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editor's letter

The rise of responsibility

Hello August, my old friend, I've come to stress out over a new semester starting, again. No, this editor's letter is not sponsored by Simon and Garfunkel, but it is sponsored by my September dread.

While I would love to hang on to the good-time vibes brought on by camping, sun, extra money, friends, and patio drinks, it's time to start looking forward to the upcoming semester and school year. While planning ahead may be one of my least favourite things to do, it's an unfortunate necessity. So, without further ado, I will be your guide to the death of summer and the rise of student responsibility.

Getting ahead is one of the easiest ways to ensure a smooth transition into student life. I'd highly recommend heading to your favourite store to stock up on supplies before the influx of stressed-out parents and children litter the aisles. Whether that be a stationary store or an electronic store, don't wait until all the good stuff has been ransacked—please don't be like me and enter the school year with an agenda that proudly proclaims “Girl Boss” in a scripted font because that's all that was left.

Speaking of stocking up, if that summer money has been treating you well, it's also smart to head to a cheap store and pick up some provisions for the dark days of winter. Once a year I get someone with a Costco card to escort me to the overwhelmingly large store and I buy ramen, toiletries, you name it. It's a horrible feeling running out of something like toothpaste and not being able to afford it until payday. Without turning into a doomsday prepper (although that is, honestly, starting to look like a good idea), create a pantry full of items that will help support you when funds are running low and stress is running high. A bonus to making a student survival kit is if—or when—the zombie apocalypse hits you'll have enough supplies to outlast the undead for at least a few weeks.

Another good idea is to come to the campus you'll be studying at early to buy your books and scope out some good study spots. Camosun College has a lot of different amenities to check out, so if it's your first time here, it's not a bad idea to explore the different buildings so your first day of school will be as stress-free as possible. Before I started at Camosun, I thought the building names were the names of my teachers, so I got very lost (shout out to Professor Young).

Finally, soak up the last few weeks of summer—being a student can be hard and draining, so enjoy the free time and the long summer nights. See you in September.

Jordyn Haukaas, student editor
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open space

If you're offended by *Barbie*, you're part of the problem

JORDYN HAUKAAS
STUDENT EDITOR BARBIE

Greta Gerwig's *Barbie* premiered on July 21, and it inspired a mass wave of people to put on their favourite pink outfits and head to the movies, selling out theatres across the globe in the process. The movie is a massive success: the opening weekend saw \$162 million in sales and broke the first-weekend record for a film directed by a woman.

However, it's caused backlash as people (mostly men) have taken

to suggest that this should be the new way of the world. Instead, it points to how women have been viewed in film: as objects dripping with sex appeal who stand daintily beside the men who save the day, or as empty boy-obsessed characters devoid of personality beyond having breasts. (On that note, someone please tell male writers that this isn't actually a personality trait.)

To sum up the negative backlash that *Barbie* is facing, Twitter user @TechnicallyRon does a nice job by incorporating one-star reviews

Anyone who sees *Barbie* and suddenly feels threatened has either missed the point entirely or, worse, related to one of the toxic characters.

to the internet to christen *Barbie* as an “anti-man” film. (Not to be confused with the film *Ant-Man*; however, I do blame men for creating that gem.)

To fully understand why people are burning Barbie dolls out of rage (I wish I was kidding), we must first understand the plot of *Barbie*, so, beware: spoilers ahead.

Barbie follows the life of Stereotypical Barbie, played by Margot Robbie, who lives in a matriarchal society called Barbieland. There are Kens in Barbieland, but they have less important roles like Beach Ken, played by Ryan Gosling.

Life is good in Barbieland until Stereotypical Barbie begins having an existential crisis, which leads her to the real world for answers. Beach Ken accompanies Stereotypical Barbie to the real world and they're both surprised, for different reasons, by the patriarchal society that offers a stark contrast to Barbieland. Ken, feeling important for once, brings patriarchy back to Barbieland, which soon begins to crumble under his regime.

Barbie flips the script on sexist themes seen throughout movies since the beginning of, well, movies. Turning Beach Ken into a sexy object whose only obsession is winning the affections of Stereotypical Barbie is not a tactic used by filmmakers

into the art in the *Barbie* movie poster. For example: “An alienating, dangerous and perverse film,” “The feminist agenda will kill us all,” and my personal favourite, “They won't be happy until we are all gay.”

Anyone who sees *Barbie* and suddenly feels threatened has either missed the point entirely or, worse, related to one of the toxic characters. For example, Beach Ken's personality once he discovers the patriarchy draws resemblance to people who create self-centred podcasts that drone on about alpha males, beef (for some reason), and, of course, the gym. If that's you, and you're offended by this dramatized portrayal, therapy is a super-duper powerful tool.

As well as pointing out gender inequalities, *Barbie* also sweetly touches on how difficult and scary the transition from girlhood to womanhood can be. While a portion of movie-goers may not understand that transition, or know what it feels like to be considered an object, that doesn't mean they're being cruelly ridiculed.

Not every movie is made for every person.

I know that a certain demographic isn't used to not being the centre of attention, but, as *Barbie* reminds us, it's a personality trait they should acquire.

Something on your mind? If you're a Camosun student, get in touch with us with your *Open Space* idea! Email editor@nexusnewspaper.com. Include your student number. Thanks!

letters

Cats, cats, everywhere cats

I enjoyed reading about all the factors that contribute to diminishing numbers of birds (though I wonder what Emily [Welch, writer] means by “Cats and birds have always lived together”: always? everywhere?) (“*Open Space*: Keeping cats indoors not a solution,” July 5, 2023 issue). Point well taken.

I wonder as well whether Emily would also advocate to let them reproduce “naturally” and be against spaying and neutering?

MARIE ROULLEAU
VIA EMAIL

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COVER PHOTO: Provided

OVERHEARD AT NEXUS: “That's a sexy piece of beef.”

awards

Professional Cook Training student wins cooking competition



PHOTOS PROVIDED

Camosun Professional Cook Training student Sebastian Edwards hard at work.

JORDYN HAUKAAS
STUDENT EDITOR

Camosun College Professional Cook Training student Sebastian Edwards won first place in the Victoria chapter of the Regional Jeune Chef Commis, a La Chaine des Rotisseur cooking competition held in Vancouver on June 11.

Edwards says that his love of cooking stemmed from a love of eating, which led him to the Professional Cook Training program at Camosun. It was there that Culinary Arts chair David Lang approached him and asked if he would be interested in the competition; Edwards happily accepted the challenge.

While some students may enter something like this with a competitive mindset, Edwards didn't

approach the competition with a win-or-lose mentality. Instead, he viewed it as an opportunity to showcase his skills, network, and have fun doing what he loves.

"I wasn't thinking about winning it," he says. "My focus was finishing on time, because when you're at these things the biggest thing is, you just want to get your stuff up on time. For me, personally, my thought wasn't about winning it; that's a horrible attitude to go into it with, if you're worried about losing. You're just there to learn stuff and have some fun."

Edwards credits part of his success at the competition to the knowledge and support he obtained from Camosun, as well as his time spent at Langford cafe House of

"For me, personally, my thought wasn't about winning it; that's a horrible attitude to go into it with, if you're worried about losing. You're just there to learn stuff and have some fun."

SEBASTIAN EDWARDS
CAMOSUN COLLEGE STUDENT

Boateng, where he currently works as an apprentice.

"I think, you know, [winning] was a product of Camosun and working at House of Boateng and everyone that's had an impact on me," says Edwards. "But yeah, Camosun definitely played a part in it, they helped me build confidence in myself."

Before the competition, contestants were given different proteins to create two dishes with. For his starter, Edwards made a crab salad and mango ravioli followed by a main course of fir-crust lamb rack with a lamb shank cabbage roll. To help ease his nerves, he created a plan that kept him on track while he prepared his meals.

"I practiced this, however many times, like I know exactly what I'm doing," he says. "But sometimes the nerves kind of get to my head, so, it's nice to have like a concrete thing to look at. Just to kind of calm down and ground myself and be like, 'Okay, this is what I need to get done next,' and then just keep moving."

The stress of a high-pressure competition might be intimidating but Edwards believes it can be a valuable experience for students. He says that the pressure he felt during the competition is similar

to working in a busy restaurant, which can be a necessary skill for culinary students.

"I know for culinary students, it's that high kind of rush and mov-

ing very quickly that you get, like when you're working at dinner service at a restaurant, working the line," he says. "It's a very high-paced environment and doing a competition is such a good way to kind of experience that and kind of help prepare yourself for that."

After securing a victory in Vancouver, Edwards is now preparing for the National Jeune Chef Commis in Toronto in October.

"I'm very excited," Edwards says. "It'll be the farthest I've kind of gone away for something culinary. So, it'll be a lot of fun, I'm looking forward to it. And there are some nerves there too, because it's the national competition and it's the highest I've ever competed in anything before."



NEWS BRIEFS

Indigenous Peoples in Trades Training students craft paddles

Students from Camosun College's Indigenous Peoples in Trades Training program are creating red and yellow cedar paddles under the guidance of Francis Wilson, a third-generation canoe builder from the Cowichan Tribes. The artwork featured on the paddles was created by Camosun alumnus Dylan Thomas and represents the six priorities from Camosun College's 2023-2028 strategic plan.

Camosun College receives \$1.75M grant

Camosun College has announced a renewal of the Technology Access Centre grant in Advanced Manufacturing Research. The grant has received a funding boost of \$1.75 million; it's funded by the Natural Sciences and Engineering Research Council of Canada. The grant assists

with industry collaboration and makes it possible for the Camosun Innovates team to, among other things, develop prosthetics and equipment for Para sports athletes.

Cougar sighting near campus

A cougar sighting was reported on July 20 approximately one kilometre from Camosun's Lansdowne campus, near Allenby Park. Although human/cougar conflict is rare, some safety strategies include making yourself as big as possible and backing away slowly, picking up small children and pets right away, remaining calm, maintaining slow movements, and never running, as sudden movements may result in an attack.

New program focuses on Indigenous leadership

A new 20-month part-time program, Ways of Indigenous Leadership and Learning

Advanced Certificate (WILL), is set to begin in fall of 2023 at Camosun College. The WILL program allows students to learn from Indigenous scholars and cultural knowledge keepers locally and in New Zealand. The blended program will be taught primarily online with an opportunity for students to meet once a year for three weeks. The first year meetup will take place in Victoria and the second year in Christchurch, New Zealand. The program will focus on relational, cultural, and strategic elements of Indigenous leadership. See camosun.ca/will for more info.

-JORDYN HAUKAAS,
STUDENT EDITOR

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indigenization

Camosun launches new Indigenous Community Wellness program



FILE PHOTO

The Indigenous Community Wellness program is starting at Camosun College this fall.

JORDYN HAUKAAS
STUDENT EDITOR

Camosun College is launching a new program this fall for Indigenous students that teaches the integration of Indigenous perspectives and practices into organizations and the greater community. The Indigenous Community Wellness program is a 10-month certificate that can be taken full-time or part-time at the Saanich Adult Education Centre.

Program leader Meagan Saulnier is looking forward to the intake of students in September. Along with supporting students and staff members, she will also be teaching

a class in the program, which she says is one of her favourite parts of the job.

“I’m so excited,” says Saulnier. “There’s a lot of land-based work that we’re going to be doing and we have elders coming into the class and working with medicine and it’s going to be really, really beautiful.”

The Indigenous Community Wellness certificate is essentially a revamping of the Indigenous Family Support certificate that ran for roughly 20 years. Saulnier explains that members of the community were consulted regarding what the new certificate should entail.

“Before it was geared more towards family support social services,” she says. “And now this is more holistic, all-encompassing, Indigenous community wellness. What we know is that we need more than just family support—we need wellness in our community in various aspects: language, land-based access to traditional foods, regalia. So, that is kind of what informed the changing of the program.”

Saulnier says that there are healing-centred aspects of the program, so students will have the opportunity to leave the classroom to participate in Indigenous practices.

“There’s a lot of land-based work that we’re going to be doing and we have elders coming into the class and working with medicine and it’s going to be really, really beautiful.”

MEAGAN SAULNIER
CAMOSUN COLLEGE

“My motto is ‘Nothing about us without us,’” she says. “And I’ve worked in the field for about 20 years. So, I’m coming off of the frontline and going more into teaching people how to work in our community in a good way now. And so, the healing component is woven throughout the course in the program. So, we’ll go on medicine walks, we may do a sweat, smudging will be part of it. So, it’s kind of like embodying it and practicing it ourselves. And also, just like helping people step into their gifts and powers that they hold as Indigenous people and the teachings from their family.”

Saulnier believes that one of the most important parts of the certificate is the various relationships the program focuses on and how exploring these relations could help inspire balance and healing.

“I think this is important because I think the most important thing in life is relations, right? Like, relations with yourself, relations with others. And I think that, as humans, we’ve gotten really far away from that, as well. So, if we can get back to that... We’re all always trying to be in balance,

whatever that looks like, right? And sometimes when things come in, like addiction or mental illness, it’s about being out of balance. So, this is so important because we need healing, we need space to do that, we need to reclaim our cultural ways.”

Saulnier wants to encourage students who are hesitant about taking the program to give it a shot and says that they will be welcomed wherever they are in their healing journey.

“I would say to a student if they’re considering it, then it’s for a good reason,” she says. “So, they should really just step into that. Often, I find a lot of the time why people get stuck is from shame, right? Like, maybe we’re not in a place where we think we should be when we hear the word ‘wellness.’ But that’s not the case, because it’s a continuum and everyone is on a journey of wellness. So that’s something that I would want students to hear and just to try it out, because it’s going to be really fun.”

See camosun.ca/programs-courses/indigenous-community-wellness-certificate for more information on the new program.

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review

Langford Beer Festival rocks the park at Starlight Stadium



PHOTOS BY LANE CHEVRIER/NEXUS

Attendees enjoying The Langford Beer Festival on Saturday, July 15; the event returned in great form and featured around two dozen vendors serving beers, ciders, and meads.

Bones Brewing served me their Black As Night Imperial Vanilla Stout (10%), which, like all imperials, was strong and dark enough to rise up and consume the glass within which it rests, before coming after you next.

However, the added Madagascar vanilla softens the blow, so I suppose I could say that this is the kind of beer that kicks your door down at 2 am and steals your television, all the while apologizing courteously.

LANE CHEVRIER
CONTRIBUTING WRITER

The Langford Beer Festival, presented by the Victoria Beer Society, returned in great form on Saturday, July 15, this time occupying the Langford Starlight Stadium. Around two dozen vendors populated the field, serving their best beers, ciders, and meads. Much of the fare centred around lighter drinks perfect for refreshing a hot summer day, and the stadium was bustling with people enjoying good drinks and food from a few local vendors.

I started off the day with Beacon Brewing's Summer Sugar Strawberry Shortcake Sour (4.9%). This sour, sweet beer was brewed adding strawberries at the end of the first fermentation. Graham crackers were added for additional flavour, and lactose was used to preserve some of the sweetness. During the fermentation process, sugars are mostly converted to alcohol, which is why most beer is not sweet; lactose, being a non-fermenting sugar, can be added to retain that sweetness.

Lilooet Brewing offered their Mountain Bluebird Belgian Wit (5.9%), using BC-grown barley, hops, and unmalted wheat, with coriander seed and bitter orange peel. With a creamy, pale appearance, this beer balances the citrus flavours of the crystal hops with the more mellow flavour typical of witbiers.

Next, I tried the Raspberry Vanilla Sour (7.9%) by Category 12 Brewing. With raspberry puree and vanilla added at the end, this one is surprisingly light to drink for its high alcohol content. Often, beers this strong can be difficult to even swallow, but this one tasted far lighter, giving it a solid punch beneath an unassuming exterior.

Bones Brewing served me their Black As Night Imperial Vanilla Stout (10%), which, like all imperials, was strong and dark enough to rise up and consume the glass within which it rests, before coming after you next. However, the added Madagascar vanilla softens the blow, so I suppose I could say that this is the kind of beer that kicks your door down at 2 am and steals your

television, all the while apologizing courteously.

From Herald Street Brew Works came the Chai Latte Captain Red Ale (7.3%). Chai tea and beer might seem like a strange combination, but, inexplicably, it seems to work. The tea added during the fermentation adds a down-to-earth spiced flavour. It's safe to say that if you enjoy chai tea, you'll enjoy this beer, but I'd be remiss not to warn that the flavour is very strong, overpowering every other flavour in this beer.

Humblebee Meadery offered the Champion of the Sun Saffron & Orange mead (5.5%), which uses actual saffron, an exotic and expensive spice grown in the Mediterranean. This one is intriguingly unusual. Very subtle and moderately sweet, this is a relaxing and refreshing beverage that I returned to a couple of times throughout the afternoon.

Moon Under Water Brewery offered their Creepy Uncle Dunkel Munich Lager (5.4%). The word *dunkel* means "twilight" in German, and a dunkel was the first beer ever featured at Oktoberfest in 1810. Usually black lagers, or schwarzbiers, use a pilsner base and burnt malts to create their dark appearance, but the dunkel uses a dark Munich malt base instead to create a beer that's halfway between a traditional light lager and a schwarzbier. The Uncle can be considered to have a dependable flavour for a dark lager: there's nothing particularly unique about it, but if you know what you're in for, you get what you know.

Junction Orchard & Cidery brought their Sangria Cider (6%). While traditional sangria is made with fruit juice, wine, and, sometimes, liquor, this drink uses an

apple cider base with bosché and pinot noir wine, combined with blueberry passionfruit fruit juice. It has a rich red hue, and is slightly tart but sweet. While I couldn't taste the wine in it, it's still a very enjoyable cider.

With a wide selection of craft brews from around the province, the Langford Beer Festival was a roaring success, and I'm certainly looking forward to its return next year. In the meantime, you can attend the Victoria Beer Society's Great Canadian Beer Festival in September to tide you over.

Moon Under Water's Creepy Uncle Dunkel can be considered to have a dependable flavour for a dark lager: there's nothing particularly unique about it, but if you know what you're in for, you get what you know.



Caring for form

Figuring out the Provincia

Story by AJ Aike



PHOTO PROVIDED

Camosun graduate Gauge Duce accessed the Provincial Tuition Waiver Program.

“A lot of youth in care have lived through a lot of trauma and adding debt on top of trauma is just an anxiety attack waiting to happen.”

GAUGE DUCE
CAMOSUN COLLEGE STUDENT

The Provincial Tuition Waiver Program (PTWP) is a government benefit introduced in 2017 that helps former youth in care access post-secondary education by covering the cost of tuition. The BC government estimates that 1,900 students across BC have benefited from PTWP since it was introduced.

Unlike scholarships, grants and bursaries, PTWP is classified as a benefit administered by StudentAid BC.

Another difference is that students do not receive the funding directly.

“It’s not a cash-in-hand program, so it’s not a program where the students are given a cheque or X amount of money if they’re approved for it,” says Camosun College Financial Aid advisor Kolina Ecklin, who oversees PTWP at Camosun.

To be eligible for the program a student must either have been in care when they turned 19 or have been in care under the Ministry of Child and Family Development (MCFD) for 24 cumulative months any time prior to turning 19; have been adopted; or have been formerly in the Child in Home of a Relative program. Effective August 1, there is no longer an age cap on when a former youth in care can apply; previously, students could only apply until their 27th birthday.

Undergraduate studies, apprenticeship programs, and continuing education courses are covered by PTWP; master’s degrees, PhD or post-graduate courses or programs, and Adult Basic Education programs are not eligible. Individual courses are also covered, as students don’t need to know which credential they want to obtain to access PTWP. Students will also continue to be eligible for PTWP if they switch their enrolment to another program.

Despite having existed for six years, the tuition waiver program is not necessarily well-known. Rather than social workers telling individuals about the benefit, some students seemed to stumble across the information. Camosun College Arts and Science student Emily-Jayne Smythe received a letter from the government when she turned 18.

“If I hadn’t gotten a letter in the mail I never would have known,” says Smythe.

Gauge Duce graduated from Camosun in April with a post-grad certificate in mental health. She started her studies at UVic, where she found out about PTWP.

“At UVic, the Financial Aid advisor mentioned something about coverage from the government for school. And then I reached out to my social worker, and they explained all of it to me,” says Duce.

Ecklin acknowledges there’s a communication problem and wishes there was more funding to advertise the waiver program, not just at Camosun, but across the province. She’s started asking students where they heard about the program to get a better sense of where the news is coming from. Since Camosun sent out a press release about the changes to the Tuition Waiver back in May, Ecklin has seen an increase in applications. The BC

government is anticipating an increase of 1,500 applications this year and 1,000 to 1,200 each year for the following two years.

The BC government also issued a press release in May; however, a review of their social media shows only one tweet about the program from the BC NDP and one from Henry Yao, BC NDP MLA for Richmond South Centre. There are no posts on Instagram or Facebook from the BC NDP regarding the changes. However, there are Facebook posts

from Dan Coulter, MLA for Chilliwack and minister of state for infrastructure and transit; Josie Osborne, MLA for Mid Island-Pacific Rim and minister of energy, mines and low carbon innovation; and Aman Singh, MLA for Richmond-Queensborough and parliamentary secretary for environment. StudentAid BC sent out one tweet in May.

When posting about the tuition waiver, Osbourne and Singh used a graphic that emphasized “Stronger BC” whereas Dan Coulter used a graphic that emphasized the tuition waiver program which has also been used by institutions and other organizations.

Instagram and Facebook would be logical places to advertise due to the high number of students that use the platforms, but due to the Online News Act the BC government has suspended advertising on those platforms. If students want updates on government activities, they have to follow the BC NDP or individual ministries, which means the government needs to be more proactive in their posting and reposting.

For students that find out about the program after paying tuition, there’s a reimbursement opportunity but the window is small.

“If a student starts in September, has paid their tuition and fees, and then is approved for tuition waivers before the term ends in December, so whatever the last day of the exam period is, then I would be able to reimburse them from the program,” explains Ecklin. If exams have ended, students can apply for a tuition waiver for the next semester.

Duce points out that Camosun has made the waiver program more visible on the Financial Aid & Awards webpage by adding it to the drop-down menu to refine a search for bursaries. A more recent update to the website has increased the visibility further; it now appears on the landing page for Financial Aid.

To increase awareness, Duce suggests that social workers and financial aid advisors be more transparent about the waiver program.

“It can be a weird question, to have on applications and on things,” says Duce. “But even just having that question, ‘Are you a former youth in care?’ on things... would be really helpful because a lot of people don’t like admitting that they’re a former youth in care, but it can be really helpful. When you get used to it, you get comfortable admitting that you are a former youth in care.”

Smythe echoes a need for social workers to be more proactive in getting information out to youth in care, and also adds that Camosun can do more as well.

“I think that Camosun should be sending out emails to maybe every student that’s enrolled,” she says, “because you never know how many of them qualify for it, but don’t know about it.”

Smythe suggests the eligibility requirements be listed in the email, along with information on the program, the link to apply, and an opportunity for a Zoom meeting to have an information session with Ecklin.

Information sessions would be helpful: there are three student funding options with three applications, two of which have to be done through Financial Aid, but one that can go through Financial Aid or StudentAid BC; it’s confusing to sort it all out.

The timing of when students are informed about the tuition waiver program can also make an impact on youth in care.

“I feel like 16 would be a better age just because, for one, it gives you more time to plan and figure out what to do, because, especially in my situation... Back then before I knew about it, I was kind of like, ‘I’ll probably never really be able to do school.’ And it bummed me out a lot and caused a lot of depression, feeling not-so-great feelings about my future,” says Smythe. “And I feel like if I had known a lot sooner like that, I would have liked this kind of opportunity. It would have benefited me a lot more to be able to plan and have hope for the future.”

Smythe says that knowing about the waiver program would have also helped her pick the high-school courses she needed as prerequisites for courses at Camosun. High-school students begin picking credit courses to chart their future in grade 10. If youth in care are

er youth in care l Tuition Waiver Program

n, features writer

advised around that time that post-secondary education is possible for them through the tuition waiver program it could change their whole high-school experience. They may not know what they want to do post-graduation, but they could ensure they have basic admission requirements, or put more thought into the electives they choose. In general, it could offer hope for a better future, which may help them persevere through the most difficult times they face, especially if they're juggling school and work to pay rent.

The Tuition Waiver program does what it sounds like: it waives tuition. Student fees are also included, but textbooks and other supplies needed for classes are not covered. However, there's other wraparound funding available to assist former youth in care students to offset these costs.

Through the Financial Aid office, Camosun administers the Youth Futures Education Fund (YFEF), a mix of funding from the government and other agencies such as the United Way. Students need to provide a budget for their overall needs, such as the cost of textbooks, cost of living, utilities, and food to receive funding. Once approved, funds are distributed based on how much funding Camosun receives and the needs of the students.

The process can be a bit overwhelming, however, Financial Aid can help. "A lot of the time, students aren't sure quite what to indicate and what they can indicate as an expense to be considered for the funding," says Ecklin. "So, I will meet a lot of students about their Youth Futures Education Fund application for that or I will have a phone conversation with them."

Students need to apply for YFEF each semester they want to receive funding for, and the amount of money a student receives can vary from semester to semester. Once approved, funds are distributed to students by e-transfer, the same way bursaries are distributed through Financial Aid.

"I am typically the person that will distribute the funds; I get those applications, and I see what these students need for their studies," says Ecklin. "It's always nice to be able to help people out with money where you can."

StudentAid BC also offers a grant for former youth in care, which is in a transitional period. As of July 31, the Youth Education Assistance Fund (YAEF) is no longer taking applications; it has been replaced with the Learning for Future grant (LFFG) with some changes. (There was a four-year cap on assistance with YAEF, however, students who have used up their four years of YAEF are still eligible for LFFG.)

LFFG is a lump sum of \$3,500 that students can receive annually. This change is one part of the government's StrongerBC Future Ready plan to help make post-secondary education and skills training more accessible to BC residents.

The Future Ready plan aims to meet a skills shortage demand by increasing accessibility to advanced education with a \$480-million investment and post-secondary education budget increase over the next three years. Other needs-based and industry-specific funding is available as part of the Future Ready plan. An increase to student-loan funding and more flexible repayment options are included in the 2023 budget and are part of the Future Ready plan.

Scholarships, grants, and bursaries are helpful for anyone trying to deal with the high cost of tuition. However, as Duce points out, the thought of going to post-secondary school for youth in care can be more daunting.

"A lot of youth in care have lived through a lot of trauma and adding debt on top of trauma is just an anxiety attack waiting to happen," says Duce. "And so, a lot of former youth in care, I feel like, don't access post-secondary and further their education, not because they don't want to or they can't, but because they just simply can't afford it. So, I think this now will be kind of that gateway for that opportunity for them. I just think it's fabulous."

Youth in care can bounce around from foster home to foster home, live under the threat of MCFD taking them away at any moment if they misbehave, and have to grow up a lot faster in a much more challenging environment; they've had to become adults before turning

18. Trying to figure out work, rent, and paying bills can be challenging enough without adding student debt into the mix. Duce's message to former youth in care is to advocate.

"My biggest suggestion is advocate, advocate, advocate for yourself. Don't be afraid to bug that social worker and ask those what seemed to be maybe stupid questions. And just push for those answers," says Duce. "Push for the funding, push for the help that you need, because it's available, and just have that voice be able to say, 'Hey, no, don't ignore my phone calls, don't ignore my emails.' Call every day if you have to. Be the advocate for yourself that you've always wanted someone else to be for you."

The impact that the PTWP can have on former youth in care is significant. It's not just a matter of getting free education—it's a lifeline.

"Hundreds, thousands, of people all across BC, who grew up in foster care or group homes or, you know, have been absolutely shit on their entire life by everyone all around them, have never had any kind of opportunity or that are coming from a lot of trauma and hardship, and getting the opportunity to actually go to school and not have to stress over student fees and all that kind of stuff and being able to have the opportunity to take courses that you're interested in, things that you love and you want to expand upon, that's really invaluable," Smythe says. "And because for a really long time, growing up I was like, 'I'm never going to be able to go to school or university or, ever get a career, I'll never be able to, do that,' because I didn't have any family, I didn't have anything, like, I didn't have any support system. So, the tuition waiver program is a massive step in the right direction."

"For a really long time, growing up I was like, 'I'm never going to be able to go to school or university or, ever get a career, I'll never be able to, do that,' because I didn't have any family, I didn't have anything, like, I didn't have any support system. So, the tuition waiver program is a massive step in the right direction."

EMILY-JAYNE SMITHE
CAMOSUN COLLEGE STUDENT



Camosun student Emily Jayne-Smithe also used the tuition waiver program.

AJ AIKEN/NEXUS

music

Jayne Imagination gets personal with friends imaginary and real

“I feel like I have friends in my imagination that I also feel very strongly towards. So, it’s a good balance of, you know, imaginary friends, but also, you know, friends that I talk to and see.”

JAYNE IMAGINATION
MUSICIAN

NICOLAS IHMELS
STAFF WRITER

Local electronic musician Jayne Murray—also known as Jayne Imagination—released her new album *Friends* on July 27. And while the album—her second this year, following up May’s *Messenger*—is the latest step forward for Murray, she’s also looking back. Murray says that she had a spectacular childhood, so much so that she never wanted to stop being a child, although her imagination has only grown stronger over the years as she’s grown up.

“Yeah, I had a really awesome childhood,” says Murray. “I think something cool for me that I’ve thought about a lot recently is when

I was a kid, like when I was like eight or nine, I figured it out that I didn’t want to be an adult, I wanted to be a kid forever. And I’ve said this before that I feel like where I’m at now, I feel like my imagination is much larger and stronger than that of when I was eight or nine years old. So, I feel very honouring of that younger version of myself in that way.”

Murray realized that she wanted to make music while she was exploring other artistic endeavours like painting and drawing. She recognized that having music playing in the background was one of the best parts of creating.

“When I first started getting into art, I started painting and drawing first, that was like, ‘Oh, this is it,

this is what I need, I need to draw and paint because I love it,” she says. “But there was always [music playing] in the background and that was like, the best part, and playing it loud and playing it loud in my car. And then it finally clicked for me: ‘Oh, I could make music,’ and it just kind of all came together that way.”

While Murray has goals for her future, she’s trying to enjoy the process between achieving her dreams and where she is now in her music career.

“I think the ultimate [goal] would be at Wembley Stadium with like, my performance and my stuff that I want to bring on stage with me, which isn’t necessarily music,” she says. “And there’s a whole vision attached to what the end goal is, but, especially now, I’m definitely really appreciating the sort of slow climb or the process. There’s lots of cool stuff that hopefully will happen in between the time now and the end goal. So, I’m just trying to enjoy it.”

Besides music, Murray’s family and friends—both real and imaginary—are the most important things to her.

“I feel like I can’t get enough friends... It’s not the amount of friends, just having those really strong bonds that are really important to me,” she says. “I think also within my imagination, I feel like I have friends in my imagination that I also feel very strongly towards. So, it’s a good balance of, you know,



PHOTO PROVIDED

Local musician Jayne Imagination recently released her new album, *Friends*.

imaginary friends, but also, you know, friends that I talk to and see.”

Murray allows her curiosity to take over when she is creating music. Instead of sitting down and writing songs, she draws inspiration from different sounds on her computer.

“I don’t really write music, I just make it because it’s all in the

computer, like, it’s electronic,” says Murray. “I either am attracted to sounds that I like or sounds that inspire me in some way and then I try and be open-minded to different sounds. And being curious about, ‘Well, I wonder what would happen here?’ Being curious about if I did that or this. Curiosity is really important, I think.”

review

Wentworth Villa exhibit explores work of Victoria-born architect

ABBY BIDWELL
CONTRIBUTING WRITER

The first thing I noticed when I walked into Wentworth Villa to explore the new exhibit *John Di Castri, Architect: A Retrospective (1924-2005)* were the beautiful high ceilings and cross hatch windows; the venue is well-lit and is a perfect place to hold an exhibit about architecture. This is fitting because Di Castri was a Victoria-born architect who designed hundreds of buildings on Vancouver Island.

The exhibit is multi-faceted—it showcases original artwork, text, photographs, and seven models of Di Castri’s most notable works. There’s an introduction about Di Castri’s life and career on the wall just outside of the room; this provides a helpful overview about the architect.

Text, artwork, and black-and-white and colour photographs line the walls, and the models fill the space in the centre of the room. It’s difficult to know where to start as the photographs of Di Castri’s buildings are labelled with the year they were built but aren’t in chronological order. I think it would make more sense if they were, so viewers could see the progression throughout his career.

The best part of the exhibit, in my opinion, are the seven incredibly detailed scale models. The floors on the model of the Cornett Building at the University of Victoria are

even labelled with the different classrooms and offices. Some of the pillars on this model were slightly crooked when I was there; however, I can imagine how tedious constructing these models would’ve been, so I’m still very impressed.

Text from the exhibit describes Di Castri’s architecture as drawing elements from nature: the seashell design of the waterfront Dunsmuir residence is an example of this. While its shell design may not be visible from looking at photographs taken from the road, it becomes evident when looking at the aerial blueprint.

For multiple reasons, it’s fascinating to see Di Castri’s designs in different mediums. His sketches and blueprints of his designs allow me to see his ideas from the early stages to the finished product in both photographs and models. It clearly demonstrates the creative process and artistic aspect of his architecture.

There’s also some of the architect’s own abstract artwork, which is interesting to see how it seeps into his designs, where the line between art and architecture seems to blur. The curators also added other personal touches to the exhibit, like newspaper clippings of interviews with Di Castri, which enhance the experience.

One confusing element of the exhibit are the coloured squares seen on the displays. This could be



ABBY BIDWELL/NEXUS

John Di Castri, Architect: A Retrospective (1924-2005) looks at the work of the Victoria-born architect.

symbolic of the colours in nature, as though they’re trying to match the colours in the photographs and buildings, or they might just be for decoration. In the end, I feel like they were unnecessary, as the purpose isn’t clear to me.

The Di Castri exhibit is a great way to learn more about some of the architecture right here in Victoria’s own backyard. There’s a

good amount of art and text to look at in the exhibit without it being too overwhelming for those who might not have much previous knowledge of Di Castri or his work.

The exhibit honours Di Castri’s life’s work in a way that feels extremely fitting as he was a multi-genre artist. The exhibit and Di Castri’s buildings highlight architecture as an art form in and of itself. I now

have a greater appreciation for his architecture after learning more about the story behind the designs and the person who created them.

John Di Castri, Architect: A Retrospective (1924-2005)
Until Saturday, September 9
Wentworth Villa
wentworthvilla.com

review

Monsters on Maple Street interesting but not light summer read

JORDYN HAUKAAS
STUDENT EDITOR

Monsters on Maple Street: The Twilight Zone and the Postwar American Dream by author and historian David J. Brokaw delivers a thought-provoking examination of the relationship between the classic science-fiction show *The Twilight Zone* and post-World War II America.

Reading this non-fiction book is like taking a step back into the 1950s and 1960s, to a time when sponsors heavily censored television shows, ensuring a white-washed American dream on every television set. *Monsters on Maple Street* takes a deep dive into the social commentary not so subtly lurking in crucial episodes of *The Twilight Zone*. Brokaw explains that *The Twilight Zone* criticizes the American dream by introducing viewers to the American nightmare through a lens of sci-fi and horror, allowing *The Twilight Zone* to escape censorship due to it being a fictional show.

Brokaw connects the dots between episodes of the show to disturbing themes like racism, war, propaganda, white supremacy, and consumerism in a way that's cleverly explained and thoroughly researched.

The layout of the book also helps strengthen Brokaw's points, with each chapter delving into a different theme from post-World War II America with *Twilight Zone* episodes to match.

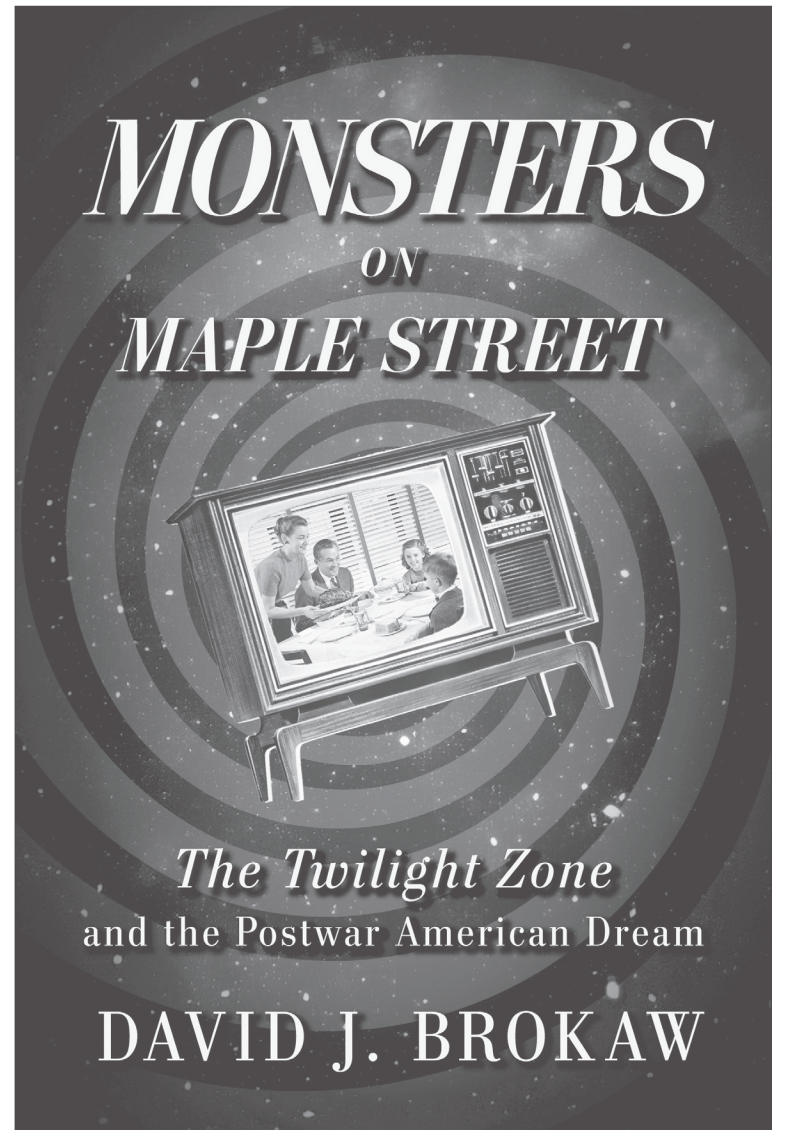
Reading this non-fiction book is like taking a step back into the 1950s and 1960s, to a time when sponsors heavily censored television shows, ensuring a white-washed American dream on every television set. Author David J. Brokaw explains that *The Twilight Zone* criticizes the American dream by introducing viewers to the American nightmare through a lens of sci-fi and horror, allowing *The Twilight Zone* to escape censorship due to it being a fictional show.

Pictures from *The Twilight Zone* are also in every chapter, allowing readers to connect to the brief synopses of each episode even further. In addition to pictures, each synopsis' length is perfect, with every description summarizing the plot nicely while remaining interesting and engaging.

The descriptive language used throughout this book means that readers don't have to be history buffs or experts on every *Twilight Zone* episode to understand and enjoy its contents. However, a reader who has little interest in history or *The Twilight Zone* may have

trouble becoming fully invested as it does sometimes read like a history or communications textbook. *Monsters on Maple Street* is an in-depth peek into American history, but with little modern relevancy, it can be hard to stick with.

The introduction of the book also ran a little too long at nearly 25 pages, and was often quite repetitive, which to a certain extent is forgivable, but it felt like the reader was being spoon-fed the same information instead of being able to draw conclusions naturally. Once the introduction was finished, it became much more enjoyable



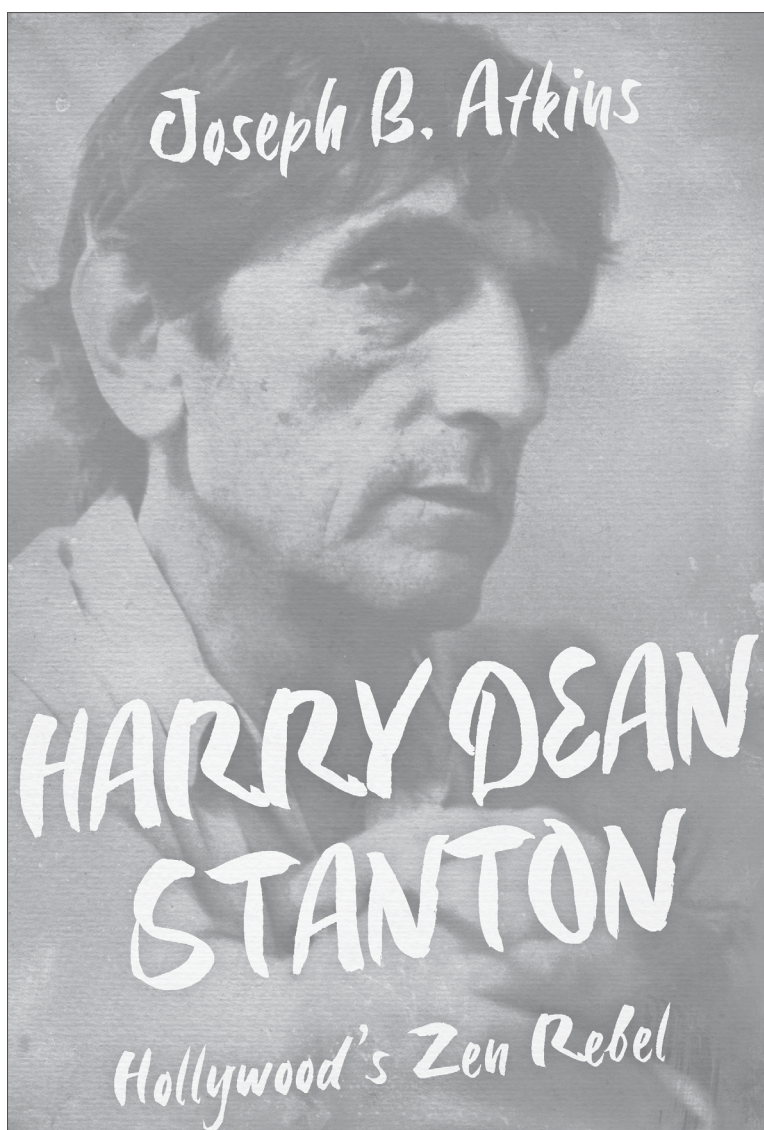
because the remainder of the book isn't as exhaustingly over-explained.

Overall, this is a book rich in history that showcases the horrors hiding behind the American dream. Each chapter offers a different perspective on the many issues that

plagued America in the mid-1900s through *Twilight Zone* episodes. The combination of history and science fiction makes for a one-of-a-kind read that leaves readers with a better understanding of *The Twilight Zone* and its social commentary.

review

New book offers fascinating look into the life of Harry Dean Stanton



NICOLAS IHMELS
STAFF WRITER

One of the most interesting books I've read so far this summer is Joseph B. Atkins' *Harry Dean Stanton: Hollywood's Zen Rebel*. Through its fantastic use of first-person perspective to its engrossing depiction of Stanton's life, Atkins creates a wonderful book that honours the Hollywood acting legend as much as it entertains its reader.

The main things I like about this book are the use of first-person perspective and its use of Stanton's favourite song, "Canción Mixteca."

The book begins with Stanton's funeral; this is a very interesting place to start because it has the effect of making the reader feel the joy the narrator clearly has towards Stanton's work, which makes the writing captivating and emotionally impactful.

I especially love the way the writer uses "Canción Mixteca" in the beginning of the book. This song is referenced numerous times throughout *Hollywood's Zen Rebel* and each time does a wonderful job at keeping the reader engaged.

I also like how this book uses interesting facts about Stanton and explores his high-class Hollywood

I like how this book uses interesting facts about Stanton and explores his high-class Hollywood life. For example, it's not widely known that Stanton was a military cook and was on one of the boats during the Battle of Okinawa, or that he was close friends with *Saturday Night Live* cast member Chris Farley and was one of the people who checked up on him mere days before his fatal drug overdose.

life. For example, it's not widely known that Stanton was a military cook and was on one of the boats during the Battle of Okinawa, or that he was close friends with *Saturday Night Live* cast member Chris Farley and was one of the people who checked up on him mere days before his fatal drug overdose. These facts are fascinating and play an important role in the book's plot as well as enhancing the reader's experience.

My only complaint about the

book is its length; at points, it drags on too long. Some facts, while neatly organized, feel unnecessary and some explanations are way too lengthy. This book could have been a hundred pages shorter and still have delivered the reader an engaging experience without sacrificing any respect for Stanton.

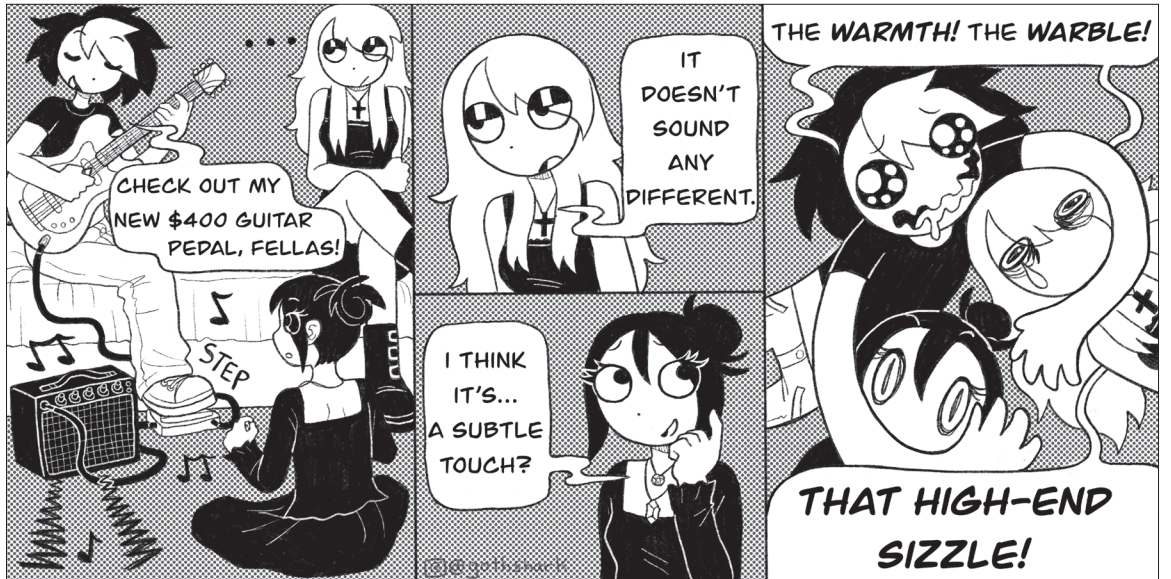
So, yes, while it's a little long, *Harry Dean Stanton: Hollywood's Zen Rebel* is still a very entertaining look into the long life and career of the Hollywood legend.

David Wilder: Private Eye - Ben Walmsley-Byrne



Aware that many detectives are called out of retirement for "one last job," a 12 year old David Wilder goes into retirement before his career has even started.

Ruby Rioux and the Bats from Saturn - Ray Nufer



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3. "The Last Five Years gets non-linear with relationships," July 5, 2023
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JORDYN HAUKAAS/NEXUS

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swag, and new stuff is added all the time.

Here's your hint: This one's on a top floor of a building that may or may not be named in the picture.

Get hunting!



Walking the Balance Beam

by Emily Welch

Finding balance in goodness

What is goodness? How do we balance the good in our lives? How do we feel goodness, see goodness, practice goodness?

Goodness has a broad spectrum. Can we really measure it? What does it mean?

Goodness can be displayed in the simplest of acts. If we pass someone living outside, we can offer some change, a meal, or some genuine conversation. When we go to purchase our coffee or groceries we can make sure to acknowledge the person serving us and show gratitude for them being there. We show goodness when we hold a door for someone or help carry their groceries. When we take the time to listen to someone who needs to talk and give them our full attention, this is an act of goodness.

There are also ways to practice goodness in a broader sense. For instance, there is a drought occurring right now on Vancouver Island. Our water resources are drier than

We often jump to the conclusion that when someone makes a bad decision or displays bad behaviour they must be a bad person, when, in reality, most people are not bad, just troubled.

they've ever been. Water has always been available to us, so this is hard to even register, yet there are plenty of small things we can do, simple things like turning off the tap water while brushing our teeth, cutting our shower time in half, or giving plants leftover drinking water or dishwater instead of dumping it (they love dishwater). Doing these things regularly will make a difference, if we work together.

So often there's a line drawn between good and evil, and there's a belief that the decisions we make in our daily lives are either good or bad. We often jump to the conclusion

that when someone makes a bad decision or displays bad behaviour they must be a bad person, when, in reality, most people are not bad, just troubled. We might forget to wonder what could be going on with this person's life to cause them to act this way.

Using critical thinking and questioning our motives behind the decisions we make: this is where goodness will occur. We must try, as individuals, to practice consistent acts of goodness, even when life hasn't felt good to us. When this becomes natural, balance in goodness can be found.



Kiry'n's Wellness Corner

by Kiryn Quinn

The importance of breathing

It's been a month since we last connected, so let me refresh you on the two takeaways from my last article: paying attention to what foods and drink you crave and when, and paying attention to when your breath is easy and deep or restricted and shallow.

Both areas of focus take place around the belly, the area where the Manipura or solar plexus chakra is believed to lie. Located between the rib cage and the navel, it represents self-esteem, emotions, overall digestive health, and the element of fire (think "digestive fire").

Many yoga postures or asanas are intended to stimulate the chakra energy wheels in the body to help bring about balance. When your third chakra is out of balance, myriad digestive issues can manifest on the physical plane, while on the emotional plane, issues of low

self-esteem and depression are believed to manifest.

In balance, a healthy manifestation of digestive energy and confidence arises.

Recall the last time you over-indulged at a holiday feast and then found yourself unable to take deep breaths. Food and the nutrition derived from it are vital for our health, but only in moderation. Oxygen is immediately vital, so does it make sense to overdo one avenue of good health that only then hampers another?

We can go many days without food, but we cannot go even a few minutes without breath.

The physical muscular structure of your stomach has a limited capacity. The next time you catch yourself wanting to overeat, think about your breath.

Performing breathing exer-

cises, pranayama, or yoga asanas that involve twisting the torso are excellent ways to promote a strong digestive system. My favourite is supine spinal twist, known as *supta matsyendrasana* in Sanskrit.

Lay on your back with your arms out in a T, bend your right leg up towards you and then slowly lower it over and down to the left as far as is comfortable and then take five deep breaths into your belly and out to your ribcage, allowing the knee to relax closer to the floor with each exhale. Carefully return to centre, being mindful of your back, and then repeat on the other side.

This month become aware of the fact that your stomach has a limited capacity and try to not strain it. Secondly, practice the above supine twist a few times a week and notice how you feel afterwards.

Until next time, keep it real.



Nic's Flicks

by Nicolas Ihmels

Indiana Jones and the Dial of Destiny depressing, disappointing

Indiana Jones and the Dial of Destiny (2023)

1.5/4

One of the fondest memories I have of growing up is watching the Indiana Jones movies with my father and brother. I love every second of the original three movies. I even enjoyed *Kingdom of the Crystal Skull* and never really understood the hate. Sure, the whole "nuke the fridge" idea was kind of silly but to me it's an entertaining action adventure movie. So, you can imagine

Mads Mikkelsen delivers a very good bad guy in this movie.

It's always a joy to hear a John Williams *Indiana Jones* score, and his fifth contribution to this franchise is no exception. Every action sequence is beautifully scored and Williams' music does a near-perfect job in both playing to your nostalgia as well as drawing the audience into the action.

In addition, while director James Mangold is no Steven Spielberg, I think he did a great job with

It seems like every character is suffering from some kind of loss and the movie painfully spells that out for the entire audience.

my excitement when Lucasfilm announced that Harrison Ford was coming back for one last adventure.

Unfortunately, although this movie has its moments—mainly Ford's performance, John Williams' musical score and the opening train sequence—I have to say that, overall, this is one of the most disappointing movies I've ever sat through.

Let's start with the good news, and, to be fair, there's lots of it. I liked some of the action sequences. For example, I thought the aforementioned opening train sequence was fun. It had some good classic Indy action with the whip and the punching people through his hat—all of that was nicely choreographed and helmed.

Ford's good in this movie: *Dial of Destiny* puts Dr. Jones in some very emotional situations, and the actor shows that even at 80 years old he's still the same old charisma machine he was back in the '80s. Phoebe Waller-Bridge provides a great sidekick to Indy, even through her character is kind of a jerk, and

this film. Each actor's performance is masterfully directed, as are the action sequences and the emotional beats of the story.

Now let's get into all the things I absolutely despised. The first thing would be the depressing tone of the film, and it's not a good sort of depressing. It seems like every character is suffering from some kind of loss and the movie painfully spells that out for the entire audience.

Another thing I didn't like is the use of classic characters from the other movies. It's no secret that Marion Ravenwood and Sallah are back in this film. I just don't know why they were brought back, because neither of them get anything to do in the movie. They're mainly just there to moan and groan about how they miss the old days when they were part of this grand adventure.

While this movie has a lot of redeeming qualities to it, its depressing tone and underuse of key franchise characters make it a rather disappointing watch that nobody will want to revisit any time soon.

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