## NEXUS september 5, 2023 issue 1 | volume 34 nexusnewspaper.com camosun's student voice since 1990 CANOSUN: WE NEED PAGE 6 Contest: win a book from Arsenal Pulp Press! page 10 Camosun students impacted by Gallivan security breach page 3 Camosun Fine Furniture student looks at program through podcast page 4

Chargers get ready for



AN IMPORTANT NOTICE FROM NEXUS:

Facebook, Instagram, and Google have made the decision to not allow Canadian viewers to see *Nexus*' content on their platforms due to the Online News Act (see page 2).

Fly on over to Twitter to find us there, download our app from the Google and Apple stores, and, as always, check us out at nexusnewspaper.com.

### ΧΠΖ camosun's student voice since 1990

Next publication: September 20, 2023 3100 Foul Bay Rd Victoria BC

V8P 5J2	STOU FOUI DAY RU., VICIOIIA, DC,
Location:	Lansdowne Richmond House 201
Phone:	250-370-3591
Email:	editor@nexusnewspaper.com
Website:	nexusnewspaper.com
Publisher <sup>.</sup>	Nexus Publishing Society

#### NEXUS PUBLISHING SOCIETY

STUDENT BOARD MEMBERS President - Celina Lessard Vice-President - Keith Johnson Treasurer/Secretary Daniel Ellerton Director-at-large - Sam Ryder MANAGING EDITOR Greg Pratt STUDENT EDITOR Jordyn Haukaas STAFF WRITER Nicolas Ihmels ADVERTISING SALES Greg Pratt 250-370-3591

NEXUS IS A MEMBER OF CANADIAN UNIVERSITY PRESS

CONTRIBUTORS Dominique Atherton Kim Fehr Ray Nufer Kiryn Quinn Pablo M Romero Emily Welch Ali Williams

### editor's letter Bill C-ya later Canadian news

When I entered Camosun College bright eyed and bushy tailed I wasn't sure what career I wanted to pursue. During my first semester in the Digital Production, Writing and Design program I was quickly drawn to journalism. I thoroughly enjoyed my journalism class and was volunteering for Nexus, so my route to becoming a journalist felt like a natural progression. Although a career in journalism seemed shaky at best-with mass layoffs and consistently dipping revenue-I still felt a glimmer of hope that I could make it work. After all, effective reporting is a necessity in keeping Canadians informed.

My optimism has been slowly crushed over time but the cherry on top was Bill C-18 (the Online News Act) that was made into law in June. Bill C-18 won't just impact prospective journalism students—it's detrimental to all Canadians as all news has now been completely wiped from Facebook and Instagram for anyone in Canada. By the time this issue comes out, Canadian news will not be available on Google searches either.

So, why is this happening? Essentially, the Canadian government created this bill in hopes that tech giants would negotiate individual deals with Canadian news organizations and compensate them whenever their content is used. This backfired as Meta and Google's response was to simply block news content from being shared or searched instead of having to pay. Which makes sense: why would large tech companies throw money at Canadian news organizations when it doesn't greatly benefit them to do so?

The federal government has now ceased its advertising on Instagram and Facebook but, financially, it doesn't seem to have the companies shaking in their boots. While I don't love these gluttonous tech giants, I think there must've been a better way to go about this. I'm shocked and disappointed that the government didn't have the foresight to see how this would harm Canadian media before pushing this bill into law.

This has done more than just squander one student's journalism dreams-it's put up a roadblock between Canadians and vital news. Younger generations don't flock to Twitter the way they do Instagram. Canadians will still be able to visit their trusted news sites but it would be smart to start subscribing to newsletters or downloading news apps (like ours) to stay informed.

On a personal note, I loved sharing stories from Nexus on Instagram and if I had to guess, our readership will most likely be impacted. This also sucks for students who use our Instagram or Facebook to stay informed on student-based issues, or artists whose shows, galleries, and concerts we report on. I imagine that Bill C-18 will reduce readership for all news organizations, jeopardizing the way we share news with each other along the way. We are living in a tumultuous world where communication is an extremely powerful tool; it's disheartening to see the powers that be leaving us Canadians in the dark.

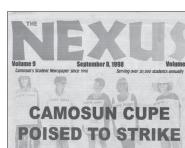
> Jordyn Haukaas, student editor jordyn@nexusnewspaper.com

#### flashback

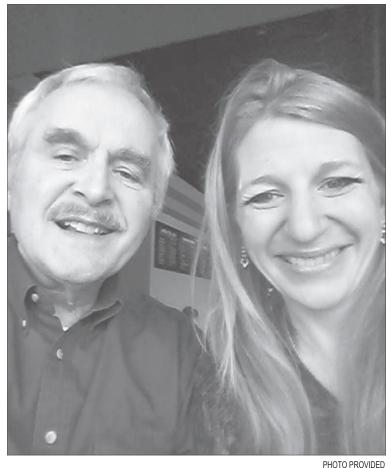
### 25 Years Ago in Nexus

JORDYN HAUKAAS STUDENT EDITOR

No fishing in Fisher: In the September 8, 1998 issue of Nexus we reported on the creation of the pond in the Fisher building. The project was launched because of a suggestion from Camosun's Health and Wellness Committee; the pond was meant to beautify the space as well as cleanse the air. In '98 the pond only consisted of plants, but nowadays it's occupied by the star of the show: Bubbles the turtle, who can often be found lounging under a heat lamp. Nexus separates from CCSS: Nexus reported its financial freedom from the Camosun College Student Society (CCSS) in this issue, meaning it would run independently as its own organization. There were still negotiations underway between the CCSS and Nexus detailing the terms of the split. As it stands today,



### open space Seeing my father for the first, and last, time



#### Nexus writer Emily Welch with her late father.

#### EMILY WELCH CONTRIBUTING WRITER

I was caught in my father's hold in the same way a fly gets caught in the sticky threads of a spider's web, struggling to escape the suffocation. He was one of the most brilliant people I have known, and also one of the most tortured. He was a professor in art history with a Harvard PhD; his intellect was his armour, his safe place.

He was also a private, almost mysterious, person. I rarely ever I always wondered why he didn't want or notice me.

I once said to him, "Why don't you just marry me, Papa?"

An ache in my chest that I didn't understand only grew with his years of silence. I have never, to this day, wanted someone's love so much. It was only natural I would become a terrible teenager, dropping out of school at 16, running away from home, and losing myself to a downpour of substance abuse, sexual misconduct, and shame. This is a

#### I have never, to this day, wanted someone's love so much.

heard him talk about his own childhood except for how much he both admired and feared his own father, a medical scientist, also brilliant, also critical. According to my mother, my dad couldn't remember a time seeing his own parents happy I was smart, capable, and eager to together, and after brutal sessions learn. Thoughts and ideas came of criticizing my mother, inevitably leaving her in tears and confusion over what she'd done, my dad would tell her that this was how marriages were. It was how his parents had been with each other, and this was the way of all adult relationships. My mother left him when I was four. Over the next 10 years he married three more women and dated others in between. There was always an abundance of thrashing fights throughout our house as I grew older, and loud tears from various stepmothers. I remember having to seek safety and protection-often behind furniture-with my older brother and sister to avoid the shouting and hurling objects. For some reason, behind that couch,

long story, and almost impossible to condense, but let's push through some storm clouds and report that at 35 I went back to college without asking my father for any advice or financial help. There I discovered

Nexus is still its own entity, separate from both the CCSS and Camosun College.

O rave, rave, wherefore art thou, rave?: Nexus writer Nicole Makin observed in this issue that the rave scene in Victoria was becoming more and more sporadic. Allegedly, police had been shutting down raves, sometimes before they began. Makin didn't blame the police for breaking up the parties; instead, she put out a call to action for society to become more accepting of raves and rave culture.

Join our team of volunteer writers.

alive to me, ideas that were fresh, varied, curious, and new.

Over the last five years I was also able to establish a relationship with my father. As I watched his brilliant mind crumble and diminish with Parkinson's, I was able to see his barriers open, and a purity show through, as if some sort of private demon was finally releasing him.

November 2020, four months before he died: I sat swathed in sanitized plastic across the table at the care home, and held his hands in mine while he struggled to remember who I was. I remember how his eyes crinkled with recognition as he suddenly exclaimed, "It's you!!" I grinned back at him, able to love him, because he was right.

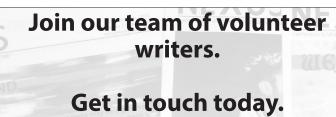
Something on your mind? If you're a Camosun student, get in touch with us with your Open Space idea! Email editor@nexusnewspaper.com. Include your student number. Thanks!

All editorial content appearing in *Nexus* is property of the Nexus Publishing Society. Stories, photographs, and artwork contained herein cannot be reproduced without written permission of the Nexus Publishing Society. The views and opinions expressed herein are those of the authors, not of Nexus. Nexus has no official ties to the administration of Camosun College. One copy of Nexus is available per issue, per person.

Send a letter Nexus prints letters to the editor. Nexus reserves the right to refuse publication of letters. Letters must include full name and student number if a Camosun student (not printed). Nexus accepts all letters by email to editor@nexusnewspaper.com. We reserve the right to edit all letters.

COVER PHOTO: Greg Pratt/Nexus

OVERHEARD AT NEXUS: "Who is this feral beast?"



#### security

## Camosun College students impacted by security breach

Ne're writing to inform you of an incident that may affect the privacy of your personal information held by our company Gallivan; we provide the student health, dental, and welling program for Camosun College. On March 10, 2023, we were informed of a data breach at Security company used for secure file transfer of data b benefit administration systems, service partners, and College Student Society. After a thorough investigation involving our inte becaulty address we determined the followin and included in this incident: your student ding identity theft. GREG PRATT/NEXUS

#### Camosun College students received this email from Gallivan on July 19 informing them about a data breach.

JORDYN HAUKAAS STUDENT EDITOR

Some Camosun College students had their student ID, name, and date of birth accessed in a data breach incident that happened earlier this year.

On March 10, 2023, Gallivan—a partner organization to the Camosun College Student Society (CCSS) that provides post-secondary organizations with health and dental plans-was notified about the breach. The data breach happened with file transfer software GoAnywhere MFT, developed by cybersecurity company Fortra; the vulnerability that led to the breach

has impacted over 100 organizations worldwide.

An email was sent to the impacted students on July 19 from the CCSS on behalf of Gallivan. In the email, Gallivan states that the breach was reported to the Office of the Privacy Commissioner of Canada and provincial privacy authorities. (As of press time, Gallivan has not responded to requests for an interview with Nexus.)

A credit monitoring service, MyTrueIdentity, is being offered to impacted students free of charge for a 12-month period. Students who have minimal or no credit history, however, aren't eligible for credit monitoring services; instead, a darkweb monitoring service may be available to them.

CCSS executive director Michel Turcotte says that students who were contacted regarding the breach shouldn't panic due to the limited amount of information that was compromised, and he says there's no evidence that the stolen data has been used.

"First, I'd like to say that any student that was impacted by the breach... knows about it because they were directly communicated to," says Turcotte. "If a student hasn't been notified, we don't want to create some sense of panic, be-

"Any student that was impacted by the breach... knows about it because they were directly communicated to. If a student hasn't been notified, we don't want to create some sense of panic, because they were not impacted by the breach."

> MICHEL TURCOTTE CAMOSUN COLLEGE STUDENT SOCIETY

cause they were not impacted by the breach... We know exactly who was, you know, potentially impacted. But that said, the data breach was as a result of a third-party software that was used by one of the partners which we work with to provide health and dental insurance to the students. And, we have to transfer some data so that the students can be enrolled with Canada Life [Insurance], and that special file transfer software was potentially impacted by a data breach."

Turcotte says that the breach might have more to do with the persistence of hackers than the security of the GoAnywhere software that was compromised.

"The file transfer program that was impacted was considered to be one of the most secure in the industry by a major company whose business is providing internet security," says Turcotte. "I mean, it's a tricky world out there in terms of cybersecurity. So, I don't know what more could have been done under the circumstances, because in order to do business and provide

services, information of some sort needs to be transferred. And you can do everything you can, as was done in this case, to protect that data but sometimes if groups of hackers or nation-states or that sort of stuff devote enough energy, nowadays, you can brute force anything."

To protect students, a new file transfer program is now being used; according to Turcotte, it's also considered to be one of the best in the industry.

"It's a scary world out there in terms of privacy and internet security," he says. "The whole industry might be working towards finding better ways at securing data in general, or the public will have different expectations about privacy and those sorts of things. I'm not sure what's going to happen, but a different program is now being used to transfer that information, and we hope it's secure... It was selected by one of our partners, but it's supposed to be also one of the best in the industry. There's been a lot of work put into trying to make sure that this doesn't happen again."

### NEWS BRIEFS

#### Camosun looks into Interurban food hub

Camosun College is exploring the idea of potentially opening a food hub—a shared-use food and beverage processing facilityevent featured projects from graduating Computer Science and Mechanical Engineering Technology students. The projects on display were meant to offer solutions to real-world challenges; some examples of this on May 27. Inglis worked at Camosun for 10 years as both a technical assistant coach for the Chargers men's volleyball team and as the chair of the Bachelor of Sports and Fitness program. A benefit concert was held in Red



Call, email, stop by.

at its Interurban campus. Based on a study conducted by Greenchain Consulting, the facility could include Indigenous cooking and culinary programming, food business incubation, business education and training, food innovation services, a commercial kitchen and processing facility, and Indigenous gardens. The same study also suggests the facility would need roughly \$7.2 million to establish, with an additional \$1 million in startup costs. Look for our full story next issue.

#### Students present Capstone projects

Camosun College's Computer Science department's annual Capstone Symposium took place on Friday, August 11 at the Interurban campus. The

included a Wheelchair Access Innovation that helps wheelchair users access residential stairs. and work on the VR Witness Blanket Project, which uses virtual reality to showcase the horrors of residential schools.

#### Camosun and BCGEU reach agreement

An agreement has been reached between Camosun College and the BC General Employees' Union (BCGEU) Local 701 and a collective agreement fully ratified. Roughly 128 vocational instructors at the college will be covered by this agreement from April 1, 2022 to March 31, 2025.

#### Benefit concert honours late Chargers coach

Former Camosun College coach Gordon Inglis passed away

Deer in his honour on Thursday, August 10, with all of the benefits going toward the Red Deer Tennis Club Junior Tennis program.

#### Sidewalk (un)safe

A sad-looking sidewalk across from Camosun's Lansdowne campus has taken first place in this year's #JankyJune photo competition, which showcases the region's worst sidewalks. The sidewalk is on Lansdowne Road between Richmond Road and Foul Bay Road and is so thin that one person can barely stand on it. The contest is put on by pedestrian advocacy group Walk On and aims to draw attention to poorly planned municipal infrastructure.

#### -JORDYN HAUKAAS, **STUDENT EDITOR**

JORDYN@NEXUSNEWSPAPER.COM

### We want to hear your story tips.

### We want you to write for us.

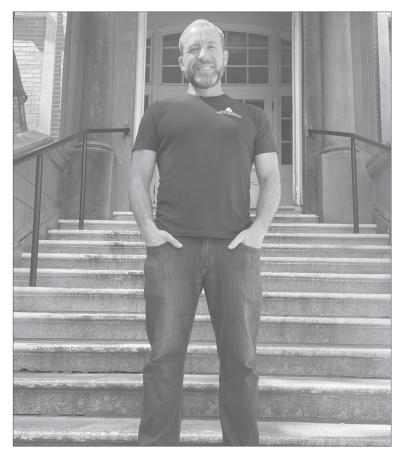
### We want your thoughts on the paper.

250-370-3591. editor@nexusnewspaper.com. richmond house 201, lansdowne campus.

## CAMPUS

alumni

## Student podcast offers glimpse into Fine Furniture program



JORDYN HAUKAAS/NEXUS

woodworking, I'd always dabbled

in it," says Feinman, who gradu-

ated from the program in June.

"I'm terrible at it but I've always

wanted to get better at it. And so we

moved to Victoria, and I found this

program on the Camosun website.

And I figured I'll never again have,

you know, 10 months with no prior

commitments, and so I applied and

leader and instructor Sandra Carr

really stood out to Feinman. He says

The teaching style of program

I was lucky enough to get in."

Camosun College alumni Joel Feinman created his podcast as a class project.

JORDYN HAUKAAS STUDENT EDITOR

During his time at the Fine Furniture/Joinery program at Camosun College, Joel Feinman created a podcast, *Pleasure in the Deeds of the Present*, where he delves into the history of the class by interviewing his teachers and fellow classmates. Originally a public defender in Arizona, Feinman moved to Canada with his wife and decided to expand on his woodworking hobby.

"I had always been interested in

## NEXUS

The content doesn't end in the paper. that the attention and dedication she put toward each student was inspiring to him both as a student and a teacher.

"It's a scholastic experience unlike any I've ever either been a student in or taught in," says Feinman. "I'm also a teacher, I teach now, and I've also taught for the last, I don't know, seven or eight years. This program and the way Sandra teaches it just felt different and it felt special. And I had a suspicion that was confirmed when I started talking to my classmates that the program, while ostensibly about woodworking, did a lot more than just teach people woodworking. It sort of, as cheesy as it sounds... sort of teaches you how to become a better person."

One of the final class projects was to create a website where students could sell their fine furniture creations. Since woodworking is a hobby to Feinman, he approached Carr with an alternative idea instead.

"I said, 'What I'd like to do is make a podcast, which I've never done, and do an oral history of the class," he says. "And so, she, without blinking, said, 'Okay.' Even though that wasn't the assignment, she trusted me. And she let me play into my natural passions and my strengths and create something that I wouldn't have created otherwise. And I think that's sort of emblematic of just how great of a teacher she is, and how great of an experience the class was."

While Feinman doesn't necessarily consider himself an artist, he enjoyed his time speaking with them "I had a suspicion that was confirmed when I started talking to my classmates that the program, while ostensibly about woodworking, did a lot more than just teach people woodworking. It sort of, as cheesy as it sounds... sort of teaches you how to become a better person."

> JOEL FEINMAN CAMOSUN COLLEGE ALUMNI

on his podcast—which he plans to continue and use as a vessel to propel artists' stories.

"I've always been jealous of artists, and I've always loved the idea of being an artist, and I'm not. We have our strengths and weaknesses and the creation of art is not my strength," he says. "But what this podcast enabled me to do is talk to artists, and hear about their life stories and how they became artists and why they became artists. And I just thought it was really interesting. So, I would actually like to continue."

Feinman's time in the program taught him many things but it also surrounded him with a sense of community in the wood shop, which he says was nice, especially being from out of town.

"It taught me a tremendous

amount of patience," he says "It taught me, going back to sort of more Buddhist precepts, it taught me to really appreciate being in the moment, and to focus, and to try and push away distractions. And even if the end result is not exactly what I wanted it to be, which it usually wasn't, to try and reflect back on how much progress I made, getting to where I am now, considering where I started. And it also allowed me to spend 10 months with just a truly incredible, diverse group of people, and learn from them and really enjoy their company and just enjoy being in the shop. And I can't understate the aesthetic pleasures of being in a place like Sandra's wood shop. I mean, the sights, the smells, the sound, the feeling, and sharing those experiences with everybody.'

Find web-exclusive stories at nexusnewspaper.com.

## CAMPUS

### sports Chargers golf tournament brings alumni together for weekend

#### JORDYN HAUKAAS STUDENT EDITOR

For Camosun Chargers alumni, the chance to reconnect with old teammates and classmates is coming this September in the form of a golf tournament, banquet, and games held at Highland Pacific Golf Course.

This will be the second annual Chargers Golf Tournament fundraiser, with alumni activities happening on Friday, September 22 and Saturday, September 23. Camosun manager of athletics and student life Scot Cuachon believes it's important to host annual events like this to maintain a sense of community with alumni.

"Myself and a few members of our Camosun staff here, including the late Gord Inglis [see News Briefs, page 3], got it launched off," says Cuachon. "It was something that we've always wanted to get going because we knew that there was quite a bit of interest from the community and from our alumni. And, yeah, it's something we've always wanted to get going just to help with community building, raise our profile, and if there's some funds raised at the end of it that would be great, too."

Cuachon says that the tournament will feature more activities than just golf—it includes a social event that provides an opportunity for alumni to mingle.

"So, the tournament takes place starting at 4, and then once the tournament's over we have a social at the end of it, and there are also "[The tournament lets] the current athletes know these former students and studentathletes who really kind of paved the way for them."

> SCOT CUACHON CAMOSUN COLLEGE

tickets for just the social as well in case people are not into golf, which some people are, I'm not a great golfer myself," says Cuachon. "So we sell social tickets at a reduced price just to give people an opportunity to come and reconnect and re-engage with the Chargers, with their former teammates, with their former instructors, with their former supporters, and things of that nature. We're going to have a silent auction as well."

The alumni festivities continue the following day where alumni teams will face off against the current Chargers teams at the Pacific Institute for Sports Education at Interurban campus. Anyone is welcome to come and watch the games; the entry fee is by donation.

"This year, and years ahead, we wanted to just make it a whole festive thing," he says. "On Saturday we will have all four games, all four teams, so, men's [and] women's volleyball and men's [and] women's basketball will be playing kind of back to back to back to back against the current teams. Usually it's a

really, really fun time just to get the past re-engaged with the present and kind of let the current athletes know these former students and student-athletes who really kind of paved the way for them. So that's the whole idea with the weekend. We launch it with more of a social activity on the Friday, being the golf tournament and the social afterward, and then for those who can still play we get them playing against the current teams on the Saturday. It's usually quite a bit of fun and we're really looking forward to having it again this year."

An overarching theme of the alumni weekend is reconnection, something that hasn't always been focused on in past years, but Cuachon believes that events like this will help to change that.

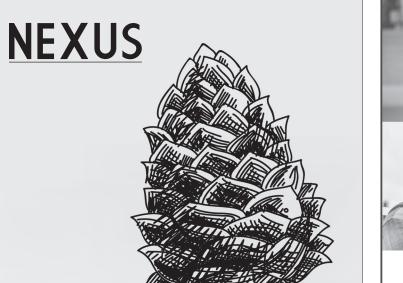
"A lot of the feedback we've gotten from alumni is that they don't get those opportunities very often, to reconnect with everybody, not just members of their team but, you know, members of the other programs," he says. "And within our planning of it all, we realized



Attendees enjoying themselves at last year's alumni golf tournament.

that there was a bit of a gap in previous years of not providing these opportunities for all these wonderful people who've come through our programs and represented us just supremely. There was a gap in them not having the opportunity to reconnect with the school, again, to reconnect with their experience, and reconnect with the people that they were around."

Tickets for the tournament are currently available at Eventbrite, starting at \$75.88.







Got something to say?

Letters to the editor: editor@nexusnewspaper.com



## My Transit.

## Tell us what matters to you!

Share your transit experience with us and have a chance to win free transit for a month. **Fill out our transit experience survey at engage.bctransit.com** 



The survey will be open from August 21 to October 27, 2023. Paper surveys are available at the BC Transit office at 520 Gorge Road East.

of the Ride



0

## Camosun: we It's not us

Story by Dominique Atherton, Jo

t's the start of a new semester, and the start of a whole new chapter of life for students just beginning here at Camosun. So what better time than now to look to some of our returning writers to find out what they, honestly, feel needs to change at the college?

But we're not all sour grapes: student editor/cover star Jordyn Haukaas also wanted to let you know about some of the great aspects of Camosun (see sidebar).

So read on to find out what Camosun students Dominique Atherton, Kim Fehr, Haukaas, and Ali Williams have to say, from the surprising downside of e-texts to the never-ending struggle for free menstrual products, with a little puppy therapy thrown in for good measure.

-Greg Pratt, managing editor

#### Dominique Atherton, contributing writer

Which the amount of time we students spend on campus, it wouldn't be a bad thing for our priorities and comfort to be brought to the forefront of the college's mind. I'd like to see an upgrade to the bathrooms in the Young Building. Now, I can only speak to the women's bathrooms, but they are decrepit, so much so it's often hard to tell if they're dirty or just old. The stall doors have such large gaps or often don't stay closed. We'd like to do our business in peace, please.

Having the opportunity to study outside is one of the best things about living in Victoria, however, we have wasted space at Camosun. It would be lovely if the college could add more picnic tables, and maybe a few gazebos, to the large grassy area next to Young building. It's a wide-open space with only a couple picnic tables to sit at; I believe the space could be expanded upon so students have a wider variety of study and meeting places. Sitting outside has been known to reduce stress, so why not give us pressurized students more chances to relax?

Safety should always be of the upmost importance in college life, but walking around campus after evening classes can be like walking through the middle of a horror movie. You know the scenes I'm talking about—the ones where the lonely person is trotting along mindlessly while being stalked by some killer in a creepy mask. So, I don't think it would hurt for there to be more lighting provided for those late-night walkers. Especially if you have to walk to the very back of the parking lot... by yourself... late at night... in the dark... in the rain... during a thunderstorm... in the middle of nowhere. Okay, I'm being dramatic, but you get my point. Lights can equal a sense of safety for us, so, please, illuminate our lives.

As a student on the go, I often find sitting down for meals to be inconvenient. What I really want is a way to grab a quick protein or snack bar from a vending machine. If machines offering these kinds of snacks were placed in every building, maybe on multiple floors, I would be able to keep my body fuelled while not losing my time or productivity. We students are often constantly moving from school to work to any other extracurricular activities we have planned, so being able to grab food and go is more convenient and efficient for both our time and monetary value. The biggest change I would like to see at Camosun is being able to opt out of the bus pass program. As someone who has to commute, I find it incredibly unfair that I've spent years paying off my car and paying for insurance and gas only to have to pay for a bus pass I don't need. Not only that, but we drivers also have to pay for parking on campus. So, we get penalized in multiple ways for driving to school. Kim Fehr, contributing writer

would love for Camosun to release class book lists sooner. As of writing this, days after the tuition deadline, not all my classes have released the list of required textbooks. It feels unfair to pay tuition for a class without knowing fully what I'm signing up for or if I can afford the required books to participate in and pass the class.

Further, there's a good chance that at least one of my as-yet-amystery textbooks will be an e-text. While I understand that e-texts are environmentally friendly (they don't require printing and shipping and the associated costs and waste) they are still expensive for six months of access to a file. This shift towards e-texts at Camosun is hurting students' ability to resell their books—more e-texts means fewer students can sell their books at the end of their class or program, and that fewer students are able to buy their books second hand.

I've said it before, and will say it again: the bathroom situation at Camosun isn't great. Not every building has accessible gender-neutral washrooms, and the ones that do don't have them on every floor. For example, the Young Building has several gender-neutral washrooms, one on each floor, but the one on the second floor isn't wheelchair accessible. The Fisher Building has one, and it is wheelchair accessible, but there's often a line. A single stall is really not enough for the size of the building.

Although often well-intentioned, there is room for improvement in the way that roll call happens during the first day of classes. In my experience, first-class roll call goes one of a few ways: the instructor calls out each name; the instructor calls out each name, and asks us to share a fact about ourselves; or the instructor calls out each name, and asks us to share a fact about ourselves and to offer our pronouns if we choose.

None of these are inherently bad. However, the responsibility of

Jordyn Haukaas, student editor

would love to see some healthier options in the While I'm only human and will absolutely inc flavours of poutine they offer, the novelty of wears off quickly. Especially as the semester tick options aren't sustainable for those who find them

the cafeteria multiple times a week. While they do ads and healthy bowls, the amount of deep-fried outweighs healthy options. Once the sun begins to kicks into gear, the last thing students need is an o food making them feel sluggish during the semen healthy and delicious options would help encourage and healthy students.

I'd love to see Camosun College improve its orga Specifically, there have been many times in my reprocess where I've been left annoyed and graspin extremely frustrating questions. For example, I was Digital Communication program only for it to be calater due to low enrolment numbers. That's fair, b making a new plan, I was held back from register because the program that'd been cancelled still sai therefore all of my non-existent classes were pre (thanks). Luckily, someone at administration was and I was able to register.

Suffice it to say, situations like this shouldn't be dents shouldn't be tossed around because of a clear tional skills on the college's part. Year after year I'v complaining about issues surrounding registratio organization, my latest experience being only one of p they have the foresight to fix these problems, while

introducing ourselves with our pronouns is left up to transgender and gender-nonconforming people. It's stressful, listening to the roll call, being the only person in the room to introduce yourself with your pronouns. The only other option is to not do that and risk getting misgendered the rest of the semester. It'd be helpful if more cis professors and students introduced themselves with their pronouns—first day of class or otherwise. a smooth transition for students planning on atten

Okay, this one is a little wild, I know: please bri during exam season. I know it's happened before, happen again, but I'm just here to reiterate that we ne I'm talking every exam season, I'm talking 30 pupp what has to happen, I don't care who the Camosun Society has to call, I don't care if it's legal, just give u us through. As someone who has survived two exa me, students need all the support they can get.

Lastly, a gentle reminder to the college: the Goi initiative—which aims to supply students with free ucts in every bathroom—is supposed to be up and the start of September 2023. (For more informati that covered the delays of the initiative's launch b with the Flow" at nexusnewspaper.com.) As I writ most bathrooms only have the dispensers that cost or tampon; I'm hoping the college keeps their wo free menstrual products to students by the time you

## TURE

# e need to talk

ordyn Haukaas, Kim Fehr, and Ali Williams Photo by Greg Pratt/Nexus

Fisher cafeteria. lulge in the many deep-fried food s on, unhealthy nselves eating at o offer some salfood and snacks set early and fall nslaught of junk ster. A variety of ge healthy habits

nizational skills. cent registration g for answers to accepted into the ncelled a month out, after quickly ing from classes d I was enrolled, eselected for me able to sort it out

happening. Stulack of organizae heard students on and program nany. I'm hoping ch would ensure Ali Williams, contributing writer

The start of a fall semester is typically met with anticipation and nerves for most students, especially those who are fresh out of high school or returning after gap years. When I first enrolled at Camosun I had friends showing me the ins and outs of the MyCamosun and D2L websites, and I in returned have done the same for other friends. While there is information for newly accepted students on the Camosun site, it's somewhat disorganized and contains minimal information. This had me thinking that there should be a short step-by-step video tutorial to assist new students who are completely lost on where to start.

When it comes the Interurban and Lansdowne campuses there is one main issue that has, unfortunately, been plaguing our students and faculty for years—our coffee and food situation is very limited. I've been attending classes on campus since the fall semester of 2020 (before the By The Books coffee shop was moved into the Wilna Thomas building) and it has always closed at 2 pm. The cafeteria also closes at 4 pm, and they usually stop serving hot food 15 minutes prior. This is especially unfortunate for those of us with evening classes that start after 5 or 6 pm, because if you were hoping for a pick-me-up before your two-plus hour lecture then you're out of luck. Myself and many of my classmates would trek over to Hillside Mall if we were especially desperate, but this was a big inconvenience if class times were too close together. I've never come across a "help wanted" poster at either the coffee shop or the cafeteria, and I believe that hiring students for part-time hours would not only keep the doors open later into the day but also provide work for some busy students who spend most of their time on campus.

Lastly, for the past year there's been construction going on at the Lansdowne campus as the college is installing an elevator onto the

#### Stay gold, Camosun A look at where the college shines

Jordyn Haukaas, student editor

While we just dished out a spoonful of productive criticism toward Camosun College, we can't neglect to include some things that make Camosun College great—a compliment sandwich makes everything easier to digest.

First off, both campuses, Interurban and Lansdowne, are beautiful. Seriously, can someone send the gardeners to my place to revive some plants? Walking to class everyday is made better by the scenery, especially the perfectly manicured gardens, large trees, and well-kept walkways. I was immediately impressed by the visual aesthetic when I first came here and I imagine other students are too, as the cleanliness helps facilitate a welcoming feeling.

Beyond the outer aesthetics of the college, the inner working of the school is what really shines: I'm talking about the wonderful teachers, of course. I can only speak from my experience but most teachers I've encountered have gone above and beyond to ensure their students' success. I've witnessed carefully planned out and interesting lectures—something that I can't imagine preparing day after day. I've received help and patience when I've needed it—as well as prompt responses to panicked emails sent out well after class time (my prehistoric laptop loves to crash when I'm trying to submit assignments). While going to school can be extremely stressful, the impressive teachers make it worth it.

In addition to the great teachers, the smaller class sizes offered at Camosun make for a better learning environment. Even my larger classes (which were around 30 students) felt intimate and personal. I've never had to fight a lineup of students in order to talk with one of my teachers, and office hours always have a slot open for me when needed. The smaller class sizes also provide more interaction with my classmates, and I've made some great friends from group projects (I know, shocking). Smaller numbers of students can quickly turn classrooms into communities, which makes various learning outcomes easier to accomplish because help from either a fellow student or a teacher is never far.

Lastly, the amazingly friendly staff members at Camosun deserve a shout-out as well. Just this

ding Camosun. ng back puppies I know it might ed more puppies. pies. I don't care College Student as the dogs to get m seasons, trust

ng with the Flow menstrual prodl running before on see our story y searching "Go e this in August, 25 cents per pad rd and provides i're reading this.

Ewing building. This is a much-needed project but unfortunately a lot of the construction takes place during class times—it's incredibly difficult trying to concentrate while a jackhammer is working away on the same building. I was even in one class that was moved outside because the noise made it impossible to hear anyone. I would strongly suggest that while construction is taking place an effort is made to temporarily move classes with midterms and lectures into another building. There are many empty rooms at any given time in the Young or Fisher buildings, and this would save a lot of headache for everyone involved. morning, I accidentally spilled a smoothie on a few textbooks just moments before bringing them back to the Camosun College Bookstore for the buyback period. Without blinking an eye, a Bookstore employee helped me clean them off. This is just one example of many pleasant interactions with Camosun employees; I really can't say enough nice things about the people who keep this college running. They've had my back when I needed the support, and that's invaluable.

## ARTS

comedy

## Dara Ó Briain to bring the yuks to Royal Theatre



Comedian Dara Ó Briaian is performing at the Royal Theatre this month.

#### EMILY WELCH CONTRIBUTING WRITER

Irish comedian Dara Ó Briain first became interested in comedy through a very serious medium. Ó Briain—who will be performing at the Royal Theatre this month—got intrigued with the art of making people laugh while attending debates in university.

"In Irish universities we do debating in a big way, which means big public debates," says Ó Briain.

art

"We invited politicians and journalists to speak of the issues of today; there would be huge audiences. I remember coming in to college and thinking this was the most grown-up thing I'd ever seen. So students are able to speak as well, and it was always very impressive that they would speak with these adults and try to hold their own in these discussions, but occasionally some of them would break off into something funny, and I remember being so impressed with that, in that second-year college, and I thought to myself, well, I'm going to try that."

Ó Briain tried his hand at it and the rest is humorous history.

"It was kind of a competition thing," says Ó Briain. "I told a joke at the very beginning, a joke not worth repeating as it was so specific to the moment, but I got a big laugh and a big round of applause."

Ó Briain says that the laughter and applause hit him hard.

"It was like the first hit of a drug, to be very honest. Something I'd never felt before, and I've been chasing that first hit ever since," he says. "That sheer adrenaline rush. It was a very nice feeling, and it started in university. I became the guy who was called upon to host the big charity events, blind date, that kind of stuff. I became that guy on campus. So I decided, okay, I'm going to try doing this in the real world."

Initially, comedy was slow going for Ó Briain.

"At first it's just, you try, you try, you try this," says Ó Briain. "The nursery slopes of comedy are pretty gentle. You get five minutes. If that goes right you get another five minutes. If that goes right you might get moved up to 10 minutes, and back again. It's all geared up to getting you started, they're giving you a small amount of time, and then just when you feel you're just "The nursery slopes of comedy are pretty gentle. You get five minutes. If that goes right you get another five minutes. If that goes right you might get moved up to 10 minutes, and back again."

> DARA Ó BRIAIN COMEDIAN

getting it right, then you wake up 28 years later and you're still doing it."

Ó Briain has been touring for the last year and a half, so when he reaches Vancouver Island his show should be smooth sailing, with some added Canadian content.

"It's been all through the UK and Ireland," says Ó Briain. "By the time it gets to Victoria it will have been performed 144 times. So it's pretty polished. So when it gets to you, it will not only be polished, but it will have extra Canadian bits. The last time I was there, it revolved around a taxi driver in Moncton, New Brunswick, who had explained that Moncton had more Tim Hortons than anywhere else in Canada. Then he listed off every single one, and its location. So that became part of the show."

Ó Briain is looking forward to have his tour end on the west coast and says he feels it's sort of a gift to himself.

"When I get there, I will have literally done the entire country. I

will have to ask the other people of Canada what they think of the people of Victoria. I'm not exactly sure what they'll say," he says with a laugh. "Perhaps they'll be like, 'Oh, those people in Victoria, surrounded by all that impressive beauty all the time and taking it for granted, while we are sitting here in Moncton with a river that occasionally swells.' ... Most of the tour we spend driving along the motorway in UK, visiting small towns. The UK is a huge country with lots of small towns, lots of small theatres. But the prize at the end is I get to dip my toes in the Pacific Ocean. So you're like the reward at the end of the tour, and I can only imagine the mood I will be in when I get there. I will be like, I have earned this, by just surviving through all these years."

> Dara Ó Briain 7 pm Friday, September 15 \$56.60, Royal Theatre rmts.bc.ca

## Art exhibit explores mushrooms, ecology, climate change

#### NICOLAS IHMELS STAFF WRITER

This month, guest curator Mel Granley and chief collaborator Jaimie Isaac are releasing a new environmental-focused exhibit at the Art Gallery of Greater Victoria. It's called *Symbiosis* and, according to Granley, the exhibit's main focus is the power of mushrooms and how they can help us tackle climate change.

"I have been interested in mushrooms for quite some time," says Granley. "When Jaimie and I had this idea about two years ago now, I had just learned about mycelium and how mycelial networks connect trees and mushrooms together, and how that benefits the entire forest. And so, we really wanted to create an exhibition that celebrated that and examined that." tionship of mushrooms to popular culture, and how the public's view of mushrooms has changed.

"We also were interested in pop culture and how mushrooms have become such a popular thing in society," says Granley. "There are so many mushroom-themed decor, everyone seems to be really interested in mushrooms, and that sort of feels like it's following that Fantastic Fungi documentary. And so, we wanted to explore pop culture and mushrooms, and how there's been a shift from mushrooms being perceived as this deadly thing, this thing that's associated with rot and decay and death to now we're perceiving mushrooms more as very interesting, very beneficial. They have a lot of health benefits if you pick the right ones. And so we are really thinking about that dichotomy between the deadly mushrooms and the ones that are associated with death versus all these mushrooms that are now being perceived with health."



Granley has a passion for the subjects dealt with in this exhibit.

"I was drawn to this project because of my love for nature and my love of mushrooms, but also, I have a very strong interest in the convergence of science and art," says Granley, "because I think they support each other, and I feel really honoured to have been part of a show like this where we are able to bring science and art together to interact with each other and sort of help people learn and boost people's interest in these topics."

Another theme explored in the exhibit, says Granley, is the rela-

The main thing that makes this exhibition stand out is a more funbased approach to the topic of climate change, says Granley.

"I think that climate action and climate change and resource extraction are really serious topics, and they can feel really scary," says Granley. "With our exhibition, we were trying to also curate a sense of whimsy and fun into the show. So, there are those heavy themes but

#### BRAD NECYK

#### A film still from Brad Necyk's Of Dreaming, part of the Symbiosis exhibit at the Art Gallery of Greater Victoria.

we also have more fun and lighthearted pieces. For example, we have a set of these beautiful, scientifically accurate ceramic mushrooms that are fun to engage with, I think we have 99 of them. And then, in one piece, we have... a terrarium full of mushrooms that make music, and it is an interactive piece and so that one is really fun. I think that with this show we are trying to tackle serious topics, but we are also trying to

create a sense of fun, and a sense of learning, and a sense of joy, because ecology is joyful."

Granley says that the audience can expect to learn a lot about mushrooms and their relationship to trees.

"I think [the audience] can expect a lot of colour, a lot of different pieces," acknowledges Granley. "They should expect to learn about mushrooms and trees. Jaimie and I like to say that the trees are equally as important as the mushrooms. A lot of times people will focus on the mushrooms and not think that the trees are as important, but they are just as important as each other."

*Symbiosis* Until Sunday, October 29 Art Gallery of Greater Victoria aggv.ca

## ARTS

## Reverb delivers three days of great music and beer

#### JORDYN HAUKAAS STUDENT EDITOR

Vancouver Island festival-goers were treated to talented musicians, craft beer, and delicious food trucks during Reverb at Phillips Backyard from Friday, August 11 to Sunday, August 13. I had doubts going into the festival, as I'd heard complaints about the layout and overall organization of the event from last year; this year, however, it was smooth and organized.

The festival grounds had two tiers: the lower tier was a long stretch of concrete that had food trucks, a harm-reduction tent, and games going down the centre. I wish I could've experienced supersize Jenga but, sadly, it was always occupied. The food trucks were amazing—I went from enjoying a burger by Deadbeetz one day to a delicious woodfire pizza the next.

The top tier of the festival was where I spent most of my time because of the amazing musical talent happening (and the craft beer, duh). The stage and viewing areas were embedded between large brick buildings and featured large beer silos towering over the stage, which added to the aesthetic of the festival. The décor was impeccable—one of my favorite touches was a large statue of a blue buck (for obvious reasons) as well as the actual beer station, which looked like an attraction from a vintage carnival.

Unfortunately, because the entirety of the festival was held on concrete, it made an already hot weekend turn into a heat dome with little shade for respite. During the peak hours of the day, people packed themselves like sardines into the small shade patch coming off the sound tent. Luckily, there were a Little Destroyer singer Allie Sheldan rocked out in a black jumpsuit and showcased some seriously powerful vocals. One of my favourite parts of the set was when she loudly proclaimed, "Fuck dudes, long live women."

few misting stations to offset the scorching temperatures, and taps to refill water bottles were plentiful.

The most important part of the musical festival was, of course, the musicians. Friday started off with a bang as Acres of Lions took the stage, drawing in an impressive crowd despite being the opening act on day one. As self-proclaimed "old guys," they managed to bring great energy and vocal variety to the stage as they alternated through backup singers. I was surprised they were opening instead of having the second or third slot.

Little Destroyer was up next, and they were so cool, I immediately ran down to the merch tent and bought their tote bag. The Vancouver-based trio brought energy, a grungy alternative sound, and an overall sense of badassery to the stage. Lead singer Allie Sheldan rocked out in a black jumpsuit and showcased some seriously powerful vocals. One of my favourite parts of the set was when she loudly proclaimed, "Fuck dudes, long live women." Little Destroyer left a lasting impression leaving me wanting more, as their song "Alpha" was stuck in my head for the rest of the day.

Crown Lands had the third slot of the day, and I was surprised to see that they were only a duo. The singer and drummer, Cody Bowles, had a very powerful voice that mostly remained in a higher octave. The band's sound was reminiscent of Rush and carried a classic rock sound throughout their set. It did feel like a less energetic set compared to others but that really boiled down to having a duo where the lead singer is also the drummer.

In contrast to Crown Lands, The Blue Stones rarely stood still. I loved how interactive the two-man group was with the audience as well as with each other. Lead singer/ bassist/guitarist Tarek Jafar at one point leaned into the audience, put on someone's fedora, rocked out in it, then gave it back. Drummer/ backup vocalist Justin Tessier also put on a great show. When all was said and done, their funky guitar riffs and top-notch sound made for an entertaining watch.

The headliner of the night, Jesse Roper, was clearly an audience favourite, as screams and weed smoke from the crowd bellowed into the night. His set was amazing, and it was so fun to see the entire band rocking out together. His voice is incredible, and it paired perfectly with the trippy visuals being displayed behind the band. The set went on for a little longer than it should have: it would've been more impactful to keep it concise and go out with a bang. However, he ended the night by throwing fresh garlic into the audience, which is the coolest thing I've ever seen thrown from a stage. Overall, it was a fun performance.

The next day featured even more talented artists. I, sadly, only caught the very end of Babe Corner but I heard whispers of an ethereal sound with a badass all-female band. The Bankes Brothers were up next and featured a chill, indie-folk vibe. The lead singer had an unexpectedly soulful voice for looking so young; I had to do a double take at who was singing. Their sound was reminiscent of an upbeat Neil Young. I would definitely see them again. Ruby Waters also carried a chill folkie vibe, which paired nicely coming off The Bankes Brothers. By far my favourite part about this band was the beautifully textured vocals coming from Waters. She had perfect vocal runs, and an amazing, unique, raspy voice, which left a distinct impression. Allen Stone was one of my favourite sets. It's not often that a lead singer can separate the audience into two halves and organize a dance-off between them, but that's exactly what Stone did. I don't think I saw the audience react as positively to any other group and it was definitely the most fun I had all day. The talent of the band was also undeniable, featuring a soulful R&B



JORDYN HAUKAAS/NEXUS

Little Destroyer brought energy and a grungy, alternative sound to Reverb.

sound with deep, hearty vocals. My only complaint is that they didn't have any merchandise as I would've loved to buy a T-shirt.

I would best describe Peach Pit's performance by how they opened their set: covering a Slayer song and immediately crowd surfing, which, admittedly, surprised me because they were described as an indie-pop band. While they weren't my favourite band, I can't deny that they had an extremely polished set that was very fun to watch. have them perform at my wedding. I love that they included a trombone and harmonica in their set, and they were the perfect band to sway in the sun to.

Following the day's trend of folk artists, Hollow Coves was up next; the duo is from Australia and their set included mellow tunes and great harmonies. Their music would be perfect to blast from a speaker during a beach day or camping trip.

My favourite band of the entire weekend was the headliner of

The décor was impeccable—one of my favorite touches was a large statue of a blue buck (for obvious reasons) as well as the actual beer station, which looked like an attraction from a vintage carnival.



Reverb, held in Phillips Backyard from August 11 to 13, was a success.

Cold Fame kicked off Sunday's performance, and while I would like to write about them, I'm in cahoots with the guitar player (if you know what I mean), so my editor says that I can't. My completely unbiased opinion is that they were the best and sexiest band at Reverb (and, Damian, my ring size is 6.5).

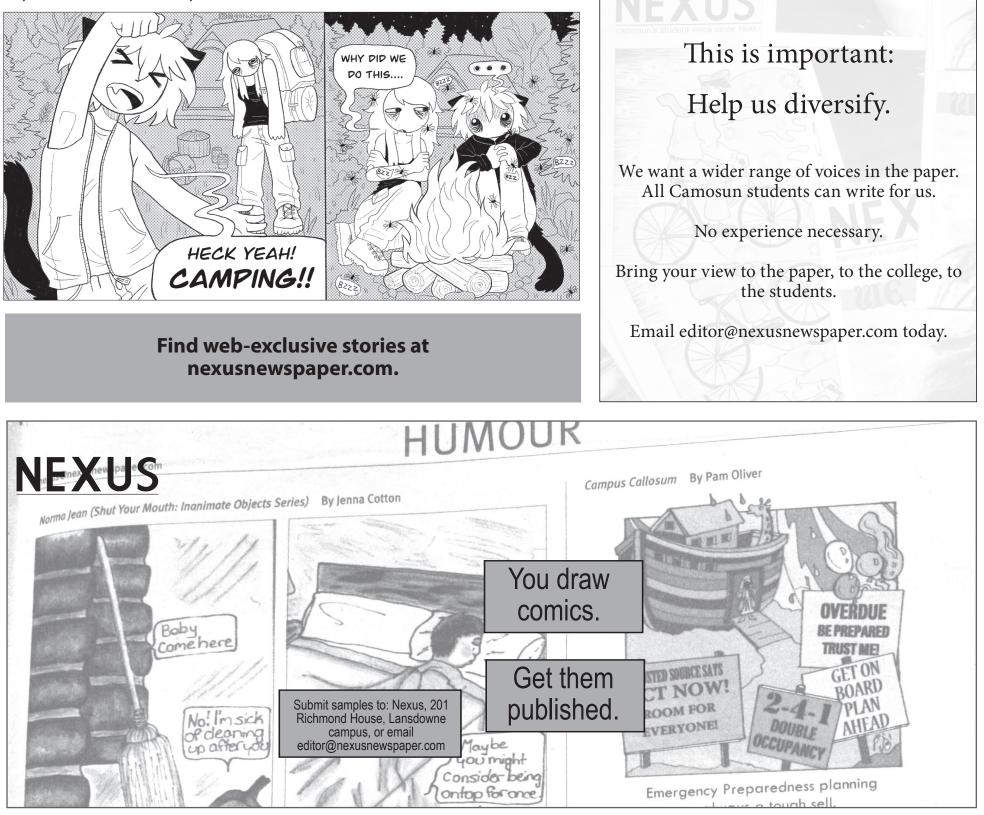
Steph Strings, a Melbourne-based solo artist, held the second slot of the day. While she had an incredible voice, it was her guitar playing that blew me away—it was the best I heard all weekend. I also appreciate that although she was alone on stage, she held her own and put on a fantastic set.

Jon and Roy were up next and they were the epitome of a westcoast band perfected. I loved their dreamy vocals, and their songs were so touching I'd pay a lot of money to Sunday, Fleet Foxes. Technically, they were the most talented and put-together group of the weekend. Their harmonies were otherworldly; I had goosebumps for most of their set. I would go so far as to say that they were the most talented musicians I've ever seen live. Although I had never heard of them prior to this concert, I was instantly turned into a super-fan. Fleet Foxes finishing the festival was a smart move as they left it on an extremely high note.

Reverb was an amazing festival; I wasn't sure what to expect and was nervous about large crowds and lack of organization, but it exceeded all of my expectations. Their choice of artists for the weekend was impeccable and I was very surprised that, overall, I liked all of the performances, which is a rare feat. I'll definitely be back next year.

## COMICS/CONTEST

#### Ruby Rioux and the Bats from Saturn - Ray Nufer



## What's happening at nexusnewspaper.com

Week of August 21, 2023, top five most read stories:

1. "Open Space: Terms 'fem-presenting' and 'masc-presenting' need to go," May 3, 2023

### contest Find the hidden Nexus and win



 "Caring for former youth in care: Figuring out the Provincial Tuition Waiver Program," August 9, 2023
"Nic's Flicks: Indiana Jones and the Dial of Destiny depressing, disappointing," August 9, 2023
"Reverb delivers three days of great music and beer," August 14, 2023
"Wentworth Villa exhibit explores work of Victoria-born architect," August 9, 2023

Also, check out our web-exclusive stories at nexusnewspaper.com today.

Check it all out at nexusnewspaper.com, and find us on Instagram, Twitter, and Facebook!

And while you're at it, check out our new app at the Apple and Google stores. Search "Nexus newspaper" and download it for free to ensure you never miss any Camosun news!

#### GREG PRATTNEXUS

We've hidden this copy of our last issue somewhere on the Lansdowne campus. Find it and bring it in to our office for a prize: a book courtesy of contest sponsors Arsenal Pulp Press! *Nexus* HQ is located at Richmond House 201 on Camosun's Lansdowne campus, and your awesome prize will be one of Arsenal Pulp's books or anything else of your choice from our big table o' prizes! Here's your hint: from this high up, that house just looks like a little greenhouse. Because it is. It's the greenhouse located near the edge of campus.

Get hunting!

## COLUMNS

by Pablo M. Romero



Tastes of Victoria

### Fresh new starts

A new term is starting, and I still can't figure out what my favourite part about that is. It's exciting to think about all the new faces that will come across the campus and all the new readers joining me right now.

As an international student in a new town, in a whole new country, I was inquisitive when I arrived about where I could find good places to eat on a modest budget. So, today I'll recommend three of my favourite restaurants around the city for all those new readers that are curious to find the best that Victoria has to offer. I'll focus on places where tasty dishes can be found at an excellent price-to-portion ratio.

For a great start, I'd love to tell you about Floyd's Diner, which has four locations around and outside of town. This Victoria landmark is best known for being the home of The Mahoney. The Mahoney is a special dish created by the chef at that moment, so when you order a Mahoney, you can't really know what you will get, but you can be sure it will be delicious. The portions are enormous, so one Mahoney is enough for up to three people, in my experience. Also, if you feel lucky enough, you can get all your food for free by playing a coin toss with the server, but beware: if you lose, you pay double your bill.

For all those Asian food fans, Vicexpress Teriyaki & Roll is a must. Located in the well-known Victoria Public Market at the Hudson, this Asian restaurant possesses a wide variety of Korean and Japanese options. My favourite choice is the beef udon soup. I was surprised by its incredible flavour the first time I tasted it, and imagine my bigger surprise when my Japanese girlfriend told me that the broth tasted exactly like broth made in Japan. So, go and check it out yourself; it may also become one of your favourites.

Finally, the next place is one of the first I visited when I arrived in Canada, and it is still my favourite cafe. Castello Coffee, located at 1802 Douglas Street, is a small but great cafe with good coffee and a tasty variety of pastries and snacks. My recommendation for this place is the pulled pork sandwich; its simplicity and flavour remind me of home, back when life was simpler. It's been a while since I last visited this place, but going there before my first day of classes will be the best way to start a new term.

I hope this column can be a source of new places to try, to help international students feel more like a local in this lovely city. I wish all of you a fantastic fresh start.

by Kiryn Quinn

Nic's Flicks

by Nicolas Ihmels

### Oppenheimer could be one of decade's best

Oppenheimer 3.5/4

One of the most amazing films I've seen all year is the outstanding new Christopher Nolan movie Oppenheimer.

From its magnificent acting, particularly from Cillian Murphy and Robert Downey Jr., to its stunning visuals and production values, this may just end up being in my top

on what to do with nuclear weapons and about Hiroshima-Oppenheimer was against using nuclear weapons on innocent people in the war (to the extent that he had his clearance revoked and was barred from working with nuclear weapons). Strauss completely disagreed and thought the use of the bomb was necessary. Downey Jr. does a terrific job of showing the

Oppenheimer is truly a remarkable achievement. It's an engaging and interesting three-hour movie with no action, fight scenes, or chase sequence that still kept me on the edge of my seat.

## Getting focused

Kiryn's Wellness Corner

Ah, September, the month of getting back to work or school after summer holidays. If you're anything like me, September feels a bit like New Year's: exciting new beginnings of classes or work, or returning to the rewarding and comfortable rhythm of structure.

Whether you're experiencing your first journey away from your parental home or going back to school after a long period off, it can be a bit anxiety-producing or just generally over-stimulating with the excitement of new adventures. The social practice of meeting up with friends-old or new-over coffee seems like a great way to balance upcoming responsibilities with social time.

As you likely know, coffee is a stimulant, great for when you need a burst of concentration or to focus on your studies or to meet a work deadline. When it's consumed daily or multiple times a day, however, it can lose its beneficial boost and lead you down a road of needing more and more for the same buzz. When we're entering a period of increased energetic stimulation, it's more supportive and balancing to reach for a lower-caffeinated, or altogether decaffeinated, drink you enjoy. It can take some getting used to, but you'll notice with a bit of time that you'll feel less jumpy and anxious, and even, for some people, less irritable.

Yoga is also great for balancing out anxiety or over-stimulation. If you have time for an entire class, wonderful. Pick a slower (notice that I'm not saying less challenging) style of flow or even opt for a vin class or a relaxing restorative one. Balance out the stimulating yang with some grounding yin energy.

If you don't have time for a class or even a few sequenced postures, opt for the ol' reliable: savasana. In Sanskrit it literally translates to "corpse pose," and it involves deep, full body rest (not napping), on the floor with a bit of focused breath.

Lay down on your back, legs slightly wider than hip distance apart (support your lower back with something under your knees if necessary), open your arms about 45 degrees away from your body, with the palms facing up if comfortable. Then, take five to 10 deep and slow three-part breaths. Breathe in through the nose down into the low belly, out into the ribcage, and, finally, up through the chest, right to the collar bones. Pause and then slowly exhale, through the mouth in reverse: chest, ribs, and then belly. Repeat.

Until next time, keep it real.

five greatest movies of the decade. It's that good.

Oppenheimer is truly a remarkable achievement. It's an engaging and interesting three-hour movie with no action, fight scenes, or chase sequence that still kept me on the edge of my seat. This movie does it all.

Murphy does a very good job of playing J. Robert Oppenheimer, particularly in terms of his anxiety. Oppenheimer was a scientist who created the world's first atomic bomb; while this did usher in the end of World War II, it caused him anxiety and he felt that nuclear war was his fault. The movie does a good job of showing the anxiety brought on by the knowledge of that.

Downey Jr. plays Oppenheimer's colleague Lewis Strauss. They butted heads a lot, particularly conflict and getting the audience to empathize with his antagonistic character.

The musical score was created by Ludwig Göransson, and he does a great job. Every track conveys the theme of the scene it's in perfectly. Another standout is the use of sound; this particular element really puts the viewer inside Oppenheimer's head. A great example of this is the scene where he has a talk in front of a high school about the science of nuclear weapons and all you can hear is children's stomping feet mixed in with visions of people being affected by the nuclear bomb (such as a guy vomiting because of being poisoned by the bomb and another person being turned to ash).

Oppenheimer is a staggering film achievement-no one who sees it will forget it.

#### **Camosun students!**

Look for our next print issue on stands Wednesday, September 20!



Not the Last Word Life through the eyes of a Xennial

This is an age where everything and everyone is categorized. The age we live in, the crowd we associate with, the generation we're born into. We are either left or right wing, low income, middle-class, or upper-class. We are cis, we are trans. We are queer, straight, bi, pan. We are Generation Z, Millennial, Gen X, Boomer, emo, goth, bohemian. We're a society who believes that labelling and profiling is wrong, yet every person is labelled, assigned a role, and put into a box of sorts. These roles define us and shape the way we live, both in the present and in our futures. I was born on the cusp of Generation X and Millennial. I am referred to as a Xennial. As much as I protest against labels, I admit that reading about the characteristics of Xennials is pretty interesting. Xennials have what was called an analog childhood and a digital adulthood. We weren't born into the digital language, we had to learn

I was born on the cusp of Generation X and Millennial. I am referred to as a Xennial.

by Emily Welch



it, as one learns a second language. We remember the time when emails were sent through the house phone and computers were used primarily by our parents in office jobs, or by us in libraries, both in and out of school. In childhood we played outdoors, listened to cassette tapes, and called each other on landlines. Cyberbullying wasn't invented yet, nor was online dating. If we wanted to date someone it was someone we had already met, in person, which meant we would not see anyone naked until a date had gone extremely well. (In other words, no dick or tits pics sent as dating resumes over the cloud).

By the mid-'90s, people were starting to talk about the internet; in fact, I remember clearly when

I first heard of it, and, you know what? I thought the idea was kind of preposterous. I didn't understand how a world that involved no actual personal contact could possibly take off. How wrong I was.

As a labelled Xennial, I'm going to write about the struggles and triumphs I face as someone who is neither old nor young, not particularly technologically inclined, but not tech-adverse or tech-dumb either.

I may get nostalgic for the days of old, but I have just enough cynicism and just enough optimism to accept my challenges and share my very strong opinions, both personally and politically (and, being a Canadian, probably politely). I hope you'll join me for the ride.

#### Ever wanted to be a columnist? Now is your chance!

#### WE NEED NEW COLUMNISTS.

Write about something you feel passionate about, once every two weeks! It's easy, fun, and great experience.

#### Email

editor@nexusnewspaper.com with your column idea today!



## Flip 'em the bird.

Facebook, Instagram, and Google have made the decision to not allow Canadian viewers to see *Nexus*' content on their platforms due to the Online News Act.

Fly on over to Twitter to find us there, download our app from the Google and Apple stores, and, as always, check us out at

