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# NEXUS

camosun's student voice since 1990

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## editor's letter

# Be more childish

By the time this issue of *Nexus* comes out, we'll be in the full swing of spooky season. Usually, I'd like to jam as many weird and creepy things as I legally can into our Halloween issue, but lately, I've been thinking about something even scarier than ghosts, ghouls, and gremlins. I've been thinking about growing up—ugh, it even sucks to write out.

With my 30th birthday looming, I've been reflecting on my life and who I am now while also reminiscing on my childhood. I began to notice an unsettling theme: a level of seriousness has entered my life that wasn't there previously. I'm sure many readers can relate to school and adult responsibility requiring so much concentration and focus that it dims the creative and childlike spark flickering within us—which is still very much there, even if it feels buried or near extinction.

This Halloween season, I've inadvertently taken part in activities that my inner child would envy, and it drew an epiphany from me: why haven't I made a conscious effort to do this more? For example, I went ghost hunting for this issue's feature story (see page 4), and I had so much fun it felt illegal. (Maybe traipsing through the cemetery past midnight was, but who knows?)

Taking my friends on a ghost-hunting adventure in the middle of the night would never have been something I'd prioritize or plan if it weren't for work. But we spent over five hours out of the house, away from technology, living in the moment, and I felt truly happy afterward. I didn't overanalyze at the time, but I think it's because I was having so much fun doing something perhaps considered "silly" to do as an adult. Usually, I would have decided to stay home and focus on homework, meal prepping, house chores, or watching an episode of something comforting on the TV.

A similar situation happened recently, during midterm season. My friends were having a ghost-inspired paint night that involved buying an old painting from a thrift store and painting ghosts into the scene. I almost didn't go because of midterms, but something compelled me to leave the house even though I was utterly grumpy and overly severe.

My mood immediately lifted when I got there. We chatted while painting ghosts in various backdrops. I felt life's pressure instantly ease off my shoulders as I crammed as many ghosts as possible into an Italian painting of a hotel overlooking the ocean.

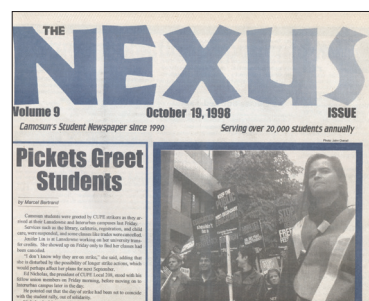
All of this is to say that setting time aside to do "silly" or childish activities is probably more beneficial to our mental health than we realize.

We should all set aside some time to be children this Halloween.

Jordyn Haukaas, student editor  
jordyn@nexusnewspaper.com

## flashback

# 25 Years Ago in Nexus



JORDYN HAUKAAS  
STUDENT EDITOR

**Strike, you're out:** In our October 19, 1998, issue, *Nexus* reported on CUPE local 2081 members picketing outside of both Camosun College campuses due to a lack of wage increases. Students entering school the previous Friday had been met with college services impacted by the strike. This resulted in the library, cafeteria, registration, and childcare facilities being closed, and some classes being cancelled. CUPE 2081 is still the union representing Camosun College support staff today.

**No rest for the wicked:** In this issue, *Nexus* writer Deidre R. Burden reported on a number of crimes that were taking place at Camosun. One incident involved a car being stolen out of the student parking lot in broad daylight; it was later found damaged downtown. Additionally, a mountain bike was stolen from behind the Young Building. This is a good reminder from the past to make sure cars and bikes are locked up safely.

**Where are the books?:** Also in our October 19, 1998 issue, *Nexus'* uni-named writer AJ wrote about a shortage of textbooks in the school's library. Apparently, books were being bought by waitlisted students well before they were accepted into classes. That, paired with students not returning books during the bookstore's buy-back period, resulted in students being left without textbooks. Wow—life before online textbooks sounds complicated.

## What's happening at nexusnewspaper.com

Week of October 9, 2023, top five most read stories:

1. "Open Space: Terms 'fem-presenting' and 'masc-presenting' need to go," May 3, 2023
2. "Student creates Spotify playlist of Camosun student musicians," October 4, 2023
3. "Free course material continuing to gain momentum at Camosun," October 4, 2023
3. "British Columbia Federation of Students campaign fights for affordable education," October 4, 2023
5. "The *Nexus* fall movie preview," October 4, 2023

## open space

# Camosun should take food-hub initiative more seriously

STEPHEN FINCHAM  
CONTRIBUTING WRITER

Arguing for the establishment of a food hub on Camosun's Interurban campus isn't easy, and the project doesn't seem to be logistically viable at first glance. The initiative involves a food and beverage processing space for local businesses to use before their products go to marketplace. A recent feasibility study conducted by Greenchain Consulting put a \$7.2-million price tag on the project, with an initial 12,000

I've spoken to several students on campus from a variety of disciplines and the consensus is that a food-hub program would be in line with their values and basic needs. Along with a connection to the local food system, it could provide Interurban's students with a means of purchasing locally sourced food from the convenience of their campus.

The busy lives of students doesn't necessarily allow for trips to the farmer's market, so having

## Are we giving enough credibility to students to allow them to actualize values like food security on their own terms?

square foot space requirement, with room for growth. Although there is enthusiasm for the project on the part of the District of Saanich and the college's administration, the cost and space required for the initiative are prohibitive.

However, I would argue that the benefits to the student body of the Interurban campus should be motivation enough for the college to consider the initiative more seriously. The concern over cost could be mitigated by making use of the resources the Interurban student body has to offer. Business students could be enlisted to seek out funding from the private sector as well as possibly taking over the project's administrative requirements. Trades students could help with establishing the infrastructure the project requires, and the hands-on educational benefits to the Culinary Arts students in the processing of local food products are obvious.

Interurban's image could also be motivation for Camosun's administration to make the space available in the campus' master plan. The food-hub initiative is progressive in directly connecting the people of the campus to the local food system, and it strengthens values the college already holds around food security. It celebrates Indigenous food systems, and it would result in the college taking a progressive role in the community.

access to a source of local products would be pretty valuable to many of them. Also, the volunteer aspect of the project would most likely require in a holistic sense, connecting them to the geography of the campus' location.

Although there's enthusiasm for the project from the student body and college administration, I think that the hold-up on making the project a reality at Interurban is a matter of priority and shows a lack of vision as to what a modern progressive campus should look like.

The college's administration may hold values like food security and celebration of Indigenous roots of the territory on paper, but if they choose not to take the opportunity to integrate these values into the college's infrastructure, what does that say about Interurban's image? Is the Interurban campus simply a certificate and diploma mill, or could it be an institution that enables greater educational needs? Are we giving enough credibility to students to allow them to actualize values like food security on their own terms?

I find that there's an unhealthy attitude toward the current business-as-usual approach to the food system on campus, and although it may be lucrative, it may not be serving students' higher educational needs.

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!

# NEXUS

camosun's student voice since 1990

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.

Find us on Twitter, and, as always, check us out at  
nexusnewspaper.com.

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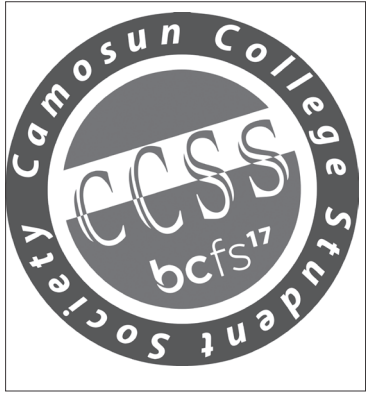
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COVER ILLUSTRATION: Ray Nufer/Nexus

OVERHEARD AT NEXUS: "Fuck you. Fuck all these weird fucking bugs."

student politics

## Camosun College Student Society urges students to vote in upcoming elections



JORDYN HAUKAAS  
STUDENT EDITOR

The Camosun College Student Society (CCSS) will be hosting its bi-annual student elections this month, with the voting period occurring from Monday, October 23 until Wednesday, October 25. Students may start noticing posters decorating the school as the election campaign period began on Saturday, October 7 and continues until Sunday, October 22.

All Camosun students should receive an email on Monday, October 23 containing a link and instructions for casting online votes.

CCSS external executive Jagjeet Singh says that the elections will allow students to select the best candidate to ensure their voices are heard at Camosun.

“CCSS is the voice of students on campus,” he says. “So, the elections are basically to elect our student leaders for the year so that we make sure that our students represent themselves. And it’s a platform for our students to come

forward and get elected in their positions and make the change that they want to make by themselves.”

Singh says that the CCSS will be engaging with students to ensure a large turnout of voters for this election season.

“We will promote it on social media,” he says. “Candidates are free to put up posters and talk to fellow students. We will be talking to the students also if someone has any concerns or issues or questions about elections, and basically, we try to promote it as much as we can so that we can get as many votes as possible.”

Singh believes that there are many different reasons why students should participate and vote, one of the main ones being that the CCSS advocates on behalf of the students, so selecting a candidate that matches students’ values is essential.

“The major thing is these elections are where student leaders are elected democratically and to find the best candidate for themselves,” says Singh. “Elections are the opportunity for our students to choose their own student leaders. [This] is really important because those leaders will represent our students at different levels in society. And a lot of the time we represent ourselves in front of college administration, so we need to make sure that with the help of our students, we can get the best candidates elected.”

This election will include two

“Elections are the opportunity for our students to choose their own student leaders.”

JAGJEET SINGH  
CAMOSUN COLLEGE STUDENT SOCIETY

referendum questions. One is asking for a raise in the amount of the *Nexus* student levy fee.

“*Nexus* is the free voice for our students, where they can say what they want to say and make sure that [student] voices are heard,” says Singh. “*Nexus* has been struggling operationally with the funding right now, so to make sure that the free voice—which *Nexus* is on campus—remains, we are doing a referendum so that we can have more funding for *Nexus*.”

The other referendum question is asking for a raise in fees going toward the Canadian Alliance of Students Associations (CASA), which all Camosun students are members of.

“We have [the referendum question] for the Canadian Alliance of Student Associations, CASA, that we are a member of, it is a federal organizing body,” says Singh. “It’s very important to have a federal voice for things like student financial aid... A lot of decisions regarding international students, a lot of decisions regarding Indigenous students... those supports come from the federal bodies.”

An example of the advocacy happening by the CCSS took place

on Thursday, October 5, when Singh went to the Parliament Buildings to speak on current issues affecting students, including problems with funding.

“I got to go to the legislature [and talk] with MLAs for the BC government and let them know the issues that our students are having, we need more funding in our institutions, all of those things,” he says. “We have to do that by ourselves. CCSS is run by students for the students. Elections are the first step you can make to make a change in your life or the lives of your fellow students.”

The most beneficial aspect of the election to Singh is hearing from the newly elected board members.

“One of the biggest benefits, which I’ve observed personally, is we get new, fresh, and different perspectives, which is really important because year after year, new students will be coming in who can represent themselves and their fellow students,” says Singh. “Because every student comes on the board with a different story. They have lived a different life, and learning [about them] is, I think, one of the best things because then we can improve ourselves even more.”

music

## Camosun student releases debut album with Anteater Eater



PHOTO PROVIDED

Anteater Eater recently released their debut album, *If that’s Your Thing*.

NICOLAS IHMELS  
STAFF WRITER

Local alt/surf/indie rockers Anteater Eater dropped their debut album, *If that’s Your Thing*, on August 26, and there’s a Camosun connection: drummer Daniel Hubert is a second-year University Transfer student at the college.

Hubert says the album—which features 10 original songs—is a collaborative effort that manages to create its own sound.

“[The album features] mostly things that Callum [Rudyk, guitar/lead vocals] has wrote over the last little while, I wrote one song, a couple of them were a little more

collaborative between all of us,” he says. “I think it’s pretty varied in terms of the sound; I don’t know, we’ve got a sound but I think we have explored a lot of genres in this album, which has been really fun to get some variety in it for our first album.”

The themes featured in the album explore young people coming of age, experiencing new things, and love.

“There are some songs that are kind of about being a youth and kind of just being a bit of a degenerate youth,” says Hubert. “And there are a lot of songs that, I mean, I don’t

want to exactly say what Callum meant by the songs that he wrote but I think a lot of them are love songs for his girlfriend. The general themes, I think, are just kind of growing up and exploring new things... That’s the period in our lives where we are all kind of making the transition into adulthood and experiencing new things. I think that’s kind of present in the album when you listen to it.”

Hubert says that the main challenges in making this album were dealing with everybody’s schedules and finding the money to record everything.

“The main challenges were... having everybody in Victoria at the same time, because last September Callum and Gabe [Boyarin, lead guitar] both moved, Callum moved to Vancouver and Gabe moved to Boston for university so it was pretty tricky having all of us in Victoria at the same time,” says Hubert. “And I was away in New Zealand last winter for a month. So that’s why it took so much time, because we were all so busy and it takes a long time to record stuff like that. Also, money, I didn’t realize how expensive it was to record stuff in a studio, but it’s like \$50 an hour. I mean, we’ve been able to mostly cover it with the money we made

through playing shows and selling merch and stuff, but we’re definitely a little bit in the hole. Hopefully we can make some of that money back.”

Hubert says that his favourite thing about drumming is the energetic nature of the instrument.

“Drumming, I think, compared to other instruments, I really like... that you can kind of improvise, and a lot of drumming when you’re playing with other people is the energy and being able to build up the energy in different ways,” he says. “I think in a lot of ways the drummer kind of leads the band sometimes, in like, just the amount of energy you are giving and you can really improvise and add and take away things with that, as the drummer. I’m a fan of that.”

Hubert explains that the main thing he wants the audience to feel when listening to the album is the same sense of fun that he felt making it.

“I just want [the audience] to have fun. I want them to enjoy it,” he says. “We’ve had a lot of fun making it and writing songs and we will continue to have fun playing them and stuff. I think I just want people to be able to have a good time listening to the album, and maybe take away some of the enjoyment that we got from making it.”

## NEWS BRIEFS

### Free spaces open in Professional Cook program

In our October 4 issue, we reported on the Chefs’ Table Society of BC supporting eligible students through the Professional Cook 1 program at Camosun College by offering free supports, such as uniforms, a knife kit, and a lunch pass, through funding it secured through the provincial government. On top of that, the one-time funding covers up to 18 spaces in the program that will be available free of tuition to students facing career challenges due to the pandemic, new immigrants, and unemployed or precariously employed people. Those interested in the program can email Culinary Arts chair David Lang at langd@camosun.ca.

### It’s beginning to look a lot like Christmas

The Camosun College Student Society (CCSS) is looking for student vendors for a holiday pop-up market happening on Wednesday, November 29 from 3 until 6 pm at the Lansdowne campus. Fliers have been posted around the college with QR codes inviting students to fill out a Google form for the event; head to the CCSS Instagram page for more info.

### Row, row, row your boat

On Friday, September 29, three master rowing athletes over the age of 65, along with local rowing coach Ben Murphy, visited Interurban’s Kinesiology students to demonstrate the importance of remaining physically active as older adults. This was meant to further the learning of Kinesiology students in the Active Aging course, which focuses on physical activity programming for aging adults.

-JORDYN HAUKAAS,  
STUDENT EDITOR

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## NEXUS

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spooky

## Who you gonna call? Not me, I'm inexperienced: a ghost story



PHOTOS PROVIDED

Find the McCain Smiles fry guy in this scene from *Nexus*' ghost-hunting adventure.

JORDYN HAUKAAS  
STUDENT EDITOR

I'm not going to lie: I requested to write this article months ago, as I'm the self-proclaimed all-things-spooky expert around *Nexus* HQ. When my editor gave me the go-ahead to ghost hunt, I was ecstatic and began forming my boo-squad. I needed a group of people who all differed in ghost-related opinions, so I invited my boyfriend (a skeptic), our friend (a believer), and, of course, myself (an agnostic).

After preparing my group, I needed to pick the locations we'd investigate. I decided not to research the areas too heavily beforehand to ensure my eyes wouldn't play tricks on me by fulfilling a ghost story found on Google. Instead, I selected three spots mentioned in *The Haunting of Vancouver Island* by Shannon Sinn—which covers reportedly haunted locations on, you guessed it, Vancouver Island. With little to no backstory, we waited for the sun to go down and set off into the heart of downtown Victoria.

### Fan Tan Alley

Our first stop of the night was Fan Tan Alley. While I had shopped there a few times under the security blanket of the sun, I had never ventured there at night. Honestly, I hadn't heard of Fan Tan Alley being haunted before. However, I assume everything downtown is supposedly haunted, as ghost-hunting groups litter Victoria's nooks and crannies every October.

Victoria's Chinatown is the oldest in Canada and comes equipped with a dark past full of racial tension and abuse. To set the scene, in the 1800s, many Chinese immigrants began coming to Canada, hoping to

find work and wealth. To dissuade Chinese immigrants from entering Canada in 1885, the government started charging Chinese immigrants a \$50 entry fee (equivalent to \$1,582 today). Meanwhile, slave traders brought women into ports like Victoria to sell them into a lonely life of prostitution.

The alley is supposedly haunted by Ah Heung, who brutally murdered Yow Kum in 1889. Kum was forced into prostitution and was sold to a brothel on Fisgard Street, which Heung would frequent. One day, Heung visited Kum at the brothel for the last time when he used an 18-inch knife to nearly behead her before fleeing the scene. He was later caught but ended his life before receiving his death sentence.

Supposedly, sightings of an Asian man covered in blood wielding a knife have been spotted in the alleyway, as well as reports of people being shoved and the sound of ghostly footsteps. It's suspected that Heung used Fan Tan Alley as a route to flee the murder scene.

When we approached the alley entrance, I wasn't overcome with a feeling of foreboding. Instead, I was met with a wall of tourists and selfie sticks, which elicited a different kind of foreboding—would I make it through the alley without getting my eyeball poked out of my head? After waiting for a couple to finish their photo shoot, we made our way through.

Admittedly, my uneasiness grew as people slowly dissipated and the night grew colder. Store windows displayed empty-faced mannequins staring blankly at us as we strolled along the thin cobblestone walkway. We looked through the windows

into the dark stores with bated breath; was something lurking in the shadows?

To conjure up some ghostly action, I said aloud, "Are there any ghosties here with us?" Immediately after, a loud bang came from above us, and we shot our heads toward the sky. Nothing was there, just some windows and a slight breeze. Is it possible that the sound emanated from someone closing a window? Maybe, but we couldn't see any lights on or movement from above. My guess is that someone, or something, didn't like me referring to them as a "ghostie."

### Bastion Square

I couldn't help but already know some of the backstory surrounding Bastion Square as I've been told my whole life that hangings took place in its midst. But I didn't realize everything surrounding Bastion Square is supposedly haunted. We focused our attention on Helmcken Alley, which used to be a part of a jail in the 1800s. Legend has it that a jail guard beat a prisoner to death in the alleyway; people now report hearing chains rattling, and some even say they've seen a man in shackles following them.

We entered Bastion Square and noticed just how alive it was; flocks of drunk 20-somethings meandered from bar to bar. Echoes of laughter and voices filled the night while music poured out of Darcy's into the square.

As we approached the empty, dark alley, my friend glanced in and announced that she "didn't like the looks of it," to which I agreed. It was too dark to see down, illuminated only by a dim orange lamp at the end. The alleyway looked straight from a horror movie, undoubtedly hiding a serial killer in its darkness who would jump out and end our lives in one fell swoop.

To further my horror-movie experience, a drunk man sat on some concrete stairs and whistled creepily while watching us disappear into the mouth of the alley. All sound from the neighbouring bars and drunks ceased, and my heart started palpitating. Why was it so quiet? We were then met with the pungent aroma of human excrement. I kept my mouth shut and my eyes on the prize, hoping the smell would ease (it didn't).

I'll admit, I was scared. Something felt off. Maybe it was the silence or maybe it was the human feces, but I felt something ominous creeping under my skin. I stopped us in our tracks and demanded we snap some pictures just in case something appeared on camera that wouldn't be visible to the human eye. (I've watched a few ghost-hunting shows, clearly.)

We snapped a picture of our three shadows stretching through the alley toward the entrance. We noticed upon further inspection that something resembling a face was visible on a pillar between me and my boyfriend; it almost looked like it was smiling. Yikes. I don't know if that necessarily fits the bill of our supposed prisoner ghost; I'd

expect him to appear slightly more menacing instead of looking like a McCain Smiles potato fry.

We wrapped up our alley adventures for the evening after that. I was thankful to re-enter society, which seemed to welcome us back as the music, the whistling man, and the drunk youths returned to their former ebullience upon our exit.

### Ross Bay Cemetery

The last excursion of the night was Ross Bay Cemetery, which I was the most apprehensive about. Growing up, I had heard rumours

guidance. Aesthetically, the cemetery was the scariest of all three locations; stone angels watched us weave through the winding pathway, and grave markers danced behind trees, playing tricks on our eyes.

Simultaneously, the wind whipped through the tops of the tall trees, making falling leaves hitting the ground sound like footsteps coming from all around us.

At one point, I was stopped in my tracks by a prominent shadowy figure sulking out of a patch

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Maybe it was the silence or maybe it was the human feces, but I felt something ominous creeping under my skin.

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about the sinister happenings there, especially after dark. However, these stories of witchcraft and underground societies are probably without credence, attempting to keep kids from disrespectfully stomping through the cemetery and its sunken graves.

Unfortunately, I couldn't find any reports of people experiencing a similar phenomenon at the cemetery like at the previous spots we'd visited; instead, online sources list the names of the suspected ghosts haunting the grounds. David Fee, Isabella Ross, and an unidentified elderly couple allegedly haunt the cemetery. Supposedly, Fee was killed outside of St. Andrews Cathedral, and Ross was the first woman to own land in BC, which doesn't exactly connect the dots as to why they continue to roam this earthly plane.

We began a very disorienting walk through the pitch-black night. Our only light source came from the mist-diffused light of the moon, which occasionally peaked through the clouds, offering us hopeful

of foliage, and I froze in fear. This was it: I was going to die. My eyes adjusted, only to meet another pair of larger eyes belonging to an adult buck with intense horns. I knew better than to linger, so we quickly changed our route.

At one point in our cemetery adventure, my friend and I linked arms through a particularly scary portion. I suddenly felt my arm nearly yanked out of my socket, and I turned around to meet her terrified face. "I saw something," she whispered, eyes wide with bewilderment. She said something white and translucent darted across the path behind us. I would generally search for an explanation, but the way she tugged my arm and the fear present on her face was enough for us to exit the cemetery promptly.

We got home at roughly 1 am, and while I can't say I was transformed into a total believer, I saw and heard some things that night that I can't quite explain. Maybe the dark side of Victoria's past still lingers in the city's shadows, alleyways, and cemeteries.



# Student Society Board Elections

Voting opens October 23rd 9am closes on the 25th @ 11 pm

**The College will send an e-mail!**  
**Check your inbox and your junk folder**



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CASA | ACAE  
Camosun Alliance of Student Associations  
Alliance des associations des étudiants

Camosun Student Society



## INTERURBAN EXECUTIVE



### Himanshi

I am honored run for Interurban Executive. In my time at Camosun, I have had the privilege of witnessing the vibrancy of our college community. My vision for our college is one of unity, progress, and inclusivity: where every student feels heard, valued, and empowered.

**Student Advocacy:** I will work tirelessly to ensure that your concerns are heard & also acted upon.

**Academic Excellence:** We will strive for

academic excellence by promoting innovative teaching methods, fostering faculty-student collaboration, and enhancing academic resources.

**Diversity and Inclusion:** Our college should be a place where diversity is woven into the fabric of our community. I will work to create a more inclusive and equitable environment for all.

**Campus Sustainability:** I will lead initiatives to reduce our carbon footprint and make our campus more sustainable.

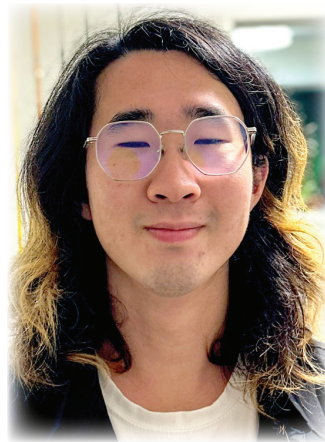
**Student Well-being:** I will promote mental health awareness, improve access to counseling services, and support initiatives that enhance student wellness.

**Transparency and Accountability:** I pledge to encourage the college & be transparent in all decision-making processes.

To foster a sense of unity, I will encourage more opportunities for students, faculty, and staff to come together.

I believe that together, we can achieve remarkable things. I am passionate about representing your interests and making our college experience unforgettable. Let's work hand in hand to build a college that we can all be proud of. I humbly ask for your support and your vote to make this vision a reality.

Thank you, make Camosun Interurban the best it can be!



### Fanzheng Bu (Kevin)

Hey fellow students,  
I am Bu, Fanzheng (Kevin) (He/Him), a second-year mechanical engineer student and I am thrilled to announce my candidacy for the Interurban Campus Executive position in this year's student election.

My platform revolves around the principles of unity, opportunity, and growth. It's my belief that by working together, we can achieve great things. My goal is to create an inclusive and supportive campus environment

where every student's voice is not only heard but also valued, regardless of their background or perspective.

As I've interacted with the diverse student body over the years, I've come to understand the importance of building a sense of belonging within our campus and the broader community. I am committed to fostering this unity and ensuring that every student feels like they are an integral part of our college experience. I am also excited to collaborate with fellow students to develop and promote campus events that provide opportunities for involvement, growth, and personal development.

Thank you for considering me as your candidate, I am deeply honored to have the opportunity to serve as your Interurban Campus Executive and am eager to learn, grow, and support our student community.

Sincerely, Bu, Fanzheng (Kevin)

## INDIGENOUS DIRECTOR



### Kaelyn Clarke

Ama sa (good day), my name is Kaelyn Clarke (she/her). I belong to the house of Xhliiyemlaxha of the Wolf Clan in the Gitksan First Nation. I am running for the position of Indigenous Director on the Camosun College Student Society. My journey has been about reclaiming who I am, where I come from, my family, my culture, and my language. My goal is to integrate Indigenous perspectives and honour the lands of the W\_SÁNEĆ and lək'wəḡən peoples in which Camosun resides on. With the opportunity this position brings, I will contribute to cultural safety and humility while creating opportunities for learning and reflection. I plan to bring awareness and advocate for Indigenous students all while honouring their experiences, lifting them up and supporting them in all means. If I am provided the opportunity to serve on the Camosun Student Society, I will lean in and be open, listen and learn. I will work to ensure Indigenous voices are an integral part of the conversations going forward.



# LANSDOWNE DIRECTOR



## Elva Gutierrez

Hi, I am Elva and I'm in my second year of General Science. Being in the CCSS for the last 6 months has allowed me to get closer to the Camosun community (regarding ) their (wishes) and (needs). I spent my first semester (studying at ) Lansdowne for more than 10 hours a day; knowing I am not the only one who has gone through a similar semester, I want to create a environment that students are comfortable and happy in beginning from the moment

they step their foot in school.

This year I want to continue fighting for lowering tuition, fundraising for women's shelter, and helping students get to the closest of a stress-free experience in Camosun. A fun fact about myself is that I love to dance.



## Raul De La Garza

I am an international student with the ACBT program. For the past few of years, I worked as a middle school teacher at Mexico. A very important part of my job was the communication between teachers, students, and parents. I envision a school in which every student's voice is heard and valued. My plan is to enhance the sense of community among students and teachers. Inclusivity and representation are key aspects that I consider any student council member should

always keep in mind. I will try my best to help students have a great on and off campus experience. I am excited to share my vision for our school and my commitment to making it a better place for all of us.



## Navreet Singh Sidhu

Hello Camosun community, My name is Navreet Singh and i am running for Lansdowne Director position in upcoming elections. This is my second semester in arts and science diploma.

Throughout my journey at Camosun college, I have had various experiences which have enabled me to grow personally and professionally. I have actively volunteered and engaged myself on campus and in various events and orientations. I have learned a lot

about campus life and, most importantly, the entire Camosun college community. My personal experience would be advantageous to understand the various expectations everyone has in their College life.

I feel it is imperative for the students to be made more aware of all the facilities and support they can get from the college and I believe I can succeed in helping them find and grasp those helping hands. I have always been a good listener and an approachable person with the willingness to apply my knowledge and help others to the best of my abilities.

I aspire to become the voice of my fellow students, whether domestic or international to raise the sense of inclusiveness and solidarity.

Let's bring forward issues and concerns related to financial aid, academic advising, immigration information, mental and social wellbeing, and any other complications we as students have, So that everyone can work hand in hand to make Camosun an even better place to thrive and raise the school spirit in all. "As Each One Of Us Matters"



## Aksh Chada (Sam)

Hi Everyone,  
My Name is Aksh Chadha, I am an international student from India. I am honored to stand before you as a candidate for Lansdowne Director. My vision for our college is to create a vibrant and inclusive campus where each cultural background is respected and everyone feels socially connected throughout their study experience at Camosun College. As your Campus Director, I commit to Campus Sustainability, Student Life Enhance-

ment through various campaigns and events. I will also encourage Open Communication channels for students to make them feel heard in every situation. I will ensure that safety practices on campus are available for everyone so that they can engage with the community in a better way. I will make sure that the improvement is not just for the beginning but stays continuous throughout the terms and is maintained well.

Together, we can make a place where we all feel socially welcomed. Let's make our campus life better and brighter with each coming day.

Thankyou for your trust and support. Sincerely, Aksh Chadha



## Gerardo Velasco Gil



Hello, my name is Gerardo and I am a student of Applied Chemistry and Biotechnology at Lansdowne campus. This is my first year at Camosun and I feel very happy about being part of this community. I enjoy the diversity that surrounds us, and I understand how important it is to find agreements that are good for all. I would like to work with the CCSS for the enhancement of our spaces and services, letting the students to be heard and form part of the decisions that affect us all.




## Andrew Ginting

I am in service to others

The Camosun College Student Society Presents:

The Rocky Horror Picture Show



# INTERURBAN DIRECTOR



## Ayush Chauhan

Hello all, I'm the present Interurban Director of our student society. Being a leader, it is not easy to convince someone that I can feel your pain". However, being a student I feel that your problems are my problem. Your opportunity is my opportunity. If I become the student leader of Camosun College Student Society, I assure you all that I will use each and every opportunity to improve student life and struggle.

Moreover, as International students, it's our responsibility and needs to convince domestic students that we are one of you and we are with you. We can work together to ease our journey and for our future students on this campus. I am a believer in equality, so I will be the strongest voice you have ever felt.

I want your support and participation in the discussion on a large platform on gender equality, sexual harassment, mental health problems, financial struggle, environmental concerns, and new technological ways of study. In fact, we will be the voice of the voiceless, who are struggling to be in a position to have their fundamental rights. I will be organizing activities and events for better indulgence of all the students.

Together, we can make this campus a better place in the whole world by giving the example of total productive student management.



## Purvi Dubey

Leadership is not about being in charge; It's about taking care of those in your charge." - Simon Sinek

I stand before you once again, like the sequel to a blockbuster movie. So, here I am, Purvi Dubey, back for another round of Interurban Director at Large, and let's just say, the sequel is always better!

In my last term, I spearheaded campaigns like 'Rise Up,' amplifying student voices in the fight for fair and affordable education. Recall those posters about Open Textbooks? Addressing the high cost and its impact on academic careers, these campaigns not only succeeded but earned praise from the British Columbia Federation Society (BCFS).

Following the same steps as before, rest assured, this year will be both fun and even more productive. If you choose me, my dedication goes beyond promises. I'll roll up my sleeves, bringing fresh initiatives like interactive study hack workshops and collaborating with local businesses for student discounts. My commitment remains unwavering. I pledge sincerity in approaching my duties. So, I stand here again, seeking your vote with zeal, enthusiasm, and commitment to excellence. Together, let's script a sequel that leaves a legacy!

# OFF CAMPUS DIRECTOR



## Pedro Jose Gudiel

Create community that supports each other in our campuses and facilitate access to benefits is the goal. Equality, solidarity, service and fraternity are fundamental for our Student Society. I am looking to make a contribution to our student community. We can make our Camosun experience much better and sustainable:

1. Continue to work on the Food Bank, bread Thursdays, student clubs, walk safer, U-pass, and work to create new programs & services.

2. Create a new platform for dialog to optimize communication between the society and Students to allow for new ideas and programs.
  3. Develop relationships with other private and non profit institutions that can help us support our services & programs.
  4. Work with the Career Lab to create opportunities for basic employment trainings to help students be more employable: First AID certifications, CPR certifications, and other skills trainings
  5. Highlighting student rights and and create a legal aid help desk.
  6. Conferences with related topics of interest for our student community, with guest speakers.
  7. Arts and Cultural activities to enrich our diverse student community.
  8. Maximizing ride share opportunities for student with limited access to transportation options.
  9. Fun activities like a business, sports and wellness, countries and nations' fair, to create a more understanding and united student body.
  10. The creation of stronger clubs like Woman's rights club, LGBTQ+ equality & inclusion club, Kitchen club, Fitness & Bodybuilding Team, Model United Nations Club, Canadian cultural heritage Indigenous club.
- A real students' community that generates successful leaders for the future.



## Angela Chou

Hi! I'd love to continue helping advocate for students in this new role. I have previous experience on the board and am excited for what could be ahead!



## The Rocky Horror Picture Show



**A fundraiser for the Camosun Student Food Bank!**  
**Thursday, October 26 · 6:30 - 9:30pm**  
**Young building, Room 216 (The Gibson Auditorium)**

### Admission:

**Students: \$5 or \$15 with props bag**  
**General: \$12 or \$34 with props bag**

# NEXUS PUBLISHING SOCIETY LEVY FEE INCREASE

camosun's student voice since 1990

Whereas the Nexus Publishing Society, Camosun College's student newspaper and voice of students since 1990, has experienced significant cost increases that have put it into an unsustainable deficit position.

**Commencing in Fall 2024, are you in favour of increasing the Nexus Publishing Society levy by 30 cents per month\* to cover the increasing costs of producing the Nexus newspaper and its website?**

\*Currently 49 cents a month

## NEXUS PUBLISHING SOCIETY FEE STATEMENT

Nexus is the long-time independent student newspaper at Camosun College. Nexus provides news coverage tailored to Camosun students, as well as arts and entertainment reporting, in-depth feature stories, opinion columns, comics, and much more, all written by Camosun students, and available as a free newspaper once every two weeks, and online every day.

Nexus has not asked for an increase in the amount of student fees it receives since 2003, 20 years ago! Nexus operates on a tiny budget but now, like all media, is under financial threat due to the increasing costs of printing, lack of paid advertising, equipment, and staffing costs (which is almost all Camosun students). Nexus is hoping for this small fee increase to get us back to operating outside of a deficit and to be able to provide quality news while paying for the part-time student employees who write for the paper, the necessary equipment upgrades and rising costs of printing, and collaboration with other journalists and student newspapers across Canada.

Please support this small fee increase to help ensure a strong and healthy student newspaper.



## CASA FEE REFERENDUM

Whereas the Camosun College Student Society (CCSS) works with provincial and national student groups to lobby pressure governments to be supportive of student financial assistance, Indigenous funding, immigration policies, and other important issues; and  
Whereas the membership dues portion of the Canadian Alliance of Student Associations fee has remained stable for many years, the participation and travel costs of collaborating with other student associations nationally to lobby politicians and government officials has increased about 50% from before COVID;

**Commencing in Fall 2024, are you in favour of increasing the Canadian Alliance of Student of Student Association (CASA) fee levy by 12 cents per month in order to help allow the CCSS to continue to advocate for Camosun's students on student financial assistance, institutional funding, Indigenous funding, study visa/immigration rules, and other important issues?**

\*CASA membership levy is currently \$.49 per month

Canadian Alliance of Student Associations Levy Increase Statement

The Camosun College Student Society is an active member of the Canadian Alliance of Student Associations and has helped to eliminate interest on student loans, increase non-repayable grants, to add mental health funding, and to improve student visa conditions for international students. Some of this important work has to be done in person and for any of you who have travelled off the island in the last few years, you will know that that travel costs, hotels, food, and gas has increased far above the rate of inflation. The vast majority of your current CASA fee goes to membership dues. Member associations like the CCSS are responsible for the direct costs of participation. Unfortunately, the recent increased cost of travel combined with lower student enrollment makes it difficult for Camosun student representatives to continue to influence federal policy on important student issues. In addition to regular federal supports, students on student loans/grants, international students, and Indigenous students are directly impacted every day by decisions made by the Government of Canada. Politicians in Canada rarely allocate money, or make favourable rules for students, unless they are personally and directly asked. Please vote "yes" to this slight increase in the CASA fee levy to help offset exceptional cost increases and ensure the CCSS continues to be able to fight for your rights and interests nationally!

# RISEUP

Tuition fees are too damn high.

International student tuition fees are unregulated and unfair, and can increase by any amount, at any time.

The average student in British Columbia owes \$28,000 in student loan debt upon graduation.

*Students deserve an education, not debt.*

**TOGETHER, WE CAN RISE UP FOR STUDENTS.**



**RISE-UP.CA**

**bcfs** | british columbia  
federation of students



stage

# William Head on Stage returns, continues to tear down stereotypes



JAM HAMIDI

A scene from a previous William Head on Stage performance, *Time Waits for No One*.

LANE CHEVRIER  
CONTRIBUTING AUTHOR

William Head Theatre Society was created in 1981 by a group of incarcerated men taking a theatre course within the William Head Institution. These men decided to create a company, which at the time was called WHAT (William Head Amateur Theatre) to produce plays to show to the public. Later, the company was renamed to what it is known as today, WHoS (William Head on Stage), and it's still going strong.

Director Kate Rubin, who has worked with WHoS for over 20 years, is directing the upcoming production *Eavesdrop Café... Look WHoS Talking!* Rubin says that

WHoS helps incarcerated individuals gain communication and social skills that will be invaluable when trying to assimilate back into society.

"There's a lot of communication and collaborative work done, and in that way they're learning how to work together towards a positive outcome," says Rubin. "They are learning how to be in the world and work in ways that are restoring who they are as people with their skill sets, so that when they do come back to the outside, they're hopefully going to be better citizens in the sense of being proactive and doing positive things in society."

Learning how to perform has other benefits for the incarcerated

individuals involved, boosting confidence and dramatic delivery, and it can also have a positive benefit on mental health, says Rubin.

"They're learning how to speak up in terms of projection, they're learning how to stand and be in front of an audience and be confident," she says. "If someone comes in and they're super shy, there can be a huge transformation and expansion of confidence. If they're not feeling sure about standing up in front of people and saying anything, by the end of this they'll be feeling so much better about it and doing it with gusto and feeling really good about it."

The program also has benefits for the audience, who usually gain

"[The incarcerated performers] are learning how to be in the world and work in ways that are restoring who they are as people with their skill sets, so that when they do come back to the outside, they're hopefully going to be better citizens in the sense of being proactive and doing positive things in society."

KATE RUBIN  
WILLIAM HEAD ON STAGE

a more rounded perspective on the performers, according to Rubin.

"Some people who have never been inside a prison before really have a shift in their consciousness around the people that are inside, because I think if you're not inside and you don't know someone in your family who's been incarcerated, there can be certain preconceptions that label or stereotype, or put them in a particular bracket, and that gets washed away pretty quickly after they see the performance," she says. "They're human and they're full of joy and laughter and hope and sadness and all the things that we have as well on the outside, but you sometimes forget that when you're thinking of people on the inside."

Rubin believes that those in prison—particularly in minimum security prisons like William Head—are no different than those outside of prison in terms of humanity. Prison, like life, is full of

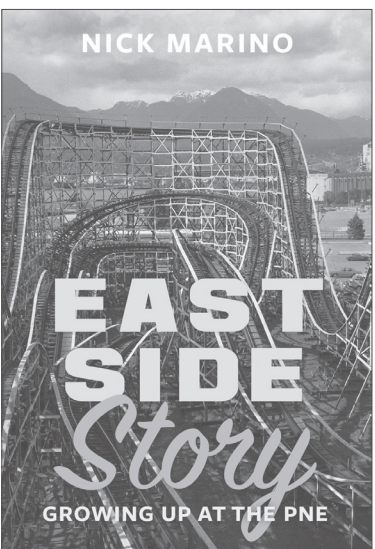
complicated grey areas, and fear and judgment toward incarcerated people are often resolved within audience members.

"There are fathers, there are wives, there are partners, mothers, brothers, all of that, there are people who have relationships on the outside, and their families will come see this show, and it makes a huge difference to their sense of esteem and their sense of success," says Rubin. "I think that for some people, their whole mindset can be completely swept away around what they were expecting. They're coming in with preconceived notions but it's not black and white, good or bad, it's all the colours in between."

*Eavesdrop Café... Look WHoS Talking!*  
Various times and days, until Saturday, November 4  
\$25, William Head Institution  
whonstage.weebly.com

review

# East Side Story not your average roller-coaster



DOMINIQUE ATHERTON  
CONTRIBUTING WRITER

Having visited Vancouver many times throughout my life, I was intrigued by Nick Marino's *East Side Story: Growing Up at the PNE*, a historical retelling of his childhood growing up as a cog in the PNE's wooden wheels. What I wasn't expecting was the emotional whiplash I experienced reading about the ups and downs of not only Marino's life, but also the history of Canada.

Marino takes his readers on decades of rides starting as early as WWII, before the ginormous

wooden roller coaster at the PNE was built. He talks about his youth working in one of the many games at the PNE during the '80s. The PNE was the place for the youth of Vancouver to work for a couple weeks in the summer, meet new people, and skim some money off the top. Marino lightly speaks about the almost unspoken agreement between the youth working at the PNE to give out free games and to fudge the books to pocket a few \$20s. The *laissez faire* feel to work and responsibility is beautifully portrayed in Marino's memories of riding his bike across the border to buy cigarettes as a kid and the breaking and entering that many youths of the time partook in.

I'd never heard of Miss PNE, a beauty contest that started in the 1940s, and I appreciate Marino bringing it to light today. He talks about how the contestants' weight and chest and hip size were published for all to see in the newspapers. Gross. (These women were teenagers, making the whole thing feel even worse.)

One of the most important chapters in Marino's book is his telling of the Japanese incarceration camps. This is part of our history that I was

unaware of. Having read about it now, it feels like such a significant event, and I'm surprised I wasn't taught about it before.

During WWII, the Canadian government was so terrified of an attack from Japan that they decided to round up all people of Japanese descent, including those who were born in Canada, and put them in inhumane camps, just in case they were planning an attack from the inside (I can't express enough of an

eyeroll here). So, on one side of the PNE grounds was the Happyland Dance Hall and on the other was barbed wire enclosing approximately 8,000 people for weeks or months, forcing them to live in horse stalls and conditions not fit for any living creature. 22,000 Japanese Canadians were incarcerated in Canada and forced into different camps across the country, losing their homes and belongings, which the government auctioned off.

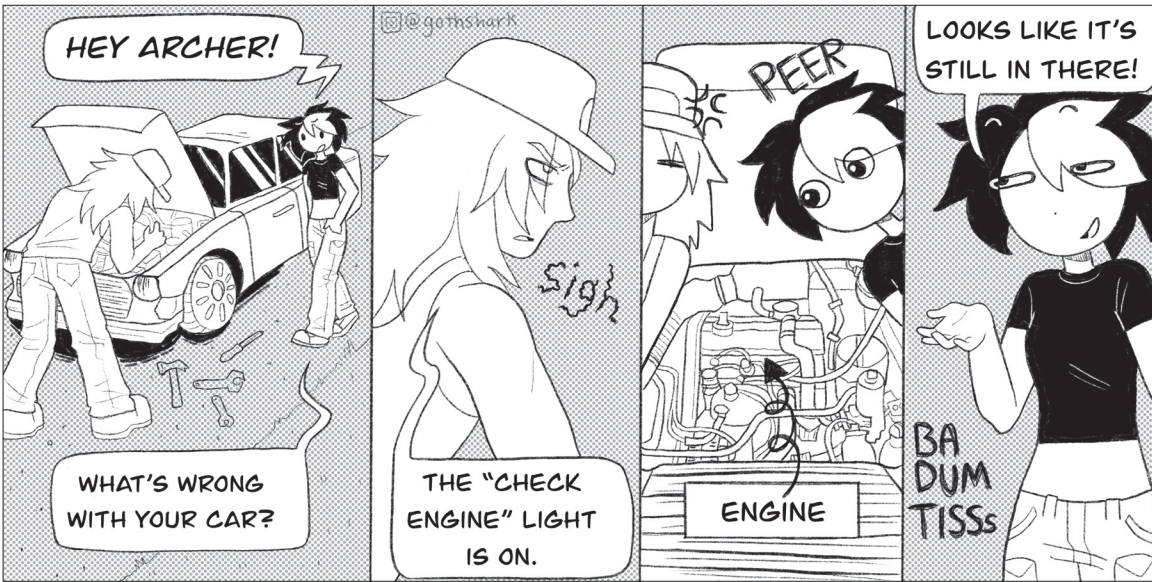
Marino has a way of telling his history, and the history of Canada, with humour, heart, and significance. I was unsure of what to expect from *East Side Story*, but I wasn't expecting such an emotive book.

I'd recommend this to anyone who wants to experience the joy of a summer at the PNE while also learning about the struggles of Canadians, both small and giant roller-coaster sized.

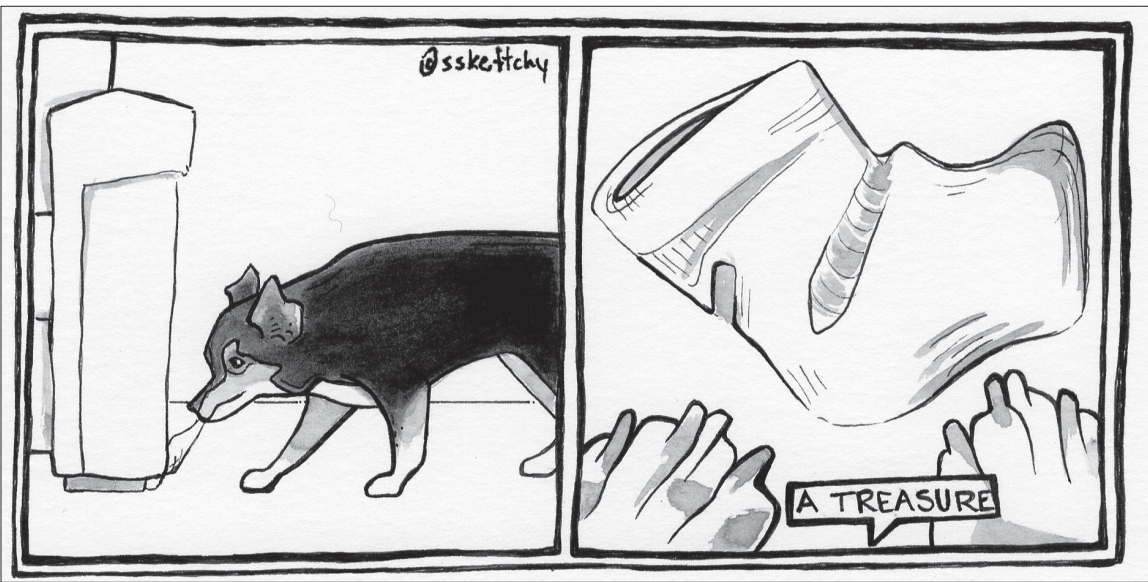
The Costume - Recla Ker



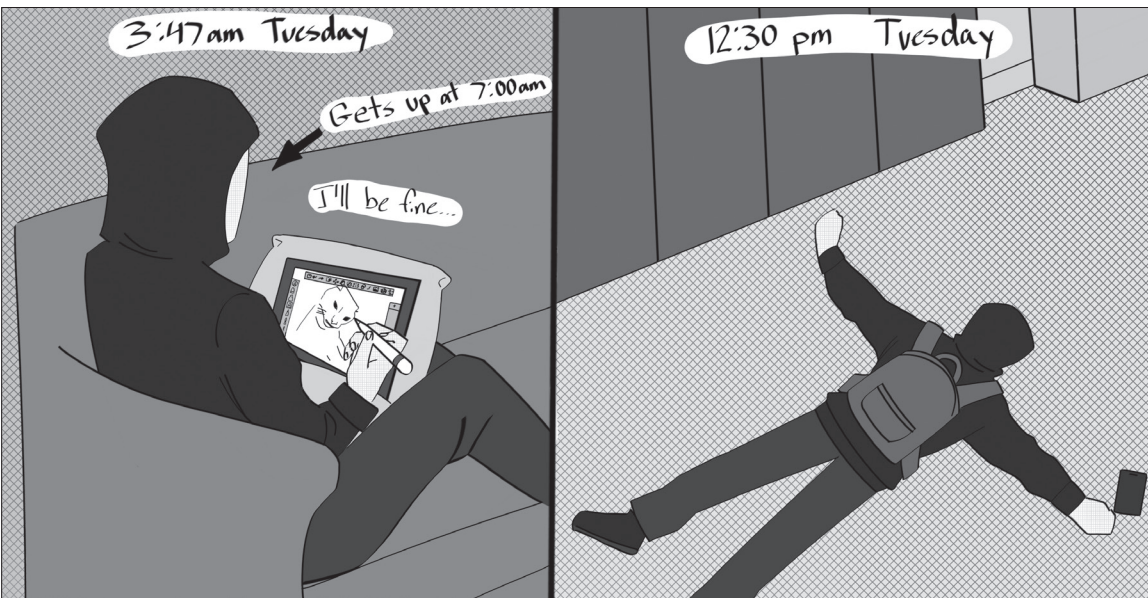
Ruby Rioux and the Bats from Saturn - Ray Nufer



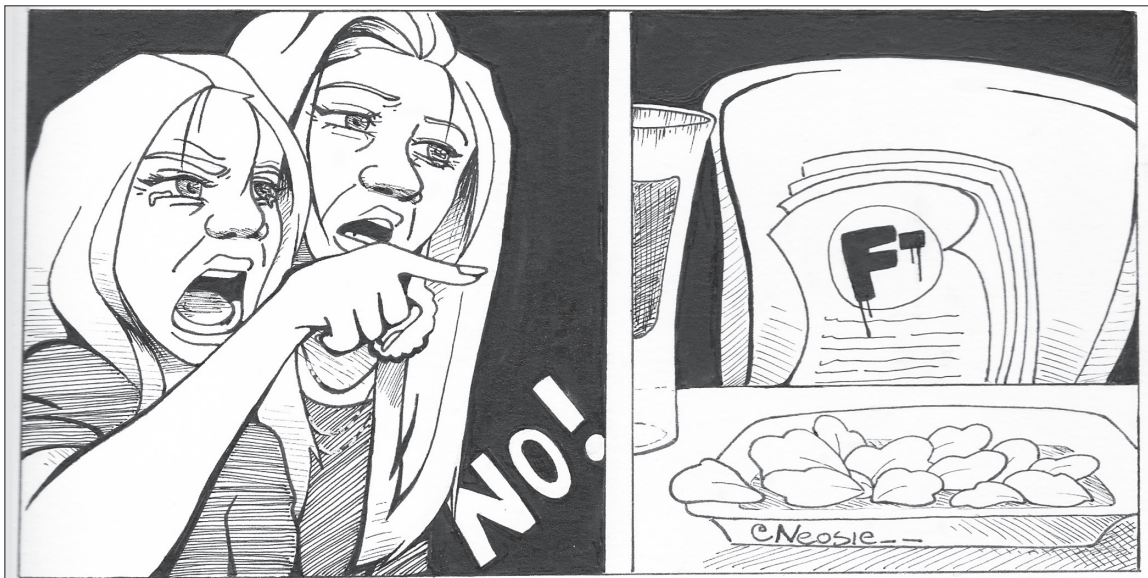
Mateo - Jade Greive



Things That Happen - Jaiden Fowler



What's This? A College Meme? - Naomi Fisher



Brainrot - Kit Miller



wildthings - Finnegan Sinclair Howes



Creature Feature - Jenna Victoria



**NEXUS**

Got something to say?

Letters to the editor:  
editor@nexusnewspaper.com





## Kiryn's Wellness Corner

by Kiryn Quinn

## Downward dog mornings

In my last couple of articles, I covered the warming effects of chair pose, the energizing effects of warrior lunges, and the importance of balancing blood sugar with natural high fibre and protein foods like nuts, seeds, and whole fruits. As we move toward the wetter west coast seasons of fall and winter, our bodies crave the warmth of cooked and baked foods, surefire ways to infuse you with comfort.

You've had no fluid all night, so start your day right with 250 to 500 ml of warm water or a herbal tea to rehydrate. Whether you start your day off immediately with food or hold off for your intermittent fasting window to end, rolled oats are a heart-healthy way to fill you up and sustain you for several hours. Add in your favourite dried fruits and some

nuts or fresh cut apple with cinnamon and a touch of maple syrup for sweetness and you'll naturally satisfy your sweet tooth without causing major blood-sugar fluctuations. (Want savoury? Head online for a multitude of savoury oats recipes to please your palate.)

Whether you prefer practicing yoga in the morning, afternoon, or night, it's always best to practice on an empty stomach so as not to interfere with digestion or impede your practice. A simple yet energizing and time-sensitive yoga combo in the morning is downward dog/lunge flows.

Start off in a lunge position, with your hands on either side of your right foot, knee over your ankle and back leg extended straight with your toes tucked under (no shoes or

socks are needed). Step your right foot back to meet your left, move your hands shoulder-width apart and find yourself in an upside-down V shape: downward facing dog. Draw your navel to your spine for core support, press your hands flat to avoid wrist strain, draw your shoulders "up" your back away from your ears (no hunching) and then press your heels towards the floor. Your legs do not have to be perfectly straight, nor do your heels need to touch the floor. Take three to five slow, deep breaths, then bend your knees and step your opposite foot forward into lunge position again. Take another three to five slow breaths then step back into downward dog and repeat five to eight times.

Until next time, keep it real.



## Not the Last Word

by Emily Welch

## Finding hope through truth

From the ages of 18 to 24 I was so deep into addiction that I thought I'd never get out. I had run away from my home and my family when I was 17 and ended up living in single room occupancy housing in Vancouver's Downtown Eastside. I had to earn money any way possible to fund my addiction, and I felt judgment everywhere; it's a terrible feeling to carry. I was young, scared, emaciated, and always cold. I believed life would never change.

Every morning I walked to the Gastown pharmacy to pick up medication. It was one place I found a few people who knew my name and treated me kindly. One morning, I was staggering down the street to the pharmacy; I hadn't eaten for almost a week and was so hungry I could barely walk. I rarely depended on the goodwill of others, but that day I asked one of the pharmacists

who knew me well if he could lend me a dollar so I could buy a chocolate bar (this was over 20 years ago). I explained how very hungry I was. I expected him to say no, but without pausing, he reached into his till and handed me a \$20. He looked into my eyes and smiled at me, like I was a worthy human being. He knew I could get a hit with that \$20, but without judgment or questions he handed it to me, and I ate a meal for the first time in a week.

That moment between us restored my faith in humans, and in life. It began the start of a journey to recover, to begin a real life of my own.

After a few years in recovery I took a chance that he might still work there. I took the ferry back to Vancouver, to the Gastown pharmacy, and thanked him personally for his kindness that day. He didn't

recognize me immediately—after all, I was seven years older, a healthy weight, and smiling.

When I explained to him how much he'd helped me that day, he was very touched, but he told me it wasn't him, it was me who'd changed my life. I only sort of agree with that.

The day that one person took a chance on me was the day I began to believe in a better life, and would later start to believe in myself. We may think that as individuals we are too small in the scheme of things to make any difference in the world, but it's not true. Every action we do makes a difference.

If one gesture of goodwill is powerful enough to change a person in the depths of destruction, then imagine what people can do as a whole.

Anything is possible.



## Nature Tongue

by Bo Large

## Finding the pulse

One of the hardest and most beautiful things about the human experience is being an empath. Reality can't lie when you feel it through paper-thin skin. The wind changes and it speaks through me; the tree shifts and I notice.

When you feel the felt sense of the world, those whom hearts beat like drums making inaudible noises, but also those whom sap rushes through their veins, those whose whispers are shared through mycelium roots, and the tender plants whose essential-oil secretions speak through the winds are all audible. It's impossible to not know how conscious, ancient, and wise the unspoken world remains to be when nature speaks tepidly present without sound.

I often wonder why no one else can hear these voices.

When one leaves their heart's consciousness and lives in their minds, adapting to the mechanistic and capitalistic framework of society, it can be easy to forget that the world breathes too.

And from this space of seeing everything without a heartbeat as "dead" or "not alive," one forgets

we are in an active relationship with the world around us and doesn't question what learning to have an active relationship with nature looks like.

From a mechanistic lens, one is stripped of the opportunity to see nature as a teacher or friend.

The heartbreaking void of too many not seeing nature as a highly developed consciousness to learn from, revere, and cultivate fierce tender care for seems to leave a cold and tinny echo throughout the modern capitalistic world.

From this void, clearcutting a forest becomes economically strategic instead of innately understood as the murder of an ancient and essential ecosystem.

Even further, the killing of our teachers: the trees, plants, birds, bugs, and animals that move in symbiotic patterns through these spaces—reminding us what is sustainable and balanced when we so often fall out of balance as humans—is erased.

We are not just clearcutting our forest: we are clearcutting the spaces that hold the medicine, wisdom, and complex systems that

can bring us as a society back into balance and remembering.

When something is viewed as "not alive" it is "not connected." So why would it matter if something is removed?

These are the sentences that make my heart ache and the fierce ocean of my heart wash from my eyes in confusion of the collective psychosis that has blinded so many to nature's divinity and foundational importance.

My wish for this column is for it to be an explorative space for our minds to soften and our hearts to question, for the wind to feel a bit more alive, and a place where invitations to root deeper into the self and untangle our minds are also invitations to question deeper our relationship with what surrounds us.

As a herbalist, an artist, an animalist, and a believer that everything is my teacher, I share here the wanderings of my heart so that maybe we can question reality a bit deeper as a collective, and in this wandering discover that life may be a bit more magical and nuanced than we were previously taught to question.



## Nic's Flicks

by Nicolas Ihmels

## Expend4bles nothing short of an atrocity

Expend4bles  
0/4

Now, I wouldn't say that *The Expendables* is my favourite action franchise by any stretch of the imagination, but I did have fun with the first three movies. So it was with cautious optimism that I recently walked into a movie theatre to see *Expend4bles*. And I'll tell you what: I was going to be nice, but this movie

dle-school drama class of an acting show. Everything the actors do is completely phoned in. Most of them look like they are sleepwalking through their lines like movie zombies. "Give me money. This movie sucks and I'm only here for the money, so give it to me so I can tell my kids and grandkids I'm a real actor!" That's the acting level of this movie.

## Within the first 20 minutes, it almost became the first movie I've ever walked out on.

has gone too far. Within the first 20 minutes, it almost became the first movie I've ever walked out on. I was so offended by how this movie was put together that steam was coming out of my ears.

This entire film, from the plot to the dialogue, looks and sounds horrible. A great example of this is when Lee Christmas (played by Jason Statham) is at a party after being fired from *The Expendables* for incompetence. He's there protecting an internet influencer—this scene is every stereotype in the book. From the jerk of a boss to the violent action hero, they're all there and it's just horribly offensive.

But that's all secondary to the two things I really hate about this movie.

The first thing is that everything looks, sounds, and acts fake. The guns look like they are made out of Play-Doh; the vehicles—whether it's a truck, car, or plane—look even worse. Then there's the mid-

The second thing I hated about the movie is its sad excuse for special effects. These are not special effects. They are a burnt movie marinara pizza that they melted cheese on and then, in defiance of man and movie gods everywhere, put underdeveloped, green-screen sauce on top of and put on display like some sort of Christmas ornament from movie hell. And who uses fire that looks like it's made out of Lego to make an explosion? I'm not kidding; I saw more realistic effects in *The Lego Movie* than I did in *Expend4bles*.

The best thing about my whole *Expend4bles* experience is the quiet, empty theatre I got to sit in, and not because I like to enjoy my movies without people on their phones all the time, but because it gave me hope for humanity, because they refused to pay money to see this atrocity.

Unfortunately, the same can't be said for me.



## Fellas, Let's Figure It Out

by Jaxson Peterson

## Dopamine, part two

In the last issue, I talked about what's undoubtedly one of the biggest problems affecting our generation: smartphone addiction and the resulting inability to focus.

In this edition, I'll share some actionable tips for improving your attention span and ability to focus deeply on one thing at a time.

First, to briefly touch on the subject of multitasking: the science is clear that the brain functions best, and you can produce the highest quality work, when you are focused on just one thing.

So, if your study sessions involve bouncing between the textbook, Snapchat, and Instagram, you are likely not producing your best work.

Our brain and body constantly adapt to the stimulus we impose on them—meaning if you're always switching between homework and the same three apps on your phone, then a lack of focus becomes your default state.

The best way to retrain your brain is to force yourself to do one thing at a time. Think of your focus as a muscle: the more you train it, the stronger it gets.

Step one on this brain-retraining journey starts while studying or doing an assignment. Pick a set amount of time to work, put your

phone in a different room, and get to work.

If you're struggling to focus, try the Pomodoro Technique, in which you work for 25 minutes, then you take a five-minute break where you can check texts and move around a bit.

The second step on the path to unfucking your focus is to sit down and read a book. Not an audiobook, not an ebook—a physical book.

Start with a topic you find interesting: sports, romance, or whatever floats your boat. The key here is to eliminate all distractions and focus intensely on what you are reading.

Other small but powerful ways to train your brain include eating a meal alone with no screens or going on a walk with no music or podcasts.

Most importantly, start cutting out the cheap dopamine and spend your time doing something real. Break a sweat, learn something, spend time with your family, and go outside. You'll be healthier and happier for it.

If you find yourself struggling to focus I urge you to keep going. Everything in our lives is designed to deplete focus and drive quick, constant engagement. The only way to combat this is through a sustained, intentional effort.

eyed on campus



ROBBIE DOUCETTE/NEXUS

On Thursday, October 5, the Camosun College Criminal Justice program partnered with the Hospitality Management program and the Camosun College Student Society Food Bank to hold a well-attended Stone Soup event at the Lansdowne campus.

contest

Find the hidden *Nexus* and win



GREG PRATT/NEXUS

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!

Here's your hint: have you seen how many comics we have in the paper now? They're spilling on to a second page! So this hidden issue is dedicated to the comic creators. Get hunting!

# NEXUS

camosun's student voice since 1990

## VOTE YES!

Nexus Publishing Society is asking Camosun students for their support in a small increase to the Nexus student levy.

See the Camosun College Student Society election platforms in the middle of this issue and vote yes to the referendum question asking about the Nexus levy when you vote between October 23 and 25.

Help keep student media alive and thriving!