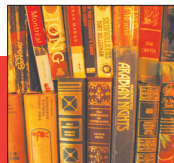


# NEXUS

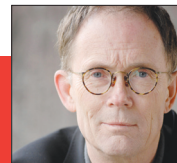
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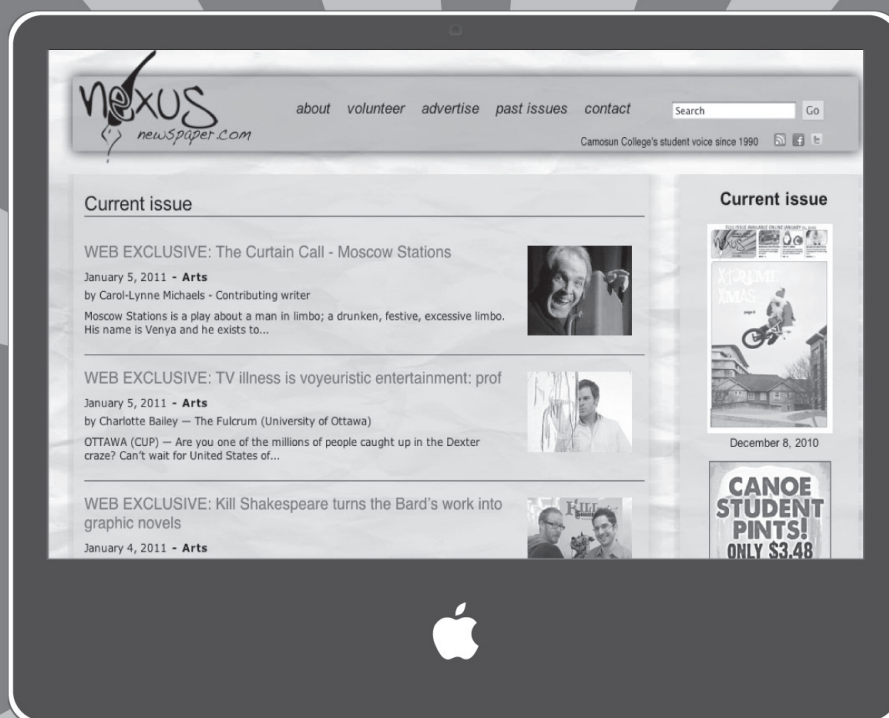
## *hunger strike*

life with an eating disorder

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# NEXUS

camosun's student voice since 1990

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# 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.

**ERIN BALL**  
STAFF WRITER

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

JESSICA TAI



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-

driven are still criticized for not paying enough attention to their family life and are also, at the same time, 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 we turn around and wonder why some of them are violent as adults.

And we know that we shouldn’t be perpetuating the division between 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. ☐



# College attacks smokers

ALEX HARO



The last bastion for smokers at the Lansdowne campus.

**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 "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 administra-

tion probably finds the clearest path to fairness in continuing to limit smoking to designated areas. Those with allergies and sensitivities to smoke can actively avoid such areas while smokers can still continue to 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, now, would it?

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

*Via Textback:*

"Comparing smokers to a minority group is ridiculous—it's a choice; more importantly, it affects non-smokers. I won't breathe your choices."

myvirtualtypist.com

**Deborah J. Driedger**

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# E-books still not catching on with students



It's hard to beat the classics... and the classic format.

## DYLAN WILKS

CONTRIBUTING WRITER

Despite the hopes of companies who are in the e-book market, the ability to carry around dozens of books in a conveniently small package hasn't yet brought about a massive shift in how people read. This holds true for students, who cite required reading for classes as one of the biggest reasons they don't read recreationally, be it with a physical book or an e-book.

"I love to read but hardly ever have the time, unless it is a non-fiction book related to a research paper or assignment," says Camosun creative writing student Marlie Van Roy.

English student Ryan Abbot agrees, adding that the heavier the workload is, the less time a student has for reading any kind of book.

"Extra-curricular reading for students is difficult at best," says Abbot, "especially for those with four, five, or six courses."

When she can find time to read, English student Michele Hornell goes for an old-fashioned physical book as opposed to an e-book.

"I do not like to read e-books at all," says Hornell. "I prefer to flip the pages myself."

Tessa Brethour, another English student, finds e-books really hard to concentrate on.

"With a book you can isolate yourself and bring it wherever you want. With an e-book, I get distracted and don't remember anything of what I'm reading."

English Instructor Debbie Gascoyne understands the reluctance and believes the costs of e-books to be another contributing factor.

"To me, the e-book is a lesser experience," she says. "If I'm going to pay 50 bucks for a book, I want a book. I want the object."

Gascoyne does believe that once e-books are established, like how music has been through iTunes, they will become much more attractive.

"It's going to be great for reissuing copies of books that have gone out of print, publisher's backlists, and things that are no longer available," she says.

The Alan Batey Library & Learning Commons on the Lansdowne campus is well into the transition to e-books, with more than 56,000 electronic books as of March of this year. It's easy to walk into the library and wonder where all the books are (they're hiding upstairs).

Reclaiming space in libraries to create areas where people can read is one of the immediate and obvious benefits of shifting to e-book libraries.

"You don't have to worry about space," says Gascoyne, "you can make it our library and turn the space over to people."

Another obvious benefit of e-book libraries is how much more widely accessible a particular book is. With e-books any number of people can have that book at a given time.

In fact, the Camosun Library allows any student access to their complete catalogue online on campus or at home.

Still, this won't spell the end for libraries or physical books just yet—there will always be collectors wanting a first edition or a rare autographed copy of a book, but it should serve as a wake-up call to bookstores.

"The physical bookstore may disappear," says Gascoyne, "because they're becoming expensive and unrealistic."

Camosun chief librarian Sybil Harrison sees e-books as the future—one that Camosun has been working towards since 1997.

"It is where we as libraries need to go," says Harrison. ☐



## Local pubs and the perseverance of fun

ALEX HARO



Persistence and determination, and good beer, are part of a long-lasting legacy of great neighbourhood pubs in town.

### PAM OLIVER

CONTRIBUTING WRITER

In 1889, a parrot was occasionally tethered to a tree outside what is now Four Mile Bar and Grill, on the Old Island Highway. Victorian passengers, dragged up the long hill by stagecoach, heard its loud “Whoa!” as their lumbering vehicle passed by. At the command, delivered in a perfect mimic of the driver’s voice, the lead horses would veer left into the yard behind the pub.

“An early example of an effective advertising strategy,” jokes Four Mile Bar and Grill dining room manager Tate Dunnes. “Nowadays, we prefer to promote a pub as an experience that includes all the senses coming into play.”

Regardless of whether it’s 1889 or 2011, pubs do what they can to get the wandering attention span of potential patrons, many of whom are students. Maude Hunters, situated between Camosun’s Lansdowne campus and UVic, is currently celebrating 25 years in the business, historically no mean feat for a pub.

“Our Rock, Paper, Scissors tourna-

ments are packed with students,” says Maude Hunters manager Norm Wilson. “And at the music bingos students really get into it, singing along and pounding those daubers.”

Maudes celebrated their 25<sup>th</sup> back on February 5 with 1986 prices, ’80s nachos, music bingo, and a best ’80s costume contest.

By contrast, the Knockenback Grill, just a stone’s throw from Camosun’s Interurban campus, has a ’90s flavour, but the potential to become a favorite to students is high—they claim to make the best gravy and wings in the ‘burbs.

“We get a lot of students here during exams,” says office manager Tobi Minnis. “They come down to celebrate and fill up on food and drinks.”

Fun doesn’t have to burn a hole in an empty wallet either. Over at 1550s on Cedar Hill Cross Road, a cheap-drink night has long been a favourite for those on a tight budget.

“Students, for years, have loved our hiball night,” says 1550’s pub bar manager Keith Campbell.

Out in View Royal, The Six Mile Pub opened in an old sawmill in 1885, proving that Victoria has a long history with the neighbourhood pubs.

But it’s a history that has proven that the local taverns have had to have a lot of perseverance to survive.

All the pubs in town were closed during the long years of prohibition from 1917 to 1921.

Not since the days when stagecoaches labored up the Four Mile Hill have pubs experienced a tougher licensing climate than they do today. No one gets by on a wink and a nod these days, with pubs carefully carding for ID.

Different in focus and ambiance than their downtown cousins, neighborhood waterholes all have the same thing in common—they share the tenacity of perseverance as they scramble to keep the suds flowing.

“A neighbourhood pub is an institute,” says Wilson, “a gathering place where you can forget the drudges of everyday life. It’s a place to let go and meet with friends in a warm and friendly environment.” ☺

# Breakdancing scene battles hard

JULIA LOGLISCI



Kevin Jinn is helping to bring breakdance back to Victoria.

“Breakdancing keeps me balanced.”

**KATHLEEN ELLIS**  
LOCAL DANCER

**JULIA LOGLISCI**  
CONTRIBUTING WRITER

It appears the breakdance scene in Victoria has lost its flame. Dance companies such as Karen Clarke and Dansko no longer offer breakdance classes. But there are a few passionate individuals who are keeping the fire burning.

Robin Campbell, a 23-year-old breaker with the Filthee Feet Crew, has been very involved in the breakdance community since 2001.

In fact, Campbell is one of the few breakers left in Victoria.

“None of the kids in high school were

breakdancing in 2004, so it died out,” he says.

Some breakdancing groups, such as the Reflex Foundation, broke into smaller groups, and most of the talented breakers from Filthee Feet moved to bigger cities like Vancouver to continue dancing, simply because there was nothing going on in Victoria.

“There are benefits to having a small community,” says Campbell. “The youth are much more connected to one another and they have a lot less to do.”

Campbell’s talent and passion for breakdancing keep him focused and enable him to teach others. He teaches classes every Sunday night at Dance Victoria Studios.

Kathleen Ellis is a student at UVic who attends Campbell’s classes. She says breakdancing is the one part of her busy schedule that allows her to escape.

“It keeps me balanced,” says Ellis. “Breaking is important to me because it’s all about communication by expression of

face, of body, any type of movement. The breaking community is growing in Victoria and it’s nice to have someone like Robin put together an opportunity for people to see why freestyling is fun.”

Kevin Jinn, another one of Campbell’s students, held a breakdancing workshop in town earlier this year. He’s bringing breakdancers—known as b-boys—in from out of town to help reintroduce the breakdance scene again.

“The b-boys I am bringing to Victoria are internationally known,” says Jinn.

“B-boy Taiyo from South Korea is a world champion in the breaking world. Just watching them dance, interacting, seeing how much they inspire... that’s where the culture is,” he says.

Jinn says it doesn’t matter what kind of people come into a class. Dancers are seen by their moves, not how they act outside of dance. Inside the hearts of many, there lies a special place for breakdancing.

“I value this dance so much,” says Jinn. “It’s my life.”



# MMA league fights to be understood

“Mixed martial arts started as very barbaric, but now it involves numerous rules and regulations to make it safe.”

**JASON HEIT**  
MMA FIGHTER

**EMILY LAING**  
STAFF WRITER

The Armageddon Fighting Championships (AFC) is the pinnacle of mixed martial arts, which is a hybrid of boxing, jujitsu, and wrestling; it represents the highest level of accomplishment in hand-to-hand battle.

In his last 15 years as a boxer and mixed martial arts fighter, Jason Heit has received stitches above his eyes over 20 times.

Interest in the sport stemmed from a destructive curiosity for Heit, and it quickly developed into a lifestyle.

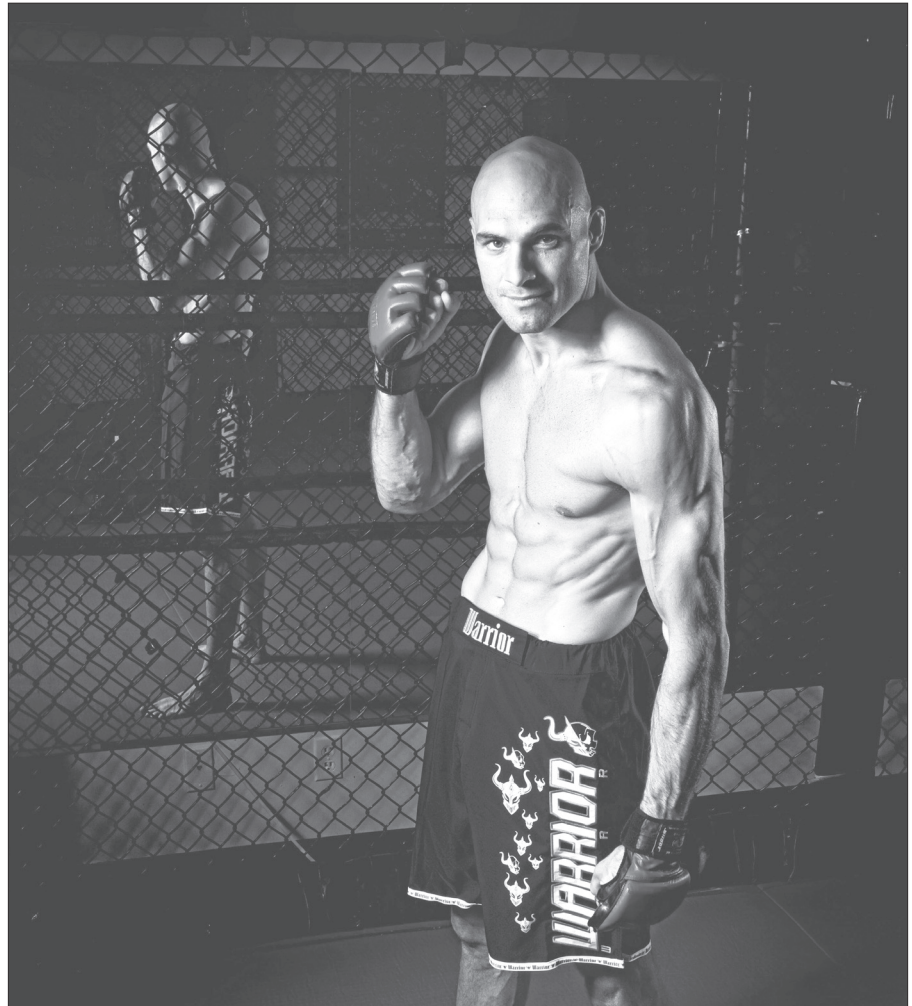
“I was an aggressive child and I didn’t have a way to channel it, so I was put into boxing and mixed martial arts,” says Heit, who is also executive producer of the Victoria-based AFC. “It has given me tremendous focus in my years.”

Mixed martial arts has long been considered a very risky sport for its participants, but with the success of the mainstream Ultimate Fighting Championships, it’s risen to the mainstream in Victoria.

“Over time it’s evolved into an extreme sport; it started as very barbaric, but now it involves numerous rules and regulations to make it safe,” says Heit.

World champion Sarah Kaufman has been involved in the world of MMA for over five years, and has been encouraging the community to recognize this as a professional sport rather than human cockfighting.

But some of that illicit cockfighting



## Just look at those amazing washboard abs on Jason Heit!

behaviour still occurs during the MMA fights.

“The training is the biggest challenge and the reward is the feeling I get from fighting,” says Kaufman. “I admit to being a little crazy in the cage because I go out there smiling and I always have a great time.”

Kaufman explains there have been many preconceived notions in regards to mixed martial arts, which are believed to be similar to raw back-alley fights where blood is shed, veins bulge, and faces go blue as fighters seem intent on just choking out their opponents.

But this is not always the case, according to Kaufman.

“The sport involves intensive training and incredible skill,” says Kaufman. “It’s been misinterpreted and has been very

difficult to get the proper acknowledgment over the years.”

In an effort to get that acknowledgment, the AFC has attempted to better their image by working with sports commissions, which are increasingly regulating mixed martial arts and establishing a combined set of rules.

The AFC itself has also begun a major national expansion effort and has continued to generate an audience primarily between the ages of 18 and 35, according to Heit.

“The sport is misunderstood by older generations,” says Heit, “but younger people seem to get it.”

*Via Textback:*

“About time MMA isn’t painted as a savage sport and rather an art form. Shawn O’Hara’s 2009 *Nexus* article smeared MMA as a bunch of jocks.”

# Wheelchair rugby thrives in spotlight



EMILY LAING

Wheelchair rugby is rising in popularity in Victoria and elsewhere.

“I love hitting people in wheelchairs.”

**NORMAN MCCAFFREY**  
WHEELCHAIR RUGBY PLAYER

**EMILY LAING**

STAFF WRITER

It used to be called murderball, but the striking title scared off some corporate sponsors. In the past five years since the release of the Academy Award-nominated documentary film *Murderball*, the sport of wheelchair rugby has been thrust into the spotlight.

Six years ago, Norman McCaffrey was driven to play the sport and decided to join the local squad, the Victoria Wheelchair Rugby Club (VWRC). McCaffrey, a quadriplegic, has no trouble recalling his introduction to the sport. McCaffrey jokes that he hasn't been able to put the ball down since his first practice.

“I love hitting people in wheelchairs.

I had to get a spinal cord injury just to be able to play this,” he says.

Despite his sense of humour, the sport provides some serious competition for McCaffrey. He also plays on the BC provincial team and has brought in two gold and two silver medals in his time with them.

According to Shaun McKenzie, another member of the Victoria Wheelchair Rugby Club, the game's gripping action has contributed to people recognizing wheelchair athletes.

“I love the contact,” says McKenzie. “Most people would be surprised to find out that I'm here every Wednesday night to smash around in a wheelchair, but the interest for wheelchair sports is growing.”

Created in the late 1970s by athletes with disabilities, wheelchair rugby is now played in several countries. All players have a loss of function and most are classified as quadriplegic.

Combining the elements of wheelchair basketball, rugby, and hockey, the game is played indoors on a basketball court. To be qualified to play, athletes are assessed by physiotherapists and then classified on a numeric system from 0.5 to 3.5, depending

on the nature of their injuries.

According to the rules, a team can have no more than four players on the court at once, and cannot exceed eight points in classification value on the court.

VWRC coordinator Calen McDougall has always thrived in full-contact sports. He was introduced to wheelchair rugby while in rehabilitation for injuries in a cliff-jumping accident in 2002. He's earned a reputation on the court as a fiery competitor with intensity and, occasionally, recklessness.

“For anybody who comes from a contact-sport background, this is a great outlet,” says McDougall. “We all share similarities, since most of us were injured from doing extreme things.”

McDougall wants the public to view the rugby team as athletes who train hard and can compete at an elite level just like able-bodied athletes.

“A common misconception is that some people view this as a disabled sport as they pat us on the heads,” says McDougall. “But, in reality, this is a very competitive sport, especially if you get to a national level.”



## social media:

### bigger than marlon brando

**Amanda Richardson**

CONTRIBUTING WRITER

Graphics by Jessica Tai

On a quiet day in February 2004, an encompassing, engulfing presence came online, casting a shadow a mile wide and obliterating all social-media networks that dared to stand in its way. The internet had a new godfather, known only as Facebook.

Five-and-a-half years later, Facebook is, without a doubt, on top of the social-networking pile and shows no signs of loosening the stronghold on its 500-million-plus users.

After the initial shock of being dropped like Joe Pesci in *Goodfellas*, other online social communities are once again starting to cautiously pop up across the world wide web.

Facebook, secure in its role as North America's biggest distraction, is content now to run quietly in the background of people's lives, allowing a new generation of online communities to emerge from founder Mark Zuckerberg's virtual Le Brea Tar Pits.

These new, phoenix-like networks have read the handouts, taken notes, and crunched the numbers, determined not to repeat the follies of their predecessors.

Shaking tar from their wings, sites like Twitter, Flickr, and Tumblr are finding a niche market and hanging on for the long haul.

#### *A little Twitter told me...*

Twitter has become a beacon of light in this modern age of waning attention spans and hectic lifestyles.

Every corporate entity and their dog has a Twitter account, sending out 140-character blasts updating followers on everything from press releases and pending mergers, to what the VP had for breakfast and the awesome shoes she just bought.

“On Facebook it’s about who you know and what you want them to know about you; on Flickr it’s about your photos and what people think of them, without knowing or caring who is behind those comments.”

**DANIEL GERMAN**

UNIVERSITY OF VICTORIA

While Twitter has gotten a bad reputation as chapter one in *The Stalker's Guide to Celebrities*, it does have legitimate uses outside of discovering Britney Spears' latest Starbucks must-have drink.

With print newspaper sales declining, online readership has skyrocketed. Smartphones and e-book readers like Kindle and Nook make online newspapers easily accessible, but still feature traditional full-length articles.

Many people who find themselves in need of a speedy news fix are now turning to Twitter for quick and dirty headline updates.

Local newspapers like the *Times Colonist*, *Monday*, the *Saanich News*, and *Nexus* have all started Twitter accounts with multiple updates every day, keeping readers up to date on all the day's top stories.

After winter's sudden arrival on November 21, with Victorians flying into their usual snow-induced frenzies, local papers kept snow-bound citizens informed by tweeting bus-route updates after the BC Transit website crashed from thousands checking in about bus cancellations.

Not only are these Twitter pages keeping followers in the loop about community and world events, but they are also keeping their respective papers in people's good graces by serving as a public bulletin when

all else fails.

Hollywood producer, writer, director, and animation mastermind Tim Burton began an unconventional Twitter account last November called *Tim Burton's Cadavre Exquis*. Steering clear of the typical celebrity Twitters that are all too commonly used to whore out cheap as-seen-on-TV loot and soapbox about how annoying they think paparazzi are, Burton opted for building a creative collective.

Hoping to create a new adventure for his character, Stainboy, the story-telling experiment calls on fans and writers to contribute tweets to expand on Burton's beginning line, “Stainboy, using his obvious expertise, was called in to investigate mysterious glowing goo on the gallery floor...”

People had a set amount of time to contribute story lines with the best of each day being chosen by Burton and officially added to the story. The hope is to collaboratively build a Stainboy adventure, as well as draw attention to Burton's upcoming art exhibit at TIFF Bell Lightbox in Toronto.

Taking yet another approach to Twitter, local musicians Jon and Roy have created an account to keep their name in good standing with fans as well as to attract new people to their music.

Jon and Roy's manager, Stephen Franke, says it's important for hometown bands to have a strong online presence, but that bands need to be selective about where they dedicate their efforts.

“Every social media site is different, and each has their own purpose,” says Franke. “We use Facebook to showcase and market the band, like a traditional website. MySpace is a dinosaur, and it's not very good for much, but it does work



as a platform for spreading music.”

While Franke isn't sold on the notion that tweets will be the key to launching the band into the musical stratosphere, he admits that there's a fuzzy logic to having an account.

“Our biggest reason for having a Twitter is to create a culture around Jon and Roy,” says Franke. “It's about having a presence so we're not left behind, but it's definitely not our main site.”

The band also maintains a presence on music-sharing sites like last.fm, and video-sharing sites like YouTube. Ultimately though, Franke says it's important to stay focused on the real objectives and not get too caught up in the social-media craze.

“You need to focus on the music,” he says. “Focus on the music and the networks that work, and ignore the bad ones. Music, or whatever it is you're doing, needs to come first. All the marketing in the world won't help if you don't have good music. But if the music is good, the marketing will take care of itself.”

### Say “aged Gouda”

Flickr, which also launched in February of 2004, was developed by Vancouver-based company Ludicorp, and was bought out in 2005 by Yahoo.

2006 through 2008 saw huge chan-

ges to the website, with a significant increase to allotted uploads and the addition of video capabilities.

Often lumped in with other online photo-sharing sites, such as Photobucket, Picasa, and SmugMug, Flickr has gradually come to be a well-respected site for photographers to display their portfolios.

A budding photojournalist, University of Alberta student Sam Brooks began networking and making contacts in the photography community.

With a little prodding from friends, Brooks created a Flickr account of his own, quickly realizing the benefit of a site that's visible to non-members.

“It doesn't have the same exclusivity as something like Facebook does,” says Brooks. “A lot of my friends don't have a Facebook page, so I was able to share photos with them more easily.”

The user-friendly site is accessible to anyone with a computer and doesn't require an account to browse other users' photos. But as Brooks found out not long after joining, membership does have its benefits.

“As I dove further in to Flickr, I realized that it's a completely different internet community. It attracts a more professional caliber of photography than other sites,” says Brooks. “The way people use Facebook is to dump all the photos from an event or other part of their life on a page and get their friends to make comments. There's a demand with Facebook that when an event occurs, there be photo documentation of said event, no matter how repetitive or terrible the photography is.”

Brooks says one of the best parts of being a member of an online photography collective is having the opportunity to learn from other photographers.

“Because Flickr is a photographers'



community, you also know that the commentary posted on the photos are coming from other photographers,” says Brooks. “That lends itself to being much more of an insightful critique of your work rather than just goofy comments your friends make.”

Daniel German, a political science professor at the University of Victoria, says that a major difference between networks like Facebook and Flickr are how individuals behave on each site.

“Facebook is about social interactions and who you know, and Flickr is about what you can create and the people that create things that are similar or that resonate,” says German. “Each one changes the way you interact on them, because on Facebook it's about who you know and what you want them to know about you, and on Flickr it's about the photos you take and what people think of them, without actually knowing or caring who is behind those comments.”

### Are you REcording?

While Flickr is making the buck by specializing and catering to a very specific niche, other sites, like hitrecord.org, are diversifying. The site is a multimedia site developed by actor Joseph Gordon-Levitt and has recently become a professional collaborative production company.





Users agree that the work they post can be taken by other members to be remixed and remade into something new, as long as the original creator is credited in the resources.

In a video on hitRECORD, Gordon-Levitt says that “remixing isn’t considered theft. It’s an honor.”

This new approach to copyright and fair-use agreements reflects Gordon-Levitt’s belief that current copyright laws are out of date. And while the site itself must conform to the laws of the land, the members within the site have the power and freedom to share their original work within their own community.

Czarina De Leon, a hitRECORD member out of Chicago, Illinois, says that she was immediately blown away when she first visited the site after hearing about it on Twitter.

“I couldn’t believe the creativity in the collaborations, and it made me want to become a part of it, a part of this huge production,” she says.

The site, which features contributions of audio, video, pictures, illustrations, and text, not only fosters art, but also helps to motivate people to be more creative.

De Leon says sites like hitRECORD can help bring skills typically learned in school to people who might not otherwise have the opportunity.

“We have film schools that can easily teach us how to make videos, but what about people who can’t go to those schools?” asks De Leon. “It takes more than one brain to create a whole entire project; hitRECORD is a way to help build relationships with others and work together.”

## *A nod to Usenet*

German explains that long before Web 2.0 and social media as we know it today, a program called Usenet was the main hub of online interactions.

Usenet was developed in 1980 by Duke University graduate students Tom Truscott and Jim Ellis and was similar to an online bulletin board. It’s often thought of as a hybrid between email and online forums.

German says that he’s not surprised to see interest rising in community-based sites that have a strong focus on person-to-person interactions.



“It is kind of cyclical in that we had all these communities on Usenet that were not really moderated,” says German. “Then we started to see the fragmentation of the web where people started to pull the information onto their own websites, and then the problem was actually finding it. Now we have this sort of resurgence where we have people saying, ‘Let’s make communities centralized again.’”

“The beauty of Usenet and any other medium on the internet is that it’s been able to actually bring people together that wouldn’t have been able to before,” continues German. “So now the distance doesn’t actually matter. Now we have the ability to create communities around topics that otherwise would have been impossible to foster because the subjects were too obscure, or people wouldn’t have been able to meet up in person.”

## *No Tumblr-weeds here*

Blogs are one of the broadest, and consequently most vague, online networks out there today. Blogs can be anything—someone’s personal website, an expert advice column, a topical photo-journal...

For UVic student Renée Jordan, blogging was a way to stay busy after a car accident forced her to take a year off of university.

Jordan confesses that when she got married last summer she couldn’t boil an egg, so when her husband began the Crossfit training program, she quickly realized she’d need to learn how to cook more than just cereal.

As Jordan began to hone her kitchen craft, the rave reviews from friends began rolling in, as did the recipe requests.

To simplify things she began her blog, focusing on healthy eating and clean cook-

ing, on Tumblr in June, gaining upwards of 1,700 followers in just under six months.

“I’m still shocked that anyone other than my husband, who is obligated to like my cooking, is enjoying it,” laughs Jordan.

With positive feedback and reviews, it comes as no surprise that Jordan’s blog is bringing real attention to her recipes.

“People on my blog have been pestering me to put an actual print cookbook together, so I used a print-on-demand company and am making it available to whoever wants it.”

Jordan is careful to protect her online identity, saying that people can never be too careful when divulging personal information. When the trend is to tell everyone everything about yourself, it can be easy to forget that the web is in fact worldwide.

“My blog is completely private. You would never know that it’s me,” says Jordan. “I don’t have my photo or my name anywhere on it, because out of 1,700 people following my blog, I know five of them. I don’t want the rest to know personal information about me. I’ve mentioned that I live on the west coast, but that could be anywhere from Alaska to Mexico.”

## *Welcome to the family?*

Many people, like Jordan and Franke, check into multiple accounts on a daily basis, with the hope of having a broad and diverse online presence.

The future of social media will see a simplified amalgamation of networks, according to German.

“When the ability is there to filter and classify your groups, and say, ‘For this group I am this persona, and for this other group I am this other one,’ but still have everything centralized within one account, many people may start to migrate,” says German.

Presumably, the next wave of online communities will recognize the need for efficiency and will be able to manage all other social-media sites within one centralized user interface.

It remains to be seen if Facebook will continue to play the role of *The Godfather*’s Vito Corleone, or if there’s an Emilio Barzini lurking in the wings, waiting to be the new leader of the social-media world. ☐

# lightweight

## anorexia, bulimia, and the road to recovery



The average adult consumes approximately 1,500–2,000 calories per day. For the last two years, 18-year-old student Whitney Patricia (not her real name) has barely managed that much in a week, and at 5'1, weighing in at just 93 lbs, Patricia's frail frame could pass for your average 10-year-old.

Patricia began her journey into the dark world of eating disorders at the age of 15.

"I was a really chubby kid. That's probably where my whole story starts," she says. "I don't know if that's what helped cause my eating disorder, but that's where it started."

Conscious of her weight in a hometown she says was filled with thin, pretty, blonde girls, Patricia decided to start exercising and watching her diet.

"My weight was a big thing for me, so I joined a gym," says Patricia. "It was a really healthy decision, because I was only going a couple times a week, and not really pushing myself. My parents were on board, and I was thinking, 'Good for me.' I started cutting out sweets, then. Over time, as I lost more and more weight, people would say, 'Oh, you look so great,' until it got to the point when people would ask me if I was okay."

Liisa Robinson, a counsellor at Camosun College's Interurban campus, says that people engage in disordered eating behaviours because it initially pays off.

"Just like with addiction, or any other

way of coping that gets out of control, it initially works on some level. And then, in some people, it gathers momentum and the coping mechanism becomes the problem," says Robinson.

Secretly taking people's shock at her weight loss as a compliment, Patricia's condition rapidly spiralled out of control. She says her original, healthy weight-loss plan became an addiction.

"I think of it as a line," says Patricia. "There's healthy eating, and healthy exercise. And then there's a line, which is really thin, that crosses into obsession. It got to the point that if I didn't get a certain amount of exercise every day, or someone tried to make me eat something that I didn't make for myself, I would have a temper tantrum, or I would beat myself up about it for days."

Robinson says that most women she's counselled for eating disorders are motivated and bright. For one reason or another, they just seek comfort in the ability to control something.

"There's a big piece of disordered eating that has to do with control," says Robinson. "It's a coping mechanism. It gives people something to hold onto when things get chaotic."

### The downward spiral

Patricia's restrictive behaviours led to an increasing need for control, regimenting her diet to measured portions and up to two hours a day spent at the gym.

"Every morning I would eat a specific amount of bread, with a certain amount of peanut butter, and if I didn't have my measuring device for the peanut butter, I would lose it," says Patricia. "My whole day would be off."

Within a year and a half, Patricia went from 150 pounds to 87 pounds. Despite missing school because of her inability to focus on anything other than food, and concern from her family members, Patricia's eating disorder continued to build momentum well into her grade 12 year in high school.

It wasn't until showering one morning that Patricia realized the gravity of her situation.

"I got out of the shower and was brushing my hair," says Patricia. "I looked down and the brush was covered in hair. Then I ran my hand through, and my entire hand was covered in hair. Just covered. I freaked out, because I didn't know what to do. That was the thing that changed my eating disorder and really turned things around for me."

A visit to the doctor and a series of blood tests later, it was clear that the anorexia was to blame.

"That's when my family really got on me," says Patricia. "I had to go to a counsellor and a nutritionist, I saw a psychiatrist, and that's when I was actually diagnosed as anorexic. And every day since, it's been a struggle."

However, the diagnosis isn't the end of Patricia's story; it's a mile marker.

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“All these horrible things are happening to you, and that should make you want to change, but the fear of gaining weight is so much stronger than knowing that your body is eating itself.”

**WHITNEY PATRICIA**

LOCAL STUDENT

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“After a couple of months, I did manage to put on some weight, and then the weight was too much for me to handle,” says Patricia. “So I went back to my normal diet, and back to exercising, but the weight wasn’t coming off, and that’s when I turned bulimic.”

Patricia regressed into bulimia, keeping it a secret from everyone in her life. It wasn’t until five months in that her family began to realize that her eating disorder was, unfortunately, far from gone.

That was three months ago.

Though a daily struggle, Patricia says she feels that she’s getting control over her condition, however the full extent of the damage done by years of self-starvation is not yet known. Because she stopped menstruating three years ago due to the anorexia, doctors are unsure whether Patricia will be able to have children in the future. There has also been severe damage done to her liver and other organs.

“It’s funny,” says Patricia, “because all these horrible things are happening to you, and that should make you want to change, but the fear of gaining weight is so much stronger than knowing that your body is eating itself.”

### **Mind vs. body**

While everyone’s experience with anorexia is unique, Patricia’s was rooted in restriction and depression with an abundance of exercise. And while her extreme dieting

may seem like a choice, Patricia believes that it’s not as cut and dry as that.

“I really think of it as a disease,” says Patricia. “I’m extremely strong willed, and I think that if it was as simple as making a choice, I would have fixed it before now.”

Like a cartoon devil and angel, Patricia says that having an eating disorder is like having another person in her head. She says that the bad part picks on the good part of the brain, perpetuating the disease.

“It’s never, ‘I am’ something—too fat, too disgusting, too gross. It was always, ‘You, you, you,’” says Patricia. “It’s like another person. It can be so mean, because the names that I call myself in my head is like the worst bully you can imagine. Things I would never say to another human, I say to myself.”

Sarah Atkinson, a psychotherapist and registered clinical counsellor at Victoria’s Cedric Centre, says that women’s unhealthy relationships with food often stem from society’s flawed and unrealistic perception of beauty.

“Women try to live up to the media’s unrealistic standards,” says Atkinson. “As a society, we perpetuate this distorted image of beauty and health. We live in a society that supports the belief that thinness leads to happiness.”

Even though Patricia is just in the beginning stages of her recovery, her determination is undeniable.

“My goal is to be able to help other people deal with their eating disorders,”

says Patricia. “It’s enough to help to push me along in my own recovery, because I can’t help others until I help myself.”

Patricia hopes to help people not just at their worst, but those who haven’t yet been affected by the disorder but are at risk of it.

“Get help as quick as you can, because it spirals down so fast, and then it’s just a mess. For a lot of people, it’s not too late.”

Robinson says that it’s important to look for cues other than weight loss if you are concerned about someone potentially having an eating disorder.

Watch for signs that may indicate an unhealthy amount of time dedicated to thinking about food.

“You cannot look at someone and see whether or not they’re struggling with disordered eating,” says Robinson. “A lot of the warning signs are going to be recognizable by the person with the disorder, but may not be obvious to someone on the outside.”

Patricia knows that there is definitely a long road ahead of her, but she is confident and determined to keep her recovery on track, and she’ll be inspiring others along the way.

“No matter how long it takes, it’s possible to get healthy,” she says. “There isn’t a quick fix. It might take 10 years, but one day, you’ll go a whole day without worrying or thinking about food and exercise in an unhealthy way.” ☐



# Gettin' mobile with Matt Costa

“There was a mobility to all the things involved with creating the record.”

**MATT COSTA**  
MUSICIAN

**JINA MOUSSEAU**  
CONTRIBUTING WRITER

It may not be the most decadent tour accessory, but California singer-songwriter Matt Costa likes to have a couple of good books with him when he's on tour. More than a couple, actually—he admits that he brings more books than he can read on the road with him.

“I usually have a box full of them,” says Costa in his quiet twang. “I end up just looking at a lot of them, but I like knowing that they're there, like a little piece of home.”

With the release of his third album, *Mobile Chateau*, Costa is getting ready to leave home for a tour across North America. This album is a change from his previous two records, which were indie-rock based, focusing on his love for '60s psychedelic rock. Costa's inspiration for the disc comes from classic acts such as Donovan, Fairport Convention, and the West Coast Pop Experimental Band, to name a few.

*Mobile Chateau* began in the French countryside, just outside of Paris in the middle of winter. Costa was staying in an old chateau with his wife, and after she made a mobile with different objects that she had found, inspiration for the album began.

“She hung it in our room, and I wrote a song about it that night,” says Costa. “So there was this mobile in the chateau, literally, and that transformed out of the record as I recorded more of it.”

But the literal meaning of the album ended up taking a back seat to a more metaphorical interpretation as time went on.

“There was a mobility to it, to all the things involved with creating the record,



Singer-songwriter Matt Costa contemplates what to read next.

the artwork involved... they all came from a lot of the creative friends and people that are close to my home here, and people that I have gotten to know over the years,” says Costa. “So I really feel like it's my sort of version of that; that's what the mobile chateau is.”

Costa concentrates on the positives in his life when writing music, and takes songs as they come naturally. He focuses on what goes into his brain, taking the good from amidst the, as he puts it, “chaos going on in the world at any given time.”

Costa took the lead on this *Mobile Chateau*, doing all the production and

recording himself, a task he tackled for the first time with the album.

And fans can look forward to a little something different again when it comes time for his next release—while writing *Mobile Chateau*, Costa also wrote songs for something quite different: an upcoming Americana album.

“Right now *Mobile Chateau* is the one I feel most passionate about, but I held on to them separately so that each idea can be fully realized and become a complete sound,” he says of his Americana material. “It's been a very prolific time, these past two years. We'll see what happens next.”



# Dubstep explodes in BC



Dubstep DJ Skrillex. And his hair!

**ERIN BALL**  
STAFF WRITER

It's a testament to the growing popularity of dubstep and similar genres in Victoria Skrillex's last show in town sold out, fast.

The success of recent dubstep shows in Edmonton and Kelowna, with enthusiastic fans packing the venues in both towns, illustrates that BC is a prime destination for big-name DJs.

The Victoria Skrillex show was a huge success, which isn't surprising considering other big-name dubstep shows that have also sold out in town. Shows by DJs like Bassnectar, who plays Victoria often and always sells out, and Rusko, who sold out at Sugar last fall, prove that Victoria has a growing and evolving core of fans.

"Dubstep has exploded and almost every big name that comes to Victoria is sold out between a week and two months prior to the show," says university transfer student and electronic-music fan James Stewart. "I've also noticed that the type of people attending these shows has changed from a very small close-knit group of fans

to practically every personality type you could imagine."

Although it's much more mainstream in the UK and other parts of the world, electronic music in Canada has seen a slower build in fan base since the '90s. Young superstar DJs like Rusko and Skrillex are more common in the UK, which makes the quick success of Los Angeles-based Skrillex a rare find on the scene. But fans in the US and Canada are embracing his hardcore brand of electronic beats.

"There's a really strong scene in Canada. Everyone really embraces dubstep," says Rusko. "The venues are awesome and the sound systems are tough. The west coast knows how to get down."

Rusko says the opportunities are endless with a genre like dubstep. It's evolved since the earliest releases in the late '90s, but it's only started to gain popularity worldwide the last three years or so.

"It's fun and new to a lot of peoples' ears," says Rusko. "It's at the perfect speed, it's appealing to singers and rappers. It brings tons of energy to the club. That's why I love it."

Stewart says that in the last two years there's been an enormous shift from the four main genres of breakbeat, trance, electro, and drum n' bass to a variety of slower tempo ones.

"The biggest and baddest of these is, of course, dubstep," says Stewart. "However, since its creation, DJs have begun to branch off and combine older sounds with new dubstep beats to form subgenres like drum step and glitch hop."

Of course, Skrillex doesn't limit his sound to dubstep alone. His music is a unique mix of dubstep, electro, and glitch, with big dance-floor beats containing huge bass drops and lots of synth melodies.

Call it what you will: it's certainly not just dubstep.

Skrillex started turning heads with the independent release of *My Name Is Skrillex* last summer and the *Scary Monsters and Nice Sprites* EP on Deadmau5's Mau5taph label. ☺

*Via Textback:*

"Ever wonder if dubstep artists hire the same people as pharmaceutical companies to come up with their names?"

# Bryson explores Canada with The Weakerthans



Jim Bryson (centre) is at home amongst his hatted musical pals The Weakerthans, who backed him up on tour.

“I’ve never been a big-issues writer. The more time goes by, the more nuanced it gets.”

**JIM BRYSON**  
MUSICIAN

**TYLER ROWE**

CONTRIBUTING WRITER

Ottawa’s indie-folk songwriter Jim Bryson is a man who prefers the small things in life. Where he lives is small, and what he writes about is human.

“I definitely like the nuances of things between the cracks,” he says. “The concept of pulling over and just watching things go by. I spend a lot of time around the house just reading and listening to late-night CBC and NPR radio.”

Bryson says he doesn’t ignore the big things, they’re just not what he writes about.

“I’ve never been a big-issues writer. The more time goes by, the more nuanced it gets, rather than less. I really like the impact of a great line and the way words mash up together even if it isn’t a linear story.”

But Bryson is not entirely without political ideas. On his new album, *The Falcon Lake Incident*, written and recorded with his pals The Weakerthans, the song “Fell off the Dock” explores the nature of the nation. The album is just the latest in a long line of collaborative efforts from Bryson; he’s previously partnered up with Sarah Harmer, Lynn Miles, Kathleen Edwards, and The Tragically Hip, to name a few.

“Part of that song came from a really bad car commercial where John Cougar Mellencamp said, ‘This is our country,’ and I thought, Well, what’s our country? Everyone has a different concept of space, geography, politics, and social politics. Social politics plays a big part in what I do. Just what everybody’s role is and what your small corner of the universe means.”

As for what these ideas have to do with Canada, Bryson says that to him, there isn’t one Canada, but rather there is many Canadas.

“Everybody’s eyes is what it is,” he says. “We as a nation have a lot of things we come together on, which gets glorified and played up; we play up the unity. But everyone’s situation, life, and experiences are different. I ponder a lot what blanket statements mean.”

He’s had time for lots of pondering lately, having just completed the Ontario/Quebec portion of his nation-wide tour with The Weakerthans (*sans* vocalist/guitarist John K. Samson) backing him up. And that’s *backing him up*, not *playing the show as well*, a fact lost in at least someone in every city the show is hitting.

“No matter where I am, there are always a few people who think The Weakerthans are playing these shows, and they’re not,” says Bryson. “It’s The Jim Bryson Weakerthans Band, and it is what it is. I don’t make any excuses about what we are—I’m just up front about it so no one is screaming at me on stage.”



# Chatting with the father of cyberspace

“If the internet weren’t a waste of time, it wouldn’t be working.”

**WILLIAM GIBSON**  
AUTHOR

**DYLAN WILKS**

CONTRIBUTING WRITER

It could be argued that William Gibson created the internet. The author, who invented a language for cyberspace—a phrase he himself coined in his short story *Burning Chrome*—also helped inspire its evolution.

“The internet is the thing that we did after we did cities,” says Gibson. “Cities are really, really quite highly advanced and incredibly complex human artifacts. The only thing we’ve done that is more highly advanced and more highly complex than cities is the Internet.”

Gibson once said that the internet is a waste of time, which is exactly what’s right about it. He applies this same logic to cities.

“Any city that is devoid of ways to waste time, in my mind, isn’t a very good city,” says Gibson. “I want cities with flea markets and slums and red-light districts and everything that cities have traditionally offered. I don’t want a cleaned-up version, I don’t want the Disney version—I want the real messy deal.”

Gibson also wants the real messy internet. He says the internet has always been just that.

“A lot of people would like to clean it up, but there are systemic aspects of it that don’t actually make that possible,” says Gibson. “That’s what makes it work. If it weren’t a waste of time, it wouldn’t be working.”

These days Gibson is active on Twitter and blogs—things he had avoided until they became “such a magnificent opportunity to waste time” that he could no longer resist.



**The man who invented the word “cyberspace.”**

“I think the internet has the capacity to addict you because it is, in a sense, unregulated,” says Gibson. “It’s largely free space, and when you have free space you can feel like you have free time.”

Gibson—who was recently in Victoria promoting his new novel, *Zero History*—has a prophetic talent with his writing, having most recently explored viral marketing in his 2003 novel *Pattern Recognition*, years before it was widely exposed to the public consciousness.

“What I had was some early evidence of what would later be called viral marketing,” says Gibson. “All that stuff really jumped out at me. I thought, ‘This could really make it into the future. It could be really big or it could be really horrible.’”

This talent for seeing, and writing about, future trends dates back to his *Bridge* trilogy, released in the ’90s. In that series, Gibson wrote about what is today called reality television.

“And it’s almost as spectacularly dumb as reality television is today,” says Gibson. “The funny thing is that somebody reading those novels today would take that stuff for

granted. If you got somebody who grew up with reality TV it would never occur to them that I’d committed that act of prognostication by getting that in.”

Gibson’s first novel was 1984’s *Neuromancer*. In it, he created a world filled with what he called console cowboys (now known as hackers) who would connect to the matrix (a visualized internet), and exist in cyberspace.

In coming up with terms like these, Gibson created a language and an iconography that’s still evolving and is still in use today.

Gibson’s idea for visualized internet inspired the way the online world evolved—specifically what we know as the world wide web.

It took *Time* magazine 10 years to mention the novel, but in 2005 *Neuromancer* was included on their list of the 100 best English-language novels written since 1923.

“People don’t realize what a stretch some of it was at that time,” says Gibson, “and I’m kind of proud of that, because it means that it worked.”

## A bit of Montreal flavour in town

**ED SUM**  
CONTRIBUTING WRITER

### La Belle Patate

1215 Esquimalt Rd., 250-220-8427  
4/5 bites



### La Belle Patate has delicious poutine.

Designer poutine is a craving that's easy to satisfy at La Belle Patate in Esquimalt, offering a variety of flavours and extras for such a simple sin. To have the works can easily scare away the health-conscious, but it didn't stop me from ordering the Montreal smoked meat version (\$7.40).

I enjoyed the supple crunch and soft squeals coming from the curd, gravy, and potato combination. The gravy was lukewarm, which didn't melt anything, but that's to be expected when the order is eaten right away. There were also some bisqued pieces of fatty ham in my dish, and that made for a beautiful serving that I'll

have to burn off in the next few weeks.

I also had their basic cheeseburger (\$5.60) with the best tasting sauerkraut that I've ever had, and it's hard to balance such a delicacy with the other tender flavours. There was love in the meat that'd been pounded into a patty. It was like eating a perfectly aged medium rare steak, and when it was placed in a tenderly warmed bun, the rest was history.

I asked for no pickles and appreciated

the response I received. The operator said they'd never do that, or destroy a burger with ketchup. With that kind of attitude, I can easily find myself visiting this place often. Now I just have to be careful with one of the seven deadly sins: gluttony, I must avoid.

**Taster's tip:** To get the cheese curds to melt properly, let poutine sit for 5-7 minutes. When getting takeout, leave the tray sealed to ensure even heat distribution. ☺

# Kool

107.3

## TOP 40 COUNTDOWN

### Today's Best Music

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

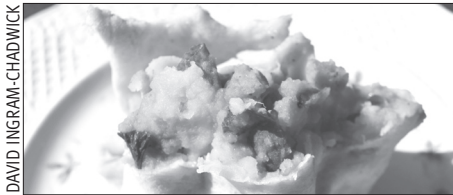
- |                              |                         |                               |                            |
|------------------------------|-------------------------|-------------------------------|----------------------------|
| 1. Rihanna                   | > S & M                 | 21. Diddy Dirty Money         | > Coming Home              |
| 2. Adele                     | > Rolling in the Deep   | 22. Simple Plan               | > Jet Lag                  |
| 3. Katy Perry                | > E.T.                  | 23. Katy Perry                | > Last Friday Night        |
| 4. Britney Spears            | > Till the World Ends   | 24. Jason Derulo              | > I Don't Want to Go Home  |
| 5. Bruno Mars                | > Lazy Song             | 25. Selena Gomez & The Scene  | > Who Says                 |
| 6. Martin Solveig/Dragonette | > Hello                 | 26. Tinie Tempah              | > Written in the Stars     |
| 7. Black Eye Peas            | > Just Can't Get Enough | 27. Chris Brown               | > Yeah 3X                  |
| 8. Jessie J/B.O.B            | > Price Tag             | 28. Dirty Radio               | > Wanna Ride               |
| 9. Ke\$ha                    | > Blow                  | 29. P!nk                      | > Perfect                  |
| 10. Shawn Desman             | > Electric              | 30. Enrique Iglesias/Ludacris | > Tonight (I'm Loving You) |
| 11. Pitbull                  | > Give me Everything    | 31. Pitbull                   | > Hey Baby                 |
| 12. Jennifer Lopez           | > On the Floor          | 32. Cee Lo Green              | > Forget you               |
| 13. Christina Perri          | > Jar of Hearts         | 33. Karl Wolf                 | > Ghetto Love              |
| 14. Fefe Dobson              | > Can't Breathe         | 34. Alyssa Reid/P. Reign      | > Alone Again              |
| 15. Kristina Maria           | > Let's Play            | 35. Kuba Oms                  | > Electro Love             |
| 16. Ragahv                   | > Fire                  | 36. Mia Martina               | > Latin Moon               |
| 17. Chromo/La Roux           | > Hot Mess              | 37. Danny Fernandes           | > Feel It                  |
| 18. Lady Ga Ga               | > Born this Way         | 38. Bruno Mars                | > Gerenade                 |
| 19. Rihanna                  | > California King Bed   | 39. LMFAO                     | > Party Rock Anthem        |
| 20. Lady Ga Ga               | > The Edge of Glory     | 40. Fefe Dobson               | > Stuttering               |

www.1073kool.fm



# COLUMNS

## Soul good and a perfect stage



DAVID INGRAM-CHADWICK

**Stir It Up's excellent roti.**

**DAVID INGRAM-CHADWICK**

CONTRIBUTING WRITER

### Stir It Up

1284 Gladstone Ave  
250-590-6694  
4/5 bites

Soul-filling roti are available at Stir It Up in Fernwood Square. Roti are hand-made flatbreads of Indian origin. Wrapping a roti around spiced vegetables and meat is apparently a Caribbean innovation.

The cook kneads the bread and griddles it into fluffy roti supremacy right before your eyes.

A vegan roti costs \$9.50. It looks like a fat burrito—bite into it and discover the superiority of roti over tortillas.

The bread came in delightfully fluffy layers that perfectly illustrated its freshness.

The roti filling was awesome. My first bite landed on a sprig of parsley and quickly led through a stew of chickpeas, carrots, potatoes (skin included), the crunchiest green cabbage imaginable, and eastern spices.

Everything held together perfectly. Nothing dripped from places that I didn't bite. You could eat this while jogging.

**Taster's tip:** Alcohol isn't served, so buy the carrot punch (\$4) instead. You won't regret this healthy, vibrant, and punchy concoction. 🍷

**NATE JONES**

CONTRIBUTING WRITER

### Stage

1307 Gladstone Avenue, 250-388-4222  
5/5 bites

The cuisine at Stage has been called many things: Hungarian, Mediterranean, even Canadian. Most foodies believe the cuisine speaks fluent French.

One of the special features on the menu is the house-made charcuterie. The menu features a variety of sausages, salamis, and other delectable items for the carnivore.

One personal favourite is the grilled chicken sausage with sage, apple, and pistachio. The sausage comes, appropriately, accompanied with sweet banana squash.

**Taster's tip:** If you can't spend too much, snack before you go and get the smaller plates. 🍷



**Student Employment Festival 2011**

**Wednesday, September 28, 2011**  
Lansdowne campus

**Festivities begin at 8:30 am and wrap up at 4:30 pm.**

**Activities include the following:**

- Resumania** - fine tune your resume for your next job application
- Interview Moments** - practice your interview skills with an expert
- Living Library** - check out an employee in your field of interest and find out what it is really like
- Guest speakers** - learn about many different career options
- Dragon's Den** - pitch your ideas in the Dragon's Den competition

*For more information, contact 250-370-4181*



**CAMOSUN COLLEGE**

# EVENTS

## local, live, and loud

by dylan wilks

WEDNESDAY, JULY 20

### Austra, Techromancer

Lucky Bar, 10 pm

Electronic new-wave group Austra recently released their first album, *Feel It Break*.

The trio includes Torontonian vocalist Katie Stelmanis, her former Galaxy band-mate Maya Postepski, and former Spiral Beach bassist Dorian Wolf. Also playing will be Victoria electro/pop/rock group Techromancer.

FRIDAY, JULY 22

### Battles

Sugar, \$18, 10 pm

American experimental rockers Battles are in the middle of their tour for *Gloss Drop*. Battles have yet to replace previous vocalist Tyondai Braxton, who left to pursue a solo career, opting instead for guest vocalists like Gary Numan on the new album. It's doubtful that Numan will make an appearance at their Victoria show, however.

TUESDAY, AUGUST 2

### Rob Zombie, Slayer

Save-on-Foods Memorial Center, \$60-\$70, 6 pm

Promising to show no mercy, Grammy-award-winning metal gods Slayer and Rob Zombie are on a path of destruction set to descend upon Victoria. This will be the first time the two icons have played together since Ozzfest in 1999, and Slayer guitarist Kerry King has said fans "can expect no less than hell on earth."

SATURDAY, AUGUST 27

### KMFDM, Army of the Universe, Human Factors Lab

Sugar, \$22, 8 pm

German industrial legends KMFDM are coming back to Victoria for the first time since their release of their 2005 album, *Hau Ruck*. Since then the band has released three more albums and relocated back to Germany from Seattle, but the sound remains the same: unrelenting, ultra-heavy beats sure to please any industrial fan.

TUESDAY, AUGUST 30

### The Reverend Horton Heat, Nashville Pussy, DJ Hardweek

Club gone9, \$23, 8 pm

Closing out the summer are two acts from way south of the border: psychobilly rockers The Reverend Horton Heat and southern metallers Nashville Pussy.



Battles



Slayer



KMFDM

## classifieds

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THE AFRICAN AWARENESS COMMITTEE meets every Wednesday at 12:30 in Young 220. Come out, learn, and support African related initiatives!

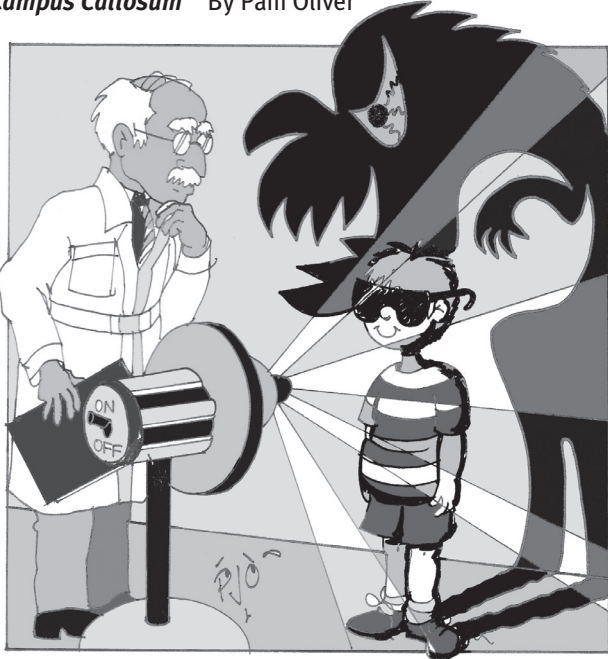
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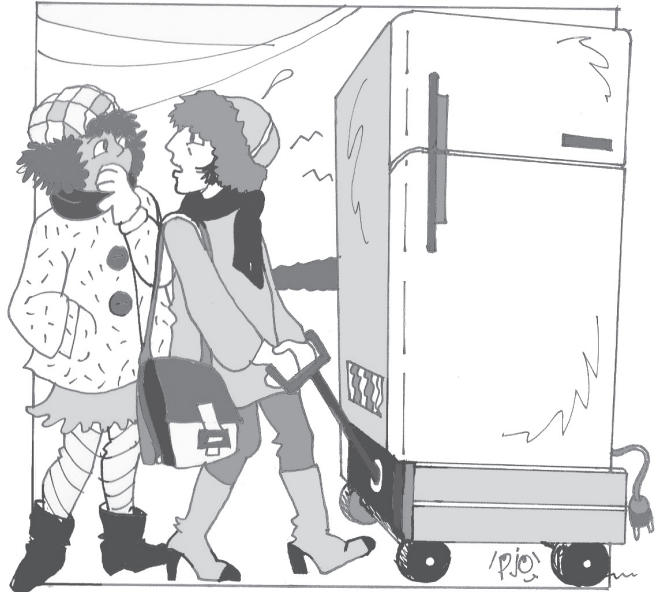
# COMICS

**Campus Callosum** By Pam Oliver



**New Jung-FrankenScanner advances the Science of Psychology**

**Campus Callosum** By Pam Oliver

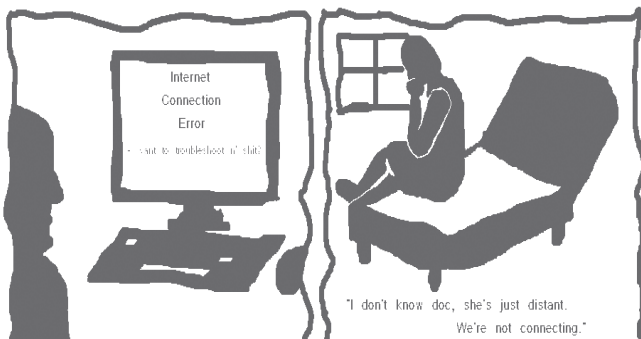


"With the menace to nature from cars, plastic and paper bags, and lead in cloth bags, the only option left was to store my fridge at the grocery store!"

**Norma Jean** By Jenna Cotton



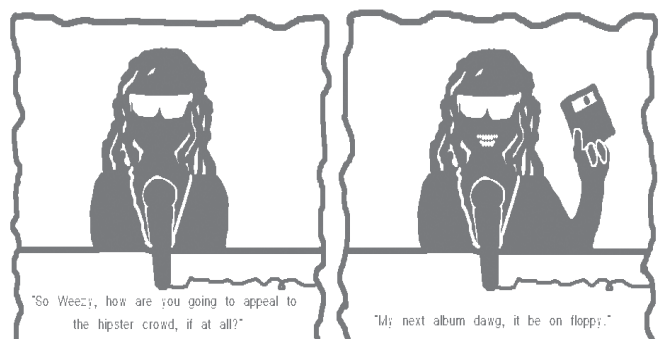
**Silhouette** By Adam Price



**Norma Jean** By Jenna Cotton



**Silhouette** By Adam Price



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