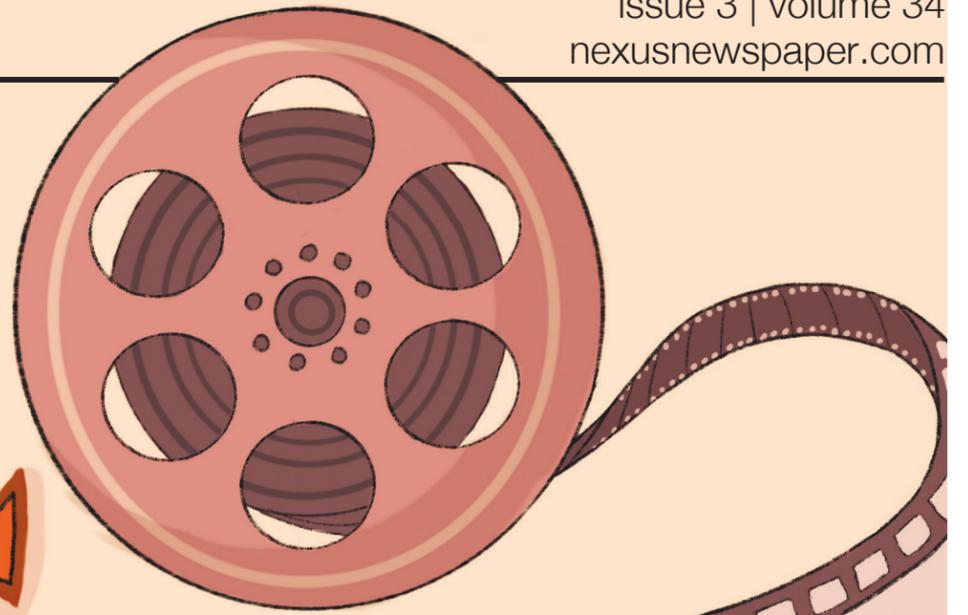


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NEXUS

camosun's student voice since 1990
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editor's letter

Settling or settling down?

I usually end up asking myself big questions during big periods of change in my life. Naturally, returning to my hometown to get an education was an exciting new flavour, followed by an aftertaste of quiet terror brought on by stillness. Once the novelty of classrooms, teachers, and homework wore out into routine, I became afraid. Is this really what I want? Am I going to rot in Victoria for the rest of my days? Or, worse, am I settling? I thought I was alone in my fear but after conversations with fellow students, I noticed a pattern forming. None of us really know what the fuck we're doing, and it's scary.

Tuition prices don't seem to help my anxiety either—I feel so financially indebted to embark on the career I'm essentially paying Camosun College for. I mean, if I were to drop out and follow a new dream, I'd have to flush roughly \$15,000 down the toilet for my efforts so far. And is what I'm doing now in school currently my "dream"? Yes, and also no. No, because, to be transparent, it's not as exciting as I saw my life being. I won't be working in animal conservation halfway across the world, I won't be a tattoo artist opening my own shop, and I won't be a singer or an actor. I'm not saying this in a self-defeating way, I'm saying this because I gave up my nomadic never-still-for-too-long ways in the hopes of a career and stability.

I see so much praise given to those embarking on wild adventures; you know, the people who sell everything they own and move across the planet. I have no contention with these adventurers; hell, I used to be in the club. While I think it's amazing to go outside of your comfort zone, I do take issue with the stigma that surrounds people who decide to "settle down" by making what some would call a boring choice (get married, find a secure but non-exhilarating career).

I'm saying this because I was in the habit of constantly talking down to myself for "settling," and every time I felt my roots grow deeper into where I was standing, I wanted to run.

I'm not sure if anyone can relate to this feeling, but to offset it, I've been attempting to practice more gratitude—gratitude for my friends and family who form my community, gratitude to be able to go to school and learn new things, gratitude for another day on this zoo of a planet, and gratitude for a stability I haven't felt in years.

I'm learning to see the beauty in stillness, and I hope you can too.

Jordyn Haukaas, student editor
jordyn@nexusnewspaper.com

flashback

25 Years Ago in Nexus



JORDYN HAUKAAS
STUDENT EDITOR

Caf critiques: The talk of the town (or, more accurately, Camosun College) in the October 5, 1998 issue of *Nexus* seemed to be cafeteria complaints, covering both campuses. Two articles called for improvements for college food services in this issue. In the first, our single-named writer AJ addressed unfairly priced items and suggested that students head to Hillside Centre for cheaper food instead. Additionally, writer Saki Ola interviewed students in regard to the quality of the caf food at the Interurban campus, which resulted in most students offering their critiques. I wonder what the writers

from the past would think of our cafeterias today?

I want to ride my bicycle: Another hot topic in *Nexus* in 1998 was bikes, apparently, as an entire two-page spread was devoted toward bike-related news. The bikecentric articles covered a range of different topics; one pushed for bikers to advocate for themselves and their safety, as drivers jeopardizing bicyclists seemed to be a prominent issue. It only takes me about three minutes of scrolling on X to realize that this is still a sentiment shared by many cyclists in Victoria.

It's not a phase, mom: In a very musical throwback in this issue, *Nexus* writer Wendi Davies reviewed a show by The Misfits, who played at The Limit (which doesn't exist anymore) during their North American tour. Davies painted a picture of the punk show being laden with sweat, beer, and stage-diving, and described the Misfits as "charismatic." If I could jump into a time machine right now I might just head to The Limit and partake in the punk.



open space

Campus bus service needs to get better, safer

CAYDEN GILL
CONTRIBUTING WRITER

Bus service to and from campus needs to improve. Especially with another rainy winter in Victoria fast approaching—that means cold, wet mornings and afternoons await those of us who have the absolute "pleasure" of using the bus to get to school.

I'm only a few weeks into my first semester here, but I've seen my fair share of overcrowded buses and bus shelters. It's crucial for those of you who have the good fortune of being able to drive to and from school to understand that the bus does not pick us up at our convenience. If your final classes finish at 2:00 pm, as mine do, and the bus runs every hour, then that's tough. You're looking at an hour-long wait whether you like it or not—that's assuming your bus is, by some miracle, on time.

With the rainy season quickly closing in on us, the consistently inconsistent bus service around Camosun means that some students will be left standing drenched on the side of the road questioning their life choices while waiting for their buses home.

"This is Victoria, rain happens. What are you suggesting we do about it?" you may ask. Well, for one, we can improve the size and quantity of the bus shelters on and around campus grounds. I'll use my bus stop at Lansdowne and Richmond as an example; I take the hourly number 8 bus home after my classes finish. Unfortunately for me, when I arrive at the bus stop after my classes end I usually find it full of people waiting to catch the bus downtown; I have no option but to stand on the side of the road outside the bus shelter waiting for my bus or for the people waiting for the

bus downtown to leave, whichever happens first.

However, building more bus shelters at the bus stops surrounding our campuses won't solve the whole issue of the inadequacy of our bus services. There are more pressing issues the less-than-adequate bus service to our campuses fails to address: convenience, safety, and security.

Transportation barriers disproportionately affect low-income students, visible minorities, and people of colour. For example, according to a study done by the University of North Carolina, Hispanic students were 19 percent more likely to cite transportation issues as a barrier to graduating post-secondary than non-Hispanic students.

In terms of student safety and security, measures should be put in place to make sure that students are safe when they are travelling on campus, attending an off-campus event, or using public transportation to get home from a party. The more time a student has to wait for the bus to arrive, especially if they are by themselves, the larger the window is that the person is possibly at risk. Some schools have implemented safe-ride programs that allow students to request a ride to or from campus should they not feel safe using public transportation. These programs have also been implemented to help students with physical disabilities access safer transport options.

There are a lot of problems with the public-transit infrastructure around Camosun, but the solutions are straightforward. The question is whether or not the powers that be are willing to do the work to make these common-sense changes a reality for the safety and improved experience of students.

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

Camosun, we're still talking

My most important message about this piece ("Camosun: We need to talk," September 5, 2023 issue) is thank you. Much of [Camosun College Student Society's] advocacy happens behind closed doors or at campaign tables one on one and I really appreciate you using your independent voice to express what students need in a way that is not always open to the staff and elected students of the society. We really, really need you to do this more: ask the hard questions and push the administration to make choices that are not bottom-dollar ones: if the only pressure they fear is budgetary then it's not even good for them—for example, food services that people liked would make a lot more money. Students need to be telling the college what they need and how they need it.

One thing absent from this article is an explanation of the difference between the Student Society and the college. We are two separate legal entities and that is important as we are accountable to you in very different ways. The college is actually accountable to the government and not you; even though government now only accounts for 40 percent of each full-time equivalent student at Camosun, with tuition and ancillary fees making up the balance. When I arrived the government paid for 80 percent of my education and Camosun was a public institution. I would argue we are now closer to Royal Roads as a private institution with public subsidy.

Why does that matter? The college will often argue (when it suits them) that it is not a business but in fact an education institution with academic standards; this argument is often made to defend themselves from the demands of students. It's a real cake-and-eat-it-too kind of mentality, and often more that the government has put them in this position rather than something they choose.

MICHAEL GLOVER,
OUTREACH AND ADVOCACY COORDINATOR
CAMOSUN COLLEGE STUDENT SOCIETY

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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 ILLUSTRATION: Ray Nufer/Nexus

OVERHEARD AT NEXUS: "Give me some fresh meat."

campaign

British Columbia Federation of Students campaign fights for affordable education



GREG PRATT/NEXUS

Camosun students are all members of the British Columbia Federation of Students, who are launching a new campaign.

JORDYN HAUKAAS
STUDENT EDITOR

The BC Federation of Students (BCFS) has recently launched the Rise Up campaign, which calls for more government funding for post-secondary institutions, and less of a reliance on international student fees.

The Rise Up campaign was born from two other BCFS campaigns: Fairness to International Students and Fund It, Fix It. BCFS secretary-treasurer Jessie Niikoi says that the issues covered in the earlier campaigns boiled down to a lack of government funding.

“We just decided to bring [the campaigns] together, because,

in the end, we realized that all of these issues come down to funding,” says Niikoi. “If institutions are not funded properly it leads to them over-relying on international students, and the government needs to do better in actually funding schools. So, the campaign was just bringing together these two campaigns, but then going to students and being like, ‘It is time for you guys to rise up now and come together and ask the government for funding,’ because we’re in a time where things are unaffordable, and students need to also speak up for themselves.”

Niikoi says that post-secondary institutions started to become overly

reliant on international student fees around the time that the government announced a strategy to bring in more international students. This, coupled with high tuition and a \$29,000 average of student debt, has resulted in a poor financial climate for students.

“There was the announcement of an international education strategy, in around 2012, we realized that there is less and less funding for schools,” she says. “That led to more schools deciding to find ways to find the money and because of the international education strategy, where BC was looking to bring more international students in. That was where the funding issues started

“If institutions are not funded properly it leads to them over-relying on international students, and the government needs to do better in actually funding schools.”

JESSIE NIIKOI
BRITISH COLUMBIA FEDERATION OF STUDENTS

happening, that’s when schools started relying on international students for more money.”

According to the BCFS, in 2000, the provincial government provided 68 percent of operating costs to post-secondary institutions, but that has since dropped to 40 percent.

“I think what we would like to see is the government take on the work of funding institutions because this is an issue that is affecting students,” says Niikoi. “And if we are an essential part of the workforce, and we are needed in the next few years for the workforce, putting a barrier such as unaffordable education is not the right way to go about it... The government needs to step up and then get to it.”

Niikoi wants to see students get involved with the campaign and share their stories. She believes that students need to advocate for themselves before the situation worsens.

“Students should get involved because this current issue is something that is affecting all of them,” says Niikoi. “Because right now,

students are at the forefront of the issues that are happening. We’re not only burdened with an affordability crisis, we’re also burdened with school and tuition costs. So, students need to come together and speak up because now more than ever, things are getting worse.”

Niikoi says that BCFS won’t stop pushing for change until the desired outcome is reached.

“It’s a running thing all year round,” she says. “We’re still doing action, we’re still doing work regardless of when they join. Because, until we get what we asked for from the Rise Up campaign, which is the cap on international student tuition, which is more grants for students so they don’t leave school in debt, and also the funding for the institutions... If none of that has happened this campaign is still going to keep going because it is a continuous issue. We’re going to keep fighting for students.”

Camosun College students are all members of the BCFS. Students can visit rise-up.ca at any time to join the campaign.

NEWS BRIEFS

Socks for a cause

Camosun’s school of Arts & Science is asking for your socks this October in Socktober, a sock-focused clothing drive. The department is asking for new socks for both children and adults and will be accepting donations until Wednesday, November 1. Students can bring their donations to Fisher 104.

Supports offered for Professional Cook students

The Community Workforce Response Grant has given funding to The Chefs’ Table Society of BC to support 18 people through the Professional Cook 1 program at Camosun College this fall. To be eligible, students need to be facing pandemic career changes, new immigrants to Canada, currently unemployed, or precariously

employed. The selected students will receive a knife kit, uniforms, lunch cards, bus passes, and additional supports.

Camosun launches showcase

On Friday, September 15, Camosun launched its Camosun Showcase 2023, which is the sixth annual publication celebrating different projects by Camosun instructors, highlighting their accomplishments and creativity. For example, Business instructor Rob Sorenson is featured for getting his students to build a Lego model of a cyber-secure company. Search “showcase” at camosun.ca to check out the showcase.

Police investigating UVic sexual assault

Saanich Police are investigating a sexual assault that happened

on the afternoon of Tuesday, September 26 at the University of Victoria. A male student was sexually assaulted by a man described as over 60 with medium-length salt-and-pepper hair and a heavy build in the first floor men’s washroom in the Cornett Building. Saanich PD are asking anyone with information to contact the Special Investigation Section of Saanich PD at 250-475-4321.

**-JORDYN HAUKAAS,
STUDENT EDITOR
AND GREG PRATT,
MANAGING EDITOR**

JORDYN@NEXUSNEWSPAPER.COM

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music

Student creates Spotify playlist of Camosun student musicians



A look at the Camosun VCM Students playlist on Spotify; the playlist was compiled by Camosun student Trevor McMorran.

SANTIAGO VAZQUEZ-FUERTES
CONTRIBUTING WRITER

Music Performance student Trevor McMorran, also a member of jazz-infused rock band Baba Chaka, has created a Spotify playlist to showcase the talent of Camosun student musicians, some of whom are taking the college's programs through the Victoria Conservatory of Music (VCM).

The playlist is called "Camosun-VCM Students!" and McMorran hopes that the playlist keeps on growing even after he graduates. The playlist includes music from any student, not just students in the music programs.

"If anybody is going to Camo-

sun, any student who would like to submit their recorded content, send it to me," he says. "Hopefully when I graduate someone else takes it on... My dream would be that it just continues building and continues updating. I would love to develop something within the student body where people are really aware of what [students] are putting out. People I go to school with are extremely talented."

McMorran says that COVID closed a door for him but also opened the opportunity to come to Camosun. He says that Camosun's music programs can help people with musical talent excel in their abilities.

"I first started playing guitar when I was 14, it didn't stick, and I picked it up again when I first went to university," he says. "Through my 20s, I pursued music in Vancouver as a secondary to working, and eventually I started a band in Vancouver called Polynice. I played for them for about five years... We did many things I hoped to accomplish but then COVID derailed the whole project, and during it, I elected to go back to school. I came to Camosun specifically because it has a contemporary music program."

McMorran says that the program has helped him become a better songwriter and musician.

"Before, when I would write

"My dream would be that it just continues building and continues updating. I would love to develop something within the student body where people are really aware of what [students] are putting out. People I go to school with are extremely talented."

TREVOR MCMORRAN
CAMOSUN COLLEGE STUDENT

a song I would just sit and take enough time to grind out whatever it was that I liked," he says. "I wanted to know how to actually read and write music and what are the fundamentals of harmony? How do you write sheet music? How do you write scores? How do you write for five people and have the whole harmony actually work and blend well?... [Now] I have been exposed to so many instruments, so many different types of players, so many people I can collaborate with... I've learned tons about just writing music and harmonies... I have become a much better songwriter through this process."

Not only did McMorran have the opportunity to become a better musician here at Camosun but he also met the people he would form Baba Chaka with. (Baba Chaka are playing live at the Alix Goolden Performance Hall on Saturday, November 18.)

"Through my first in-person semester in Camosun I met two guys and we just started to jam together,"

says McMorran. "I showed them some of my ideas that I had lying around and then we did a Thursday Lunch Concert... We did four performances through that, and that was the basis of the band. We started to add more people from the program, started practicing independently, and spent the whole summer learning tons of repertoire and practicing a ton."

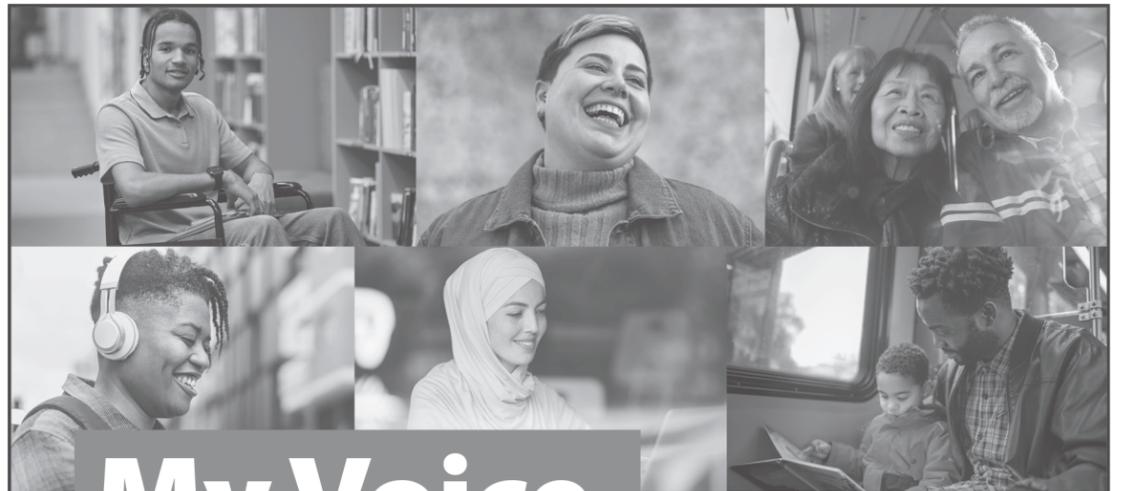
The Thursday Lunch Concerts is a series of Camosun student performances. They're open to the public and held at the Victoria Conservatory of Music from 12:30 to 1:30 on alternating Thursdays. But McMorran wanted to promote students' talents further.

"When I went to BCIT for the television broadcasting program... they had a really good student radio station," he says. "In terms of just getting people to hear your music, Camosun does not have a student radio... I wanted something to give us the opportunity to share these projects that everyone is working on."

NEXUS

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My Transit.

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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.



The Nexus fall

When it came time to put together our fall movie preview, we were so excited that, with five writers involved, there's bound to be some disagreements. As movie lovers, we are nothing if not opinionated.

Bust out the popcorn and get ready to make a list of your own fall movie picks. What are your top picks of your own? Email a letter to the editor to editor@nexusnewspaper.com

NICOLAS IHMELS
STAFF WRITER

From big blockbusters to award-winner darlings, there's another thrilling movie season coming up this fall. Now, as you may have heard, certain movie studio bigwigs aren't wanting to pay or treat their writers or actors with dignity and respect, so my number-one highly anticipated movie of this season—*Dune: Part Two*—won't be appearing on this list. But don't you worry, there are a lot of good movies coming out that show every promise of being just as good, and are worthy of students' time and money.

Here are my most anticipated movies of this fall.

The Creator (September 29)

This movie, starring John David Washington, is about a soldier for the Special Forces named Joshua. He's recruited to hunt down and kill the creator, who is an artificial intelligence that supposedly wants to dominate the world. Joshua finds that the artificial intelligence appears to be a kid, which compels him to accept his new role in protecting the kid at all costs. This movie sounds very timely, especially given everything going on with AI and the writers' and actors' strikes.

The Exorcist: Believer (October 6)

Speaking of horror, the long-awaited sixth installment in *The Exorcist* series is finally hitting the big screen this October. When two different sets of girls become possessed, their parents desperately search for help from the one person who has gone through this before: Chris MacNeil (portrayed by Ellen Burstyn). What makes me interested in this is the well-known legacy of the first movie, which I consider to be the scariest movie of all time. It prompted extreme reactions: some people threw up, some fainted, and one person went into labour, causing some cities to ban the film. Despite—or because of—all of this, *The Exorcist* was the highest grossing film of 1973. I'm very excited to see audience reactions to the film.

Five Nights at Freddy's (October 27)

Another horror movie that's being released just in time for Halloween is the newest video-game movie. Based on the critically acclaimed horror-survival games, this movie follows Mike Schmidt, a troubled security guard who accepts a night-time job at Freddy Fazbear's Pizza. The establishment is a once-successful but now abandoned family entertainment centre home to four animatronic mascots who kill anyone who's still there after midnight. This movie sounds so cool (not as cool as *Dune* but still cool), and I'm excited to see it.

The Marvels (November 10)

The MCU is releasing their newest flick, *The Marvels*, in November. Serving as both a sequel to the billion-dollar hit *Captain Marvel* and a follow-up to the hit MCU Disney+ show *Miss Marvel*, this movie features Carol Danvers as Captain Marvel as she teams up with Kamala Khan as Miss Marvel to fight a new enemy armed with a dangerous new technology. I enjoyed the first movie; it wasn't my favourite movie ever, but it was fun. This looks to be on the same level. It's fun, which is exactly what we need right now in our movies—just good-old-fashioned fun—and this movie looks like it has no shortage of that.

Hunger Games: The Ballad of Songbirds and Snakes (November 17)

Based on the best-selling movie and book series, this movie portrays President Snow's childhood and how he becomes a brutal dictator. This movie looks interesting, and I'm a big fan of movies that take a bad character and make them more humane, such as *Joker* and *Cruella*. This movie is going to be really cool and I'm looking forward to seeing it.

Napoleon (November 22)

The new Ridley Scott movie, *Napoleon*, looks fantastic and is one of my top picks this fall. This movie is a biopic of Napoleon Bonaparte and covers his brutal rise to power as well as his volatile relationship with his wife, the empress Josephine. From its stellar visual look at battles to its engrossing human drama, this movie looks amazing and will probably be a major player when it comes to awards time.

The Bikeriders (December 1)

One of the most underrated genres that we just don't see enough—or any—movies from any more is biker movies. Luckily, this December, director Jeff Nichols, along with an ensemble cast including Austin Butler, Tom Hardy, Jodie Comer, and Michael Shannon, brings us *The Bikeriders*, a movie about a midwestern bicycle club who bond through hard drinks, loud motorcycles, and leather jackets. This movie looks great, and I'm looking forward to it.

Wonka (December 15)

This Christmas, gather your family and relive your childhood when the prequel to one of the most famous children's stories of all time hits the big screen. The name is *Wonka*, and it's the tale of young Willy Wonka and how he got to be the most famous chocolate-and-candy-maker of all time. Starring *Dune*'s Timothée Chalamet as Wonka, this movie looks fantastical. I can't wait to visit this world once again.

Aquaman 2: The Lost Kingdom (December 20)

Another hit superhero sequel is the newest DCU offering, *Aquaman 2*. This time around, we find Arthur Curry as he balances his life as the King of Atlantis with being a father. When an old enemy reappears stronger than ever, and with a thirst for vengeance, Aquaman is forced to team up with the one person he would never want to: his brother, who was put in an Atlantean prison by Aquaman for attempting to take over the kingdom of Atlantis. This movie, which recently debuted its first trailer, looks visually appealing—

the world of Atlantis looks and sounds just as amazing as it did the last time. This looks like another hit from DCU, which they need very badly given the summer they've had with the underperforming *The Flash* and *Blue Beetle*.

The Color Purple (December 25)

My experience with Alice Walker's classic story *The Color Purple* is very limited. I haven't read the book or seen the movie, but judging by the trailer of this musical adaptation, this looks very well done. From the central performances from Fantasia Barrino and Taraji P. Henson to its direction by Blitz Bazawule, this movie looks fantastical and looks like to be a heavyweight going into the awards season.

Ferrari (December 25)

Calling all racing fans: this newest sports film stars Adam Driver in a role that may end up winning him an Academy award. In *Ferrari*, Driver plays Enzo Ferrari, who founded the car brand Ferrari and won a bunch of car races. This movie looks very well acted and directed. Michael Mann has proven with movies such as *Heat* and *The Insider* to be a powerhouse in the directing world, and I can't wait to see what he does next with this film.

LYDIA ZULETA JOHNSON
CONTRIBUTING WRITER

Fall to me has always been about movies. There's nothing quite like hiding away from the chill and rain, seeking solace inside your local theatre. A face stuffed with popcorn and chocolate-covered raisins feels particularly consoling. This fall season's lineup has prepared us well for the occasion.

Kristoffer Borgli's *Dream Scenario* (November 17) is not a movie you want to sleep on this November. From the director of the Norwegian psychological drama *Sick of Myself* comes what looks to be Borgli's next darkly funny entry into our collective consciousness. *Dream Scenario* follows an unkempt, out-of-luck professor who suddenly becomes a feature in the dreams of everyone on Earth. Produced by filmmaker Ari Aster, *Dream Scenario* is realized by the performances of Nicolas Cage, Julianne Nicholson, Dylan Baker, Michael Cera, Tim Meadows, and Dylan Gelula. Thank you, fall, for this film I could only dream of.

Next on this list is *Eileen* (December 8), a film adaptation of Ottessa Moshfegh's 2015 novel of the same name. Directed by William Oldroyd, *Eileen* is a period psychological thriller set in 1960s Massachusetts starring Thomasin McKenzie and Anne Hathaway. Played by McKenzie, Eileen works as a secretary at a juvenile correctional facility, where she meets a beguiling Rebecca and is pulled into something far more dangerous than she planned. I plan to be there on opening weekend. As a lover of the book and of Hathaway, I have high hopes and don't expect to be let down.

Having its North American release that same day is the much anticipated *The Boy and the Heron* (December 8), directed by the ever-so-lovely Hayao Miyazaki. After several farewells to the business over the course of his career, the 82-year-old Miyazaki has risen again, with a new imaginative world to explore. Back in July, for its original Japanese release, Studio Ghibli prepared the audience with no more than a poster—a rudimentary pastel sketch of a heron with red title characters running midway down to the bottom. But make no mistake about it, *The Boy and the Heron* is sure to be anything but rudimentary. Miyazaki comes back in full swing with wonderfully rich illustrations, little creatures, and tender moments; a precious gift for us all.

Bleeding into winter, the silver screen will be lit up with an all-new Yorgos Lanthimos (*The Lobster*, *The Favourite*) motion picture starring Emma Stone. Known for his nightmarish depictions and dark comedy, Lanthimos' *Poor Things* (December 8) looks to be no exception. A Frankengirl-like story follows Bella Baxter, a young woman brought back to life with an even younger brain. Under protection of her creator, Dr. Godwin Baxter (played by Willem Dafoe), Bella looks to absorb every morsel of life she can find, searching for liberation all the meanwhile. Rife with stunning fantastical visuals and a signature style, *Poor Things* will be certain to start off 2024 on a high note.

Keeping things local, Victoria-shot ultra-indie film *A Reel Heist* (release date to be announced) is the debut feature by Vancouver Island based filmmaker Joe Rule. Made on a shoestring budget, this comedy-thriller creatively trails the story of Wally, an ultra-indie filmmaker in his own right. When the SD card containing every frame of Wally's guerrilla heist movie is stolen, he and his collaborators set off on an elaborate scheme to take back what's rightfully theirs. *A Reel Heist* shows off what can be accomplished with volunteer crews, crafty tricks, and a lifetime of heist-movie inspiration.

Although the sun has begun its cycle of disappearance again already, the coziest of times are upon us, so prepare your popcorn, chocolate-covered raisins, and movie tickets.

movie preview

Illustration by Ray Nufer

...w this year, the staff and volunteers of *Nexus* got excited; very excited. ...and to be some overlap, as well as conflicting opinion. And, as movie

...movie choices, guided by the *Nexus* fall movie preview. Got an opinion ...com today.

-Greg Pratt, managing editor

RONAN SCHUTTE
CONTRIBUTING WRITER

LANE CHEVRIER
CONTRIBUTING WRITER

A *Haunting in Venice* (September 15)

On Halloween, detective Poirot is invited to a séance; so begins *A Haunting in Venice*. For people who enjoyed Kenneth Branagh's first foray, this may be a return to form. Murder mysteries have long been a favourite; it's fun to try to clue into who committed the crime. Branagh stars in the titular role alongside Tina Fey and Jaime Dornan.

Saw X (September 28)

The Jigsaw Killer (Tobin Bell) hears of a possible cure for his cancer... "possible" being the operative word. This is the tenth installment in the *Saw* franchise; if you're not on board by this stage, you might never be.

The Creator (September 29)

If you've been disappointed by the delay in *Dune: Part Two*, this may help tide you over. Artificial Intelligence and humans have fought a war that's changed the world, and Joshua (John David Washington) is tasked with tracking down the... Creator. This is directed by Gareth Edwards (*Rogue One: A Star Wars Story*) and stars Gemma Chan (*Crazy Rich Asians*).

Bones of Crows (coming to Cinecanta September 30)

This is a sombre look at the damage caused by racist institutions and forceful removal of children from Indigenous families through the life of Cree matriarch Aline Spears (played by Grace Dove). The power and will to survive is on display as she navigates working for the Royal Canadian Air Force.

Totally Killer (October 6)

A teenager travels back in time to save her mother from being murdered by a serial killer in this flick. Expect '80s slasher throwbacks and jokes galore. This is a guilty pleasure for me. Coming out on Amazon Prime, this one stars Kiernan Shipka (*Chilling Adventures of Sabrina*) and is produced by Blumhouse Television.

Taylor Swift: The Eras Tour (October 13)

If you're like me and weren't able to get a ticket to the earthquake-causing event of the decade, now is the opportunity. Taylor Swift takes on the title role of... Taylor Swift. Also available in select IMAX locations.

The Killer (November 10)

I'm stoked for this neo-noir movie from director David Fincher (*Seven*). Michael Fassbender stars as the titular character; he must fend off his handler and evade The Expert (Tilda Swinton). Action, paranoid thriller, and an all-star cast. What more could you want?

Dream Scenario (November 17)

A24 is back with a dark comedy starring the irresistible Nicholas Cage. In *Dream Scenario*, Paul Matthews mysteriously begins appearing in millions of people's dreams. What will this celebrity status lead to for this middle-aged schoolteacher?

Next Goal Wins (November 17)

This movie comes from director Taika Waititi and stars Michael Fassbender—one of my favourite actors right now—as coach Thomas Rongen. It follows him as he must help the American Samoan soccer team overcome a previous 31-0 defeat into a world-class team.

LIAM WHITE
CONTRIBUTING WRITER

N *apoleon* (November 22)

The upcoming Napoleon biopic—simply titled *Napoleon*, directed by Ridley Scott and starring Joaquin Phoenix and Vanessa Kirby—is one of the few upcoming movies I'm genuinely excited for and plan to see in theatres. Not since 1970's *Waterloo* has a major production been made about the legendary French emperor. Although not an original movie, something we desperately need in blockbuster cinema right now, I'm always a sucker for a period piece, and there's something so enticing about the story of a great man.

Watching the trailer for *Napoleon*, my pulse was elevated. Expect epic battle scenes, intense dialogue, and, possibly, love between two megalomaniacs in the forms of Napoleon and his love Josephine. I believe this romance between will play a pivotal role in the film, and it's what I'm most excited for. Their love was intense, chaotic, and, at times, toxic.

All in all, I can't wait for November 22, when *Napoleon* premieres. This movie has all the makings of a great piece of cinema, from its talented, award-winning cast and director to its grandiose source material.

Wonka (December 15)

The new Willy Wonka movie—lazily titled *Wonka*—is an attempt to beat an already-dead horse. Starring the criminally overrated Timothée Chalamet, this "film" comes at us with a trailer I cannot describe with any word but "infuriating." The trailer is packed with abysmal dialogue and previews what seems to be a plainly stupid storyline where a young Willy starts his chocolate company but is at odds with the—and get this—"chocolate mafia."

As I mentioned during the *Napoleon* preview, we're sorely missing original blockbusters. Everything nowadays is a live-action version, sequel, prequel, or dreaded remake. This film is nothing but a fly feasting on the carcass of Roald Dahl.

This movie will go down as another attempt from Hollywood to rehash an old title with contemporary stars only to poorly translate the story into a lame un-original prequel.

Killers of the Flower Moon (October 6)

I believe that Martin Scorsese's newest film, *Killers of the Flower Moon*, may go down as one of his most important productions to date. Based on the book of the same name, this film details the true story of the serial murders of members of the the oil-wealthy Osage Nation. This string of murders came to be known as the Reign of Terror.

Scorsese is best known for his classic movies involving gangsters, however, this time around he's taking on a new genre: the western. This film marks the 10th Scorsese film for Robert De Niro and the sixth for Leonardo DiCaprio—all the films these men have worked on together have been great successes. Scorsese has also teamed up here with writer Eric Roth, known for his work on *Forrest Gump*.

In February 2021, DiCaprio and Scorsese gave a presentation where Osage Nation members were able to voice concerns regarding the film and DiCaprio asked questions revolving around the film's authenticity. Lily Gladstone, an Indigenous actress playing the role of Mollie Burkhart, has gone on record praising Scorsese for using his platform to tell this true story.

Stories of violence against Indigenous peoples are far too common yet extremely underrepresented. The retelling of this Indigenous story puts a lot of responsibility on Scorsese's shoulders. I hope he can pull it off while respecting the wishes and dignity of the Osage Nation. I'm eagerly anticipating this movie's release.

review

Anarchist Bookfair respectful, inspiring success



PHOTOS BY HAILEY ELISE/NEXUS

The Victoria Anarchist Bookfair, held on September 23 and 24, was a success.

HAILEY ELISE
CONTRIBUTING WRITER

Anarchist bookfairs are a great representation of the real spirit of anarchism: mutual aid with great expression of individuality—not just “anarchy” or “chaos” as it is often mistaken to be. The Victoria Anarchist Bookfair took place at the Fernwood Community Centre on Saturday, September 23 and Sunday, September 24.

There were also additional concerts—a punk night and a hip-hop night—where local and out-of-town bands performed as part of the event.

Almost all the artists involved in the bookfair were local, including the vendors and bookshops, except for a few people who came down just for the event. One of the vendors, Camas Books and Infoshop, is a local anarchist bookshop that also sells buttons, clothing, and patches at a flexible price range.

Supporting local artists, especially Indigenous artists, makes it so that one can feel good about purchases. Knowing that one’s contribution is going back into the community makes all the difference.

The bookfair was different from the traditional Scholastic book fair

many of us attended as children. The vast majority of items had a flexible price range so that one was able to pay what they could afford. Also, many items were given out for free, including stickers, posters, zines, and informational pamphlets. This made the bookfair more accessible to people of various socioeconomic statuses.

Another way mutual aid was showcased at the fair was through Food Not Bombs, which is a volunteer vegan food organization that catered for free, offering food both days for whoever was hungry.

One thing about the fair that definitely stuck out was the strong queer and Indigenous presences. There was a large acknowledgement that was visible as soon as one walked in. This made the atmosphere respectful to the lands which the bookfair was taking place upon.

Overall, this year was definitely an empowering event; the bookfair will continue to inspire people as it takes place annually. Until then, Camas is located at 2620 Quadra Street if you’re ever inclined to read some radical literature or express yourself with vibrant pins or patches.

Being in a shared space with other like-minded individuals always gives motivation for new ideas and ways to express one’s own creativity.



review

Apollo E Dafne a splendiferous orchestral performance of Greek tragedy



MARK MUSHET PHOTOGRAPHY

Apollo E Dafne was captivating and featured impassioned performances from Tyler Duncan and Jacqueline Woodley.

LANE CHEVRIER
CONTRIBUTING WRITER

On Saturday, September 16, patrons of classical and operatic music gathered beneath the majestic gothic spires of Victoria’s Christ Church Cathedral to witness George Frideric Handel’s *Apollo E Dafne*, presented by Early Music Vancouver (EMV) and featuring the Pacific Baroque Orchestra directed by Alexander Weimann.

The music tells the story of Apollo, a Greek god whose beauty was outpaced only by his arrogance, and Daphne, a tree dryad with stunning angelic features. At first sight, Apollo is smitten with Daphne, as the stifling fires of lust burn hot within his loins only to

be unceremoniously extinguished by the frigid waters of rejection. Apollo, an astoundingly pompous blowhard, delivers a bombastic and wearisome declaration of his intent to become viscerally familiar with the wood nymph before the fragrant rose of her youth withers into thorny brambles. Daphne coldly refuses Apollo until he resorts to a savage pursuit. The beleaguered Daphne uses magic to become a tree, and, in a fit of tragic devotion, Apollo vows to spend the rest of his days tending to her verdant leaves.

In addition to the orchestral performance, this was also a mini-opera, featuring the vocal talents of Tyler Duncan and Jacqueline Woodley, who sing with impres-

sive fortitude and resilience for an hour in dazzlingly eloquent Italian. Up until now, my view of opera was distasteful, imagining gaudy characters caterwauling with ear-splitting shrieks to an audience who can’t comprehend a lick of it. Fortunately, in this case, the lyrics were transcribed and translated, allowing listeners to read along.

Despite wearing no costumes and standing nearly unmoving before a small ensemble, the vocalists gave impassioned performances, truly embodying the tragic duo and never-breaking character, even during scenes within which they were not performing. For example, during a Daphne solo, I perchance glanced to Apollo sitting quietly

offstage, and was delighted to see him effusing the smug, self-satisfied charisma embodied by the tedious vainglorious since time immemorial. Through incredibly skilled vocal feats, Duncan and Woodley breathed life into their roles and kept me captivated by the electrifying power of their voices.

In accompaniment, the Pacific Baroque Orchestra delivered an energetic and talented rendition of Handel’s work, penned over 300 years ago. This really illustrates the versatility of classical composition work, which out of necessity had to be written for future performance. In contrast, modern music is recorded as a snapshot of a single artist, and even if other bands perform covers, it’s still considered derivative, overshadowed by copyright laws and doomed to comparison.

This results in an oppressively individualist industry, which is why in another 300 years, when The Beatles are a distant memory, classical works will still live on with each new performance. Fortunately, the art of composition is not dead, and new composers to this day are writing modern masterpieces to be performed for generations. As for the musical masters of antiquity, organizations such as EMV and the Pacific Baroque Orchestra are keeping this beautiful music alive, while teaching new listeners that all opera need not sound like tortured felines, and that only when the goddess of love sleeps will the world be at peace.

New Music Revue



GLDN

First Blood (Deluxe Edition)
(Independent)
2.5/5

Lukewarm off the presses! The deluxe reissue of Brooklyn-based industrial punk group GLDN’s *First Blood* EP is the musical definition of a mixed bag.

Industrial punk can get a bad rep for maxing out intensity at all times, often to a song’s detriment. It’s a stereotype of the genre, one that GLDN has a coin-toss chance of proving or disproving.

Some tracks here are dynamic and rhythmically unique, with a strong structure (“Gravedigger,” “Suicide Machine,” “Harmful if Swallowed”), while others feel dime a dozen, repetitive, and frustratingly one note (the title track, “Ripe,” “Parasite”), although it’s worth noting that every track is well mixed.

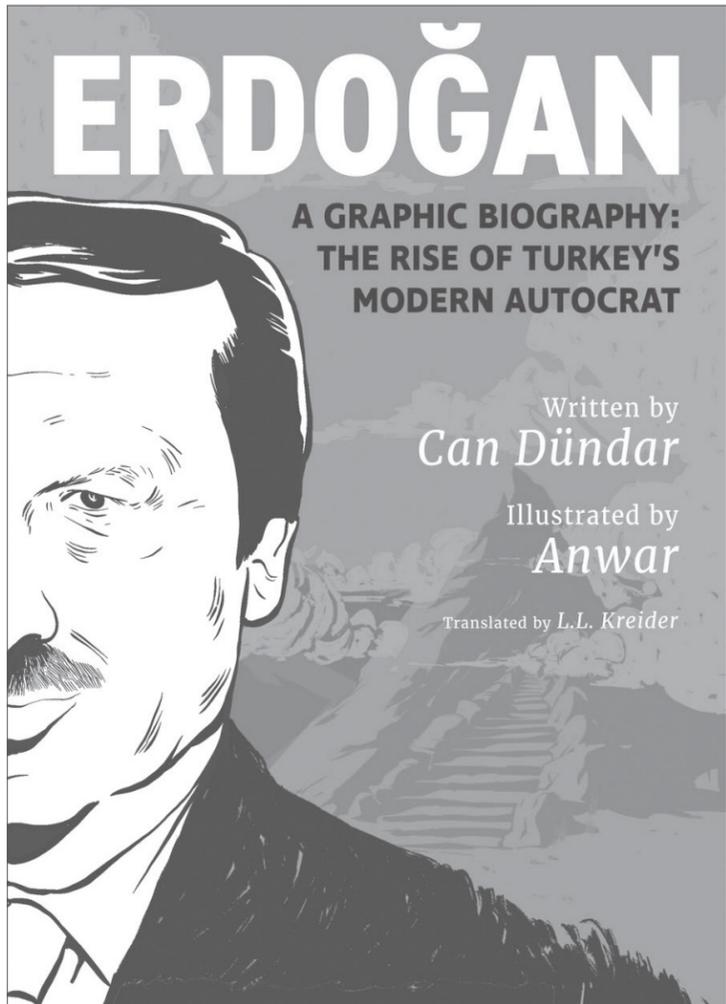
The press materials accompanying this describe the EP as “critically divisive,” which suggests you’ll love it or hate it, but I found such a lack of cohesion to *First Blood* that it didn’t make me feel that strongly about it, and it didn’t feel like a solid collection of material.

Ultimately, there are some tracks worth checking out, but I think GLDN’s golden hour is yet to come.

-Mackenzie Gibson

review

Erdoğan unique perspective of life of Turkish autocrat



AIDEN KAYNAR
CONTRIBUTING WRITER

Erdoğan is a very unique graphic-novel biography written by Turkish journalist and author Can Dündar and drawn by Egyptian caricaturist Anwar. This idea of

telling the story of Turkey's "modern autocrat" Tayyip Erdoğan couldn't be executed any better.

I was so excited when I found out about this book by my fellow countryman Dündar, but was also

It was hard for me to read, because the story starts from the very beginning of Erdoğan's life, and seeing the backstory of an actual villain in my life made me let go of a very little part of my anger toward him.

excited that the book was about Erdoğan. Since I was born in 2000 and have never been able to remember anyone who's in charge of the country but Erdoğan, I was so excited to read a biography prepared by such strong and free hands. Yet, I was quite surprised because I knew both Dündar and Anwar had a history of being suppressed and threatened by tyrants (not just verbally, as there have been attempts of assassinations on Dündar), but they still told their story here from an objective perspective.

It was hard for me to read, because the story starts from the very beginning of Erdoğan's life, and seeing the backstory of an actual villain in my life made me let go of a very little part of my anger toward him. Although I found reading the book both intellectually nourishing and entertaining, it wasn't an easy task.

The historical research of the book is massively profound, not only because Dündar was preparing for this book for a while but also because he has been one of the most important journalists of Turkey for a long time. The book has a massive

value as a historical document and a professional exposition.

With extremely accurate references to historical events that changed Turkey, the characterization of Erdoğan is educational. They successfully depict the change of the kid who plays soccer secretly from his dad to the man who won against the big city of Istanbul, then to a congressman who explains his political analysis in soccer terms. This depiction of Erdoğan shows how cruelty creates cruel people, and how cruel people create cruelty.

The cartoons also have good exposition themselves. Most of them are inspired by actual photographs of the political history of Turkey, and they really reflect the atmosphere.

Additionally, the translation to English by LL Kreider is respectful to the original meanings, so it leaves no room for confusion and is rich with political terms.

I recommend this book to everyone interested in Turkey, middle eastern politics, Islamism, autocrats, effects of military intervention in internal affairs, and American interventionism.

New Music Revue



Hallie Spoor
Heart Like Thunder
(Independent)
3.5/5

Brooklyn-based Americana artist Hallie Spoor's latest release, the *Heart Like Thunder* EP, provides an insightful lens into the folk genre. Spoor—who was raised in Colorado—shows the thematic context of folk's rural roots through the connectivity of her storytelling. The EP offers a developing new voice to the folk landscape.

Although Spoor's sound could be criticized as hokey and contrived, borrowing a little too much from Joni Mitchell, I feel her artistic voice remains powerful and relevant. In the short seven-track EP format, she hits all the right notes regarding thematic conventions of folk music.

She depicts a generational aspect of the genre on tracks like "Diamond Ring," refers to a hard lifestyle on "Goodbye," and shows a fundamental connection to place on "Shenandoah."

In spite of lacklustre production value and a sometimes minimalist approach to instrumentation, Spoor has put forth a well-rounded feel-good EP.

-Stephen Fincham

review

How to Be Found tale of determination and teen love

DOMINIQUE ATHERTON
CONTRIBUTING WRITER

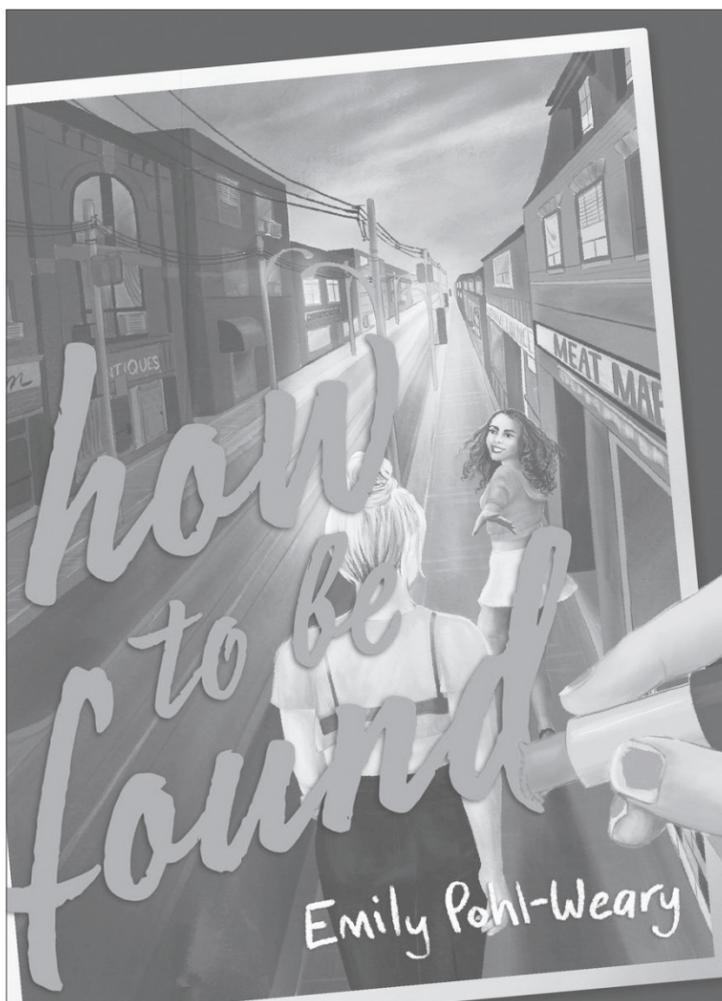
This is the first novel I've read by Vancouver-based author Emily Pohl-Weary, but it definitely won't be the last. Her other works, such as *Ghost Sick: A Poetry of Witness* and *Better to Have Loved: The Life of Judith Merrill*, have both won awards and showcased Pohl-Weary's diverse writing style.

How to Be Found is the latest piece of work by Pohl-Weary and takes the reader on a fast-paced journey through the hardships and triumphs of a group of teenagers and their families. The main character, Michie (or Michelle), and her best friend and soul sister Trissa—who couldn't be more different than Michie—have been raised in the same home by mothers who are more like sisters to each other.

One night, Michie discovers Trissa is missing and is accosted by law enforcement at her door, subjected to harassment and questioning without her mother—or any adult—present.

Eventually, everyone close to Trissa is hauled into the police station for questioning, only to have the police try to force Trissa's friends and family to create a narrative regarding her disappearance that's untrue, instead of following the actual evidence.

Frustrated by the lack of help in finding her sister, and panicked that



an infamous murderer is involved, Michie sets out on her own mission to find out what happened to Trissa. Accompanied by Anwar, Michie's crush and close friend, they turn over every stone and get on the

wrong side of some dangerous people. However, that doesn't deter Michie from stopping at nothing to find out what happened to her best friend.

Pohl-Weary touches on hard

topics in such a natural way that it takes the reader into the world of gentrification and racism and helps them understand what those who are subjected to these daily have to deal with.

She also shines a light on how law enforcement can often make snap judgements based off a person's neighbourhood and lifestyle and use that information to forgo an investigation.

I adore how Pohl-Weary flawlessly incorporated a non-binary character into her story in a way that was natural and unfettered. Novels like *How to Be Found* help remove the stigma of marginalized groups and create an atmosphere of acceptance for all.

This book is perfect for those who were fans of Nancy Drew growing up and are looking for a YA representation of mystery with aspects of young love thrown in. The adult themes showcased throughout this novel shed light on important topics still present in today's society and bring forth the discrimination that some teens and parents suffer from while doing their best to survive. It does all this while still remaining a light-hearted read that kept me guessing at every page.

In *How to Be Found*, Pohl-Weary presents an overarching theme that the family you choose is often more important than the one you're born into.

New Music Revue



Fur Trade
Dark Celebration
(Light Organ Records)
4/5

Victoria's Steve Bays and Parker Bossley (both ex-Hot Hot Heat) are back with Fur Trades' second album after a decade-long absence, and it's a rockin' good time.

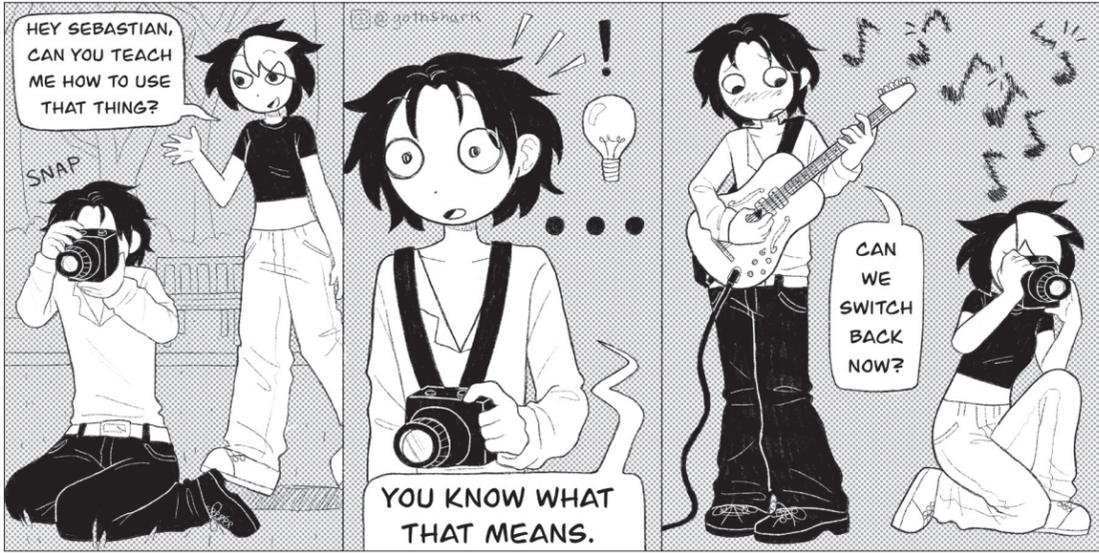
Dark Celebration is filled with 10 chaotic, funky, fun, feel-good tracks. It's music you can blast in the car: turn the volume up and just feel the beat. They incorporate those nostalgic '80s psychedelic, synthesizer, disco-club sounds into the tunes with an indie-pop twist.

With its poetic, dark lyrics hidden behind upbeat sounds, *Dark Celebration* truly lived up to its name. At first, I was unsure of some of the tracks, as this sounded different from what I expected, but after giving it a couple of minutes Bays' voice took me back to a familiar place.

It's safe to say this album will get the duo back on the charts, with songs like "LOL Trash" already on the playlists of radio stations, and rightly so.

-Tillie Curtis

Ruby Rioux and the Bats from Saturn - Ray Nufer



Brainrot - Kit Miller



NEXUS



Got something to say?

Letters to the editor:
editor@nexusnewspaper.com

wildthings - Fin Howes



contest

Find the hidden Nexus and win

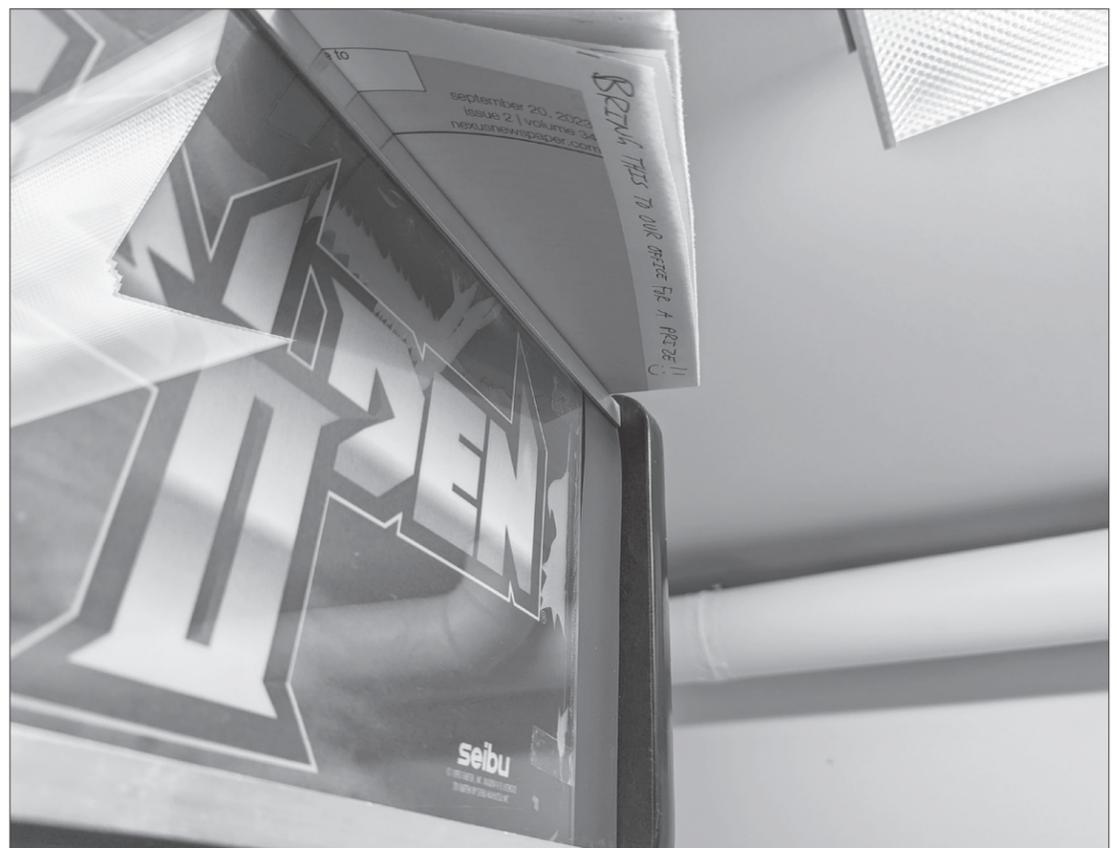
What's happening at nexusnewspaper.com

Week of September 25, 2023, top five most read stories:

1. "Yaga looks at witches, Slavic culture through murder-mystery lens," September 20, 2023
2. "Open Space: Terms 'fem-presenting' and 'masc-presenting' need to go," May 3, 2023
3. "Apollo E Dafne a splendiferous orchestral performance of Greek tragedy," September 19, 2023
4. "Fellas, Let's Figure It Out: Dude, put the dab pen down," September 20, 2023
5. "Anarchist Bookfair respectful, inspiring success," September 26, 2023

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

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



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: after playing a game of *Raiden II*, grab the issue and come to our office; it's not all that far away. (And, hey, it's free to play *Raiden II*, just FYI.) Get hunting!



Kiryn's Wellness Corner

by Kiryn Quinn

Fighting the Halloween candy urges

Next time you feel the desire to grab a treat or two while working on your next assignment, perform a couple of downward dogs and lunges.

Soon we'll be seeing displays for Halloween, and all the candy that goes along with it. It's tempting to make excuses for those miniature-sized treats, but it's just a trick! You're working away on your next assignment then, magically, a pile of empty little wrappers appears, equalling much more than just one regular-sized treat.

There are a couple of ways to not get caught in this trap. One: help keep hunger at bay with regular water consumption and easy access to bite-sized protein and fibre, like your favourite nuts and seeds or fruit. Two: physical movement.

Often, we confuse the signal for thirst for the signal for hunger.

Next time you feel a bit hungry, have a cup of water first and then wait about 15 minutes to see if you're truly hungry. If you are, nuts are a little power pack of protein with some healthy fats that help keep you feeling full longer and balance your blood sugar. This means no vicious cycle of sugar crashes followed by strong cravings to eat the culprit candy to alleviate that feeling of false hunger. Fruit's also a perfect package of healthy sugar wrapped in soluble fibre, which satisfies the need for fuel that your brain and muscles have while also controlling how fast the sugar enters your bloodstream.

Exercise also helps to balance

blood sugar; what I love about yoga is that you can always just perform a couple of postures to get the blood flowing and re-energize the mind without having to necessarily leave where you're working from. Next time you feel the desire to grab a treat or two while working on your next assignment, perform a couple of downward dogs and lunges.

Stand with your feet hip-distance apart, inhale your arms out and up, exhale fold at the waist flowing the fingertips to the floor, bend your knees with your hands on the floor, and step your right foot back while keeping your front knee over your ankle.

Pause, draw your navel to your spine for support, then inhale your torso and arms up with your shoulders over your hips into warrior pose (virabhadrasana). On your next exhale, take your hands to the floor on either side of your front foot and step your right foot back. Change legs and repeat on the other side.

Until next time, keep it real.



Not the Last Word

by Emily Welch

Hope through COVID

I remember it was close to Christmas in 2019 when a colleague of mine at *Nexus* was reading up on the coronavirus. He was always telling us that he believed "this thing is going to get bad." I brushed off his fears as one might brush off the rantings of a conspiracy theorist. I thought that the idea of a 21st century worldwide plague was unrealistic. The coronavirus had been making itself well known in other countries but we hadn't heard of it coming to Canada yet.

When it was finally apparent that this was real, the coronavirus was renamed COVID-19, and talks of a lockdown began. I still thought that the idea of shutting down everything was something that could never really take off. I was filled with superficial questions like, "Do we really have to wear these dopey masks in public all the time?" and, "Where will I go to coffee if

everything is closed?" I mean, I'm embarrassed even sharing those thoughts now. My mind was bogged with the talk of classes being shut down.

I was working at that time as a support worker with young adults with autism, and I knew that not being able to have that interactive support was going to affect them. Most of us thought this lockdown would last a few weeks; a month or two, tops. It was eerie to drive through town and see the streets so bare, and all the doors were locked to what had previously been familiar and comforting. People were frightened, and they were angry.

But amazing things did happen through COVID-19. People adapted, and found connection in what other ways they could. For the first time in years there was a baby boom, and a scurry to adopt new pets. People wrote letters and

had video chats. There was a new appreciation of our fellow humans.

After two years, COVID-19 has become more manageable, and we are going about our lives again, albeit a bit differently. It seemed before COVID, people were looked down on if they got a flu or cold; we had to pull up our bootstraps and persevere. Now we are encouraged to stay at home and practice self-care, and keep our phlegm-ridden bodies away from others.

It also seems to be even more important to tell our friends and families how important they are; after all, we don't ever know when we may suddenly be separated.

It seems that with every worldwide tragedy, there comes positivity, and, most importantly, there comes hope for our futures. After all, hope is really the only reason human beings will ever continue to live, and learn, at all.

Camosun College Student Society

by Kyle Jones

Thanksgiving Food Drive and Stone Soup

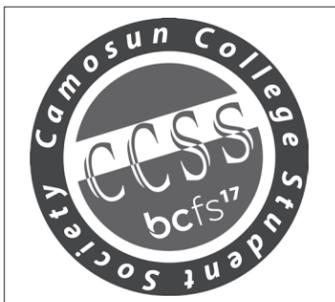
Here at Camosun College, student food insecurity has become the elephant in the room. Due to spiralling costs of living, our learners are increasingly forced to make a choice between full bellies and paying the bills. While post-secondary studies can be challenging at the best of times, the added pressure of wondering where the next meal is going to come from can make them nearly untenable.

It is a worsening condition that affects students from many walks of life, both domestic and international alike. Thankfully, the Camosun community is rallying together to do something about it. Our Criminal Justice program is partnering with the Hospitality

Management program and the Camosun College Student Society (CCSS) Food Bank to create a Thanksgiving Food Drive and Stone Soup event.

Starting October 3, donation bins at CCSS offices on both campuses will be open to accept non-perishable food items destined for the CCSS student food bank. This will be followed by the main event: a Stone Soup cook-up run by student volunteers and sold by donation. Everyone is welcome to come down and enjoy some lunch on Thursday, October 5 in the Fisher building foyer at Lansdowne.

All gratitude and thanks go out to the students of the Criminal Justice and Hospitality Management programs. These future leaders



have teamed up to create a truly amazing event while building community here at Camosun College.

For more info about the event, please contact cjp@camosun.ca. To donate to the CCSS food bank, please visit webservices.camosun.ca/foundation/camosun-cares.

Wishing you a happy and healthy Thanksgiving,

Your Camosun College Student Society



Nic's Flicks

by Nicolas Ihmels

The Equalizer 3 powerful end to trilogy

The Equalizer 3
3/4

One of the most interesting action franchise trilogies that I've ever seen is *The Equalizer* series. While these three films aren't perfect, they deliver kinetic action sequences and an engaging performance by franchise lead Denzel Washington.

I'm happy to report that the third film is no exception. It delivers fast-paced action, great character moments, and a committed performance by Washington, all of which make this movie a fitting end to the trilogy.

Washington plays retired Defense Intelligence Agency officer Robert McCall, who, after being wounded in an attempt to retrieve a valuable item in southern Italy, learns that his newfound friends are being harassed by a local drug-trade gang. After a leader of the gang performs horrific acts against one of his friends, McCall plans to take down their operations.

Washington is considered by many to be one of the finest actors of today and has proven time and time again that he's surely one of the hardest-working actors today. This movie shows him giving one of the most restrained performances he's ever done. He shows great ability to perform action sequences as well as do typical Denzel stuff, drama-wise. Not a lot of people think of Washington as an action hero, but this movie proves everyone

wrong. He's a great action hero, is convincing when delivering drama, and he makes us believe he can do all these incredible stunts, as well. His performance is the main thing I enjoyed about this movie.

Another thing I enjoyed is Antoine Fuqua's stellar direction. This director has really shown an eye for action. Each of the action sequences are thrilling and well-paced, and the performances are refined and meticulously handled.

The cinematography by three-time academy award winner Robert Richardson is excellent. What Richardson does with the camera is extraordinary: his quick shots and use of dark and light is completely absorbing and brings the audience into the film.

One thing that I didn't like is the character of McCall: for an action film, it's not that he's not a great character, it's just that he's very rarely challenged. He's good at everything, and no one can match him. As a result, much like a Jason Bourne flick, there are no real stakes, which takes some of the tension out of this movie.

What I really love about the *Equalizer* franchise as a whole is its briskly placed kinetic action and committed performances from Washington. This final installment is all of that and more. It's also a fitting end to this trilogy, and anyone who has enjoyed the previous two films will be very satisfied with this one.



Fellas, Let's Figure It Out

by Jaxson Peterson

Dopamine, part one

College is challenging. From quizzes to labs, coursework can take a lot out of you.

One thing that many students, including myself, struggle with is focusing for long periods of time. Lectures that last for two to three hours are extremely challenging to sit through without checking your phone multiple times.

But why is it so hard? Why can't we focus on one topic for several hours the way our ancestors could?

The answer to those questions is the smartphone—more specifically, how the smartphone affects our brains.

Most of you are probably familiar with dopamine, the reward center of the brain that controls pleasure. Our brains evolved to produce dopamine so that we would have a reward—and, thus, motivation—when we accomplish important, healthy tasks. The problem we've run into in modern society is that dopamine is extremely easy to come by.

From TikTok to Tinder, we're flooded with an incredible amount of pleasure and novelty every time we go on our phones.

Apps, video games, and internet pornography are all examples of what I will call "cheap dopamine." Cheap dopamine can be a source

of infinite pleasure. But there is no pleasure without pain.

Modern technology tricks our brains into releasing a massive amount of cheap dopamine whenever we want. This rewards us like we accomplished something when all we did was sit in front of a screen.

Most of the unhealthy habits that produce these incredible amounts of dopamine didn't exist 50-plus years ago. The levels of dopamine produced in your brain when you sit on your phone watching endless TikToks and hitting your watermelon-flavoured dab pen are so unnaturally high that when you try to do an activity with your loved ones or go to the gym it doesn't make you feel good the way it's designed to.

Your dopamine receptors are fried and you need stronger and stronger hits to simply return to baseline.

That's why you can't sit through a long lecture. There's no instant reward associated with going to class, no hit of dopamine for taking notes.

In this column I identified and explained a massive issue that affects almost everyone in our generation.

Make sure to check out the next issue, where I will share actionable advice to address this problem.

eyed on campus



PHOTOS BY ROBBIE DOUCETTE/NEXUS

Camosun College held its annual Orange Shirt Day event on Thursday, September 28 at Na'tsa'maht at the Lansdowne campus.

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There will be a referendum question in the October Camosun College Student Society elections asking if students support raising the amount of the Nexus student levy.

Please see our October 18 issue for more information.

