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NEXUS

camosun's student voice since 1990
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editor's letter

New year new me?

For the first issue of the new year I thought I would conduct a little experiment with myself and bring you, dear readers, along with me. Allow me to be your guinea pig as I test some popular New Year's resolutions to see how doable they are.

My first step was to Google (duh) and, unsurprisingly, the results were just as generic as I feared. According to a sketchy website, some of the top ten resolutions include losing weight, working out more, drinking less, quitting smoking, learning a new hobby, and calling your parents. I opted to work out more out and learn a new hobby. (I would attempt to "live life to the fullest" but since I'm not a Lululemon marketing slogan, I, sadly, had to pass.) Voila! My super unique resolutions were born.

Here's how it's going.

1. Working out more

This was actually something that I wanted to focus on. Admittedly, I fell off my workout routine when the fall semester intensified—which is ironic because I know that working out is helpful in mitigating stress.

I decided to select a five-day workout plan, where I'd do at least 30 minutes of activity per day, whether that's strength training, running, yoga, or going on a neighbourhood walk.

I actually enjoyed this resolution to such an extent that I'm still doing it now, which has resulted in a dramatic shift for the better in regard to my mental health. Thankfully so, because during the holiday season I have a habit of turning into my alter ego. I call her Half-woman Half-couch and she absorbs chocolate and reality TV like a female angler fish absorbs her male counterpart.

I still occasionally became a human vessel for chocolate during this experiment, but I also went on runs (it's called "balance," people).

Do I think this is a realistic habit throughout school? Yes, I sure do; the challenge will be prioritizing working out when the winter semester ramps up to the crescendo of the exam season. Still, this was a good lesson on the importance of taking care of myself in times of stress.

2. Learning a new hobby

This one was a bit challenging because hobbies can be really expensive to start, and I'm a just a city girl living in an inflated world. But then I remembered a dusty drawer in my kitchen, full of old painting supplies. It was decided: I would be a successful acrylic painter (most likely).

It turns out that re-learning how to paint is not like riding a bike, and I soon discovered that I'm far from naturally gifted. With every attempted painting I was mocked quietly by inability, and then loudly by the finished product. This was so much harder than I remembered.

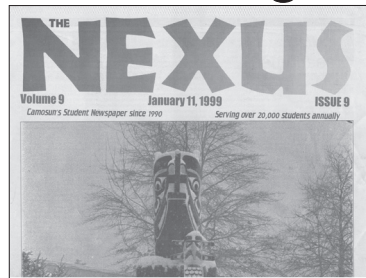
However, there was one positive outcome that was becoming lost to the task at hand—I think experts refer to it as being in the "flow," whereas I would refer to it as "humbling and rage inducing." Yet, I do understand the notion and I did enjoy getting lost in an intense concentration. While I don't think it's possible to paint as much throughout school, it'll definitely be something I attempt in my free time.

So, whether you chose a resolution for 2024 or not, I hope the start of the year treats you well.

Jordyn Haukaas, student editor
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flashback

25 Years Ago in Nexus



JORDYN HAUKAAS
STUDENT EDITOR

New Nexus, who dis?: Our January 11, 1999 issue brought with it a changed *Nexus*, including a lot of new features, including comics, a fresh layout, and a *Horrorscopes* column, which twisted classic horoscopes toward all things sinister for added devilish flair. For example, based on this column, if you're a Scorpio you may need to hire a ritualistic healer to take care of your pesky rash. Or, if you're a Pisces, like me, you can expect to meet a lot of strange people who open your eyes to the existence of the paranormal. I don't know about my fellow Pisces, but this is pretty spot-on for me.

Banks stank: In this issue our single-named writer AJ (not current writer AJ Aiken, presumably) covered how banks wanted the

right to deny students student loans based on factors like their credit history (apparently, there were issues with students not repaying their loans). Yikes, if that were ever the case I have a strong feeling that the student population at Camosun College would be halved. Not to mention, *Nexus* would definitely not have me as a student editor—a truly harrowing concept. Luckily for students, that brilliant motion had to be shelved because it turns out that the Canadian economy needs educated professionals, and, additionally, it was a dumb idea.

CCSS and CFS deep dive: *Nexus* writer John Overall conducted a two-page deep dive in this issue into seven years of issues that were plaguing the Camosun College Student Society (CCSS), focusing heavily on its relationship with the Canadian Federation of Students. Overall argued that the CCSS wasn't learning from its mistakes. His proof: a chronological catalogue of the CCSS' shortcomings and flaws (who does he think he is, my ex-boyfriend?). Today, the CCSS is no longer a member of the CFS and has been a member of the Canadian Alliance of Student Associations since 2018.

open space

Students need to know rental rights

EMILY-JAYNE SMYTHE
CONTRIBUTING WRITER

We've all heard the frightening housing statistics, the idea of one day owning a house being nothing more than a fantasy. That's why, like me, many students shell out most of their money every month for a crummy rental with no storage, no backyard, no amenities, no pets, and no hope of ever escaping.

Renting is an inescapable pit where all dreams go to die. You're completely at the mercy of your

are nearly impossible to legitimately do now, too.

Get everything in writing. If your landlord is doing an inspection, they need to provide written notice at least 24 hours beforehand. Text messages are not considered a sufficient form of notice; many landlords try to avoid paper trails by doing things over text.

And speaking of paper trails, your landlord is also required to give you receipts every month when you pay rent. Don't slack on getting

Being a landlord is a choice—being a renter and needing shelter is not.

landlord, and they hold the proverbial carrot in front of you, taunting you and keeping you hooked. They're the warden, and you, their prisoner.

I'm sure you already know just how bleak the rental climate is. British Columbia had a 10%-10.5% eviction rate between 2016 and 2021, significantly more than the national rate of 5.9%. This is all the more troubling when you learn that 85% of evictions are no fault of the tenants.

So, how can a landlord evict you without proper cause? And what can you do to protect yourself against it? Well, I'm glad you asked, because I've been the victim of two illegal evictions in the last year—both of which I successfully disputed and won.

The first thing that every tenant should do is research the *Residential Tenancy Act* and associated laws and know them by heart. Many landlords are either too lazy to do the same or are banking on you not knowing your rights. They will take advantage of your naivety if you let them.

Many tenants don't know that they may be entitled to 12 months worth of rent if their landlord wrongfully evicts them under the guise of a close family member moving into the unit. It's also important to know that renovations

those. You also want to have a digital trail of evidence too, because you never know when it will come in handy. Even if you aren't already on the outs with your landlord, I'd strongly recommend audio recording all interactions. If I hadn't had the foresight to do this, I wouldn't have won my most recent court hearing.

Now, I know, "not all landlords are bad." While that may be true, exploiting people's basic needs in order to profit from them is always going to have me giving side eye. Being a landlord is a choice—being a renter and needing shelter is not.

Landlords will boast and say, "Well, if I don't rent out my second home, who's going to provide housing? The government? Ha!" Okay, I agree: the government should absolutely be putting more money into building housing.

As the Residential Tenancy Branch tightens its restrictions on landlords, more and more of them are vocally displeased that they can't run their schemes in private. It's almost as if being a landlord isn't just a hobby, but actually a business—and should be regulated as such.

So, remember, folks: research the laws, get everything in writing, document every interaction, and, most importantly, be your own advocate. Stand up for yourself and don't back down.

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

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Send a letter
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COVER ART: Kaman Lu's *Hong Kong Flash*

OVERHEARD AT NEXUS: "I'm a solstice bitch."

college
Camosun College ranks nationally in applied research list

“Although we don’t really aim for being part of the list of the top 50, it’s an indicator that we’re doing the right things.”

RICHARD GALE
 CAMOSUN INNOVATES

JORDYN HAUKAAS
 STUDENT EDITOR

For the ninth year in a row Camosun College has ranked nationally in the top 50 research colleges for 2023. This time around, the college came in at number 47 on the list, compiled by Research Infosource, a Canadian research, consulting, and publishing firm.

The branch of Camosun that focuses on applied research is Camosun Innovates (CI), located at the Interurban campus. The research and development centre is for students, staff, faculty, and local businesses, and aims to use its technology and facilities to turn ideas into reality.

CI director Richard Gale says that he’s happy for the recognition.

“It’s a wonderful opportunity to showcase the work that we’re doing here at Camosun Innovates and the way that we are supporting Camosun College generally,” says Gale.

Gale, who’s been involved with CI for a little over five years, believes that the success of CI stems from its early conception and the melding of applied research, education, and work in supporting community projects.

“We were very fortunate about 12 years ago to have one of the first technology access centres in Canada, one of only five at that point,” he says. “And that really gave us a jump-start on the approach that we take to applied research in general. It’s a wonderful way to incorporate the educational enterprise of the college into the innovation aspirations of the local industries that support the lower island and actually really support the entire province.”

CI is connected to many different industries, such as agriculture, aquaculture, tourism, and breweries and distilleries, to name a few. A project completed earlier this year by the centre was the design and fabrication of a machine that measured the consistency and weight of metal powders for Envisioning Labs, a company that does research and product development in Vancouver.

“A lot of companies come to us because they know about the work that we’ve done,” says Gale. “They can literally kind of walk in the door, or call us, and say, ‘I’ve got this idea,’ or, ‘I’ve got this problem,’ and they know that because we’re a research centre, our goal is to find a way to bring their ideas to reality, or to



CAMOSUN COLLEGE

Camosun Innovates provided digitization of Indigenous art for a virtual reality version of *The Witness Blanket* project.

answer their problem in a way that is cost effective and time efficient.”

Gale notes that landing on the list of the top 50 research colleges isn’t a main priority for CI, but it is a positive acknowledgement of what it’s doing right.

“We’ve been very successful, like getting some large grants this year, we’ve been very successful expanding our operations,” says Gale. “We’re doing a lot of work now in automation with some of the smaller companies here in town; we think that’s going to only grow our impact on the students and on

the community. Although we don’t really aim for being part of the list of the top 50, it’s an indicator that we’re doing the right things. We always want to know that we’re doing the right things.”

Another important aspect of CI is the work opportunities it provides to students. This doesn’t just include STEM students, something that Gale wants those attending Camosun to be aware of.

“I think the main thing is to make sure that all the students on campus know that although we really are focused on manufacturing,

manufacturing is all over the map,” he says. “And if any of the students on campus are interested in working with us on projects, or finding out more about how we can build into their whole college experience, we’re very open to that... We’ve hired a number of art students, for example, or we’ve hired folks from Fine Furniture, or we’ve hired folks from Business and Sociology. There are always projects that require expertise that is outside of our kind of core areas. Because we’re such an interdisciplinary shop, we are working across the spectrum.”

NEWS BRIEFS

Symposium celebrates student work

The year-end Capstone symposium for graduating Camosun College Electronics and Computer Engineering and Electrical Engineering technology students took place on Friday, December 15. Some of the projects on display included a smart sunscreen dispensing solution, a modern control system for church bells, and a parking app that locates empty parking stalls. The symposium was hosted at the Centre for Trades Education and Innovation at Camosun’s Interurban campus.

Changes to requirements for international students

Minister of immigration, refugees, and citizenship Mac Miller recently announced that due to inflation, the low-income cut off (LICO) has been raised for international students to better prepare them for life in Canada. Beginning on January 1, single applicants will have to show that

they have \$20,635 in addition to their first year of tuition and travel costs. The cost-of-living requirement was perviously capped at \$10,000, an amount that hasn’t changed since “the early 2000s,” according to a press release. The updated LICO was also made in hopes to protect international students from exploitation. Additionally, Miller announced that the 20-hour-per-week limit on the number of hours international students are allowed to work has been lifted until April 30, 2024—initially, it was set to expire on December 31, 2023.

Camosun building gets awarded

The winners of the 2023 Capital Region Commercial Building Awards were announced on Thursday, November 23 at the Delta Ocean Pointe Resort, and a building at Camosun came out victorious. The Dental Building, which finished renovations in 2022, got the Renovations and Tenant Improvements Award. Zeidler Architecture was the architect/designer

and Heatherbrae Builders was the general contractor for the renovations. The Dental Building is located at Camosun’s Lansdowne campus.

College gets two new board members

On Monday, December 18, Camosun College announced the addition of two new members to its board of directors. Jeremy Burgess and Shane Hartman were both appointed by the lieutenant governor for terms beginning on December 1, 2023 and ending on July 31, 2025. Burgess practices corporate commercial litigation as a litigation associate with Reed Pope Law Corporation; Hartman is an artist and author and has a registered non-profit that helps Indigenous youth gain access to golf and learn about employment and educational resources that are available for them.

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

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eyed on campus



GREG PRATT/NEXUS

Santa Claus brought the good cheer to the Wilna Thomas Building this year.

student life

Tips and tricks for surviving the winter semester at Lansdowne

JORDYN HAUKAAS
STUDENT EDITOR

As this is my last term at Camosun College I have a pretty good grip of the ins and outs of surviving college life at Lansdowne, especially for the cold, dark, and dopamine-depleting winter semester.

I thought that I'd share my bountiful wisdom with the student body because I'm nothing if not a philanthropist—that, and my editor asked me to.

Best study spots

Something that I've learned over time is the importance of leaving the house to study. It truly makes a world of difference. I find that sitting in a studious environment with no distractions is the key to success. Mostly because I'll start cleaning my kitchen or attempting to cut my cat's nails to avoid sitting down and actually doing homework if I'm left to my own devices.

But where to go on campus? There's the obvious choice of the library, which is equipped with study rooms, computers and printers, quiet areas, and one of the most important features: assistance from the knowledgeable librarians (more on that later). I love booking one of the study rooms for group projects, using the printer services, and talking with the librarians. However, even with its impressive resume of services, it's not my go-to.

I prefer the sanctitude of the quiet study room in the Wilna Thomas building. Located in room 204, the room has the necessary components for a study sesh, with fashionable dividers between desks, beanbag chairs, and the most pleasant lighting I've encountered at this school. It's been acting as my haven for when I need to be alone with my books. Additionally, the various benches and study rooms in the building make for great places to hunker down and work with class-



PHOTOS BY JORDYN HAUKAAS/NEXUS

A couple of the better areas to study at Camosun College's Lansdowne campus: a quiet room in Wilna Thomas (left) and a serene spot at the Library.

mates on a group project (or to vent to your friends about participating in group projects).

Honourable mentions for best study locations go to the study nooks on the second and third floors of the Fisher building and the large study area on the top floor of the Young building, which has an additional connecting room filled with comfy chairs, and a relaxing atmosphere that looks very inviting for a nap—I've avoided it in times where lucidity is required.

Best and worst college food

As far as the food at Camosun goes, I've been advocating for the cafeteria to offer healthier food

options since the dawn of time (or, 2022, when I started here). Health qualms aside, I've navigated the ups and downs of the cafeteria more than I care to admit.

Ignore everything you've heard about food groups because I've created my own, which I've filtered into two categories: "indulge" and "avoid."

Indulge:

The poutine at the college is my escape for when I hate myself, after a stressful exam, or whenever I want to be lulled into a carb coma that lasts for the remainder of the day. Specifically, I go for the buffalo chicken poutine. (If you can't handle spice, there are other options, like the original poutine or mushroom poutine.)

But my poutine addiction is hardly helpful advice, so what I'd suggest is to take advantage of the customizable options at the cafeteria—from my experience, the staff have always been extremely friendly and willing to accommodate. They can make sandwiches and bowls, and they often have tasty specials available. Also, during the especially cold and frigid months try the soup: I've never been disappointed and it leaves me feeling good and not overly weighed down like the poutine does.

Or sometimes, I'll have a slice of pizza, which is usually fresh with a variety of flavours. I will say, I'm extremely annoyed that the Interurban campus has a pizza machine, and Lansdowne doesn't. Whoever picked Interurban over Lansdowne

for a pizza robot has no place in my life, and I want them to know that.

Avoid:

Unless you like slightly chewy sushi and underwhelming dumplings, I'd avoid the "sushi" area of the cafeteria. It's not horrible when you're in a pinch and aren't feeling like a plain sandwich, but as far as

and have a question there's also an amazing feature called AskAway chat on the college library's homepage.

Through AskAway, you can message with a real librarian who will assist you with any questions you have, and, in my experience, they've always responded within

Whoever picked Interurban over Lansdowne for a pizza robot has no place in my life, and I want them to know that.

good sushi goes, it missed the mark, unless that mark is a C-. I realize that this next critique is probably more subjective than not but I don't think the burgers are worth the price; they have relatively slim patties and don't fulfill my junk-food fantasies like a burger should.

Get resourceful

The last and most important piece of advice I have to offer is to use the resources available to us. A portion of our student fees are allocated to these resources, so there's no excuse to not tap into them. For example, the librarians I mentioned earlier carry with them a wealth of knowledge, and they're vastly supportive. Anytime I've been stuck in an endless sea of research, academic sources, and questions, they've acted as a lifeboat, saving me from the storm and placing me in the right direction.

If you're away from the library

minutes. Trust me, this service has saved me so many times and will continue to do so until I graduate.

A habit I fall off of in times of stress is one that I actually should've leaned into during those times: visiting my teachers' office hours. I've had countless talks with my teachers that have been a contributing factor to my success on a project or exam. If you want to boost your letter grade, meet with your teachers and ask them questions—nine times out of 10 it will make all the difference. You can thank me later.

Of course, there are a plethora of other resources available; these are just the ones that I found helpful. But get your hands dirty and do some research—there are many available options to help you during your time at college.

Happy studying, and I hope this new semester is a successful one. See you on the other side.

What's happening at nexusnewspaper.com

Week of January 1, 2024, top five most read stories:

1. "Camosun College ranks nationally in applied research list," December 19, 2023
2. "As I Was Saying: 'Cougar' just another sexist term for women," January 7, 2015
3. "Open Space: Terms 'fem-presenting' and 'masc-presenting' need to go," May 3, 2023
4. "The Beaches put on unforgettable performance at Royal Theatre," November 14, 2023
5. "Jagmeet Singh to Camosun College students: 'We can fix this,'" August 31, 2023

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

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CAMOSUN COLLEGE STUDENT SOCIETY SPONSORED CONTENT

Island Sexual Health clinic at Lansdowne free for students



GREG PRATT/NEXUS

The Island Sexual Health clinic at Camosun is located in the Richmond House.

Did you know that there's a free sexual health clinic at Camosun College? Every Friday from 9 am to 2 pm Island Sexual Health has a clinic at Camosun's Lansdowne campus. Located on the third floor of Richmond

House, the clinic offers services to students free of charge.

The nurse-led clinic opened in 2002; RN Jessica Pope works for Island Sexual Health and is one of the staffers at the Camosun clinic. She says that most

of the students they see are just learning to access health care and says that the Richmond House space is an easy clinic for them to come to.

"The students who access our services tend to be between the ages of 18 to 45 with primary health concerns in this age range usually being within the area of reproductive and sexual health," says Pope. "Being able to provide care for people for this facet of their life can be a huge stress reliever. We also feel we act as an accessible gateway to the rest of the health care system."

"We also all practice with a trauma-informed lens," she continues. "Lots of people accessing our services have never seen anyone about sexual health issues before and it's great to be able to provide the care and time it needs to make their first experience as positive as possible. We seek to empower people in their sexuality and seek to destigmatize sexual health care for people."

The services the clinic offers include STI treatment, testing, and support; birth/bleed control; pap tests and genital exams; pregnancy testing and pro-choice options; emergency contraception; harm reduction supplies; and education and information.

"We would like to emphasize that our clinic is a safe space for all to go for sexual health care

and all our practitioners come from a trauma-informed lens," says Pope. "We are a sex-positive space and strive to be as inclusive as possible."

Some products are also available at the clinic for a nominal fee.

"Since most birth control has become free, we do find access to birth control has become easier without having to necessarily access care at our clinic first," says Pope. "However, we remain available to students who have never been on birth control before and want to speak with knowledgeable individuals on what methods might be right for them. Pharmacists don't always have the time and space to do a deep-dive on what kind of birth control they should be taking so we are the perfect place for that. We also offer basic treatments for BV and yeast and free treatment for most STIs."

Students can make an appointment at the clinic by calling or texting 250-888-6814; the clinic can also accommodate walk-ins. (Please note the phone line is only monitored during clinic hours; if you want to book an appointment at the Camosun clinic or require assistance outside of the Camosun campus clinic hours, please call the Island Sexual Health Quadra Street location at 250-592-3479.)

The Richmond House lo-

cation is located at the top of two flights of stairs with no access to lift assistance. If you're a Camosun student who requires accessible clinic space, please contact the Quadra Street location.

Island Sexual Health is a non-profit organization that is also a registered charity; they provide all things sexual health-related, including pro-choice and comprehensive sexual health clinics, education programs and products for people of all genders, orientations, identities, abilities, and ages.

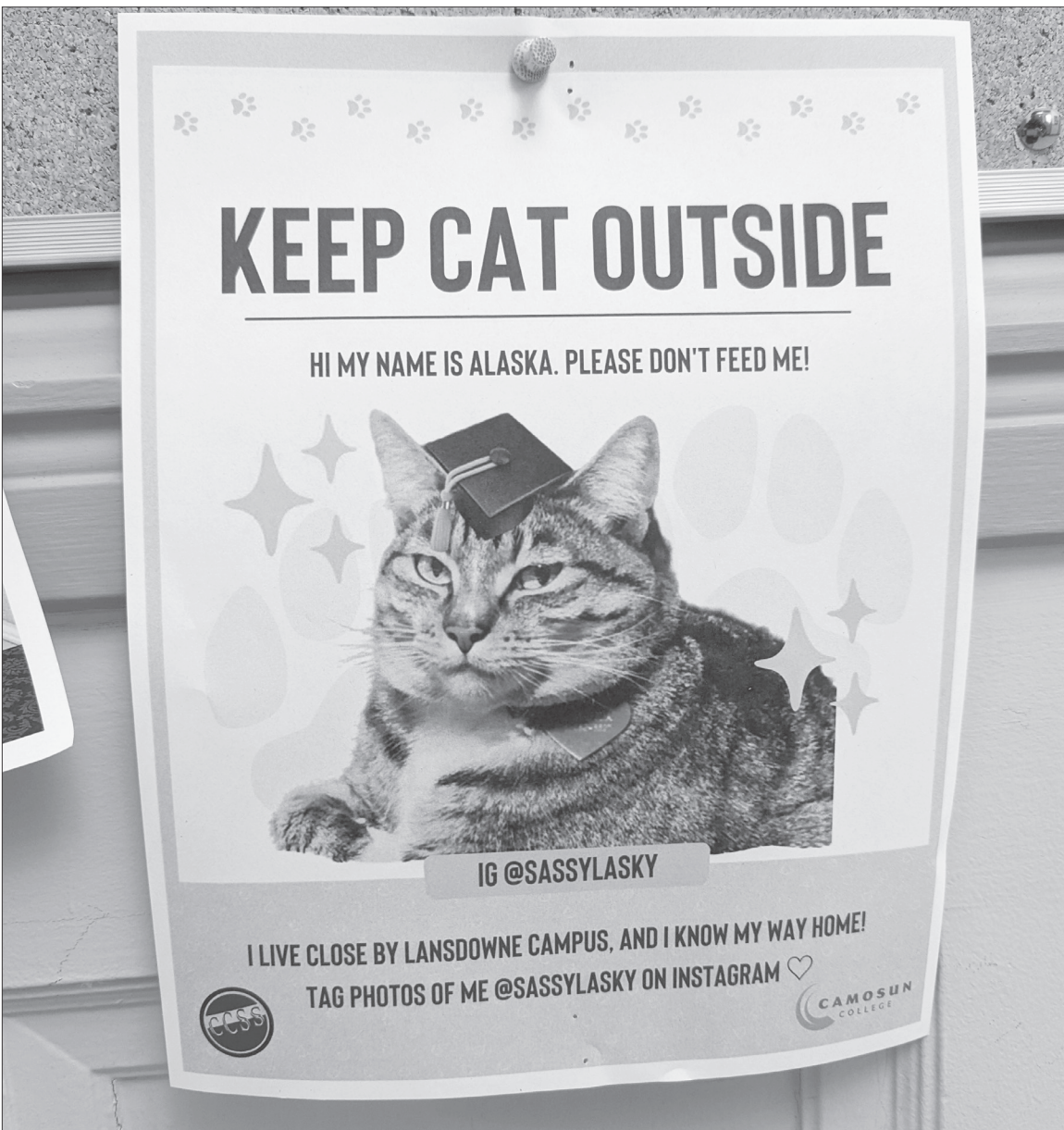
The Camosun College Student Society funds some of Island Sexual Health's initiatives at the college, as the student society recognizes the importance of accessibility of sexual health clinics to students.

"We hope to be on campus for as long as the Student Society and Camosun College have us!" says Pope. "We are seeking to expand some of our reproductive/sexual health services in the future too so stay tuned!"

The clinic operates from September to April. See islandsexualhealth.org for more information.

"It has been a pleasure to serve the students at Camosun," says Pope. "They are such a lovely population of people and we are proud to be able to offer this service to them!"

eyed on campus

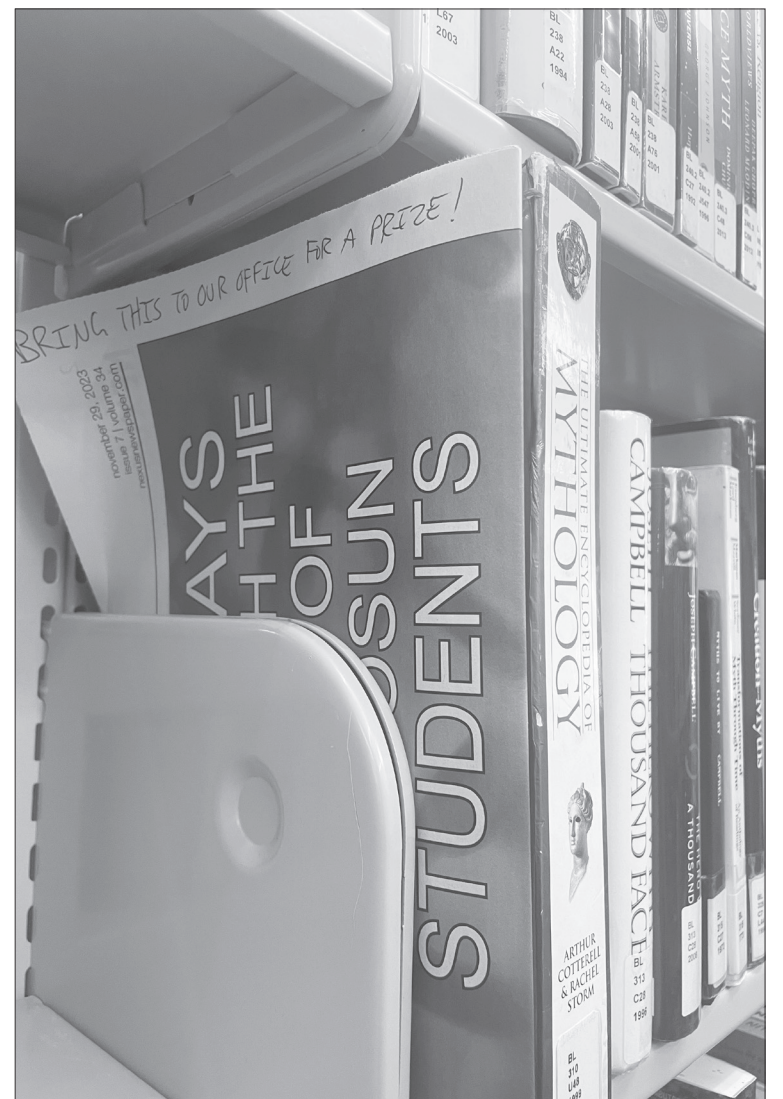


GREG PRATT/NEXUS

If you see unofficial Camosun mascot Alaska on campus, don't let her in buildings or feed her. Look for our full story soon.

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.

A look back

Nexus writers on the best

Jordyn Haukaas, student editor

So, apparently I blinked, because 2023 is over and a new year is here already. It's hard to pick only five good things about 2023 because returning to school was such a life-changing choice for me. But, in no particular order, here are the best five things that happened to me this year.

1. I graduated from the Digital Production, Writing and Design certificate program. It was an intense eight months and a bit of a shock to the system after being out of school for a decade. However, I couldn't be happier with my choice to take the program. I learned a lot, including that graphic design isn't my strong suit—that's okay, I also learned that I have a passion for writing. Additionally, I met friends who helped me survive with their unwavering support both in class and at the bar afterwards. I also walked away from the program with the Shelagh Stanley Award and a strong direction as to where to take my future career, and for that I am forever grateful.

2. I went to four weddings in 2023 and was the maid of honour not once, but twice. You know what they say: always a bridesmaid... In all seriousness, it was an amazing experience to stand beside my closest friends as they walked down the aisle. One of my friends even had a tattoo bar at her wedding. Thus born: a bird, on my arm, forever. Thank you, wine.

3. I went camping with my family a lot this year; it's a tradition I had sincerely missed while living abroad for most of my 20s. Sometimes I struggle with wanting to move away and live a different life, but having grounding experiences with the ones I love signals to me that I'm exactly where I'm supposed to be.

4. This might be a little vague, but being busy was one of the best things to happen to me in 2023. I've had the privilege of attending plays, shows, dinners with friends, and festivals. It makes me feel connected to my community when the temptation to squirrel away during college is strong.

5. I moved in with my partner this year; while I was scared to give up my independence, it's actually been a really beautiful transition.

The worst thing that happened to me this year was falling up the stairs beside the caf at school, bleeding on my grey pants, then being forced to carry out the rest of my day as a dirty, bloody, and grumpy version of myself.

The thing I'm most looking forward to next year is (hopefully) a big acceptance letter—"email" just sounds less romantic—from Royal Roads University.

Emily Welch, contributing writer

What I'm grateful for from 2023:

1. I spent a lot of this year realizing how much value there is in spending real time with people I love. During the last three years I lost several people who were dear to me, and it became apparent that I needed to treasure the time with the people I still have. This year, I've had such special times with my mom, my brother, and my partner, and they've formed beautiful memories.

2. I got a job in harm reduction last June. It's the most inspirational job I've ever had, and I've made great connections with my co-workers and the clients. It's the kind of work that actually makes me feel like I'm making a difference in a flawed society and system.

3. I've started a ritual of listening to CBC on my long drives into and out of town, and also started a ritual of watching the sun rise.

4. My relationship with cats. I've already had several years with my two cats; however, their ability to surprise and delight me continues to grow all the time. I've also been fortunate enough to get to know and love several other felines who have come into my life this year. How could I not be grateful for that?

5. Continuing to write for *Nexus* as well as on my own. I've really discovered who I am through this, and writing for *Nexus* has helped me feed and foster my ability to write.

One bad thing from 2023:

War. The war between Russia and the Ukraine and what's happening between Israel and Hamas. I'm heartbroken over the fighting in the world, not only in countries fighting each other, but the fighting that grows between the left and the right. I don't believe that any good or any grown-up decisions can come from this. Can't those in politics get their act together?

What needs to change in 2024:

I'm very frightened about continued inflation and the rising prices of everything: housing, food, gas, you name it. I hope in 2024 something can happen to change this; as it is, none of us can afford to live except for the rich, and I don't understand how these extremely rich people can't see how this actually hurts the economy. I'd like to hope that it doesn't take an enormous world disaster for people to wake up.

Nicolas Ihmels, staff writer

5: More variety of drinks for students

At the beginning of the year, the La... For example, instead of serving just Coke Crush, cream sodas, Mountain Dew, and that was really fun for me.

4: *Oppenheimer*

One of the best movies I've seen all... *Oppenheimer* and it's a hell of a ride. It's not someone speeding down a road. From Tom Hanks and Robert Downey Jr. to Christopher Nolan, I don't want to miss this movie. It may be the best of the year.

3: I got to keep my job all year

I love my job. I love the interviews, the desk and fancy computer. I love it all. But, that's why one of the things in 2023 was to get on to my job all year.

2: Having a story submitted for a journal award

One of the coolest things (although I don't know if it happened to me this year) was that I found out I won a journalism award. This in itself felt like a really cool thing in my year.

1: Helping to start a creative writing club

This was the coolest thing that happened to me this year. In my term, my close friend Forrest Foster came to join the writing club with him. We now have had our first meeting in Interurban in January. It was the best thing to happen in my year.

Honestly, nothing bad happened to me this year. I have great life-long friends. I started a club with my friends or anyone in my personal circle. Everything went well and I'm appreciative of.

Kit Miller, contributing writer

Listen, I love Formula 1. I adore the drivers. I don't. But I swear to God, if I have to listen to the next year I am going to swim to London (I don't know if his flat, and smack him upside the head with a brick).

At least there were some fun moments in 2023:

1. Carlos Sainz picking up the only non-Ferrari's number-one strategist while still maintaining teamwork!

2. Oscar Piastri having the best rookie season. He must be kicking themselves for fumbling in the shade, and be a sweetheart.

3. Sebastian Vettel returning to bullseye. It's known from the start that he can't stay at Red Bull, managing to corral all 20 drivers into a battle.

4. Lance Stroll finishing P8 in Bahrain. It's not clear if people can still claim he doesn't care about his team.

5. Yuki Tsunoda outperforming not only his teammate Tauri—his own team—is this man's greatest challenge. Everything they've thrown at him. Get him to the top!

One bad thing in 2023 was the negligence of the mobile toward the dangerous conditions of the race. Having to DNF ("do not finish") due to fuel issues is a post-race not warrant a review of the local conditions.

What I want to see in 2024:

No dominance from just one driver. Give me a battle for top three in the Constructors' Championship battles where the World Drivers' Championship are determined in the last

ck at 2023

est and worst of the year

Background photo: file photo

nts
 nsdowne Bookstore starting selling more drinks.
 ce products, they started selling Orange and Grape
 nd Dr. Pepper. These are my favourite drinks, so

I decade came out this year. That movie is called
 t's thrilling, without a single gunshot being fired
 m the magnetic performances of Cillian Murphy
 r Nolan's pitch-perfect script and direction, you
 be the best film of the decade.

s and interacting with my co-workers, I love my
 I'll be leaving *Nexus* in April, which is very sad.
 23 that I'm most grateful for is that I got to hang

ournalism award
 gh not as cool as actually being nominated) that
 und out that one of my articles was submitted for
 really good and that was one of the highlights of

ng club
 ppened to me all year. Midway through the fall
 me up to me and asked me to co-create a creative
 ots of new members and I'm leading meetings at
 thing that happened to me in 2023.

o me this year. Everything went great. I met some
 b. I had no medical emergencies happen to me
 ything went smoothly this year, which I'm very

rivers I love and I'm indifferent at best to the ones
 ten to the Dutch national anthem one more time
 or wherever the hell Christian Horner lives), find
 with a flip-flop.

s amongst the Red Bull dominance.
 n-Red Bull win in Singapore. This man is becom-
 fighting for his goddamn life. Also, ex-teammate

ie season since Lewis Hamilton in 2008. Alpine
 him. He's just here to drive fast, throw minimal

d his "bee hotels" in Suzuka. It should've been
 way from the track for long. Shoutout to Seb for
 us like a school field trip.

n with two broken wrists and a broken toe. How
 ut racing? Absurd.

just one, but three different teammates. Alpha-
 eatest enemy, and yet he's still plowing through
 m a Red Bull seat! Please!

gence of the Federation Internationale de l'Auto-
 in Qatar. How does drivers passing out in the car,
 ling sick, and literally stumbling to the ambulance
 ation, schedule, and conditions?

yteam; give me different podiums at each race!
 ructors' Championship! I want to return to the
 Drivers' Championship and World Constructor's
 race of the season—not in the 2021 way, though!

Jaiden Fowler, contributing writer

1. I got through school! I'm proud of myself for getting this far. Thank you to everyone who supported me and was patient with me.

2. *The Legend of Zelda: Tears of the Kingdom*. I love *Zelda*; it's probably my favourite game series. I've been trying to play as many of the games that I could get my hands on over the years. I loved *Breath of the Wild*'s vast world, and *Tears of the Kingdom* somehow made it even better. I suck at understanding the abilities, though, so I'll continue to run halfway across Hyrule using Ultrahand to carry the Korok to their friend because I don't want to learn how energy and building work. I'll also continue to be terrified of everything in the depths, and find ways to ragdoll off incredible heights, sending Link to his inevitable doom (sorry, Link).

3. Continuing to discover new music. I do this all the time, but it's still an honourable mention. I listen to music probably 24/7 (maybe too much—I seriously think I have a dent in my head from my headphones).

4. Lots of personal growth. Of course, there's still work to do, and probably always will be (curse you, anxiety), but I feel like I'm not wandering around completely in the dark anymore.

5. The *Five Nights at Freddy's* movie. I was so excited for this. I didn't care if it was good or bad, I was just so happy. (I've been in the pit that is *FNaF* for eight years; please help me, I can't get out.) There were a ton of pleasant surprises, and cool easter eggs, which is very common with this franchise, but really cool to see anyway. Also, the cupcake choosing violence at every turn was really funny.

One bad thing about 2023:

I had to leave behind some of the people who've been supporting me for years, and it's very hard to say goodbye. I have no doubt that I wouldn't be where I am now without their help, and I'm eternally grateful. I miss seeing them during the week.

What I want to see in 2024:

I need to stop hesitating or waiting for the "right" moment to finish the things I've started. I've literally got a pile of books I've started but haven't finished. So many unfinished drawings. Whole lists of things I've wanted to learn more about. Movies, TV shows, games, cool people, interesting facts, all waiting for me to start.

Jaxson Smith Peterson, contributing writer

Toronto Blue Jays fans and players alike had sky-high expectations for 2023. There was no way that the 2023 season could be more heartbreaking than the end of 2022... Right? Here are the best and worst moments from the 2023 Blue Jays season.

Best: Sweeping the Atlanta Braves at home

This series had it all. From a dominant complete game performance from newcomer Chris Bassitt to towering home runs from Daulton Varsho and George Springer, it even included a walk-off by Danny Jansen.

Worst: Getting swept by the Texas Rangers at Rogers Centre

The blow of this embarrassing series may have been eventually lightened by the fact that the Rangers went on to win the World Series, but it was still crushing at the time. Both teams were playing their worst baseball of the year coming into this series. Fighting for the same wild card berth, only one team made it out of the 6ix feeling good about their chances.

Best: Davis Schneider (and mustache) captivates Jays fans

Not many rookies can say that they hit a home run in their first major league at-bat; Davis Schneider did exactly that. On August 4, in a game at Fenway Park, Schneider hit a towering blast off of Canadian James Paxton. This was just the start of a very strong August for the mustached man, as he quickly became a fan favourite.

Worst: Getting swept in the wild card series

Whether you blame the questionable decision-making in game two or the fact that the team scored a total of one run in the series, this was a painful one to watch.

Worst: The mind-boggling downfall of Alek Manoah

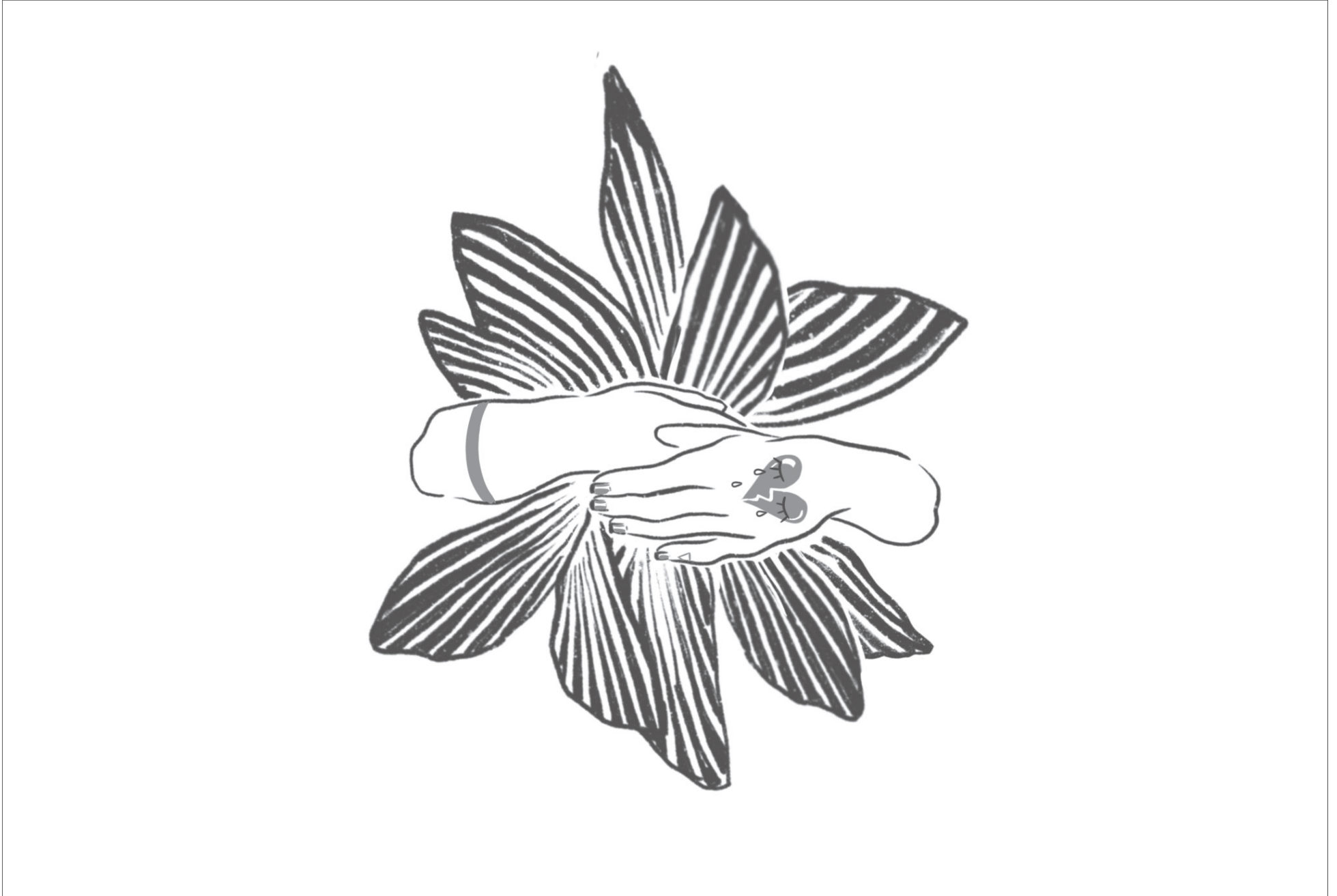
Going from Cy Young finalist to statistically the worst starting pitcher in the league in under a year is practically unheard of. Unfortunately, that is exactly what happened to the big right-hander from Florida, Alek Manoah. Decreased velocity, poor command, breaking pitches that didn't break... All these factors created the perfect storm, leading to Manoah's demotion in early June. Manoah would eventually make his way back to the majors... before getting demoted again and refusing to report to Triple-A Buffalo. Worse than his performance are the long-term effects of this year off the field.

Best: Pitching

Manoah aside, the Jays pitchers were as reliable as any all season long. In fact, they led the sport in strikeouts. Here's to a better 2024, Jays fans.

tattoos

AGGV exhibit showcases local tattoo art and culture



ART GALLERY OF GREATER VICTORIA

Grae Salisbury's *Held*, an example of tattoo art on display at the Art Gallery of Greater Victoria's *Tender Touch* exhibit; *Tender Touch* runs until Sunday, May 5.

AJ AIKEN
CONTRIBUTING WRITER

Local tattoo artistry and culture is the focus of *Tender Touch*, an art exhibit at the Art Gallery of Greater Victoria. As a teenager, exhibit curator Mel Granley was interested in tattoos and body modification, noting that both her mother and grandfather had tattoos. Over the past 10 years, Granley has built a relationship with the Victoria tattoo community through getting various tattoos and found her inspiration for *Tender Touch* from how the community has changed.

"I really noticed that the tattoo community has sort of exploded and also shifted in a lot of ways since I started," says Granley. While the exhibit is appealing to tattoo and body-modification enthusiasts and those involved in the Victoria tattoo community, Granley hopes to bring in people who aren't as familiar or comfortable with tattoos to try and destigmatize tattooing. In Granley's opinion, tattoos are an art form and she wants to demonstrate this through the exhibit.

"The artist is working with a

body... and bodies are all unique, and they're curvilinear, so they're not a flat surface, which is an interesting way to create art," she says. "And everybody reacts differently to this."

Tender Touch is not an exhibit of photos from tattoo artists' portfolios; it's a mix of sculptures, paintings, drawings, video, and digital files. The exhibit showcases the artistic abilities of tattoo artists beyond tattooing.

"So, there's a big variety of artwork to see, because I started this with artists to create something and write a bit about their tattoo practice," says Granley.

The tattoo styles featured in *Tender Touch* vary. There's traditional tattoo work with experimentation in a few different styles. One artist focuses mainly on cover ups. Some artists work with standard tattoo machines while others create stick-and-poke tattoos. There's also primarily black work, creating more illustrative tattoos with finer lines than the customary styles; culture-based work is featured as well.

"One person, they did their undergrad in neurobiology and so their flash work is based on neurons," says Granley.

Each artist answers the same questions in their written pieces at the exhibit: how their identity informs their work; when they began tattooing and how they have been impacted by the local tattoo community; what influenced their

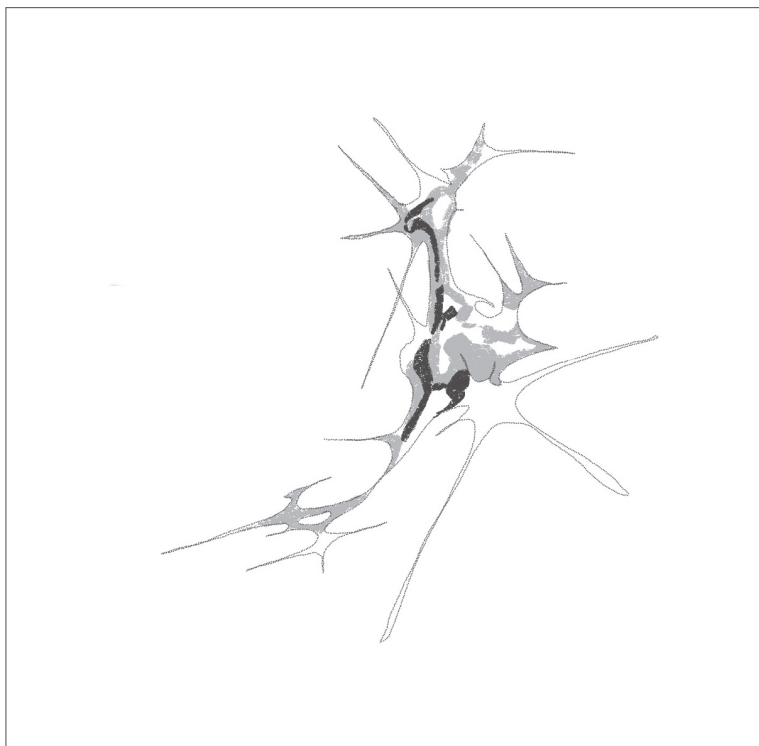
journey as a tattoo artist; and what effect tenderness and trust has on their practice.

The written response on their backgrounds provides a deeper look into a bit of the Victoria tattoo culture and what artists offer their clients. Consent and comfort are a high priority for artists. Creating a space where clients feel relaxed and comfortable is also a recurring theme.

"I think it's really important to emphasize that this is such a small selection of the artists in town that are doing good work," says Granley.

"I can only invite six people... That's an important part of the show, too, is that it's just such a... very small representation of the work that's going on in Victoria."

Tender Touch
Until Sunday, May 5
Art Gallery of Greater Victoria
aggv.ca



ART GALLERY OF GREATER VICTORIA

Mina Malahah Raposo's *Untitled*, also on display at *Tender Touch*.



ART GALLERY OF GREATER VICTORIA

Kaman Lu's *Hong Kong Flash*, an example of some of the tattoo art at *Tender Touch*.

film

The *Nexus* 2024 movie preview guide

NICOLAS IHMELS
STAFF WRITER

This year, audiences can expect some great times at the movies, as evidenced in the films I'm spotlighting here.

A lot of great movies that I can't wait for are coming out this year—here are just some of the films that have me all jittery with excitement.

Dune: Part Two

March 1

It's finally here. After the havoc the actors' strike wreaked on the entire 2023 fall movie schedule, the heavily anticipated sequel to the Oscar-winning *Dune* will be hitting theatres this year. I'm a huge fan of Frank Herbert's books as well as the first movie, and I'm happy to report that this film looks to continue the story with style. I can't wait to see this when it hits cinemas in March.

Ghostbusters: Frozen Empire

March 29

This March, get your ghost on for the the newest instalment in

One of my favourite horror franchises, *A Quiet Place*, is finally getting a prequel that, hopefully, answers some of the franchise's biggest questions: how did the super-hearing murderess aliens get here? Why are they here? Where did they come from?

the last two years has to be Warner Brothers' MonsterVerse. This April, a new instalment in that franchise will be released, and from the awesome trailer it looks like *Godzilla x Kong: The New Empire* will be just as much fun as *Godzilla vs. Kong*. From the terrific-looking monster fighting scenes to the cool designs of the monsters, this looks to be an absolute beast.

The Fall Guy

May 1

Since his spectacular directorial debut with the first *John Wick* film, former stunt choreographer

Furiosa: A Mad Max Saga

May 24

This movie looks absolutely bananas good. I absolutely love the *Mad Max* films, especially *Fury Road*. I was so happy to hear that we're not only getting another movie, but that we're getting a spinoff movie based on the life of Imperator Furiosa, one of the coolest female action-hero characters that has ever been. I'm so pumped for this movie, and I really can't wait to see more.

Kingdom of the Planet of the Apes

May 24

This is easily one of my favourite science-fiction movie series of all time. Fun fact: it's also the oldest science-fiction series of all time, having spawned 10 films, starting way back in 1968. *Kingdom of the Planet of the Apes* is the tenth film and fourth in the prequel series. It picks up right after the death of Caesar in the last movie and it follows a new pack of humans and apes fighting for co-existence after a deadly pandemic claimed the lives of most humans on planet Earth. From the look of the apes to the fantastic set design, this movie looks visually spectacular and it's one you won't want to miss, even if you're not a fan of this franchise.

Inside Out 2

June 14

I'm really excited for this one. When I first saw *Inside Out*, I thought it was an intelligibly handled look inside human emotions such as joy, sadness, disgust, fear, and anger. I especially liked how it used humour to insightfully show how teenage brains work. I'm super excited for the sequel and how it will explore anxiety and what that does to the human brain.

A Quiet Place: Day One

June 28

One of my favourite horror franchises is finally getting a prequel that, hopefully, answers some of the franchise's biggest questions: how did the super-hearing murderess aliens get here? Why are they here? Where did they come from? Along with a great cast and fabulous sound and visual design, *A Quiet Place: Day One* looks to be an absolute blast.

Twisters

July 19

Ever since the smash success that was *Top Gun: Maverick* there's been a trend going on in movies to take an old IP that did well and try to put some new life in it. This July, that trend continues with *Twisters*, the sequel to the 1996 box-office smash *Twister*, about two tornado trackers who hunt down a deadly tornado. We don't know much yet, but this



concept does a great job in sparking interest, and with a brand-new cast and Oscar-nominated director Lee Isaac Chung at the helm, this movie looks to be a hell of a thrill ride for all audiences to enjoy.

Deadpool 3

July 26

This summer our favourite merc with a mouth is making a trip to the MCU along with his clawed rival, Wolverine. There are so many

reasons to be excited for this movie, from the very anticipated rivalry between Wolverine and Deadpool to the title character's journey into the ever-evolving world that has become the MCU. This movie is on everybody's radar, and for good reason.

I hope everybody had a fantastic holiday break, and, as always, I'll see you at the movies.



the *Ghostbusters* franchise: *Frozen Empire*. From a stacked cast to a brand-new original villainess ghost, this looks like one spooky time at the movies.

Mickey 17

March 29

From Oscar-winning director Bong Joon-ho comes the adaptation of best-selling sci-fi book *Mickey 17* by Edward Ashton. I just finished reading the novel—it's brilliant and just screams for a movie adaptation, so I can't wait to see what the filmmakers make out of this story.

Godzilla x Kong: The New Empire

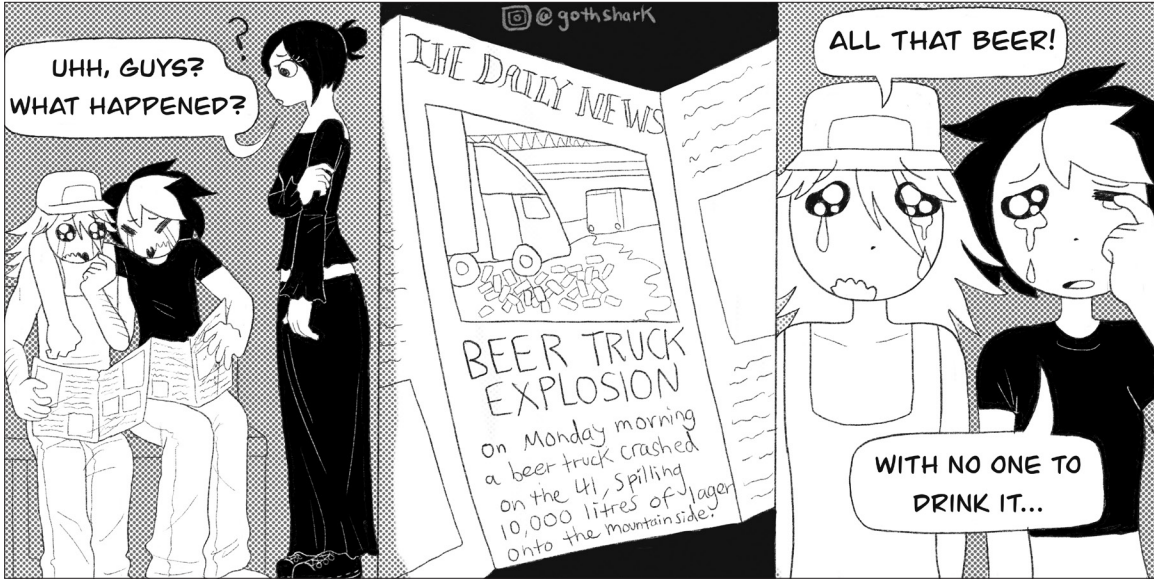
April 12

One of my favourite fun movie franchises that has put out movies in

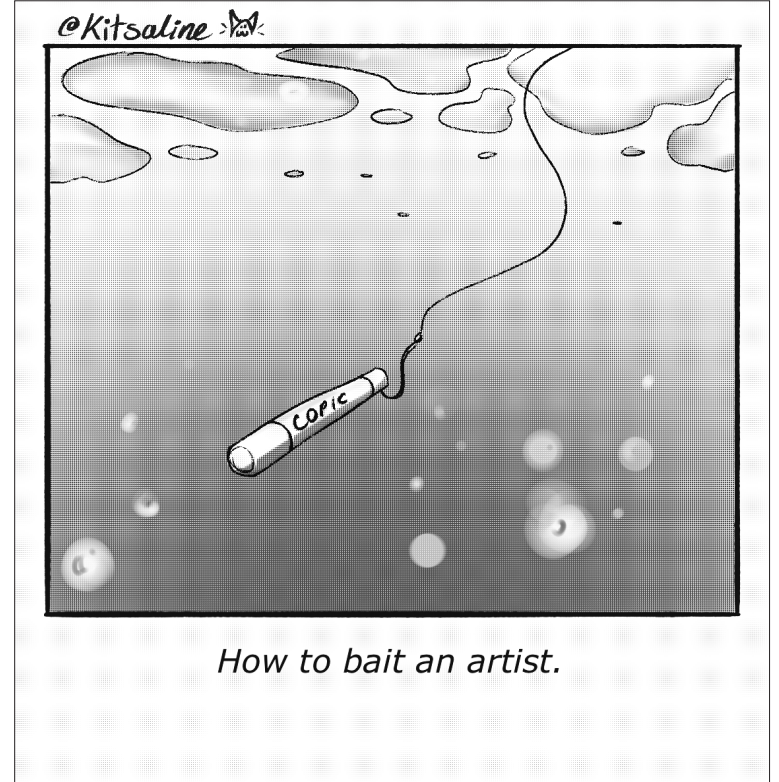
David Leitch has become a huge star in the action genre. From his amazing work on 2018's *Deadpool 2* to his hilariously action-packed directing on 2022's *Bullet Train*, his movies never fail to entertain their audiences. This May, Leitch is releasing his newest, *The Fall Guy*, and it looks fantastic. Based on the old TV series of the same name starring Lee Majors, this movie stars Ryan Gosling as a stuntman who's working on a movie set. When the star he's doubling goes missing, he investigates his disappearance to win back his ex-girlfriend (who is the director of the movie that the disappeared actor was working on). This movie looks so funny, and I'm so excited for it.



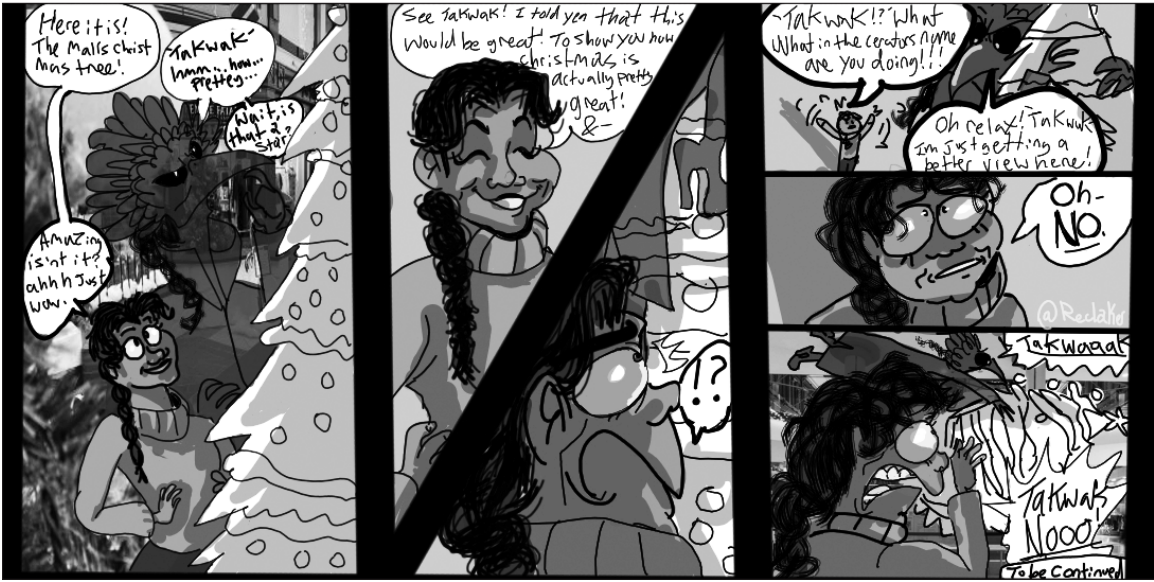
Ruby Rioux and the Bats from Saturn - Ray Nufer



Brainrot - Kit Miller



Takwak Comics - Recla Ker



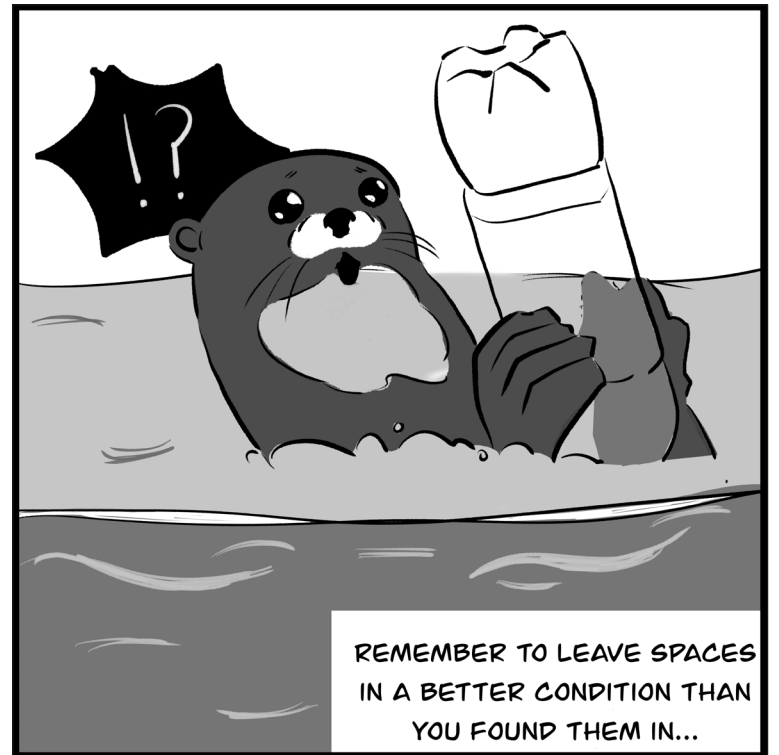
wildthings - Finnegan Sinclair Howes



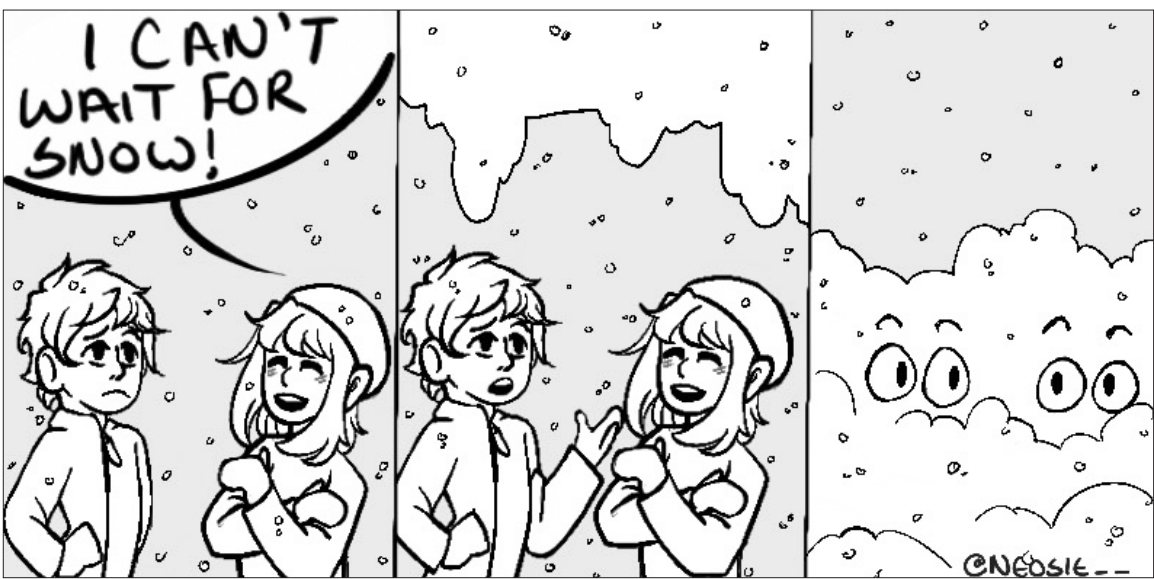
Things That Happen - Jaiden Fowler



Creature Feature - Jenna Victoria



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



NEXUS Got something to say?
 Letters to the editor:
 editor@nexusnewspaper.com



Kiryn's Wellness Corner

by Kiryn Quinn

New year, new feet

A fresh new year is in front of you, and whether you love or hate the fanfare and the declarations of resolutions, January 1 has passed and every one of us must start by putting one foot in front of the other. So what better place to focus than on the feet? They take us everywhere, and they often take a bit of a beating without so much as a “thank you,” so let’s direct some loving kindness toward them.

With either a yoga mat, folded-up towel, or a carpet beneath you, begin on your hands and knees and tuck your toes under. Unless you’re a seasoned yogi used to working on your feet, go slow. Walk your hands back closer to your knees. This may already be enough of a stretch for your toes and soles of your feet. If not, continue to walk your hands up your thighs until your hips and shoulders are directly over your heels. Take five

Feet take a beating without so much as a “thank you,” so let’s direct some kindness toward them.

deep, slow breaths as you feel the stretch from your toes through to your heels. To come out, walk your hands forward down your thighs to the floor, lean forward untucking the toes, placing the tops of your feet flat on the floor and gently sit back on your feet, giving them a delicious counter-stretch. As you do this, listen to your feet and stop where you need to. Don’t overdo it.

With the new year, you may also want to step into some new or healthier eating patterns. When it comes to our diet, making a massive, sweeping change can be difficult to sustain, so begin with the concept of the 80-20 rule. 80 percent of your meals, snacks, and

drinks should be fresh fruits and vegetables, whole grains like brown rice, millet, or quinoa, lean protein, and some healthy fats from raw, not roasted, nuts and seeds and virgin cold-pressed olive oil. Meanwhile, 20 percent of your diet can be for pure enjoyment.

If you know that you’re a bit of junk-food junkie and healthy eating is a very new practice, jumping into 80-20 can be too much of a shock to your system. Start with a 65-35 ratio and work yourself five percent per month toward the 80-20 ratio. Take it one step at a time, one meal at a time.

Until next time, keep it real, and keep it realistic.



Not the Last Word

by Emily Welch

Coming to terms with being child-free

I’m one of those students at Camosun who’s often mistaken for a teacher. I’m a “mature student,” someone who decided in their 30s to change their life and go back to school. It’s one of the best decisions I ever made... One of them.

I get asked all the time about why I don’t have kids. I’d never been against the idea, but I knew when I was younger that kids could never fit into my lifestyle. I had enough trouble taking care of myself; I couldn’t even begin to consider taking care of a child. Children are innocent and powerless for a time; I never wanted to mess one up with what might be bad decisions. As I grew older, and learned more about the vast problems that exist in the world, the more I became okay with not leaving it for anyone else to inherit.

Most of my friends from high school joined the mom club. I’d

see their posts on Instagram and Facebook showing pristine, white weddings, soon to be followed with pictures of gap-toothed, smiling children going through every stage of life. I’d scan through the posts of these women I used to party with and gaze in wonder at their now seemingly perfect Hallmark lives and wonder why I didn’t go down that road myself.

Whenever I run into one of these friends they usually ask me if I’m married yet; do I have children? And they always seem to say the same thing when I tell them “no”: “Oh, well, there’s all sorts of options now, Emily. You can adopt, or get IVF. You’ll be okay!” I really live for telling them that I’m already okay.

It’s inevitable when I explain to them that I am happy with the way things are—that I’m concentrating on building myself up with my work (which I love) and my schooling

(which I love)—that they’ll stare at me as if I’m probably kidding myself.

However, when I say that I live a lovely, free life without complications like mortgages, a life where I can decide on a whim to take a trip or sleep until noon on a Saturday, that their eyes flicker with something like wistfulness, or understanding. Still, I know that I’ll be a topic of discussion at some point, as the one whose priorities were not on par with theirs.

Not having children is something I’ve become at peace with. I may too feel wistful when I see happy families playing in the park, but I have a very fulfilling life the way it is, full of possibilities and potential.

So, anyone else out there who suffers the same dilemma: just know that you’re not alone and that the world has plenty to offer on its own.



Nature Tongue

by Bo Large

Refusing to stick my head in the sand

Why are you silent? I may not say it perfectly, but I can’t keep these words in my chest. What happens when people lose their ability to see the humanity in others? When numb hearts begin to “other”?

The old adage “divide and conquer” is far too *apropos* to explain how humans are being played against each other, justifying genocide, war crimes, racism, and exploitation because numb hearts have forgotten how to cherish life that looks different than one’s own.

I find it hard to intellectualize the placid acceptance shown through the way people are silent in the face of travesty. It seems it’s easier for many to stick their head in the sand instead of addressing the vast history of colonial and capitalistic crimes.

It’s time to say “enough.” We need to stop accepting the pattern of devastation of cultures, communities, and ecosystems in the death-ridden trail of attempted cap-

italistic gain. It cannot just be those beings affected who say “enough,” it needs to be those who are sitting in privilege.

One recent poll found seventy-one percent of Canadians support Canada calling for a ceasefire in the war between the apartheid state of Israel and Hamas, and yet what action has been taken by the government that’s supposed to be representing us? We need to take our power back, come together, and remember that millions of people who rise for peace are stronger than a few figureheads who refuse to defend it.

I pray that the pendulum stops swinging from devastation to devastation, and that we pause and question what a society based in love and respect looks like.

As humans we need to learn, unlearn, and move in new ways that fiercely protect life.

If someone has resources or is successful, it does not mean they have earned the ability to isolate

from the disharmony of Earth. It means they have more tools and responsibility to address the truths of our current planet and to take action to create change.

You are needed, because we are needed together. We each need to light our hearts on fire, more often, for love.

I’m not okay in any way with how greed and colonial and capitalist wounds are still festering on this planet. I refuse to accept this as the ongoing reality. And so, first, its presence needs to be acknowledged so we can learn with humility what needs to change inside of us and in our actions. If we bypass addressing the cause of these patterns, how can we change tomorrow?

Do not get distracted by the bread and circuses. We need the momentum anchored in our hearts of what we believe a world can look like if we rise together and declare “no longer will we be silent in the protection of the humanity of another.”



Lydia's Film Critique

by Lydia Zuleta Johnson

My Dinner With Andre

I had watched *My Dinner With Andre* the spring after turning 16. The nervous young woman with only partially grown-out bangs feels less familiar now. She was forever changed. I vowed after my viewing that I’d never watch it again until, I figured, when I was about 30 and I’d come to understand life. Maybe I had missed the point altogether.

Recounts of the marvels Gregory had found in the Sahara desert, on bountiful English commune farms, with Tibetan monks, with floral-eyed creatures fill the space between them. Wows and ohs wedge into his sermon and grow only more tense.

The premise of *My Dinner with Andre* may be a simple one; for the

My Dinner With Andre intimately confronts what makes us human in many ways: the same crumbling egos uncertain of both coffee and Tibet.

In *My Dinner With Andre*, we meet struggling playwright Wallace Shawn as he travels through New York side streets and subway tunnels on his way to a dreaded dinner with an old friend and valued colleague, Andre Gregory—both of whom are playing themselves. An internal monologue explains the anxiety: rumour has it he had suddenly abandoned the theatre years ago to travel Asia and found enlightenment. A shared friend of theirs even confessed Gregory was found crying, curled up against a building, emotional after viewing *Autumn Sonata* at the cinema some blocks down.

Arriving at the restaurant, skeptical, Shawn dresses himself in a tie before entering and waits with a Perrier—no club soda available—for his dinner mate.

Gregory arrives polished and well-mannered. A quick greeting and small chatter inaugurates their reunion and a conversation begins, first with a saga of stories stacked upon themselves, burning dazzling, vivid images into the mind of the audience.

most part the entire film takes place within the restaurant. But the movie (written by Gregory and Shawn, and directed by Louis Malle) poses—or forces, rather—the self-reflection we so desperately hide from. Questions we carefully choose to leave unanswered stare viewers in the face. What is a connection? What is pleasure? How do experiences define us?

Bubble-ups of conflicting philosophies spill onto the white tablecloth as Shawn admits his pleasure is a coffee left untouched by insects. A careful dance of dialogue fills this corner of the restaurant, although neither is wrong. It’s a conflict that begs for connection, yet features that very subject. *My Dinner With Andre* intimately confronts what makes us human in many ways: the same crumbling egos uncertain of both coffee and Tibet.

And so we end the same way we began, passing cars on New York cement, now with Erik Satie’s first *Gymnopédie* and the remnants of our dinner with Andre still ringing in our ears.

4.5/5



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

Sticking to resolutions

Happy New Year, Camosun students!

This is the time of year when many of us set goals and resolutions, or aim to implement new habits. However, if you’re anything like me, many of those big goals or habits fall to the wayside by February.

In this column, I’ll share some actionable tips to help you stick to your New Year’s resolutions. My disclaimer for those of you who are reading this is that some of these tips were gathered from the fantastic book *Atomic Habits* by James Clear. It’s a great read, and I recommend it to anyone who wants to learn more about habits and sticking to them.

My first big tip is for those of us who set big goals. Everyone wants to achieve great things, and around this time of year, it’s not uncommon to try to overhaul all of our habits. If this sounds like you, I recommend narrowing it down to two or three habits that you think will have the greatest impact on your life—needle movers, if you will.

It’s much more sustainable to make a few small changes in your life rather than completely overhauling how you’ve been living for

years. If you came up with a huge list of resolutions, consider deciding which ones you could really commit to sticking with over the long run.

The next tip is one of the laws from *Atomic Habits*: make it satisfying. You need something that makes the habit rewarding in order to stick to it. One of the most common resolutions is to start exercising or to work out more consistently. This is a great goal, but it isn’t innately rewarding. No dopamine hit is involved with waking up early and dragging yourself into the gym.

Try setting up a reward for yourself. After exercise, things like a tasty smoothie, protein bar, or coffee can make the whole process more enjoyable.

Another common resolution is to quit something: smoking, vaping, biting your nails, whatever your vice is, now is the perfect time to quit. A great way to do this is to make the habit unattractive.

Take a minute and write down all the reasons you want to quit and all the ways your life will be better without the vice. Having clear reasons makes it easier to avoid falling back into old habits.

Good luck with your resolutions!

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