

YOUR CLASSMATES ARE ON DRUGS

**Camosun students are using non-prescribed
ADD and ADHD drugs to help them study.
Our exclusive two-part investigation starts on page 6.**

PLUS:

**Parliamentary committee
recommends
Adult Basic Education
funding be reinstated**

**Camosun Chargers coach
gets inducted
into sports hall of fame**

**Holiday fave returns
to the stage**

NEXUS

camosun's student voice since 1990

Next publication: January 6, 2016

Deadline: 9 am December 14, 2015

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

Location: Lansdowne Richmond House 201

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Nexus prints letters that are 250 words or less. *Nexus* reserves the right to refuse publication of letters. Letters must include full name and student number (not printed). *Nexus* accepts all letters by email to editor@nexusnewspaper.com. We reserve the right to edit all letters.

OVERHEARD AT NEXUS: "I am listening to you, but look at those birds."

COVER PHOTO: Greg Pratt/Nexus

editor's letter

A difficult conversation

Postsecondary is stressful, no doubt about it. I remember it well, and even though my own battered, hazy memories are filtered with the necessary and forgiving smokescreen of nostalgia, I certainly remember the stress of getting everything done on time. It wasn't always easy, and that's just part of getting older: it never gets easier. Every new challenge and new stage in life comes with new, and more, obstacles to conquer.

But it still came to a surprise to all of us around *Nexus* HQ that what appears to be many Camosun students are turning to ADD and ADHD drugs to give them some extra help to make it through the day. It seemed to be a bit of an elephant in the room to some people we talked to, while others were totally unaware of it. Well, it's not an elephant in the room anymore: head to page 6 to read the first of our exclusive two-part series of stories on the issue.

This time around, we talked to Camosun students who use the drugs, as well as a former Camosun student who has ADHD and disagrees with students using these drugs. Next issue we're talking to Camosun College and the Camosun College Student Society, as well as looking at what doing these drugs does on a biological level.

It's a tricky business writing a story like this. We're not judging, and we're not trying to be controversial. To be honest, we're concerned about Camosun students, and we're concerned about Camosun College, and we wanted to bring the conversation out in the open, because no one else was. No matter how awkward or painful it might be for some people, that's the job of a student newspaper.

We welcome your thoughts on the subject. Head to nexusnewspaper.com to leave a comment on the story, comment on the story on the usual social media haunts, or drop us an email. We'd love to hear from you.

Greg Pratt, managing editor
editor@nexusnewspaper.com

flashback

25 years ago in *Nexus*



At least there was no danger of a chemical explosion: Our November 27, 1990 issue had a rather alarming headline on the front page: "Chemicals present safety concern at Camosun." Turns out that a new paper recycling and chemical storage area being built on the Lansdowne campus had Rinn Rapp, who was Camosun's chemistry coordinator at the time, a bit worried. "We're concerned about the whole safety aspect," said Rinn. "While there is no danger of a chemical explosion, ventilation and condensation inside the temporary storage shed remain a far cry from ideal conditions."

Language learnin': In the *Everyone Who Loves* column, then-Camosun chaplain Clare Holmes mused on the word (and the concept

of) wellness. Too bad that, at the time, computers' spellcheck didn't like it, Holmes laments in the column. Good news: I just tested and it looks like "wellness" gets a green light from spellcheck these days.

Macaroni shower: Again: macaroni shower. That was the phrase that caught my eye while scanning through the story "KD-fests sweeping the nation?" Not knowing what a macaroni shower or a KD-fest is, but obviously wanting to find out, I read on. Turns out, back in 1990 it was all the rage to find your least-favourite politician and toss Kraft Dinner at them. Indeed, during an appearance at York University on November 5, 1990, then-prime minister Brian Mulrooney was on the receiving end of a macaroni shower.

open space

Man's battle against hedonism

JAYDEN GRIEVE
CONTRIBUTING WRITER

Self-interest and the pursuit of pleasure are the major driving forces behind most of humanity's actions.

When a person is born into this world they are born a hedonist. Without influence children have no care for the wants and needs of others; they simply desire to transform any discomforts they may have into pleasure. It is not until we berate a child for their wrongdoings

own self-interests, things will balance out overall and the greatest possible level of aggregate happiness will be achieved. This is a flawed perspective that can be disproven simply by looking at the state of western culture today and seeing how people's selfishness—this is particularly obvious in regards to big business—has caused some of the world's greatest catastrophes.

So if people's selfishness and desperate vying to maximize their own pleasure has a negative effect

Humans are weak creatures by nature, so often corrupted by our carnal desires that it's a wonder we can interact with each other at all.

that they decide to share with their siblings, exercise self-control, or stop throwing tantrums.

At this point in our lives we are not so different than the other animals that we think are our inferiors. Animals may exercise some forms of self-control, but that can be chalked up to them being forced to. A younger male animal may want desperately to mate with another female of his herd but he resists because he is afraid of the alpha male. Even this in itself is his attempt to maximize his own net pleasure.

As we grow we are, unfortunately, forced by the basic axioms of society, not by our own wills, to become less and less primal.

Some philosophers have argued that if each person pursues their

on society it can be put forward that the real foundation of a just, organized society is people resisting their burning, hedonistic desires.

Humans are weak creatures by nature, so often corrupted by our carnal desires that it's a wonder we can interact with each other at all. This is what makes society as it stands such a beautiful thing. The thought that each of us could surpass our own wants to achieve a greater happiness for us all is a glorious thought indeed. If ever we are truly able to release ourselves from hedonism completely and achieve what some would call enlightenment, then, and only then, will we find the glorious utopia—the paradise on earth—that man has sought from the beginning.

Something on your mind? Send *Open Space* submissions (up to 400 words) to editor@nexusnewspaper.com. Include your student number. Thanks!

NEXUS

Call, email, stop by.
We want to hear your story tips.

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SPEAK UP

What are your holiday plans?

BY SARAH TAYLER



JULIAN KOLSET

"I think I'm going to Mexico. Probably some surfing and just relaxing. Getting out of the Victoria cold and wet weather."



BUSSBINDER SINGH

"I'm not sure. I will stay here for Christmas."



KEVIN KENDALL

"Staying at home with the kids and my wife."



ADELAIDE STEWART

"I'm gonna go home and relax. I live on Denman Island so I get to travel a little bit."



CHARLOTTE LAUENER

"Having family over for Christmas; just staying at home."



GABRIELA RIVERA

"Staying in town, and working. I will be learning how to cook traditional Russian dinner."

postsecondary

Parliamentary committee recommends government reinstate Adult Basic Education funding



PHOTO PROVIDED

Canadian Federation of Students-British Columbia's Simka Marshall says ABE should be tuition-free.

WENDY SNEDDEN
CONTRIBUTING WRITER

The Select Standing Committee on Finance and Government Services, a parliamentary committee, recently recommended that government reinstate funding to Adult Basic Education (ABE), and student groups are backing their recommendation.

According to Canadian Federation of Students-British Columbia chairperson Simka Marshall, it's important that ABE be tuition-free and that no student is turned away because of costs.

"ABE is really important because it serves as a stepping stone,"

says Marshall. "It'll help someone stay in the trades or in the job market."

Marshall says that those enrolled in ABE are some of BC's most marginalized students. Many are low-income earners, and 18 percent of ABE learners are indigenous, she says, adding that many use ABE to upgrade their high-school courses in order to qualify for college, trade, or university programs.

Marshall says that the committee recommendation is positive because the recommendations will go to the minister of finance when creating next year's budget.

"We are really hopeful that be-

cause the committee heard from many different organizations and individuals about the importance of ABE, the government will take that seriously and reinstate funding in the budget," says Marshall.

Minister of advanced education Andrew Wilkinson says the reason that ABE funding was cut in the first place was because delivery costs of ABE increased. Wilkinson says that the decision to cut funding was made in order to "ensure sustainability of these important programs."

MLA George Heyman is a member of the Standing Committee on Finance and Government Services;

"We are really hopeful that because the committee heard from many different organizations and individuals about the importance of ABE, the government will take that seriously and reinstate funding in the budget."

SIMKA MARSHALL

CANADIAN FEDERATION OF STUDENTS-BRITISH COLUMBIA

he says ABE is important because it creates opportunity for new immigrants and people who left school for various reasons to upgrade their education.

"There is very little that we can do that will bring greater equality to our society than to ensure that everybody gets as much education as they want and as they are able to assimilate so that they can use that education to be better citizens and more productive in the workforce," says Heyman.

MLA Carole James, the opposition spokesperson for finance, says ABE programs help break the cycle of poverty.

"I'm a huge believer in providing opportunity for people, in providing a hand up, not a hand out," she says. "And I see Adult Basic Education as that hand up."

But not everyone feels the same way about ABE funding. In a government press release, minister of education Peter Fassbender said

that high school is free, but further upgrading is not.

"I think it is reasonable to expect adults who've already graduated to contribute to these costs," he said in the press release (Fassbender did not reply to an interview request by deadline).

The Select Standing Committee on Finance and Government Services announced their recommendation to reinstate ABE funding in their *Report on Budget 2016 Consultations*.

ABE funding was cut on January 1, 2015 after being tuition-free for eight years. Federal funding was replaced with an adult upgrading grant with specific eligibility requirements. Information regarding the eligibility requirements for the grant can be found at studentaidbc.ca.

ABE programs help adults get training for basic and vocational skills, and offer a way to get a secondary-school diploma.

NEWS BRIEFS

Camosun Chargers men's volleyball number one

The Camosun Chargers men's volleyball team beat the Capilano University Blues 3-1 on Friday, November 20. This was the men's 10th straight win and put them in at number 1 in the national ranking. The women's volleyball team lost 3-2 to the Blues, putting them to the number 8 position nationally. On Saturday, November 28, the men's volleyball team defeated the College of the Rockies Avalanche 3-0; the women also defeated the Avalanche 3-0. On Sunday, November 29, the women's volleyball team lost 3-0 to the Avalanche but the men's team kept their winning stream going with another 3-0 victory, their 12th consecutive win; the team is so far undefeated in the 2015 calendar season. The Camosun Chargers men's and women's basketball teams both lost to the Quest Kermodes on Friday, November 20. The next

night, both teams lost to the Langara Falcons. Men lost 64-61 and 77-74 and the women lost 65-54 and 73-53, respectively.

Getting frisky

Island Sexual Health, which operates a clinic out of the Richmond House at Camosun's Lansdowne campus, has opened a new retail outlet. The store Frisky Business, which had its grand opening on Saturday, November 28, will help to keep the non-profit clinics in operation. For more information on clinics run by Island Sexual Health or for their new store hours, go to islandsexualhealth.org.

Enbridge troubles in academia

The Canadian Association of University Teachers (CAUT) announced on Wednesday, November 18 that there would be a formal investigation into alleged academic freedom violations at the University of Calgary. Senior academics at the

university claim Enbridge inappropriately interfered in the university's Centre for Corporate Sustainability after the company provided a donation to the University. A former chair of the centre claims to have been fired after raising concerns to the University of Calgary's administration about Enbridge's inappropriate influence in the centre. Another staff member of the centre quit in protest over the university's failure to defend academic freedom. The investigative committee will look into charges of conflict of interest, violations of academic freedom, and donor interference surrounding the establishment and operation of the centre.

Ex-Victorian wins top prize in music contest

As we mentioned in last issue's News Briefs, ex-Victorian Leeroy Stagger was one of the final three competitors in The Alberta PEAK Performance Project, run by radio station 95.3 The Peak. On Sunday,

November 22, Stagger won first place and \$100,953.

Volunteers needed

Recreation Integration Victoria is looking for volunteers. The organization aims to help people with disabilities live full and active lives by matching them with a volunteer with similar recreational interests, which can be anything from intense activity to down-time hangouts. For more information on becoming a volunteer visit rivotonline.org.

CRD seeks public input for regional trails plan

The Capital Regional District (CRD) is looking for public input on its Regional Trails Management Plan. This plan will guide decision making, priority setting, and budget planning over the next 10 years. The CRD trail system currently is made up of the Galloping Goose, Lochside, and the E&N Rail Trail—Humpback Connector; the

new plan will apply to any new trails developed in the future. The management plan and comment form are available at crd.bc.ca/project/regional-trails-management-plan. In addition, two public open houses will be held in January; for dates and times see crd.bc.ca.

Salvation Army looking for help

The Salvation Army in Victoria is in need of volunteers to man Christmas Kettles, which will be on the streets from November 28 until Christmas Eve. Donations from the kettles go toward purchasing food for hampers, which will then be distributed to struggling families throughout the winter months. If you are interested in helping out this holiday season contact the Salvation Army at 250-216-2447.

-PASCALE ARCHIBALD

Got a news tip for us? Email editor@nexusnewspaper.com so we can look into it.



sports

Chargers coach Charles Parkinson enters Volleyball BC Hall of Fame

JAYDEN GRIEVE
CONTRIBUTING WRITER

Camosun Chargers men's volleyball head coach Charles Parkinson was recently inducted into the Volleyball BC Hall of Fame.

Parkinson, who is also a faculty member of Camosun's Centre for Sport and Exercise Education, is both appreciative of and humble about being chosen for induction.

"It's awesome. I can't say that I've ever thought about it a lot. For me, it's always been about the journey and not really the destination," says Parkinson. "But I think it's great at the end of the day that you are recognized for maybe having made a bit of a difference."

Parkinson first considered playing volleyball in high school after a bout of tuberculosis caused him to seek out a sport that wouldn't be too aerobic. He tried it and, he says, he was terrible.

"I obviously didn't enjoy being terrible so I just worked hard and got better and better and started to like it more and more and pretty soon became passionate," he says. "I went on to play in college at Langara and we were the best in the country at that time, so I was invited to try out for the national team, and I made it."

After four years at the national level, Parkinson moved back to

"I'm as passionate about the game today as I was when I was 19. I could have the worst day in the world and I'd go into the gym with the team and it just changes my whole perspective."

CHARLES PARKINSON
CAMOSUN CHARGERS

the west coast, got married, and started his coaching career. Since then he has continued to work in the volleyball business, including providing colour commentary during professional volleyball events for major television networks. He does admit, however, that he's not as young as he used to be, and he says that it shows on the court.

"I could probably still play a specialized defensive position at the national level, and I could probably play for one or two sets, and then my gas tank might be a little emptier," says Parkinson. "In my mind, of course, I could still play with everybody; as you get older,



PHOTO PROVIDED

Camosun Chargers men's volleyball head coach Charles Parkinson (centre) hard at work on the court.

your brain still remembers, but your body can't respond the same."

Despite this, Parkinson still strives to demonstrate excellence when teaching his student athletes. He pushes them in training to be excellent and knows that leading by example is the best way to facilitate that. The same goes for exhibiting his love of the game.

"I'm as passionate about the game today as I was when I was 19. I could have the worst day in the world and I'd go into the gym

with the team and it just basically changes my whole perspective," he says. "I appreciate that so much from them. They infuse that energy into me, and it makes me re-double my efforts to make them better."

Chargers men's volleyball team captain Vitor Macedo says Parkinson has had an "incredible journey" as a player and that definitely contributes to his coaching abilities.

"Charles is an incredible coach and we all have a lot of respect for him," says Macedo.

Parkinson says that he would not have been able to achieve what he has in his career if it weren't for the support he gets from his wife and children.

"My family has endured 40 years of road trips," he says. "I was either playing with the national team or coaching and gone with my students, and they were always so supportive; that's part of why I believe I'm so successful. It means a lot, because, you know what? I'm still doing it."

know your profs

Camosun's Michelle Bass negotiates through classroom conflict



PHOTO PROVIDED

Camosun College Mental Health and Addiction prof Michelle Bass.

GREG PRATT
MANAGING EDITOR

Know Your Profs is an ongoing series of profiles on the instructors at Camosun College. Every issue we ask a different instructor at Camosun the same 10 questions to get to know them a little better.

Do you have an instructor that

you want to see interviewed in the paper? Maybe you want to know more about one of your teachers, but you're too busy, or shy, to ask? Email editor@nexusnewspaper.com and we'll add your instructor to our list of teachers to talk to.

This issue we talked to Camosun Mental Health and Addiction prof

Alison Parker about constant learning, late-night email sessions, and conflict in the classroom.

1: What do you teach and how long have you been at Camosun?

I teach a variety of different courses in our Mental Health and Addiction programs (certificate and post-degree diploma programs). I've been here for seven years.

2: What do you personally get out of teaching?

I love the connection with students. We have an incredible bunch of interesting and engaged students. I always have to be on my toes. Teaching requires that I am constantly learning and upgrading my knowledge and acquiring new skills. I love the challenge.

3: What's one thing you wish your students knew about you?

I have a lot of education behind me, but it's never been easy for me. I've worked really hard.

4: What's one thing you wish they didn't know about you?

I wish they couldn't see the time of day (and night!) I respond to their emails and mark their papers. They must think I am a workaholic.

5: What's the best thing that's happened to you as a teacher here?

I love meeting the graduates of our programs in the community and feel especially proud of students who come back to lecture for us.

6: What's the worst thing that's ever happened to you as a teacher here?

The difficult times are when students become embroiled in conflict with each other. The class can become tense and it can be tricky to negotiate our way out of it.

7: What do you see in the future of postsecondary education?

The business model that has shaped and controlled our educational institutions over the last 40

years needs to be questioned. The growths in administration, student debt, class size, and limited security for a substantial number of instructors are some issues I'd like to see addressed in the future.

8: What do you do to relax on the weekends?

I have some wonderful routines each weekend, including running with a dear friend, meeting friends for coffee, and spending some time relaxing with my husband. When the sun is out I'm usually on the beach reading and swimming.

9: What's your favourite meal?

Anything that someone else—especially my kids—cooks for me.

10: What's your biggest pet peeve?

Being told I can't do something for some bureaucratic reason that makes no sense, is not effective, and stifles creativity and effective problem solving.

As part of our 25th anniversary celebrations, we started an Instagram account! Come see our pictures of student life and Camosun happenings.

While you're at it, we're also on Facebook and Twitter, you know...

Find us as nexusnewspaper on all three. See you there!

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NEXUS
camosun's student

college

New Camosun student club explores outdoor adventure



PHOTO PROVIDED

Camosun student Sylvia Watkins is taking students outdoors with the new Outdoor Adventure Club.

JESSICA WILLIAMSON
CONTRIBUTING WRITER

The new Camosun Outdoor Adventure Club may have started as just a class project, but third year Camosun Sport and Fitness Leadership student Sylvia Watkins has turned it into a functioning student club, taking her fellow students from the classroom to the fresh air for hikes and more.

“We had to do something in the

community,” Watkins says of the class project, “so I decided I wanted to make a Camosun Outdoor Adventure Club, because Camosun didn’t really have a club like that.”

Being a brand new Camosun club, attracting new members and generating a buzz is presently on the member’s minds. Setting up a college student club is not an easy task, but everyone involved is excited for what the future brings.

“We’re still trying to work out logistics,” says Watkins, “but we’re hoping to get some other things other than hiking coming up in the future, especially in the winter. Because there are different things you can do, like indoor rock climbing.”

Club member Andrew McMillan, who is also a third-year Camosun Sport and Fitness Leadership student, loves being out-

“A lot of the stuff I can do on my own, but doing it in a group has been a lot of fun.”

ANDREW MCMILLAN

CAMOSUN OUTDOOR ADVENTURE CLUB MEMBER

doors and jumped at Watkins’ idea for a student group that takes part in these sorts of activities.

“When Sylvia came to us with the idea of doing it, it was exciting for me,” he says. “I grew up on a farm, so being outdoors is second nature to me. I’m not from Victoria, so it’s something that intrigued me, and it obviously intrigued a lot of other people, so it’s been awesome.”

Having a club with a diverse group of students could potentially pose problems for communication. But the club’s group dynamics are going strong and are growing each time they meet, says McMillan.

“We have some really down-to-earth people,” he says. “We all sort of like the same things, so we’re all pretty similar personality-wise, and pretty similar interest-wise as well.”

Going out alone just doesn’t cut

it for McMillan anymore—he says going on adventures with other Camosun students beats adventuring solo any day.

“It’s been awesome,” he says. “A lot of the stuff I can do on my own, but doing it with somebody else and doing it with other people in a group has been a lot of fun. You meet new people, and we have some exchange students that are involved, so it’s been kind of neat to network with them.”

If you’re looking to join the club, finding them on Facebook is the best way to track them down; hopefully you can catch them when they’re not embarking on an escapade in the great outdoors.

“If I wanted to go for a hike,” says Watkins, “I would post on the Facebook group saying, ‘I want to hike Mount Finlayson today! Who wants to join me?’ And we’d just go from there.”

burlesque

Naughty-but-nice Cheesecakes return to melt icy hearts with holiday performance



JAMIE DROUIN

The Cheesecake crew being both naughty and nice at a previous live burlesque performance.

ALYSSA KOEHLER
CONTRIBUTING WRITER

Have you been naughty or nice this year? Why not both? The Cheesecake Burlesque Revue are going to prove it’s possible to be both as they shimmy on stage on December 5 for their annual *Naughty but Nice Peepshow*.

The 11-member troupe have been performing various takes on burlesque since 2006; *The Naughty but Nice Peepshow* will be a Christmas-themed event, and performer/MC Betsy Bottom Dollar cheekily says that it’s “a show full of Santa issues, instead of Daddy issues. This might melt your icy heart just a little bit.”

“It’s a show full of Santa issues, instead of daddy issues.”

BETSY BOTTOM DOLLAR

THE CHEESECAKE
BURLESQUE REVUE

The show, which will feature a variety of acts, musical numbers, and festive costumes, might even feature an appearance from Santa himself... if the audience has been very, very good, says Bottom Dollar.

Bottom Dollar and other Cheesecakes also teach occasional burlesque workshops, where aspiring tease artists can learn about the history of burlesque, feather boa and glove techniques, how to bump and grind, and, of course, tassel twirling.

According to Betsy, a wonderful side effect of workshop participation is a sense of empowerment and body positivity.

“I have to say that the most benefit that I personally get is when we teach workshops,” she says. “The tassel twirling part is that moment... a lot of people have never been naked in front of anybody else except maybe their partner.

Nobody’s ever forced, some people just put them on on the outside of their shirt, but quite often what happens is when the first person goes, we participate too, and they go, ‘I’m doing it, here’s my chance,’ and then the whole room has their tops off, and they’re looking around and at themselves and realising how great they look. Having that moment that’s so personal, and watching that empowerment come over people in the workshop is more amazing than any applause.”

As a troupe of women whose ages range from those in their 20s

to those in their 40s, and showcasing a diverse set of body shapes and sizes, the Cheesecakes are a refreshing break from current media that typically exhibits only an idealized type of sexiness.

After all, burlesque, as Bottom Dollar says, is about “portraying everybody in their best light.”

The Naughty but Nice Peepshow

7:30 pm Saturday, December 5

\$25 The Roxy Theatre
(no minors)

cheesecakeburlesque.com

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Int: 5:15 Tue, Campus Ctr 320

Info on the web: <http://camosuncollege.toastmastersclubs.org>

The postsecondary Camosun students are using prescription

Story and photo by Greg Pratt,
managing editor

“There comes a point where coffee isn’t
enough.”

CAMOSUN STUDENT 1
USES PRESCRIPTION MEDICATION TO HELP STUDY

This is part one of an exclusive two-part report. Part two will feature reactions from Camosun College and the Camosun College Student Society, as well as an examination of the biological and physical impacts of using these drugs when not prescribed. It will appear in our January 6, 2016 issue.

It’s a quiet Friday fall afternoon at Camosun’s Lansdowne campus. I’m interviewing a Camosun student who has admitted that they illegally use medication for people diagnosed with ADD or ADHD to help them study. We’re talking about why students use these drugs, the impact it has on those who actually have ADD or ADHD, and how prevalent the usage is at Camosun: it’s more widespread than some might think.

We’re talking on the phone and I ask, “If I wanted some today, right now, how fast could it end up in my office?”

They laugh, and they say that “it’s not particularly difficult if you know who to ask.”

Safety first

Students using prescription drugs to help them stay alert in school is nothing new. It’s a phenomenon that has been going on for years, and it’s not just postsecondary. The first Camosun student, who we are keeping anonymous, that I interview says that they became aware of using these drugs as a study tool in high school.

“I actually was an honour-student type person, running in a crowd that was very stressed on an academic level, and an overachieving kind of a crowd. It was actually a very common tool to utilize in later high-school years and definitely in college and university as well. It’s a really super common phenomenon.”

The student speaks with candor in regards to using these drugs, which they say are “definitely being done” by students at Camosun.

“There comes a point where coffee isn’t enough. The demands of being a student and still maintaining a good grade point average isn’t a possibility without more than the acceptable uppers such as caffeine.”

This student, who used to be on a prescription for Ritalin, says that when they hear of other students doing the drugs, they will assist them in making sure the drugs are being used as safely as possible.

“When I see other students using it, or talk to them about using the same medication, I’m not going to try to stop them, because I am aware that it can be dangerous. You can’t stop people from trying to get through postsecondary and trying to cope with an immense stress load and an exam the next day. So making sure they do it in the safest way possible and trying to educate students that way has been the interaction I’ve had.”

And those interactions include this student educating others on exactly what type of drugs they’re taking, if they’re slow release or not, how long they’ll be in a person’s system, and dealing with what happens after the high subsides.

“Do they know how to take care of themselves afterwards, after that exam is done and they haven’t slept for a couple days properly? Do they know how to take care of themselves in the aftermath so they don’t suffer long-term repercussions that will actually impact their studies and other responsibilities? I feel it’s going to happen anyway, so why not educate people on how to do it safely? Because it can get messy.”

Still, even though they are aware it can get messy, this student uses Ritalin when they deem it necessary for their studies.

“Just like someone would sit down with a big huge cup of coffee at 7 o’clock

and cram through an exam, this is another tool you can utilize. I’m not saying it’s ideal or safe... not sleeping and all that, it’s horrible for your health, but if you see it as necessary, do it in the safest way possible.”

The choice is yours

The second Camosun student we talked to, who is also remaining anonymous, first used Ritalin as a study tool about halfway through their first year of postsecondary. They had initially used Ritalin in a trial context by their doctor; it was deemed the drug wasn’t for them and they weren’t prescribed it.

“[The drugs] have been helpful for me in terms of allowing me to tune into myself when it comes to my writing and reflection,” says the student. “Almost like working straight from my primitive self. It’s also aided me with research, making connections I hadn’t before seen, and having the ability to bounce from place to place for extended periods of time without losing steam.”

This student says that they feel using drugs like Ritalin is “everyone’s right to try” “as long as it isn’t hurting anyone.”

“Whether it is something that is acceptable to do to yourself, you can only learn through trying it, I suppose. I don’t see it as the same as athletes using steroids to enhance their game. I think of it the same way I do people drinking coffee, just enhancing your performance. Some people who are accessing these drugs via friends may also ‘need’ them for undiagnosed ADD or ADHD. I can’t say. I think it is a personal choice, much like drinking alcohol.”

Although they are aware of the potential consequences of taking these drugs, this student says that they were not afraid to start using them and they trust themselves with the drugs now because of their experience with them.

“But there were times when I became worried about how they were affecting me both physically and mentally, messing up my eating and sleep schedule and not allowing me to function properly the next day if I’d done a little too much. Also, not knowing exactly how they are going to affect me each time I take them makes me weary and extra careful to only use them when it is needed and safe to do so.”

This student echoes the first student’s sentiments in saying that it’s not hard to find these drugs on Camosun’s campuses.

“If you brought the subject up casually I’m sure you would be surprised to learn just how common it is for people to hold these prescriptions, and a lot of them do not use it as often as they are told to by doctors. This means that people are willing to sell them and what student doesn’t need some extra cash? Especially if their drugs are covered in some way. I’m not saying people are standing on campus dishing out these drugs, but you’re likely only one person away from ‘scoring,’ if you will.”

The unseen repercussions

But what about students who actually have ADD or ADHD? Former Camosun student Juliana Cooper, who is currently a student at UVic, was recently diagnosed with ADHD. She says students who don’t have the condition using the drugs has a very negative impact on her.

“It’s frustrating,” she says. “These are drugs I need to function at the same

Secondary pharmacy

Abuse medication to help them study

“I think it is a personal choice, much like drinking alcohol.”

CAMOSUN STUDENT 2
USES PRESCRIPTION MEDICATION TO HELP STUDY

“When people abuse pharmaceuticals, it makes it that much harder for people who actually depend on them to get the drugs they need.”

JULIANA COOPER
FORMER CAMOSUN STUDENT WITH ADHD

level as students without this disorder. When people abuse pharmaceuticals it makes it that much harder for people who actually depend on them to treat some condition to get the drugs they need.”

Cooper says that because of the drugs being used illegally, she has to deal with not only the consequences of it being harder for her to get prescribed the drugs (if she loses her bottle, there is a 25-day hold on getting more in case she’s selling her pills, leaving her without medication for that time period) but also deal with the social stigma now attached with them.

“Now, when I pick up my prescription, I see a big, angry, red ‘double counted’ stamp on the bottle,” she says. “When I saw that, my first thought was, ‘Oh, that’s great, they’ve made sure I got the right number of pills.’ Then I realized it’s to cover their asses in case I try to weasel some extras to sell or snort or whatever.”

But the first student we spoke with says that this is a common phenomenon in health care in general.

“It’s very difficult to get a variety of medications because people are using them outside of the range of what they’re intended to be prescribed for,” says the first student. “That’s an unfortunate reality, it’s how our system is currently constricted. I personally try not to judge folks for trying to survive. It’s unfortunate that that’s a phenomenon, definitely.”

Cooper says she realizes that drug use isn’t going to go away, but she wishes that students wouldn’t use drugs that they don’t need if that usage has negative impact on their peers.

“What I would like is for people to be more thoughtful about the drugs they’re doing,” she says. “Stay safe, first and foremost, but also don’t use in a way that affects other people. I don’t shell out over \$100 a month to be treated like a potential criminal at the pharmacy or at the border.”

College transactions

The first student we spoke with said that it’s a well-known fact for people selling these sorts of drugs that those attending postsecondary institutions like Camosun are an ideal target market.

“If you are looking to sell, you know students are really good candidates for this particular medication,” says the student.

Which begs the question: is it students doing the selling?

“I think in part,” says the student. “I imagine. I don’t have a great scope on who is doing it, but the majority of students I’ve talked to do get it from another student. Students help each other out. If it’s a really stressful program, and you’re in it, you’re coping together. That can be an extension of that.”

The first student feels that using these drugs is, in some situations, necessary for students. They also feel that it’s definitely acceptable.

“I think on an individual basis, it’s entirely acceptable. Maybe it’s not ideal, it’s definitely not legal, in most cases, but I would never judge someone trying to survive or trying to get through what they need to to get to the next step in their lives. If you really need to get a good grade in that class, and this is how you feel you can do it, then who am I to judge?”

Going up and coming down

What does it feel like to take prescription drugs if you don’t have ADD or ADHD? We asked the Camosun students we spoke with who use it to assist in their studying, and here’s what they had to say.

“The type I’ve utilized the most is a slow-acting one,” says the first student we spoke with. “So within half an hour you feel much more alert, much more awake, you can concentrate, you can process things really well.

“There’s also the more negative sides of it, where you might feel a bit on edge, a bit more quick to being upset. The anxiety is something that you need to be able to handle; it has been for me.

“For the slow release, that can last about eight hours, then it tends to wear off slowly, maybe over the course of an hour, then you feel really tired, and you have a crash. You time it so it’s an acceptable time for a crash. It has to be something you do with a lot of intention and planning, and to be able to take care of yourself to keep going to your classes, to take care of yourself in general.

“There will be a crash, most likely, and there will be anxiety. You need to know how to deal with that. With any new chemicals going into your body, you need to know how to compensate for that, and try to stay intact despite what you’re trying to put yourself through.”

“Physical symptoms of the drug kicking in include faster heartbeat and sweaty palms and cold sweats,” says the second student we spoke with. “I attribute this to the pills being a form of methamphetamine. This can also result in an inability to eat or a general lack of hunger or interest in food for multiple hours on end.

“Mentally, the drugs allow you to focus or fixate in a sense. Almost feels like the effects of coffee. Your brain become ‘turned on.’ Personally, I’ll be able to write and write and delve into ideas that I’ve always had but the words seem to pour out when I use these substances.

“And the speed-like effects keep you awake. Turns your mind on and distracts from afflictions of being human, such as hunger and tiredness.

“It generally takes about an hour for the long-acting forms of these meds to kick in, with Ritalin and long-acting Dexedrine. I have tried the faster-acting/short-lasting Dexedrine, but can’t say how much quicker it affected me.

“In terms of how long they last, it depends on the type—Adderall, Dexedrine, and Ritalin—and their type and dose. The Ritalin I’ve taken has lasted on average around four hours, whereas some Dexedrine I’ve taken has lasted up to eight. It’s also incredibly dependent on the user, much like alcohol; there are many factors affecting its effect and efficiency, including bodily experience with the drug, sleep schedule, food intake, weight, and whether you have ADD/ADHD in any form.”

stage

Meet Me in St. Louis director helps cast build character

ADAM MARSH
CONTRIBUTING WRITER

For Chris Moss, director of *Meet Me in St. Louis*, rehearsal stands for “re-hear.” It is only after he and the cast re-hear the music and words a number of times, he says, that his cast members can truly “own their character.” The countless hours of collaboration and preparation for a large-scale show like this one is something that Moss loves.

“It’s a lot of dealing with people,” he says. “Which, in theatre, I enjoy. This show is a boy-meets-girl kind of show. It’s a really fun, family show. It’s not going to break any records anywhere, but it’s one you can come away from smiling. It’s safe.”

Moss is directing 23 actors and actresses, most of whom are still in high school. Working with such a large group of people and watching them develop, Moss says, is one of the most rewarding factors of directing.

“Gradually, over the period of the whole rehearsal period, you go from telling them, ‘That was terrible’ to, ‘That was wonderful.’ And their confidence builds every time they have a rehearsal. And they can feel it. They own the roles, and they start saying to each other, ‘Let’s go over that part that we did yesterday and get it right this time.’”

Moss says that when the writers adapted the movie for the stage (*Meet Me in St. Louis* was originally a 1944 film starring Judy Garland,

then adapted to the stage in 1989), they evened out all the parts, so that each cast member had “enough to build their character around,” which, according to Moss, has created “a much more balanced show than it is in the movie.”

“The only thing we don’t have is small cats and dogs in it,” says Moss with a chuckle. “Other than that, it’s loveable.”

Moss says that if he, as a director, can be responsible for 50 percent of what happens on stage—leaving the other half to the creativity of the actors and actresses—then he can trust the process.

“Some actors are used to being told exactly what to do on day one. You stand there, you turn in this direction, you raise your eyebrows, and then you say your line, and that’s not the way I direct. I explore the character.”

15-year-old Angelina Robertson is playing female lead Esther Smith, who was portrayed by Judy Garland in the film version. Robertson’s love of theatre and performing arts goes back to Grade 3, she says, when her elementary school drama teacher introduced her to it.

“Since then, I’ve always loved theatre,” she says.

Robertson says she was attracted to the storyline and the role of Smith right from the beginning of the audition process. She is tackling a big endeavour at a young age, but loves being up on stage.



PHOTO PROVIDED

Meet Me in St. Louis features local 15-year-old Angelina Robinson as female lead Esther Smith.

“There’s a bit of pressure in having a part like this and having had such a world-known person play that part,” she says, adding that Moss is a great person to work with and has amazing pointers. “I think it shouldn’t be too bad, but there is always pressure trying to get it to be as good as you want it to be, especially when someone as

good as Judy Garland has played the role.”

Moss says that he loves comedies because he gets to laugh a lot during rehearsals, but adds that after all the laughs is the satisfaction of a job well done.

“It’s a satisfying experience when you put that much effort into something,” he says. “You want to

come out of it saying that everyone’s been having a good time here and we’ve come up with a product that the audience will like.”

Meet Me in St. Louis
December 4 to December 13
\$21.75-\$49.50,
MacPherson Playhouse
rmts.bc.ca

holidays

Alberta Ballet brings the magic of *The Nutcracker* back to Victoria



YIN YI

It’s become a holiday tradition, and this year is no exception: *The Nutcracker* is coming to a Victoria stage in December.

ORIANA SMY
CONTRIBUTING WRITER

The Nutcracker may be a mainstay of December nowadays, but when it first premiered in 1892 in Russia, it was not well received. However, the performance has come a very long way since then; now, it’s coming back to Victoria, just in time for Christmas.

“Every year I see how important and precious it is that [composer] Tchaikovsky left us this legacy,” says Jean Grand-Maitre, artistic director of the Alberta Ballet, who are bringing the show to town. “There is no better gift than to introduce children to the arts at a young age.

We should keep the magic alive in children’s hearts.”

The Nutcracker is a tale about a doll that comes to life and takes a young girl on a magical journey. There are sword fights and dancing as the pair takes the audience on an imaginative adventure.

“I love to wait in the lobby to see everybody come in, and all the children are already dancing as they come through the door,” says Grand-Maitre. “I think it’s the coming together of family that inspires me the most.”

The Alberta Ballet is excited to be working and collaborating with the Victoria Symphony again,

says Grand-Maitre, although the union wasn’t without its initial challenges.

“They are the ones who first approached us many years ago, and we said, ‘I don’t think we can fit you in the pit; it’s a pretty big score.’ And they said, ‘Try us!’”

Grand-Maitre is excited to also incorporate over 80 kids from Victoria schools into the performance. The children will be playing various roles, including mice, soldiers, and, well, children.

“It’s really a connection to bring the community together,” says Grand-Maitre.

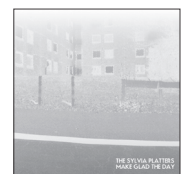
Even though it initially wasn’t

a huge success, *The Nutcracker* today stands for something pretty big, says Grand-Maitre.

“It’s about coming together to experience something inspiring and beautiful,” says Grand-Maitre. “The dancing is not only inspiring for children, but for adults to appreciate too, because it’s very technically demanding classical ballet. And so it’s really about inspiring people and to keep seeing the best in all of us.”

The Nutcracker
December 4 to December 6
\$29 and up, Royal Theatre
rmts.bc.ca

New Music Revue



The Sylvia Platters
Make Glad the Day
(Independent)
3/5

Langley-based power-pop band The Sylvia Platters’ debut album *Make Glad the Day* is an admirable first effort for a band doing all their own legwork: the self-produced LP was recorded by the band members in a cabin near Mount Baker.

The guitars are the driving force behind the band’s music: The Sylvia Platters have a talent for conjuring up catchy riffs. However, stronger guitar tones would help make these captivating melodies more memorable.

The production is an issue here—while a valiant effort to self-produce a debut album, *Make Glad the Day*’s drawbacks stem from the homespun recording efforts. The low fidelity and garage-rock direction aren’t the best company for an album brimming with pop sensibility.

Potential seems to be the story of *Make Glad the Day*. This album teases the listener with ambitions that, while catchy, aren’t fully realized. While they didn’t quite hit the mark on this debut, what we’re left with inspires confidence in future releases.

-JAKE WYATT

music

Camosun alumnus Claire Coupland finds her place in the music industry



PHOTO PROVIDED

Claire Coupland's musical journey includes time spent on the grounds of Camosun's Lansdowne campus.

SCOTT JOHNSTON
CONTRIBUTING WRITER

Folk singer/guitarist Claire Coupland is playing her first headlining show in Victoria this Christmas season, celebrating her new EP, *For You*.

It's a homecoming with a Camosun twist: Claire was in the Applied Communication Program (ACP) here at Camosun. She had

a revelation while studying at the college that would impact her music career.

"There was definitely a moment," says Coupland, "where we were broadcasting a live TV show for class and we had to bring in a band. These girls were singing some jazz songs and I was doing the interviewing; I remember thinking, 'I should be performing and

singing, so what am I doing on the other side?'"

Coupland finished her ACP diploma before going to the Victoria Conservatory of Music (VCM).

"I thought, 'Wait a minute; what if I learned all this web design, graphic design, and communication stuff so I can apply it to the business side of what I'm doing?'" she says.

Before Coupland started at VCM she studied musical theory for a summer to be prepared for the entrance test to VCM's jazz program.

"I didn't start taking music seriously until 2010, when I joined the Conservatory of Music," she says. "After a year my teacher was like, 'Claire, you need to go somewhere else; you need to be somewhere more challenging.' So I just applied to the one school I had heard great things about."

Coupland had to make an audition tape for her application to Humber in Toronto. It was nerve-racking, she says; she felt as if she didn't really know what she was doing, having only been at VCM for a year. She nailed the required arpeggiated chords and scales and her three selected songs, gaining her entrance into the program for 2011.

"The first two years were theory, history, electives, and ear training," she says. "Year three was really good because you got to put on recitals, which leads to year four, using the recording studio to produce another student and them to produce you."

It was between her third and fourth year at Humber that she recorded her album *Lonely Heart*. Coupland was absolutely terrified of songwriting but begged the head of her department to put her in

the writing ensemble. It paid off: she's since received praise from her mentors and teachers, which include music industry notables such as Triumph's Rik Emmett and producer Bob Ezrin (Pink Floyd, KISS, Taylor Swift).

"I remember thinking [while at Camosun], 'I should be performing and singing, so what am I doing on the other side?'"

CLAIRE COUPLAND
MUSICIAN

"I remember bringing in my first song and being so scared and almost in tears over it," says Coupland. "We had these practice modules; my song was due the next day and I was sitting crying in a module and then fell asleep. I woke up and was like, 'Okay, we've had a nap, it's time to finish this song.' That's when I wrote 'Lonely Heart,' which I named the album after because it was a pivotal moment for me."

Claire Coupland
8 pm Thursday, December 17
\$10 recommended donation,
Northern Quarter
northernquarter.ca

Music Bingo Mondays @ 7:30

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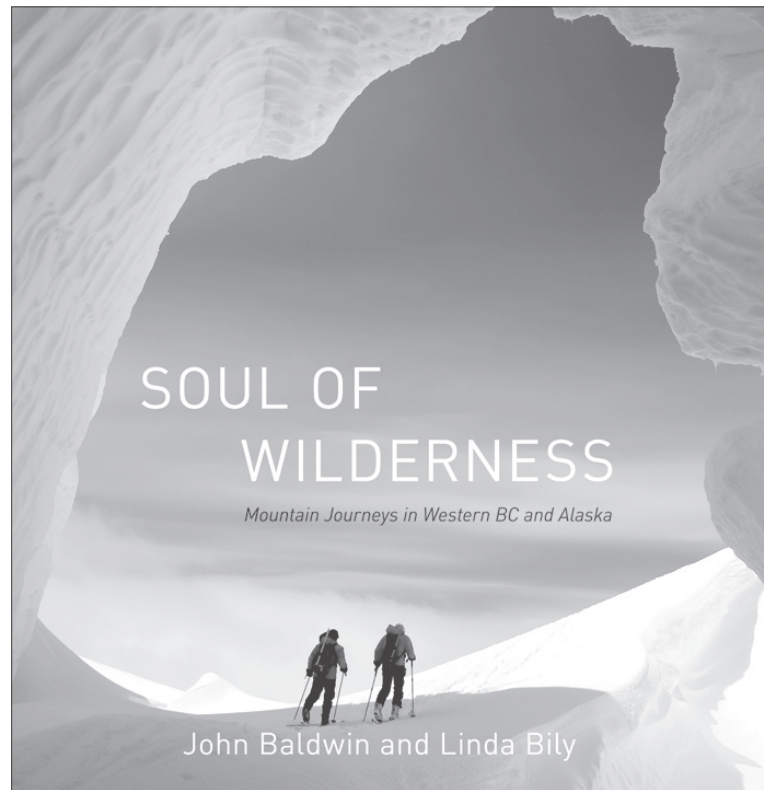
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ALWAYS DRINK PABST BLUE RIBBON RESPONSIBLY.

review

New book strikes with nature photographs



TASHA OLEKSHY
CONTRIBUTING WRITER

Soul of Wilderness by John Baldwin and Linda Bily is a delightful book about a couple's wilderness journeys in western BC and Alaska. Baldwin and Bily spent years exploring the untamed wilderness of the Coast Mountains together and they couldn't resist sharing their adventures with people any longer.

The book is a thorough compilation of photographs and words detailing the couple's backcountry skiing and hiking exploits. Stunning photographs accompany charmingly written blurbs on whichever glacier or mountain the authors decided to ski across that month.

At first glance, *Soul of Wilderness* seems like an innocuous coffee-table book that would make a great, inoffensive Christmas gift for that hard-to-buy-for aunt or uncle.

However, Baldwin and Bily surprise the unprepared reader (yours truly) with alarmingly beautiful photographs of tarns, Nunataks, and aretes (for those of you not up on your glacial feature terminology I highly recommend Chris Ayles' Applied Geomorphology course).

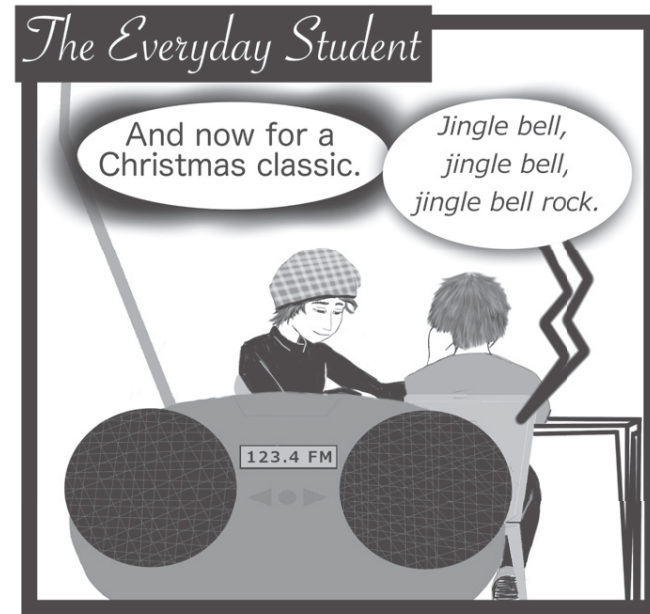
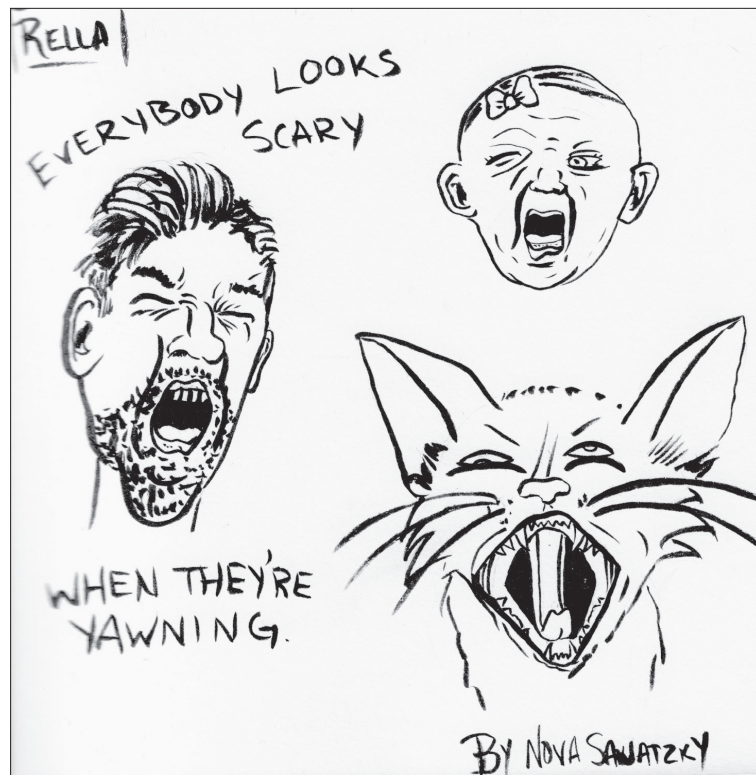
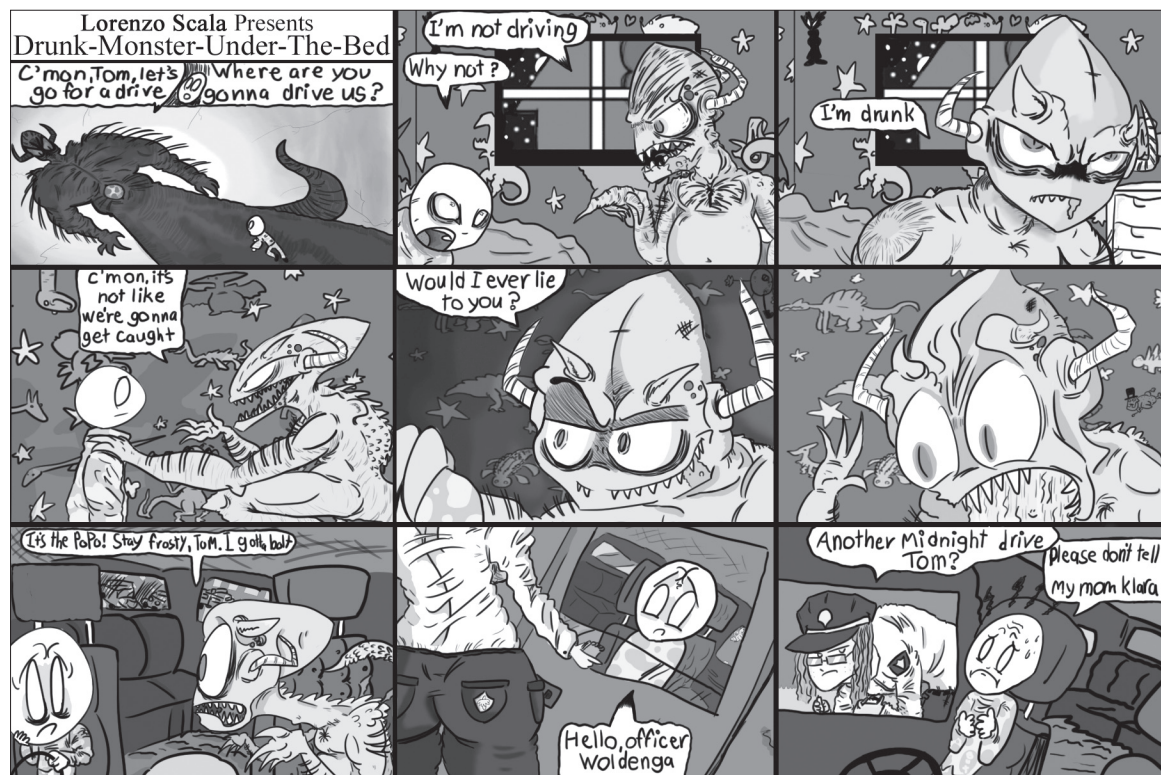
The authors succeed so tremendously in conveying their curiosity and passion for "untamed wilderness" that reading *Soul of Wilderness* made me want to drop everything, strap on a pair of skis, and get helicoptered into some remote alpine location to do some soul-searching on a mountaintop.

What really struck me about this book, above all else, were the photographs. Through them, Baldwin and Bily connect us with the intense beauty of North America's westernmost mountains. It's an amazing feeling, opening a book and seeing

a picture of a stunning landscape completely devoid of human influence. The vast majority of us do not experience such pristine wilderness on a regular basis; reading this book is a way to do just that.

It's amazing opening a book and seeing a stunning landscape completely devoid of human influence.

So yes, I would recommend *Soul of Wilderness*. Highly. And after reading it, if you're as compelled as I am to quit school and spend the winter skiing across mountain ridges then give me a call. I'm looking for adventure partners. Just don't tell your parents it was my idea.



NEXT ISSUE

Part two of our exclusive two-part series examining the usage of ADD and ADHD drugs as a study tool by Camosun College students who do not have ADD or ADHD.

On stands January 6.

PENGUIN & PEACOCK

What's that?

Oh no! You have caught me with these clearly falsified financial documents

What? What are you talking about?

Obviously I am evil and corrupt. You'll just have to fire me from being your friend

...let's talk severance packages

Ah, there it is

By Jayden Grieve



Lit Matters

by Keagan Hawthorne

The unromantic romances of Gabrielle Roy



Like Alice Munro's Ontario and Alistair MacLeod's Maritimes, Roy's portraits of Quebec do more than simply paint a landscape or describe a culture. They recreate the world of her characters in vivid, compassionate detail.

life in Quebec. She became a literary sensation when her first novel *The Tin Flute* (French title: *Bonheur d'occasion*) was published in 1945. Although not as well known outside of Quebec, Roy is one of the most important Quebec authors of the 20th century; she's won both the Governor General's award and the prestigious *Prix Fémina*.

Like Alice Munro's Ontario and Alistair MacLeod's Maritimes, Roy's portraits of Quebec do more than simply paint a landscape or describe a culture. Instead, they recreate the world of her characters in vivid, compassionate detail.

The Tin Flute, set in the working-class Montreal neighbourhood of Saint-Henri, depicts life as a struggle to rise above the ignorance and poverty that trap its residents

in cycles of abuse, loneliness, and sorrow. It is also the story of the search for love and a look at the forces that both hinder and help us along the way.

Roy's voice was new to Quebec literature because she wrote about Montreal suburbs and rural villages with a tenderness that didn't romanticize or sentimentalize. She spent her whole life in the pursuit of an authentic way of seeing.

"The life of a writer is tragic," she once wrote. "The more we advance, the farther there is to go and the more there is to say, the less time there is to say it."

Gabrielle Roy must-read:

The Tin Flute

(Public Library Central Branch: Paperback Fiction)

Canada's previous \$20 bill had a quotation on it: "Could we ever know each other in the slightest without the arts?" The quotation is from Quebec novelist Gabrielle Roy's *The Hidden Mountain*, a tender yet unrelenting look at both Canada's northern wilderness and the interior wilderness of a life spent pursuing art.

Roy grew up on the prairies but spent the majority of her working

Camosun College Student Society column

A MESSAGE FROM THE CAMOSUN COLLEGE STUDENT SOCIETY

by Carlos Suarez Rubio
Lansdowne director

Thank you for voting

I want to thank all of you who trusted and supported me with your votes. Getting people to like you is very easy. However, getting people to trust you is a process that takes time, and for those of you who trusted me with your votes, I am immensely thankful.

I will assure you that you will not be let down and I will follow through with my three commitments: a longer reading week, healthier food options at night in our cafeteria, and a more secure campus at all times. I am committed to helping you.

As one of the four Lansdowne directors-at-large, I encourage you to take an active role in the student movement. Many students

encounter economic struggles and need your help. That help comes in many ways, ways that your student society is constantly working to make happen, but the key is always you.

The Don't Close the Doors campaign, for example, is fighting to restore funding to Adult Basic Education. This program benefits some of our most marginalized demographics. Together, we can win the fight to bring back this vital funding.

We take seriously our mission to go above and beyond to help you and ensure we remain accountable to you and to have your trust. It may not be easy at all times, but everything is possible with hard

work, dedication, diligence, and love.

The joy of being a leader comes by serving others and by getting things done, but none of this would be possible without your time, dedication, and support. As Camosun students, coming together will create a strong campus culture.

We will be working hard to accomplish our goals, and we will also be studying harder to keep growing in this journey. However, we need your support and your time as we pursue the different campaigns we have for the welfare of all Camosun students.

Thank you kindly for all your help.



Look

by Melanie Didrich

I'm done

Two words have been careening like bullets off Camosun's unshakable walls. I hear them and nod, a sort of bow and prayer. Empathy for the reality of the point, for I live it, too. These words can mean everything or they can mean nothing. They are: "I'm done."

Done. At the time of this writing I am looking down the face of week 12, and at the time of the paper's printing it will be week 13. Maximum overload weeks. I am dragging my bag with much less energy than I ever thought possible: my body is weary and mind is exploding.

I curse myself for desiring that magical A+. I curse myself even more for wanting to earn it with less than 1000 percent effort. I feel as if my 110-percent effort simply isn't cutting the grade. Why is it that I drive myself so crazy and I act like a three-year-old child when I learn that the project just over the horizon suddenly has a new twist and I am expected to simply go with the flow?

Tantrums.

Oh, yes. I am a 43-year-old student and I want to fling myself to the tiled floor and weep, scream, and cry, because—damn it!—this all feels like too much. *Why* is there a new twist?

(Reading this now, of course, I want to smile and laugh at myself for the pure ridiculousness of it all!)

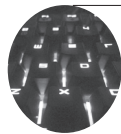
I'm not the only one who is done. I watch as the entirety of the student body huddles in the library, the cafeteria, or vacant spots studying together, working together. Heads bow together to make urgent deadlines.

A running-shoe ad once implored me to "try—the responsibility is yours."

I get it. I wear the runners, I work my hardest, and I try.

I feel that, as the end of the term approaches, I am overloaded, overworked, and near hysterics. It is some consolation that I am not the only one. Students everywhere groan in mutual pain: I'm done, I'm done.

Sacred two words.



The Bi-weekly Gamer

by Adam Boyle

A return to the wasteland

On November 10, Bethesda Game Studios released their fifth installment in the *Fallout* series. *Fallout 4* is a huge open-world single-player RPG in which the player traverses the post-apocalyptic wasteland of Boston in a quest to find their child, Shaun, and to avenge their spouse's death.

Along the way, the player can partake in optional side quests and events to boost their skills and upgrade their arsenal of weaponry. There are over 250 progression perks for the player to unlock, creating a complex environment in which the player can enjoy months of entertainment.

Fallout 4 boasts over 111,000 lines of dialogue, 50 base guns, 700 modifications to those guns, and 12 companions the player can recruit to help them along in the journey.

All this is a major boost in gameplay over the last *Fallout* game, *Fallout: New Vegas*, which was released in 2010. The newest game also uses the Creation engine, which was used in Bethesda's previous

major release, *The Elder Scrolls V: Skyrim*. The Creation engine allows for a more diverse environment, as well as bettering the graphics of the game. The engine also allows players to modify their game through downloadable mods that change the new *Fallout* in various ways such as new guns, new areas, or even new game mechanics.

Even though *Fallout 4* came with a nasty amount of bugs, many of which remain unsolved, it still sold approximately 13.2 million copies on its first day of release, grossing \$750 million in shipped sales. (The game was so highly anticipated by consumers that adult website Pornhub reported that traffic to the site dropped by a noticeable 10 percent the day the game was released, presumably because people were too busy playing the game to be playing with themselves).

Bethesda has created another fantastic blockbuster game and hopefully their next one is just as impactful as this one.

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If you're interested in doing some volunteering at an award-winning student newspaper, stop by our offices at Richmond House 201 on the Lansdowne campus, or contact us by email (editor@nexusnewspaper.com) or phone (250-370-3591).

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holiday word search

It was the best of times. It was the worst of times. It was the holidays.
Bring the completed puzzle in to the Nexus office and grab a surprise prize for your hard work! Hint: it's a Nexus T-shirt!

- AGONY
- AWKWARD
- BREAKDOWN
- BROKE
- CHEER
- DELIGHT
- DELIRIUM
- DESPAIR
- DRUNK
- EGGNOG
- EXPENSIVE
- FAMILY
- GIFTS
- HAPPY
- HOLIDAY
- JOY
- MISERY
- PEACE
- RUM
- TOGETHERNESS

M	T	Y	I	R	D	B	F	F	H	Z	S	E	L	V
Z	I	J	N	R	I	Y	R	O	P	S	Y	K	D	T
Q	S	S	U	O	P	A	L	E	E	Y	I	O	M	H
F	O	N	E	P	G	I	P	N	A	L	T	R	V	G
C	K	R	A	R	D	A	R	S	J	K	G	B	O	I
H	J	H	X	A	Y	E	D	C	E	U	D	N	Y	L
E	E	W	Y	E	H	E	E	K	Q	D	G	O	X	E
E	D	P	C	T	P	Z	L	I	K	G	H	E	W	D
R	E	J	E	R	I	Y	I	P	E	I	X	W	A	N
X	Y	G	O	S	C	D	R	A	W	K	W	A	E	R
T	O	P	L	Y	G	N	I	N	G	G	N	V	O	U
T	S	T	F	I	G	X	U	F	A	M	I	L	Y	M
A	E	M	T	B	Q	T	M	G	T	D	R	K	T	B
D	K	Y	G	W	U	H	X	C	P	E	A	C	E	Q
E	F	M	E	X	P	E	N	S	I	V	E	B	V	W

what's going on

by pascale archibald

WEDNESDAY, DECEMBER 2 TO
SUNDAY, DECEMBER 20

Centennial Square festivities

The City of Victoria is providing some fun festivities for this holiday season by setting up a Ferris wheel in Centennial Square. Rides cost \$2; the Ferris wheel runs on Fridays from 5 pm until 9 pm, Saturdays from 1 pm until 9 pm, and Sundays from 1 pm until 7 pm. More information on this and upcoming free events in Centennial Square can be found at victoria.ca.

WEDNESDAY, DECEMBER 2 TO
SATURDAY, DECEMBER 5

Illusive truths

Doubt, a Parable is a drama about complicated human social issues; the play shines a light on the role doubt plays in binding a community. Performances at Langham Court Theatre are at 8 pm; tickets are \$19. See langhamtheatre.ca for more information or to purchase tickets.

FRIDAY, DECEMBER 4

Here's a little didi for you

Students in Camosun's Hospitality Management program have planned an annual fundraising event for the Didi Society, a non-profit organization that works toward empowering women globally by setting up co-operatives that deal with fair-trade, handmade products. The event, Mehmani with Didi, will be a night of silent auction, lively entertainment, food, and henna art. It will run from 6:30 pm until 10 pm at the First Metropolitan United Church at 932 Balmoral Road. Tickets are \$35; see thedidisociety.org for more info.

SATURDAY, DECEMBER 5

Festive wreath crafting

Bring that fresh smell of evergreen trees into your home this holiday season with a wreath crafted by... you! The Capital Regional District is hosting a day of crafting, with donations going to the local food bank at the Beaver Lake Nature Centre. The event runs from 11 am until 2 pm and is free to attend. Materials and instructions will be provided; bring a donation to the food bank, something hot to drink for yourself, and secateurs, if you have them. You can find out more information on this event at crd.bc.ca/about/events.

SUNDAY, DECEMBER 6 AND
SUNDAY, DECEMBER 13

That's a wrap

What's a Christmas gift without wrapping paper? I don't know; seems like there should be a joke here, but there isn't. But, hey, you could make your own wrapping paper this for this holiday season by attending the Christmas-paper-printing event at the Francis/King Nature Centre. The event is free to attend and runs from 11 am until 2 pm. They supply the materials. Find out more at crd.bc.ca/about/events.

THURSDAY, DECEMBER 10

Old-school hard rock

Sarah Jane Scouten and her band The Honky Tonk Wingmen bring something unique to the places they visit: traditional songs unique to each area. During consultations with an ethnomusicologist Scouten has unearthed songs telling tales of Britannia Beach and the lives of the hard rock miners from the turn of the century. She will be playing at The Duke Saloon, located at 502 Discovery Street. For more info head to thedukesaloon.com.

SATURDAY, DECEMBER 12

That cat can act!

Head over to University of Victoria's Farquhar Auditorium for a holiday-themed show... featuring animal performers! The Popovich Comedy Pet Tour features Las Vegas performer Gregory Popovich and over 30 performing animals rescued and trained by Popovich. Their stage time showcases their natural abilities and unique personalities. The show includes cats, dogs, geese, mice, and other animals. Showtime is 2 pm, and tickets are \$28 for students and \$18 for kids; check out uvic.ca/auditorium for more information or to purchase tickets.

SATURDAY, DECEMBER 12

Solstice stroll

Walking in the wilderness is probably the best way to celebrate the solstice, so why not join naturalist Joe Percival in a walk through Witty's Lagoon? This guided adult walk is free to attend and will take place from 1 pm until 2:30 pm. The meeting place is at the Nature Centre, located just off of Metchosin Road. More information can be found at crd.bc.ca/about/events.

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The Popovich Comedy Pet Tour comes to UVic on December 12. PHOTO PROVIDED

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