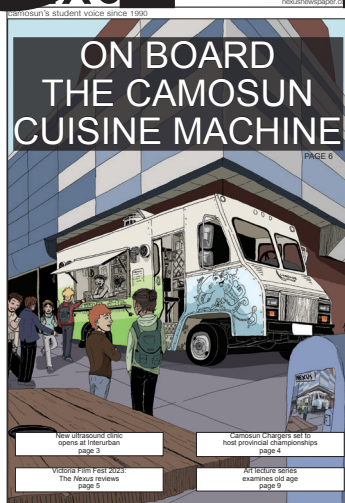
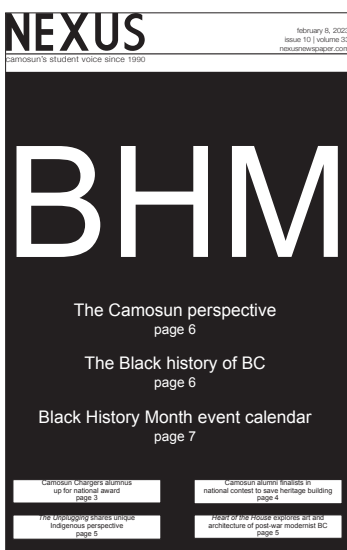
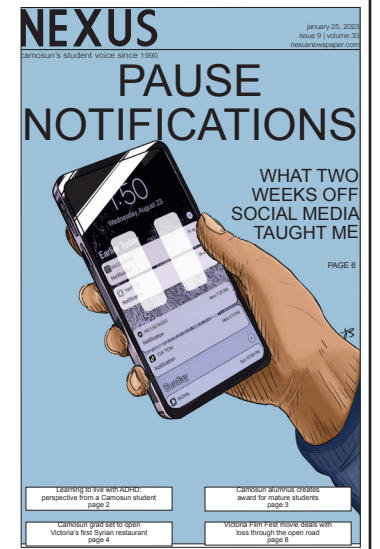
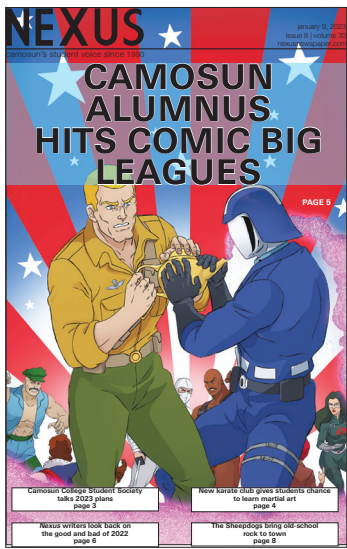


NEXUS

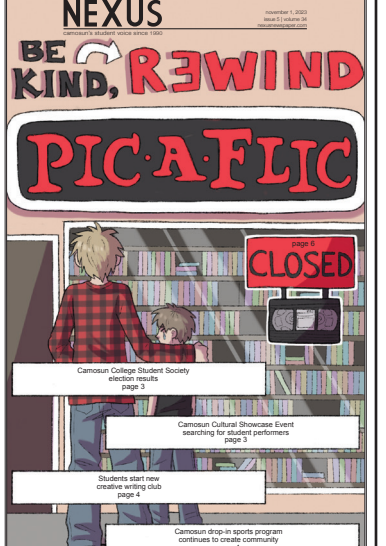
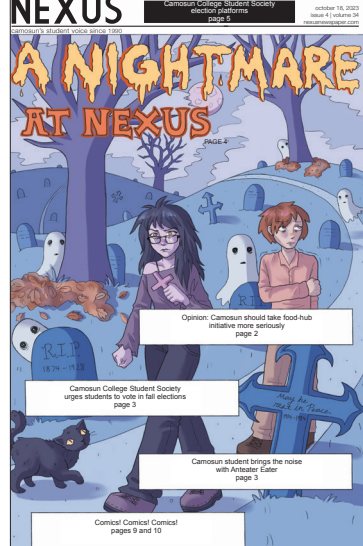
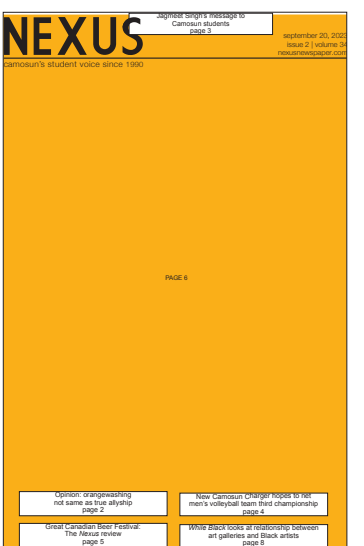
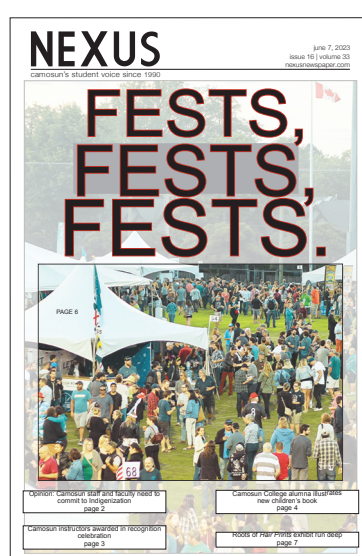
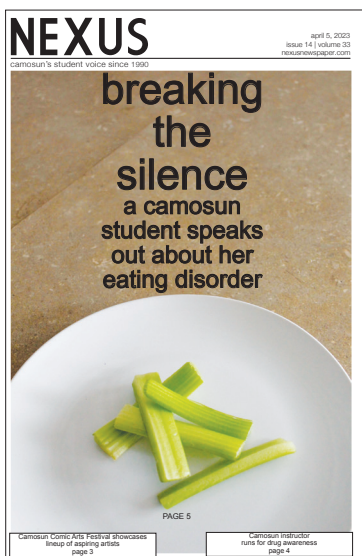
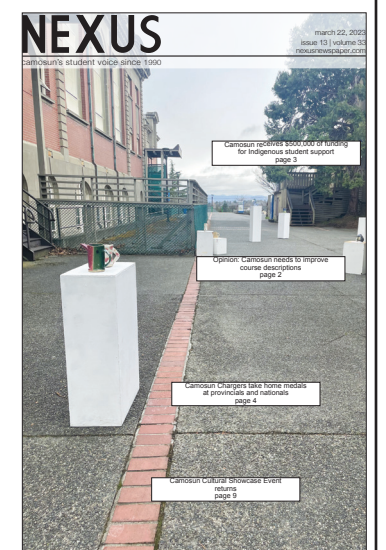
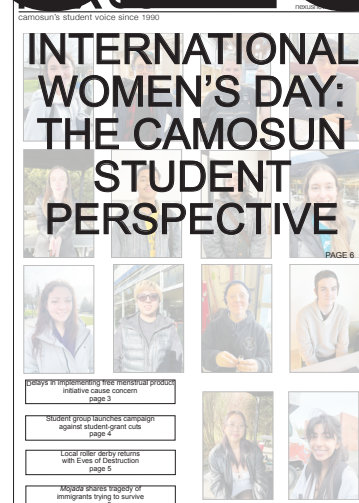
november 15, 2023
issue 6 | volume 34
nexusnewspaper.com

camosun's student voice since 1990

THE STORIES OF 2023



page 6



Camosun College Student Society talks elections, referendum results page 3

Student Society Holiday Market returns page 4

Camosun students bring the Bandemonium page 4

James and Jamesy get into the holiday spirit page 9

NEXUS

camosun's student voice since 1990
Next publication: November 29, 2023

Address: 3100 Foul Bay Rd., Victoria, BC,
V8P 5J2

Location: Lansdowne Richmond House 201
Phone: 250-370-3591

Email: editor@nexusnewspaper.com

Website: nexusnewspaper.com

Publisher: Nexus Publishing Society

NEXUS PUBLISHING SOCIETY

STUDENT BOARD MEMBERS

President - Celina Lessard

Vice-President - Keith Johnson

Treasurer/Secretary -

Sam Ryder

MANAGING EDITOR

Greg Pratt

STUDENT EDITOR

Jordyn Haukaas

STAFF WRITER

Nicolas Ihmels

ADVERTISING SALES

Greg Pratt

250-370-3591

NEXUS IS A MEMBER OF
CANADIAN UNIVERSITY PRESS

CONTRIBUTORS

Dominique Atherton

Amanda Butler

Naomi Fisher

Jaiden Fowler

Mackenzie Gibson

Jade Greive

Ethan Harper

Finnegan Sinclair Howes

Rufaida Islam

Recla Ker

Bo Large

Kit Miller

Ray Nufer

Jaxson Smith Peterson

Kiryn Quinn

Jenna Victoria

Emily Welch

editor's letter

Killing a fish and other milestones

The first time I killed something I was nine years old. I justified my innocence, telling myself that I hadn't been the one to do the actual killing: I was a mere accomplice.

It was a hot mid-August day and my young eyes were wide with amazement as my brother opened his beige-and-dirtied tackle box.

I experienced the kind of wonder I could have only imagined pirates would feel while looking at a wooden box filled with treasure. The kaleidoscope of neon colours hypnotized me as I watched my brother rummage through the forbidden bounty—I knew he'd smack me away if I got any closer.

My disappointment was evident when he plucked out one of the less pretty tackles and handed it to me: a silver fish lacking colour, minus a small pink stripe, stared up at me sadly from my hand.

As the eldest daughter, chasing approval and perfection is something I've always faced (this isn't reserved for first-born daughters—this phenomena plagues college students as well).

I didn't protest but my face betrayed me, as it often does. He explained that I had to use that tackle because I had lost his good one to a tree, and this was what the biting fish would want. I glanced toward a neon pink squid-looking lure sitting unused in the bottom of his box. "If I were a fish I'd want to eat that one," I said.

He was finished with my sulking and pushed me toward the murky water, saying that the squid was for ocean fishing, which was too advanced for me; plus, we were at a lake.

After roughly half an hour of casting and reeling, careful to avoid the shrubbery behind me, I felt a tug on my line.

I screamed in excitement for my dad and my brother, who ran proudly down the shore to my side. Together the three of us reeled in a medium-sized rainbow trout and I felt like I had just conquered the world while my family watched: the Canadian Olympian receiving her gold medal while her parents cried in the stands. If my brother and dad were interviewed I imagined they'd say that they always knew I could do it.

I realize I've been chasing the feeling of my brother and dad running down that shore ever since. As the eldest daughter, chasing approval and perfection is something I've always faced (this isn't reserved for first-born daughters—this phenomena plagues college students as well).

I will hang all of my hopes on a grade, craving an ounce of approval.

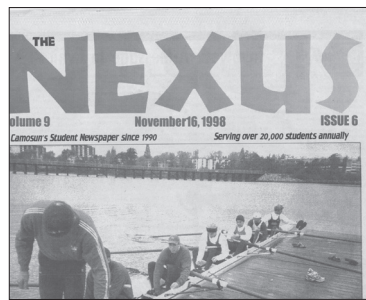
Needless to say the highs of college are high and the lows are, well, low. Taking a step back, away from approval and correlating self worth to amount achieved, it's important to remind ourselves that we are so much more than our downfalls. While success and praise will always feel good, sometimes we have to lose a lure to a tree to learn.

As the end of the semester approaches quickly, be kind to yourself during the lows—they're important too.

Jordyn Haukaas, student editor
jordyn@nexusnewspaper.com

flashback

25 Years Ago in Nexus



JORDYN HAUKAAS
STUDENT EDITOR

I'll be bock: In our November 16, 1998 issue, writer Melisa Devost reported on the seasonal release of Vancouver Island Brewery's Hermannator Ice Bock beer. Devost wrote about how the local brewery made the beer, which involved a three-month-long aging process in subzero temperatures—the cause for the rich flavour and 9.5% alcohol content. The dark and malty beverage has stood the test of time and is still available seasonally in limited quantities.

Five-dollar fraudster: In '98 Camosun College's Interurban campus was hit with a plague of counterfeit money (well, two ac-

counts). Two counterfeit \$5 bills found their way into campus cash registers; Carter MacDonald, who was then head of Interurban security and later on the college ombudsman, warned students that even if they had the bills without knowing they were fake, they wouldn't be reimbursed if the bills were used. This may seem like an unusual concept in today's climate of debit and credit. Seriously, who has cash anymore? Or, more to the point, what student in Victoria even has money?

Novel honours survivors: On November 4, 1998, the Wilna Thomas Cultural Centre at Lansdowne welcomed Yuen-Fong Woon, who discussed her novel *The Excluded Wife* with Camosun students. Woon's fictional book was based on lived experiences of wives who were stuck in China while their husbands worked and resided in North America during the time of the Exclusion Act—a racist act that was intended to keep Chinese people from successfully immigrating to Canada. Wong's highly rated novel is still available for purchase today.

open space

Students only cheating themselves with ChatGPT

DOMINIQUE ATHERTON
CONTRIBUTING WRITER

Considering how much post-secondary costs, I'm surprised at the risks some students take in jeopardizing their future. However, it's not uncommon to hear about someone using ChatGPT to bypass actual work for convenience and a passing grade.

Maybe it's because I'm 33, but the idea of using ChatGPT to create any of my work feels like I'm

I immersed myself into the curriculum and used my own thoughts to propel arguments, I learnt things about myself and my potential career opportunities I would have never discovered if I phoned it in... or AI-ed it in.

Personally, I wouldn't want to risk using ChatGPT in any of my work and chance a failing grade, legal action, or it haunting me throughout my entire career, feeling like I didn't deserve my degree.

Using AI instead of your own ideas is robbing the world of unique and inventive opinions and theories. Without the progression of ideas, the world becomes immobile in advancements.

cheaping out or selling myself short. If your goal for a post-secondary education is just to scrape by with passing grades, you're missing the point.

College is a time for discovering who you are, what you believe in, and how you want to proceed in life. Of course, we'll change paths too many times to count, but that's how we learn, grow, and discover who we want to be. But using ChatGPT isn't going to get you where you want to go and isn't going to give you a sense of self from the thoughts swirling around your head, because those thoughts will turn stagnant if you rely on AI to do the work for you. So why risk academic penalty for the sake of ease?

Original thoughts are so hard to come by these days. We complain about all the remakes of movies, lamenting that there are no original ideas left in Hollywood. The use of ChatGPT will likely contribute to a lack of creative and original ideas in the world. There have been so many classes I've taken that didn't appear of interest to me, but because

I expect more from myself, as we all should. Using AI instead of your own ideas is robbing the world of unique and inventive opinions and theories. Without the progression of ideas, the world becomes immobile in advancements.

Now, we all sometimes struggle to get thoughts flowing to start writing a paper, but that's why we have teachers, classmates, and others in our life. You'd be surprised by how helpful outside sources such as family members or friends can be once you start talking their ear off about the essay you have to write. Others' ideas often help spark our own, giving way to novel thoughts that ignite our creative candle and propel our fingers across the keyboard.

The satisfaction you'll feel from creating something original will be greater than the indolent hours you spend after using ChatGPT to do the work for you.

As a fellow student, I'm much more interested in what you have to say than an AI that creates more intelligent ideas than those using it.

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

Got something to say?

Letters to the editor:
editor@nexusnewspaper.com



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

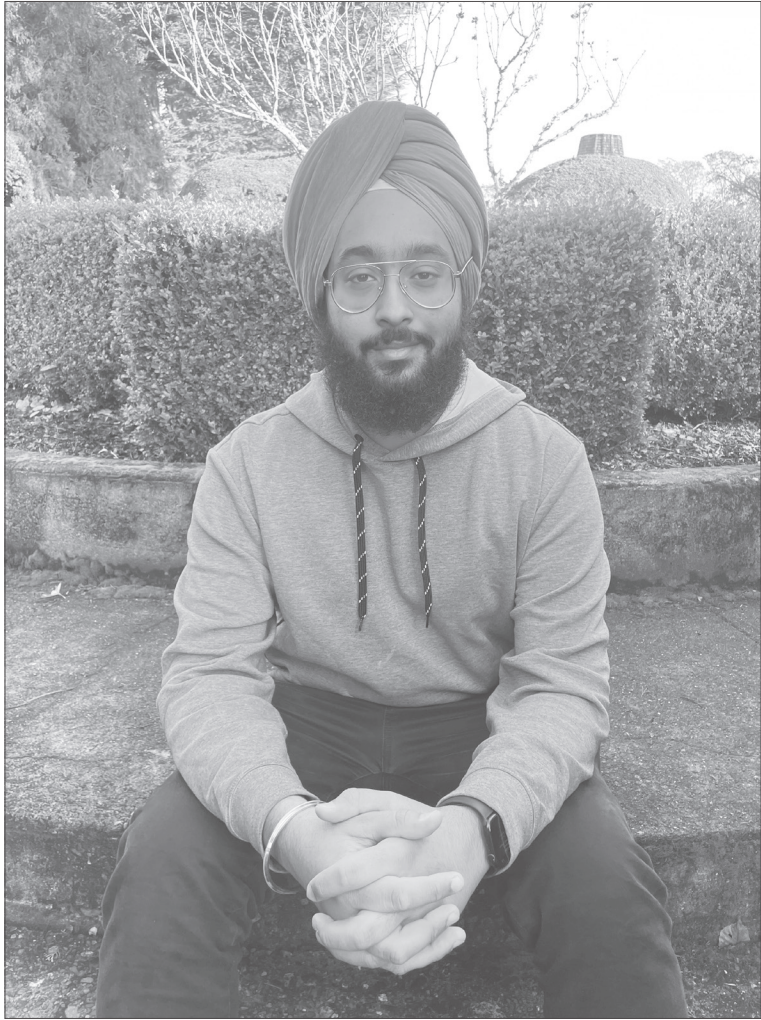
Send a letter
Nexus prints letters to the editor. Nexus reserves the right to refuse publication of letters. Letters must include full name and student number if a Camosun student (not printed). Nexus accepts all letters by email to editor@nexusnewspaper.com. We reserve the right to edit all letters.

COVER ILLUSTRATION: Ray Nufer/Nexus

OVERHEARD AT NEXUS: "I want to be buried in a bag of mushrooms."

student politics

Camosun College Student Society talks election, referendum results



JORDYN HAUKAAS/NEXUS

Camosun College Student Society external executive Jagjeet Singh.

JORDYN HAUKAAS
STUDENT EDITOR

The Camosun College Student Society (CCSS) held its fall student elections from Monday, October 23 to Wednesday, October 25. A total of 784 students voted in the elections, which were held online. 468 voted on day one, 87 on day two, and 229 on day three.

CCSS external executive Jagjeet Singh says that overall, the CCSS is

happy with the voting turnout—although an increase in votes would be ideal going forward.

“I think it was an average turnout,” says Singh. “Obviously, we’d like to have more voting if possible by our students; something that we always wish for. We only had 784 students who voted, which is about less than 10 percent of the total population [of Camosun College students]. It’s always good to have

higher numbers because if a larger part of our community votes it’s always good for democracy.”

In the elections, 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 51 percent of those voting to vote yes to pass).

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

According to Singh, the results of the two referendums produced mixed feelings among those at the CCSS. On one hand they’re happy that the CASA referendum passed so they can send board members to conferences, however, they’re disappointed with the results of the Nexus referendum.

“The referendum, it’s tough,” says Singh. “The CASA referendum passed with about 61 percent votes, which is a good thing because we were struggling, post-COVID especially, with the hotel prices, and

“Obviously, we’d like to have more voting if possible by our students; something that we always wish for. We only had 784 students who voted, which is about less than 10 percent of the total population [of Camosun College students]. It’s always good to have higher numbers because if a larger part of our community votes it’s always good for democracy.”

JAGJEET SINGH
CAMOSUN COLLEGE STUDENT SOCIETY

everything going up substantially. Hotel prices have gone up even more than inflation right now and that is something that has happened to a lot of student societies across Canada... We were really saddened thinking about the Nexus referendum because it was so close, like 18 votes difference. And you always want to have that voice on campus that keeps you accountable, us and the college. Which is a bit concerning, but let’s see how we can make things work and move forward with it.”

Singh says that the CCSS is excited to work with its new board of directors. However, there are still a few positions that need to be filled at Interurban.

“[The CCSS is] pretty happy with the results overall,” says Singh. “We got most of our positions filled.

So the only positions open right now are two Interurban director positions, so those are directors at large. We will try to see if we can find someone to fill it, otherwise they will go in election in the March period anyways.”

The CCSS is now focusing on welcoming and training the new board members to ensure their success.

“We will give them some basic training about meetings in general,” says Singh. “Once we are back, the next board meeting will be in December. We will try to host a day of orientations because that’s really important, making them aware about their goals, responsibilities, any concerns that they might have to deal with: how to not get sued, things like that, which is really important as an elected official.”

NEWS BRIEFS

New measures to protect international students announced

Minister of immigration, refugees and citizenship Marc Miller recently announced new measures aimed at protecting international students from fraud. Beginning on December 1, designated learning institutions (DLIs) will have to confirm international student acceptance letters with Immigration, Refugees and Citizenship Canada (IRCC)—this additional verification process is to protect the students from letter-of-acceptance fraud. The IRCC is also working toward a “recognized institution” plan for the fall 2024 semester, meant to highlight DLIs that offer superior supports for international students; the selected DLIs will have priority processing for study permits. Lastly, the IRCC is completing an assessment of Post-Graduation Work Permit Program criteria to match the needs of the Canadian labour market.

Camosun taking toy donations

Camosun College will be collecting donations for The

Zone’s annual toy drive for the month of November. Students interested in donating can drop off new, unwrapped toys at the Lansdowne or Interurban libraries, the Chargers office (PISE 118), or any Chargers home game. Donations are being accepted until Thursday, November 30.

Camosun College hosts traditional pit cook

Camosun College hosted a traditional Coast Salish pit cook demonstration at its Interurban campus on Thursday, November 2. The annual event showcased how the Coast Salish Nations cooked camas bulbs—which are the root of the camas flower—in between layers of locally harvested plants on a fire pit. The event also featured teachings from elder JB Williams of the Tsawout Nation and Camosun Anthropology instructor Nicole Kilburn.

Camosun building up for award

The restoration of Camosun College’s Dental Building is one of the projects that was recently

announced as a finalist in the 2023 Capital Region Commercial Building Awards. 44 South Vancouver Island projects are up for awards, with the winners announced on November 23 at the Delta Hotel Ocean Pointe Resort.

Boost in pay for early childhood educators

On Monday, October 30, federal minister of children, families and social development Jenna Sudds and BC minister of state for child care Grace Lore announced at Camosun College’s Interurban campus a provincial funding initiative that will increase daycare workers’ wages by \$2 starting January 1, 2024. In order to receive the raise, early childhood educators (ECEs) will have to be employed by a licensed child care facility—this includes roughly 12,000 ECEs in BC. According to the Education and Child Care Ministry, this will bring the median hourly wage for ECEs to \$28 in BC.

-JORDYN HAUKAAS,
STUDENT EDITOR
JORDYN@NEXUSNEWSPAPER.COM

student events

Camosun College Student Society brings cheer with Holiday Market

“I think it’s a really good opportunity for our student vendors to promote their businesses and to connect with members of our community, and this event can help students to become inspired and see some of the talent and craft our vendors can offer. And, overall, it’s just important to support small businesses rather than huge mega-corporations.”

EMILY LAM
CAMOSUN COLLEGE STUDENT SOCIETY

NICOLAS IHMELS
STAFF WRITER

The Camosun College Student Society (CCSS) is bringing its Holiday Market back this month. The market, now in its second year, will be lots of fun for Camosun students to engage with, says CCSS pride director Emily Lam, who is involved with organizing the event.

“We’re going to have approximately 40 student vendors, and this is a cash-only event,” says Lam. “These vendors range from a good variety of businesses, so they’re planning to sell some pre-made food such as bread, baked goods, dried pasta, jams, as well as

hot sauce. And we also have some vendors selling jewellery, so beaded earrings, resin, silver, as well as some artists, so art prints, cards, paintings, and clothes, fibre art, candles, to name a few.”

The primary goals of the market are to inspire students to do their best work and connect students with each other, says Lam.

“I think it’s a really good opportunity for our student vendors to promote their businesses and to connect with members of our community, and this event can help students to become inspired and see some of the talent and craft our vendors can offer,” she says. “And,

overall, it’s just important to support small businesses rather than huge mega-corporations.”

Lam says that this year’s market will address some of the criticism of last year’s.

“This year is more or less going to be the same, but we have taken some of the advice and concerns from last year, such as loud music,” says Lam. “We are going to tone that down a bit, and we’re going to make it more inclusive and just have a good time.”

Lam believes that events like the Holiday Market allow for a sense of community between students on campus.

“We wanted to give students an opportunity to connect with other students and to become engaged on campus and kind of get to know each other,” she says.

Lam says that the best part about her job is putting together events like this one.

“I love to interact with students and to get to advocate for student issues and to also help run events and just getting involved,” she says.

Lam says that she hopes students will connect with each other and support local endeavours through the Holiday Market.

“Just to support local businesses and be more engaged with students and their, I guess, businesses as well,” Lam says. “Our student society is going to be also accepting donations of non-perishable food



EMILY LAM

A student displays their goods for sale at last year’s Holiday Market.

items to go towards our student food bank, and we’ll also be having a hot-chocolate bar by donation with some snacks.”

One of Lam’s favourite parts of connecting with students is the happiness surrounding events like these.

“I get to see enjoyment, happi-

ness,” she says, “and just being part of our community.”

CCSS Holiday Market
3 pm to 6 pm Wednesday,
November 29
Wilna Thomas 224
camosunstudent.org

music

Camosun students get ready for Bandemonium



PHOTO PROVIDED

Baba Chaka, made up entirely of Camosun College students, will be performing at Bandemonium on November 18.

HANNA SHULTIS
CONTRIBUTING WRITER

While summer may be long over, this isn’t true of live music events in Victoria. On November 18, fans of alt rock will be able to head down to the Alix Goolden Performance Hall for Bandemonium, an event with some serious Camosun College connections. The one-night-only

concert features an assortment of local rock bands, including Silverstone, Baba Chaka, Polynice, and Ecstasy and the Agonies.

Second-year Camosun Music Performance student Sophia Kieferle is the event’s executive producer; she says there will be a wide range of acts at Bandemonium.

“It’s basically alternative rock,”

says Kieferle. “But that’s kind of a really broad term. We have one group who’s describing themselves as ‘blues grunge.’ We have another one that’s kind of psychedelic dream pop. We have one that’s really traditional alt rock and another that’s kind of a jazz infusion.”

Kieferle says Bandemonium is “definitely for the younger crowd,”

“I’m really hoping to keep this a regular thing, specifically for students and for newly established bands.”

SOPHIA KIEFERLE
CAMOSUN COLLEGE STUDENT

with college-aged students being the intended audience. The event is taking place at the Victoria Conservatory of Music (VCM), where Camosun’s music programs are held, but the connection doesn’t end there.

“One band, Baba Chaka, is entirely Camosun students,” says Kieferle. “So, they’ve all met through the post-secondary Music Performance certificate and diploma.”

There are also 11 current Camosun students and two more alumnus on the production side of the event. The tickets are \$22.61 after fees, but Kieferle says that anyone under 19 can get tickets for just under \$16, provided they buy the ticket in person from the box office at VCM and show photo ID.

Kieferle is planning on more live music events in the spring and next fall, possibly at different venues, and is interested in getting Camosun-related music groups to play at them.

“So if there’s any Camosun bands currently established who

want to reach out to me and put their names on for the possibility of performing in front of a live audience and getting an EPK [electronic press kit] out of it, I would love to hear from them,” she says. “And I’m really hoping to keep this a regular thing, specifically for students and newly established bands.” (Kieferle can be reached via @sophiequinox on Instagram or found on Facebook as Sophie Sommer, as a member of the Victoria Musicians group.)

Kieferle wants people to support the event so she can continue to have it in the future.

“I’m really hoping to keep this a regular thing,” she says, “specifically for students and for newly established bands.”

Bandemonium
7 pm Saturday, November 18
\$22.61,
Alix Goolden Performance Hall
vcm.bc.ca

review

With *Super Mario Bros. Wonder*, creative Nintendo is back



NINTENDO

Super Mario Bros. Wonder is a victory, both for the *Mario* franchise and for Nintendo in general.

ETHAN HARPER
CONTRIBUTING WRITER

Super Mario Bros. Wonder
8/10

Super Mario Bros. Wonder is the latest in Mario's adventures. Taking place in the Flower Kingdom, Mario and friends, with the aid of the Flower Kingdom's caterpillar prince Prince Florian, must stop Bowser from achieving world domination by using the Wonder Seeds.

So, your typical Mario romp, but this romp's not only amazing, it's lively as well.

The art style is gorgeous. Everything looks so bouncy and lively with its more plasticine-like style. As well, the characters and animations are more expressive than ever. Now Mario and friends emote when doing certain actions, like jumping, sliding, or when they bump into a Goomba.

But it seems that using this new art style sacrificed everyone's special ability that they accumulated over the years. All of Mario's friends are the same control-wise (with only Yoshi and Nabbit being the unique ones out, as they can't take damage). Luckily, this is where the new badges come into play. Badges can equip Mario and his friends with one of many abilities, like gliding with a cap, or a crouching high jump, or even a grappling hook. But you don't need these badges for game completion: they're there so that the gameplay can be spiced up.

Speaking of which, the new power-ups are fantastic. Elephant form can bash enemies away by using your trunk, drill mushroom can drill you underground or above ceiling, and the bubble flower captures enemies inside bubbles and activates out-of-bounds objects.

But there's no fun in new power-ups without enemies, and *Wonder* delivers on that aspect well. The game introduces so many new enemies with their own unique quirks, but, sadly, some enemies are only used in a couple levels. After that, they're never to be seen anywhere else in the game.

The opposite is true about the bosses, or should I say, the boss. Every end-world boss in this game is the same boss repeated four times. This absolutely stings; even the first *New Super Mario Bros.* had unique bosses for each world. Worse yet, two of the worlds don't have bosses—the game essentially says, "Here's your Wonder Seed for finishing the world, now get out."

But even after these critiques, I can't hate this game for its faults. *Super Mario Bros. Wonder* is an achievement for not only Mario, but

Super Mario Bros. Wonder is an achievement for not only Mario, but current-day Nintendo. The company is finally being creative with their franchises again for the Switch generation.

current-day Nintendo. The company is finally being creative with their franchises again for the Switch generation. As we are in a new era of creativity and art style with digital media, Mario, being Nintendo's oldest IP, definitely needed this refresh. I hope that other Nintendo IPs can get this treatment.

This game is an indication that Nintendo is back and better than ever. I hope that with the next console they release, Nintendo will strive to create the best gaming experiences ever.

Super Mario Bros. Wonder shows that they're on the right track.

What's happening at nexusnewspaper.com

Week of November 5, 2023, top five most read stories:

1. "Camosun students launch new creative writing club," November 1, 2023
2. "Drop-in sports return for Camosun students," November 1, 2023
3. "SETYA double bill offers healing for Indigenous peoples through cultural storytelling," October 13, 2023
4. "Student creates Spotify playlist of Camosun student musicians," October 4, 2023
5. "Victoria loses with closure of Pic-A-Flic," November 1, 2023

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

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

eyed on campus



GREG PRATT/NEXUS

These fun creations were spotted deep in Camosun's Interurban campus on Wednesday, November 1.

contest

Find the hidden *Nexus* and win



JORDYN HAUKAAS/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.

Behind the year Lead *Nexus* stories of 2023

son, contributing writer

lyn Haukaas, student editor

BC to make people aware of the resources that exist and to
e drug poisonings are preventable. This is a threat to people
who are trying a drug for the first time.
worried,” said Michalofsky. “Because, at this point I think
and I think that people aren’t taking it seriously enough... A
not taking it seriously, and the approaches they’re coming
not going to help.”
ment to task for the lack of action around this emergency.
community, but also to anyone who has lost someone to toxic

ature students

who begins their degree after the age of 21 is considered a
ool at the age of 41 for his Digital Communications certifi-
aid. He paid for his schooling out of pocket, but the lack

f Faith Award, for mature students in Digital Communica-
ath by returning to school.

boat as me and are scared to go back to school because of
nity, or they just don’t have the right motivation or encour-
l, I want to say thank you to Lois [Fernihough, Camosun
the program itself to kind of keep that going, because posi-
eap of Faith Award because that’s exactly what I did. I just
to happen. I just did it and came out with flying colours.”
r my own career change, I’m so happy to see the community
n for anyone bold enough to make the leap of faith.

th outstanding performances

own across the country for our love of the arts (just take a
antastic example of what Victoria can bring to the table.
amy night of romance between two women, one of whom

at requires intense concentration, as the whole play is one
ers. It might get a bit uncomfortable at times, depending on
every known difficult emotion there is as they try to figure
blummetts again.”

n the face of difficult themes, such as feminism, classism,
pphic desire in a homophobic world. It sounds like a fire-

ch of a play

up the majority of our list this year, it’s fun to look at a

f *Vinegar Tom* put on at the University of Victoria’s Phoenix
to tackle the topic of witch trials (literal ones, not cultural

nd the acting, noting the heart that shines through in the
n the source material is examined.

roduction of *Vinegar Tom* was produced with great care by
hat they’ve created. However, the lacklustre source material
g an impassioned lecture rather than a compelling story.”
r classroom as a theatre. The theatre certainly feels com-

3. *The Unplugging* resonant and heartfelt tale of survival Amy Lynch, contributing writer

I actually saw this play performed in the theatre, so it’s especially fun to revisit the review.
The Unplugging follows two women surviving on their own following a global failure of electronic technology. One of these women is Indigenous and relies heavily on the teachings of her family to help her and her friend make a home through the winter.

It makes sense to me that this kind of story would resonate with audiences. Our reliance on electronic tech has permeated into every crevice of our lives, and the loss of that would change everything. Particularly, the way we retain knowledge has shifted: if we need to know something, it’s immediately available to us through the internet, meaning that we don’t keep personal records of helpful information. We even throw out instruction manuals, because if we need to know something later, we can just Google it.

This play was an interesting way of exploring that idea. While it didn’t knock my socks off, I did like it. It felt like really cohesive community theatre. In this review, Lynch agreed that the story is ultimately told well.

“What makes these themes truly come alive are, of course, the performances,” wrote Lynch. “Played with heart, sincerity, and a good deal of comedy, the performances lend well to the characters they’re portraying. A few lines here or there might feel overacted, but it’s hard to complain about an over-expressed syllable when the whole of the play comes together so well.”

2. *Yaga* looks at witches, Slavic culture through murder-mystery lens Nicolas Ihmels, staff writer Another play about witches!

This much-anticipated murder mystery has several things that would lead readers to an interview with one of its lead actors.

Yaga is a show that plays off Slavic culture—a culture that is central to both Ukraine and Russia. Meditations on the shared heritage of the mythology of Baba Yaga are going to be poignant and timely this year.

Actor Nicholas Nahwegahbow said to *Nexus*’ Nicolas Ihmels that “the audiences can expect a fun murder-mystery ride which changes their perspective on the word ‘witch.’ I want the audience to take away a bit of knowledge about Slavic culture as well as a bit of knowledge of the story of Baba Yaga, which is very familiar to Ukrainian and Russian people. I would also like the audience to know that we are welcoming Ukrainian actors on our stages and that we support and stand with Ukraine.”

Beyond this, readers and audience members alike this year were particularly drawn to feminist themes. With an older woman at the helm of the story, explorations of what it means to be a witch, and the tie-in with two countries on everyone’s mind, it’s no wonder this article captured people’s attention.

1. *Open Space*: Terms “fem-presenting” and “masc-presenting” need to go Kim Fehr, contributing writer Our most-read story this year goes to *Nexus* contributor Kim Fehr!

This is also interesting because it’s the only opinion piece on our list. The opinion in question was the most attention-grabbing article we published, so let’s unpack it.

In May, Fehr argued that the terms “fem-presenting” and “masc-presenting” were unhelpful. These are terms used as shorthand to describe someone as more masculine or feminine. While the aim is to define something in a way that is less gender-restrictive, Fehr says these terms fail at that goal.

This is a piece that is close to my heart. I’m a nonbinary person, and the way I present myself day to day is quite fluid. I agree with Fehr that while the intention is good, the final result is a vocabulary that continues to reinforce the idea that you can only be masculine or feminine. Most of the time I’m not wanting to be either.

In Fehr’s words, “As much as I understand and love broad terms, this case should be an exception. The terms ‘fem-presenting’ and ‘masc-presenting’ suggest homogeneity in how these groups present, how they are perceived, and how they experience that perception. However, such a wide range of people cannot possibly all be perceived in the same ways.”

The fact that this article not only exists but is the most-read article of the year warms my heart. The attention paid to this line of thinking shows that Camosun students tend toward a desire to understand their peers. Some may have read the article as an introduction to new ways of referring to each other, and others may have found solidarity in a published story that reflects their experience in the world a little better.

Thank you for joining us as we revisited the most-read stories of the year. My fingers are crossed for all of us as we try to get an education in a chaotic and changing world. Look out for each other, keep making good art, take your vitamins, and remind your friends you love them. And thanks for reading our stories throughout 2023.

stage

Blue Bridge brings Stephen King classic to town



SARAH MURPHY

Trevor Hinton as Paul and Naomi Simpson as Annie during rehearsals of *Misery*.

RUFAIDA ISLAM
CONTRIBUTING WRITER

William Goldman's stage adaptation of Stephen King's *Misery* is coming to Blue Bridge Theatre this month, bringing the thrilling and suspenseful story to life. *Misery* revolves around an author, Paul Sheldon, who gets saved by an obsessive fan, Annie Wilkes, following a car accident. However, he soon finds himself trapped by Wilkes and is subjected to her disturbing behaviours.

Director Michael Armstrong has previously appeared as an actor at Blue Bridge Theatre on numerous occasions, but this play will be his first directorial role with the company. Armstrong says he was excited by the opportunity to direct one of King's stories.

"I am a long-time fan of Stephen King," says Armstrong. "Plus, I have worked as an actor for Blue Bridge in about 12 different productions since 2010, but I never directed for them, so it was the opportunity

to direct for them and direct such a great script."

Misery highlights a range of intense emotions and is filled with fear, suspense, and thrilling moments.

"I want the audiences going out feeling like they have been just thrilled to death for the last hour and a half, that they have been on the edge of their seats, gripping the arms of their chairs," he says.

For those who may be familiar with the novel and the 1990 film adaptation, Armstrong says that there are notable differences, even though the core story remains essentially the same.

"Well, it's essentially the same story, but it has been adapted for the stage, so I think the people who are interested in seeing the stage

production will know the number of differences from the film," he says. "I think that those who have read or seen the story before will be visiting a old friend and will notice substantial differences, particularly with the novel."

The title of the story carries significant conceptual meaning and symbolic value in the play. It's more than just the title: it's a crucial factor in shaping the story and the characters' experiences.

"*Misery*' has a number of different meanings in the title, because the play refers to the misery of the characters, in particular, Paul Sheldon being trapped in the house. But also I think in a way it also refers to the misery of Annie Wilkes, who is obsessed with the character Misery and desperate to know more about

MICHAEL ARMSTRONG
MISERY

her. '*Misery*' is actually the name of one of the characters in Paul Sheldon's novel, and she is a female heroine in his historical romances."

Armstrong says that people should come expecting an exciting time.

"This show is a roller-coaster," he says, "and audiences should come prepared for a wild, thrilling ride."

Misery

Various times,
Tuesday, November 21
until Sunday, December 3

Various prices
(student tickets \$15),
Blue Bridge Theatre
bluebridgetheatre.ca

review

Bear Grease touching, funny, inspiring

The entire cast is truly stellar, however, Tammy Rae Lamouche's performance as Rizzo was a standout, as she serenaded us with a heartwarming rendition of "Stand By Me" in her native Cree language. From my seat, in the upper right balcony, I could see how impactful this song was to the majority Indigenous audience in the house.

AMANDA BUTLER
CONTRIBUTING WRITER

Imagine for a moment that in 1492, when Columbus sailed the ocean blue, settlers left well enough alone and went back to their home. This vision is exactly the time-travelling portal you are invited to journey into with *Bear Grease*, an Indigenous re-telling of the 1978 musical classic *Grease* that I saw at the University of Victoria Farquhar Auditorium on Saturday, October 28.

Created for the Edmonton Fringe by Crystle Lightning and her husband MC RedCloud, the show features an all-Indigenous cast, with 10 actors singing and dancing in the doo-wop style of the '50s replete with incredibly clever Indigenous references and style. The costumes include ribbon poodle skirts paired with '50s motorcycle

jackets that set the Indigenous scene of this imagined era.

However, *Bear Grease* is so much more than just an Indigenous version of *Grease*; the audience will both recognize the original musical through the characters and songs and experience a fresh and creative take on the piece.

Hip hop, Indigenous drums, and flute are a few of the added elements that make this piece especially spectacular.

The tone is set for this musical right from the start, with an awe-inspiring dance mash-up of classic '50s jive with traditional powwow dancing.

The entire cast is truly stellar, however, Tammy Rae Lamouche's performance as Rizzo was a standout, as she serenaded us with a heartwarming rendition of "Stand By Me" in her native Cree language.



PHOTO PROVIDED

Bear Grease is an Indigenous version of classic musical *Grease*, but it's also so much more.

From my seat, in the upper right balcony, I could see how impactful this song was to the majority Indigenous audience in the house. Experiencing this was one of those live theatre moments that gave me the chills.

For the final number, Lightning and Cloud chose to replace the classic "You're the One that I Want" with "Meet me at the Pow Wow," a fun and lighthearted way

to wrap up this joyous romp into an all-Indigenous 1950s era.

At the end of the show, Lightning shared a heartwarming story of the inception of *Bear Grease*, where her and her partner jokingly changed the words of "Summer Nights" to "Summer Snagging," a tongue-in-cheek Indigenous reference to sexuality, and the rest just flowed from there.

Bear Grease is created for uplifting community, celebrating Indigenous creativity, and having a lot of laughs along the way. Unfortunately, the performance was a one-night-only affair, but if you get the chance, I highly recommend checking out this dazzling, fun-loving musical.

I can't wait to see what they dream up next.

stage
James and Jamesy bring holiday laughs back to town

“Each of our shows has a theme, and our Christmas show has the theme of imagination. The resistance to and the willingness to embrace imagination. And Christmas, for us, is filled with that opportunity. It’s a time of the year when adults get to play magic, whether it’s Elf on the Shelf, or Santa for their kids.”

AARON MALKIN
O CHRISTMAS TEA



PHOTO PROVIDED

James and Jamesy are bringing their *O Christmas Tea* show back to town this month with performances in Sidney and Victoria.

MACKENZIE GIBSON
 CONTRIBUTING WRITER

After over 10 years of performing together, Aaron Malkin and Alastair Knowles are returning to Victoria with their annual touring Christmas pantomime *O Christmas Tea: A British Comedy*. Acting under the stage names James and Jamesy, the duo has performed five different plays (Malkin plays James; Knowles plays Jamesy); Christmas, however, is a particularly special time for them.

“Each of our shows has a theme, and our Christmas show has the theme of imagination,” says Malkin. “The resistance to and the willingness to embrace imagination. And Christmas, for us, is filled with that opportunity. It’s a time of the year when adults get to play magic, whether it’s Elf on the Shelf, or Santa for their kids.”

The two originally met in Vancouver when performing in a play together.

“We had a wonderful experience

with that. And we continued to want to work together and happened upon these James and Jamesy characters,” says Malkin.

Knowles adds that the depth of their friendship was a huge part of the creation of the characters.

“This relationship is great on so many different fronts,” he says. “I feel challenged and inspired and supported.”

Malkin says they decided to take their James and Jamesy act and share it with a wider audience, to great success.

“We put it in a cabaret show, and the audience response was unlike anything we’d ever experienced... And so we expanded an eight-minute skit into a full show tour that did very well,” he says. “It sold out in every city it went to.”

But they hadn’t always planned on being performers. Knowles had an entirely different career path in mind until he discovered all that acting brought to his life.

“I studied business at UBC. So I did a bit of a commerce degree. And then I started studying clown because I thought I might learn more about myself and become a

more expressive human. It was in the process of studying clown that I tapped into a sense of play that I felt rejuvenated me. So because I felt that value in embracing this world of play, I think that motivated me to create contexts where that can happen for the broader population. And for us, it’s through theatre.”

When they come on the stage, playfulness and expressiveness are inevitable, and the love in James and Jamesy’s friendship is part of what makes that on-stage chemistry so easy. The love is so palpable it once brought concern to one potential attendee.

“We got an email from an audience member. They were like, I want to attend the show, but I’m concerned that there might be gay content in the show,” says Knowles with a laugh.

While the connection isn’t necessarily romantic, Knowles isn’t bothered by the speculation.

“There is a love between them,” he says. “Interpret however you feel like interpreting that love, but the love between them is clear and explicitly stated.”

Knowles says that the most

heartwarming part of their decade-long journey is the people who have made the show part of their own traditions. Malkin agrees, adding that the feeling they can offer people through the performance is what brings him back to the stage time and time again.

“Something that some audience members have shared after their experience in the show that sticks with me is that through the experience of the show, they discover a new version of themselves,” he says, “which comes with an elation of their spirit or their joy and I think it’s largely connected with the opportunities that audience members have to participate in the creation of the show. And that makes me very happy.”

review
Frankenstein flat, underwhelming

MACKENZIE GIBSON
 CONTRIBUTING WRITER

Actor Jason Stevens recently performed a one-man production of *Frankenstein* at the historic Craigdarroch Castle. Mary Shelley’s masterpiece should work perfectly as an October show in a spooky old castle, but the final product was underwhelming.

The castle was a particularly alluring aspect of the whole concept, so I was disappointed when we arrived at our seats to find the performance would be against a normal-looking wall, with our backs to the rest of the castle. Because the building had no bathrooms, no elevator, and there was no water allowed lest anyone spill it, I was hoping the location might be justified by being more heavily incorporated into the story.

I pushed past these initial concerns. The show began, and Stevens came to the front of the stage. The stage and the seats were on the same flat ground, so I was frustrated that the show began with the sole actor sitting down for several minutes. If you weren’t in the front row, you couldn’t see him at all.

What followed was functionally a first-person book report on *Frankenstein*. The performance was emotionally one note, with Stevens recounting the events of the story with a consistent, low-flying anguish. There were no pauses in his narration, and each beat in the plot seemed to carry the same amount of importance as any other. As a lover of Shelley’s work, this

adaptation’s lack of emphasis on anything felt deaf to the themes of the story.

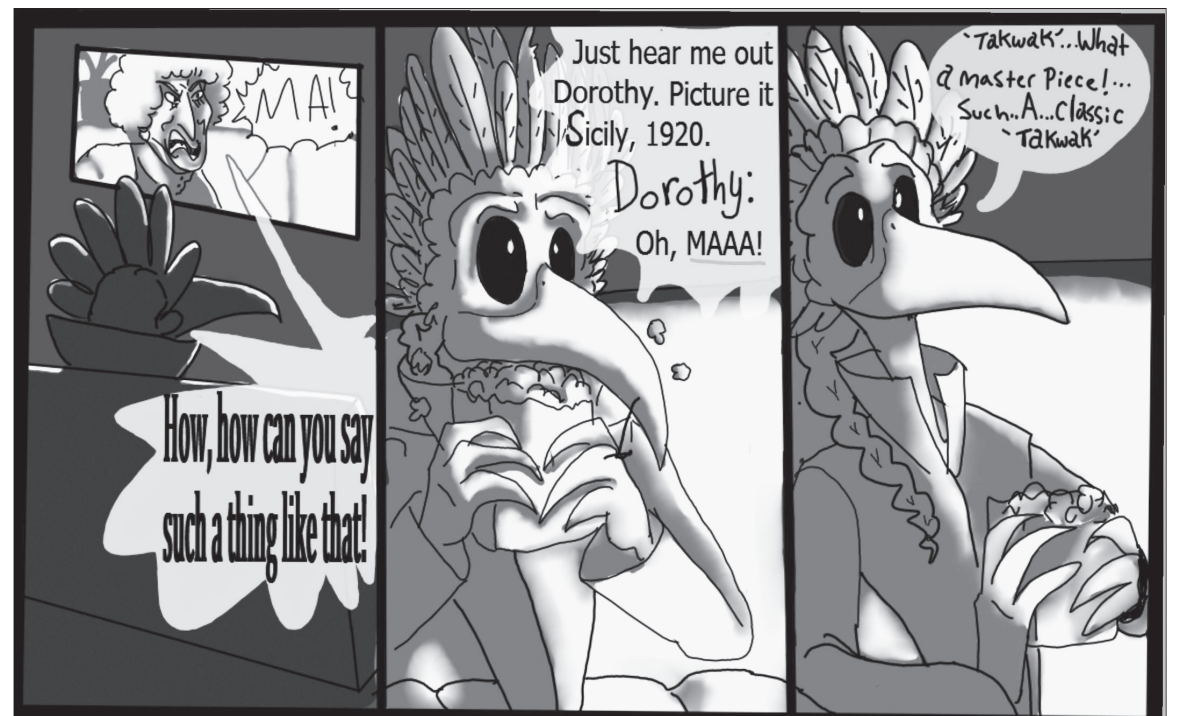
The most disheartening of all was that Stevens’ performance felt invulnerable. Acting as an art form exists to show us the raw and bleeding heart of the performer, especially in a work as dramatic as *Frankenstein*. Stevens felt distant and composed at all times. When the characters’ emotions became more intense his line delivery was louder and quicker, but it ultimately lacked the vulnerability or sincerity which can move an audience to empathy.

I’m sad to report that other elements of the play were similarly one note. Stevens barely even paced across the stage, so the space was underutilized; the show’s only prop was a letter he read from at the beginning and end of the show; the lighting consisted entirely of the same lamp light we were greeted with when we took our seats.

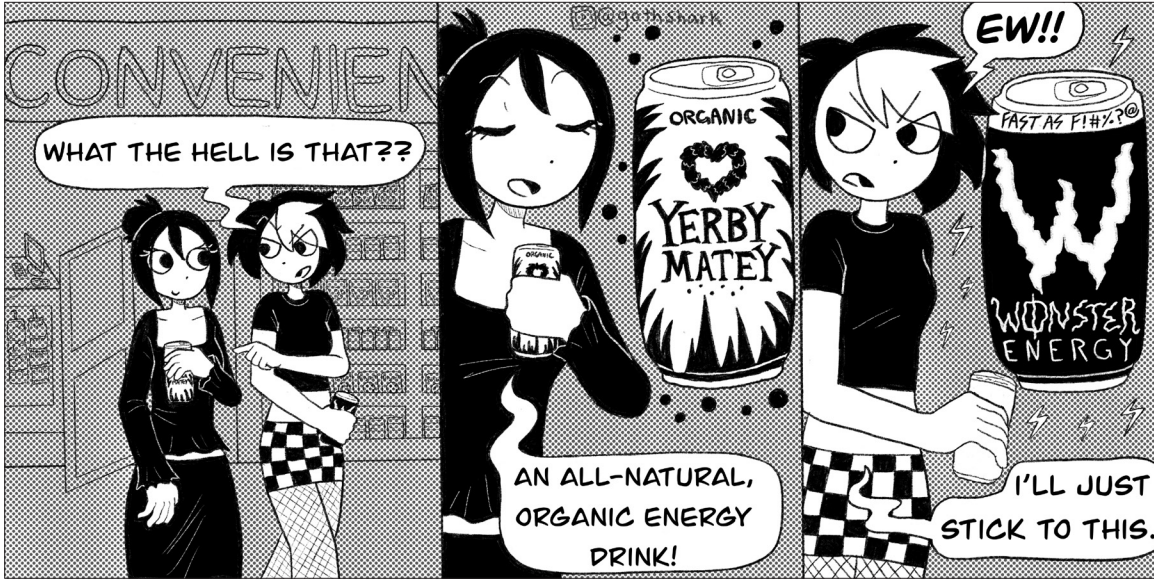
Generously, we could say Stevens faced some limitations on props and lights due to the historical status of the venue—but even with potential limiting factors, the show was still lazy in execution.

Moments after delivering his final line, Stevens gave a quick bow and left the stage as fast as I’ve ever seen anyone exit. The ending was so abrupt, it was confusing. Ultimately, with the speed he left at and the effort put into the show, I found myself wondering if this performance was something Stevens was even happy to be doing.

Takwak Comics - Recla Ker



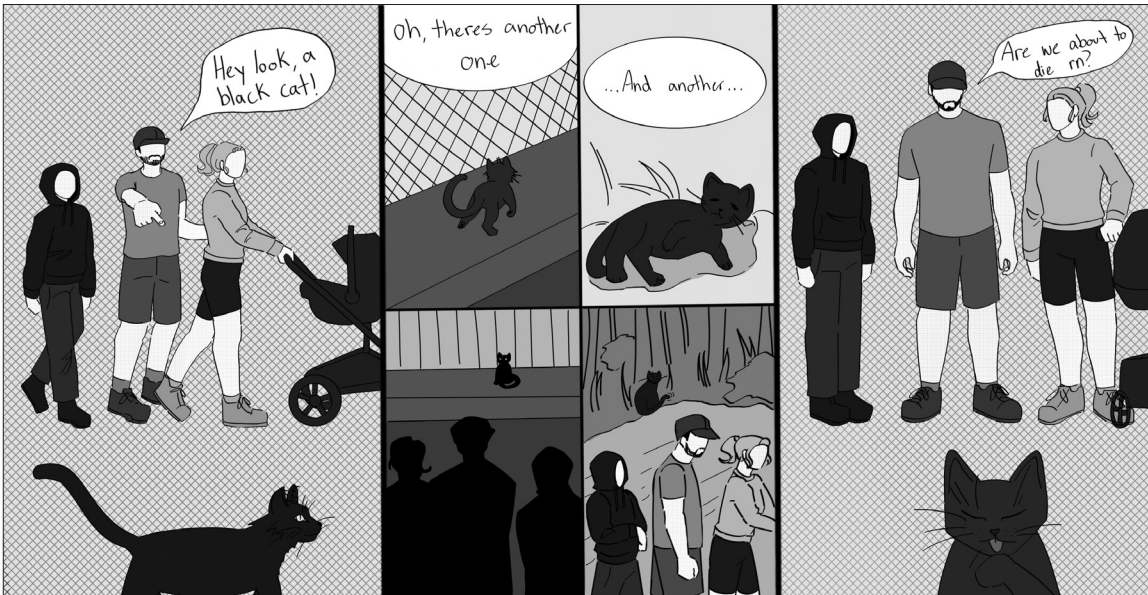
Ruby Rioux and the Bats from Saturn - Ray Nufer



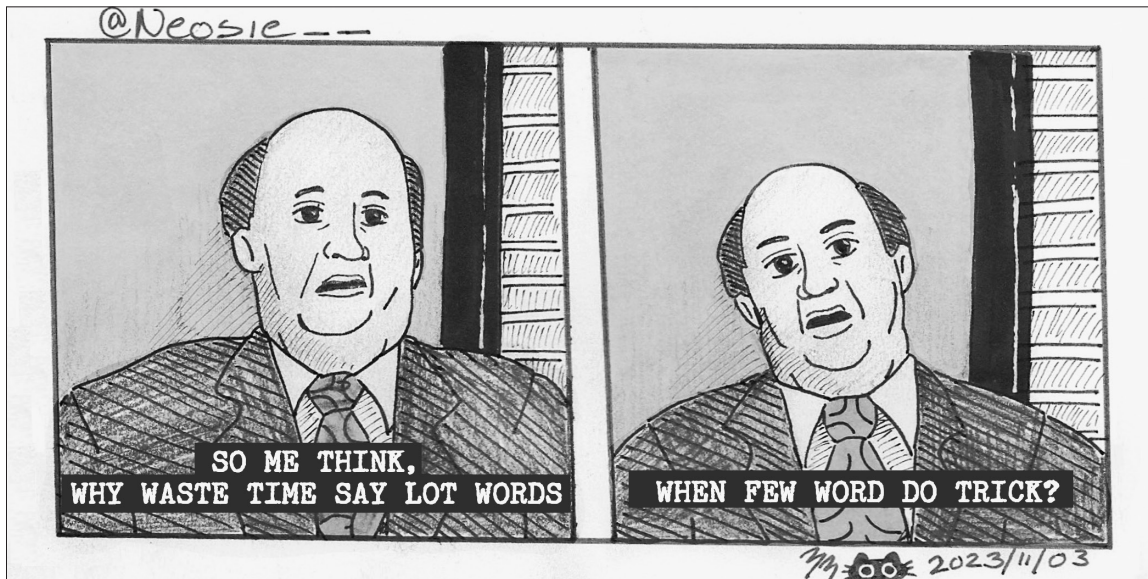
Mateo - Jade Greive



Things That Happen - Jaiden Fowler



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



Brainrot - Kit Miller

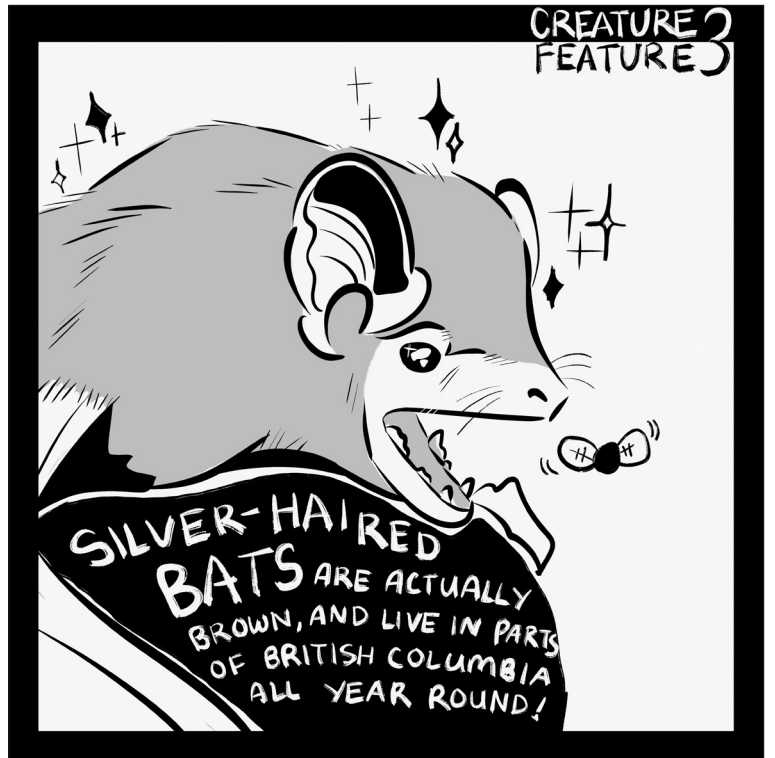


"No, the bus pass was \$12,500, the education came free with it."

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

Winter prepping

With the moist and cold of winter and stress of mid-semester deadlines and exams upon us, it's extra important to keep our respiratory systems healthy and the chill at bay. Ayurveda, the ancient Indian natural system of medicine, recognizes these winter qualities of cold, moist, and heavy slowness (think hibernation), and recommends adding warming herbs and spices to any food or drink.

Cinnamon, black pepper, and clove are just a few of many examples that are easy to find and use, even for the most inexperienced in the kitchen. A dash of cinnamon in your daily coffee or clove in your tea or apple cider can elevate the flavour profile of your daily comfort drinks. To get a greater appreciation for the unique flavour of black pepper, try experimenting with a little pepper mill and grinding the whole dried seeds. You can truly differentiate the black pepper experience by the amount you grind it. Try out a new

Chest-opening yoga postures are great for supporting the respiratory system.

soup recipe that calls for simmering in some whole peppercorns and enjoy the subtle pepper infusion.

When it comes to exercise for the winter season, ayurveda recommends that you start your day with more vigorous types of exercise and save gentler, more calming ones for evening, as you wind down your day, which is much easier to do after our clocks have jumped back with daylight savings time.

Chest-opening yoga postures are great for supporting the respiratory system and can be either invigorating or calming, depending on the posture you practice and in what sequence with other postures. In my previous columns, we've explored sun salutations and lunges. After warming up for 10 or 15

minutes, the spine is much more open to chest-opening backbends. Camel pose—*ustrasana*—can be performed in a variety of ways depending on your experience, preference, and the unique shape of the bones of your spine (yes, some people naturally have more flexible spines simply due to bone shape). An easy modification of camel can be performed at your desk and can help counteract some of the negative postural habits of too much time hunched over your computer.

Sitting in your chair with your feet on the ground, actively draw your navel to your spine and gently lean back over the back of your chair. Ta-da—chair yoga!

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



Not the Last Word

by Emily Welch

Saying goodbye to exams

Stress is extremely hard to deal with, which is ironic because stress is our bodies reacting to events that are hard to deal with. Students just had to deal with midterms, and if other students are anything like myself, exams are one of the leading causes of stress in a typical year.

I'm curious about the actual reasoning behind doing exams. Sure, they are supposed to test us to see if we are actually paying attention to what we learn in class. But our brains are all different.

Someone might be a dedicated student, a student that comes to every class and participates with questions and enthusiasm, someone who does all their assignments and reads the materials. Yet when under the intense pressure of an

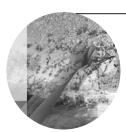
exam, their ability to vomit out information in a short amount of time is extremely hard for them. Their brains don't function as well under that stress.

Then there are students who may not have to show up in class as often but if they cram the night before an exam, they're able to breezily let forth the information needed. Our brains react differently under stress and may not correctly reflect what a person knows or is capable of doing.

So is there another alternative? Exams have been the main way schools test knowledge for a long time, but as we know, the world is changing all the time, and more and more we are discovering that old methods may not be good methods.

So my question is this: are exams really a good measure of what a student is learning and contributing?

More and more we're discovering that stress is a leading cause in many realms of poor health. Even though most students are young and feel like they're invincible and will be young forever, everything catches up with us. There are so many rotten things going on in the world, so many things to already stress out about; wouldn't it be great if the school experience was, for the most part, as stress-free as possible? It's not a new concept that a relaxed person is someone who retains more information. So maybe we should really try and build on this, and leave exams in the past with other dinosaur methods and tactics.



Nature Tongue

by Bo Large

Take off your shoes

Sometimes we overcomplicate things.

We can think that being spiritual, woke, and healthy means complicated morning practices, many hours of breath work, and having the latest adaptogen powder.

It's almost like people get attached to the chase of wellness or spiritual evolution—longing for something falsely outside of themselves—instead of wondering if the answers were much closer.

I've found the most potent practices often are not difficult, but it's one's ability to arrive to the simplicity that can be hard.

"Take off your shoes" is one of these profound simplicities.

Your instructions are simple: go press your naked feet into the earth and breathe. It's not just woo-woo, it's scientific.

As humans, we have a nervous system which is like an electrical circuit in the body. And as conductors, what we interact with—should

the charge be strong enough—runs through our bodies. Most people wear shoes that have plastic soles, acting as an insulator between their somatic system and the earth, resulting in a break between our circuitry and the Earth's energy field. As if this break was not damaging enough, most humans walk around with cell phone in hand, with the amplified phone network frequency (likely 5G) running through their circuitry, unable to ground.

The detriment flows two ways: firstly, in the inability to ground excess charge carried in the body, and secondly, in the inability to receive the nervous-system-regulating and healing energy of the Earth's various energy fields, depending on the weather, environment, and terrain.

A study referenced by alchemist Frater Albertus speaks of how a rabbit running through the wild automatically knows which plants are poisonous and safe, because both the rabbit and the plants are

in connection with the Earth's vibratory field. However, if you put that same rabbit in a cage with both a poisonous and an edible plant, it won't know the difference and will likely eat its way to death.

I think that much of the disharmony in humans—in both somatic and mental health—arises from this disconnect with nature. While wearing shoes that inhibit this connection, we're also exposed to 5G radiation—which some claim to be inharmonious to our natural state—which is being pumped through our bodies from cell towers and from the phones in our hands.

Being barefoot may seem like a small act. But cultivating a connection with nature's medicine by dropping into its vital field is essential from a health standpoint and evermore needed as a practice of exploration to be in connection with a symbiotic nature system that has done that which humans so often fail at: achieve symbiotic balance.



Nic's Flicks

by Nicolas Ihmels

Killers of the Flower Moon could be best of year

Killers of the Flower Moon (2023)
4.5/5

Up to today, I had *Oppenheimer* pinned as my favourite film of 2023. Now there's a new challenger: the new Marten Scorsese flick *Killers of the Flower Moon*.

Thanks to this film's gorgeous cinematography, spot-on direction and powerhouse performances from Leonardo DiCaprio and newbie Lily Gladstone, this film is one of 2023's best and a surefire contender for this year's Academy Awards.

Based off of David Grann's 2017 book *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, the film follows Ernest Burkhart, a World War I veteran who comes to his uncle's farm in Oklahoma looking for work.

After securing a job, Burkhart meets and falls in love with Mollie Kyle, whose family has a lot of rights to oil on the land. Soon afterwards, members of Kyle's family and numerous other members of the Osage community start turning up murdered. The movie focuses on the ensuing federal investigation, which was the beginnings of the FBI.

I know this isn't surprising to anybody because it's Scorsese, but his direction here is spectacular. This is not his best film but it's in my top five favourite Scorsese movies. By directing his actors perfectly and doing some very interesting things with the camera, Scorsese proves once again that he's one of cinema's finest filmmakers and

delivers another great title to add to his filmography.

Another amazing aspect of this film is the acting. Everyone is amazing in it, but the standouts are DiCaprio and Gladstone. DiCaprio delivers one of his finest performances as Ernest Burkhart, the naive war hero who's easily manipulated by his powerful uncle to commit some of these murders so he can inherit some of these oil rights to make his uncle and himself very rich. Despite being easily tricked, DiCaprio conveys Burkhart's vulnerability so convincingly we actually root for him. That's no easy feat.

Another knock-out performance is Gladstone, who plays Mollie Kyle. This character is probably the hardest to pull off, because they're always sad. Sad is hard enough for an actor to convey, but to do it consistently throughout a three-and-a-half-hour runtime takes a really hardcore actor—Gladstone pulls it off brilliantly.

Rodrigo Prieto's cinematography is stunning and is worthy of Oscar attention, as is the work of three-time Oscar-winning film editor Thelma Schoonmaker, who cements herself here as one of the finest editors the medium has ever had. Her work adds enough pace to make a three-and-a-half-hour movie feel two and a half hours.

Killers of the Flower Moon is another hit Scorsese film; it's well worth sitting through the runtime as it's filled to the brim with spectacular performances and amazing editing.



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

Let's talk about addictions

National Addiction Awareness Week runs from November 19 to 25, so let's talk about it. First, some statistics. An estimated 21 percent, or about six million, Canadians deal with addiction in their lifetime. In 2016 and 2017, 62 percent of people receiving treatment for addictions in Canada were male. Young people aged 15 to 24 are more likely to suffer from substance-use disorders and/or mental illnesses than any other demographic.

I can say with full confidence from my lived experiences that these numbers aren't lying. Whether it's booze, pot, coke, or even study drugs, substance use is around every corner in these formative years.

It's so easy to get sucked into the lifestyle where you are living for the weekend and getting fucked up with your friends is always the main event. It's fun—trust me, I know. But is it serving you?

I'm not here to lecture, or shame, or convince the whole college to go sober. I'm just here to say that partying isn't a prerequisite for the college experience, and to break the stigma around sobriety.

So, if you are worried that you can't stop, or you think a friend may be struggling with addiction, keep reading.

Alcohol, marijuana, nicotine, pornography: you'd be hard-pressed to find a young man today who has never used any of these. But there's a serious stigma around substance use in society today.

As men, we avoid talking about addiction for fear of appearing weak, when in reality, the strongest thing you can do is open up and ask for help.

If you notice a friend drinking or smoking more than usual, check in on them. If you find yourself struggling to take a night off, check in with yourself.

After all, the first step to recovery is admitting you have a problem. I had a problem.

Six months ago, I was in active addiction. Now as I sit here writing this, on the Sunday of Halloween, I'm proud to say I'm almost three months sober.

I say that not to brag but to demonstrate how quickly you can change your life if you just bite the bullet and get help.

If you think you or someone you love may be suffering from addiction, please don't suffer in silence. Contact Camosun Counselling at camosun.ca/services/health-and-wellness/counselling-centre or the BC Alcohol and Drug Information Referral Service at 1-800-663-1441.

NEXUS

camosun's student voice since 1990

Flip 'em the bird.



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

Fly on over to Twitter to find us there, and, as always, check us out at nexusnewspaper.com.