt your imagination to run wild with images of dread-heads hunting with homemade spears, the reality isn't as primitive as all that.

The diet is based on the supposed eating habits of our paleolithic ancestors and, according to founder Dr. Loren Cordain, it's "the world's healthiest diet." It's become particularly popular among athletes and there are even plans for a Paleo-style fast food restaurant in Copenhagen.

So what's a modern caveman (caveperson?) chowing down on these days? Well, meat, of course, along with non-starchy vegetables, fruits, nuts, seeds, and seafood.

What's not on the menu is anything that came into our diet at the advent of agriculture, roughly 10,000 years ago. This means no grains, dairy, legumes, salt, sugar,

or processed oils.

For anyone who's been trying desperately to navigate the realm of healthy-eating dos and don'ts, this really throws a wrench in the works. For years we've been told to cut down on meat and get our whole grains. Now, "the world's healthiest diet" is telling us to toss that brown rice and quinoa in favour of a fatty strip loin.

And I don't think India will be very happy when they find out chickpeas and lentils are actually bad for you. Did you hear that, India? To a Paleo-eater, your dahl is the devil.

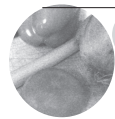
The strictest followers of the Caveman Diet actually insist that meats be grass-fed and much of the fruits, vegetables, nuts, and seeds be wild-foraged. It's no wonder that this diet is touted to be a great weight-loss tool. Just hunting down these hard-to-come-by items is sure to burn a bunch of calories.

Most proponents of Paleo take a more modern approach, but the diet has still been met with a slew of criticism from the medical community.

At best, the diet is written off as just another fad. At worst, it's said to pose serious health risks.

A 2012 *US News Magazine* survey, based on health benefits and easiness of following, ranked the Paleo diet dead last compared to 27 other diets.

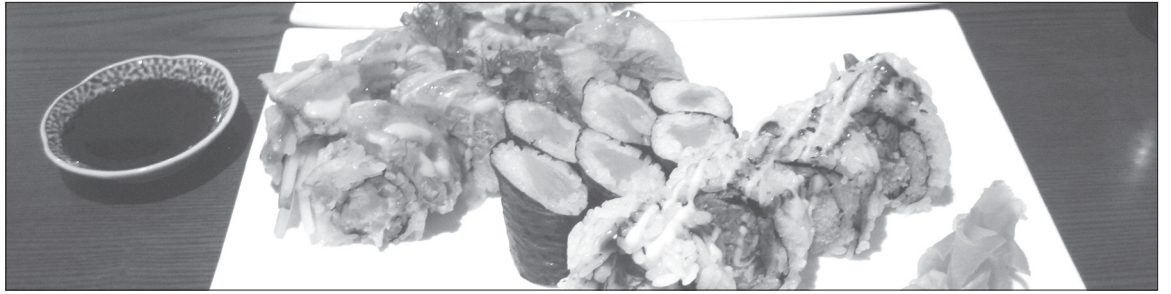
So it's time to put down the club, take off the loin cloth, and go eat a falafel.



Noms!

words and photo by Patrick Hallihan

In review: Sushi Matsuri



Sushi Matsuri (239 Menzies Street) is a small little restaurant. When I say small, I mean SMALL. There's about eight tables, none of which seat more than four. While it wouldn't do for a large dinner party, it was quite well laid out, making careful use of the little space it had.

I actually quite liked the decor, but none of you care about that—truthfully, I don't either. We're here to talk food!

Sushi Matsuri offers a good sized menu, with a solid selection of sushi, as well as some other Japanese foods. A really cool thing about the place is that they gave the option to use real crab meat in any of their sushi for an extra 75 cents.

The kind waitress brought us some free green teas (great for warming up my hands, which were thoroughly frozen), and then we started our night off with a plate of Gyoza each. Though it wasn't really

anything special, it was good.

Next came the entrée. I got a BC Roll, a simple Tuna Roll, and something called the Stop, Drop & Roll. That last one was my favourite of the night: it had a bit of deep fried salmon on the top, which gave it a nice crunch. Delicious.

This sushi was absolutely delicious! My friend, who was dining with me, agreed, and he is an expert in these matters, or so he tells me. I don't actually believe him, but it sounds good.

Anyway, the food was really good and we both felt stuffed by the end of it. Better yet, it was pretty cheap for how good it was. I paid about \$25 for everything. The basic rolls are around \$3.50, and the primo rolls didn't go past \$8.00, which is actually pretty cheap compared to a lot of other places around town.

My advice? Go to Sushi Matsuri and give it a shot. It's good stuff.



In Search of Last Time

by Daphne Shaed

camosun college pride centre

Defining identity

Since the early 20th century, scientists have been seeking explanations to pathologize gender and sexuality, but only those identities deemed deviant. There's been no search for the heterosexual gene or the cisgender neurons in the brain.

I will certainly advocate against such definitions as defined by science to essentialize difference to biology. I won't discount the possibility that there may be a biological variable that contributes to the construction of our own sense of gender or sexuality, but it's not the sole pillar and foundation of our identity.

Gender and sexuality are socially constructed forms, and in saying it's constructed I'm not implying that it's artificial; rather, it's simply distinct from biology.

Socially constructed identities aren't illusory, but the treatment of socially constructed ontologies imbedding them in biological essentialism is fallacious.

It only serves to exemplify the scientific community's desire that gender and sexuality be cast in biological determination, as it means that that is something that might be cured, treated, or tested for.

I don't require any explanation to legitimize my sense of self.

I'm a transsexual, I'm a woman, I'm a lover, a friend, a daughter, a student, a hard worker, an avid reader, a prankster, and an artist.

All of those previous identities are constructed and maintained by social interaction and myself. They belong to me, they are my own, and have been fostered and grown since I was a child, influenced by a wealth of information and environmental factors, and none of them are solely biological.

I'm also a human being. That is, however, biological.



Speaker's Corner

by Jean Oliver

camosun college toastmasters

Huh? What'd you say?

According to the website Skills You Need, listening is the ability to *accurately* receive messages in the communication process. If we accept that listening involves receiving, then we can accept that listening involves the brain.

When we are listening to someone speak, their words—as well as gestures, body odour, accent, etc.—go in through our senses, get mixed up with things like our own stomach rumbling, and end up in our grey matter to get sorted out.

If at the same time you're waiting for them to shut up

so you can say what you want to say, you're effectively fogging up that interpretive process. In terms of a job interview or learning a subject in class, your lack of focus can significantly impact you in negative ways.

Norman Vincent Peale said, "Every human being has an inner sense of worth... Wound that and you've lost that person forever." Active listening, where you give feedback, or ask questions, to make sure you understood, is the clearest path to communication.

And being a better listener, will, ironically, make you a better speaker.



Ability's Muse

by Rachael Grant

camosun college students with (dis)abilities collective

The right to love

It may not be something we think of often, if at all. The right to love can be assumed as a right we all are given: it's so inherent why would anyone even question an individual's right to love, be loved, or have children? When someone is denied their right to express their sexuality, they are denied their status as a human being. It's a cruel thing to do; yet, it's done every day.

People with (dis)abilities can love sex as much as any other person. When I say (dis)abilities, I mean that without exception. It's appalling to see anyone denied their right to date or to see people make mistakes in the process of caring and loving others due to the structure

of inaccessibility that is imposed by our society.

I refuse to sit back and be told that because I have a mental illness, I should never have children. I am just as able as any other to conceive a child.

Why would it ever be acceptable to tell someone that you don't approve of them procreating because they will have "messed up children" or be a drain on society?

Deny anyone the right to love, to choose who to love, to express sexuality in a healthy way, or the right to do as one chooses with their body, and you deny your fellow being a right to be just that: your fellow being.

A MESSAGE

FROM THE CAMOSUN COLLEGE STUDENT SOCIETY

No longer idle

by Madeline Keller-MacLeod
ccss external executive

Camosun College's First Nations Student Association and the UVic Native Students' Union invite you to attend our march to the Legislature on Saturday, January 26. This youth-led event is part of the ever-growing Idle No More movement that demands the federal government respect the treaty and human rights of First Nations in the land we now call Canada.

Idle No More has become a national, internationally recognized movement for indigenous rights. The movement demands consultation, respect, and representation for First Nations, especially focusing on the health of our environment, with which the cultures and practices of First Nations are intrinsically tied.

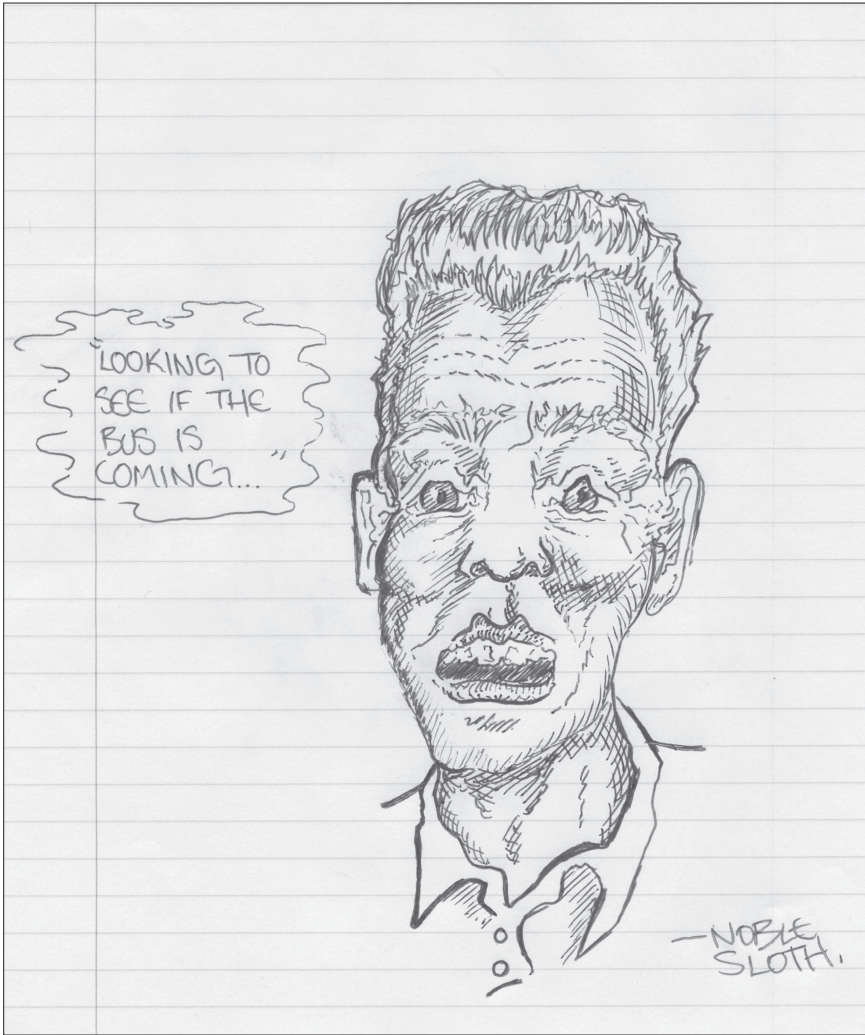
Although Idle No More seeks to dismantle colonialism and settler privilege, the movement is incredibly inclusive. All humans should be able to live, work, and play together, sharing resources and treating each other and the environment with respect.

Settlers, people whose ancestry is not native to this land, have an important part to play in this movement as allies to First Nations.

Calling out and taking apart privilege is often an uncomfortable process for settlers, but this movement calls for stepping outside of one's comfort zone to create a just society.

Please join us at Centennial Square at 10:30 am on Saturday, January 26.

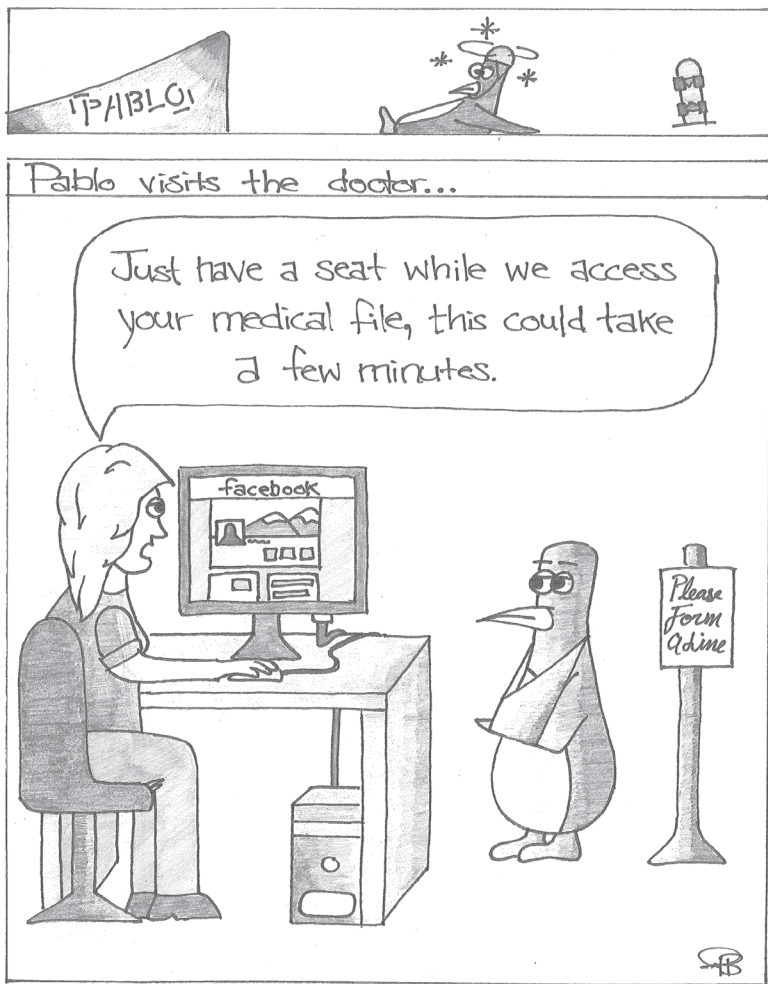
Noble Sloth Manifesto By Libby Hopkinson



Luke Sanity Deprived By Lucas Dahl



Pablo By Pedro Banman



You draw comics and we know it!
(Don't ask how.)

If you think you might be able to make folks laugh with a short comic every other week, then we'd like to see your work in print

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Nexus, 201 Richmond House,
Lansdowne Campus, or email:
editor@nexusnewspaper.com

Ski Ninjas By Kyle Lees (The Argus)





PHOTO PROVIDED

Legendary indie rockers Built to Spill will be playing Sugar on February 5.

THURSDAY, JANUARY 24

Dean Brody, Small Town Pistols

MCPHERSON PLAYHOUSE, \$29.50, 8 PM
We live near a gun range. The family likes to go for walks through the forest trails, one of which puts us directly behind any number of different weapons banging and powing at targets behind a fenced perimeter. A week ago we managed to hear a woodpecker amidst all the shots. It was amazing to see this beautiful bird so close to us, completely oblivious to the kerfuffle happening some 30 feet away.

SATURDAY, JANUARY 26

DJ TechCows, DJ Miami Nights 1984

CASTLE VIDEO BAR (AT PAUL'S MOTOR INN), \$10, 9 PM
My second car was a front-wheel drive 1979 Oldsmobile Tornado with a V8 engine that my dad decided to get painted black. Somehow it got the nickname "Death" from one of my friends and it just happened to stick. In the winter I'd pack the car full of buddies to go cause some sort of ruckus. More than a few times we ended up just finding an empty parking lot and doing donuts. I always liked to practice what I called "The Miami Vice." Pin it in reverse, spin around 180 degrees, and slam it into drive. Maybe that's why that car caught fire a few months later.

SATURDAY, JANUARY 26

Ak-47, Alcoholic White Trash, Car 87, Orange Krush

LOGAN'S PUB, \$10, 9:30 PM

I was always more of a C-Plus guy. Not my grades, those were mostly above average, but I liked the fact that C-Plus tasted more like fizzy juice than actual pop. Grape Crush, on the other hand, was great! Once, one of my friends thought it would be a good idea to try snorting a Slurpee. It might have been grape. He said something about experiencing "true brain freeze" before screaming in excruciating pain.

SUNDAY, JANUARY 27

Whitehorse, Daniel Romano

UPSTAIRS CABARET, \$25, 7 PM
Growing up in the Yukon was a blessing. It's amazing how wide open and free the wilderness was to explore. You really had to enjoy winter though. If you don't like cold, snow, darkness, or any combination of those things, then most of the time the Yukon is not for you. It's funny what becomes normal when you really don't know anything else. Going to school when it's dark as night and coming out in the afternoon to the same amount of light could really mess with some folks.

FRIDAY, FEBRUARY 1

Blackalicious, DJ Anger, The Cold Residents, Skulastic

SUGAR NIGHTCLUB, \$24, 9 PM
What is it about some flavours that just make people cringe? I am not a fan of black licorice, in any form. I think I might've tried a flaming Ouzo shot once, but that pretty much shut the door on any other attempts to try anything even remotely related to black licorice flavouring. Give me a

regular cherry Twizzler any day. Hell, I love almost any of those ludicrous flavours of licorice: blue, pink, yellow, but if you try to sneak black in there, forget about it.

FRIDAY AND SATURDAY, FEBRUARY 1 AND 2

The Gettin' Higher Choir, Holly Arntzen and Kevin Wright

ALIX GOOLDEN HALL, \$20, 7 PM
One of the older skateboarders in Whitehorse had a VW van that we'd pile into for random missions into the bush. I think it was one day on the way home with another older kid that I had my first cigarette. It was an Export 'A' that used to come in the green package. They were "green death" for a reason. After the unbelievable head rush that I experienced, I probably should have just left well enough alone. It took me 10 years and three attempts to quit. I was dumber than I thought back then.

TUESDAY, FEBRUARY 5

Built To Spill, Finn Riggins

SUGAR NIGHTCLUB, \$26, 8 PM
Pushing mongo sucks. Don't do it. Friends don't let friends push mongo. If you don't understand what I'm talking about, you probably push mongo. Heal yourself. Fix it. Google what I'm talking about and then never again allow it to happen. It's a terrible epidemic that has taken over many forms of skateboarding in the past dozen years. But it is preventable. Only you can prevent mongo pushing. Give a hoot! Don't push mongo!

WEDNESDAY, JANUARY 30

Cinema Politica

Camosun's informative film series continues as Cinema Politica presents *Call Me Salma*, a documentary film about a young woman from Bangladesh who enters into the world of trans-sexuality. The film screens in Fisher 100, Lansdowne at 3 pm and is free and open to the public. Go to cinemapolitica.org/film/call-me-salma for more info.

FRIDAY, FEBRUARY 1

Arab Awakening

Middle East journalist Robert Fisk will speak at the University of Victoria tonight on *Arab Awakening: But Are We Hearing the Truth?* Presented by the Canadians for Justice and Peace in the Middle East, Fisk has won two Amnesty International UK Press awards and has been involved in international journalism for over 30 years. Tickets are \$15 for students and \$20 otherwise; Fisk's speech starts at 7 pm in Room C103 of the David Strong Building at UVic.

FRIDAY, FEBRUARY 1 TO SUNDAY, FEBRUARY 3

Gottacon

Gamers of all sorts unite! That's right, it's time for GottaCon, where you'll have 50 hours of gaming fun. There's a plethora of game groups, such as board games, trading card games, miniatures, role-playing games, and computer and console games. Tickets will only set you back a max of 50 bones. So throw your lucky D20 in your bag of holding, put on your favourite costume (there's a contest for the best one), and bring your game face, 'cause this convention is going to be off the hook. Go to gottacon.com for more info. Also, there's Lego!

MONDAY, FEBRUARY 4

Scholarship deadline

Export Development Canada Scholarship Program has up

to 30 \$4,000 scholarships up for grabs. These scholarships are designed to develop the next generation of globally minded business leaders, and are offered in fields such as international business and programs that combine business with environmental or sustainability studies. The deadline to get applications in is February 4, 2013. Go to edc.ca for the rest of the details.

ONGOING

Career exploration group

Life is tough, but there's an app for that. No wait, that app is for finding the nearest liquor store (kinda the same thing?). But, hey, while there may not be an app for making life less tough, there's a course for it. Camosun's counselling centre is offering a four-week Career Exploration group for students who are undecided about their career choice. It will cost a mere \$40 to be part of this group and a large variety of activities will be completed while on the prowl for that perfect profession. Get some more details from the counselling offices at Dawson 202, Lansdowne and Campus Centre 212, Interurban.

ONGOING

24 Hours of Innovation

24 hours isn't a lot of time, but it's enough time to fit in exciting new ideas from schools all over the world. 24 Hours of Innovation is an interdisciplinary, inter-institution, international competition where teams have only 24 hours to develop an innovative solution to a given problem submitted by companies or laboratories at the beginning of the game. Teams can be between three and 10 students, and will present their solution in a three-to-five-minute presentation at the end of the 24-hour period. Go to 24h.estia.fr to find out how to join. What is 24h.estia.fr, you say? It's a website! Seriously, type that bad boy into yer URL browser if you don't believe me. Copy and paste it, if you're reading this online. It really works!

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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.

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).

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