



BRING THE BIODIESEL

Camosun students are using cooking oil to motor up and as a classroom tool.

NEWS—3



BANKING ON BUTT

Corner Gas star Brent Butt comes to town to explore his passion for stand-up comedy.

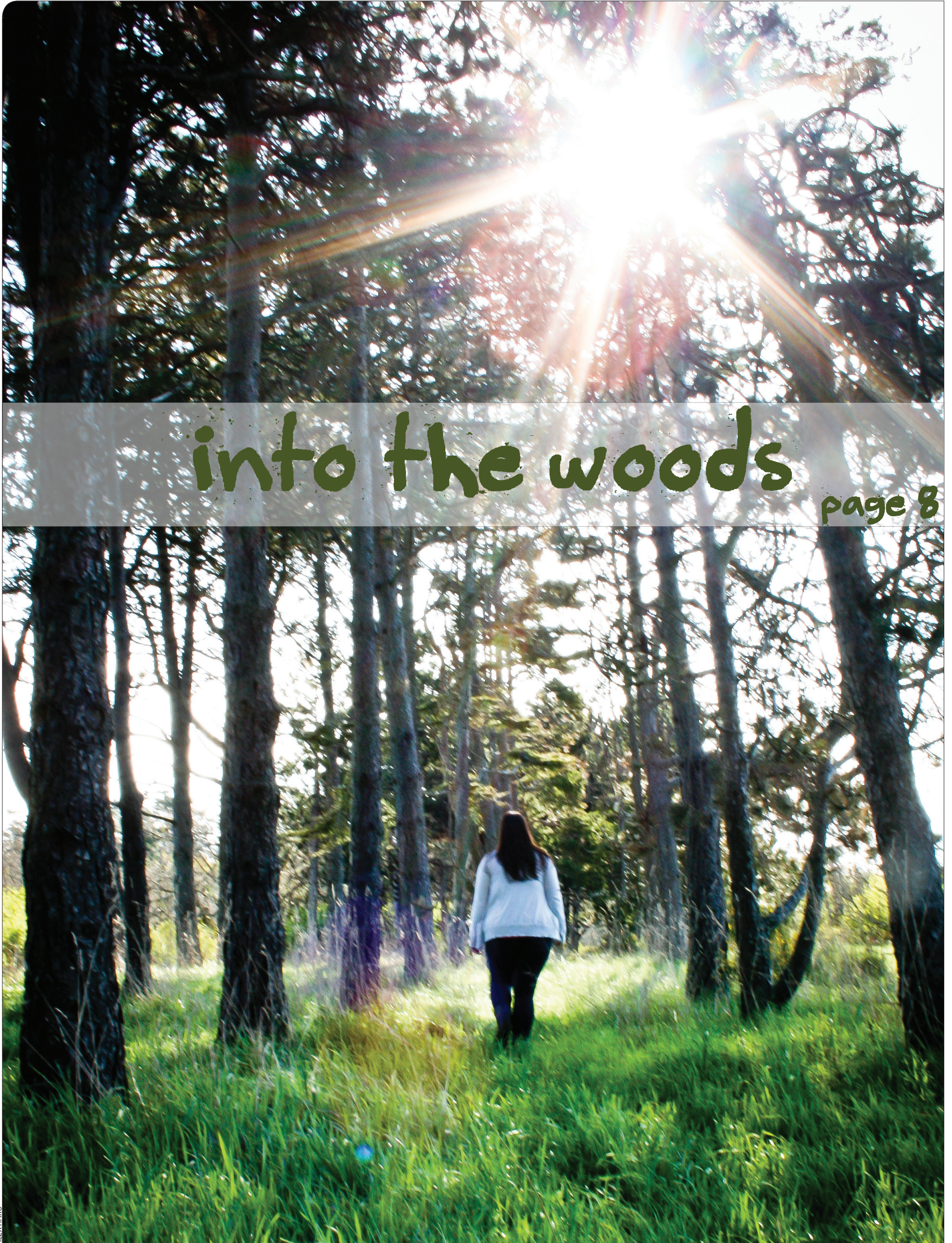
ARTS—10



BRICKS BEING BUILT

Budrus looks at the Palestinian struggle against the Israeli Separation Barrier.

ARTS—12



into the woods

page 8



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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.

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 11:30 am in the *Nexus* office, Richmond House 201, Lansdowne. Call 250-370-3591 or email editor@nexusnewspaper.com for more information.

HELP BUILD OUR TEAM

NEXUS NEEDS STUDENT VOLUNTEERS
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editorial

Keeping the Nexus dream alive

We're always looking for diversity in our editorial committee, and this year we truly found it.

Nexus editorials are written by the *Nexus* student editor on behalf of the editorial committee.

Depending on how you look at it, it's either the best time of the year or the worst. Students all over Camosun's two campuses are wandering around looking stressed because of impending final exams, but also because it's almost over.

Over on the second floor of Lansdowne's Richmond House, the staff and volunteers of *Nexus* are dealing with the same combination of stress and glee. But we're also a little sad knowing that the last issue of the year is done.

When the students of *Nexus* started in September as brand new staff, we didn't really know what we were getting into. It's hard enough to deal with a full course load, never mind producing a paper every two weeks.

But despite the hours spent in the *Nexus* office writing, editing, and laying out the paper, we can safely say, looking back, it was worth it.

After all, being part of the student newspaper has its perks. Not only do we get to talk to interesting people all over the campus and community, we make contacts

everywhere. We get to interview our favourite bands, go to events for free, and attend conferences all over the country.

As staff, we set some goals at the beginning of the year. We wanted to produce more thought-provoking editorials, informative news articles, and an entertaining arts section. Over the course of the year we accomplished that.

We got a new editor-in-chief who worked with staff and volunteers to improve their writing. We questioned every article that was published in the paper. And we asked for feedback from our contributors and readers. The result was a better idea of the articles that students want to read, and

articles that were well researched and written.

We also had a goal of getting more students involved with the paper. Although it's hard to get volunteers at a school like Camosun, where students are often here for a short period of time, we had some great volunteers this year. We're always looking for diversity in our editorial committee, and this year we truly found it.

Another goal this year was to redesign the paper. And it was time for it. The current *Nexus* logo is over 10 years old. With new staff at a paper each year, it's easy to carry over old design habits. This year it was time to question those habits and design practices.

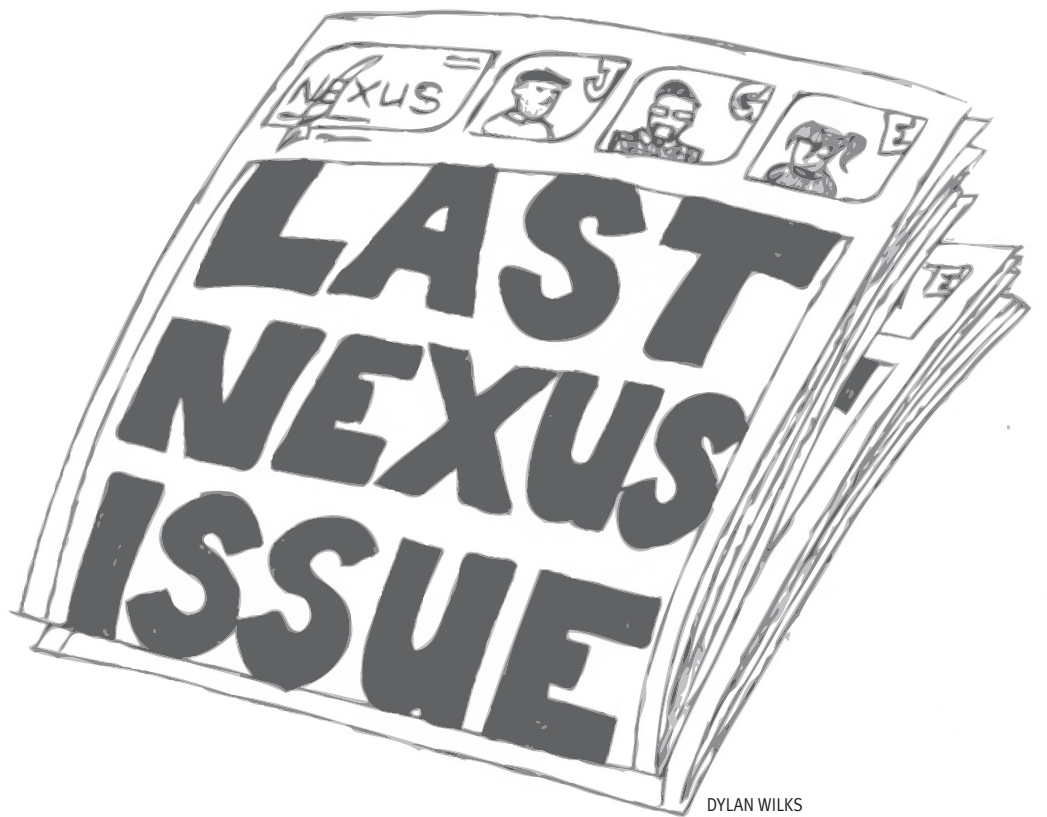
We now have a new logo designed—it will be unveiled in the spring and summer supplement issues—and we've done a slow overhaul of most of the design elements of the paper.

The paper now looks better than ever, and the best part is that we've only just begun.

Next year looks bright for *Nexus*. We are on a roll, but it can only be sustained if the students of Camosun keep it going.

Next year, whether you are on staff, a volunteer, a contributor, or a reader, you contribute to the success and longevity of Camosun's student newspaper.

It's yours to create, so contribute your voice.



DYLAN WILKS

open space

Tuberculosis an economic problem

Send submissions (up to 400 words) to editor@nexusnewspaper.com. Include your student number.

REBECCA DOYLE
CONTRIBUTING WRITER

About one-third of the people who contract tuberculosis will never even know they are sick. In Canada we're lucky enough to have an established and reliable health-care system in place which allows us to visit a doctor, get diagnosed, and seek treatment without too much inconvenience.

When access to health care isn't feasible, sick people can't do anything but get sicker.

Luckily, tuberculosis is rare in Victoria, and it's quickly diagnosed and treated. In other parts of the world, people are far less fortunate.

According to research conducted

by the World Health Organization (WHO), tuberculosis is the leading cause of death for people with HIV/AIDS. As a cause of death, tuberculosis occurs most frequently in Africa. Nine million people will contract this disease every year, and of those people, nearly two million will die.

The treatment course for tuberculosis takes six to nine months, patients taking pills every day, eating nourishing food, and drinking clean water. When these necessities aren't available, when access to health care isn't feasible, sick people can't do anything but get sicker.

Recently, WHO has been utilizing a treatment called "short-course chemotherapy" for the disease. It has an 83-percent success rate for a single treatment, and it jumps with each successive treatment. But short-course chemo is an outpatient procedure, rarely requiring a second treatment. This procedure can be made available for about \$20, or roughly the price of lunch with a friend.

Tuberculosis is a curable disease, either through the use of antibiotics or chemotherapy. This makes every one of those nearly two million deaths preventable deaths.

letters

Deposit too high

I was flabbergasted to find out that the non-refundable deposit for spring and summer classes was \$350 (\$175 per semester). This is a huge amount to pay if you are a student on a tight budget with bills, rent, and book costs to pay.

It's no secret that the registration

process at Camosun is tedious and time-sensitive, not to mention the student-loan process.

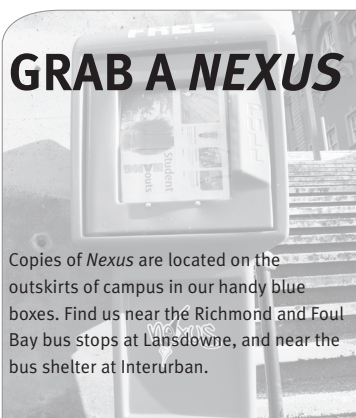
As a full-time student and part-time worker, all of these factors have some impact on my academics as they add more stress to final papers and exams.

If you or one of your friends is struggling to afford the deposit, or think it's an unjust amount, I suggest going to financial aid. You

can ask them for options and assistance there, along with voicing your concern.

The only way we can let Camosun know that this deposit is cost-prohibitive is by communicating our needs to the institution. I have already done so myself, and I'm glad to hear I am not the only one.

CHANTAL KYFFIN
CAMOSUN STUDENT



Copies of *Nexus* are located on the outskirts of campus in our handy blue boxes. Find us near the Richmond and Foul Bay bus stops at Lansdowne, and near the bus shelter at Interurban.

environment

Camosun students fuelling up on cooking oil

“It’s good for the environment, and it’s a great opportunity to educate people about alternative methods of saving energy.”

BRIAN CALVERT
CAMOSUN COLLEGE

come up with the correct chemical formula to make the alternative fuel.

Olivier says it will be up and running by June, and that it could even be sooner because the reactor is already fully functional; they’re just waiting for the formula to be finalized.

Brian Calvert, associate director for physical resources, can’t wait to start using the green fuel in the grounds equipment at the college.

“We’re very excited about it,” says Calvert. “We’re really waiting to try to mix a batch and start implementing it into some of our grounds vehicles for testing.”

The college currently buys biodiesel to use in the grounds vehicles, and the cafeterias have the waste cooking oil picked up and recycled, so Calvert considers it a win-win; the college will save money on fuel, and will use the waste cooking oil from the cafeterias for free.

Besides feeling good about helping Camosun become more



RENÉE ANDOR

Camosun student Ryan Olivier and the biodiesel machines.

sustainable, Olivier says the experience helped him improve his group coordination skills. And he hopes future students will learn new skills by using the reactor for training.

“I would just be happy if it gave other students a chance to get some hands-on experience,” says Olivier.

Calvert agrees, saying he wants the automotive and mechanical

engineering programs to use the reactor for training. He also says the trailer that the reactor is sitting on is licenced, so he hopes to take it to community events to show the public how it works.

“It’s good for the environment,” says Calvert, “and it’s a great opportunity to educate people about alternative methods of saving energy.”

The reactor is being stored in the maintenance shed at the Lansdowne campus until the formula is ready, but when it’s up and running Calvert says students will probably smell it.

“I don’t know if it’ll drive up the sale of French fries when the guys drive around with the lawn mower,” says Calvert. “That’s kind of the odour it’ll give off in the exhaust.”

event

Annual Earth Walk celebrates environment

“You can go and talk to people firsthand, find out what they’re doing, and sign up to help them.”

STEVE FILIPOVIC
EARTH WALK

up Government Street at 12:30 pm, to arrive at Centennial Square at 1 pm.

Percussion group Samba du Soleil will lead the parade with people dancing, and organizer Steve Filipovic says bright outfits will be in abundance.

“There’s a huge crowd of people who dress up colourfully and bring their banners and slogans for their different organizations,” says Filipovic. “It’s a lot of fun.”

After arriving in Centennial Square, a number of local bands will perform, and Cindy Sheehan, an American anti-war activist, Rose Henry, a local social activist, and Zoe Blunt, an eco-activist, will speak. Cindy Sheehan will also be speaking at 7 pm at the David Lam Auditorium at UVic.

Filipovic says that although the event is a fun celebration, it’s very important because it brings 30-40



Earthwalk brings together people of all stripes.

local grassroots organizations together in one place every year.

“It showcases all the different local organizations that are struggling to do different things in Victoria,” says Filipovic. “You can go and talk to people firsthand, find out what they’re doing, and sign up to help them.”

Blunt, who will speak about the proposed development near

the Juan de Fuca Trail, agrees that having so many local organizations in one place is beneficial for public knowledge, and adds that it’s important for the organizations as well.

“We can come together and share information, share tactics and strategies, and new things that are happening,” says Blunt. “We’re much stronger when we’re

together.” The festivities wrap up at about 3:30 pm, and Filipovic stresses that it’s not a protest, rather, it’s a fun event with plenty of dancing and even a yoga-thon.

“It’s family-friendly; bring your kids,” says Filipovic. “It’s a celebration, and it’s totally inclusive—it’s not a spectator thing; everyone comes and participates.”

SPEAK UP If you could attend any historical event, what would it be and why? **BY JINA MOUSSEAU**



KURT SMITH

“It would be a tie between the birth of the world and the execution of Jesus. Not because I am against Christianity or anything, but it would be pretty emotional and amazing.”



JOSH GOODWILL

“I would like to see how the First Nations people came together for their first meetings. How they organized their systems and their treaties, and figured out who their leader and chief would be.”



REENA RAI

“I would like to be at the founding of the Royal BC Museum. I would have learned a lot about the history of this area being in the presence of all those artifacts. There are some things that you can’t learn at school.”



NATASHA HERDY

“The building of the Great Wall of China. Just because of the immensity of the task ahead of them, and their determination to finish it. It would have been cool to witness.”



CARL MASRI

“I don’t know if I’d want to experience it, but to be around at the end of World War II. To experience that big moment in history that led to a lot of changes, and affects how things are done today.”



LAUREN BIERD

“Probably one of the World Fairs—one of the Parisian ones. That would be an amazing experience; so much culture, and we don’t really have them anymore.”

environment

Camosun aiming for sustainability

“People leave heaters on next to open windows... this is how most people live their lives and it needs to stop.”

PETER LOCKIE
CAMOSUN COLLEGE

EMILY LAING
STAFF WRITER

Camosun College is currently in the process of making the campuses an “environmentally sustainable zone,” and the college is looking for student input and support.

Camosun’s environmental sustainability council, a committee of students, faculty, and support staff, are hoping to find new ways to regulate energy on campus.

Peter Lockie, vice-president, administration and chief financial officer, says it’s time for Camosun to take the next step.

“It’s really simple to make a difference,” says Lockie. “I’m constantly switching off lights as I go by classrooms, people leave heaters on next to open windows... this is how most people live their lives and it needs to stop.”

The council started in December and meets quarterly to discuss sustainable procedures and to discuss



EMILY LAING

Camosun’s Peter Lockie feels it’s time for Camosun to take the next step in environmental practices.

goals for future years.

Lockie says his biggest challenge is motivating students to support the initiatives and bring in new ideas.

“We’ve lost up to 15 to 20 million sheets of paper a year on this campus, which is why we have switched to recycled paper; this initiative was led by a student a couple years back,” says Lockie.

The council is planning to launch a number of programs to improve food and waste systems and cut back on their environmental effects.

The council is already implementing sustainable practices

through energy reduction projects, such as a plan to ban bottled water from the campus. Lockie says a majority of the council is in support of the ban.

“This is the first one that needs to go,” says Lockie. “We are also pushing for local products in our cafeteria to cut down on transport, too.”

UVic sustainability coordinator Rita Fromholt says it’s important to take a “phase approach” when introducing new practices on campus.

“I’m not in favour of an all-out bottled-water ban,” says Fromholt. “You need to update your

infrastructure and you need to give students options if you’re going to take something away.”

Although the implementation of having energy-efficient campuses at Camosun is only in the first stage, the council is optimistic about future programs and hopes that both students and staff will be following suit.

“We know we can’t please everyone. There will always be the people who think we’re infringing on their rights,” says Lockie. “But most students and faculty want to be in an institution as environmentally sustainable as it can be, and that’s what we’re here to do.”

donating

Used cell phones go to Africa

“I want to make a huge impact.”

KEVIN DAVIS
CAMOSUN STUDENT

RENÉE ANDOR
STAFF WRITER

A class project to collect used cell phones to give to remote communities in Ghana has turned into a personal mission for Camosun sociology student Kevin Davis.

Davis started the project, Africa Calling, along with five of his classmates at the beginning of March. Drop boxes have been located in five locations, including the Camosun bookstores, and Davis estimates 500 phones have been donated so far.

The project was set to end on April 15, but Davis was so inspired by the amount of phones the group received he decided to continue.

“I just want to put smiles on people’s faces, get a few smiles on my heart, and give back,” says Davis, “and, really, that’s what it’s all about.”

The drop boxes will remain at



RENÉE ANDOR

Camosun student Kevin Davis is collecting cell phones for Africa.

the two bookstores indefinitely, and Davis plans to ask downtown businesses to display them as well. But he’s not stopping there; he hopes to find a chain store willing to take the project nationwide.

“I want to make a huge impact,” says Davis. “If I do this, and I concentrate and make this number one, people will step up and take notice.”

Davis is thinking big; he wants every person in Africa to have a cell phone. Of the 900 million people currently living in Africa, roughly two-thirds don’t have cell phones.

Texting and incoming calls are free in Africa, making the phone itself the main cost for users. Cell phones will make communication easier for people living in remote areas.

Phones that go to Africa need to have removable Subscriber Identity Module (SIM) cards to function. Of the 500 phones Africa Calling has collected so far, Davis estimates that 100 have this kind of SIM card. The remaining 400 phones will go to people at various shelters in Victoria.

Camosun social sciences in-

structors Francis Adu-Febiri and Francis Yee are taking the donated phones to Ghana on their trip there in June.

Adu-Febiri, who teaches Davis’ class, was raised in Ghana, and has been back there numerous times. He says that many people have asked him to give them cell phones on his trips back to Ghana, and he believes that the project will make an impact.

“We’re focusing on empowerment,” says Adu-Febiri. “Communication is the key to make a difference on the continent.”

NEWS BRIEFS

CCSS election results

Some results are in from the recent student society elections. Bill de Frias is the new finance executive, Kelly Crossman is the new pride director, Chris Marks is the new Interurban executive, Josh Goodwill is the new First Nations director, Jessica Hargrove is the new international director, and Madeline Keller-MacLeod is the new students with disabilities director. Juliana Sliwanska and Deana Srdic are Lansdowne and Interurban directors, respectively. Chantal Kyffin will return as the women’s director and Richard Kao as sustainability director. The external executive and Lansdowne executive results are currently in appeal. The events-levy referendum passed by almost 200 votes, and over nine percent of the student body voted in the election.

Camosun helps people butt out

Camosun recently wrapped up their second *Quit to Win* contest and have some good news to report—21 participants remained tobacco-free for a six-week period. The goal of the contest was to encourage students, staff, and faculty smokers to quit and remain smoke-free for at least six weeks. Several resources were provided for the participants, including a \$75 reimbursement from the student society on any smoking-cessation aids used during the contest.

Nursing students raise funds for Japan

Camosun bachelor-of-nursing students held a unique fundraiser on April 1. The text-to-donate event raised \$870 for the Red Cross Japan relief fund. Students encouraged their friends and family to text the word ASIA to the number 30333 at 1 pm. A total of 174 people participated in the fundraiser. Philanthropic individuals still have the opportunity to donate via text. Cell-phone providers will add \$5 to phone bills and forward the donation to the Red Cross Japan relief fund.

Susan Haddon announces retirement

Susan Haddon, Camosun’s director of college and community relations and executive director of the Camosun Foundation, has announced she is retiring after 10 years at Camosun. Haddon contributed in many ways to the college, including strategic planning, marketing, public relations, fundraising, and managing the Camosun foundation. Haddon will retire effective June 30.

Contest offers \$50,000 for a poem

The Montreal International Poetry Prize will award \$50,000 for a single poem of 40 lines or less, written in any English dialect. Accomplished poets from all over the world will be the judges; Andrew Motion, former UK poet laureate, will select the prizewinning poem. The deadline for submissions is July 8; the winner will be announced in December.

-ERIN BALL

ideas

Student business ships green on three wheels

“Trikes are super fun to ride, and pretty darn sexy.”

ROBYN ASHWELL
SHIFT URBAN CARGO
DELIVERY SERVICE

DAN MCPEAKE
THE PEAK (SIMON FRASER UNIVERSITY)

BURNABY, BC (CUP)—A new delivery service is coming to Vancouver, and it’s being run by students on tricycles.

Students from Simon Fraser University, the University of British Columbia, and the British Columbia Institute of Technology have teamed up to create the SHIFT Urban Cargo Delivery Service, which aims to provide last-minute delivery service in and around downtown Vancouver through sustainable means.

“The concept was developed in a social enterprise class for sustainable community development at SFU,” explains co-founder Loretta Laurin.

Laurin believes Vancouver is the perfect place to start a project like this, as it moves towards its goal of becoming the greenest city in the world.

Launching May 1, the cooperative will make use of human-powered tricycles, specially designed



SHIFT students show off their new eco-friendly delivery system.

to be capable of carrying up to 600 pounds.

“Our idea is replace delivery trucks with delivery trikes in downtown Vancouver,” says Robyn Ashwell, another co-founder and sustainable community development student at SFU.

“There are many reasons for choosing trikes to make downtown deliveries. While big trucks may be efficient for carrying large loads over

long distances, they cause congestion and pollution in the city, and they put pedestrians and bikers at risk,” says Ashwell, adding that “trikes are super fun to ride, and pretty darn sexy.”

Ashwell says the tricycles will be pedal-powered and are able to hold a diverse range of products including coffee, office supplies, and catering materials.

What makes SHIFT different

from many other green businesses is that it’s a for-profit venture owned and operated by its workers. The team plans to market the product by having ads placed right on the tricycles to promote green business practices, as well as cycling.

The team already has interest from several companies, including Frogbox, Mills Basics, and Shirtland Drycleaners.

Laurin says the organization’s

ultimate goal is to “provide a zero-emissions, cycle-based distribution service cycling culture in Vancouver.”

In addition, the team says they are working toward providing sustainable solutions to business clients, as well as trying to facilitate the empowerment of workers through a cooperative model. Like many green ideas, reducing pollution is also a task they plan on upholding.

SUMMER WORK

- \$17 BASE/APPT
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Did you read something you didn't like in *Nexus*?

It's time to speak up! This is YOUR student newspaper—tell us what you want to see covered, or come write for us yourself.

Send us a comment, call us, or visit us.

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Interested in Nexus behind the scenes?

Please attend our AGM

ANNUAL GENERAL MEETING OF THE NEXUS PUBLISHING SOCIETY

Wednesday, April 13, 2011, 4 pm
Young 310, Lansdowne

AGENDA

- I CALL TO ORDER
 - 1.) Ratification of meeting chairperson.
- II INTRODUCTION TO RULES OF ORDER
- III APPROVAL OF AGENDA
- IV APPROVAL OF MINUTES FROM PREVIOUS AGM
- V REPORTS
 - 1.) PRESIDENT'S REPORT
 - 2.) FINANCIAL REPORT
- VII ADOPTION OF FINANCIAL STATEMENT
 - 1.) Adoption of Mar. 31, 2011 financial statement.
 - 2.) Adoption of April 2011 to March 2012 proposed budget.
- VIII SPECIAL RESOLUTIONS TO AMEND BYLAWS
 - 1) Motion to add *Part 5b, General Elections* to include annual general elections for the president and treasurer positions (full motion available by request and available at the AGM).
- IX RESIGNATION OF CURRENT BOARD OF DIRECTORS (excluding president and treasurer).
- X BOARD OF DIRECTORS ELECTIONS
- XI ADJOURNMENT

Please bring valid Camosun College student ID in order to vote at this meeting.



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crafts

Etsy brings handmade movement online

“It’s just a passion, it’s fun, and it helps support my addiction to beads.”

EMMA BARLOW
ETSY VENDOR

from small, online shops around the world. Sellers are only allowed to list crafting supplies, vintage products, or their own handmade products.

Etsy states on their website that the project is an attempt to “reconnect producer and consumer, and swing the pendulum back to a time when we bought our bread from the baker, food from the farmer, and shoes from the cobbler.”

The idea was the brainchild of Rob Kalin, who first thought of it in early 2005. Kalin recruited Chris Maguire and Haim Schoppik to help code and design the website. On June 18, 2005, only three months after the idea was conceived, the site was ready for launch.

It’s not only the creators who show an intense passion for the online store. Sellers from around the world are lauding Etsy for its

variety of wares and wonderful, supportive community.

“It’s just a passion, it’s fun, and it helps support my addiction to beads,” says Emma Barlow, owner of Darling Dilemma, an Etsy shop jewellery company based out of Saint John, NB.

And the numbers don’t lie. Etsy’s gross merchandise sales as of 2010 were \$314 million, more than triple what it was two years before.

Barlow says she sold around \$500 worth of merchandise in February on Etsy alone. Don’t think that it’s a simple matter of registering and getting hits, though. Barlow says that getting attention takes work.

“If you have an Etsy shop I really believe you have to promote yourself—nobody else is going to do it for you,” she explains. “You need



Etsy is a booming online marketplace.

to take really great photos of your products—that’s the number one thing. I see people with great products, but their photos don’t reflect it and they don’t sell. If you post them on Facebook or Twitter as well then

between those three sites your traffic is crazy some days.”

What do you think?
editor@nexusnewspaper.com
or Textback to 604-223-0076.

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SOCCER

Women's Whitecaps raise soccer profile

"The Whitecaps are an inspiration for everyone."

SARAH HARRISON
CAMOSUN COLLEGE

EMILY LAING
STAFF WRITER

Women's professional soccer has lacked public attention in recent years, but the Vancouver Whitecaps FC women's team is helping to reshape that image and is starting to gain a global following.

"There is a stronger fan base with professional men's soccer because of their rich sporting history," says women's head coach Hubert Busby Jr., "but more countries are starting to show their support for women's soccer."

Much of the team's success is credited to Busby Jr., who brings a varied combination of coaching and experiences to the team. He has done his best to promote soccer for all levels, and continues to build support for professional women's teams.

The Vancouver Whitecaps originally made their debut in 1974 as part of the North American Soccer League. After the NASL folded in 1984, the soccer club continued on in lower leagues. Now the organization competes in Major League Soccer (MLS) in both Canada and



The women's Whitecaps team in action.

south of the border in the States.

Camosun environmental technology student Sarah Harrison, who's been playing the sport all of her life, thinks Canada is vastly underrepresented in the ranks of women's soccer, but hopes the Whitecaps will bring in more exposure to the sport.

"Canada is a bit of a joke when

it comes to professional soccer," says Harrison. "The only options for athletes were to go to Europe to play at this caliber, so it's great to have a professional team on the west coast."

Now a veteran on the local Victoria West FC soccer club, Harrison continues to support women's MLS in hopes that the league will encour-

age new talent in BC.

"The Whitecaps are an inspiration for everyone," says Harrison. "Having this level of soccer locally can really put a lot more interest into the sport."

Meanwhile, Busby Jr. is excited that Canada is the host of the 2015 women's World Cup of soccer. The women's World Cup is hosted

every four years, with the next cup event scheduled in Germany later this year.

"We are committed to the growth of women's soccer, both in Canada and internationally," says Busby Jr., "and anticipate that this event will be another successful FIFA competition that will have a lasting force on the sport."

volleyball

Local league puts new spin on volleyball

"Recreational volleyball allows you to play at different levels of competitiveness, while never losing track of the game."

JASON ALLAN
TOPSPIN VOLLEYBALL

EMILY LAING
STAFF WRITER

Without pressure from professional coaches on the sidelines, the Topspin Volleyball Association is giving students an opportunity to enjoy some recreational volleyball.

Men and women of all abilities continue to fill the courts at St. Andrews School every week. Topspin Volleyball Association is the largest co-ed volleyball league in Victoria.

The brainchild of experienced volleyball organizer Bruce Kwan, Topspin was concocted a few years ago as a way to provide volleyball players with experienced to non-



The Topspin Volleyball Association delivers volleyball opportunities without any pressure.

experienced opponents, as well as allowing them to get in some extra play.

"A big focus here is training, so we put a lot of time into our cardio, and our core workout," says Kwan. "We recognize abilities of our players and place them in appropriate polls, so this is great for athletes who want the competitive edge."

Middle blocker Jason Allan, a sports therapy student, says the association is a great way to get into volleyball.

"Volleyball has always been a fun sport," says Allan. "Recreational volleyball allows you to play at different levels of competitiveness, while never losing track of the game."

Allan joined the association last fall and says that Topspin is a place for energetic and enthusiastic athletes, and, as a bonus, it offers the choice of both indoor and outdoor tournaments.

"The skills required to excel indoors or outdoors are the same,"

says Allan. No matter where you play, in a gym or under the sun, athletes need to know how to react quickly to read opponents, he says.

The men's and women's volleyball teams are currently getting ready for their spring season matchups. These players aren't striving for national status; rather, these teams are made up of athletes who are looking to attain their fitness goals and have some fun.

This year's league features a

wide range of players, young and old. The focus of these games is making sure that any rust is gone from the teams' overall games. Also, in preparation for tournaments, the coaches offer strength training to the athletes to avoid potential injuries.

"All of the organizers and players are helpful, regardless if they are in top pools or bottom pools of the league," says Allan. "Everyone is willing to help you learn and progress your volleyball skills."

Amanda versus wild

I found a path that was only slightly more travelled than the rest of the forest, ducked my head and left civilization behind.

Out of all of the places in the world to get stranded in the forest, British Columbia's west coast is one of the best.

With our mild climate and short winters, it's not shocking that someone could survive the night, soaking wet outside. With this in mind, I wanted to see just how well I would fare in place of *Survivorman* or Bear Grylls.

I was quickly selected to be the official *Nexus* woodland guinea pig. Armed with nothing more than a water bottle, a few mental images of poisonous plants, and the naivety of a city girl, I traded in my standard forest green faux-leather in favour of a more waterproof Columbia jacket and took off driving.

I squealed onto a gravel shoulder off the Malahat, somewhere between Goldstream and the Summit. I'm not sure where I was exactly, but that was the whole point—to be lost in the woods. I found a path that was only slightly more travelled than the rest of the forest, ducked my head, and left civilization behind.

Crash course in survival

Earlier in the day I'd spoken with the one of the island's foremost authority on native plants, Roger Foucher, who lives in the Cowichan Valley.

Foucher says that the west coast has an abundance of plants and berries that are just waiting to be picked and enjoyed.

"Stinging nettles are premium number one right now," he says. "Alongside the stinging nettles often grows something called palm weed, which is good for you because it's a stimulant. It's a bitter, so it has a cooling effect on the body. Stinging nettle warms the body, though, so that's a good thing."

Foucher says to familiarize yourself with plants that are available year round, like Cleavers.

"They're another fantastic food because they're available year round, either in seed form or in leaf," he says. "They're very refreshing, but are also warming. It's a good thing to look things up and see what plants will warm your body and which will cool your body."

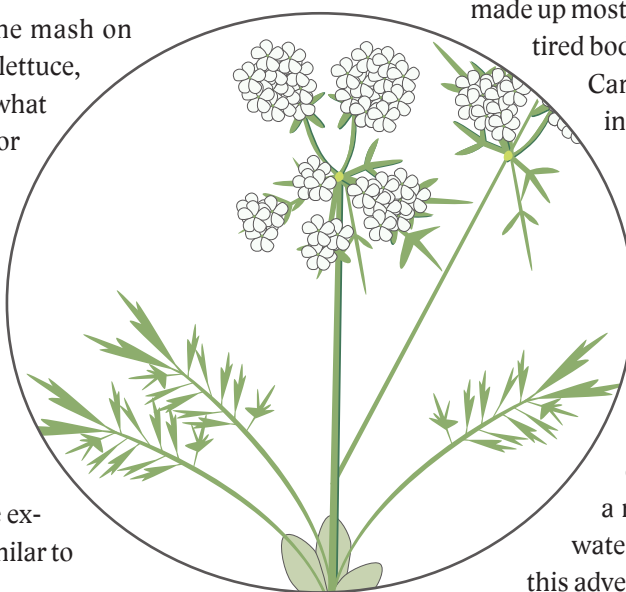
Many plants have medicinal qualities and can help ease pain if you get injured.

"Yerba Buena is an analgesic, so it's good for two things, and is similar to wild lettuce in its abilities," says Foucher. "When the plant starts going into flower, you break the upper branches off the plant. Dry them and then eat the flower ends and it'll really help out with the pain."

Foucher says to chew up the branches and put the mash on wounds. Wild lettuce, which is also known as opium lettuce, was traditionally used to wean people off opium, somewhat like methadone is used today for heroin addiction. (For those who are wondering, wild lettuce isn't addictive.) Both yerba buena and wild lettuce can also be made into tea.

Everything has its season, and if you are to get stranded in the winter, the plants you look for will be different than if you're scavenging in the summer. Berries start to pop up in May and continue to ripen into September. Mushroom seasons vary by variety, but chanterelles are growing right now.

While mushrooms can be delicious, they can also be extremely toxic. There are so many varieties that look similar to



each other that it's important to be able to correctly identify the type of mushroom before eating it. Most mushrooms also need to be cooked before being eaten, so they're not the most practical survivor snack.

As a general rule, mushrooms don't offer enough caloric value to risk the person eating them being poisoned, so steer clear of the little guys unless you are 100 percent sure you know what you're eating.

Also, several plants and berries are poisonous around our neck of the woods. The most surprising of which is the everyday, garden-variety buttercup. They produce an intense burning sensation as you swallow them, are a potent skin irritant, and taste awful.

"There are some members of the buttercup family, the larger ones, that are not poisonous, but the ones that I have in this area are ones to avoid," says Foucher.

Did he die of starvation? Did he trek for days in search of water, only to collapse inches away from salvation?

"Snowberry and winterberry should be avoided, as should water hemlock and its various cousins."

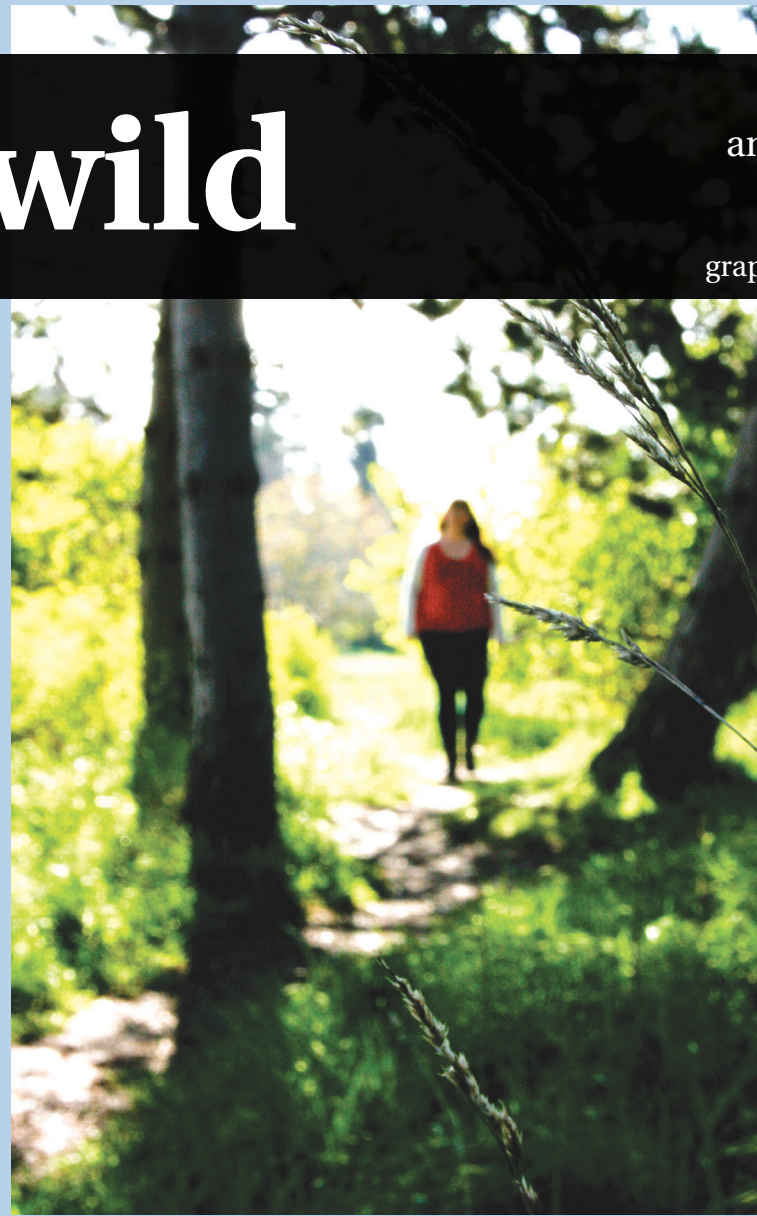
Hemlock emits a strong odour that should keep people away from it. As a downside, it tends to grow in close proximity to wild carrot, and often acts as a deterrent. Wild carrot is actually the perfect food for someone stranded in the woods. It's made up mostly of oil and sugar, which provides tons of energy to cold, tired bodies.

Carrots can be told apart because they smell, not surprisingly, like carrots. The leaves and roots are all fragrant and all edible.

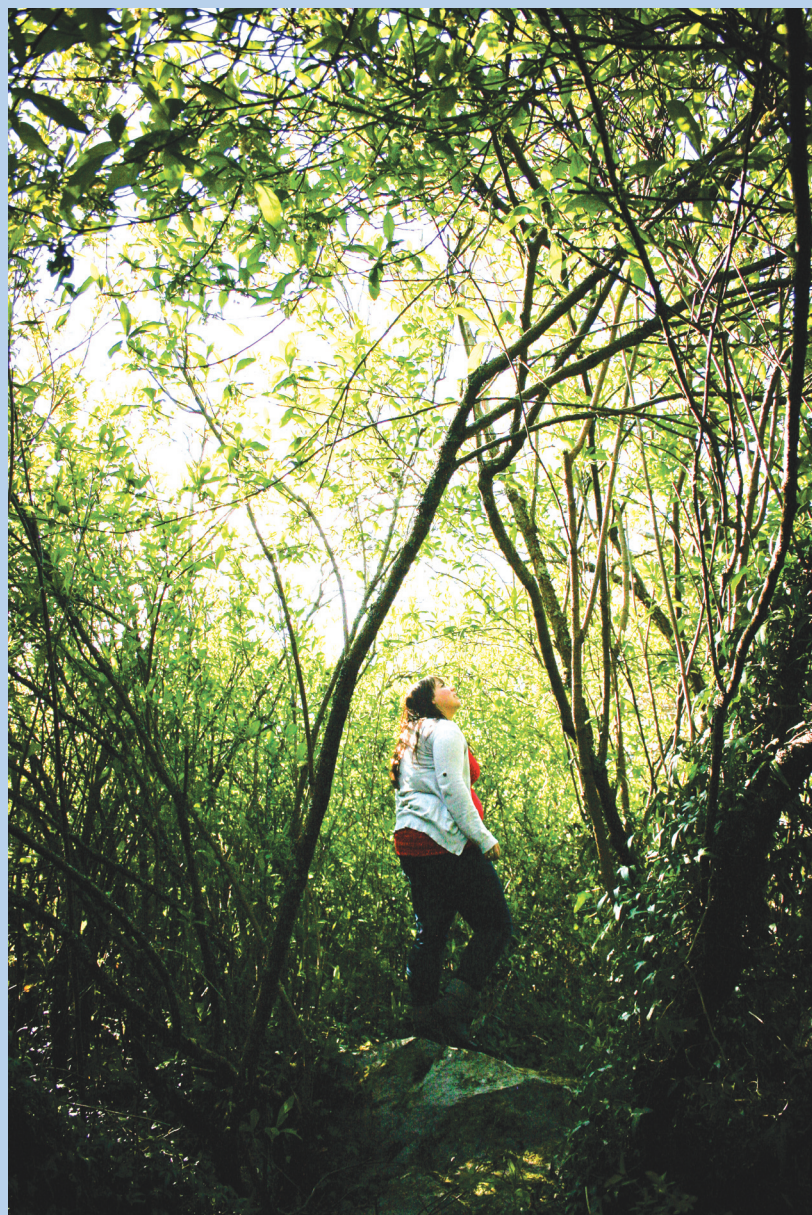
Finally, other local plants to avoid would be lupin flowers, foxglove, and hogweed. They are all toxic, and can result in everything from constipation and diarrhoea to headaches and vomiting.

Back to the woods

I was off to an ominous start, encountering the skeleton of a fallen woodland comrade, presumably a raccoon, a mere 50 metres into the woods. The bones were at the water's edge, which left me wondering just how treacherous this adventure really was.



manda richardson
staff writer
photos by alex haro
graphics by jina mousseau



Did he die of starvation? Did he trek for days in search of water, only to collapse inches away from salvation? Did he stumble on the steep embankment and plummet to his death? With heavy heart, I carried on, keeping the lessons of the raccoon in the forefront of my mind.

The morning had been rainy, but by some cosmic luck, the clouds broke and I began my adventure with blue skies and dry feet. Unfortunately, I was hardly under the protection of the forest canopy when the clouds rolled back in, unleashing the full force of their rains.

Within seconds, I was soaked. My shoes were filled with water and the air was ripe with skunk cabbage, but I carried on. I was hell-bent, hunting for anything that resembled the plants Foucher had told me about.

“He said to look for wild carrot, and, like, a dozen other things that all sounded green,” I mumbled to myself, eyes scanning the vast expanse of greenery in front of me. “I read that you can rub berries and leaves on your skin, and if you don’t get a rash or if it doesn’t itch, it’s probably not poisonous. And things that are poisonous will also smell really bad.”

I threw a rock at a yellow flower, releasing a waft of putrid stench into the air that smelt like a cross between bong water and skunk stank, but skunk cabbage was not on the menu for the night, so I kept looking for carrots and, ideally, mushrooms.

While balance-beaming it across a fallen tree, I saw a very small, very hard mushroom growing on the end of the log. It was white with a brown bottom, growing sideways out of the stump. I’d never seen a mushroom that looked like it, especially one so hard. With the help of a stick and some elbow grease, I was able to pry it off. I threw it in my backpack, hoping to identify it later when I got home. There are enough toxic mushrooms in the world to make me leery about trying them on a whim, especially uncooked.

A little while later I came across a bush that looked familiar. I debated for a bit over whether it was a blackberry, raspberry, or a similar-looking unknown.

I decided that it smelt good enough, and after not getting a rash from it touching my skin, it was probably fine to eat: I gnashed a couple of leaves. It was wet and mild, and was definitely from a raspberry bush. I wouldn’t want those leaves to be my only chance at survival, but they would make for a pretty decent garnish.

The further into the woods I went, the darker and quieter it got. I came into a small clearing with tall grass and a few fallen logs covered in thick moss. Standing on top of one, I scanned the tree line for any high-growing mushrooms. It’s around this time that I began to question whether or not it was even mushroom season as I’d deduced a few hours earlier by the lack of berries, or even flowers, that it wasn’t berry season yet.

It was then, out of the corner of my eye that I spied a very tiny, very ordinary-looking mushroom. Abiding by my earlier rationale of mushroom toxicity, I decided to wait until I could positively identify it before mashing down on that one.

Packing it in

At the three-hour mark, the rains were so hard that I began to worry that the tsunami we all fear had finally hit, and that the forest canopy was all that stood between me and watery annihilation. So, like a playground punching bag with her arm held behind her back and underwear pulled up to her ears, I cried uncle, admitting defeat to the harsh elements of British Columbia’s west coast.

After I got home to the sweet indoor safety of my house, I towelled off and began checking and crosschecking against various mushroom-expert websites.

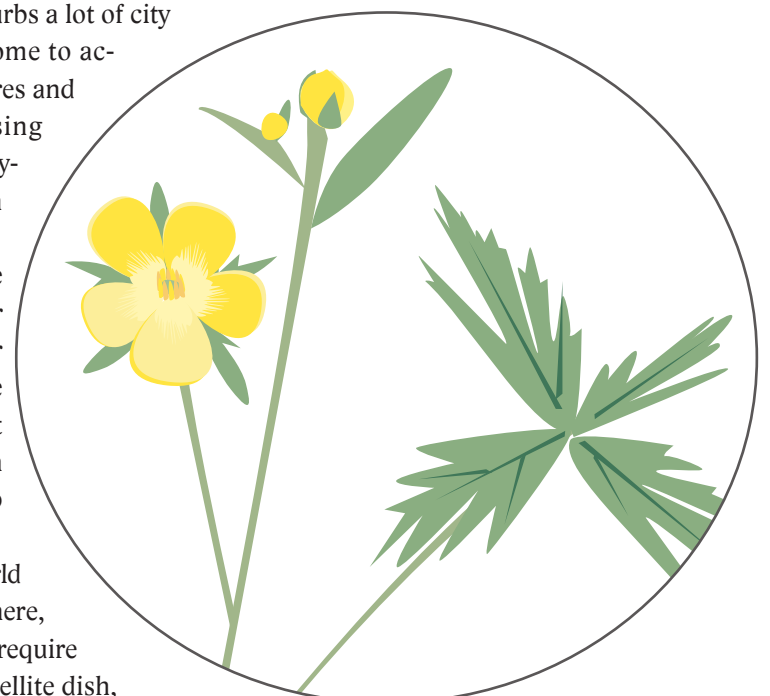
I wasn’t able to even ballpark a guess at the first mushroom, but the second, smaller mushroom, I was able to positively identify as *Psilocybe semilanceata*. Turns out that that innocuous little mushroom is known for its psychedelic properties. (So if I ever get stranded in the woods, I now know what magic mushrooms look like.)

Still, despite the fact that I’m now a semi-pro mushroom hunter, my mini-adventure taught me the humbling lesson that in the battle of me versus the wild, I will lose every time. And, despite being surrounded by beautiful scenery and no shortage of information, I think lots of us would. The coast may be mild in temperature, but it’s really wet and teeming with creatures that may or may not decide to turn you into a snack. It’s also not the most human-populated place on earth, which means that it could take a little while for someone to find you if you were to get lost.

We’re like zoo animals that have been in captivity for too long. The idea of foraging for food baffles and disturbs a lot of city folk because we’ve become to accustomed to grocery stores and the simultaneous blessing and curse that is the supply-and-demand production cycle.

I don’t think that we should all give up our homes and car in favour for dugout canoes and tree forts, but I do think that from time to time urban road warriors need to stop and smell the sycamores.

There’s a whole other world waiting to be found out there, and it’s one that doesn’t require a single smartphone, satellite dish, or dollar to enjoy.



spoken word

Brent's always the butt of the joke

“The onus on me is to come up with an idea that the audience couldn't come up with, otherwise why am I on stage?”

BRENT BUTT
COMEDIAN

WES LORD
CONTRIBUTING WRITER

Brent Butt is known as the creator and star of *Corner Gas*, but most people may not know that the Saskatchewan-raised performer is also a respected member of the Vancouver stand-up comedy scene. His material is known for being well written and dense with punch lines.

This is because Butt holds himself and other comedians to a high standard.

“There's an element of art to it and an element of craftsmanship,” he says. “If you're only doing art, you're only doing half the job.”

He explains that you need to constantly step back and evaluate your set, then put in the time to edit and refine your material. Such a stringent dedication to quality stems from a sense of obligation to his employers as well as his audience.

“I feel the onus on me is to come

up with an idea that the audience couldn't come up with, otherwise why the hell am I on stage as opposed to them?” says Butt.

Butt has a reputation for doing family-friendly material. He disagrees with the assertion that material is edgy or groundbreaking just because it's offensive.

“Usually, the least original way to say something is filthy. That's usually the most pedestrian way, that's how any dude on the street would come up with it,” he says. “When somebody is filthy, but original—brilliant, I'm all for it. I don't care if you're filthy. I've been known to do filthy stuff. It's just got to be in the right environment.”

And that environment can be anywhere, as even after a couple TV sitcoms, countless comedy festivals, and two decades of performing, Butt is still able to get a thrill when he steps behind the microphone.

“I just popped in and did a spot at a small pub here in Vancouver because I wanted to try some new material, unannounced. It was a regular kind of comedy night, there was 30 people in the crowd,” he explains. “It was an absolute blast, very exciting, especially to go up to work out some material and you're not sure how it's going to go. You still get that rush.”

Brent Butt

7:30 pm April 23, \$51.50
McPherson Playhouse
rmts.bc.ca



Comedian Brent Butt still gets a thrill out of his art.

Maude's April Specials

Music Bingo Mondays (Bingo starts at 7:30 PM)

Martinis \$5

Tuesdays

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\$11 Jugs

\$5 Doubles

\$4.50 Pints

Wednesdays

.35¢ Wings (after 2 PM)

Thursdays

\$6.95 Burger (with the purchase of a beverage)

\$5 Doubles

Sundays

Brunch starting at \$4.95

\$5 Doubles

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Big Screen Review

by Ed Sum

Horrifyingly dull

Insidious

2/5



Insidious offers nothing new for horror fans.

A PG-13 rating is never a good sign to elicit authentic scares for a supposedly terrifying film called *Insidious*.

This mish-mash is designed to be the modern-age retelling of a haunted-house tale; it draws inspiration from sources like Steven Spielberg's *Poltergeist* and Rod Serling's *Twilight Zone*.

When the young Dalton Lambert (Ty Simpkins) falls into a coma and no one is able to help all his family can do is to wait it out. No one from his school expresses concern and his father Josh (Patrick Wilson), also a teacher, doesn't let on that he has problems at home.

This growing sense of isolation is interesting to watch, but it

doesn't help advance the plot much. Wilson is no Craig T. Nelson when it comes to screen presence and being a man-of-the-house, and Renai (Rose Byrne) is the only character that helps develop the film's slowly steaming sense of dread.

This concept nicely parallels two similar products—*Paranormal Activity* and *Saw*—that producer Oren Peli and director James Wan previously worked on. But nothing new is being offered in this flick for anyone who has seen either of those films.

Insidious doesn't even have an ounce of splatterpunk to give the masses what they really want. This film feels more like a cash grab for a dying genre.

music

Old-time new-time bluegrass

“The tradition of harmony is rooted in the past, but it’s very much a living tradition.”

AMANDA BLIED
THE SWEET LOWDOWN

CAROL-LYNNE MICHAELS
CONTRIBUTING WRITER

Local band The Sweet Lowdown feature fiddle, banjo, and guitar backed by crisp female vocals that can tear down the night like it’s Virginia, 1957. The Lowdown ladies are experts at their instruments; they found them at a young age. They champion the DIY spirit. Show bookings, album art, sound tech, and promotions—they do it all.

Live off the Floor, their self-recorded first album, has a modest seven tracks that leave the listener wanting more. The follow-up album comes out in May. The old-time musical genre is associated with a specific era, but has yet to fade from the scene.

“What keeps it alive is the harmonies,” says Lowdown’s fiddler Miriam Sonstenes. “People are drawn to the sound of pure harmonies, and that feel.”

Sonstenes says people will



BARBARA PEDRICK

The Sweet Lowdown, playing on a porch, of course.

always relate to harmony as an uplifting symbol of what we all strive for in our lives. “The tradition is rooted in the past, but it’s very much a living tradition, even though its roots go back very far,” adds guitarist Amanda Blied. “But people are still writing music in this genre.”

Blied, Sonstenes, and banjo player Shanti Bremer spent 10

days recording after wrapping up a national rail tour between Vancouver and Toronto. The VIA Rail On-Board Musicians program had them play their way across Canada as main entertainment in lounge and dining train cars. Their new album is sure to kick down the door their first album got its foot into.

“We are definitely rooted in

old-time music,” says Blied. “But then, we do quite a bit of bluegrass now, too—sort of hard-driving bluegrass songs, pickers, and instrumentals. And a lot of originals.” The band will tour the Gulf Islands and Vancouver before coming home to celebrate in June for a CD release party at the Victoria Event Centre. Bluegrass and old country fans can also lap up the Lowdown weekly

show at the Fernwood Inn.

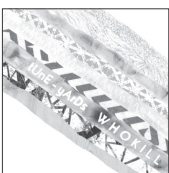
The music brings together an entire demographic. People pack the back room of the neighbourhood pub to carve grooves in the dance floor, toe-heel-toe, and pat bouncing knees in time with the trio.

On some nights, their shows even find kids up past their bedtimes, gleefully spinning about in pyjamas.



New Music Revue

The best of today and yesterday



Tune-Yards
Whokill
(4AD)
4.5/5

Tune-Yards is what Merrill Garbus is called when she’s building musical castles. Voice, ukelele, drums, and bass: layer, rinse, repeat.

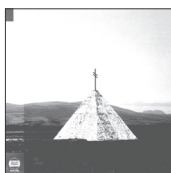
Tune-Yards’ second album, *Whokill*, is like a game of Pong on LSD.

There’s nothing out there quite like Tune-Yards, and if there was it would be busy dancing to *Whokill*.

What do you do when a hooting-and-hollering lady lyricist is killing it on a loop machine? You put on some weird face paint, turn it up, and dance like a two-year-old.

Whokill is scatta-licious with tribal beats. It cross-pollinates ballads, R&B, folk, and reggae while featuring creative vocal staccato and howls. The most creative track is “Gangsta,” where Garbus wails out a lo-fi ambulance and completely messes with the stereo experience.

- CAROL-LYNNE MICHAELS



Timber Timbre
Creep on Creepin' On
(Arts & Crafts)
4/5

Timber Timbre’s new album, *Creep on Creepin' On*, sounds like all the swamp creatures have come to life and taken over a ‘50s diner. The reverb-laden vocals, minor keys, and undead themes that made up the unique sound of 2009’s self-titled album are back.

Creep on Creepin' On is just as dark and eerie as its predecessor, yet the instrumentation is denser and on the whole it’s less lethargic and more reliable.

This album certainly isn’t danceable, but it’s brilliantly arranged. “Swamp Magic” is a lush orchestral soundscape that effortlessly and uncannily evokes its title, and “Do I Have Power” could easily be the soundtrack of evil Muppets.

Creep on Creepin' On proves that Timber Timbre have truly embraced their freak-folk sound, and aren’t afraid to sound different. If anything, their music just might wake the creatures that live under all of our beds.

- ROSE JANG



The Kills
Blood Pressures
(Domino)
3.5/5

The Kills’ fourth full-length release, *Blood Pressures*, is enjoyable, but doesn’t impress like 2003’s *Keep on Your Mean Side*, or 2005’s *No Wow*.

Essentially, if you fill up an urban city street with a half-foot of mud, and get everybody to dance real slow and new wavy to flickering city lights, you’ve got The Kills. Regrettably, the band seems to be slowly moving away from their bluesy garage-rock revivalism into more recognizable indie rock.

But this is still a good album. “Future Starts Slow” sounds like a more rambunctious Yeah Yeah Yeahs, “Baby Says,” one of the album’s stronger tracks, emulates everything from The Black Keys to The Velvet Underground, “Damned If She Do” is a pleasantly fresh hat-tip to The Raveonettes, and “The Last Goodbye” is a successful experimentation. Tracks that didn’t work were “Satellite,” “Nail in My Coffin,” and “DNA” for their boring indie-rock-likeness.

- ADAM PRICE



K.D. Lang
Sing It Loud
(Nonesuch)
2.5/5

For her thirteenth album, *Sing It Loud*, K.D. Lang worked with her new band—the Siss, Boom, Bang—to create a more country- and blues-sounding mixture than her previous work.

As a Juno- and Grammy-winning artist, Lang may be disappointed with the lack of nominations or hits coming from this album. There’s no “Constant Craving” or “Miss Chatelaine” on here.

Sing It Loud comes across as a far more laidback, relaxed, and simple collection of songs with echoing spaces, soothing lyrics, and guitar combinations galore. As hard as Lang may have tried, the album makes you want to sit back and relax, instead of doing what the title suggests.

Sing It Loud shows Lang’s age with its mellow vibe. It’s not bad for background music, but your parents will probably listen to it before you get the chance to.

- CHESLEY RYDER



Simon & Garfunkle
Bridge over Troubled Water (40th Anniversary Edition)
(Columbia/Sony)
5/5

Listening to the reissue of this classic from folk duo Simon & Garfunkle, it’s surprising to hear those youthful, pure tones again, knowing how Garfunkle’s voice has seasoned with time and illness.

The set includes companion DVDs, featuring a 1969 TV special and the revealing documentary *The Harmony Game*, detailing the riffs and rifts in the making of the duo’s final, iconic album in 1970.

The intensely focused instrumentals and harmonies are all here. Harmonies carried flawlessly on drums, strings, guitar, flute, and, of course, piano—echo across four decades. And, oh—the emotions! The title track weeps, “Cecilia” giggles, and the whole album is a reminder that feelin’ groovy is a sure cure for modern contempt.

The enduring music will unfold generations to come, like the trusted embrace of an unwavering friend—imploping all of humanity to believe there’s someone to whom we matter.

- PAM OLIVER

documentary

Campus film series looks at Palestine wall struggle



The crew during the filming of *Budrus*.

ED SUM
CONTRIBUTING WRITER

Camosun College's Cinema Politica film series will soon be screening *Budrus*, a documentary about saving the Palestinian village from an encroaching wall.

The film shows how it's not as simple as just focusing on one village's struggle against the Israeli government's attempt to build the Separation Barrier; it's what people can do when united.

Once a month, Camosun's film society gathers to screen a film that

tackles a topic—usually of international concern—to get students talking.

"We think broadly about all of the interactions, approaches, and ways of looking at an issue which comprise politics," says Larry Hannant, head of Cinema Politica's Victoria chapter and history instructor at Camosun. "It's a way to understand an issue."

Hannant says that watching a documentary film alone isn't enough.

He's found that attendees and

students have a good opportunity to participate in engaging conversations amongst themselves, as well as with special guests.

"Sometimes we have specialists on the subject of the film come and facilitate discussion, or a faculty member from Camosun—it varies," says Hannant. "We cover things like the environment, the Middle East, international hot spots, or some area of controversy."

With *Budrus*, the focus is on showing how passive resistance in one village can win out.

"And soon enough the Palestinians are joined by people from the international solidarity movement," says Hannant. "Activists from many countries worldwide go to help to serve as witnesses and show the military that the world is watching."

Budrus also shows what Ayed Morrar, a Palestinian community organizer, can do when he unites two feuding factions together to combat a greater threat.

Part of the film shows where walls exist in Budrus, including

dividing institutes of learning.

"It's the very antithesis of what any postsecondary institution ought to be doing," says Hannant of the village's education system. "You want to break down walls instead of build them."

Cinema Politica: Budrus

7 pm Thursday, April 28
by donation

Young 216, Lansdowne
cinemapolitica.org

Kool

107.3

Today's Best Music

1. Lady Ga Ga > Born This Way
2. Diddy Dirty Money > Coming Home
3. Enrique Inglesias > Tonight
4. P!NK > Perfect
5. Black Eyed Peas > Just Can't Get Enough
6. Jennifer Lopez > Get on the Floor
7. Chris Brown > Yeah 3x
8. Bruno Mars > Grenade
9. Martin Solveig > Hello
10. Rihanna > S & M
11. Adele > Rolling In The Deep
12. Alissa Reid > Alone Again
13. Usher > More
14. Katy Perry > E.T.
15. Fefe Dobson > Stuttering
16. Rihanna/Drake > What's My Name
17. Cee Lo Green > Forget You
18. Jessie J/B.O.B. > Price Tag
19. Black Eyed Peas > The Time (Dirty Bit)
20. Pitbull > Hey Baby

TOP 40 COUNTDOWN

Saturdays 10am-2pm
Sundays 6pm-10pm

21. Rihanna > Only Girl (In The World)
22. These Kids Wear Crowns > Jump Start
23. Edward Mia > Stereo Love
24. Britney Spears > Till The World Ends
25. P!NK > Raise Your Glass
26. Suzie McNeil > Drama Queen
27. Katy Perry > Firework
28. Christina Perry > Jar Of Hearts
29. Sunloverz feat Rosette > Fire
30. Dirty Radio > My Heart
31. Shawn Desman > Electric
32. Bruno Mars > Just The Way You Are
33. Kristina Maria > Let's Play
34. Nelly > Just A Dream
35. Ke\$ha > We R Who We R
36. Tinie Timpah > Written In The Stars
37. Fefe Dobson > Ghost
38. Taio Cruz > Dynamite
39. Danny Fernades > Take Me Away
40. Marianas Trench > Good To You

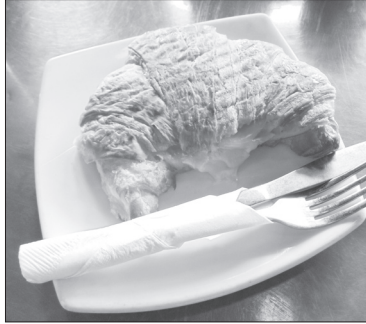
www.1073kool.fm



Worth the Trip

by Shawn O'Hara and Alex Pask

Cheese? Please!



Campus Café
Lansdowne Campus
Grilled cheese sandwich with tomatoes
\$5.59

Presentation and service

Alex: There was a swarm of students surrounding the grill, so I abandoned Shawn and took a seat. I waited for 15 minutes. Preposterous. The cheese was only in the center of the bread leaving large chunks of tomato to keep the crust company.

Shawn: I've always thought the grilled cheese looked great here. Really, it's pretty difficult to mess up grilled cheese. It's a huge sandwich, and the cook was kind enough to throw some tomato on it for us.

Taste

A: This tastes like a warm hug on a rainy day. It's a good choice for a quick bite in between classes. However, the aftertaste is like the cook sprayed Pam directly into my mouth. You win some, you lose some.

S: I like it. It's simple and satisfying, though it seems to leave an aftertaste of breaded shrimp. While highly disconcerting, it's still a pretty good sandwich.

And the winner is... Campus Café

Verdict: It's a bit more expensive, but for those extra 50 cents you got almost twice the sandwich, and free pickles. (And because this is our last column, we'd like to say thanks to everyone who read our nonsense for these past six months. We ate some stupid food and made some stupid jokes; when it was good it was good, and when it was bad we could have died, but we did it for you.)

Moka House
Hillside Ave.
Ham and cheese croissant
\$5.04

Presentation and service

A: There was only one person working behind the counter and he looked a little flustered with more than two orders. He was friendly, even in a slight panic. This review may be a little biased because I like anything in a croissant.

S: The place was packed with coffee snobs in the middle of the day, and there was an immediate air of "better-than." Despite that, the food here is a little less expensive than the caf, but the drinks are nuts. I got a London Fog and an Iced Latte and it was almost \$10. Yeesh.

Taste

A: The sandwich was pretty dry, but the herbed ham made it a pleasant snack. This isn't the best choice if you are hungry and need a filling meal. For five bucks, it's kind of disappointing.

S: This tastes good enough, but I feel like the grilling process took all the fight out of this otherwise decent sandwich. It's flat, dry, and mediocre. The cheese is quality, but otherwise it's sort of boring.



What's Cooking, Camosun?

by Naomi Kavka

Booze and fruit? Please!



Celebrate the end of classes with some sangria. Ya!

So, the semester is almost finished, and you just have exams to grunt out before the seemingly endless expanse of summer is upon you. What better way to celebrate the end of this torture than by drinking copious amounts of delicious alcohol?

I'm sure you've all been so busy making delicious meals from my recipes that you've just been dying in anticipation, waiting for the perfect drink pairing to go along with them. Well, here it is.

This is my favourite drink to make in large quantities. It's also one of my favourite summer drinks. It even beats out the versatile Tom Collins, and I friggin' love those!

Plus, if you're one of those Fernwood hippies who goes to potlucks and stuff like that, this will make you belle of the ball. F'realz. It's also pretty cheap if you and a friend go in on it.

Sangria? (More like sangri—YEAH!)

- 1 bottle cheap wine (750 ml)
- 1/2 mickey cheap rum
- 1/2 litre juice of your choice (I like pineapple, but, whatever)
- assorted fresh fruits, probably around 2 cups (for example, strawberries, pineapple, oranges, apples, kiwis, or whatever's on sale)

Wash your fruits and cut them into bite-sized portions. Combine the wine, rum, juice, and fruits in a large bowl. Put into fridge and let sit for a few hours or overnight, if you can handle that. Continue to chill that sucker until ready to serve. You can also add ice to it when ready. This drink, literally, will go with anything and is a definite crowd pleaser.

Tasty tip: The fruit that gets soaked in the liquor while making this drink is to die for, so don't forget to eat all of that stuff up. Also, of course, always drink responsibly with good company, while on a full stomach.



Green Your World

by Keira Zikmanis

camosun students for environmental awareness

Kids off grids

KEIRA ZIKMANIS
CONTRIBUTING WRITER

Sometimes I see the progressive things high-school kids are doing these days and I think, "Damn, I wish I was that cool when I was younger." (Or even, "I wish I was that cool now.") I had one of those moments the other day when I heard about the Off the Grid festival coming up in Langford (offthegrid-festival.ca).

Run by Youth for Environmental Stewardship, in collaboration with many other community groups, Off the Grid promises a mixed bag of festivities: musical acts (including headliners Jon and Roy), stimulating talks, a visual-art exhibition, and workshops on topics ranging from sustainable food production to "how to change the world without burning out" highlight

the itinerary.

Put on by youth, for youth, this one-day event is—you guessed it—off the grid. Powered by Green Energy Alternatives of Victoria, the festival is a celebration of Earth Day and the culture of conservation. Because activists need to party, too.

The event not only introduces high-school students to some radical ideas, it teaches them to build community and celebrate their victories.

Here's to the next generation of free-thinking, well-equipped do-gooders—may you continue to obscure my view of Justin Bieber.

What do you think about these columns? Email your thoughts, opinions, and feedback to editor@nexusnewspaper.com or send your textback submission to 604-223-0076. Make your voice heard!

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Did any of our articles spark your interest or get you riled up? Tell us what you thought in 250 words or less and e-mail your letters to Nexus.Give our writers a piece of your mind!

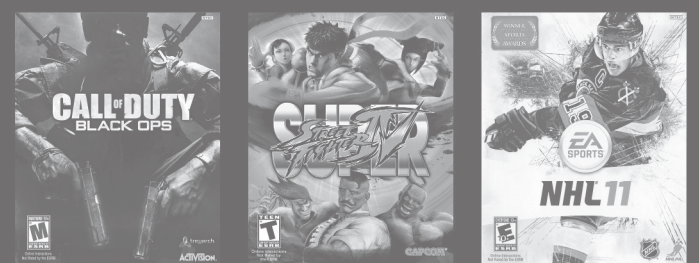
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The Electric Bungalow

by Ed Sum

Future, now

Entertainment technology is becoming more mobile than ever. In the coming years, instead of lugging a heavy juggernaut of a laptop, entertainment can be found in that cell phone in your pocket. Here's a peek at what's coming to an electronics store near you:

- Mobile digital television (DTV) is being tested in select city centers, and antennas to receive the signal will be a simple USB stick add-on. This stick will enable more than just laptops to receive television. Cell phones, portable media players, and car video systems are potential devices to feature this technology.
- Amazon is jumping on the cloud-computing bandwagon

by allowing their customers to store photos, music, and videos on their servers.

- More options will become available to let people stream audio/video content from their computer to their television. Those downloaded videos will look very nice on a 72" HDTV.
- Dolby Labs has a new sound specification, ProLogic IIz, that supports depth perception. So you'll be able to hear that stick whiz past your ear and land on the ground. Not many movies or DVDs are even using this audio format.
- The next generation of Blu-ray storage will be able to support 100gbs worth of data. That 25gb disc of today will look like the compact disc of tomorrow.



What's Up with Her?

by Chantal Kyffin
camosun college women's centre

Growing together

As winter semester ends, the Camosun Women's Centre recently held one last meditation session from community healer Peal Ashley. Ashley is a current student from Camosun College's satellite campus at the Native Friendship Center.

She's spent many years working as a holistic healer and dedicates her time helping to empower Camosun women. She works to guide them through various meditative mediums, ranging from visualization to group-chant meditation.

Ashley's goal is to inspire women so they can become empowered within themselves and be connected by mind, body, and spirit.

On another note, the women's center has had record numbers this year. It's evident this is a well-used space and it's taken care of by the women who use it.

It amazes me the level of care the women all have in using the center. The women did everything from contributing materials to our weekly homemade soup to contributing their time and self in collective meetings and, most importantly, to each other.

Thank you to all the women on campus who make this space what it is, which to me has been a place to evolve and grow among other women.

sudoku

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Screwed

by Alexah Konnelly

Screwing with cats

Dear Screwed,

Who are you and why are you giving out sex advice? We don't know anything about you. Give us the dirt! What turns your crank? Do you find Victoria to be a sexy town?

-Curious at Camosun

Dear Curious at Camosun,

Busted. I have absolutely no credentials or qualifications to be giving out sex advice at all, unless you count the many years spent being an adorer of advice columns myself. While it wouldn't be gentlemanly of me to share my crank-turning debauchery, I will say that I absolutely think that Victoria is a sexy town. Just come visit the folks

at Nexus; you'll see what I'm talking about.

Dear Screwed,

My girlfriend and I have a cat. Long story short, she won't have sex or fool around with me when the cat is in the room or might be in the room. She says that it's really weird, and that the cat totally knows what's going on, and that he's into it and, therefore, it's like bestiality. I don't think it's a big deal at all, and I'm getting really irritated when she insists, every time, that we stop when the cat comes to lick its ass in the room. He isn't even paying attention to us! She won't listen. Who's right?

-The Cat Came Back

Dear The Cat Came Back,

I'm inclined to agree with you. I honestly doubt that your cat is intentionally watching you guys go at it and getting some freaky little kitty kick out of it. It's understandable that it weards out your girlfriend, though, especially since a lot of people (myself included) personify their animals to the degree where they treat them as humans. Besides, who can talk dirty when there's such a cute little set of amber eyes peeking over the side of the bed watching you two? Anyway, regardless of who's right and who's wrong, there's actually a simple solution here, depending on how insistent the cat is: move the human fun stuff to the bedroom and close the fucking door.



First Person, Plural

by Pam Oliver

Trust the source, of course

If I were a comment in my own book of truth, I'd make much of the love, and leave out the reproof.

Those worst moments are the shocks that blindside us, and, ironically, where the best life-lesson gifts come from.

I recently received two comments from readers—feedback about as punishing as ever I've had. At first upset and embarrassed, I fell prey to the doubts that come with feeling the fool. I almost regretted putting my views out there. Almost.

As I struggle to comprehend the incomprehensible nature of this new phenomenon of the anonymous bully, I realize a valuable lesson—and a fitting subject for my last column. When elements of life challenge us, being vulnerable

can be a powerful excuse to wield in our defense. Looking in, instead of lashing out, is where our true power is held, in the tiny powerhouse called trust.

When we are vulnerable, we risk much. I wonder at the confidences it's been my privilege to receive from students at Camosun. Tottering through the rest of my life I will never forget the wealth of poignant, humorous, indifferent, terrifying, or joyful moments I've been witness to on campus.

They were rich experiences of human nature: bad, good, and calous, all worth the risk of putting myself out there. But a word of caution: The truth about vulnerability isn't whether or not to trust, but *how* to trust. I used to trust naively and dangerously—until I learned how to trust myself first.

I have learned to trust I have enough strength for the battles ahead. I trust as a mother I can weather the storms at home. I trust myself to discern which relationship battles are worthy of my attention. I trust real friendships will survive me saying no. And I reset my attitude daily, looking back to see how far I've come (not how far I still have to go), knowing my decisions were my best ones that day. Promise me, from here on in, you will work on learning how to trust yourself first. Self-trust and forgiveness are closely linked.

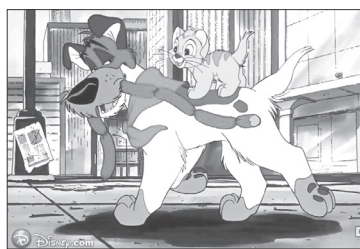
In the final analysis, you are your own best friend. If you put your trust in forgiveness, and not in the opinions of others, then regardless of what "they" think or say about you, you will think (and speak) well of yourself.



Nostalgia Filter

by Shawn O'Hara

Animated and live-action pets



Oliver and Company, released in 1988, is a re-imagining of the classic Charles Dickens story *Oliver Twist*, but about an orphaned kitten in New York City who meets some dogs who steal for a homeless guy named Fagan.

Pros: There are some pretty good songs in here, sung by Billie Joel, who voices Dodger. Also, one of the dogs, a British Bulldog named Francis, may have the sickest dialogue burn in Disney history: "Isn't it rather dangerous to use one's entire vocabulary in a single sentence?" Devastating.

Cons: There's not a lot of plot here. While the animation is amaz-

ing, you sort of forget there's even a story, and then all of a sudden the villain, who at one point straight-up pulls a gun, gets hit by a train. Also, the character Tito the Chihuahua is unabashedly stereotypical. He calls everyone "mang," is overly aggressive and boastful, and tries to steal a car at one point. I mean, it is Disney, so it's to be expected, but come on. He's voiced by Cheech friggin' Marin.



I was four when *Homeward Bound* came out in 1992, and I'd be hard-pressed to say if I've watched it since then. All I remember was that there are two dogs and cat, and their family leaves, so

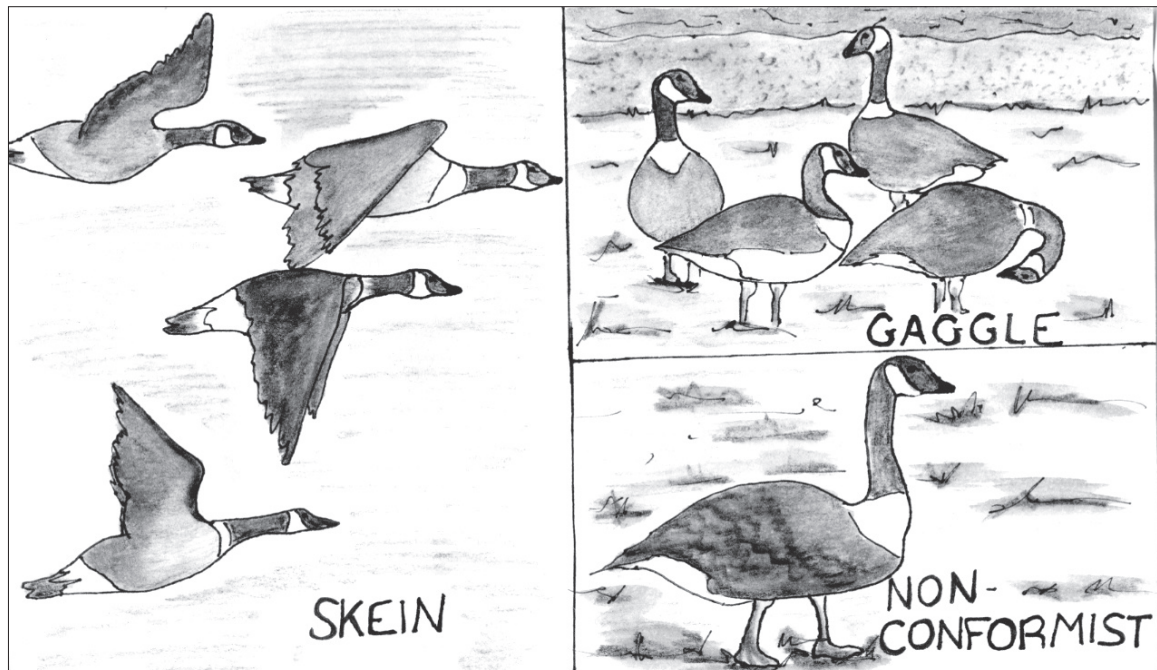
they have to come home through the Sierra Mountains, and then they throw a cougar off a cliff. After watching it again, my memory was pretty much spot-on.

Pros: Don Ameche, the golden-age film star and voice of Shadow, and Michael J. Fox, who voices the young drifter Chance, sound great. And the animals are amazingly trained. There's even one scene where the cat climbs a chain-link gate and opens the latch. I don't even think I can do that.

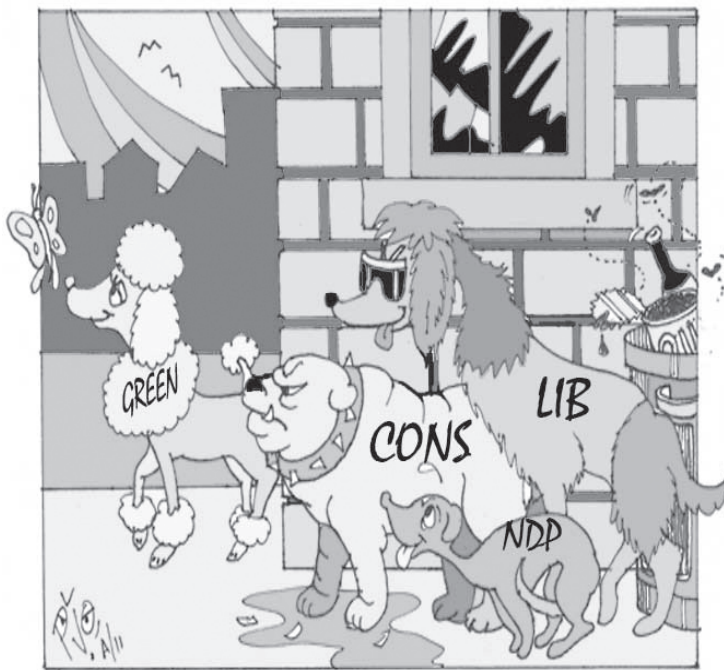
Cons: To be honest, it's sort of a boring movie. The jokes are typical '90s talking-animal fare, and it wears pretty thin. Plus, Sally Field, who voices the cat Sassy, is absolutely unbearable.

Winner: *Oliver and Company* may be a little light on plot, but it's heavy on emotion and cute. Also, the plot resolution is *killing someone with a train*.

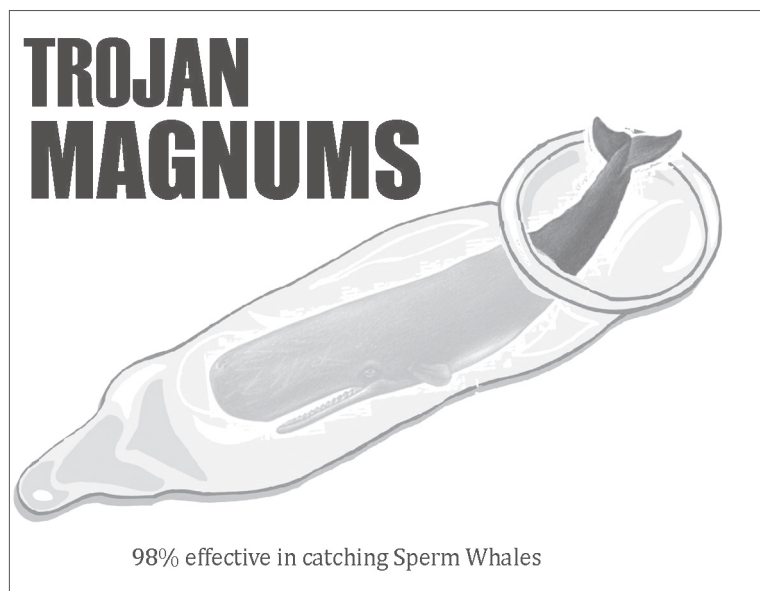
Norma Jean By Jenna Cotton



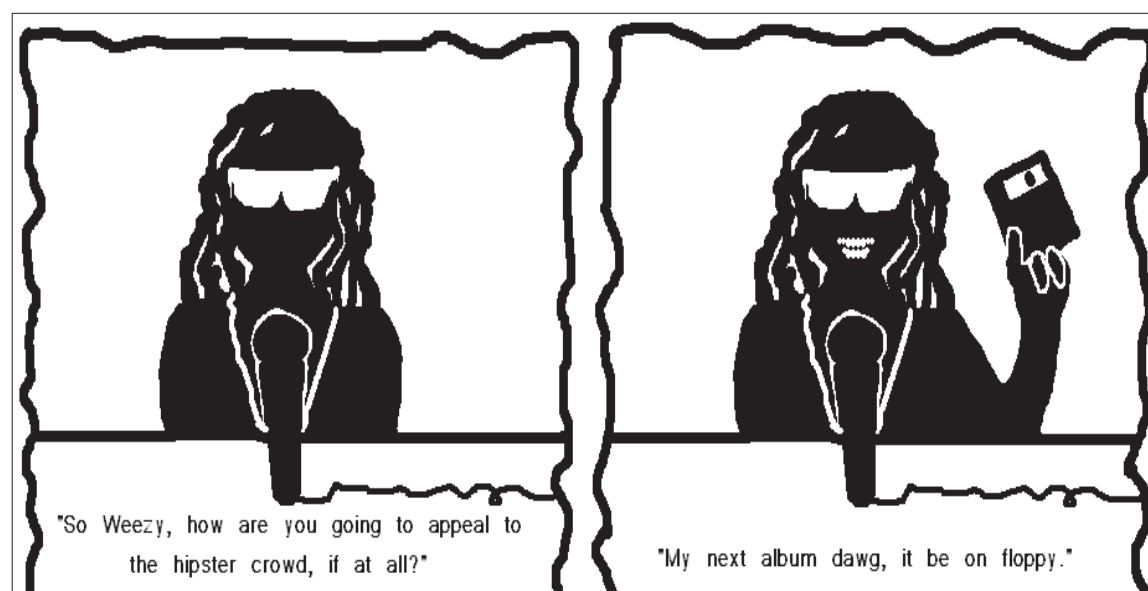
Campus Callosum By Pam Oliver



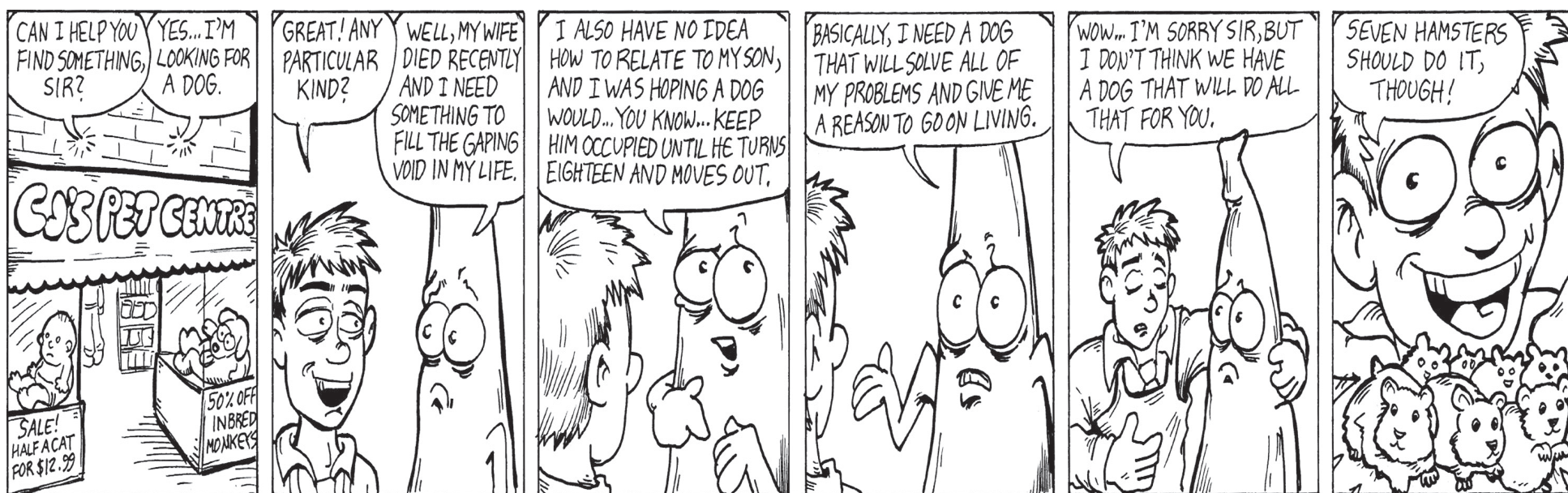
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local, live, and loud
by erin ball

eye on campus
by erin ball

SATURDAY, APRIL 16

Czech, DJ Generic

HUSH, \$11.75, 9 PM
Canadian DJ dynamo Czech returns to Victoria for a night of electro breaks at Hush. Czech's been playing shows all over the world for the past 22 years. headlining alongside big names such as the Chemical Brothers, the Prodigy, and Crystal Method.

TUESDAY, APRIL 19

Coco Montoya

UPSTAIRS CABARET, \$26, 8 PM
American blues guitarist Coco Montoya makes an anticipated return to Victoria after a successful show at the 2010 Vancouver Island Blues Bash. Tickets available through the Victoria Jazz Society.

FRIDAY, APRIL 22

Renegade Movement, Critical, KTW, Keidi

LUCKY BAR, \$5, 10:30 PM
Local duo Renegade Movement combine electronic sound design and live PA with instrumentation and vocal processing. Their debut EP *Alphanumeric* is now available to download and they are celebrating with a locals-only show, featuring dubstep, drum 'n' bass, and electro-house sets from a few of their friends.

SATURDAY, APRIL 23

Dilated Peoples

SUGAR, \$22, 9 PM
Employing the popular and effective two emcees/one DJ format, Dilated Peoples released their first independent album back in 1997. The California trio later signed with Capitol Records and saw a boost in fame with the Kanye West-produced single "This Way." Catch these hip-hop veterans when they hit the stage at Sugar.

SUNDAY, APRIL 24

Killing in the Name Of, Hardly Soft, Jeremy Baker

CLUB 90NE9, \$12, 9 PM
The Rage Against the Machine cover band makes a special appearance at Club 90ne9. Local hard rockers Hardly Soft and Zone personality Jeremy Baker open.

SUNDAY, APRIL 24

Tokyo Police Club, Said the Whale

SUGAR, \$23, 8 PM
Canadian indie-rock band Tokyo Police Club makes a quick return to Victoria. Said the Whale from Vancouver and Dinosaur Bones from Toronto round out this night of beards and hoodies.

SATURDAY, MAY 28

Sharon Jones & the Dap-Kings, Black Joe Lewis & The Honeybears

ALIX GOOLDEN HALL, \$33.50, 7 PM
American soul singer Sharon Jones fronts the 11-piece Dap-Kings on a cross-Canada tour ending in Victoria. The band has been spreading gospel, soul, and funk music around the world since the release of their fourth album, *I Learned The Hard Way*.

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FRIDAY, APRIL 15

TA-DA: UVic visual arts exhibit

The graduates of the bachelor of fine arts program at UVic celebrate four years of hard work with their annual exhibition. The opening gala takes place in the visual arts building at UVic from 7-11:30 pm. The exhibit will be on display and open to the public from 10 am to 5 pm until April 23.

THURSDAY, APRIL 28

Cinema Politica: Budrus

Budrus is an award-winning feature documentary film about Palestinian community organizer Ayed Morrar. Morrar unites local Fatah and Hamas members along with Israeli supporters in an unarmed movement to save his village from destruction by Israel's Separation Barrier. The film is followed by a facilitated discussion by Camosun history instructor Larry Hannant. Film shows at 7 pm in Young 216, Lansdowne.

MONDAY, APRIL 18—THURSDAY, APRIL 21, TUESDAY, APRIL 26—FRIDAY APRIL 29

Textbook buyback

The Camosun bookstores at both Interurban and Lansdowne are hosting their end-of-semester textbook buyback event. The bookstores will pay 50 percent of the current retail price for books in good condition that will be used again next semester. Even books that won't be used again next semester may have some value. Make sure to bring all your old texts, a valid student ID, and a friend to chat with while you wait in line.

FRIDAY, APRIL 29

Visual arts grad show: Opinion (18)

The visual arts program grads are wrapping up the year with their annual showcase, *Opinion (18)*, being shown in Market Square. Opening night starts at 6 pm on April 29 and will feature paintings, drawings, animations, sculpture, and photography. The show will run from April 30–May 5 from noon until 6 pm each day. Admission is free.

TUESDAY, MAY 3—SATURDAY, MAY 14

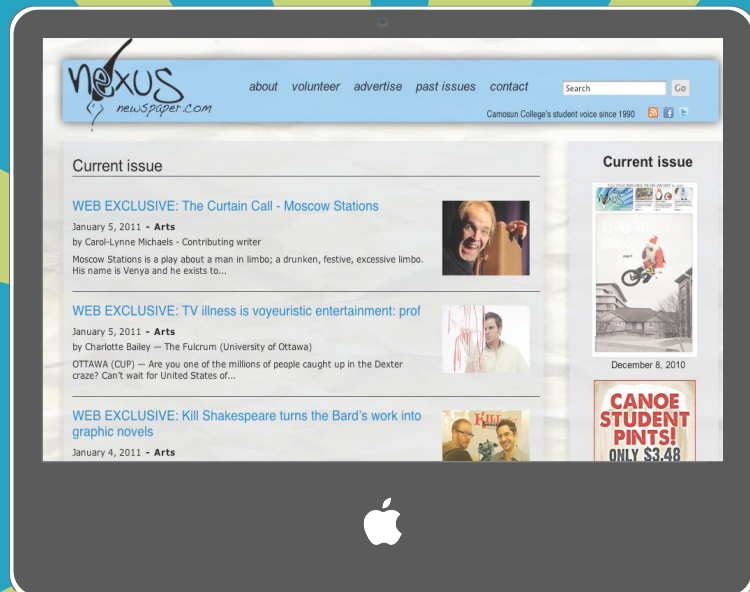
Spring preventative dental health clinic

The students in Camosun's certified dental assistant program are gearing up for their annual dental health clinic at the Lansdowne campus. Services include teeth polishing, fluoride application, sealants, and x-rays. Treatments are \$15 or less for children and \$30 or less for adults. Call 250-370-3184 to book a preliminary screening appointment.

Look for exclusive content on the Nexus website!

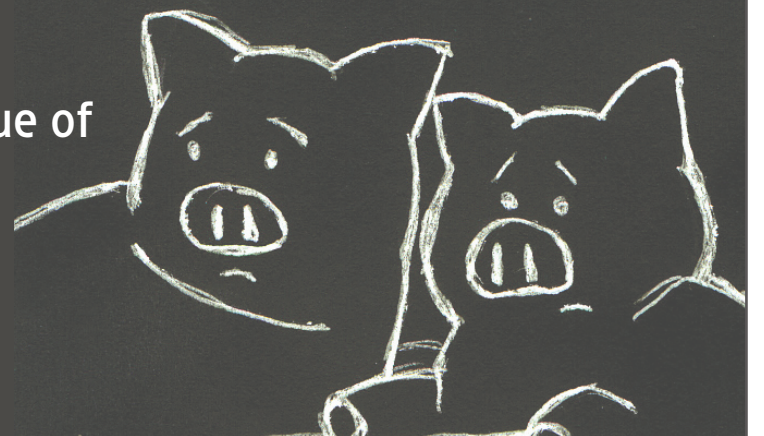
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