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Next publication: March 23, 2011

Deadline: noon March 16, 2011

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Nexus is printed on recycled paper.

Nexus is a member of Canadian University Press.

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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 nexus@nexusnewspaper.com for more information.

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editorial

Challenging gender roles

Thinking this way is dangerous—it labels the people who don't fit comfortably into a gender role as different and therefore an outsider.

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

A Camosun instructor has done the same experiment in her anthropology of women class for the last three years. She asks her class, at the beginning of the semester, to make two columns on a piece of paper—one labelled “feminine” and the other “masculine.”

The students were asked to brainstorm and write down 10 words they associate with each. They were told not to think too hard about what they should write down, just what pops into their heads. In this day and age of equality, the results were surprising.

The instructor found that the words written down were stereotypical of each gender and fit into traditional western gender roles. Words like “pretty,” “emotional,” “motherly,” and “nurturing” were near the top of the list for feminine, and words like “strong,” “muscular,” “sports,” and “cars” were near

the top of the list for masculine.

The exercise brings to light the fact that stereotypes and gender perceptions are still very strongly ingrained into our brains, even those of critical thinkers like college students.

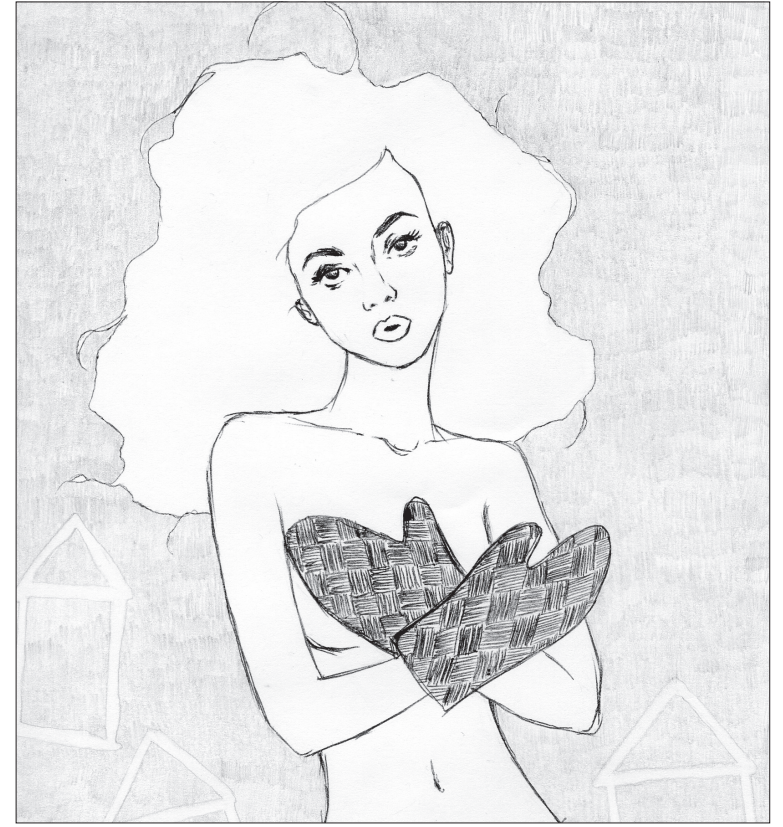
The instructor pointed out that some of the words that came up were biological characteristics. But, looking towards other cultures as a contrast, most of the stereotypes used to describe the sexes were purely cultural.

For example, men were described as insensitive, aggressive workers, while the women were sensitive, nurturing, affectionate, and gentle. But in some cultures the men take care of the children and, in others, the men are very affectionate towards each other—they hold hands in the street and kiss each other on the cheeks.

It brings up the question: will western society ever rid itself of the gender perceptions ingrained in society?

The media bombards us with images of how both male and females should look, act, and fit in. These messages perpetuate our traditional definition of male and female. But thinking this way is dangerous—it labels the people who don't fit comfortably into a gender role as different and therefore an outsider.

These days little girls are taught that they can be anything they want when they grow up. When our mothers and grandmothers were young that wasn't the case. But women who decide to be career-



JESSICA TAI

driven are still criticized for not paying enough attention to their family life and are expected to be superwomen—a successful career, a perfect mother, and a dedicated housekeeper and cook.

And men are in a similar boat. Men who may decide to challenge gender roles and stay at home to raise the kids are seen as lazy or poor providers. A man who's very sensitive is perceived as weak. We foster aggression in boys and then wonder why some of them are violent as adults.

And we know that we shouldn't be perpetuating the division be-

tween genders, but we still do it. These gender roles are rooted in our society, and even though we know we shouldn't, we judge those that challenge the roles.

But if we talk about gender roles and perceptions more often, and challenge them, we can break through the stereotypes. And this will lead to a greater understanding of each other as individuals—our goals, beliefs, and our true identities.

What do you think?

editor@nexusnewspaper.com

or TEXTBACK to 604-223-0076.

open space

Stop complaining about cafeteria

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

ALI HACKETT
CONTRIBUTING WRITER

The Lansdowne campus cafeteria isn't known for its gourmet cuisine or abundance of health-conscious options—nor should it be.

And yet the cafeteria on campus is constantly criticized. A common complaint is that it's too expensive. Of course it's expensive. Eating out

costs more because the business is paying for not only the food, but the overhead costs that come with any restaurant—wages, rent, food waste—especially one with such a limited client base.

The Lansdowne caf, currently run by Aramark, is there for convenience, but people still complain about the lack of nutritious options. It's probably not as healthy as what you would prepare at home, but that's not the point.

If you want a healthy snack, load up your backpack or locker with trail mix for those times when a home-

made meal isn't an option.

The purpose of the cafeteria is to provide a food source for students who haven't brought their own, or want to supplement what they do have. It was never intended to be the primary food supply for students.

People with dietary allergies are common at the college, but they are still a minority. It's understandable that someone with gluten sensitivity would be disappointed to find only a handful of options to choose from, but most businesses can't afford to cater to such a small minority.

The fact that there are gluten-

free options at all shows Aramark is aware of students' needs. For those that choose to avoid animal products, the cafeteria offers five vegetarian or vegan options each day.

A sense of entitlement runs through the veins of some students at Camosun.

If the cafeteria food isn't to your liking, don't eat there. If the coffee is bitter, get a thermos and bring your own.

You wouldn't go to a restaurant you didn't like off campus; why go to one on campus?

Call us on it!

Did any of our articles spark your interest or get you riled up? Tell us what you thought in 250 words or less, e-mail your letters to *Nexus*, and we'll reprint them.

textback

Tell us what you think. Send a text to 604-223-0076.

“Should not be able to use student loans on anything other than student stuff—so no rings, beer, trips, animals, or veterinarian bills.”

“Oh my stars! A funny *Campus Callosum*? Happy day!”

“I don't know why I keep picking up *Nexus* every time I see a new issue. It doesn't ever get any better. I hate to say it, but *Nexus* is pretty average. Step it up!”

Nexus reserves the right to edit or exclude submissions for any reason. Discriminatory or libelous texts will not be printed.

future

Student help needed in college plan

RENÉE ANDOR
STAFF WRITER

Camosun is in the process of drafting a new strategic plan for the future, and the college is looking for student input on what they want Camosun to be in the coming years.

Every three to five years the college creates a strategic plan where goals for future improvements of the school are outlined. In the coming weeks, students will have the opportunity to say what one thing is that they would change or improve about Camosun. Suggestions will be taken via email, web surveys, and booths set up with drop boxes at both campuses.

On Monday, March 21, there will be a table set up at the Interurban campus, at the main floor of the Campus Centre, from 2-5 pm for students to come share their ideas; on Tuesday March 22, there will be a table set up in the foyer Fisher the Lansdowne cafeteria between noon-5 pm.

The strategic plan is set to be completed in early June, and ready to implement next year.

Kathryn Laurin, Camosun president since 2009, says the timing is perfect because a new strategic plan

helps set a direction for the college, especially when a new president comes in, and she's keen to hear what students want.

"The student voice here is very important," says Laurin. "We wouldn't be here if there weren't students, right? So we really value the student participation in this process."

According to Laurin, the strategic plan is integral in identifying Camosun's priorities, especially when funding is shrinking, because the plan helps the school focus on what goals are considered most important.

Susan Haddon, Camosun's director of college relations, says some possible areas of focus include environmental and economic sustainability, new ways of communicating and gathering information through social media, and improving community engagement.

"We exist to serve this community," says Haddon, "and 86 percent of our students come from this region, so we need to do an even better job of being out in the community and understanding what the issues are."

Michel Turcotte, CCSS director of operations and member of



Camosun president Kathryn Laurin is looking at the college's future .

Camosun's board of governors, says his personal choice of a goal would be to make the college more accessible to everyone in the community, because some people in Victoria have trouble paying to go to school.

"Tuition levels and programs need to be set at a level so that the majority of the community can make use of the training," says Turcotte.

While no goals are set in stone yet, Laurin says if she was to pick one as most important to her, it would be to make Camosun one of the premier colleges not only in BC, but across the country.

"I'm heading for the loftiest of goals, which means all those other goals have to line up," says Laurin. "It's a challenge, for sure, but I really think that we can get there."

CAMOSUN COLLEGE WANTS YOUR INPUT

Tell Camosun what you'd like to see changed at the college and you could win an iPad!

Submit your best idea, up to 400 words, to nexus@nexusnewspaper.com by noon on Wednesday, March 30. The winning entry will be printed in the April 6 issue of *Nexus* and the writer will win an iPad; all submissions will be forwarded to Camosun's Strategic Planning Development Team.

NEWS BRIEFS

CCSS releases bus survey results

As Camosun students have no doubt noticed, the Camosun College Student Society (CCSS) held a few transit surveys this year—one at Camfest back in September, and an online version in January and February. The results of those surveys have now been passed along to the transit commission. According to the surveys, the main concerns that Camosun students have are frustration at being passed up by buses full of UVic students, the location of the bus stops on Richmond, and implementing later and more frequent service. Over 2,200 people responded to the surveys and the CCSS presented the results to the transit commission on February 15. The survey garnered response from Interurban and Lansdowne campuses, as well as UVic and non-students that work downtown.

Camosun to offer indigenous business access program

The RBC Foundation has recently announced a \$25,000 donation for Camosun College to develop an indigenous business access program. With a growing indigenous population in BC and ongoing treaty negotiations, graduates with indigenous business leadership, entrepreneurship, and negotiation skills are in demand. "We are starting to design a business access program intended to recognize indigenous students interested in studying business leadership and administration, and to fully support them in their transition into first-year college," Joan Yates, dean of Camosun's school of business, said in a press release. According to Yates, once they've gathered community input, they plan to develop the program over the next year, and offer it by next January.

CFS campaign targets Ida Chong

As part of the Canadian Federation of Students' (CFS) Education Shouldn't Be a Debt Sentence campaign, students from schools across BC sent Valentine's Day cards to minister Ida Chong on February 14. No, Chong doesn't have thousands of secret admirers (well, Chong doesn't have thousands of secret admirers that we know of, that is). Instead, the cards asked Chong to be a committed partner with students to ensure an affordable and high-quality education system. The campaign calls on the government to increase core funding, reduce tuition fees, establish a needs-based grants program, and eliminate interest rates on student loans. Chong is the minister of science and universities, and minister of regional economic and skills development for BC.

science

Local group combines science and policy

RENÉE ANDOR
STAFF WRITER

David Bratzer is a man of science... well, actually, he works in law enforcement. But he saw a need for more use of science in local government decision-making, so he founded the organization Scientific Victoria, which is the first of its kind in Victoria.

The website scientificvictoria.org went up in early January.

The group is made up of two advisory boards: local scientists with a PhD or master's sit on one, and people with experience in public

policy and local politics sit on the other.

The aim is to obtain credible science on local issues, and present the findings to local government officials who need to make decisions on those issues.

"Elected officials throughout the region work very hard to come to the right decisions, but at times I think the science needs to be emphasized more, so that's really the goal of Scientific Victoria," says Bratzer.

The debate over potentially banning wi-fi in School District 61

is what prompted Bratzer to start the organization. He says there's no scientific link between wi-fi and health problems, and he presented scientific findings to the school district in January. The district is currently considering Bratzer's presentation, along with a number of other presentations.

Scientific Victoria did another presentation in January, this one to the Capital Regional District board on the tanning-regulation bylaw that would ban youth under the age of 18 from using tanning salons. The group was in favour of

this bylaw; it was passed.

Dominic Bergeron, chair of Camosun's biology department, is on the science advisory board.

Bergeron wants the public to learn about science, and although he says Scientific Victoria doesn't directly educate the public, it does by "rebound."

"If you educate the decision makers, when they make a decision, it's up to them to explain to the people that elected them why this decision was made," says Bergeron, "and in that case education is achieved."

SPEAK UP

Which reality TV show would you want to be in and why?

BY JINA MOUSSEAU



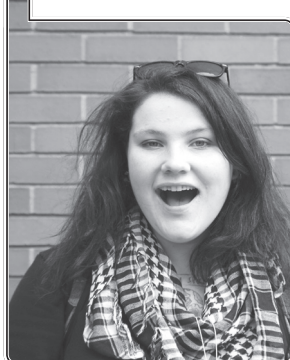
SUE WALLACE

"I would go on Survivor, because you get to push yourself, work really hard, and hopefully win. You also get away from it all."



COLEMAN YOUNG

"Canadian Idol, I guess. I probably wouldn't make it very far, but I am a singer. I would probably sing some Depeche Mode or some Bowie."



CLARE LANNAN

"Top Chef, because I love cooking and I have some really good ideas. There's always really attractive bearded men on that show, so maybe there could be some chef romance. Chef romance is hot romance."



PARKER KAY

"I hate reality TV. It's not real; I think it's the worst acting on TV. Okay, Wipeout. If you could take a group of friends, and have a big party that would be pretty great."



JEWLZ SLIWOWSKA

"Maybe The Amazing Race; you would get to travel and it's like a giant treasure hunt. It would definitely motivate my competitive side."

BY ERIN BALL

student issues

CCSS fights for longer reading break

“The feedback from students has been amazing.”

MATTEUS CLEMENT
CAMOSUN COLLEGE STUDENT SOCIETY

EMILY LAING
STAFF WRITER

The Camosun College Student Society (CCSS) is advocating for a longer fall and winter reading break in hopes of reducing stress among students and faculty.

Students currently get an extra day off during the Remembrance Day weekend, as well as two days in late February, but the CCSS is

petitioning for additional time.

“There’s no denying that students of this generation are dealing with even more pressure,” says Matteus Clement, CCSS external executive. “There are so many different reasons why students need a longer reading break, whether for personal or academic purposes.”

Clement says an increase in financial problems for students during this time of year triggered his push for a longer break.

“With less financial aid from the government, students are under so much pressure,” says Clement, “especially in Victoria where we have one of the highest costs of living for postsecondary regions, students need to work as well as keep up with their studies.”

The petition includes a plan to implement an extra day on the week that Remembrance Day falls



ALEX HARO

Some students would be jumping for joy at a longer reading break.

in, and an additional two days at the end of February or the beginning of March.

The CCSS is striving for a certain number of signatures from students before they take the plan to the college administration.

“The feedback from students has been amazing,” says Clement. “We already have over 400 signatures to support this petition. Once we hit the 500 mark we’ll meet with the administration and discuss how we want to proceed.”

Lansdowne biology student Alex Kavadas says a longer reading break would be beneficial, but more needs to be done, especially when something like the recent snowfall can affect the current two-day reprieve.

“Our current reading break is a waste of my time,” says Kavadas. “I needed to study for an exam during our last break and none of the labs were open, no instructors were available, so basically it screwed me over. If we could have the proper resources during a longer reading break, than I would be for it.”

Vice-president of education and student services Baldev Pooni agrees a longer reading break would be beneficial for students and instructors, but explains it would be difficult because of specific course schedules.

“I understand students and faculty would appreciate a longer break, especially since there is limited holiday time between January and April,” says Pooni. “But there’s a lot of different scheduling systems in different situations at the college, versus a university system.”

If the Camosun administration is in favor of the changes, the CCSS says the 2011/12 calendar could be updated.

Clement says the response from students has been overwhelmingly positive and feels confident that the changes will happen.

“We’ve been pressing on various issues for years and I have never seen so much enthusiasm,” says Clement. “Students need it, instructors want it, and we plan to keep lobbying on behalf of the students.”

NEWS BRIEFS

Wilderness Committee slams government on BC parks

The Wilderness Committee, Canada’s largest membership-based, citizen-funded wilderness protection group, called on the provincial government recently to reinstate proper funding, staffing, and protection for BC’s provincial parks. The call to action came on March 1, the 100th anniversary of BC’s provincial parks system. “Our parks have suffered from a decade of decay. In 2011, when we should be celebrating the 100th anniversary of our park system we are instead lamenting the fact that BC parks have been starved of funding and staffing,” Gwen Barlee, policy director with the Wilderness Committee, said in a press release. Last fall the auditor general of BC released a critical report saying that the government wasn’t doing enough to protect the ecological integrity of provincial parks. BC’s provincial parks have been hit hard by funding and staffing cutbacks in the past 10 years. This year there are 10 full-time permanent park rangers, 60 percent fewer than in 2001.

Local writer wins micro award

Local writer Kevin A. Couture may be receiving congratulatory cards in the mail soon, but he’ll have to keep an eye on the word count. Couture recently won the fourth annual Micro Award for his story *Choosing a Photograph for Mother’s Obituary*, published in the Antigonish Review last summer. Micro awards are given out for outstanding flash fiction, a type of writing where a story is told in less than 1,000 words. Couture’s winning story was only 400 words long. There were 304 submissions from 23 countries for the micro award this year. Couture also won a cash prize of \$500. Submissions to next year’s micro award can be made at www.microaward.org.

Award winning storyteller comes to UVic

Award-winning author Ivan Coyote is coming to Victoria to speak at UVic on April 7. Coyote, a storyteller, was born and raised in Whitehorse and now lives in Vancouver where she teaches writing and tours, performing at music, poetry, and spoken-word festivals. Her first novel, *Bow Grip*, was awarded the Relit Award for best fiction and named by the American Library Association as a Stonewall honor book in literature. It’s also in development to become a feature length film. Ivan’s new collection of short stories, *Missed Her*, was released last September. Ivan believes in the transformative power of storytelling, both for remembering the past and reinventing the future. The show takes place at the Farquhar Auditorium at UVic and starts at 8 pm. Fans of literature, storytelling, and non-fiction alike (not to mention poetry, music, and spoken word!) are not going to want to miss this one.

BY ERIN BALL



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Education Council

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international

College making a difference in Africa

RENÉE ANDOR
STAFF WRITER

Camosun College International (CCI) is working with schools in Tanzania and Mozambique to develop new hands-on training programs for students there.

In 2010, Camosun was awarded two contracts from the Canadian International Development Agency (CIDA) through the Education for Employment (EFE) initiative, which gave the college \$300,000 to spend on each of the projects in the two countries.

Camosun also contributes about \$100,000 to each project by paying for things like wages, accommodation, and airfare for the employees who are involved.

Jim Paulson, Camosun's program officer for international development projects, says the

emphasis is on working with the schools in the two countries, rather than just donating money or taking charge of the projects.

"It's a real holistic kind of work that we're doing," says Paulson, "but we're always making sure that the partner in Africa is driving the project."

In Mozambique, Camosun is working with two institutions to help develop a residential construction program, while in Tanzania it's working with Arusha Technical College to develop a lapidary (gemstone cutter) and jewellery design program, as well as a heavy-duty equipment technician program.

CCI has been doing projects like these for over 20 years in countries like Vietnam, Jordan, and India, to name a few.

According to Paulson,

Camosun's emphasis on hands-on training is a big reason for the school's involvement in these projects. He says that much of the schooling in developing countries is theory based and that Camosun is helping to create more competency-based curriculum by offering advice, helping to establish committees that work with local industry representatives, and ensuring the new programs have entrepreneurial components, among other things.

"The idea is to have more hands-on training education that would ensure the people know not only what they're doing and why they're doing it, but also how to do it," says Paulson.

Norm Dishkin, Camosun instructor of mechanical and metal trades, went to Tanzania for 10 days this past June to help develop the



Camosun is working with schools in Africa to create new programs there.

heavy-duty equipment program. He says he enjoyed the experience because he felt he was contributing to something significant.

"It's important that this college

is working with other community colleges in locations all over the world, so it broadens our horizons," says Dishkin, "and it feels good to be a part of it, for sure."

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n e x u s n e w s p a p e r . c o m

opinion

College attacks smokers

Crying out for a smoke-free campus is no different than campaigning for a more aesthetically pleasing campus without ugly buildings or ugly people.

TYLER ROWE
CONTRIBUTING WRITER

The rights of a minority group are being trampled here at Camosun, and no one seems to care. Are these rights forfeited because the group is poor or invisible? No, it's because they are the last group that no one will scold you for openly and gleefully hating. They are the smokers.

Camosun College's administration has moved to make both the Lansdowne and Interurban campuses completely smoke-free by winter semester 2012, and has gradually ushered this initiative in by banning smoking everywhere except a few designated smoking areas. The current ban started on February 1.

The impetus for this action is said to be the response to a survey conducted by the college in May 2009, where 86 percent of respondents said they "agreed" or



ALEX HARO

The last bastion for smokers at the Lansdowne campus.

"strongly agreed" that "non-smokers have a right to a smoke-free environment."

This very question is where the invalidity of the ban begins. Most non-smokers, if they were asked if they would prefer smoke-free air, would say yes. The answer was predictable, at best, premeditated at worst. There was no question on the survey of whether or not adults should be free to smoke in the open air.

Of course non-smokers would prefer a smoke-free campus. Aesthetically, clean air smells better. But if the ban is for aesthetic reasons, then crying out for a smoke-free campus is no different than campaigning for a more aesthetically pleasing campus without ugly buildings or ugly people.

If the problem is being subjected to second-hand smoke against one's will, then we must direct our attention to the fact that most of the data we have on the harmful effects of second-hand smoke comes from

the effects of second-hand smoke indoors.

Do we know for sure that second-hand smoke is more harmful than the exhaust fumes that we as city dwellers breathe in every day that contain benzene, polycyclic hydrocarbons, formaldehyde, and nitrogen dioxide (which also emit from the very profitable campus parking lots)?

The funny thing is the administration probably finds the clearest path to fairness in continuing to limit smoking to designated areas, as will be the case for the next 50 weeks. Those with allergies and sensitivities to smoke can actively avoid such areas while smokers can still engage in their perfectly legal, if ill-advised, habit.

But such a balanced action wouldn't carry with it the verve and "forward-thinking" panache of a full ban, would it?

Bravo, Camosun. You've made social pariahs of a minority group for no reason except that you could.

opinion

Drug slogan stinks

CLORISA SIMPSON
CONTRIBUTING WRITER

"Nice people take drugs."

These are the words that catch my eye on a recent AIDS Vancouver Island poster. I stop to take another glance at this poster; I re-read the slogan, and, because I'm not high on drugs, thus making me a jerk, I can't help but think, "Dumbest. Slogan. Ever."

Upon further investigation, I discover the poster is well meant, as it was created in support of Anti-Stigma Week, with this year's theme being Drug Use, Dignity and Human Rights. Well-meant, but the approach is a bit unadvised, to say the least.

First of all, this slogan isn't even original. "Nice people take drugs" was a campaign first released in Great Britain in 2009. And it wasn't much of a success; the ads were pulled off buses in London that year. So why jump on a sinking ship?

While there's some truth in saying nice people take drugs, the simple fact is that this statement is too bold and exclusive; it insinuates that only nice people take drugs, which isn't true, and that only mean people are sober.

It's been suggested by critics of the campaign that throwing in the word "some" (or "also" or "too") could really help to make the statement a little less definitive.

If the campaign posters are just there to catch eyes, then they are certainly doing the trick, but at what cost?

If the campaign posters are just there to catch eyes, then they are certainly doing the trick, but at what cost?

The "nice people take drugs" slogan normalizes and validates the use of illegal substances, especially when those who see it don't research the real meaning of the slogan.

There's no further information on the poster and no explanation as to the point the slogan is trying to make. This raises obvious concern, as the ad campaign materials are in the public domain and could easily give the wrong message to kids and current drug users.

For kids, this could easily validate the start of using illegal substances, and for current drug users it sends the message that illegal drug use is commendable and they don't need to ask for help, even if they struggle with addiction.

Yes, stigmatization should be stopped, and of course people who do drugs aren't all bad people. But this shouldn't be the main concern.

Instead, there should be a bigger push and focus on the health and safety of current drug users, not a push to make others view them as "nice."

opinion

Comics, take a seat

ROSE JANG
CONTRIBUTING WRITER

Why are North American comedians so bad? Watch any *Just for Laughs* gala or *Comedy Network* special for a never-ending parade of incredibly uncreative Canadian and American stand-ups.

Most of them are white, middle-class, middle-aged men with wives and two kids, who are balding, either wear a suit or a badly fitting dress-shirt, and yell their entire set at the top of their lungs.

They rant about their wives, their kids, and the fact that the world doesn't revolve around them, and occasionally they remember to insert a joke. The audience occasionally remembers to laugh.

Female Canadian and American stand-ups aren't much better. They are represented by Chelsea Handler and her fellow cheerleaders, who chat about such enlightening topics as PMS, periods, and menopause, occasionally pulling out the big guns—oh, sorry, I mean, boobs—to garner any male audience at all.

Luckily, there's a tiny number of women who manage to span both the private sphere of women and, well, any other topic—Ellen DeGeneres and Margaret Cho make the list.

North American stand-ups wouldn't seem so pathetic if they weren't contrasted with the overwhelming talent of their Australian and British counterparts. In general, British and Australian comedians are much less shouty (read: masculine) than their counterparts across the water, and cover a much wider range of topics in their stand-up routines.

Where is the North American equivalent to Eddie Izzard's "cake or death" routine? Who but Wil Anderson can criticize Iraq war policies without turning his jokes into a rant (Jamie Kilstein could learn a lesson here)? Where but the BBC could shows like *The Mighty Boosh* and *Little Britain* not just air, but thrive?

That said, there are a few good North American stand-ups, those that go against the American stand-up stereotype. Demetri Martin and Bo Burnham are both award-winning American comedians who are highly creative, hilarious, in touch with their feminine side, and sport a full head of hair.

Apart from them, audiences must turn not to stand-up but to the internet and TV shows like *Bored to Death*, *It's Always Sunny in Philadelphia*, and *Metalocalypse* to find the funny in North America.



WANTED

Your ideas...

Students, here's your chance to shape the future and win an iPad by sharing YOUR best idea for Camosun College's future ...

The College is working on a new strategic plan and wants to hear our students' best idea for the Camosun of tomorrow.

Submit your best idea entry, not to exceed 400 words, to: nexus@nexusnewspaper.com by noon, Wednesday, March 30, 2011.

The winning student entry will be printed in Nexus in the April 6 issue and all submissions will be forwarded to the Strategic Planning Development Team for consideration as the plan takes shape.

SPORTS BRIEFS

Chargers' basketball teams lose in quarterfinals

The Camosun College Chargers men and women basketball teams lost each of their quarterfinal games on March 3 at the BCCAA Provincial Basketball Championships in Abbotsford. The men, who ranked sixth in the league going into the tournament, fell to the third-ranked Capilano University Blues. Third-year guard Blake Mansbridge put up an impressive fight with 17 points while second-year forward Ryan Erikson scored 14 points. The women's team fought a hard battle against the UNBC Timberwolves. Despite pulling ahead in the fourth quarter, the Timberwolves won the game by just three points. Third-year wing Chelsea McMullen had 25 points and 14 rebounds, while Aijia Salvador contributed 14 points and Jessica Williams had 11 points and five rebounds. A few players on the Chargers basketball teams made their mark this season. Mansbridge ended the regular season ranked sixth overall in scoring with 285 points. He earned a BCCAA second team all-star for his efforts. Sport BC College Athlete of the Year nominee McMullen collected her second BCCAA first team all-star. Rookie Salvador earned the BCCAA second team all-star, an all-rookie team award, and the BCCAA women's basketball rookie of the year award.

Women's volleyball season over

The Camosun College women's volleyball team ended their season on February 24 in the quarterfinal match of the BC Colleges' Athletic Association (BCCAA) playoffs in Kelowna. The Chargers fell to the Fraser Valley Cascades 3-0. The host team, the UBC-O Heat, won the tournament and will continue on to the national championships. A few rookies from the Chargers earned awards at the playoffs, however. Suzanna Campbell, a setter for the team, earned a spot on the BCCAA women's all-rookie team. Elizabeth Davis earned BCCAA second team all-star, was named to the BCCAA all-rookie team and won the coveted BCCAA rookie of the year award for women's volleyball. Although the men's volleyball team didn't make it to the playoffs this year, Jon Joerstad, a rookie from Norway, made an impression in the league. His performance over the season earned him a spot on this year's BCCAA men's volleyball all-rookie team.

Sport BC recognizes amateur athletes

Sport BC held their 45th Annual Athlete of the Year Awards on February 24 in Richmond. Camosun Charger Chelsea McMullen was nominated for the College Athlete of the Year for her performance in the 2009/2010 season but lost out to volleyball player Alex Basso from Kelowna.

BY ERIN BALL

climbing

Camosun students go off the wallEMILY LAING
STAFF WRITER

Imagine hanging from manufactured knobs a dozen feet off the ground, in a gym, as the music pumps and crowds below cheer. If you keep your eyes closed for just a moment, you might even pretend you're hundreds of feet up, hanging off a cliff somewhere deep in the Kootenays.

Just a couple months ago, a few Camosun students decided to escape the turmoil of college life and head to some local rock-climbing gyms to test their physical endurance. And so the Camosun rock-climbing club was born.

President of the Camosun rock-climbing club and political science student Jessica Hargrove recently partnered up with Crag X and Boulders Climbing Gym to offer weekly open-gym sessions to both campuses.

Hargrove strongly encourages others to join the rock-climbing club, especially students who aren't as interested or suited to traditional school sports.

"I'm not a part of any of the teams here, and I am someone who has always been involved with athletics," she says. "There isn't a lot of diversity with other sports at Camosun, but rock climbing is for everyone."

Climbing is a physical challenge that tones arms like few other activities, but it's also an art form in which graceful, fluid movements can make even rock-climbing rookies look like spiders gliding on intricate webs.

The rock-climbing gyms in town offer a full set of equipment for rent, including a crotch-hugging harness, tight-fitting apparel, and a bag of chalk for hands.

Hargrove says indoor climbing provides a quick dose of the sport. For participants who want to go beyond the basics, the rock gyms differ in the training and practice needed to prepare for the cliffs, and some participants never climb outside, preferring the relative safety of indoor climbing.

"This is really a team-building experience with such a contrast in skill levels, all working together in the same room on the same wall, and you benefit from that in a social way," says Hargrove.

The members of the student club are aiming to build up their reputation at the college, so they can then go on with their big future plan—a rock-climbing wall located on campus.

This might be a lofty ambition, but for now the club is helping regular people brave gravity with little more than their fingertips.



Jessica Hargrove, president of Camosun's rock-climbing club, in action.

slopes

Camosun gets ski and snowboarding clubEMILY LAING
STAFF WRITER

"Professional snowboarders train extremely hard. There's a whole other side to this sport and that's the side I'm interested in."

ANDREA KRUGER
CAMOSUN SKI AND
SNOWBOARDING CLUB

The most common winter sports on the west coast are, of course, snowboarding and downhill skiing. With snowfalls leaving several feet of fluffy powder on local slopes, the Camosun ski and snowboarding club has had no trouble attracting skiers and snowboarders this season.

The only problem has been keeping the group organized.

"If we had more people who were interested in helping coordinate events, our club would be way more successful," says Andrea Kruger, Interurban ski and snowboarding club president. "We're

all stressed-out students running this, so it's been hard to find time to dedicate to this club."

For many Camosun students, the ski and snowboarding club has provided a relatively low-cost option to reach the slopes throughout the winter season.

The club is comprised of over a hundred ski and snowboard enthusiasts who plan events facilitated through Facebook. The group has been rocketing over massive jumps and around turns on a series of trips up to Mount Washington and Revelstoke, BC.

Before taking up snowboarding, Kruger dedicated years to skiing. She has been hitting the slopes for as long as she can remember and was put in ski lessons as young as four years old.

"I was one of those little girls that would straight-line it from the top of the mountain," says Kruger.

Kruger also embraces snowboarding with open arms and plans to make a career out of it, eager to ditch the common stereotypes of it being a winter sport for the lazy.

"Snowboarding has this stigma of not being a real sport and some people think it's mainly about partying," says Kruger. "But professional snowboarders train extremely hard. There's a whole other side to this sport and that's the side I'm interested in."

Ben Witmer, president of the



A member of Camosun's ski and snowboarding club on the slopes.

ski and snowboarding club at Lansdowne, wants to engage the group in some tricked-up features that segregate the snowboarding populace, but not in an overbearing way.

"Given my freestyle background, I want to bring in some urban rail jams, so we've been trying to work out the liability issues to do so," says Witmer.

Even in the depth of the hectic semester, the great outdoors beckons. Both presidents say their goal is to challenge members and themselves with more events during the rigorous academic curriculum.

The group plans to travel around BC to take advantage of the last few weeks of winter to practice the most aerobic of winter sports.

H₂O M G:

water conse

The human body is 70 percent water. Earth, thus far the only inhabitable planet in our solar system, is also roughly 70 percent water. While the statistics vary slightly from source to source, it's widely agreed that 98 percent of Earth's water is in the oceans, leaving only two percent as fresh water.

Roughly one-and-a-half percent of that fresh water is locked in the polar ice caps and glaciers. The other half percent is split between underground aquifers and wells, above ground in lakes and rivers, in clouds, and also in humans, plants, and animals.

While half a percent of the Earth's water may not sound like anything at all, it's actually half a percent of 1,260,000,000,000,000,000 liters. Which is, obviously, a lot.

That being said, humankind seems to be doing its utmost to pollute the meagre quantity of fresh water that's actually available and suitable for drinking. Between the rapid increase of carbon dioxide (CO₂) emissions over the past 50 years and the non-standardized practice of waste disposal, it's a wonder that there's even half a percent left for the world to fight over.

Planning ahead

Water-rich nations like Canada are lucky. With no regulations currently in place, what water falls in Canada becomes Canadian property. Under no contractual obligation to share with water-poor countries, Canada is rolling in the wet stuff. We are doubly lucky as we have a very small population in relation to the amount of water that we have. In a per capita sense, we are the dirty sexy money of the water world.

"Global warming is definitely an issue that people need to think about, mainly because we don't know how it's going to affect things," says Chris Ayles, a fluvial geomorphologist and an environmental technology professor at Camosun College.

Ayles says that despite ongoing studies into the issue, scientists are uncertain where global warming will lead.

"Is it going to be dryer? Is it going to be wetter? The places that will have the most serious issues are where the water supply is smaller or where the climate is more marginal, like sub-Saharan Africa," says Ayles. "They're right on the verge of becoming a desert, and things are only going to get dryer for them. They barely have enough water to farm and live as it is. They'll end up migrating as best they can, but will ultimately end

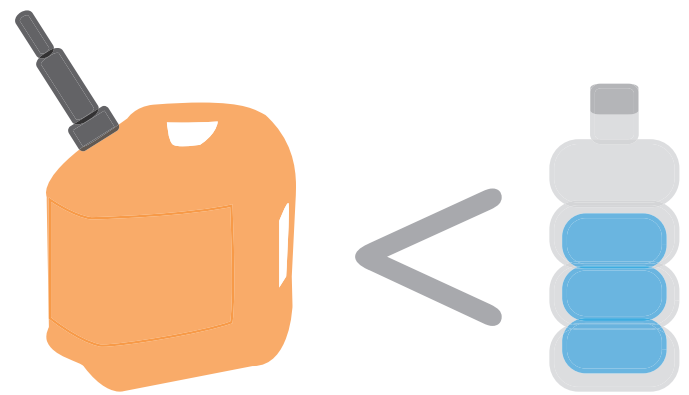
up being climate refugees."

The battle for water preservation begins at home. Victoria and the rest of the capital region's water is supplied by the Sooke Reservoir. Our water and the watershed area are regulated by the Capital Regional District (CRD). Not only is the CRD in charge of the distribution of our water, but they're also responsible for its conservation and quality.

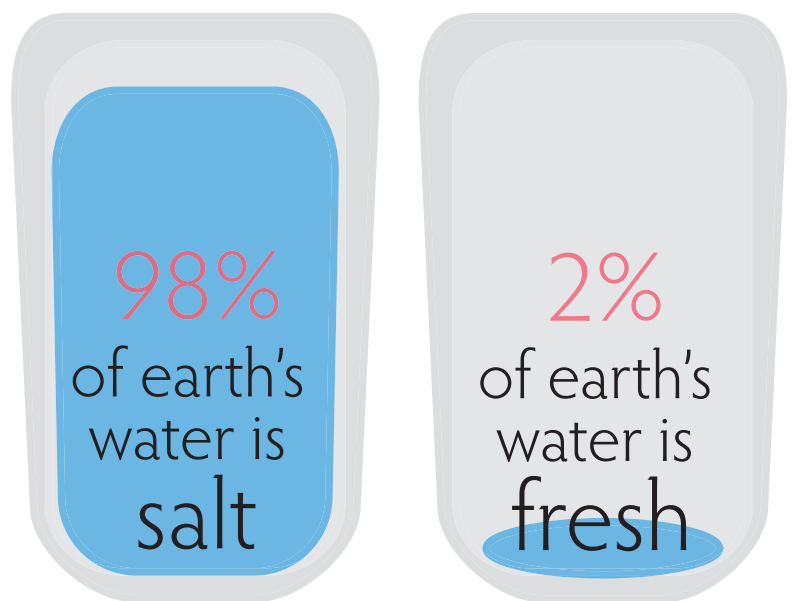
"The CRD does a pretty careful job of managing the water quality," says Ayles. "They restrict the area really carefully. You can't swim in Sooke Lake, and you can't even go driving around the watershed area. It's actually trespassing to enter the area."

The water levels of the reservoir change naturally from season to season. The reservoir is at its fullest during the winter months when precipitation levels are at their highest. In the dryer summer months, when precipitation levels drop dramatically, conservation bylaws come into place to slow the depletion of the water.

Stage one, the mildest stage of water restriction, is brought in at the beginning of May and continues through to the end of September. Stage one restrictions include only watering your lawn two days a



* The price of a litre of gas is often less than the price of a litre of bottled water



week in the morning and evenings, and watering plants by hand.

"The water conservation bylaw is very effective. We have large support from the general public," says Deborah Walker, CRD water demand management coordinator. "A survey that we did in 2008 saw 87 percent of the population in support of the water conservation bylaw, and 66 percent strongly supported the bylaw."

Walker says that the CRD is on top of things when it comes to the island's water, and that they're anything but short-sighted.

"Every five years we complete a round of strategic planning where we are looking 50 years into the future," says Walker. "Currently we are updating our water strategic plan, and what we're looking at is the water

consumption per capita of litres per day, our population growth rate, which is currently around one percent growth per year, new technologies that are coming into play, and the effects of climate change on our water supply. We look at our current sources of water, as well as our future, potential sources of water."

After the water level was raised in 2003, the last batch of survey results shows that the Sooke Reservoir will more than adequately supply the capital region's water requirements well past the year 2050.

"Water conservation is the right thing to do, not only in terms of securing our own municipal quantity of water, but it has positive effects on the quality of our water," says Walker. "With the Sooke Reservoir,

"As soon as you start upsetting the food chain, all bets are off."

STEVE GORMICAN
CAMOSUN COLLEGE

amanda richardson
staff writer
graphics by jina mousseau

ervation as necessity

higher levels of water help to preserve the quality of the water in the summer time. The cooler it is, the less opportunity there is for bacterial growth and evaporation. Also, the lower the water level is, the more the sides of the reservoir are exposed, which can lead to erosion and sediment entering the lake.”

Ayles echoes Walker, saying that Victoria is fairly secure in its water source, but notes that not all of the region’s islands are so lucky.

“Places around here that have bigger concerns are the areas that are still on ground water because it’s a more finite supply,” says Ayles. “Not to say that the Sooke Reservoir is an infinite supply, but it’s already been expanded, and is managed quite well, so overall we’re in good shape. The Gulf Islands are all on ground water, and they have a much dryer climate with far more limited land. It’s places like there that will feel the water shortages, especially if their populations keep growing.”

Threats lurking

Other concerns to the Gulf Islands’ water supply come from groundwater contamination. Groundwater contamination can occur from agricultural practices leeching into the soil, industrial spills, and runoff, and improper sewage disposal, amongst other things.

These are also major contributing factors in the pollution of the world’s oceans. While the focus for ocean activists is so often centred on over-fishing and the Great Garbage Patch in the North Pacific Ocean, people forget about the introduction of manmade toxins to sea life and the effects of CO2 on ocean pH levels.

Steve Gormican, an instructor of envi-

ronmental technology at Camosun, says that the ocean naturally absorbs CO2 to be used and converted by sea creatures, but that if the levels are to raise too quickly or severely, there’s a chance that the ocean’s pH will become too acidic for certain life forms.

“As the old mantra goes, the solution to pollution is dilution.”

STEVE GORMICAN
CAMOSUN COLLEGE

“It’s not going to be to the point that if you were to stick your finger in the ocean it would be like touching hydrochloric acid, but shellfish rely on taking calcium carbonate in to make their shells,”

explains Gormican. “If the ocean becomes too acidic, they won’t be able to do that as well, and theoretically, they could dissolve. It would definitely slow down their growth, because it’s unlikely that they would be able to adapt at the same rate as the change.”

Gormican says any change to the pH levels of the ocean could be disastrous.

“You can very easily get beyond the tolerance levels of all sorts of species,” he says. “As soon as you start upsetting the food chain, all bets are off.”

More than just crabs and plankton, larger ocean-dwelling mammals are being affected by the introduction of toxins as well.

“Large sea creatures like whales, who live for a long time, are accumulating more and more toxins, like pharmaceuticals and industrial chemicals that they can’t process,” says Gormican. “It ends up in their blubber, and while we don’t eat them, the Inuit do. They’re starting to become concerned about what long-term affects it will have on their diet. It’s something that we’re responsible for, because it could be from our sewage, or just from our general runoff.”

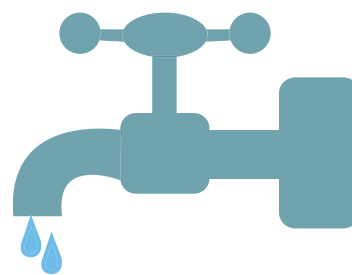
To help combat this growing problem, the CRD is implementing strategies to keep harmful waste from entering our waters.

“The CRD has a program in place for

source control, for certain industries like dentists, photo shops, and laundromats, where they have a code of practice that they have to trap anything nasty that could be going down the pipe,” explains Gormican. “After a dentist drills the old mercury out of a person’s mouth, they’re not allowed to just

water exchange. As the old mantra goes, the solution to pollution is dilution.”

Gormican says treating the region’s sewage on land is potentially more harmful to the environment, not to mention the hundreds of millions of dollars that it would cost to build the necessary infrastructure.



In Canada **25%** of bottled water sold is reprocessed **tap** water

let it go down the drain. They would have to trap it before it could leave the premises. This helps to purify the water so that it’s only organic waste with no toxins that’s being pumped into the ocean.”

The increased restrictions on what can and can’t enter the sewage system are in response to the ongoing debate over the proper treatment of the sewage being pumped into the ocean at Clover and Macaulay Points.

Gormican explains that while it may not be the most pleasant concept, the dumping of virtually raw sewage isn’t as bad as it sounds.

“As far as the island’s waste disposal is concerned, the CRD has conducted several studies, and the conclusion is that you’ve got a small area around the footprint of the

outfall, which is about 300 metres away, that is actually impacted, and beyond that, you can’t measure any impact on the ocean,” says Gormican, who was called in by the CRD to help conduct the research. “It’s not a perfect solution, but it works because where it dumps, there is a vigorous

“If they go towards sewage treatment on land, you’ve got to deal with all that stuff that comes along with that,” he says. “You can recover some of the energy spent, but you have to deal with all the leftover sludge. You could put it in the landfill, or do you truck it somewhere else? But you’d be creating more CO2 emissions by doing that.”

Water, like air, is one of the few things that impact every single life form on Earth.

“Every five years we complete a round of strategic planning where we are looking 50 years into the future.”

DEBORAH WALKER
CAPITAL REGIONAL DISTRICT

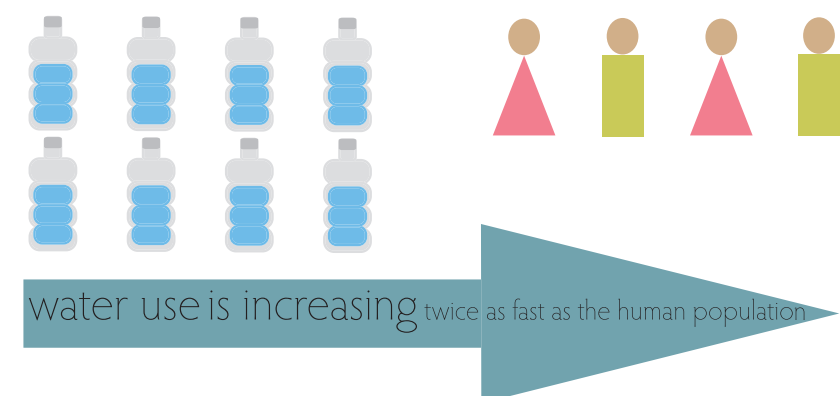
Every person and every nation is affected by both salt and fresh water on a daily basis.

But more importantly, people also affect the world’s water on a daily basis.

While it may seem impossible for Victorians to have any effect on the water situation in Chile’s

Atacama Desert, or on the sands of Aswan, Egypt, every drop we preserve eventually gets recycled back into the clouds that will redeposit in Calgary, California, or Kathmandu.

As the new mantra goes, clean clouds come from clean water.



Canadians use **twice** as much **water** as Europeans

Cost to Canadians from **health problems** related to **water pollution** = **\$300 million** per year

music

A look at Rural Alberta Advantage's Canadiana

Rural Alberta Advantage paint a picture of the Canadian landscape with a truly emotional brush.

JOSH O'KANE

CANADIAN UNIVERSITY PRESS

TORONTO (CUP)—Songs can take you places. You can wake up in a Soho doorway and a policeman might know your name. You can feel the Illinois. And I suppose you can let Will Smith welcome you to Miami.

But songs don't often make you pine for Canada. Canadian cities are highly regarded for their scenes—Montreal's music scene is itself highly romanticized. And there are endless numbers of quintessentially Canadian bands playing quintessentially Canadian styles of music.

It's more rare, though, for Canadian pop and rock music to perfect the romanticized inclusion of Canadian geographic imagery.

Enter the Rural Alberta Advantage. Their name, an adapted age-old marketing slogan for our oiliest province, evokes a Canadian-ness that's so pure it's almost cheesy. The respect they pay to the



Rural Alberta Advantage's music and lyrics evoke a Canadian feel that is specific but universal.

geography and imagery of the Great White North is anything but cheesy, though. The RAA paint a picture of the Canadian landscape with a truly emotional brush.

Songwriter and frontman Nils Edenloff grew up in Fort McMurray, AB, went to school in Edmonton, and now lives in Toronto. All three of these places play important roles in his songwriting.

In the RAA's debut album, *Hometowns*, Edenloff contrasted images of youth in Alberta with life

in Toronto, with countless direct references in homage to each place.

That album pulses with Canadian-ness, mixing love stories, breakup stories, and memories of home with one particular theme familiar to many young Canadians—the move from home to the big city. Forget a small-town girl living in a lonely world; Edenloff will tell you the story of his lonely and dark apartment in Toronto's west end. The RAA's *Departing*, released digitally on February 22, is an

obvious companion album to *Hometowns*, with lyrical maturing.

The album, like its predecessor, is raw and emotional, weaving love stories both real and imagined into the Albertan landscape.

"The Breakup" reveals its source material in its name, but feels all the more real when it adds to that pain the feeling of being stuck in Fort McMurray when the summer dies. "Tornado '87" is a semantic follow-up to *Hometowns*' "Frank, AB," this time swapping a rockslide for an

urban tornado.

The RAA have taken the notion of place in song and found a way to Canadianize it.

While bands like the Tragically Hip have always blended Canadian-ness into songs, they're quintessentially Canadian. The RAA pull off their Canadian-ness in a way that feels universal.

What do you think?

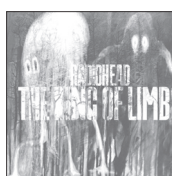
editor@nexusnewspaper.com

or TEXTBACK to 604-223-0076.



New Music Revue

Kings, queen



Radiohead
The King of Limbs
(independent)
4/5

TYLER ROWE
CONTRIBUTING WRITER

Maybe it's because Radiohead is such a big deal, but when they release an album that doesn't change the world, people end up feeling disappointed. This is terribly unfair in the case of *The King of Limbs*, the band's eighth studio album.

Because it's a progression of the style Radiohead has been working with since 2003, many fans who were waiting for another *Kid A*-type reconstruction are left restless. Their last album, *In Rainbows*, felt like a dream about a man's life that was hopeful and offered closure, and one couldn't help feeling as though Radiohead's sound had culminated there; if there was going to be another album, it would be about a new life.

The King of Limbs is an extension of the digital-plus-analog fusion sound of Radiohead's last two albums, sure. But the album's eight songs are among the best the band has created; pay special attention to *King* highlights "Little by Little" and "Codex."



Adele
21
(XL/Columbia)
4.5/5

ALLI PICKARD
CONTRIBUTING WRITER

Britain-based Adele's mix of jazz and blues enters the inner depths of the listener's soul; there's just something haunting about Adele's voice, and its raw essence shows real emotion in each word she sings.

The first single off the album, "Rolling in the Deep," brought me to the edge of tears the first time I heard it. Every time since I find myself belting out the lyrics along with her, and her way-better singing voice.

This album is pure magic, there's aesthetically nothing wrong with it; even her cover of The Cure's "Lovesong" is amazing. It's slowed way down and has a more jazz vibe put behind the lyrics, something even Cure vocalist Robert Smith didn't think of.

This album is highly recommended for anyone who just wants music to chill and relax to, or for anyone who wants to search the workings of their heart through the medium of song.



Arena Rock

by Erin Ball

McLachlan still rockin'

Sarah McLachlan
Save-on-Foods Memorial Centre
Victoria, BC
March 1

ERIN BALL
STAFF WRITER

If you listen to media reports, Sarah McLachlan has had it rough the past few years. With trouble in the traditional record industry, a split from Terry McBride (her manager of 20 years), and the lacklustre response to 2010's resurgence of Lilith Fair, McLachlan could be hiding out at home and licking her wounds.

But, despite all of this, judging by her performance on Tuesday night at Save-on-Foods Memorial Centre, McLachlan is doing just fine.

Tuesday's show was the first date on the second leg of McLachlan's tour in support of her latest album, *The Laws of Illusion*.

She took the stage with gusto, no preamble or opening act required, catching the crowd by surprise. She powered through a couple of songs, belting it out like she has for the last 20 years.

Pausing the highly produced show to say "hi" to the crowd, the songstress explained she was sharing the stage with some impressive



Sarah McLachlan's recent show at the arena had some surprises.

musicians in their own right, and that her bandmates would be doing some songs of their own.

Butterfly Boucher, who was playing bass for McLachlan's songs, played a few impressive rock songs, but the real surprise of the evening was Melissa McClelland, McLachlan's backup vocalist. McClelland sang an awesome blues song called "Passenger 24," followed by a soulful and beautiful acoustic number with a vocal range rivalling even McLachlan's. McClelland also played a song with her husband and McLachlan's tour guitarist Luke Doucet.

McLachlan is trying something else a little different this tour; she's answering questions from the audience. It was a nice touch, sort of like her interviewing herself for 15

minutes.

This, along with the lighting and Sarah's intimate stage presence made me regret that we were at an arena and not some cozy theatre or old church. But the illusion of that atmosphere was mostly convincing and there were some truly poignant points throughout the show, even if it was in a huge arena.

And hearing songs from McLachlan's old albums evoked nostalgia, sounding just as good, if not better, than a Sarah show back in the '90s.

McLachlan's voice is as rich and clear as ever. And while it's a given that she's going to put on an amazing show, on this tour, it's her friends on stage that gave the audience something new to chew on, and something new to cheer for.

hip-hop

New book deciphers Jay-Z's lyrics and life

ALEX MANLEY

THE LINK (CONCORDIA UNIVERSITY)

MONTREAL (CUP)—Jay-Z may have been the biggest name in the rap business five years ago, but now he's a cultural icon that's stepped out of the genre's boundaries entirely. And here he is with a career retrospective that's not a greatest-hits album—it's a book. A book whose supposed reason for existence is for Jay to explain his own lyrics.

It's a *New York Times*-bestselling tome of a black man who grew up in the projects, offering some critical interpretation on his poetry, which talks about his past as a drug dealer.

It's a strange animal.

Decoded is a brick of a thing, so thick with detail and description, on top of being a serious visual delight, that it's sort of the Maybach of books.

The advance buzz on *Decoded* touted it as a chance for Jay to break down the lyrics of some of his favourite songs, to clue the listener in on his slang usage, his cultural references, his narratives of varying degrees of fictitiousness, and so forth. At this, Jay is a bit hit-or-miss.

Some of his explanations feel like they only merit inclusion in a much more detailed pass-through, and some feel clarified to an overdone degree.



Decoded features lots of interesting things to look at, such as this painting by Jean-Michel Basquiat.

Nevertheless, Jay shines a lot of light on a lot of interesting facts, both about his life and about his creative process. It's strangely endearing to see a 40-something rap icon bragging about his lyrical skills not on a hot track, but in straightforward prose.

There's an interesting selection of songs analyzed in the book. There are a lot of fan favourites and a lot of chart toppers, but Jay balances them out with a number of unreleased tracks, as well as a few tracks by other artists he was featured on.

A track like "Minority Report," which is about Hurricane Katrina, is a tiny blip on his back catalogue, but its presence allows him to spend time exploring his oft-overlooked political consciousness. As it happens, the book is only really 40 percent about the lyrics; the remaining 60 percent finds Jay waxing philosophical about race, class, art, history, and his own life story.

That balance—a sort of bait-and-switch tactic wherein the hype about *Decoded* was all about the lyrics, but the meat of it is about

Jay's meditations on being black in America—is hardly new for the rapper, who famously claimed to have "dumbed down to double [his] dollars" on 2003's "Moment of Clarity," and admits in *Decoded* to sprinkling his albums with dumb, poppy singles to boost sales while still delivering more thoughtful and more emotionally complex songs.

It's a toss-up as to which aspect of the book is more interesting. Jay's thoughts on the subjects he tackles are surprising in their lucidity, complexity and insightfulness. The

narrative voice he uses is a strange sort of hybrid tone that blends a scholarly diction with a willingness to use the slang that pervades his lyrics.

While the book has its drawbacks—the at-times iffy quality of the lyrical explanations—it remains a compelling read, and the very fact that a book that sets out to discuss things like alliteration, internal rhyme schemes, and percussive rhythms suggests that poetry can still be a subject the masses will slap down their hard-earned cash for.

Kool

107.3

Today's Best Music

1. Bruno Mars > Grenade
2. Rihanna > What's My Name
3. Black Eyed Peas > The Time (Dirty Bit)
4. Usher > More
5. Far East Movement > Rocketeer
6. P!NK > Perfect
7. Katy Perry > Firework
8. Britney Spears > Hold It Against Me
9. Enrique Inglesias > Tonight
10. P!NK > Raise Your Glass
11. Maya & Martina > Stereo Love
12. Rihanna > Only Girl
13. Lady Ga Ga > Born This Way
14. Ke\$ha > We R Who We R
15. Alyssa Reid > Alone Again
16. Chris Brown > Yeah 3X
17. JRDN > Like Magic
18. Fefe Dobson > Stuttering
19. Sunloverz > Fire
20. Eminem > Not Afraid

TOP 40 COUNTDOWN

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

21. Dirty Radio > My Heart
22. Nelly > Just A Dream
23. Taylor Swift > Back to December
24. Taio Cruz > Higher
25. Diddy - Dirty Money > Coming Home
26. Marianas Trench > Good To You
27. Far East Movement > Like A G6
28. Taio Cruz > Dynamite
29. Bruno Mars > Just The Way You Are
30. Avril Lavigne > What The Hell
31. Usher/Pitbull > DJ Got Us Fallin' In Love
32. Sweet Thing > Lazy Susan
33. Fefe Dobson > Ghost
34. Neverest > About Us
35. Kaskade > Fire in Your New Shoes
36. Brock Zanrosso > Perfect Storm
37. Eminem/Rihanna > Love The Way You Lie
38. Destineak > Calling Your Name
39. Katy Perry > Teenage Dream
40. Martin Solveig > Hello

www.1073kool.fm



Worth the Trip

by Shawn O'Hara and Alex Pask

Burger splurger



Campus Café
Lansdowne Campus
Grade Eh Burger
\$4.54

Presentation and service

Alex: The appearance of the burger isn't too bad, but the whole thing looks a little soggy. If this meal wore a facial expression, it would be a frown; a frown Eeyore would be jealous of. On the other hand, it smells good and was delivered quickly.

Shawn: I'm not sure what to think about this burger. It's meat, which is nice, and the sign proudly proclaims that it's 100 percent pure beef. It definitely looks like a \$4 burger made in less than five minutes.

Taste

A: The burger tastes like the kind purchased during a Friday night free skate at an ice-rink concession stand. For some, this can be a meal full of nostalgia and protein! If you are looking for something quick and cheap, this is a fine option.

S: You know in the Disney *Hercules* movie, the parts with young Hercules? All thin and gangly, a shadow of his future glory? This burger is like a young Hercules. Not bad, but nothing near what it could be.

And the winner is... McRae's

Verdict: The burger is just better. Sure, it's a few dollars more, and a bit of a walk, but it's good. So good.



Green Your World

by Keira Zikmanis

camosun students for environmental awareness

Water for sale

With bottled-water-free day approaching here on campus, let's look at one of the larger issues affecting us all in BC—the regulation of the lakes and rivers that surround us, the groundwater beneath our feet, and the tap water we take for granted.

As Canadians, access to fresh-water lakes and rivers is part of our cultural identity.

The way we look at water in this province is about to change, with the development of the new BC Water Act.

The proposed framework was recently released online (see blog.gov.bc.ca/livingwatersmart for more information) and was received with some controversy from the activist community.

After sifting through well-meaning sections outlining the protection of ecosystems and the regulation of groundwater use, the proposal raises the volatile idea

of tradable permits through a BC water market.

This means that it may be possible in the future for those with the most financial sway to hold the most power over BC's water supply. This also means moving in a direction towards the possible privatization of the province's water. Luckily, this proposal is still in the stages of being approved, and is open to public comment until March 14 at the website mentioned above.

While it's incredibly important for our water act to be revised to include more environmentally protective provisions, the introduction of a water market isn't the progressive fix we're looking for.

We need solutions that put the control into the hands of the many whose lives depend on this water, not the disconnected few with the fat wallets.

For more information, check out canadians.org/water.



What's Cooking, Camosun?

by Naomi Kavka

Zucchini: dreamy



Zucchinis can add flavour and colour to many dishes.

I love foods that have a lot of colourful ingredients. One of my favourites to add for colour and flavour is zucchini. There are endless ways to prepare zucchini, and it can be added to many sauces, soups, and stir fries with pretty good results. My favourite zucchini dish is lecho. Lecho is a traditional eastern European dish that's served as a sort of relish. This version is a bit of a variation, and I like to serve it on rice, pasta, or egg dumplings.

Lecho Freak Flag Fly

- 1 lb ground moose (or use spicy sausage chunks instead, or even crumbled firm tofu)
- 1 onion, diced finely

- 4–5 garlic cloves (or more, I love garlic)
- 10–15 white mushrooms, sliced finely

- 1 large zucchini, sliced finely
- an 8 oz can diced tomatoes
- an habenero pepper, minced
- salt and pepper

In a large pot, saute onions, mushrooms, and garlic on low heat until well cooked (onions should be clear). Add zucchini and cook until soft and semi-transparent. Add can of diced tomatoes. Be sure to not add tomatoes until zucchini is completely cooked, as the acidity of the tomatoes can sort of halt their cooking. Meanwhile, brown minced meat or sausage in a skillet. If using tofu instead of meat, brown it as

well, and add some spices (paprika, chili powder, salt) to flavour it up a bit. Add meat/tofu to vegetable mixture. Season with salt and pepper, and then add the habenero pepper. These can be quite hot, so adding it at different stages during cooking will affect how spicy it is. The longer the pepper cooks, the less intense the heat. Serve over rice, pasta, or egg dumplings.

Tasty tip: I like adding a splash of red wine or sweet vermouth to sauces or soups containing tomatoes. It brings out great undertones and also sweetens the tomatoes slightly. Some people add a bit of sugar to lecho as well, to reduce bitterness in tomatoes.



The Bottom, Bottom Line

by Lisa Brown

Insider insider trading

A recent stir in the trading world had Rajat Gupta, former director of Goldman Sachs and Proctor and Gamble (P&G), accused of passing along illegal insider information to Raj Rajaratnam of the Galleon Group. Gupta was allegedly dishing about P&G and Goldman Sachs' earnings and financial forecasts, as well as spreading word of Warren E. Buffett's \$5 billion investment in Goldman Sachs in 2008.

Are you kidding? Not only is this unethical, but it's not fair.

Gupta was literally hanging up the phone and calling up his hedge-fund besties, spilling confidential company information like some 14-year-old girl. This kind of gossip is both illegal and ethically irresponsible, but he may as well

have been passing information via football phone.

One piece of information landed Gupta's BFF Rajaratnam over \$13.6 million in profits in one day after Gupta blabbered on about Buffett's investment in Goldman Sachs.

The Securities and Exchange Commission (SEC) recently issued a cease-and-desist order against Gupta, and he subsequently resigned from the P&G board; a spokesman stated he "resigned to prevent any distraction to P&G and its board."

I'm sorry, I'm a little distracted after finding out he signed a \$550-million settlement with SEC last summer over a mortgage investment that, in the end, was neither admitted nor denied.

Gupta's lawyer disputed the allegations, stating the "40-year record of ethical conduct, integrity, and commitment to guarding his clients' confidences is beyond reproach."

It turns out Gupta has had at least three run-ins with the SEC. They should burn his Harvard MBA along with his reputation and ridiculous yearly income.

Although, this is something worth bearing mind: Gupta has created a full range of new enemies, including some of the richest in the world, so the SEC may be the least of his worries.

What do you think?
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The Electric Bungalow

by Ed Sum

New nexuses

The way data is transferred between computers and its peripherals will very soon hit warp speed. The competition will be fierce. Recently announced to appear in this year's models are several new ways for users to connect their electronic devices.

- Light Peak, which can transfer a Blu-ray movie to an external hard drive in less than 30 seconds, will soon be introduced.
- Apple's new line of MacBook Pros already includes Light Peak technology; they call it Thunderbolt.
- Finally, there's no longer a need to have different connectors. This new technology does it all. Be it keyboards, mice, print-

ers, video cameras, or high-resolution displays, there's no need to hunt for the right cable anymore.

- Up to seven devices can be daisy-chained together.
- Support for this new format in Windows requires an operating-system service pack upgrade.
- Light Peak is rated to be faster than USB 3.0 in terms of transfer speed.
- Firewire is also getting an update, but it won't be appearing for at least another year.

What do you think about these columns? Email your thoughts, opinions, and feedback to editor@nexusnewspaper.com or TEXTBACK to 604-223-0076.



What's Up with Her?

by Natalie Schlogl
camosun college women's centre

The pill on the plan

One of the things I like so much about the Camosun women's centre is that most women are willing to share their experiences.

A recent discussion in the centre involved different forms of birth control and where it was best to purchase.

The Camosun College Student Society's (CCSS) extended health plan covers the cost of most prescription drugs at 80 percent.

Staff at the benefits office at either campus will tell you to register for BC Fair Pharmacare to obtain a benefits card.

Fair Pharmacare will give you a discount based on your income, so when you go to the pharmacy the cost of the prescription will usually be covered for more than the insured amount.

The Island Sexual Health Society, who have a location in the

Richmond House at Lansdowne, sell birth control at a reduced cost; just send in your receipt with a claim to the insurance company.

For those of you with a prescription, it may be cheaper to go buy three months worth of birth control at a time from a pharmacy when you decide to head down and make the purchase.

Most oral contraceptives are covered under the CCSS plan, and some IUDs as well.

Anyone who has health coverage through the school, or elsewhere, should find out if a specific prescription is covered by their extended health plan.

The Island Sexual Health Society is open Thursday afternoons. If you have birth-control questions, stop on by. The health society can help find the birth control that's right for you.



Screwed

by Alexah Konnelly

Kissing honesty

Dear Screwed,

A few months ago, I dated a guy for a few weeks. It didn't work out, but I wasn't really upset about it, and life went on. Recently, I heard through the grapevine that he told people that the reason we broke up was because I was a bad kisser. I had no idea. I've never had negative feedback about my kissing skills before, and now I'm super self-conscious. How do I know if I'm a bad kisser? How do I even fix it?

- Too Much Tongue

Dear Too Much Tongue,

Don't necessarily panic; people like to kiss in all sorts of different ways. What was bad for that dude may not be bad for the next dude. Maybe it really was disgusting. Who knows? But the only way to find out is to communicate with whoever you suck face with next.

You don't need to say why, but just tell whoever it is that you're kinda self-conscious about kissing and that you'd like to know what he's into. And breathe through your nose. Dear god, breathe through your nose.

Dear Screwed,

I'm a 19-year-old lesbian dating someone who thinks I'm 21. Long story short, I met an awesome woman at the bar, and her age just happened to slip out first. Needless to say, she's a lot older than I am. We were hitting it off like crazy, so, I lied. Anyway, it turns out that she's amazing and I want to have a relationship with her, but I'm scared to tell her about my fib. The thing is, even though I said I was two years older than I am, she was still kind of iffy about getting together with me because she still thought that 21 was "so young." What will she think if she knows I'm 19? I'm in over my

head here, but I'd be devastated if I lost her to this. It can't be that hard to hide, right? What do I do?

- Kid

Dear Kid,

You definitely have to tell her. Think about it: let's say you guys stay together, and you have a birthday. You can't take her to your family's house for your birthday party, because they'll be celebrating your 20th birthday, and your girlfriend will be celebrating your 22nd birthday. Also, you might find yourself hiding weird shit that you wouldn't normally, like your driver's license. See where I'm going with this? Tell her you're sorry a dozen times, that it was because you were into her and she's awesome and you were nervous, and you're telling her because you really dig her and you really want to come clean. Good luck.



First Person, Plural

by Pam Oliver

On dictators and oppression

Behind every successful dictator is a good defender.

Somerset Maugham describes the source of a dictator's influence on his supporters as the ability to fool himself of his own supreme authority.

Considering this author's troubled childhood, you can accept his interpretation of oppression as hitting pretty close to the mark for me.

What is it that attracts sensible, otherwise grounded populations to the narcissist? It could be there's an oppressor within us all that's attracted to the visual example of this lonely part of our collective psyches. Like a moth to a deadly flame, we pursue the bad boys of history to placate the shadow self we are unable to face.

Dictators themselves are perhaps born with a penchant for picking on people, but not all gain

power on the merit of their genetic makeup.

Only the richly composted roots of a dynamic and tended group of trees can produce this kind of forbidden fruit. In the flowering stage, oppression's demon coaxes his minions into his camp by playing to their fears.

Every group has the need to oppress, there's no getting around it, but how the nuances play out is what determines the mental health of that community.

In Egypt and Libya we see examples of groups deciding to take ownership of their elitist flaws and shortcomings and deciding to integrate them into the common good instead.

There will be problems in the days ahead. There will be big ones, even dark ones, but they will be infused with the light of honest self-awareness.

Experts may claim mankind is

no longer prey to such base things as instinct, but I must say that I beg to differ.

"What can lead masses of people to follow that siren song of hatred is quite another story," claimed Jerrold Post, on his work for the CIA, while studying Saddam Hussein.

For example, until a population can independently of each other choose to stop publicly crucifying someone like the very ill Charlie Sheen, we can assume the ancient group need for a scapegoat is still firmly entrenched in the human condition.

As every malignant and con narcissist will tell you, scapegoats are the dictator and his follower's pet of choice.

Given what's happening in the Middle East, perhaps it's time for North Americans to take a closer look at what we follow, and take stock of what our role is as the drivers of those forces.

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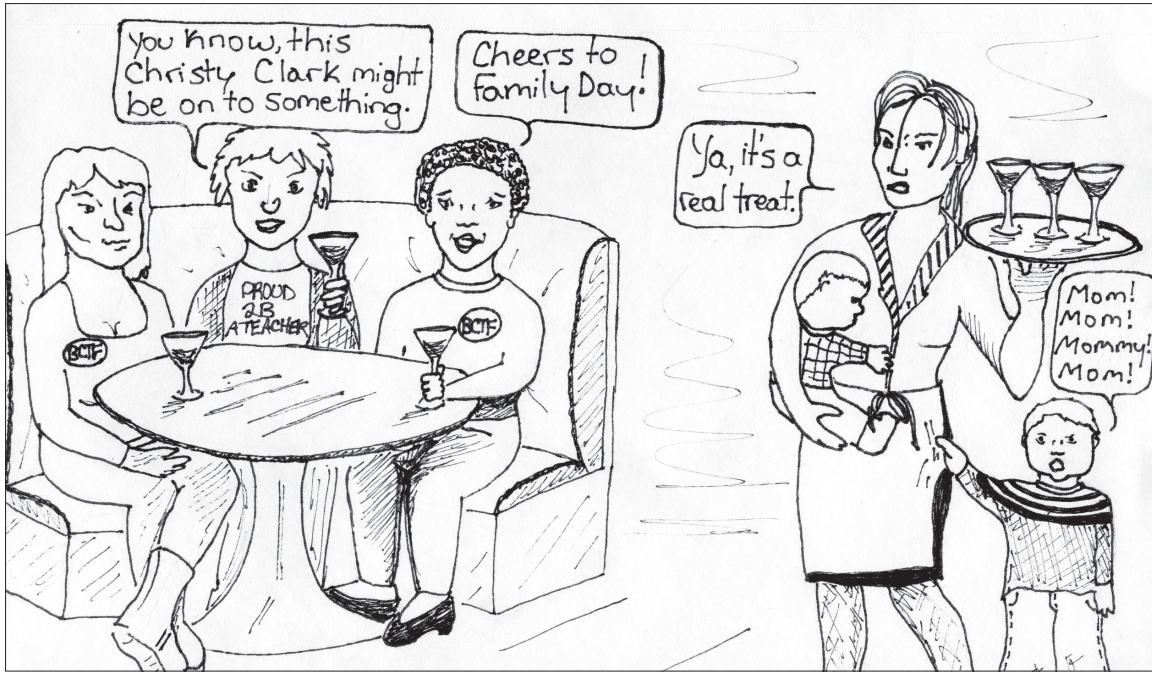
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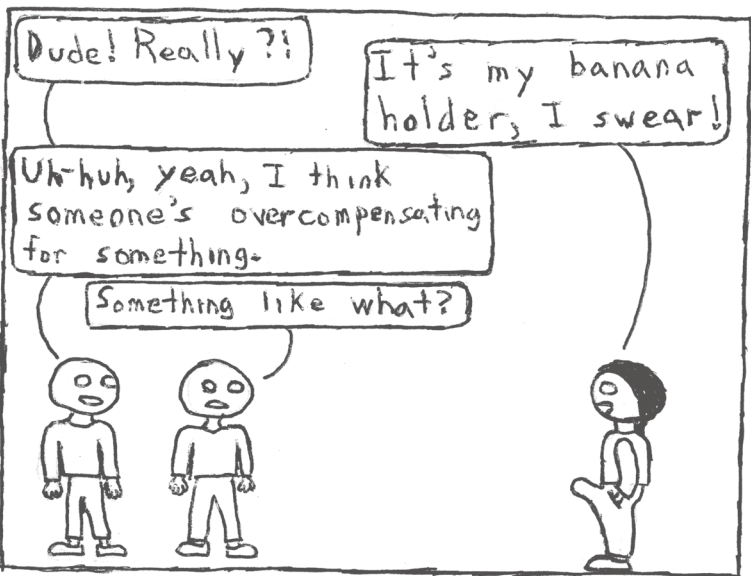
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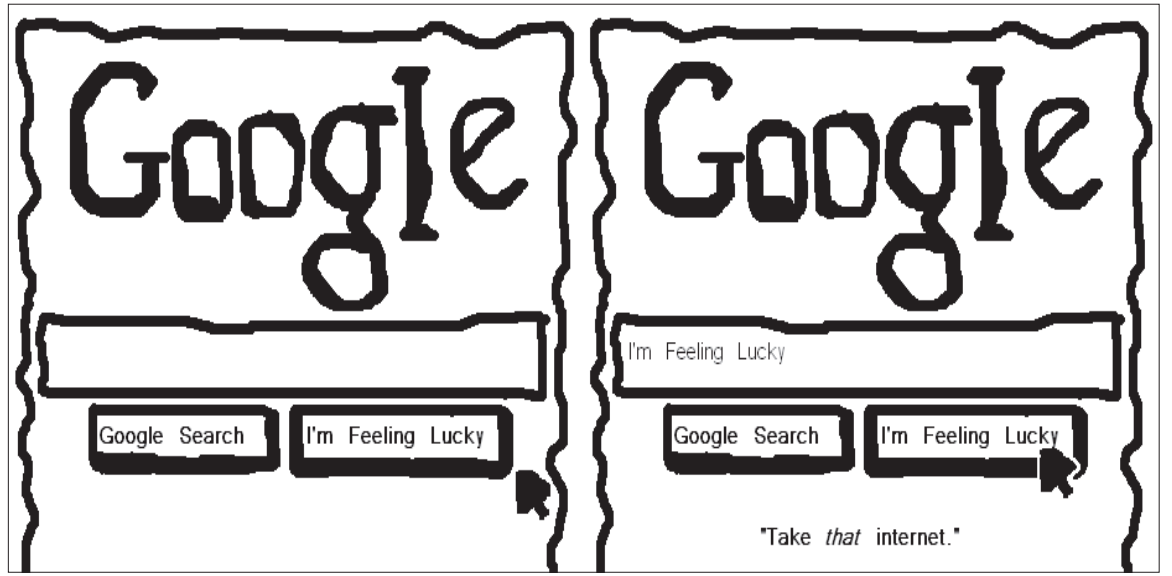
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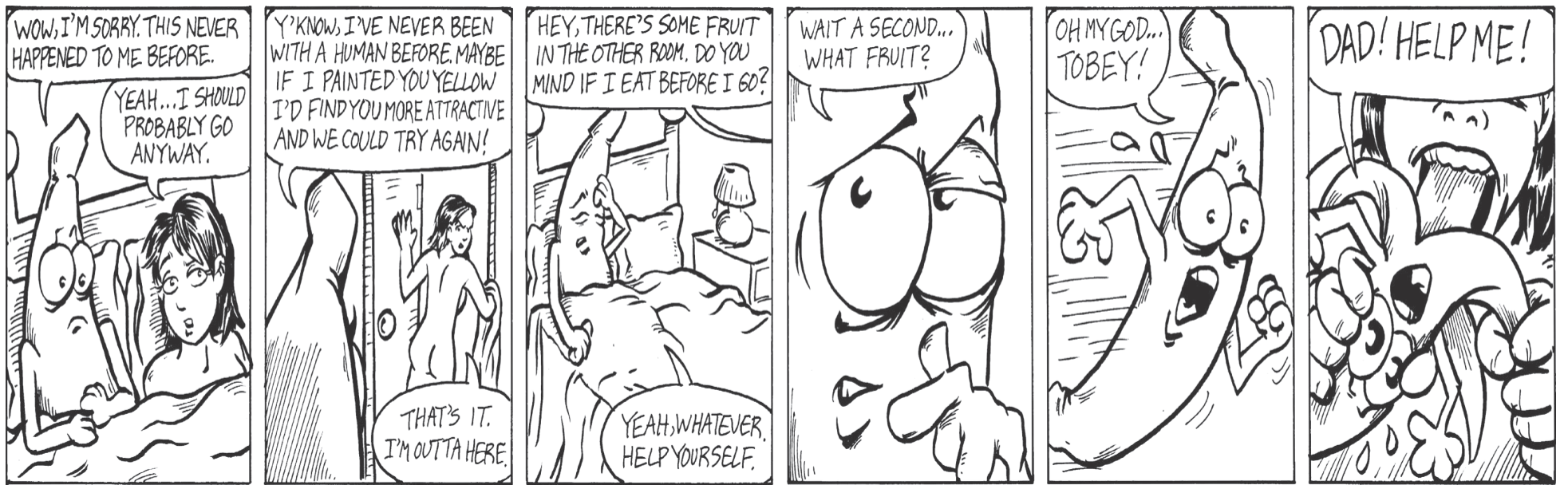
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SATURDAY, MARCH 12

Diamond Rings, PS I Love You

SUGAR, \$14, 9 PM
Diamond Rings is a young man from Toronto with a surprisingly deep and handsome voice for someone that looks barely old enough to get into the clubs he plays at.

SUNDAY, MARCH 13

Barrington Levy & Detour Posse, Jah Cutta, DJ Abel

CLUB 90NE9, \$29.50, 9:30 PM
Jamaica's godfather of dancehall and reggae is coming to Victoria. Barrington Levy is a driving force in reggae and dancehall music and has played all over the world and collaborated with many big hip-hop and reggae musicians.

FRIDAY, MARCH 18

Sunhawk, Aegis Fang, Heavy Petting Zoo, Adam Barter

LUCKY BAR, \$10, 9 PM
Local trio Sunhawk celebrate their official EP release. The boys took home second place in the UVic's Battle of the Bands 2010. Opening are fellow hometown rockers and handsome men in general, Aegis Fang.

FRIDAY, MARCH 11

Pre-med club meeting

Interested in medicine? There's a club for that! Join the Camosun College Student Society's pre-med club. Those interested in the field can meet bi-weekly on Fridays at 10:30 am in Ewing 344, Lansdowne.

MONDAY, MARCH 14 AND WEDNESDAY, MARCH 16

Africa Calling project

Students from Sociology 211, under the direction of their professor, Francis Adu-Febiri, will be collecting unused, working cell phones to send to Africa to be used as medical lifelines. The group will be set up in the Fisher Foyer at Lansdowne on March 14 from 12-4 pm, and at Interurban in the Campus Center on March 16 from 12-4 pm. So find that old Zach Morris phone, it'll go to good use.

SATURDAY, MARCH 19

Monologue and auditioning skills for theatre

Find physical, emotional, and verbal freedom in the audition room. Wear comfortable clothing and bring your resume and one monologue that you currently use. The class takes place from 9:30 am until 4:30 pm at the Lansdowne campus. For more info, go to camosun.ca/ce.

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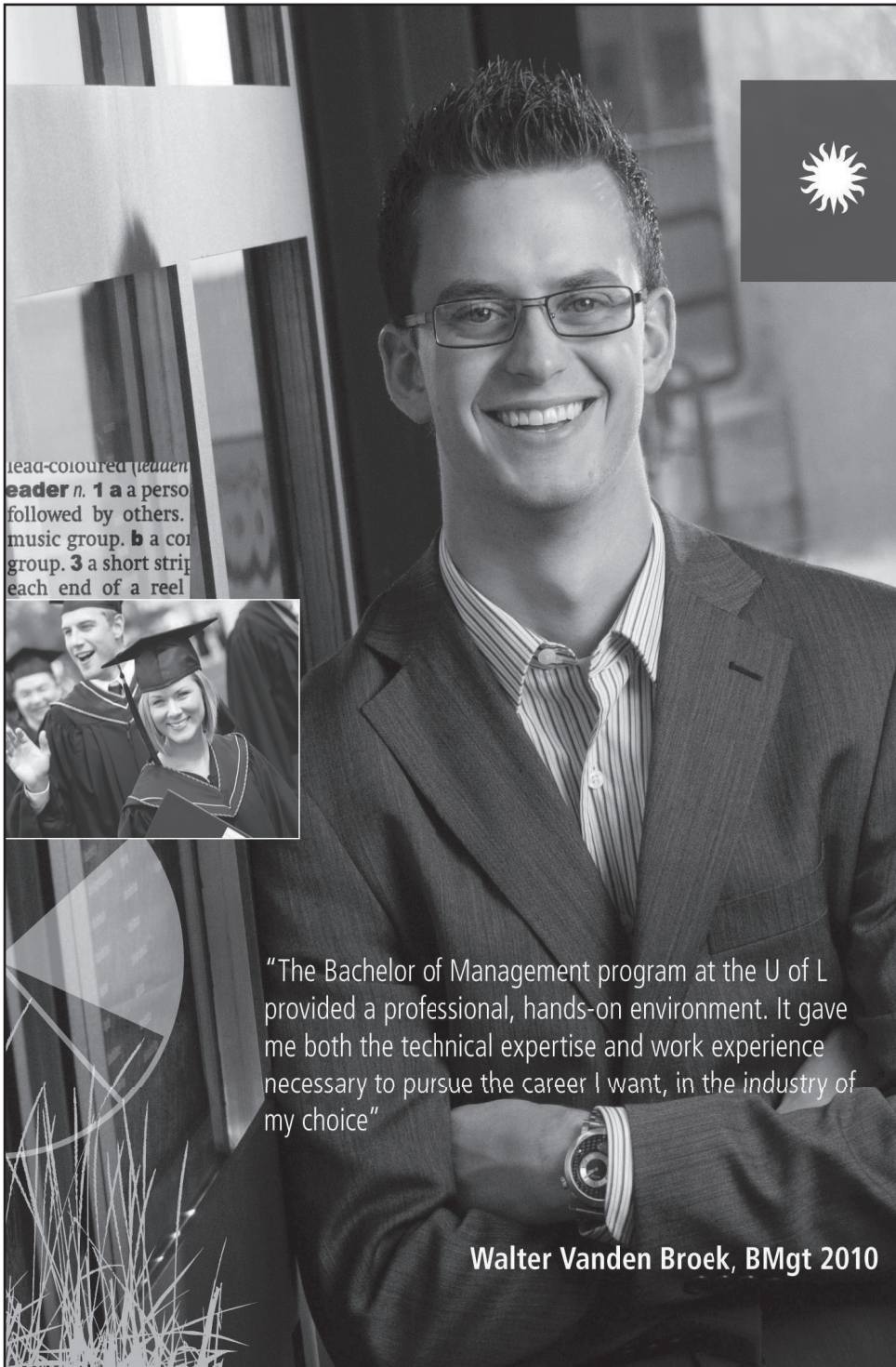
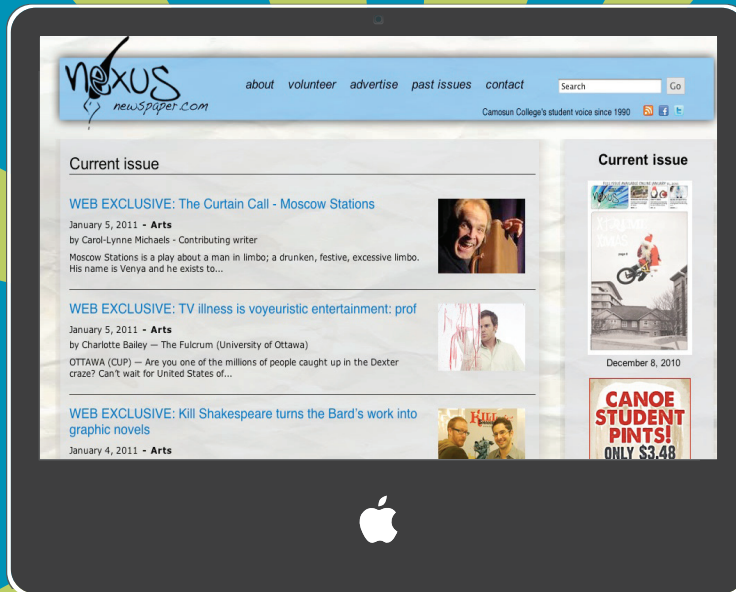
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lead-coloured (noun)
leader n. 1 a person followed by others.
music group. 2 a concert group. 3 a short strip each end of a reel

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