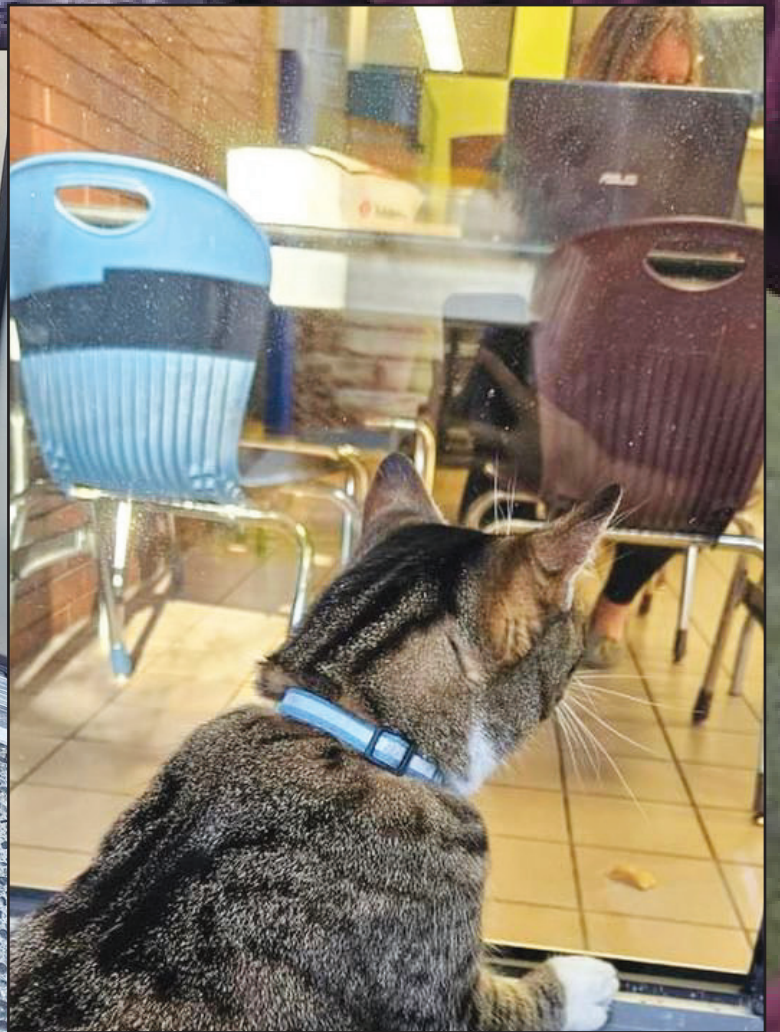
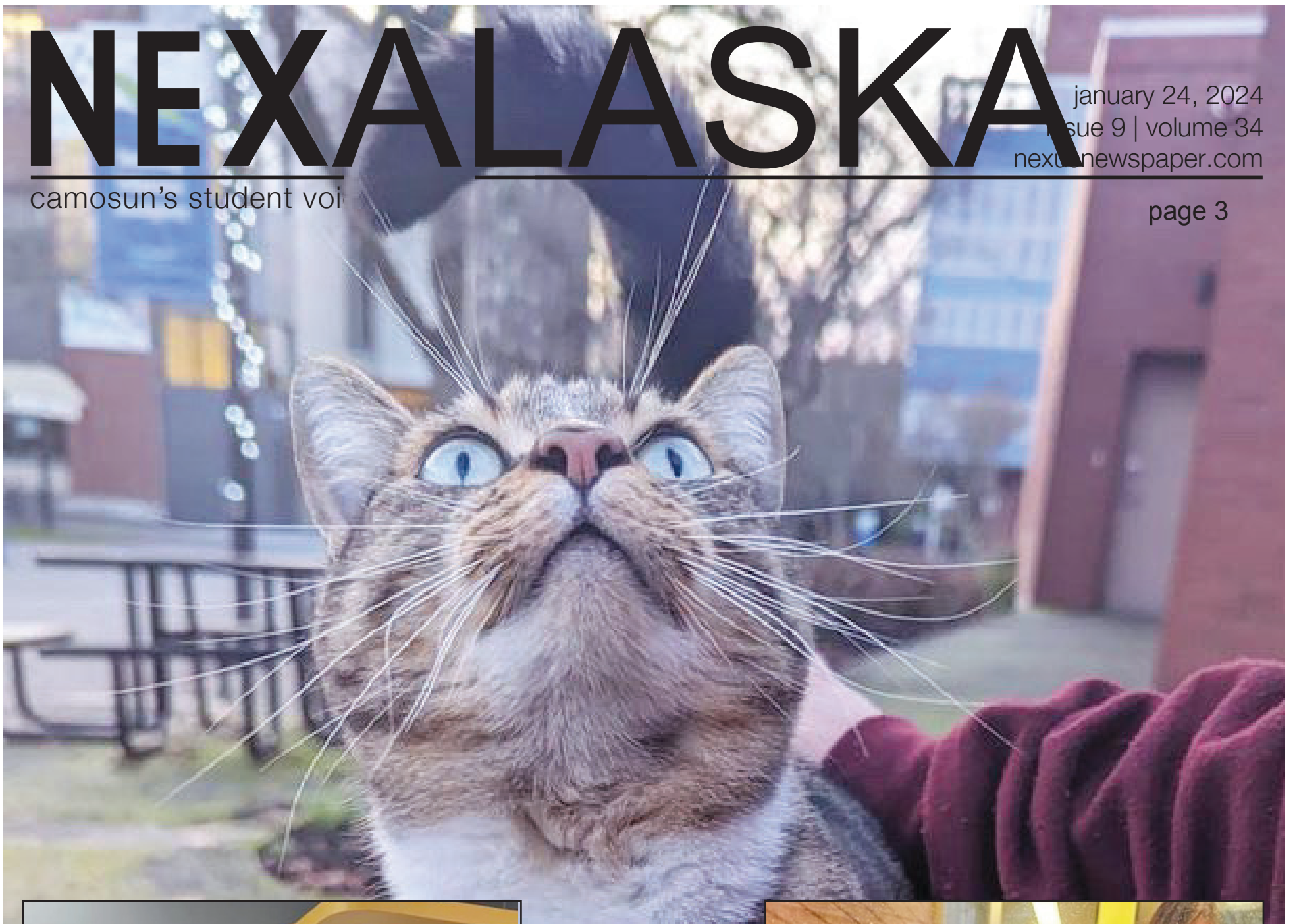


NEXALASKA

January 24, 2024
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NEXUS

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editor's letter N-O spells "no"

One of my favourite books growing up was *N-O spells NO!* For those of you who haven't had the pleasure, it's about a young girl named Kate who says no to everything her mom puts in front of her, always wanting something different. (Her mom gifts her a puppy, but she wants a kitten... you get it.) There's a lesson in the book somewhere about "always being grateful" or something annoying like that, but for the purpose of this editor's letter, I'm ignoring the moral-lesson portion, focusing instead on Kate's excellent boundary-setting skills.

I find that young kids are professional boundary setters because they are unburdened with weighty concerns over how other people think or feel about them. For example, my two-year-old niece's favourite word is "no." If I desecrate Elsa's "Let it Go" ballad, if I hand her a cookie without breaking it in half first, or, God forbid, I close a door, I'm met with the fury of all seven hells residing in the two-foot beast known as Savannah. Does it hurt my feelings that she hates my singing voice? Yes. Does she care? Of course not. Her thought process is more straightforward: that's an awful sound. I can't carry on living if it continues, and I will scream until it stops.

Do you know what the opposite of fearless toddlers are? Anxious adults. For example, I recently got a gel manicure done, and I couldn't tell my nail tech that I hated it because she seemed sweet, and I didn't want to hurt her feelings. If you were to ask me to write out 10 reasons why I didn't say anything, I'd have them all lined up. Starting with this: what if I shake her confidence and ruin her future career prospects because of the psychological damage I've inflicted? And ending with, I'm a 29-year-old baby who's scared of the word "no."

The unfortunate result of my silence is 10 plum-coloured fingernails, all going in different directions.

As I type this, I'm working Word's spellcheck harder than it's ever been worked in its existence; any minute now, my laptop will self-destruct to ease the burden (or "brudnen").

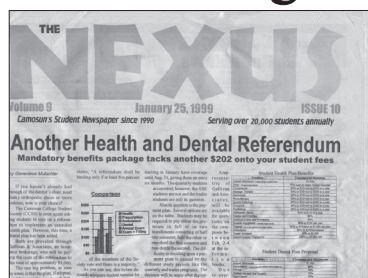
I'm not an expert in mental health (obviously), but I think a lack of boundary setting can be rooted in the perception of politeness or a tendency to people please. There are so many times when I've done a disservice to myself and others, focusing too heavily on being polite to other people. Some people need a good and loud "no" to grow, almost as much as the people pleasers need to say "no" to reclaim and understand their boundaries.

For instance, I edited a text I sent to a lanky douchebag a few years back from, "Sorry, I don't think I'm ready to date right now. I have a lot going on with school. Plus, I got out of a really complicated relationship a few years ago, so I don't think I'm ready for anything serious," to, "I'm not interested; you told me I should do more ass-focused workouts to get more of a 'booty' on our first date."

Isn't learning and growing such a fun, easy, and cringe-free process? N-O spells "no."

Jordyn Haukaas, student editor
jordyn@nexusnewspaper.com

flashback 25 Years Ago in Nexus



JORDYN HAUKAAS
STUDENT EDITOR

Who needs proof?: In our January 25, 1999 issue, writer Jason Loxton attempted to debunk the Loch Ness Monster in what I would call a sloppy argument. Loxton claimed that because there isn't cold hard proof of a large prehistoric monster living in the depths of Loch Ness it simply doesn't exist. Well, well, well, Loxton is forcing me, the student, to become the teacher. What if ol' Nessy doesn't want to be seen by humans, Loxton? What if we are so disgusting and dirty as a species that the prehistoric fish decided to opt out and chill at the bottom of a lake for eternity? I know if I had the choice, I would follow suit.

Bean there: Have you ever wanted to dress and speak like you were from the pre-17th century, and then go to a feast where a bean is hidden in a piece of cake and the person who finds the bean in their

cake will be crowned a new royal personage? I know I sure do. This was the case for a lucky group of people as part of the Society For Creative Anachronism. On January 16, 1999 the group of medieval enthusiasts held a Feast of Fools at St. Dunstan's Church in Gordon Head. The winner of the cake bean was her Royal Foolishness, Lady Rosamund Killpatrick of the House Byob. After doing some extensive Googling I've discovered that this group appears to be a worldwide organization, with branches all across Canada. You may now refer to me as her Lady Editorial Mommy of House *Nexus*.

Happy Valentine's day?: In a column called *Wendi's World*, writer Wendi Davies prematurely welcomed Valentine's Day by examining her lack of a love life. She began by explaining an embarrassing situation where she invited her friend to a movie on Valentine's Day. Her friend responded by asking her if she was stumped for considering leaving the house as a single person on the patron saint's day. How the world has changed. I feel bad for Davies; I wish she was a college student now so she could experience Galentine's Day or the pure joy of being single without societal pressure (I'm looking at you, mom and dad).

open space

Land acknowledgements can't be merely superficial

AMANDA BUTLER
CONTRIBUTING WRITER

Camosun College campuses are located on the traditional territories of the Lkwungen and WSÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Settling into the first couple weeks of winter term, you probably heard your instructor perform some semblance of the land acknowledgement above within about five to 15 minutes of your first class. I'm going to guess that, in most cases, it was done quickly and efficiently; a box

what their intentions for study are. This protocol is a way of orienting ourselves both within the class and with each other.

From the moment we sit down, we're creating the social contracts that build trust with each other so that we can be in community in a good way.

When discussing this practice with a non-IST class, our instructor exclaimed that it was a nice sentiment but would take far too long, and yet we were released from said class 30 minutes early on the first day.

How many of your instructors took the time to thoughtfully address the land in a way that opened things up for you and your classmates to curiously explore the importance of this protocol?

ticked so that the class could move on to the main event.

Whether this is your first or your eighth term at the college, I ask you to consider whether you even remember the acknowledgement. How many of your instructors took the time to thoughtfully address the land in a way that opened things up for you and your classmates to curiously explore the importance of this protocol?

Land acknowledgements have become common practice in Canada for almost every event, gathering, website, and memo since the release of the Truth and Reconciliation Commission's final report in 2015. In many ways this act is an insidious way for settler colonizers to pat themselves on the back as being part of the good fight toward reconciliation. In most cases, when performed by a non-Indigenous person, the practice has strayed so far from its original intention that it has become nothing more than a superficial, performative regurgitation.

As a first-year Indigenous Studies (IST) student of settler descent, I'm not going to pretend to be an expert on this topic, but I will point out the stark contrast I've noticed on campus between my IST and non-IST classes.

In the Indigenous Studies program our first classes start with each student introducing themselves, stating where they're from and

Introducing oneself is a key component to acknowledging the land because it forces you into a process of self-reflection that leads to cultural humility. For the Lkwungen and WSÁNEĆ people the land is the very first classroom, informing how to live in harmony with the environment for the benefit of all living and non-living entities. When one considers that Indigenous people were able to benefit from the teachings of the land, keeping ecosystems in balance for millennia prior to colonial contact yet it has taken settlers under 200 years to undo that balance, one might welcome a little cultural humility.

Colonization imported the paradigms of individualism, land ownership, and utilitarianism, mindsets that are perpetuated by ordinary people influencing extraction practices that continue to debase the land and water today. Orienting yourself on the land is a foundational step toward understanding that your presence here comes at a cost to both the land and the original caretakers of it.

As I learn and grow in the Indigenous Studies program it has become increasingly clear that respecting Indigenous protocols is not about righting past wrongs—because how could those wrongs ever be "righted"?—but about restoring nations to a place of leadership and influence on this land to benefit all.

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!

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COVER PHOTOS: Provided

OVERHEARD AT NEXUS: "I'm hormonal and filled with rage."

felines

Neighbourhood cat brings joy and concern to Lansdowne campus



PHOTO PROVIDED

Neighbourhood cat Alaska gets some love on the Lansdowne campus of Camosun College.

JORDYN HAUKAAS
STUDENT EDITOR

If you're a Camosun College student taking classes at the Lansdowne campus, you might have noticed a cat hanging around the school. That cat's name is Alaska; she's a four-year-old brown-striped tabby who loves to spend her days at the college hanging out with students and getting into trouble.

Alaska's owner Jocelyn Preston says that petting Alaska is encouraged, but feeding and letting her into the buildings is not. Preston says she's attempted to put Alaska on "house arrest," but Alaska's proved to be a formidable escape artist, slicing through screens, breaking plants, and squeezing through windows to escape. Preston has accepted Alaska as an outdoor cat and is doing everything she can

to spread awareness of her nomadic tabby.

Preston only learned about Alaska's extracurricular activities at the college when she decided to buy her cats collars with name tags.

"We actually got tags for her and her brother, Murphy," she says. "I want to say this was early October. And then I started getting probably like 10 calls and 10 texts every day being like, 'Your cat's at Camosun.'"

The flurry of calls and texts inspired Preston to create the Instagram account @sassylasky to inform Camosun students that Alaska knows her way home, as long as she isn't let into buildings or fed. This, coupled with posters put up around campus by the Camosun College Student Society, has helped ensure that Alaska returns home at night.

"I don't like when she doesn't come home at all," says Preston. "And there have been quite a few times where she's just stayed over at Camosun; I think there were people feeding her. And then once I got Instagram going and people started hearing about her, and there's posters up, I think people have been feeding her less, which is really good because she comes home. But I think, honestly, she'd be happy to just live at Camosun full-time."

Alaska once vanished through a hole in the wall inside the Young building's gym and couldn't find her way back out. Someone witnessed the event and promptly called Preston, alerting her to Alaska's disappearing act.

"She didn't come home that night," she says. "So, the next day, we went back, and I was calling her

"It's really funny getting tagged in the photos. I'm so glad I have [Alaska's] Instagram because I don't know what she's up to."

JOCELYN PRESTON
ALASKA'S OWNER

from the hole and nothing. And then we're walking up some stairs from the gym, and I could hear meowing from the wall... And I was like, 'Oh my God, she's literally in the wall.' We opened an elevator and saw her paw trying to get out of the side. So my partner opened the elevator doors a bit more, and she could squeeze out. So she had been in the walls of the school for like 24 hours. And then the next day, apparently, she tried to go right back into that hole again."

Another bonus of the Instagram account is allowing Preston a unique look into Alaska's adventures from the students tagging Alaska in photos around campus.

"It's really funny getting tagged in the photos," she says. "I'm so glad I have her Instagram because I don't know what she's up to. I got tagged in an Instagram story, and she was in the Fisher building, and I guess there's a pond with fish, and she was going after the fish. I would never have known that if I hadn't been tagged in it."

However, not everyone at Camosun has been as receptive to Alaska as the students are.

"I think some employees aren't stoked about it," says Preston. "We've been threatened with animal control a few times, but I don't know what to do about that. And what's animal control going to do? She's just a local neighbourhood cat."

Camosun College executive director of communications and marketing Rodney Porter can't help

but laugh while discussing Alaska's fondness for the college and its students ("Alaska does seem to be obsessed about our Lansdowne campus; who can blame her?" says Porter, who adds that he's a cat lover).

On a serious note, Porter commends Preston and her partner on being responsible pet owners, and notes that it's important to keep Alaska out of the buildings for health and safety reasons. He says the college appreciates the role that animals play in our lives, but it also needs to ensure it has a respectful workplace.

"People have medical accommodations, multiple needs," says Porter. "It's important to have a safe and healthy work and education environment and that's why the policy is not to have pets going into any of our buildings. We have therapy dogs, but they're all registered... We don't have any official policy on Sassy Lasky."

Preston believes that there are benefits to having Alaska visit with the students in between their classes as a way to reduce stress.

"I think it's good," she says. "If I was a student and I was stressed out, I'd love to have an animal around. So, I like to think it's helpful for the students to have a little animal that they can pet in between classes to kind of help their mental health."

Alaska can find her way home, but if you notice her acting tired or confused, contact Preston using the number on Alaska's collar.

NEWS BRIEFS

Food bank volunteers needed

The Camosun College Student Society (CCSS) is looking for volunteers to assist with its Student Food Bank Bread and Produce Days. Students who are interested in volunteering must be available Thursdays from 10 am until 11:30 am and have the ability to travel to either campus. See the CCSS Instagram account at @camosunstudents for more information on how to volunteer.

Mean mugging

To reduce waste, the Camosun College Student Society (CCSS) Sustainability Collective's #UseYourOwnCup campaign will offer free drinks for students who bring a reusable cup to campus during the promotion. The free drinks will be available at the Interurban campus on Tuesday, January 30 in the Centre For Business and Access and at the Lansdowne campus in the Fisher building on Wednesday, January

24 and Wednesday, February 7 from 12 pm until 2 pm. Students who bring reusable cups can also win prizes from the Bookstore and the CCSS. All donations from the event will go towards the Camosun Student Food Bank. For more information, visit the Sustainability Collective on Instagram at @camosunsustainability.

Student food truck skips Lansdowne this semester

Camosun College's student-run food truck, the Camosun Cuisine Machine will not be at the Lansdowne campus this semester. Interurban students are still in luck: the truck will be parked outside the Campus Centre building Tuesdays to Fridays from 11:00 am until 12:30 pm.

Charger gets named Athlete of the Week

Camosun Chargers men's basketball forward Lucas Sheets was named athlete of the week

on Monday, January 15 by the Pacific Western Athletic Association (PACWEST). Sheets recently earned a total of 54 points during two games, which included a 30-point personal best on Friday, January 12.

Did someone say pizza?

A hands-on student workshop led by the Academic Success Centre will be held at the Lansdowne Library on Wednesday, January 24 in room 151 at 4 pm. The workshop will focus on time management and course deadlines, so students should bring their course outlines and a laptop. Also, be sure to arrive hungry because free pizza will be available to those who registered. Search "pizza" at camosun.libcal.com to register for the workshop.

Students chosen for art exhibit

Camosun College students Rowan Alexander and Mackenzie Gibson have been chosen to

display their art installations at an exhibit at The Victoria Art Council. Alexander will present *Big Beads*, a ceramic sculpture celebrating the significance of Indigenous beadwork, until Sunday, February 11. Following the installation, Gibson will present *Attack Helicopter*, which features video portraits on nonbinary gender euphoria, from Wednesday, February 14 to Sunday, March 3. There

will be an artist talk at 3 pm on Saturday, March 2. The exhibits are in partnership with Camosun College and the Professional Arts Management class.

-JORDYN HAUKAAS,
STUDENT EDITOR

JORDYN@NEXUSNEWSPAPER.COM

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NEXUS

Got something to say?

Letters to the editor:

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CAMOSUN COLLEGE STUDENT SOCIETY SPONSORED CONTENT

Students continue to get health and dental coverage through student society

If you're a Camosun College student—and if you're reading this, you likely are—you're automatically enrolled in a Canada Life health and dental plan through the Camosun College Student Society (CCSS) and its partner Gallivan.

All eligible students—domestic and international—are in the plan, with the fees added as part of your tuition fees. The health and dental plans were approved by a student referendum in 1999 and, as such, are now a requirement of being a student at Camosun.

What students are automatically entered into the plans? Any student that is enrolled in 60 hours of class time over a seven-week period; are a member of the CCSS; and reside in Canada (you can be studying in person or online).

If you're taking a part-time course load because of physical or mental conditions, you may be eligible to opt-in to the plan; contact the Student Benefits Plan Office for details before the deadline of the first semester of your academic year (see below for contact information).

You should know there's a validation period. For the first 45 to 60 days from the start of the term, you'll have to pay for your health and dental expenses.

But keep the receipts! After the enrolment process is complete, you can submit online claims for reimbursement.

If you're returning after your first semester, no need to worry about this, you may continue using the plan without disruption. Your benefits are valid for 12 months.

When you're enrolled, you'll apply and get a benefits card that you can show the service provider; this will give them all the information they'll need to direct bill Canada Life. You'll just have to pay the co-portion not covered by the plan (some service providers aren't set up for direct billing, so you'll need to pay, then submit a claim to get reimbursed).

"The CCSS offices at either campus are available to assist students with any questions or issues with the health and dental plan," says CCSS benefits administrator Christine Desrochers. "Please stop by and we can help you navigate your benefits."

So, what's covered? Visit mystudentplan.ca/camosun for details, but some of the benefits you get as a student include prescription drugs, vision coverage, paramedical practitioners, mental health supports, emergency travel assistance, and dental

benefits. Take a look at the brochure reprinted here for more information on this coverage.

If you have comparable coverage, you may want to opt-out of the plan, or consider coordinating both plans; the deadline to do so is 30 days from the official start date of your program. Contact the CCSS to discuss options.

Students can also add their family on the benefits plan during the first 30 days from when they have been assessed the fees.

Desrochers suggests taking a look at the CCSS' select savings partners.

"These are different providers that offer students on our plan a discount, and a great way to maximize your benefits," she says. "Drop by our office at either campus for the most up-to-date list."

To contact the CCSS to discuss the health and dental plans, Lansdowne students, go to 101B Fisher or email ccsplan@camosun.ca; Interurban students go to Campus Centre 111 or email interurbanplan@camosun.ca. Lansdowne students can also call 250-370-3696, and Interurban students can call 250-370-3869.

Have your student ID number ready when you contact the CCSS.

Health Benefits		Coverage
Prescription Drug	80%	Maximum of \$3,000 per benefit year. Based on the BC Provincial Formulary with a generic rider.
Vision	100%	Plan covers one eye exam, eyeglasses or contact lenses to a combined maximum of \$125 in a 24 month period.
Paramedical Practitioners	80%	\$30 per visit, to an overall plan maximum of \$360 per benefit year for: Podiatrist or Chiropractor, Chiropractor, Registered Massage Therapist*, Naturopath, Osteopath, Physiotherapist*, Acupuncture, Certified Athletic Therapist* *Physician's prescription required Overall plan maximum of \$300 per benefit year for: Speech Language Pathologist* *Physician's prescription required \$50 per visit, to an overall plan maximum of \$500 per benefit year for: Psychologist, Social Worker or Registered Clinical Counselor
Dental Accident	80%	Maximum of \$1,000 per accident. Services must be performed within 12 months of accident. If treatment is scheduled to occur more than 90 days after the impact, a treatment plan must be submitted before the end of the 90-day period. Pre-authorization required.
Ambulance	80%	Maximum of \$250 per occurrence.
Medical Equipment & Supplies	80%	Including but not limited to: Crutches, wheelchair, hospital-type bed, prosthetics, rigid and semi-rigid braces. Custom-made orthopedic shoes or orthotics limited to \$150 per foot, per benefit year. Blood Glucose Monitors to a maximum of \$150 during a 5 year period. Prescription & pre-authorization may be required. Not solely for athletic use.
Emergency Travel Assistance	100%	Maximum of \$5,000,000 per lifetime.
Other Insurances & Services		Tutorial, Accidental Death & Dismemberment, mywellness Enhanced: includes 3-hours of counseling sessions.

Access all benefits coverage details at www.mystudentplan.ca/camosun

Dental Benefits	
Please submit an estimate/pre-authorization prior to specialist services and any dental treatment plan exceeding \$500.	
Annual Maximum - \$800 per benefit year	
Diagnostic & Preventative	100% Camosun Dental Clinic: Includes one annual exam, x-rays, polishing, scaling and fluoride once per benefit year. You are encouraged, but not required, to use the Camosun Dental Clinic.
	80% Alternative Dental Provider: Includes one annual exam, polishing and 2 units of scaling once per benefit year.
Minor Restorative	70% Fillings.
Extractions	50% Limited to 2 wisdom teeth per benefit year.
Endodontic & Periodontic	50% 2 additional units of scaling/root planing per benefit year.

In the event of any discrepancy between the information herein and our contract with the insurer, the terms of the contract will apply. All benefits payable through the student plan are based on reasonable and customary charges.

eyed on campus

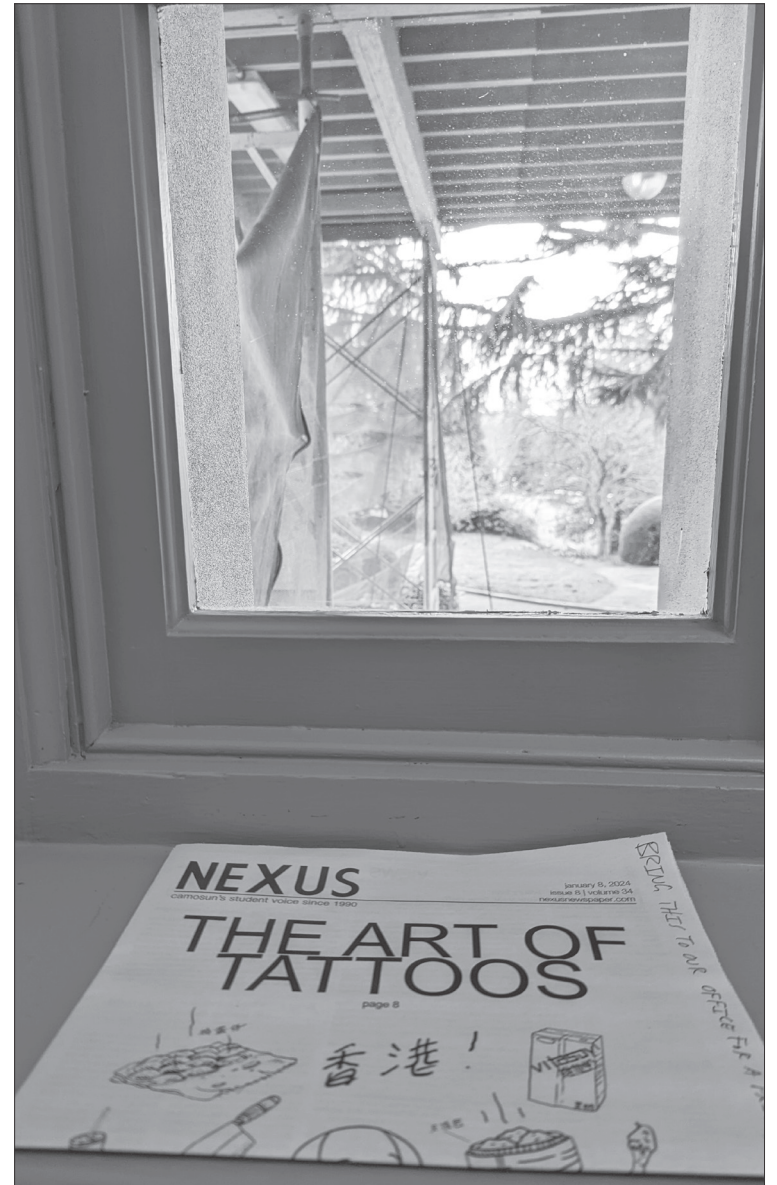


GREG PRATT/NEXUS

The Camosun fountain at the Lansdowne campus frozen on the morning of a chilly Monday, January 15.

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.

burlesque

Isle of Tease shines light on diversity in burlesque



PHOTOS BY MKM PHOTOGRAPHY

Scenes from a previous year's Isle of Burlesque Festival; this year's festival runs from January 25 to 27 and showcases the diversity found in burlesque performances and performers.

“We definitely want to take people on a really good adventure in the festival and showcase what burlesque is across the spectrum.”

CHAMPAGNE SPARKLES
ISLE OF TEASE BURLESQUE FESTIVAL

AJ AIKEN
CONTRIBUTING WRITER

The Isle of Tease Burlesque Festival celebrates the variety and history of burlesque while showcasing the diverse backgrounds of burlesque performers.

Event co-producer Champagne Sparkles—also the co-founder of Victoria's popular Cheesecake Burlesque Review, celebrating 18 years of being a burlesque troupe this March—says that what the Cheesecakes do is only part of what burlesque is capable of, which is where the Isle of Tease comes into play.

“Burlesque is much broader than what [Cheesecake Burlesque] puts on as a troupe,” says Sparkles. “We kind of have our style and perspective. Burlesque is a very diverse art form.”

One of the misconceptions in mainstream burlesque, Sparkles points out, is the belief that it's only classic burlesque corsets, boas, feathered bands, and sparkles. While that remains part of burlesque, performers come from a

diverse range of backgrounds, use different music, or base their art on political messages, which is all presented at Isle of Tease, as are acts that are full of dancing and fun energy.

“We definitely want to take people on a really good adventure in the festival and showcase what burlesque is across the spectrum,” says Sparkles.

In addition to diversity of performance styles, Isle of Tease showcases diversity in artists. It highlights performers from the BIPOC, 2SLGBTQIA+, disabled, and other marginalized communities; there's also a strong focus in showing how burlesque is for all backgrounds and interests. And ages: Burlesque Hall of Fame inductee Lorna Legend, who is 80 years old, is one of the headliners and will be performing both nights and giving a talk on her life as a performer. (Afro-Indigenous performer from the Mohawk territory of Kahnawake, Quebec Lou Lou la Dechesse de Rière and burlesque education convention BurlyCon

executive director Iva Handful are also headlining.)

“We get to hear about what burlesque was like in the '50s, '60s, '70s, [and] '80s, and hear about some of what the burlesque legends got up to; some pretty great adventures,” says Sparkles about Legend. “And they also faced a lot of challenges, a lot of stigma with this type of performance.”

Being in Canada we don't see as many international acts; being on

an island lessens the number even further. That's why Isle of Tease tries to bring in as many performers with diverse styles, backgrounds, and ages as possible. Isle of Tease also gives locals an opportunity to mingle and connect with performers from across Canada and the US.

Sparkles encourages everyone, whether they're familiar with burlesque or not, to escape the dreary January weather and head down to the festival.

“We will challenge you,” says Sparkles, “and you will get to see things that you never knew existed.”

Isle of Tease Burlesque Festival
Various times,
Thursday, January 25 to
Saturday, January 27
Various prices and venues
isloftease.com



The totally normal ev

So, if you're like me and you love beer, but you know basically nothing about it, then congratulations, you're completely ordinary! Now, I've decided that I want to review some of what I drank over the holidays, and learn about beer. How is it made? What is the difference between a stout and a porter? A lager and a pilsner? What are malts and hops? What was beer like in medieval times? If these burning questions keep you up at night, join me on an adventure of brewing discovery, and I'll do my best to make this palatable. Feel free to crack a beer while you read.

Okay, here's my token history paragraph: nobody really knows exactly when beer as we know it was first brewed, mainly because the art of brewing developed gradually over many centuries. The first alcoholic drink is generally agreed to be mead, then wine, then beer, and spirits. It seems likely that the first society to brew beer was the Sumerians, around 600 years ago.

So what is beer, and how does it differ from other alcoholic drinks? Although all alcohol is produced by fermentation of sugars to create ethanol, the difference between them is the fermentation base, and the process. Mead uses honey, wine and cider use fruit such as grapes or apples, and rum uses sugar cane or molasses. Beer uses grains, as do many spirits such as whiskey, gin, and vodka, to name only a few, but while spirits use a distillation process, beer does not.

Fun Fact: Spirits like whiskey start as beer! The same brewing process is used, but spirits need an extra step. During distillation, the beer is heated up and the alcohol evaporates first to separate it from the water, then it's cooled and condensed back into liquid to create concentrated alcohol.

Beer is brewed by boiling barley grains to create sugars, which yeast feed upon to create alcohol and carbon dioxide. The flavours in beer are created by hops and malts. A malt is actually just a different name for the grain after it has been processed in a way to bring out their flavour and nutrients.

After the raw grain is processed into malt, it's crushed and soaked in warm water to form a porridge-like mixture called the mash, and it's here that brewers may add other grains like rice or wheat to change the overall flavour profile. After the enzymes in the malt convert the starches into sugars, the mash is strained. This extracted, sweet, grain-flavoured liquid is called the wort, and it's what will become beer.

After this process is complete, the wort is boiled in a large kettle, and hops—a flower of which there are many varieties—are added. Generally, the main contribution of hops to a beer's flavour is bitterness from alpha acids, while the essential oils in hops create other flavours and aromas. Dry hopping and wet hopping refer to the freshness of the hops, and the two methods create very different flavours.

Fun Fact: If beer didn't contain hops, it would be a different type of alcoholic drink called a gruit, that uses other flavouring herbs like bog myrtle, yarrow, heather, or juniper.

Descriptions of a beer's flavour can be misleading. In general, water, yeast, barley, and hops are the basic ingredients that are used to make beer, and when a beer is described as having, for example, chocolate, coffee, and caramel notes, it's possible that none of these substances exist within the beer at all. Rather, it is the roasted malts that create flavours we consider similar. Likewise, descriptors such as citrus and pine are likely created by the different types of hops, rather than additives to the beer itself. However, many craft breweries do defy this standard by adding other creative ingredients.

After the hops have boiled, the strained mixture is transported to a fermenter, where yeast is added, which convert the sugar into alcohol and carbon dioxide. Yeast has wider impacts, too. The choice of yeast determines whether a beer is an ale or a lager base, which are the two basic classifications of all beers. After fermenting for up to two weeks, the beer is finally ready for bottling and consuming by you, the satisfied and tipsy customer.

Now, I think that all this learning has made me rather thirsty, so it's time to head to the fridge for a little tippie!



I started off the evening with an old faithful: Guinness Draught Stout (4.2%), which has been brewed in Ireland for the last 265 years! This is a classic, dark Irish stout, with a characteristic black appearance, and a thick, frothy head. It's actually one of relatively few nitrogen beers, which, in addition to their natural carbonation, also add nitrogen in about a 70/30 ratio, which gives a beer a very smooth, creamy texture, rather than the bright soda pop feeling of CO₂.

But hold on a sec, what even is a stout anyway? How are they different from porters? Let's look into this a bit.

The darkness of a beer is determined by how long the malts are roasted, whether they use dry malt powder or liquid malt syrup, and the temperature it's brewed at. Also, if ale yeast is used for a dark beer, the result is a porter or a stout with a heavier flavour, and if lager yeast is used, the result is an intense black lager with a crisper flavour.

So what's the difference between a stout and a porter? Well, as it turns out, brewers can roast the barley while skipping the malting process, predictably called unmalted barley. This creates a porter, which is lighter in body, often lower in alcohol content and less intense in flavour than a stout, which uses traditionally malted barley. (For the astute reader, I'll concede that Guinness Stout actually uses both malted and unmalted barley, which should give a sense of how intangible the difference between porters and stouts actually is.)

Fun Fact: In the early 1700s, common beer was a dark brown ale that was produced quickly without requiring barrel aging, and generally consumed by the working men of London around the time of the Industrial Revolution. These blue-collar workers called porters hauled cargo all day for little pay, and after work were thirsty for a cheap strong beer "down the pub." This became known as porter beer. Later brewing processes created a stronger, stouter version of beer which was naturally called stout porter, which eventually was just shortened to stout.

Now, let's try a few more!

When I mention Nutty Uncle Peanut Butter Stout (6.1%) by Dead Frog Brewery, you instantly form an idea in your mind of what that must taste like, and I'm here to tell you that you're absolutely right. If, like me, you love peanut butter flavoured anything, then it's a delicious seasonal beer you should scramble to obtain before it disappears. If the idea of mixing peanut butter and beer makes you gag, I apologize: I'm probably a little nuts.

The Salted Chocolate Porter (6%) from Steamworks Brewing tastes far stronger than it is. Dark and bitter at first sip, it has a sweet aftertaste. This is a chocolate beer that contains no chocolate, but does contain vanilla bean and Vancouver Island sea salt. This is good for relaxing with an after-dinner movie.

Phillips' Longboat Chocolate Porter (5%) is less intense, and while it has no vanilla, it does contain cocoa powder. This Victorian classic is an affordable staple and represents everything that a dependable porter should be.

Moving from porters to ales, it seems that slightly under-ripe raspberries are a ubiquitous and popular adjunct for brewers, as they tend to lend a distinctly berry characteristic without tasting sweet or fruity. Longwood Brewing's Berried Alive Raspberry Ale (5%) is a fairly run-of-the-mill raspberry ale, with a berry flavour that is very subtle, which may work against it. If



Everyday guide to beer

Story by Lane Chevrier, contributing writer
Photos provided



it were a more distinct flavour, perhaps it would impress me. As it is, the humdrum light ale base is far too much on display to be at all inspiring.

Although brewed alcohol has been around for thousands of years, ales are the oldest beer in history. While lagers were invented in Bavaria around 1600, ales have been traced to medieval England, around 1200. You may have heard about how everybody in medieval times must have been drunk off their arses all of the time since pretty much all they drank was beer, but this isn't entirely true. The ale of that era is called small beer. It was unfiltered, thick in consistency (basically liquid bread), and the alcohol content was so low (about 1% ABV), you could drink it all day long without getting intoxicated.

Brewing this cheap, weak beer had a number of practical benefits. Highly nutritious, it was a source of bonus calories to a population of people entrenched in poverty. Water was often filthy, and since boiling beer kills bacteria (which weren't even discovered until 1675), small beer was far healthier than water. Since alcohol acts as a preservative, it allowed huge quantities of

beer to be stored for a long time. All told, it provided hydration and nutrition to medieval peasants for next to no cost. Ale is also fermented and served at room temperature, ideal for a population without refrigeration.

Because of the versatility of ale, it forms the majority of beer variations. Here are just a few.

Dead Frog Brewing's Redrum Spiced Red Ale (5%) showcases light caramel malts, spiced with orange peel, cardamom, allspice, black pepper, and toasted white oak. Aged in rum barrels, it has a unique flavour profile, but despite all of this I found it thin and less memorable than its description led me to believe.

The Smoked Belgian Abbey (5%) by Howl Brewing is apparently "a Belgian style amber ale with a subtle smoked flavour and fruity tartness." Don't be fooled by this. It tastes more like some old hospital equipment was thrown in the smoker for a good long while before being boiled out. Each sip was made hoping for some sort of acclimatization, and each sip was met with a painful grimace. This would be a great beer to give your ex-spouse for your ex-anniversary.

Wheat beers, or witbiers, also originate in Belgium, and combine wheat with barley to create a sweet, mellow base flavour. It's customary to leave them unfiltered, which results in a cloudy beer with yeast still visible inside. Wheat beers aren't for everyone, but here's a life hack: If you find yourself with a wheat beer that's unpalatable, add some lime juice to it to totally change the flavour profile. (This also works to tone down excessive hops, like in IPAs.)

From Hoegaarden Brewing, their flagship, self-titled wheat beer Hoegaarden White Ale (4.9%) is legendary. Spiced with orange and coriander, with an unmistakable wheat flavour and citrusy hops, this is a beer I first tasted around 20 years ago, and I remember thinking that it tastes like actual flowers.

Next up is Parallel 49 Brewing's Salty Scot Sea Salted Caramel Scotch Ale (7.5%). For a Scotch Ale, I expected this to kick me in the teeth, which it didn't quite do. It has the flavour of a strong beer without the punch, which ultimately makes it dark but kind of thin, and it has almost no lingering flavour. Consequently, the experience fades almost immediately after the swallow, so curb your expectations with this one.

Now, let's move onto lagers.

Lagers are usually crisp, light-coloured beer with a low alcohol content and mild flavour (Lagerhaus is actually a German word meaning "warehouse") and they're fermented and stored at a cold temperature.

What's the difference between a lager and a pilsner? Well, a pilsner is actually a type of lager, named after the Czech city Plzeň, or Pilsen. In 1842, Bavarian brewer Josef Groll wanted to improve upon the poor-quality Czech lagers of the

time, and eventually produced a crisp, bright golden beer that's still around today: Pilsner Urquell.

Fun Fact: Before I knew any of that, I bought a can of Pilsner Urquell simply because it said on the label, "The Original Pilsner... brewed the original way." I decided right then and there that such astoundingly original, eloquent writing absolutely demanded my patronage. I did not know at the time that urquell means "original source" in German. Go figure.

At 4.4%, Pilsner Urquell is light in flavour and appearance. The sharp bitter flavour that quickly fades into a mildly herbal fragrance perfectly demonstrates the practical difference between lagers and pilsners. The term "hop-forward" doesn't so much mean that the beer itself is very hoppy, just the first sip. This is different from lagers, which generally possess more of a malty flavour.

So what about rice beer? Well-known brands of rice beer including Asahi and Sapporo might give the idea that rice beer is a Japanese invention, or that it contains only rice. This is not actually true. A rice lager is a style of beer that uses rice in addition to barley to create a light, dry-flavoured beer, and in fact, Budweiser, America's most popular beer for over 20 years, is a rice beer.

Playa rice lager (5%) by Callister Brewing Company is everything you've come to expect from a rice beer. With a far grainier flavour than a fully barley beer, and about as hoppy as a pilsner, a defining characteristic of rice beers is their dryness. Other than that, they're crisp and effervescent, but lack any particularly adventurous flavour.

There are indeed some alcoholic beverages that are made using rice without barley. Sake is a Japanese wine using only rice, and huangjiu is a Chinese wine using rice and millet. Speaking of wine, what is barley wine? Well, it's actually just a beer brewed to be very strong, about 8% to 12%. In order to get such high alcohol content, brewers use far more malts than a usual beer, because malts are sweet, and more sugar means more alcohol. In order to counteract this sweetness, a whack-load of hops are added, and the end result is a strong, intense concoction that if considered the evening's best friend may be the morning's worst enemy.

Although I don't have a barley wine handy to review, I do have the Wine Barrel Aged Dark Saison With Malbec Pomace (5.7%) by Wild Ambition Brewing. A saison (meaning "season" in French) is considered a "farmhouse ale," and is generally described as a dry, fruity ale, but this is not a particularly strict definition. This drink, as one might expect from a wine barrel aged beer, doesn't really taste like beer—it tastes more like a wine diluted with a light beer. You can really taste those wine barrels, but it's also thin and sour and really not what I would consider enjoyable.

Over the holiday season I learned more than I ever anticipated about beer, and I tried various concoctions: some that I'll never forget, and others that I hope never to remember. Thanks for joining me on this adventure of brewing discovery. May your malts be rich and your hops bright. Cheers!



review

Exhibit gives modern take on queer and BIPOC portraiture

By using historic forms of photography, Spitzer is reincorporating queer, trans, and BIPOC people into a narrative that they've always been present in but were excluded from the record of.

MACKENZIE GIBSON
CONTRIBUTING WRITER

Why do we take portraits of people? For hundreds of years, much of the function was to preserve someone's image, flaunt wealth, or, among upper classes, advertise yourself for marriage to long-distance suitors. Other times, it's to record history or shine light on a certain type of person or way of life. Today, selfies, video calls, and Instagram posts serve a lot of the same function, but still we make portraits. Why?

Kali Spitzer's portrait series *Bodies of, Bodies Within*, currently being shown at the Art Gallery of Greater Victoria (AGGV), shines a light on some modern reasons we might still take portraits. Focusing on BIPOC, queer, and trans bodies, Spitzer uses one of the oldest forms of photography we have to show the beauty and spirit of those who are often overlooked for more formal portraits.

The method is called tintype, and it's almost as old as the concept of photography itself. Dating back to before the American Civil War, it was primarily used for the exact types of portraits Spitzer is capturing. With so many digital and film

options available today, Spitzer's choice to use a more traditional process is meaningful to the message. Since we typically associate older photographs with historical importance, Spitzer's methodology is incorporating marginalized people into that history. In doing so, she's also noting the importance of recording these communities as part of our collective history.

This is especially important considering that our history books have been all too eager to ignore and disregard Spitzer's own community.

Coming from the Kaska Dena nation of northern BC on her father's side and a Jewish Transylvanian tradition on her mother's side, Spitzer is intimately familiar with the ways in which a people's history can be swept away. Their struggles, triumphs, joys, values, and unique beauty can all be destroyed in favour of a narrative that better suits people in power. Because of this, many people seem to think that queerness or the empowerment of racialized people is a recent trend—this isn't the case.

By using historic forms of photography, Spitzer is reincorporating queer, trans, and BIPOC people into a narrative that they've

always been present in but were excluded from the record of.

Spitzer isn't only changing who we take photos of—she also hopes to challenge the conventions of portraiture itself. Much of our modern practice comes from visual techniques which were developed by a very small group of people who were almost exclusively able-bodied white men. The camera, a stand-in for the artist's own visual perspective, forces the audience into seeing the way the photographer sees the world. When the camera is then passed to someone who sees the world differently, you're offered a new perspective when seeing through their eyes.

In *Bodies of, Bodies Within*, Spitzer shows us how she views her community. Beautiful, but on its own terms. Beauty, in this case, is not defined by the rigid guidelines of advertising, but rather in authenticity, diversity, and the owning of one's culture. Ever present throughout time, across cultures, and worth documenting.

As a queer person, this work meant a lot to me. Seeing these bodies on their own terms felt powerful, and Spitzer's photographic perspective is one full of love and respect. AGGV is on the right track, as it continues to uplift artists who explore and share perspectives which have, historically, been excluded from these spaces.

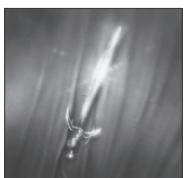
Bodies of, Bodies Within
Until Sunday, March 17
Art Gallery of Greater Victoria
aggv.ca



IMAGE PROVIDED BY ART GALLERY OF GREATER VICTORIA

An example of a portrait in Kali Spitzer's *Bodies of, Bodies Within*.

New Music Revue



Courting
New Last Name
(Lower Third)
3/5

Liverpool-based rock band Courting's second album, *New Last Name*, is centred on an ex. An ex who has settled down and is happier for it: it's "Someone Like You" if Adele was a soccer hooligan.

But perhaps this comparison is misleading. *New Last Name* is not meant to be pored over like an Adele album. Occasionally, something does stick out as poignant, but, for the most part, the lyrics are not the main selling point.

What is a selling point, however, are the melodies. The guitar riffs are infectious. There are also a few nice little experimental flares: a synthesizer that oozes in and out of the tracks, some brass sprinkled here and there.

Lead singer Sean Murphy-O'Neill is rough but indelibly charming. The songs' narrator is heartbroken, yes, but it would seem this is the kind of heartbreak that involves a pint of Guinness with your favourite blokes. And there's nothing wrong with that.

-Hanna Shultis

New Music Revue



Wizard Death
I Am the Night
(Wise Blood Records)
4/5

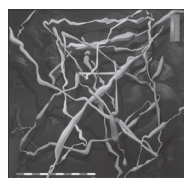
Wizard Death is the father/son duo of Tim and Alexander Kenefic respectively, who mix '80s metal vocals with a modern metal/rock sound. Formed in 2023, they have a polished sound with elaborate guitar riffs and driving drum lines.

Listening to *I Am the Night*, I was surprised that Wizard Death have only been together for about a year; their sound is very well established for such a new band. Their guitar work reminds me of LA Guns' Tracii Guns' style in his side project Brides of Destruction. The influence of Judas Priest and Iron Maiden can be heard in Wizard Death's songs, especially in the title track, which features Kayla Dixon of Witch Mountain on vocals; Dixon adds the higher octave sound found in hair metal.

While the ominous and gloomy sound of "Slay the Serpent" is cool, the repetitiveness of the lyrics, guitar riffs, and drum lines make the song drag, pulling the album away from a perfect rating.

-AJ Aiken

New Music Revue



Folly Group
Down There!
(So Young Records)
2.5/5

Down There! is the debut album from British post-punk band Folly Group. The appeal of the album will depend largely on how much you enjoy the genre.

I vibed to the beats and instrumentation but less so to the lyrics and vocals.

To more enthusiastic fans of the genre, I'm sure this rawness will be an appealing factor, but to me there's a creeping sense that the lyrics were a series of cool-sounding words with no particular meaning in aggregate.

Listening to it alone, at a school computer, I found the experience grating, with each subsequent track sounding a little too similar to the previous to my untrained ear to warrant recommending the whole album.

But *Down There!* isn't without charm. At a pub or maybe a rowdy party, it's not hard to imagine someone wanting to play a track or two. Just not me.

-Hanna Shultis

What's happening at nexusnewspaper.com

Week of January 15, 2024, top five most read stories:

1. "Open Space: Terms 'fem-presenting' and 'masc-presenting' need to go," May 3, 2023
2. "Tips and tricks for surviving the winter semester at Lansdowne," January 8, 2024
3. "Camosun College to close at noon today due to snow," January 17, 2024
4. "AGGV exhibit showcases local tattoo art and culture," January 8, 2024
5. "Open Space: Students only cheating themselves with ChatGPT," November 15, 2023

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

film

Victoria Film Festival documentary follows Bonnie Henry during the pandemic

“To have a film made about [Bonnie Henry] and her team was something that she wasn’t sure of, but she also knew it was important to have a record of it.”

ADRIAN BUITENHUIS
OUR TIME TO BE KIND



PHOTO PROVIDED

Provincial health officer Bonnie Henry in a still from the documentary *Our Time to Be Kind*.

NICOLAS IHMELS
STAFF WRITER

The Victoria Film Festival (VFF) is celebrating its 30th anniversary this year. And there’s no shortage of events for movie lovers to enjoy at the VFF, from the fest’s lineup of movies from all over the globe to events such as chats with filmmakers.

One notable example of the varied movie lineup is Vancouver-based Adrian Buitenhuis’ newest documentary *Our Time to Be Kind*. The film is based on BC provincial health officer Bonnie Henry and her team as they worked to flatten the curve of the COVID 19 pandemic in BC.

“When the pandemic hit, it was clear that Dr. Bonnie Henry and her team were doing something that was exceptional, and also extremely challenging,” says Buitenhuis. “So, being, like, ‘This is affecting my life and the lives of all other British Columbians and across the world

in a major way,’ I thought it was an important story to tell.”

At first, Henry wasn’t sure she wanted to be a part of the documentary, but ultimately decided that the work happening behind closed doors was important enough to share.

“Dr. Henry doesn’t like being in the public eye to begin with, but, you know, this pandemic really forced her into the forefront of that,” says Buitenhuis. “And having to be on television on a daily basis to give updates was something... I don’t think she ever thought she would be in a situation like that. So, to have a film made about her and her team was something that she wasn’t sure of, but she also knew it was important to have a record of it.”

Buitenhuis says that the thing that drew him to this project was the chance to dive deeper into the unfolding story of the pandemic.

“As we were all stuck at home

in early 2020, the person that we were seeing the most in front of us on a daily basis, the one who was giving us guidance, was Dr. Henry, and Adrian Dix,” he says. “As a documentary filmmaker, the way that normal media and news cycles work, is it’s all about the soundbite, it’s not about the sort of long-form story or what’s happening. And I just saw there was an opportunity there to tell a bigger story.”

Filming this documentary allowed Buitenhuis to shoot in spaces he normally wouldn’t, allowing for a more in-depth look into Henry and her team’s working process.

“We sort of coordinated as to when there were good opportunities

for filmmaking or what the story was,” says Buitenhuis. “And we would sort of plan out times that we would work together and do interviews. They made it possible, they granted us access to be there at the legislature, to film them behind closed doors, so it was great. I interviewed John Horgan and many journalists, as well. I think it was a good relationship and we were really lucky to have the access.”

Our Time to Be Kind offers audiences insight into the inner workings of Henry and her team during some of the most tumultuous days of the pandemic.

“If [audiences] want to understand a little bit more about the

bigger story of what was going on and to get a more intimate picture of what was happening to all of us,” says Buitenhuis, “or, you know, [see] the story of what was happening over the last few years from a different perspective than they’ve seen in the news, then this would be a great opportunity to see that.”

Victoria Film Festival
Friday, February 2
to Sunday, February 11
Various times, dates,
and venues
victoriafilmfestival.com

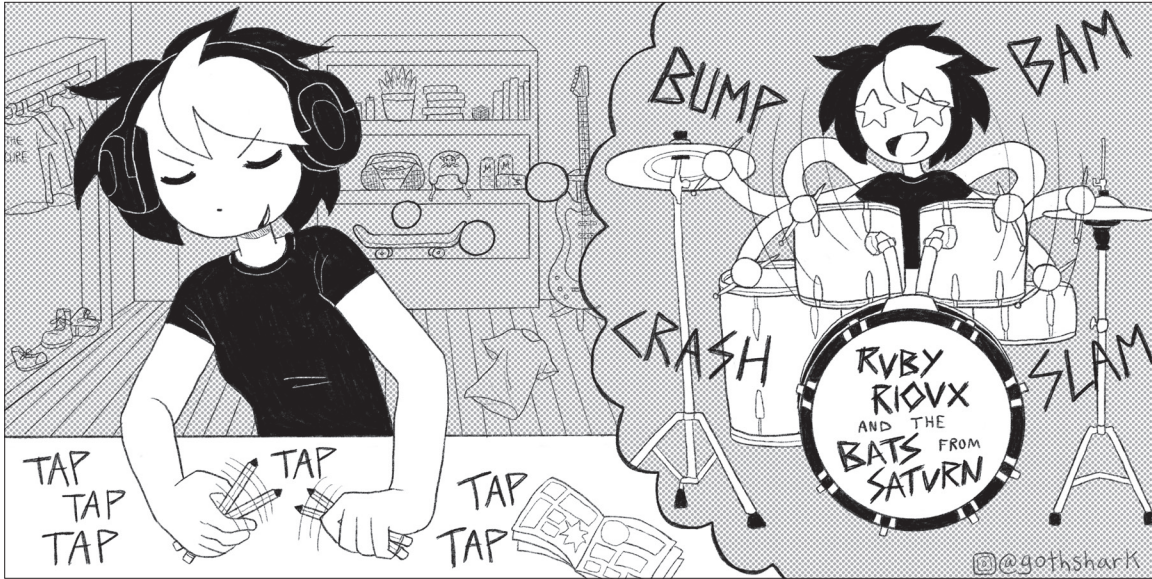
eyed on campus



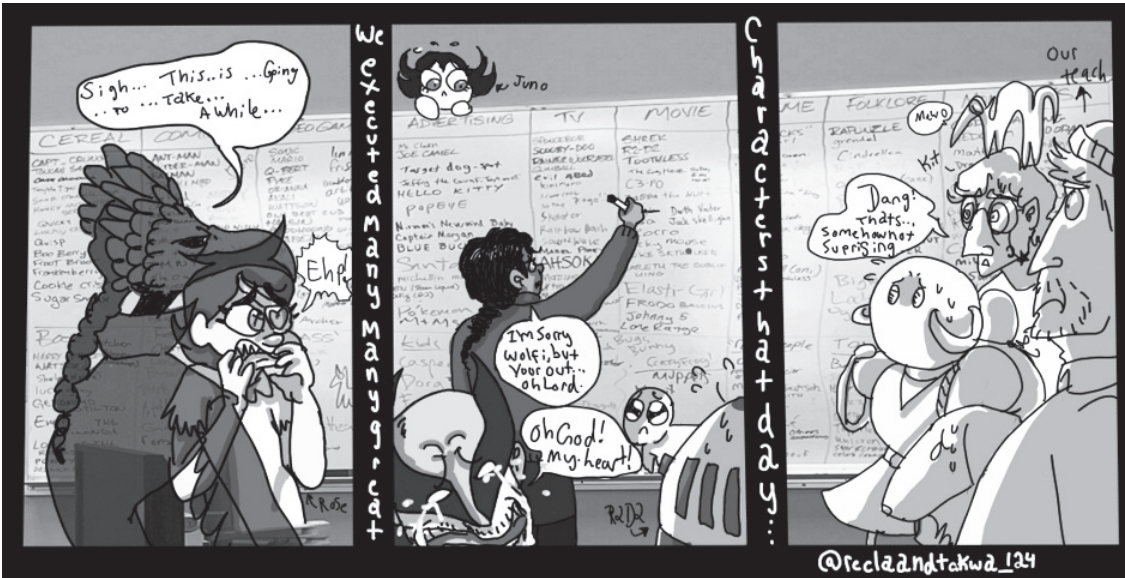
PHOTOS BY JORDYN HAUKAAS/NEXUS

Camosun College shut its campuses down at noon on Wednesday, January 17 and Thursday, January 18; these works of snow art were spotted shortly after classes ended on January 17.

Ruby Riovx and the Bats from Saturn - Ray Nufer



Takwak Comics - Recla Ker



Things That Happen - Jaiden Fowler



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



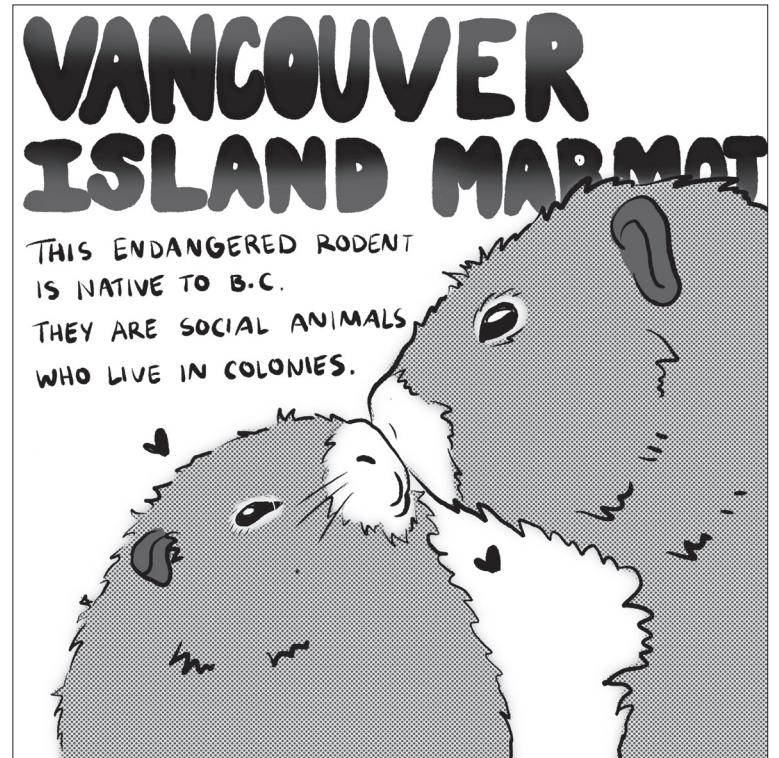
Brainrot - Kit Miller



wildthings - Finnegan Sinclair Howes



Creature Feature - Jenna Victoria



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



Kiryn's Wellness Corner

by Kiryn Quinn

Getting routine

As you get settled into your new schedule and begin to carve out a routine for academic success, your health will also benefit from a routine. It's much easier to keep your new year's resolutions or general eating habits on track if you have a scheduled routine.

A great habit to help save time and keep you from choosing french fries on the go is to meal prep on a day when you have fewer deliverables. Some love to dedicate Sunday to cooking larger batches for the week and dividing out meals into smaller containers. Find a day that's less charged for you and have some fun making a big batch of something you love as a base around which to build some meals for the next few days. If you have a friend who also likes to meal prep, agree to double your batches and share.

With a central meal, be it a soup or stew or a marinated and baked protein, add fresh fruits and vegetables that are pre-chopped and packaged to easily grab from the fridge and throw into your school

Find a day that's less charged for you and have some fun making a big batch of something you love as a base around which to build some meals for the next few days. If you have a friend who also likes to meal prep, agree to double your batches and share.

bag. Don't forget to add some variety of savoury and sweet along with crunchy textures to keep your palate satisfied.

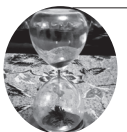
Your yoga routine can also be "prepared" in advance by having a set series of postures you like to practice at certain times of the day based on your school and work schedule. Not everyone can commit to a daily morning or evening routine when your class schedule may have morning and evening classes. You can, however, mark out time on your calendar, just like for your classes, to show up for yourself and keep the blood flowing. Try to not over-schedule every free minute:

you'll begin to resent not having any free, unscheduled time to yourself and you'll begin skipping out on healthy habits.

Just like your food, your exercise routine needs some variety to keep it interesting. Add in different styles of yoga to your practice or simply participate in something totally different. Try a martial art, join a dance class, play some badminton, or go on a hike in any one of the beautiful parks surrounding Victoria.

Keeping variety in your diet and exercise routine helps keep it interesting, and don't forget to schedule in that downtime to just do nothing.

Until next time, keep it real.



Not the Last Word

by Emily Welch

Housing impossibilities

Housing and finances are on everyone's mind these days. Housing prices are increasing fast, and the scary thing is that there doesn't seem to be any sign of them lowering or even levelling out. The dream that most people have as they're growing up is that they'll one day score the right job, meet the right person, settle down, and buy a home. Of course, this isn't everyone's dream, but it's very common. However, the cost of a single-family home in Victoria is now averaging over \$1 million.

As students, our dreams seem to have halted. It's all about survival these days.

Unless we're lucky enough to have been born into a lot of money, we're in a constant struggle to make ends meet, to pay our rent, to pay our bills, to pay our tuition and

school expenses. Trying to come up with rent these days is just as outrageous and scary as buying a house. Renting a one-bedroom in Victoria costs about \$2,000 a month.

Allogically minded person would say with the astronomically high rent prices, wages must be going up as well. However, a minimum wage job (the kind most students have) pays \$16.75 an hour. This makes it impossible for a student to afford an apartment on their own. It's not unusual today to find four or five students squeezing themselves into a one-bedroom apartment.

Housing is not the only financial issue. As you've undoubtedly noticed, food and gas prices have soared as well. I noticed recently that what used to be a \$40 weekly grocery trip is now about \$65. Filling up my car with regular gas is

\$75; because I live in a rural area, I don't have a choice in my method of transportation.

Students and the working class are advised to put at least five percent of their pay into savings. With expenses being what they are, though, this is an absolutely laughable idea.

Students have very little power to do anything in these situations. Conspiracy theorists write about how this is the billionaire's way to weed out the less fortunate. However, the economy depends on all people to make society function and thrive. A strong economy can be compared to a community of trees: everyone benefits from one another in order to survive. In other words, these skyrocketing prices need to shift, otherwise we'll all be living outside.



Lydia's Film Critique

by Lydia Zuleta Johnson

Alice Doesn't Live Here Anymore

In the heart of a strong-willed, defiant little girl is a dreamscape of songbird stardom. Or at least so for Alice Hyatt (played by Ellen Burstyn) in *Alice Doesn't Live Here Anymore* (1974). But life settles away from this grown-out fantasy and into all-American suburbia. Hyatt's dreams get overshadowed by her smart-mouthed 11-year-old

improvisational. Throughout all 112 minutes, Burstyn is personal and sincere. Playful handheld camera work and wide lenses create a real-life window of the connection, rejection, love, pain, and riot of a resourceful single mother. Interactions between Alice and her son, Tommy (Alfred Lutter), play out like outtakes. A scene of the two in a

Alice Doesn't Live Here Anymore shares a portrait of womanhood on a platter of humour and fear.

son and abusive truck-driving husband. But after his sudden death, Alice is now afforded a new lease on life and her dream is now ready for realization. She crams her son and what's left of this life into a car and hits the open Southwestern road, ready for Monterey. Nothing can stop our Alice except perhaps the ingrain of an uncertain self.

Alice Doesn't Live Here Anymore, directed by Martin Scorsese and driven by uncredited producer Ellen Burstyn, shares a portrait of womanhood on a platter of humour and fear. The chronicle is not one of an easily courageous woman taking on a life of her own, freedom torch in hand—it's a life with sewn apprehension, one of painful male dependency.

During the road trip of motels and dive bars, Alice's promise of Monterey sinks deeper and her chanteuse dream drags back into a familiar abusive pattern.

There's something documentary-like about the movie, which makes sense as a large part of it is

motel-room water fight could easily be ripped out of a home video. Even at times slapstick, their relationship is genuine and easy to mistake as actual.

Beginning to slowly wave her dream goodbye, Alice seeks a job as a waitress where she meets Flo (played by Diane Ladd), of many pearls of crude wisdom. Performances by the two, particularly one sunbathing in the alley behind the diner, are intimately tender and comedic. Not a second between the pair is dull.

A travel log like *Alice Doesn't Live Here Anymore* is at times harrowing. Seemingly charming men deceive her trust as she's desperate for support. Meeting convenient bachelor David (played by Kris Kristofferson) during a shift at the diner, Alice takes a final bow at her singing career. Her fear has won, no gloriously championed Rosie the Riveter standing alone strong. But she's a heroine in her own right and a survivor of it all.

4/5



Fellas, Let's Figure It Out

by Jaxson Smith Peterson

Five reasons to lift weights

1. Lifting increases your testosterone

As discussed in a previous issue, there are a ton of societal and environmental factors that have led to a massive dip in young men's testosterone levels. One way to combat this is with weight training. Lifting heavy weights, especially leg exercises, significantly increases testosterone production.

2. Consistent gains require delayed gratification

In a world of instant gratification, exercise is a way for us to practice the valuable skill that is delayed gratification. Most people don't see huge results in their first few weeks or months lifting weights. The body takes time to adapt and it doesn't happen overnight. You don't wake up the day after your first workout and immediately look like a professional bodybuilder. It might take 500 or more sessions to see significant progress—that's upwards of two years. However, if you have the patience and the mental fortitude to stick with it, your results will be amazing.

3. It takes discipline to create and stick to a routine at the gym

Going hand in hand with the last point is the discipline it takes

to stay consistent with your routine and diet. Nobody wants to wake up early to exercise. It takes discipline. When you aren't seeing results it's so easy to just skip a session. Don't. Be disciplined. Discipline in one area of your life bleeds into other areas, making you a better person as a whole.

4. Increased bone density and reduced injury risk

Increasing your bone density might not be as sexy as some of the other reasons to lift weights on this list, but it's definitely important as you age. Eventually we'll grow old and I, for one, want to be active and mobile into my old age. Having strong bones is the best way to limit the risk that you break a hip or struggle to make it up stairs as you enter old age.

5. Improved confidence

Whether they admit it or not, most people care about their appearance. Fashion or physique, you undoubtedly feel more confident when you like how you look. On a recent drive to Tofino, I saw a sign for a gym that I feel summarizes this point well: it was called Look Better Naked Gym. Confidence is key, and lifting weights is a great way to feel and look more confident.

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