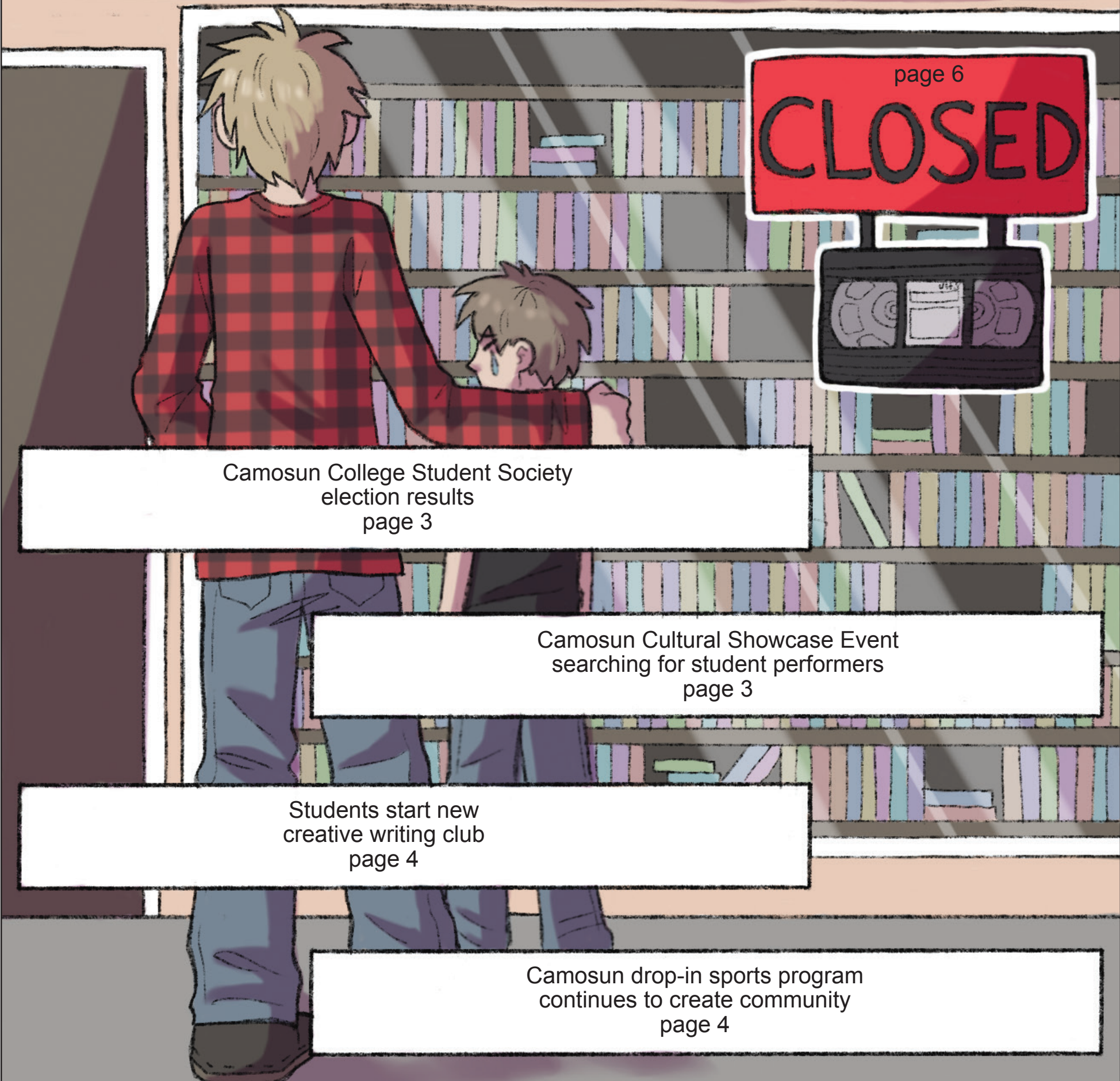


BE  KIND, REWIND

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# NEXUS

camosun's student voice since 1990  
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## editor's letter

# Dealing with death

For my entire life, death has been separated from me by hospital walls, metaphors, gentle words, and a degree of separation that has further pushed the topic into a realm of taboo and fear. The closest I've come to seeing death would have been, like many Western children, when my hamster died before my young eyes. I remember her last breaths, and I remember being confused: why did it look like she sleeping? Maybe she was.

Things got even more confusing when my aunt died from cancer and my grandpa (who was my world) died from heart complications within a few years of each other. I visited them both when they were very sick and then I avoided them until they died. I couldn't handle seeing them; I was scared of the dark cloud of unknown that was now circling them. Then one day they were gone—like a twisted magic trick, they disappeared on me.

## Beyond the celebrations of life, and rare wine-induced conversations with family members, I had no rituals or ways to cope with death or grief. We simply stopped talking about it.

Not visiting them more is a decision I've since lived to regret. Even though I was a confused teen, it's hard to rectify my avoidance.

I was only able to process my aversion to the dying during my Anthropology of Death class this semester. This level of separation now makes sense to me: I've never seen any bodies, I didn't say any goodbyes, I went to cold funerals and tried to hold in tears, all while maintaining a rigid exterior, like my grief had transformed itself into emotional rigor mortis. I remained frozen.

Beyond the celebrations of life, and rare wine-induced conversations with family members, I had no rituals or ways to cope with death or grief. We simply stopped talking about it.

In contrast to my silence, my grandma carries around a picture book of my grandpa with her everywhere she goes (and she'll show you, unprompted). At night she looks through his pictures and old love letters before falling asleep. Every year she brings our family together for a dinner to celebrate his birthday.

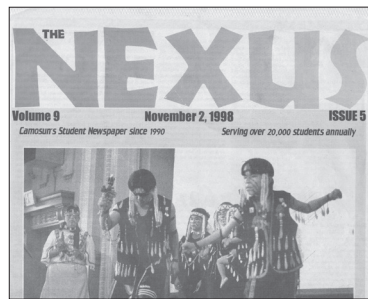
This used to make me uncomfortable; shoving the grief down and not talking about it felt easier. I now realize just how wrong I've been in this notion of avoidance. My grandma being able to talk about my grandpa, her grief, and her journey into widowhood wasn't exactly a social norm, especially in my family. However, I've grown to value her communication and learn from it. The other day I made a point to tell her I decorated my apartment with Halloween decorations, just like grandpa used to. We sat in a bittersweet moment of loss and remembrance for him.

While I recognize every healing journey is different, sometimes allowing one another the space to explore and converse on hard topics such as death and grief makes all the difference. It did for me.

Jordyn Haukaas, student editor  
jordyn@nexusnewspaper.com

## flashback

# 25 Years Ago in Nexus



JORDYN HAUKAAS  
STUDENT EDITOR

**Eternal evil:** In the November 2, 1998 issue of *Nexus*, writer Tara O'Donovan reported on renters calling for a better security-deposit system. According to O'Donovan, many renters were accusing landlords of not returning their security deposits for seemingly no reason. In response to this, the Vancouver Tenants Rights Action Coalition launched a campaign that proposed third-party involvement, which would essentially take the security deposit out of landlords' hands from the get-go. Nowadays in BC, landlords and tenants have to sign a written agreement if a portion of the security deposit is to be kept.

**A slideshow that people cared about:** Why is it that in '98 people actually wanted to watch a slide-

show from someone's travels, but when I go up island it's "no big deal" and "no one cares"? In contrast to my experience, former Camosun College Psychology chair Brian Teixeira held an hour-long slideshow presentation featuring pictures from his trip to India for Camosun students on October 22, 1998 and spoke to students about the impressions India left on him. For example, how the people of India seemed to care more about who you were rather than what you did for work. Or, presumably, the quality of your slideshows.

**Gesundheit:** While some articles from *Nexus'* past may offer shocking discoveries, occasional inappropriate comments, and surprising throwbacks to how Camosun College used to run, some articles transcend time. Like in this issue, where writer Priya Vohora wrote on the importance of flu shots and taking care of your body. Which, as I watch my classmates dwindle this cold and flu season, offered some good reminders: to wash our hands, get a flu shot, and, apparently, change our toothbrushes frequently. I'd also like to add my two cents from a post-pandemic lens: stay home if you're sick.

## open space

# In defence of polyamory

MACKENZIE GIBSON  
CONTRIBUTING WRITER

When my fiancé and I first told our friends that we had pivoted to polyamory, the first question we were asked was if our relationship was doing okay. In reality, we were more deeply in love than ever, but I wasn't surprised by the question. These days I've seen a lot of couples open their relationship as a last-ditch effort to save their connection, or as a soft launch for a breakup. But that's not the only way polyamory can or should be understood.

about that feeling so I could better understand it. I realized I was feeling insecure about the beginning of our own relationship several years ago, as it had been a lot more chaotic.

Honesty with myself couldn't be the last step: I had to communicate these feelings to him. At one of our regular check-ins I was able to share that I was nervous that this new crush was more exciting than his crush on me had been. We worked together to figure out how to boost my confidence, and he put extra energy into affirming how much

## The first thing that makes this work is honesty—not just with the people you're dating, but true introspective honesty with yourself. You have to know your needs, your boundaries, the things that make you feel valued and loved, what style of communication works best for you.

Polyamory looks different for everyone: put simply, it's the practice of openly being with more than one person—romantically, sexually—at a time. Some couples may start out exclusively dating each other and then explore polyamory later on, while other people feel more comfortable having an open structure for all their relationships from the onset.

This dynamic is counterintuitive to what we've been taught to expect from relationships, and a lot of people will write it off as unsustainable because of that. But I know people who have been together for over 10 years while being non-monogamous the whole time.

The first thing that makes this work is honesty—not just with the people you're dating, but true introspective honesty with yourself. You have to know your needs, your boundaries, the things that make you feel valued and loved, what style of communication works best for you.

Here's an example: my fiancé went on a couple of dates with someone and it was going really well, but something was bothering me. I was legitimately happy for him, so I had to intentionally get curious

that early time together meant to him. We left the conversation feeling even stronger in our connection.

His reaction was as important as my honesty was. My feelings were taken at face value, and he worked with me to find a solution. To some, this structure might seem overly formal, but I think relationships of all types would benefit greatly from erring on the side of over-communication and having a radical acceptance of your partner's experiences.

It takes a lot of trust, a lot of self-care, and a lot of love.

While I'll advocate for non-traditional relationship dynamics until I'm blue in the face, it's not for everyone. Part of that radical honesty is making sure that this is something that feels safe and exciting for you. Some will suggest it's a more enlightened form of being in relationship, but it's just different, no better or worse.

Polyamorous relationships deserve to be treated with the same respect as monogamous relationships, because my affection and my commitments are just as sincere as anyone else's.

I, for one, have never been happier.

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!

**Join our team of volunteer writers.**

**Get in touch today.**

**editor@nexusnewspaper.com**

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COVER ILLUSTRATION: Ray Nufer/Nexus

OVERHEARD AT NEXUS: "What would happen to my boobs if I drank IPAs every day?"

event

## Cultural Showcase organizers searching for student performers



CAMOSUN COLLEGE

A performer from the Cultural Showcase 2023 Event, held earlier this year.

JORDYN HAUKAAS  
STUDENT EDITOR

Camosun International is in the process of planning and recruiting students for the 15th annual Cultural Showcase on March 21,

2024. The show—to be held at the Lansdowne campus—features international and domestic students performing cultural pieces: dances, songs, poetry, or whatever else students wish to perform.

Camosun International student experience advisor Dana Pankowsky says that planning has begun early this time in hope that students returning home for the holidays will bring back cultural regalia to incorporate into their performances.

“We usually start [planning] in January, but this time we decided to do it earlier, and one of the nice reasons why we’re doing this is because we know our international students, some of them, are visiting their home countries during the holidays and we would like them to bring their outfits, because one of the highlights of the Cultural Showcase is wearing their traditional outfits,” says Pankowsky. “So, some of them may go home and may want to take advantage of that.”

Jayanti Bachani is doing her practicum at Camosun International as the student leader for the Cultural Showcase 2024; she notes that there are plans in place for the next few months to spread awareness of the showcase to students including information on upcoming video auditions.

“Our intention is from here until December is just to warm up and get students acquainted with the information that the Cultural Showcase will be happening soon,” she says. “And then in January we’re going to start giving out information of auditions, and we will be sharing the dates soon. But the auditions will be the same as in previous years, so folks will have the chance to send their videos.”

Bachani says that student volunteers are very important for the event—she says that while they need performers, being a host or a volunteer for the event would make

“We will be needing performers in different areas: they could dance, sing, they could do some poetry, whatever they want. We will also need some hosts, and then, of course, this event also gives the opportunity to students to be volunteers.”

JAYANTI BACHANI  
CAMOSUN COLLEGE STUDENT

as a great resume booster, as well as a networking opportunity.

“We will be needing performers in different areas: they could dance, sing, they could do some poetry, whatever they want,” Bachani says. “We will also need some hosts, and then, of course, this event also gives the opportunity to students to be volunteers. So in this respect, it’s a great connection, but at the same time learning ground for students to participate not only as performers but also as crew or volunteers.”

Pankowsky says that past Cultural Showcase events have seen a lot of variety in performances and culture, which makes for an all-encompassing and diverse show.

“We’ve had wonderful piano players, we’ve had beautiful dancers from Brazil, for example, we had a very nice group of girls with their mom... dancing to very cheerful Brazilian music,” says Pankowsky. “We also like the fact of having cross-cultural features. For example, we had a Japanese student dancing Hawaiian, which is very interesting as well. So, yeah, you

can do whatever you want, the sky’s the limit... and we always try to understand the background. Like, what’s the reason that they chose this specific song or specific dance, what it means to them.”

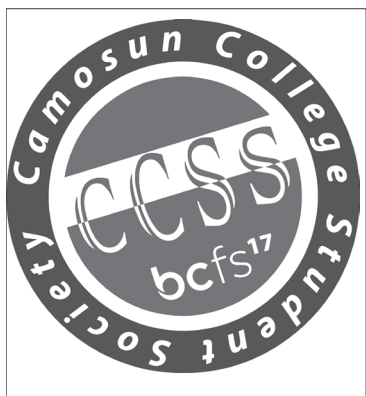
As in previous years, the Cultural Showcase is being held on the International Day for the Elimination of Racial Discrimination. Bachani believes this is important for students to know because the Cultural Showcase is about inclusivity, diversity, and the celebration of other cultures.

“You’ll get the chance to be sharing your cultural heritage and that has to make you feel proud,” says Bachani. “Like, in my case, I’m half Peruvian and half Indian and just thinking about the fact that I could be on stage performing something from India or from Peru would make me really proud. Also... we’re far from home, but we want to connect with our roots and share it with the land that’s currently embracing us, so I feel like that’s the nice connection, also to learn from other cultures.”

student politics

## Camosun College Student Society election results in

GREG PRATT  
MANAGING EDITOR



The Camosun College Student Society (CCSS) held its bi-annual fall student board elections from Monday, October 23 to Wednesday, October 25.

A total of 784 Camosun students voted in the elections, which were held online, and included two referendum questions. 468 voted on day one, 87 on day two, and 229 on day three.

Himanshi (no last name given) was voted in as Interurban executive, and Kaelyn Clarke was voted in as Indigenous director.

Elva Gutierrez, Raul De La Garza, Gerardo Velasco Gil, and Navreet Singh Sidhu were voted in as Lansdowne directors.

Ayush Chauhan and Purvi Dubey were voted in as Interurban directors.

Pedro Jose Gudiel was voted in as off-campus director.

The referendum question asking if students support increasing the Nexus levy fee from 49 cents a month to 79 cents a month did not

pass, with 48 percent of students voting yes (referendums need a minimum of 51 percent of students to vote yes to pass).

The referendum question asking if students support increasing the Canadian Alliance of Student Associations fee from 49 cents a month to 61 cents a month passed, with 61 percent of students voting yes.

The results are preliminary and have yet to be ratified by the CCSS board.

Look for our full story soon.

See [camosunstudent.org](http://camosunstudent.org) for more info on the CCSS.

## NEWS BRIEFS

### Calling all artists

The Camosun College Student Society (CCSS) has announced a design competition where the winning students will have their art featured on next year’s student agenda. The three grand prize winners of the competition will receive a \$50 bookstore gift card, a Hydro Flask water bottle, Camosun hoodie, and other merchandise. The artwork must be high resolution and 5.3 inches wide by 8.3 inches high, and must be non-political and make sense to be on a college agenda; nothing inappropriate will be accepted. All artwork must be submitted by November 30; see the CCSS Instagram page for more information.

### Library seeks student input

The Camosun College Library is running a survey asking for student input on hours and operation; the feedback will be used for determining hours and service levels. The survey is currently active and will be until November 24. Students who enter the survey are eligible to win one

of two prizes: a \$25 gift certificate to the Camosun Bookstore or a \$10 voucher for 3D printing at the Makerspace. Head to [camosun.libwizard.com/f/afterhours](http://camosun.libwizard.com/f/afterhours) to take the survey.

### More death dealings

Students from Camosun College’s Anthropology of Death class are putting on a pop-up exhibit at the Royal BC Museum this month. *Loving Ancestors and Restless Ghosts* will take place on Saturday, November 4 from 1 to 3 pm. If you plan on visiting the exhibit, the class asks that you bring a non-perishable food item for donation.

### CCSS celebrate Diwali

The Camosun College Student Society is celebrating Diwali—the festival of lights—this year at the Wicket Hall on Monday, November 13 from 7 pm to midnight. Tickets include entry, dancing, and sweets, and are available to purchase on Eventbrite for \$10 until October 31; after that tickets can be purchased online or at the door for \$15. All profits from

the event go to the Camosun College Student Society Food Bank. For more information search “Camosun College Student Society” on eventbrite.

### Student entrepreneurs shine at competition

Women students from The Maker to Market program at Camosun recently won for the second year in a row at the 2023 DIVERSEcity’s Business Pitch Competition. The provincial competition acknowledges achievements made by immigrant entrepreneurs. Power of Passion (P.O.P) Victoria Snack Mixes received the Best Business Implementation Award and the Audience Favourite Award. P.O.P. Victoria Snack Mixes featured three popcorn snack mixes at the competition that represented participants’ culture, such as the WestCoast Berry Mix, Dragon Mediterranean Sumac Mix, and Zebra Black Sesame & Coconut Mix.

-JORDYN HAUKAAS,  
STUDENT EDITOR  
[JORDYN@NEXUSNEWSPAPER.COM](mailto:JORDYN@NEXUSNEWSPAPER.COM)

student clubs

## Camosun students launch new creative writing club



PHOTO PROVIDED

Camosun student and Creative Writing Guild founding member Forrest Foster.

JORDYN HAUKAAS  
STUDENT EDITOR

There's a new Camosun College club for students interested in creative writing. The Creative Writing Guild aims to offer a space for students to review, brainstorm, edit, and share their work with like-minded individuals.

Second-year University Transfer student Forrest Foster is one of

the club's founding members; he initially started the Creative Writing Guild as a way to spend extra time brainstorming with his classmates. However, the club has now expanded to welcome more budding writers from different classes and interests. (The club meets in various rooms in the Wilna Thomas building most Tuesdays from 1 to 4 pm; if you are interested in joining the

"We're trying to develop everyone's skills, because typically with creative writing, the best way to grow as an author is to get peer feedback."

FORREST FOSTER  
CAMOSUN COLLEGE STUDENT

club, or for more information, email [victoriawritingguild@gmail.com](mailto:victoriawritingguild@gmail.com).)

"Myself and a few others in my Speculative Fiction class sort of thought it might be a good idea, just so we could have a little bit more time to workshop our content together," says Foster. "Then a few more people wanted in, so I decided to build the club from there, so I could have a little bit more resources and that way it would be a little more official."

An essential aspect of the club is the group work involved, and Foster believes this will help to strengthen writers' abilities.

"We're a creative writing club, where we're specializing in fiction, speculative fiction, and a little bit of script writing," he says. "From there, we're trying to develop everyone's skills, because typically with creative writing, the best way to

grow as an author is to get peer feedback and everything. So, we're going to work together, even in smaller groups to see where we're, like, not necessarily messing up, but where we could improve. So, we're working together in that capacity... Our first official session [was] specifically around world-building. So, we're going to work together to create a fantasy or sci-fi world and then use auto-generated prompts to build stories within that world."

New group members are encouraged to bring a piece of writing they're working on, but if they don't have anything, that's okay, too: Foster has some lesson plans prepared.

"[I'm] sort of working with a few of the teachers that teach creative writing classes, to sort of integrate a little bit with them," he says. "But it's sort of like, you can bring in your creative writing work, or you can

bring in your own stuff, whatever you prefer kind of thing. And then we're sort of going to tailor each meeting based on what people bring in; then, if nobody brings anything in, I'll sort of figure out some lessons to go through."

Creative writing—especially world-building—serves as Foster's passion. He's leaving Camosun for the University of Victoria next semester, and while fellow group members may miss his enthusiasm, there are plans to continue the club in his absence.

"The reason that I'm sort of passionate about writing is because I just really enjoy creating, specifically worlds," he says, "and then figuring out how characters would interact in those worlds and how the preconditions of that world affect the psychological foundation of the characters that I create."

According to Foster, the Creative Writing Guild offers a space for writers to focus on improving their craft, either at a hobby level or for classwork.

"You're in an environment where other people have a similar hobby, so you can sort of let that shine through and work together to develop your own writing, that sort of stuff," he says. "It's also just a nice bonus to [do] your classwork. You can bring some of your writing that you're doing for classwork, and then you can get some peer feedback as another source of sort of improving that work."

athletics

## Drop-in sports return for Camosun students



KYLE JONES

Students playing dodgeball at a recent Camosun drop-in sports night; the nights are held at Lansdowne Middle School.

MACKENZIE GIBSON  
CONTRIBUTING WRITER

Camosun College's drop-in sports program is continuing this year, and Camosun College Recreation and Athletics operations assistant Kyle Jones, who helps run the program, is excited to welcome new students onto the gym floor. He also wants to make sure people know that it's not all about sports—just as importantly, it's a space to connect with other students.

"It's a great place to get active and have fun," says Jones. "You can come alone or you can come with a group of friends. We play badminton, volleyball, soccer, and

basketball. And it's a great place to come and join a community of like-minded people."

The drop-in sports are free, and run on Tuesday and Thursday nights out of Lansdowne Middle School's gymnasium and field, across the street from the Lansdowne campus. While some people may worry about their skill level coming into the gym, drop-in sports are about the love of the game.

"It's open to beginners all the way through to experts," says Jones. "We're really just there to have fun... It's a really positive, welcoming, and warm energy. Everyone tends to interact with lots of other people.

If you're new to something, people will help you out and show you how to play. It's just a great, great vibe."

In fact, the most lasting effect of these nights isn't necessarily physical fitness—it could be the friendships that come out of spending time together.

"People start by coming down and maybe they don't know anyone, by the end of the night, they've got a couple friends," says Jones. "You started seeing people come in groups later in the year and they've got friend groups on campus and that's really great."

Students of differing abilities are welcome: the building is accessible,

"It's open to beginners all the way through to experts. We're really just there to have fun."

KYLE JONES  
CAMOSUN COLLEGE

and so is the mentality of the other players.

"The facilities are accessible and I think everyone would be happy to engage in modified versions of the games," says Jones. "So if someone's got accessibility issues, we'd be happy to tailor the events to things that they can participate in. And it's certainly welcome to all members of the Camosun community."

Badminton, volleyball, soccer, and basketball might not be of interest to all students, however. To these people, Jones says that special events happen all the time.

"Students can watch out for special pop-up events that happen throughout the semester," he says. "For example, in the future, we're going to have an indoor soccer night as well as a dodgeball night. So in addition to our regular sports, there are special-feature nights that may be really cool for people to attend, as well." (Announcements for such events can be found on the Camosun Fitness Recreation Instagram page

or through the Facebook group Camosun College Drop In Sports Club.)

Jones says that community is a truly necessary part of the college experience. The sports are fun, but the connections are what really matter in spaces like these, and they are what truly enrich our time in school.

"The friendships that we make outside of the classrooms are probably the most important part of college," he says. "The academics are really important and can help us going forward in life, but certainly the friendships we make and the good times we have are maybe even more impactful. I think this program is a fantastic way for students to have some of those experiences. I think it's integral to a quality experience in post-secondary education."

Drop-in nights are Tuesdays from 8:00 pm to 10:00 pm and Thursdays from 8:30 pm to 10:30 pm. The drop-in sports end for this semester on December 7. See [camosun.ca/services/fitness-recreation](http://camosun.ca/services/fitness-recreation) for more information.

movies

# Filmmaker Zhuoyun Chen gets abstract at Antimatter



PHOTOS PROVIDED

Stills from *Only If You Could See a View Above the Clouds*, a short film screening at this year's Antimatter fest.

NICOLAS IHMELS  
STAFF WRITER

It's October, and here in Victoria that means it's time for the Antimatter [media art] film and media art festival. One of the movies screening at the fest this year is from Los Angeles-based filmmaker Zhuoyun Chen; *Only If You Could See a View Above the Clouds* is inspired from a difficult period of transition in her life.

"I collected these images because I was coming out of a long-term relationship, and during that relationship my ex-boyfriend would always say I'm a person who has really delayed emotions, like whenever he was trying to communicate with me emotionally it's like speaking to a rock surface... and I think that really stayed in me," says Chen. "And I think after the breakup I

was going through a very difficult period of time, and there was also the pandemic, but I spent a lot of my time going on hikes alone and it was amazing, it was like spending time with myself in nature and going to places, and that's also why there are a collection of rock images in the film. And I think with that, in the back of my head, I think I created this film. I guess the main theme in this film is more just like, visual or emotional feedback to whatever I was going through during that specific period of time in my head."

Chen says that she originally planned for *Only If You Could See a View Above the Clouds* to be a part of longer project.

"[The film] initially was for a longer piece," says Chen. "I'm currently working on another film, and this black and white *Only If You*

*Could See a View Above the Clouds*, it was made for part of this longer piece. But when I was filming last year I realized that this piece, it's more of a narrative, experimental film, and my thoughts have been changing and I realized that maybe I could come up with a different narrative or a different film based on all the black and white images that I collected. So, [for] this film I used all the black and white footage that I shot for this current film that I'm working on, and I came up with more of an emotional rollercoaster piece."

Some of the visual effects of the film were challenging as well, says Chen, as was dealing with the emotional process of putting the film together.

"Most of the special effects in the film were done in camera and

"I know it's a relatively abstract film, even for me... I think experimental films, there's rarely a narrative within the film, everything is pretty visual. And maybe there is a sense of atmosphere you can feel."

ZHUOYUN CHEN  
FILMMAKER

with optical printer," she says. "And there is one shot that is actually done in computer, it was also an accident. I wanted a specific effect, and I was trying it out on my computer. It's the shot of the tree towards the end of the film, and I really liked it. I also tried to do it physically... and it didn't come out very well, so I thought, 'Why not?'... I think emotionally maybe when I was editing the film I had to put a lot of emotions into assembling the footage together."

Chen says that the only expectation she has for the short film is for viewers to have an immersive experience.

"I don't really have a specific expectation, to be honest," says Chen. "I know it's a relatively abstract film, even for me... I think experimental films, there's rarely a narrative within the film, everything is pretty visual. And maybe there is a sense of atmosphere you can feel. It's pretty cryptic also, so I don't have a specific explanation, really."

Antimatter [media art]  
Various times,  
until Saturday, November 25  
Various prices and venues  
[antimatter.squarespace.com](http://antimatter.squarespace.com)



eyed on campus



GREG PRATT/NEXUS

Camosun students participating in the provincial ShakeOut earthquake drill on Thursday, October 18 at the Lansdowne campus.

## What's happening at nexusnewspaper.com

Week of October 23, 2023, top five most read stories:

1. "Virago Nation decolonizes Indigenous sexuality with burlesque performance," October 24, 2023
2. "SETYA double bill offers healing for Indigenous peoples through cultural storytelling," October 13, 2023
3. "Camosun student releases debut album with Anteater Eater," October 18, 2023
4. "Not the Last Word: Finding hope through truth," October 18, 2023
5. "Camosun College Student Society urges students to vote in upcoming elections," October 18, 2023

Also, check out our web-exclusive stories at [nexusnewspaper.com](http://nexusnewspaper.com) today.

Check it all out at [nexusnewspaper.com](http://nexusnewspaper.com), and find us on Twitter!

# Victoria loses with

Story by Lydia Zuleta Jol  
Background illustra



For some, video rental stores are a foggy memory. The weekend rituals of two-day rentals were able to fill entire nights with an on-couch cinema experience crowding living rooms. Physical media brought the advent of the modern home entertainment system; the abundant amount of tape and disc options provided lovers of film with genre-spanning variety. Some rental stores are capable of continuing this tradition with the support of enthusiastic devotees. Victoria's Pic-A-Flic was not so lucky.

Former owner Rob Nesbitt started working at Pic-A-Flic as an employee in 1995; in 2006, he bought the shop with his partner Karen Rissling. Although he later sold it, his great love for the store—which closed its doors permanently on September 22, after 40 years in business—persists today.

“When I started, the customer base was every shade of what the populace of the city encompassed,” says Nesbitt. “You know, it was everyone from the age of... I’m talking kids, seven years old, walking alone and get movies because we’re a neighbourhood store, you know, they just walked from their house, which was two blocks away and come and get something, to 90-year-old people with their walkers.”

A range of regulars grew as the store did. With young families and seniors alike, a community was born and Nesbitt had the privilege of witnessing it all.

“I worked there a long time and I saw families, I saw children be born in front of me—not in front of me, literally, but you know, babies being brought in,” he says. “I watched those kids rent from the kids section, move into young adult film, move beyond that. And I saw their parents break up. Like, I watched entire generations transmogrify in front of me as I stood on the other side of that counter.”

In the mid-’80s, the online streaming age was a long way away from threatening video stores, but it would get here eventually. For as much care and effort went into Pic-A-Flic, online streaming would eventually be the death of them. The fast and easy accessibility that so many enjoy kept people at home and away. But the experience of the video store is not to be taken for granted; the tender relationships that form within those walls are critical in the way we join film with its counterpart: connection.

“So much of what we’re doing now comes down to cost,” says Nesbitt. “It’s all about money and convenience, and those two things are not about making good art or making meaningful connection. That’s the antithesis of those things.”

Nesbitt says it’s a challenge when art and connection have been corrupted by a service supplied to us and fed to us as a better alternative. The charm of a video rental store is in the connection even the objects share.

“It’s a place you go to pick up a specific object, take it with you, have a period of time with it, and return it to that space,” he says.

In this space, the films are able to spend a lifetime in the hands of thousands and are cared

“I worked there a long time and I saw families, I saw children be born in front of me—not in front of me, literally, but you know, babies being brought in,” he says. “I watched those kids rent from the kids section, move into young adult film, move beyond that. And I saw their parents break up. Like, I watched entire generations transmogrify in front of me as I stood on the other side of that counter.”

for and treated accordingly. Nesbitt, and a small business passion is what carried Pic-A-

“Everybody worked very hard, and I put my heart and soul into that store.”

In 2015, Nesbitt handed over the store to owner, employee Kent Bendall. In control, Bendall took into his own hands the store’s history with intention to con-

“It’s this illusion of connection that’s gone online. Not even close. There’s thousands of pieces of art, and thousands of pieces of cinema as a result. Online, you can’t appreciate physical media.”



Looking through the DVDs at Oswego Video; located in James Bay,

# closure of Pic-A-Flic

Johnson, contributing writer  
 ation by Ray Nufer

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ROB NESBITT  
 FORMER PIC-A-FLIC OWNER

Video stores are unique, says  
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 A-Flic as far as it did.  
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 comes into play.”

KENT BENDALL  
 PIC-A-FLIC

known business risk, he and many others recognized new streaming sites did not compete with the breadth of titles Pic-A-Flic had accumulated over its 40 years of business.

“It’s this illusion of everything being online,” says Bendall. “Not everything is online. There’s thousands and thousands of pieces of art, and I think of movies and cinema as art. There’s tens of thousands of pieces that you can’t get online, you can’t access. That’s where physical media comes into play.”

Bendall—who moved Pic-A-Flic from its longtime Cook Street Village location to Stadacona Centre in October 2018—understands that big streaming services do not put focus on small independent or obscure films and lose out on prioritizing art in its many shapes. There’s a demand for physical media put out by companies such as Arrow Video, Shout! Factory and Criterion that puts emphasis on providing an experience with dazzling restorations, careful packaging, and bonus features.

“With the exception of The Criterion Channel that has access to some of their special features, I don’t think any other streaming service is going to give you commentary tracks or interviews or behind-the-scenes footage,” says Bendall.

**I**t all comes down to what some in the rental game are calling “the convenience of mediocrity.” The closing of video stores such as Pic-A-Flic is proof of what we are willing to settle for. But on a consumer and human level, the art of film demands more of us.

Pic-A-Flic held a big sale of its stock before it closed, then sold its remaining catalogue to Oswego Video, a pet food/video store located in James Bay. They plan to rent and sell what they purchased from Pic-A-Flic alongside their own stock (Oswego Video declined to be interviewed for this story).

Although many believe video stores to be a dead establishment, some continue to live on past their expiration date. But this is not without the help of the public. Bendall stresses that what’s most important now is that we support local business, support the arts, and the local arts scene however we can, because if we neglect this, it will all go away.

The physical exchange that took place inside Pic-A-Flic and other video stores invites familiarity and warmth, something Nesbitt says online spaces can’t provide.

“I was a business owner, and I was making a profit, certainly,” he says. “But what those people gave to me on a human level, the way it changed my love for people, my appreciation of their time and their money coming into my hands and going back into the stock of the store... It’s just like a symbiosis. It was an organism and my heart was changed because of that store and because of those people. I can’t say enough about them, and I can’t express how much I appreciated them.”



PHOTOS PROVIDED

Oswego purchased Pic-A-Flic’s remaining stock after it closed.

music

# Camosun alumna Jaxxee uses music to take the power back



PHOTO PROVIDED

Local musician Jaxxee is a Camosun College Business Administration alumna.

MACKENZIE GIBSON  
CONTRIBUTING WRITER

Local soul/trip hop artist Jaxxee's debut single "Gone" is thematically profound and deeply personal. The song—which dropped in August, followed by the release of "so tired" this month—offers listeners a story about Jaxxee's life journey, with a glimpse of hope.

"[It's about] letting go of relationships that don't serve us," she says, "and, I believe, that don't deserve us anymore, because we too often out of guilt hang on to those relationships and let them eat us up or hurt us."

When it comes to artistic expression, Jaxxee—who graduated from Camosun's Business Administra-

"[The song 'Gone' is about] letting go of relationships that don't serve us, and, I believe, that don't deserve us anymore, because we too often out of guilt hang on to those relationships and let them eat us up or hurt us."

JAXXEE  
MUSICIAN

tion-Accounting program in 2002—didn't always have the impulse to be creative. Coming from a traumatic background, she originally took the opposite approach to managing her emotions.

"Growing up, my coping skill was definitely to be strong, and just push through and, you know, kind of bury it down, and I think we all just wanted to be like the normal kid," she says.

Now as an adult, she's ready to not only process her emotions, but to transform her trauma into something she feels is powerfully cathartic. Writing and music have been integral to her journey—but so has the act of putting the music out into the world.

"Writing and, actually, the art of sharing as well was part of my healing," she says. "That's the whole reason I wrote this song, and shared this song."

And Jaxxee has a lot to heal from. "Gone" primarily focuses on the emotional journey she took when she finally allowed herself to spiritually break free from her father, once she reconnected with him after 20 years.

"I won't give you any more pieces of me, you know?" she says. "And for me, it's just, you know, someone that made you be small, over and over again, and use that as power... to finally take that power back. We all want to do that at some point, so it felt like it was time."

One of the most cathartic aspects of the release for Jaxxee was a creative partnership with her 14-year-old daughter, who gave a stunning interpretive-dance performance in the "Gone" music video.

"It'll probably always be my biggest accomplishment. The biggest," says Jaxxee. "Based on [my] time-

line, when I was, you know, when my parents were going through divorce, and my dad was going to jail, and I was going through all that, I was around that age. So it was, it almost just felt like the universe, right? I was like, who could play me at that age? And, you know, and here I have my daughter."

In regards to creating art, Jaxxee encourages people to be bold, saying that they have to take the leap and share for anything to come of that creation—and to keep in mind that pleasing everyone isn't the goal of art. You have to make it for your own fulfilment.

"Put it out there. Let people see it. Let people like it; let people not like it," she says. "Let people, you know, take what they will... I know for myself, it's definitely started to open more opportunities and things and that's because I finally did it. I put it out there and I shared it."

review

## Virago Nation decolonizes Indigenous sexuality with burlesque performance

HAILEY ELISE  
CONTRIBUTING WRITER

Eight-piece BIPOC burlesque collective Virago Nation performed in the UVic Farquhar Auditorium on Saturday, October 21, and the entire show was an act of decolonization. The collective is all about decolonizing Indigenous—especially femme—sexuality. What they do is art, sex work, and good medicine all working harmoniously together.

Settlers who sought to eradicate Indigenous ways of life imposed a gender binary system built on white supremacy and patriarchy: reconciliation with self is important. Allowing oneself to express existing as a sexual being is reclamation of your body in a society not built for brown skin.

The performance definitely was the good medicine the announcer promised it would be. When I first entered the show, the pop/indie music had a fun vibe to begin the night with; it complemented the indigo mood lighting on the stage of the large theatre.

A heartfelt territorial acknowledgement was given before any

Overall, this was an incredibly empowering experience that shows how someone can be sexual and feminine and, at the same time, own their autonomy.

performances took place. Then the intentions were set for the evening: the performance was to celebrate Indigenous and Afro-Indigenous, mainly queer, performers, and was an act of decolonizing Indigenous sexuality.

Overall, this was an incredibly empowering experience that shows how someone can be sexual and feminine and, at the same time, own their autonomy. Sex work is real work, and it's valid.

There was also an important acknowledgement to missing and murdered Indigenous women, girls, two-spirit, and queer people. The seed of this pain was planted with colonization.

The show was a glamorous battlecry of Land Back, reclaiming the expanse of sexuality outside of the imposed binary of "man"

and "woman" or the virgin/whore dichotomy.

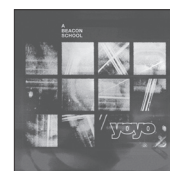
This performance shows the beauty of what can happen when Indigenous, Black, and queer folk are given space on centre stage—beauty, creativity, and dignity unfold.

Alongside the incredible message of the performance, the acts were very well thought out and executed. It was obvious that everything had taken a long time to come together into a fluid routine.

Overall, the night was a success, the performers were fabulous, the stage kitten was adorable, and the hosts were eloquent and entertaining.

Virago Nation is a beautiful celebration of Indigenous, Black, and two-spirit self-expression of decolonial sexuality.

New Music Revue



A Beacon School

yoyo  
(Grind Select)  
4.5/5

A Beacon School is the work of multi-instrumentalist New Yorker Patrick J. Smith; on his debut full-length *yoyo* he fuses rock and techno beats into mellow yet upbeat dream pop.

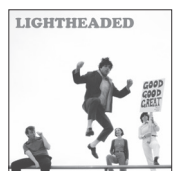
What struck me first was the melodic vocals, which is one aspect of the dreamy sound, along with reverb from the guitar and techno tracks.

I also enjoyed the finger-picking jazz-style guitar riffs, a refreshing change from usual guitar sounds. The drums have a subdued, minimal pattern that drives each song and mixes well with the techno tracks.

I found the lyrics, which are about life and love, to be relatable. The album is good to chill to or listen to while studying. It has a calming, almost meditative, effect while the beats add a positive upbeat drive with an uplifting energy.

-AJ Aiken

New Music Revue



Lightheaded

Good Good Great!  
(Slumberland)  
3.5/5

*Good Good Great!*, the debut album from New Jersey indie rockers Lightheaded, is a unique blending of mostly '80s- and '90s-era indie-pop sounds, with some Phil Spector and Curt Boettcher production influences sprinkled in for good measure, in a similar schtick to other retro-inspired indie groups like Paramount or Bleachers.

Lightheaded's own unique, ethereal, and slightly subdued style works wonderfully on tracks like "Mercury Girl" and "Love Is Overrated." Both are heartbreaking.

Unfortunately, this same style makes lyrics like "girl, whoa, whoa, whoa, I'm thinking of you now" in "Patti Girl" sound a little silly. Still, occasionally trying too hard is better than not trying at all.

The album is well worth a listen, especially if you've recently been dumped and are looking for something to ruminate over your ex to.

-Hanna Shultis



review

## SETYA double bill offers healing for Indigenous peoples through cultural storytelling

*Shi-shi-etko* is based on an Indigenous children's book written about the last days, where the main girl, Shi-Shi-etko, still falls asleep with her belly full, wrapped in a blanket made for her by family, before she's taken to residential "school."

HAILEY ELISE  
CONTRIBUTING WRITER

I attended the Thursday, October 12 performance of the SETYA (Staging Equality Theatre for Young Audiences) double bill at University of Victoria's Phoenix Theatre, and it was truly a meaningful experience. And not just for me: the show got a standing ovation in the almost-full theatre.

The night featured *The Woman Who Outshone the Sun* by Rosalma Zubizarreta, Harriet Rohmer, and David Schecter, and *Shi-shi-etko* by Nicola Campbell. Initially entering the theatre was a full-body experience. The lighting was dimmed, relaxing instrumental music was on in the bathroom, and light cascaded upon the stage floor; there were flowers projected on to glow-in-the-dark clothes.

The lighting in the show was

perfect, and it complemented the choreography, with the shadows in the backdrop making images as a group of individuals danced to act out the story being told. Honestly, it was all so beautiful: the idyllic scenes mixed with the colours of a well-tended garden rich with love.

*The Woman Who Outshone the Sun* is a Mexican folk tale that tells the story of a beautiful woman who shines bright as the sun in beauty and character. She befriends the river and the people learn to be kind to one another and to not discriminate.

The moral of the story is that the river doesn't discriminate against whom they give water to, that kindness should be shown to everyone, regardless of the difference between them and yourself.

*Shi-shi-etko* is based on an Indigenous children's book writ-



MEGAN FARRELL

The Thursday, October 12 Staging Equality Theatre for Young Audiences double bill was a meaningful experience.

ten about the last days, where the main girl, Shi-Shi-etko, still falls asleep with her belly full, wrapped in a blanket made for her by family, before she's taken to residential "school."

I appreciated how they had a lack of colonial violence in the

performance. The only thing they mentioned was how Shi-Shi-etko was to be put in a cattle car with the other little children when she would be removed from her loving family.

The story as a whole is incredibly hopeful; it's also visually stunning to see how she connects with the

land. She has relationships with her aunts, uncles, fir tree, mother, bees, cousins, and all her relations.

Overall, the performances and stories were heartfelt, well received, and visually stunning.

The standing ovation was well-deserved.

### New Music Revue



David Holmes

*Blind on a Galloping Horse*  
(Heavenly Recordings)  
3.5/5

David Holmes' first solo album since 2008 is a collaborative offering from the North Irish musician, with every track featuring Raven Violet's enchanting vocals. Known for his mixing of cinematic soundtracks and DJing, this album will not disappoint fans looking for an alternative, rebellious sound.

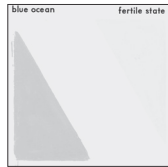
Holmes delivers a transcendent mix of often existential lyricism and a powerful, somewhat wandering note profile. Driven by a strong rhythmic presence, the diction can sometimes be difficult to distinguish, which occasionally feels intentional and mirrors the substantial multilingualism that would be required to understand everything on this record.

*Blind on a Galloping Horse* spans an impressive emotional range, feeling reflective, hopeful, and, to some degree, melancholy, all married together in a balanced interpretational experience.

Most likely a step outside your regular playlist, this intense and thought-provoking record is well worth a listen.

-Adriane Dewey

### New Music Revue



Blue Ocean

*Fertile State*  
(Slumberland Records)  
3.5/5

Oakland-based indie electronic pop band Blue Ocean's debut album *Fertile State* is a 12-track journey.

This is the kind of album you'll want to hear when in need of a return to those nostalgic, '80s-like synth tunes—it reminds the heart of Depeche Mode's "Enjoy the Silence" or Erasure's "A Little Respect."

The absorbing melody and deep-dive sounds create an engulfing atmosphere: the low rumble of the guitar, the background bass and drums, the muffled voices. It's what gives this album its echoing, gripping tunes and its otherworldly aura.

My favourite song on the album is "Syncnine," the music overflowing the voices, giving that movie-like sensation. The continuous beat and the guitar swells popping up now and then fill the melody with feeling.

I do think some songs miss an essence of their own, something that makes them stand out from the rest. But still, *Fertile State* is definitely worth it.

-Daniela Camacho

### contest

## Find the hidden Nexus and win

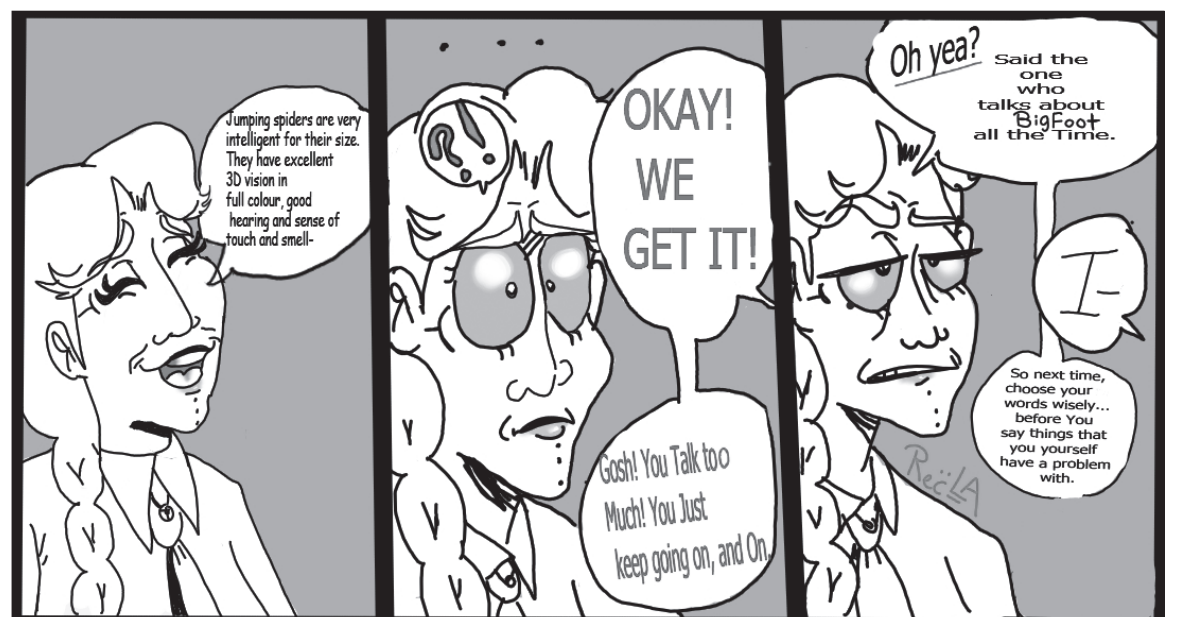


GREG PRATT/NEXUS

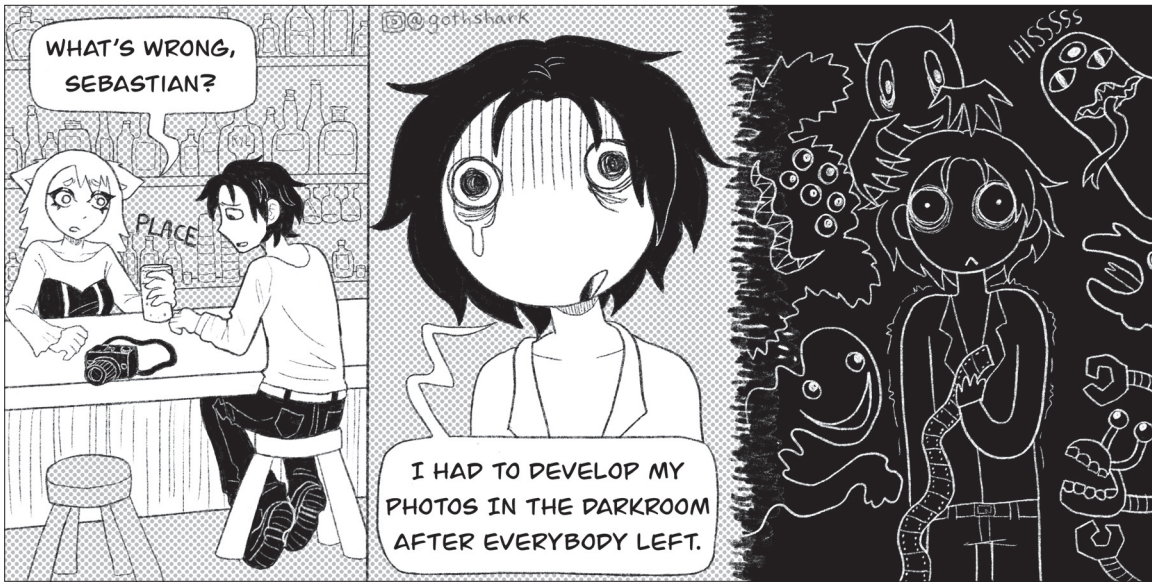
We've hidden this copy of our last issue somewhere on the Lansdowne campus. Find it and bring it in to our office for a prize: a book courtesy of contest sponsors Arsenal Pulp Press!

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 table o' prizes!

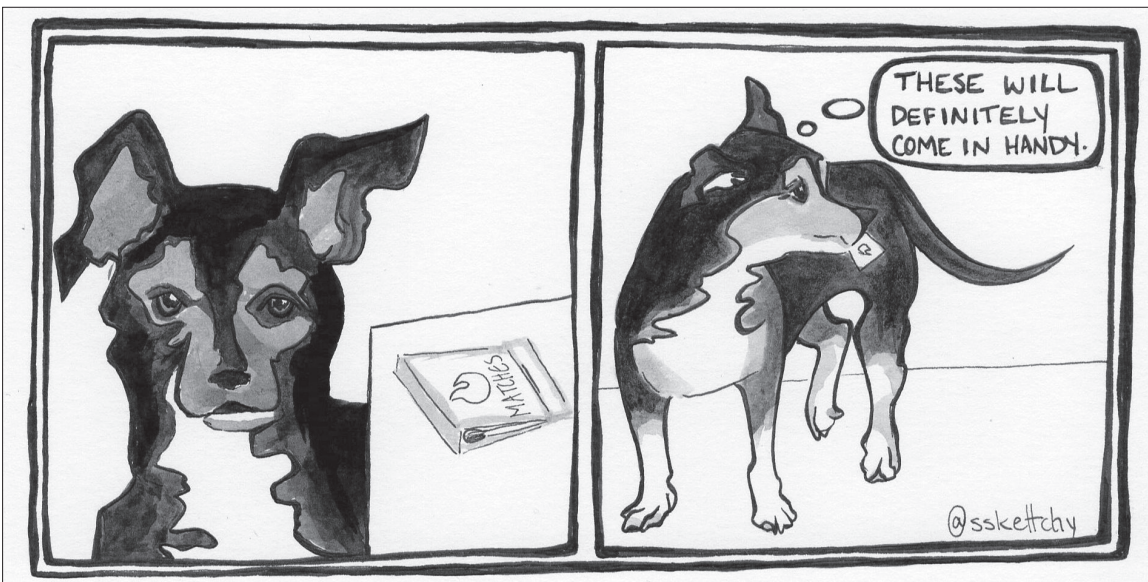
Takwak Comics - Recla Ker



Ruby Rioux and the Bats from Saturn - Ray Nufer



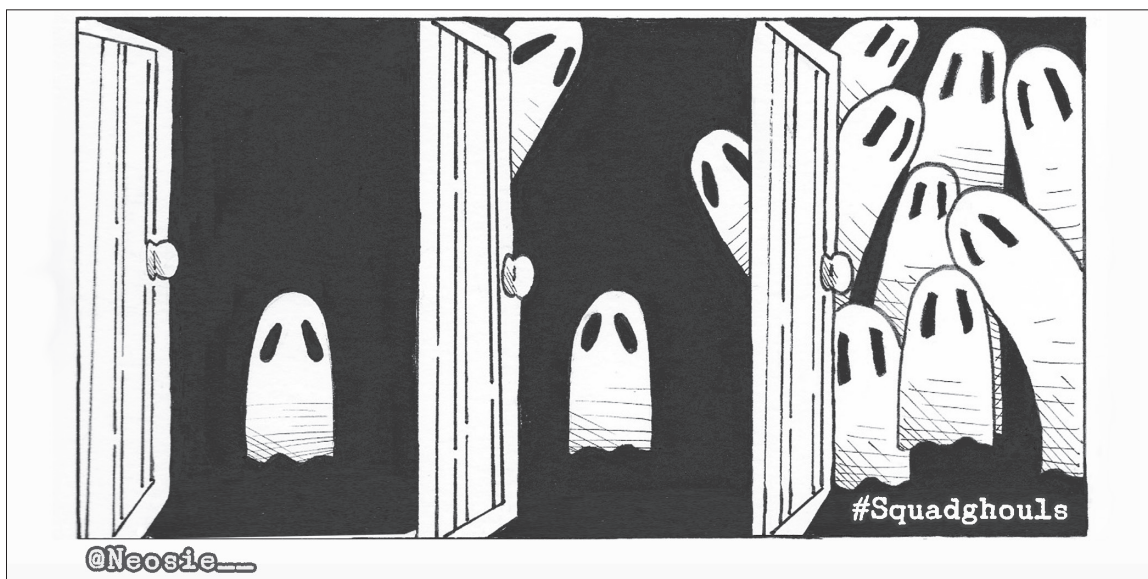
Mateo - Jade Greive



Things That Happen - Jaiden Fowler



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



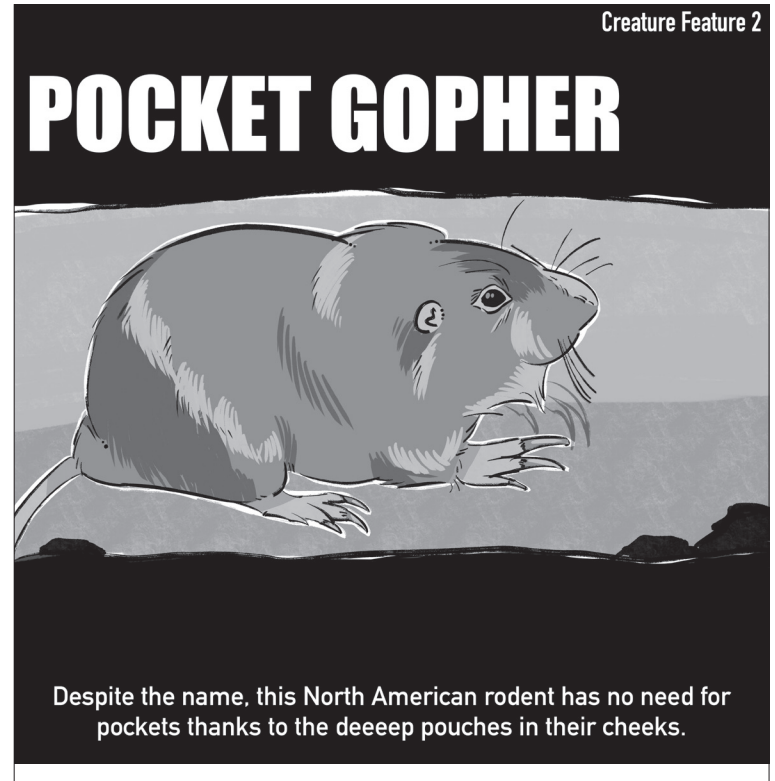
Brainrot - Kit Miller



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

## Flowing through October

Nightfall is setting sooner as we near the end of October. What better way to light up the dark, and your Halloween spirit, than carving into the bright orange of a pumpkin and creating a fun or spooky jack-o-lantern to decorate your doorstep?

Not only is it strangely satisfying to squish your fingers through the flesh and guts of a pumpkin, but added to a warm winter soup or homemade pumpkin pie, they provide us with a healthy punch of beta carotene, vitamin A, potassium, and fibre.

All this, neatly packaged in a vibrant orange biodegradable package, ready to serve up savoury or sweet.

Don't forget to bake the pumpkin seeds in the oven with a dash of salt for a nutty, crunchy snack. These seeds are virtual power packs

of potassium, magnesium, and fibre.

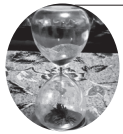
With all that pumpkin and seed eating out of the way, some powerful and energizing vinyasa yoga will help to burn those calories and give you a good warm glow as well.

What does the yoga world mean by vinyasa, anyways? Vinyasa means to flow from one posture to the next with your breath. In opposition to the static nature of hatha yoga focusing on one posture at a time, vinyasa builds on the base knowledge of postures and is delivered in a variety of ways.

Depending on the style of yoga and the instructor, vinyasa yoga is adapted based on whether the room is heated or not and if the intention is a powerful invigorating aerobic activity or a slow, steady, and deeply mindful sequence.

What I love the most about vinyasa yoga is how your motion is your meditation. The instructor's voice melds together with the subtle yet present dance of body and breath. Say the following out loud and visualize the flow of your body and breath: "Inhale, sweep your arms up overhead, exhale as you swan dive your arms out and down to the floor, inhale fingertips to your shins as you look forward with a flat back, exhale step your right foot back into a high lunge. Inhale your torso and arms to the sky, shoulders over your hips, then as your right heels come down to touch the floor on a 45-degree angle, exhale your arms out parallel to the floor with your front knee over your ankle; warrior two."

Until next time, keep it flowing, keep it real.



Not the Last Word

by Emily Welch

## The gift of time

Has the world always been this dark? We're constantly hit with news reels and reports, and if it's not about some egotistical billionaire tycoon deciding to show off by taking a vacation into outer space then it's the latest stories on how global warming is sweeping the earth with floods and fires, the Israel-Palestine conflict, or how an average working person can't even afford to rent a basement apartment.

We seem to listen to the news with so much indifference—I'm reminded of the reference to ostriches sticking their heads in the sand as a way to shield themselves from any problems surrounding them. I don't know if this is actually true, but the poetic comparison to human behaviour certainly is true. It's tempting to cover our ears against the madness.

The world is an overwhelming and exhausting place, a place where I might not know if I if I can ever make a difference. However, over the years I've discovered that making a difference is all about small personal changes, and, most of all, awareness.

Working at a safe-consumption site, I see individuals every day who have slipped far under society's radar. We all know them: when we go down Pandora they are the people in the tent cities who everybody tries so hard not to see, the people who live in a seemingly unrealistic world and culture. It's so easy just to go past, to not waste our own valuable time, and to forget as fast as possible.

We might wonder how they got there, or say under our breath,

"there but for the grace of God go I." I'm not a religious person, but it's a very telling saying. I mean, everyone has their own traumas, their own heartaches and pitfalls. Why is it that some people end up in these places and others walk free?

I guess asking questions and learning about people as individuals is a good start. When I'm at work I've found how much value there is in looking into someone's eyes and offering my attention to their needs. When these folks go through most of their days being ignored or mocked by the rest of the population, having people who know them and treat them as valuable gives them some strength to carry on.

It seems like such a small thing, but time truly is the most important gift one can offer.



Nature Tongue

by Bo Large

## Timeline edit

In the book I'm currently reading about time travel, there are rules around timeline editing so that no one can edit another timeline to sway the evolution of history.

In one scene, a group of time travelers hand out zines, trying to seed a concept into consciousness to make a ripple effect.

I like to think that this column could be this, and the intention of this timeline edit is to keep humans open to the mysticism of nature and expand advancements in technology to be symbiotic with nature.

I recently went away into the wild, pressing moss against my bare feet as I peered at reishi silently growing on a rotten log nestled in a damp cedar grove as a slug napped on a cluster of turkey tail and the trees dripping in usnea's wisdom built the silence. I walked down through the gentle forest maze to the river, bare feet careful not to step on tender miniature mushrooms, protruding ever so gently from moss- and fern-scattered floor.

The morning dew, fresh reminiscence of the dream-saturated veil of night, dripped from the cedar branches as I intentionally let them brush across my face, allowing my skin to touch the cool pooled droplets of condensed clouds now fully saturated with the tangible vibratory field of old-growth forests.

I reached the water shore and submerged my feet below the glassy top, instantly feeling the sensation of powdered crystal entering my feet from the stream, the electricity cushioned upon the previously undisturbed but now foggy decomposed forest sludge lining the river bed.

No sound was audible other than those made of elemental matrix, sounds that seemed to taste like the trees were dripping liquid gold onto the forest floor and me.

I instantly felt a part of me being fed, that only the old-growth ecosystems of rotting wood sporing fungi, sporadic western sword ferns, and wet moss can reach. As

if a secret key to heaven opened and a hidden part of my heart felt soft again simply by taking off my shoes and stepping into the mysteries of the wild.

I think the depth of one's appreciation of nature is the depth in which they can listen, to be able to become completely empty and then let it fill them.

There are few places on earth where we can trust so deeply to receive and know that what comes back to our invitation of intimacy will be pure tones. Where we can open ourselves, unfurl our energy bodies, and sit in our hearts knowing that what comes back will quench our souls, yet in the calm of the forest, how can we not soften?

For so many universal truths are laid tucked away amongst moss and fern, decomposing under forest leaves and rippling through crystalline streams, waiting for you to quiet your heart, take off your shoes, and humbly press your soul into the forest floor to listen.



Nic's Flicks

by Nicolas Ihmels

## Dumb Money hilarious with great performances

*Dumb Money*  
3/4

Some of my friends were recently saying that my next column should be about the new Taylor Swift concert movie. I refused and went to a different movie instead. This was because, with all due respect to Swift and her millions of fans, concert movies aren't mov-

podcast under the name Roaring Kitty that successfully predicts the 2021 shortage. From displaying Gill's happy moments—when he gets the money—to his unhappy moments—where everything takes a turn for the worse—Dano portrays Gill with a sense of humour that really made me laugh out loud.

Another thing that's great about

Based on the notorious GameStop short squeeze incident that took place during January 2021, this movie using powerful acting, well-timed humour, and filmmaking to brilliantly convey this historical event.

ies: they're a scheduled event that someone took a video of and then cut it to make it look like a movie, and I'm not paying for something that shouldn't even be on the screen in the first place.

So instead, I went to see Craig Gillespie's newest comedy, *Dumb Money*. Reviews were solid and people were enjoying it, so I bought a ticket to see it.

Based on the notorious GameStop short squeeze incident that took place during January 2021, this movie uses powerful acting, well-timed humour, and filmmaking to brilliantly convey this historical event.

All of the actors do a spectacular job, but the standout here is Paul Dano. He plays Keith Gill, a financial analyst who produces a

this movie is its script. The humour really lands here, and the script takes on a *The Big Short*-like approach to the financial system. This is the strongest element of the movie, because it's handled in a clear and understandable way.

Although I do think *The Big Short* is a better movie, I found *Dumb Money* easier to understand.

I also really liked the description of the pandemic hell we all went through. It really showed how people's despair played into the creation of the shortage, which was very interesting.

I wasn't expecting much, but thanks to a really funny script, on-key performances, and approach to the tough-to-understand subject matter, *Dumb Money* is easily one of the year's funniest films.



Fellas, Let's Figure It Out by Jaxson Smith Peterson

## Let's talk about testosterone

Testosterone plays a key role in reproductive function and regulates fat distribution, strength, muscle growth, and red blood cell production.

The importance of testosterone for males can't be overstated.

Unfortunately, testosterone levels have been steadily decreasing for the last 50 years. Many young males today have half the test levels their grandfathers did at the same age.

Why is this? There are a variety of systemic factors playing a role in this serious drop in testosterone.

Our society is extremely sedentary in comparison to those that came before us. Extremely processed, high-calorie food is also more accessible than ever before.

There has been a rise in obesity levels across North America that correlates very strongly with the drop in testosterone. The easiest way to address this is to exercise more and eat less fried and sugary foods.

Lifting weights and eating lots of protein will cause an increase in muscle mass, which will also help your body produce more testosterone.

A major societal factor causing

low testosterone is the rise in substance use among young males.

In a previous issue, I described the effects of chronic cannabis use on testosterone. It's also important to consider the effects of alcohol on testosterone levels and production.

Alcohol, but especially beer, enhances estrogen and decreases the biosynthesis of testosterone. High-hops content in drinks like IPAs are especially bad for males as they aromatize testosterone, converting it into estrogen.

Another factor many people are unaware of is that alcohol severely inhibits protein synthesis. This makes increasing muscle mass much harder as the repairing process never happens.

This is not all to say you should never have a pint with your buddies. College students are young, and having fun is part of our lives. I just recommend you be smart with your timing and dosage to reduce the negative impacts that drinking has on your testosterone.

Finally, supplementing Vitamin D can be a great way to increase testosterone production in the winter, when we can go weeks without seeing the sun.

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