



THE SECRET STUDY-HELPER

What does Camosun College think of its students using unprescribed ADD/ADHD medication for studying? Our exclusive two-part investigation continues on page 6.

PLUS:

Looking into the Young Building's state of stalled construction

New Camosun club explores social issues through theatre

Snowed In Comedy Tour brings laughs to town

NEXUS

camosun's student voice since 1990

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Phone: 250-370-3591

Email: editor@nexusnewspaper.com

Website: nexusnewspaper.com

Publisher: Nexus Publishing Society

NEXUS PUBLISHING SOCIETY

STUDENT BOARD MEMBERS

Pascale Archibald

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ADVERTISING SALES

Greg Pratt

250-370-3593

FREE Media (national)

advertising@free-media.com

780-421-1000

STAFF PHOTOGRAPHER

Jill Westby

INSTAGRAM TEAM LEADER

Jessica Williamson

CONTRIBUTORS

Adam Boyle

Rebecca Davies

Jayden Grieve

Keagan Hawthorne

Dylan MacCannell

Matt O'Connor

Natasha Olekshy

Tabitha Ross

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Nova Sawatzky

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SEND A LETTER

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: "He was so nice. He even made owl noises over the phone."

COVER PHOTO: Greg Pratt/Nexus

student editor's letter

Welcome back, Camosun

The corridors of Fisher and Young are stirring once again. Hopefully students' bellies are swirling, full of eggnog, shortbread cookies, and other holiday indulgences.

I'm always surprised by how quickly smiling faces give way to stressful frowns as the workload begins to pile up once again. Stress is undoubtedly a killer, which brings me right to our cover story.

Head over to page 6 to read the feature, where we delve deeper into students using unprescribed ADD and ADHD medication to help them study. It's the second of a two-part feature; the first can be found at nexusnewspaper.com.

A common question when I asked students for Speak Up (see below) how they felt about their peers using these drugs was "what is ADHD?" It goes to show that education in the areas of both mental health and drug abuse is still lacking. It's a controversial topic, and we are continuing to try to shed light on all sides of the situation with this story.

Our light-shedding doesn't stop there, though: on page 3, contributing writer Jayden Grieve dives into what exactly the deal is with the Young Building, which has been in a state of frozen construction for at least the two years that I have been walking Camosun's grounds.

Meanwhile, contributing writer Oriana Smy writes about the Snowed In Comedy Tour on page 8; the tour will feature, in my opinion, some of the best comedians in the world, including Dan Quinn and Paul Myrehaug.

And, of course, among other things, we've got comics and our word search to help you unwind a bit.

Buckle your chins into those textbooks, students. Get the pencils scratching those PowerPoint notes. But when you need a study break, *Nexus* is here.

Adam Marsh, student editor
adam@nexusnewspaper.com

flashback

25 years ago in Nexus



What is it good for?: Issues of war were on students' minds 25 years ago: our January 8, 1991 issue's main cover story was "Students protest gulf presence," which examined how protestors were feeling about Canada's presence in the Persian Gulf. Generally speaking, they weren't feeling good about it: "No one has established that the sovereignty of Kuwait is fundamental to US interests, let alone Canadian interests," said protester Tim Walters. "This is not a defensive war. It is not fundamental to our economic interests."

The ongoing struggle: In "Native issues become priority at Camosun," it was made clear that changes needed to be made at postsecondary for First Nation students to succeed. In particular, here at the college, as the opening

paragraph stated: "Camosun College acknowledges that it has not been particularly sensitive to the needs of native students." Today, Camosun College continues to work in this regard; while there is always room for improvement, things have certainly gotten better since 1991.

This, however, is not getting better: The story "Women vow to continue gun law fight" was one of many in this issue discussing the year that had passed since a gunman killed 14 women in Montreal in 1990. This piece looked at the frustration of students who were concerned about gun-control issues. "How much longer do government officials want to drag this on for?" said Wendy Cukier of Canadians for Gun Control. Apparently, a very long time.

open space

Victoria's winter lacking

KEAGAN HAWTHORNE
CONTRIBUTING WRITER

I know that a lot of people choose Victoria as home because of its mild climate and temperate winters, and the comfort of a year in which no season ever really gets messy. We harvest from our gardens all year long. In February, while the rest of the country is tunnelling through snowdrifts to reach their front doors, we pick daffodils in our shirtsleeves. Whose definition of paradise doesn't include such easy opportunities for floating?

Well, mine, actually.

A recent émigré from the top half of our province, I just can't seem to fit to the weather down here. Green grass all year long? Never having to dig out the car? Call me crazy, but winter in Victoria leaves me pining for the north.

Winter, *real winter*, as I'd call it—that is to say, winter in the mountains—is far from the monstrous confluence of bad weather and oppressive darkness it's sometimes made out to be.

Sure, at first glance the world

dies. Hard. At 28 below, even the sky holds its breath. And yet, there is always a quickness of life to be found in the stillness of winter. Fat little juncos crowd at the feeder. Low-slanted light hangs on the crisp edge of the day. It's a season of many senses—you hear the cold in the cracking of ice; you smell the approach of snow.

The potentials of stillness and darkness are somehow more pronounced when the world is frozen, playing coy under its quilt of snow and ice.

Victoria has its own version of winter, of course. It's vaguely greyer at this time of year, somewhat soggy; the days peter off a little earlier each night. But for all the niceties of a temperate climate, of not having to put winter tires on the car, not having a separate closet just for winter wear, never feeling the burn of cold as you fumble for your keys in the dark—for all that I would take just one day of cold air, crisp light, the squeak of really cold snow underfoot.

Call me crazy. But I would.

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

letters

They get by with a little help from their friends

People are supposed to do drugs at college (re: "Your classmates are on drugs," December 2, 2015 issue)! The day when drug use and college split up will be like when The Beatles split up.

ROSE

VIA NEXUSNEWSPAPER.COM

The generosity of the season

As we leave the holiday season, I would be remiss in not mentioning the generosity of Camosun employees and how they care for students. Every year at Child Care Services, we identify families who may need some additional help during the holidays. And every year, we engage four to eight different departments at the College who become anonymous donors and generously compile a hamper for student families in our centres.

It is a privilege to observe the generosity of spirit by the departments as well as see how the receiving family responds to the very full boxes of gifts and donations.

This year we have also been privileged to receive a significant donation from the Urban Diner/Campus Caf staff who, because they are not allowed to collect tips at the cash registers, took the initiative to collect money for Child Care Services' families. When they decided that this was where the donations would go, they stipulated that it must be used to help student parents with their child care expenses. I would like to give a big shout-out to the entire staff in the cafeterias for their initiative in this regard... every little bit helps when you are a student and have the added responsibility of raising children at the same time!

LISA STEKELENBURG

MANAGER, CHILD CARE SERVICES, CAMOSUN COLLEGE

SPEAK UP

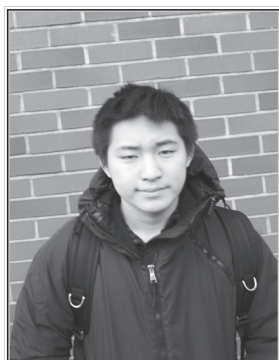
How do you feel about Camosun students taking unprescribed ADD/ADHD medication to help them study?

BY ADAM MARSH



OSBERT FAN

"If you don't need it, you shouldn't take it."



UTAH NAKANO

"It's not good because it's inhumane. Forcing the body to study is not healthy."



CALVIN LITTON

"I think there are obviously benefits, but if it's not your prescription it would be counted as cheating."



SAMANTHA MICHAELS

"I don't agree with it."



ALYSIA PUREWALL

"I think it's good if you need it, but if you can manage without it, great, because it will also affect your health."



MATINA ABDULLAHI

"It helps you to concentrate, but the side effects are probably dangerous. Most of the students are taking it without a prescription and are not educated about it."

CAMOSUN

Multi-million-dollar Young Building repairs remain college priority



GREG PRATT/NEXUS

Camosun's Young Building has temporary structures set up around it.

JAYDEN GRIEVE
CONTRIBUTING WRITER

The Young Building is one of Camosun College's most well-known landmarks, but it's been in a state of disrepair for several years.

Students are unable to walk around the building, and there are canopies and large cement blocks surrounding it. These additions are there for the safety of those walking near Young, as concerns popped up

after the last major renovation the college had done on the building.

"The most significant exterior upgrade was completed in 2000," says Camosun director of facilities services Ian Tol. "Basically the entire facade of the building was pulled off, and you were only able to see columns and a roof; everything else was wide open, and all the walls were rebuilt at that time."

After these restorations were complete, the building was given

"Our long-term goal is to fix the building. That would allow us to remove the canopies, but until we get to that point they have to stay up."

IAN TOL
CAMOSUN COLLEGE

heritage status. But parts of the exterior of the building began to deteriorate, with some small pieces falling off. It was at this point that the school erected the fence around the building and canopies over the entrances that are still there today.

"Those canopies are intended to be temporary; they're here to ensure safety for the users," says Tol. "Our long-term goal is to fix the building. That would allow us to remove the canopies, but until we get to that point they have to stay up."

Tol says a rough estimate to fix the building is over \$10 million. In addition to this, the school is caught up in litigation with Farmer Construction, the company that worked on the parts of the building that Camosun claims are failing prematurely.

Farmer Construction declined to comment to *Nexus* for this story.

For the time being, Camosun has a contractor, Ken Johnson, examine the building twice a year to ensure that it is still safe, and to remove anything that is a potential threat. Johnson is a heritage conservationist who tells *Nexus* that after 10 examinations he's noticed the state of the Young Building get worse.

Johnson's initial report details the problems with the Young Building. It points out corroding steel, failing bonding, a window sill with a 1.5" gap on it, cracks in the moulding, a piece of the building that sounds loose and hollow, a window sill that is loose and moving, and more.

"It's a wonderful building as a whole. Camosun obviously values it very highly," says Johnson. "It would have been far easier for them to tear it down in 1999 and start again, but the building had such value to them that they decided to restore it."

Camosun Nursing student Heather Hulett says she likes the building and hopes it's repaired soon because it's an inconvenience as is.

"The place where they've blocked the exit sucks," says Hulett. "We have to go all the way around to get outside. Also, I used to sit on those steps to study because it overlooks the lawn."

But Siobhan Strain, also a Nursing student, says that safety needs to come first.

"It's more important to have the scaffolding up than the looks of the building itself," says Strain, who describes Young as having a Hogwarts feel to it (Hogwarts is the school of magic in the *Harry Potter* series). "If it's unsafe, then they should definitely be making it safe for people walking underneath."

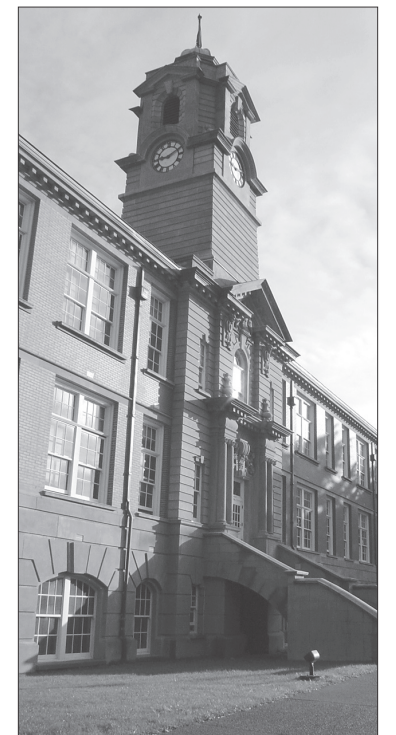
Even with an estimated \$10 million price tag and an ongoing legal situation surrounding it, Camosun's Tol says that getting the Young Building's repairs dealt with is a priority.

"Fixing it is quite high on our priority list. It's a building that we need, we are using it fully, and we don't have other vacant space,"

"The place where they've blocked the exit sucks. We have to go all the way around to get outside."

HEATHER HULETT
CAMOSUN STUDENT

says Tol. "The Young Building is a heritage building and kind of a beautiful structure, so I agree that the canopies are definitely not something we want to keep on there. We'll continue to monitor the condition of the building to ensure that it remains safe for use, and as long as it's safe we'll continue to use it."



FILE PHOTO

The Young Building in years past.

NEWS BRIEFS

Camosun's VP structure restructured

Camosun College recently restructured its vice presidential positions. The new structure keeps four VP positions; however, each position now has different tasks in their portfolios, and two of the four are new positions. The former VP of communication, advancement, and planning is now VP of student experience; the VP of strategic development is now VP of partnerships.

Camosun students showcase work

Camosun College Electronics and Computer Engineering Technology (ECET) program students showcased their Capstone projects

to potential employers on December 11. Each team of students tackled a complex technology challenge and provided a workable solution that has real-world applications. The projects are the final event of the two-year, full-time ECET diploma program.

No more bus transfers

The Victoria Regional Transit Commission has made some changes to the transit fare system. As part of a plan to cut costs and reduce delays on buses, the decision was recently made to eliminate transfers. Starting in April, bus riders will need to purchase a \$5 day pass if they need to take multiple buses to get to their destination. A decision was also made to give refugees a free one-year bus pass. Members

of the Camosun College Student Society and the University of Victoria Student Society share a non-voting student seat on the transit commission.

Open textbook uptake grant

A grant of \$525,000 from the William and Flora Hewlett Foundation will allow BC campuses to focus on increased uptake of open-resource textbooks and other learning materials. The funds will be used to develop support materials—such as presentations, test banks, and videos—for open textbooks. According to the Ministry of Advanced Education, British Columbia was the first jurisdiction in Canada to start a government-sponsored open textbook project and has since

saved BC students over \$1 million in textbook costs.

Police find \$100,000 of stolen property

Saanich Police made a significant discovery in the 5800 block of the Pat Bay Highway late last year: \$100,000 in suspected stolen property. The property has been linked to incidents in the Greater Victoria area, as well as elsewhere on Vancouver Island and the lower mainland. Have you had something go missing? Visit saanichpolice.ca for more information.

BC liquor stores campaign to sell marijuana

BC liquor stores are campaigning to be allowed to sell non-medical

marijuana if it is legalized. The BC Government and Service Employees' Union, together with BC's private liquor stores, say their existing network of stores could be ready to sell legal weed by Christmas of 2016.

-PASCALE ARCHIBALD

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

Want to be a news writer? Stop by our office (Richmond House 201, Lansdowne campus), email us (editor@nexusnewspaper.com), or call (250-370-3591) today to find out how you can get started.



college

New Camosun group tackles social issues through theatre

PASCALE ARCHIBALD
STUDENT EDITOR

Camosun Community Support and Education Assistant program leader Mary Harber recently received funding for a new student initiative called Voice Up. The funding came after a campus-wide call was made for research project proposals that have direct benefits to teaching and learning.

Voice Up is based on the works of Brazilian writer and director Augusto Boal, tackling issues of poverty and oppression through theatre performances. Harber says she wanted to bring something similar to Camosun after attending courses about Theatre of the Oppressed, a style of political theatre developed by Boal.

"I wanted to do something for the campus," says Harber. "It's about looking at what issues exist at Camosun based on student experiences, and from those experiences we build short scripts using Theatre of the Oppressed methods."

Funding for proposals such as Harber's has been earmarked for a few years and is only now being put to use. Camosun director of learning services Sybil Harrison organized a committee to review the proposed projects, which were then taken to a second committee for review and final approval.

"We took quite a rigorous approach," says Harrison, "to make sure that funds were going to projects that were well thought out, had some sort of basis in research, and

"I'm hoping that from doing these performances we get more confidence and more courage to actually say something when we see an issue."

RILEY VASKIC
CAMOSUN STUDENT

ones that we believed could have an impact at the college."

Harber's proposal was chosen because, according to Harrison, it was a unique project that could potentially have a wide reach and a great impact on the student body.

"This project was one that really captured my interest because it was quite different," says Harrison. "It was an exciting proposal and an exciting idea."

So far, Harber and her small group of students have had a few preliminary meetings to discuss what they will tackle and how.

"So far we are just bouncing ideas around and talking about oppression issues that we think are relevant to the project," says Voice Up member Riley Vaskic, who is a student in the Community Support and Education Assistant program. "As a group we will decide what



GREG PRATT/NEXUS

Camosun's Mary Harber found inspiration for a new student initiative in Brazilian political theatre.

issue we think needs to be focused on the most; from there we will write scripts from our real-life situations and then act them out."

The idea behind the performances is that during the second run-through of a skit tackling a social issue, the audience members interject with a solution to the problematic scene. Audience participation is key here, something Vaskic is a little worried about.

"For the actual performances, I'm most nervous that people won't stand up and say something," says Vaskic. "But I think no matter what, whoever watches it will learn something and take something away."

With or without audience participation, Vaskic recognizes the value in the performances that she and her group will put on.

"I'm just hoping that from doing these performances we get more confidence and more courage to actually say something when we see an issue," says Vaskic. "When we do these performances it will give people the time to think about what they would say if they saw an issue like that."

Vaskic has a preferred social issue she would like to tackle, but the group's main topic and performance dates won't be set until spring.

"Personally, I think it would be nice if we could acknowledge men-

tal health issues," says Vaskic. "I feel like it's an issue that affects a lot of people, but it's also kind of an invisible issue."

Harber would eventually like her project turned into a credited course, free to students and available year-round.

"Ultimately that's my dream," she says. "For the time being, what I'm really trying to do is find students who are concerned and passionate about social justice issues, whether it be racism, ableism, homophobia, or sexism."

Students interested in Voice Up can contact Harber by email at harberm@camosun.ca or call her at 250-370-3223.

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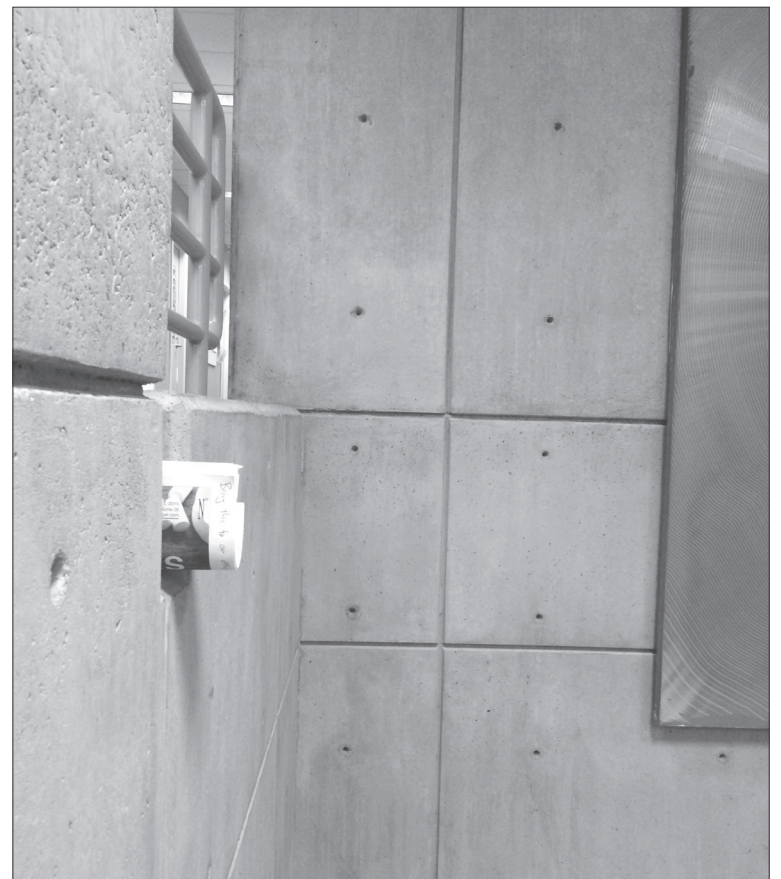


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campus happenings

Find the hidden *Nexus* and win



GREG PRATT/NEXUS

Who doesn't love a good scavenger hunt? Take your mind off the January rush for a few minutes and see if you can find this copy of the last issue of *Nexus* that we hid at Camosun.

The first person to find this copy of the paper and bring it in to

our office (201 Richmond House, Lansdowne campus) wins themselves a free *Nexus* 25th anniversary T-shirt!

We'll give you one hint: it's somewhere on the Lansdowne campus.

Happy hunting!

education

Camosun College offering courses at Belmont Secondary School

ADAM MARSH
STUDENT EDITOR

Camosun College is offering courses at Belmont Secondary School starting this January. The courses will count for credit at both Belmont and Camosun.

According to Camosun vice president of education John Boraas, talks between School District 62 and Camosun College have been going on for years.

“This conversation started about four years ago with the Sooke school district,” says Boraas. “When the building of the two new schools in the Sooke district was announced, I began attending the community meetings, because there’s an opportunity for what they call a neighbourhood learning centre space.”

Camosun’s involvement with Belmont will, says Boraas, serve the expansion of education well, which he says is really exciting, adding that School District 62 has the lowest percentage of students

who go on to postsecondary in the Greater Victoria region.

“We knew we wanted to do something to get out into that school district,” he says. “Depending on who wants to be there, they can increase the size of their school by a certain amount, so what we’ve done is create a relationship where we have a separate space of two full classrooms, seminar rooms, and office rooms. And that allows us to do what we intended, which is a full first year of all the courses available.”

Boraas says Camosun’s space at Belmont is separate enough that it will feel like the college’s own, which has not always been the case in previous partnerships.

“One of the other reasons we explored being out there is the reality that within the next five years, the West Shore is supposed to be bigger than Nanaimo. So it’s time we have some kind of presence as well. We really want to make a difference and support the community.”

Sooke School District assistant superintendent Dave Betts says that they’ve been offering neighbourhood learning centres in their schools for some time now, which showed Camosun that the partnership would be a good idea.

“We’ve offered them in a number of our schools,” says Betts. “We had some at the West Shore learning centre, some at Spencer [Middle School], and some at Belmont. We have been doing it for years depending on demand, and that demonstrated to Camosun that there is a need in this community.”

Both Vetts and Boraas acknowledge that the process of getting Camosun in to Belmont was far from short or easy; Betts says meetings took place over a four-year period.

“We had a number of public meetings to determine what would be the best use of that space,” says Betts. “One of the people that came forward was Camosun, who said, ‘We’d love to have space in the new



CAMOSUN COLLEGE A/V SERVICES

Camosun’s John Boraas says the college wants a West Shore presence.

Belmont school, which is kind of close to the core of Langford and Colwood.”

Courses being offered include Math 108, Sociology 100, Psychology 130, and English 151, among others. All courses start at 3 pm, five days a week, with an evening class that starts at 5:30 pm. Betts says that students finishing high

school are 50 percent more likely to enrol in postsecondary courses if they utilize the dual-credit system, where the course counts as both a high-school credit and a postsecondary credit.

“It’s a great opportunity,” says Betts, “for students and teachers in the school as well to work hand in hand with a Camosun instructor.”

know your profs

Camosun’s Chris Morier reclaims punk credibility



JILL WESTBY/NEXUS

Camosun’s Chris Morier.

ADAM MARSH
STUDENT 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 in an attempt 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 History and Global Studies prof Chris Morier about punk credibility, missing the Applied Communication Program students, and Malahat speeders.

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

I teach History and Global Studies and have been at Camosun for about 11 years.

2. What do you personally get out of teaching?

Working with students motivates me to keep learning, reading, and thinking about the world. My students’ curiosity and enthusiasm inspires me to try to find better answers to their questions—and better questions for their answers.

3. What’s one thing you wish your students knew about you?

That I try really hard to make classes interactive and lively. It bums me out when a lecture or seminar crashes and burns, but I guess if it forces me back to the drawing board then it’s a good thing.

4. What’s one thing you wish they didn’t know about you?

I made the mistake one year of undermining my punk credibility and admitting that I think Cyndi Lauper rocks. Students pounced, and it took me a while to live that down, but I’m sticking to it. Cyndi is very punk rock, actually; read her bio if you don’t believe me.

5. What’s the best thing that has ever happened to you as a teacher here?

It’s always exciting to see students move onwards and upwards in their academic careers. Once in

a while a former student will check in and let me know that they’ve achieved a goal or are heading off on an adventure.

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

There have been a few lean budget years at the college lately, and it’s tough to be stressed out along with friends and colleagues. I still miss the Applied Communications Program—those students definitely livened up the Young Building, even as they sprawled all over the hallway floors.

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

Well, what I’d like to see is more government commitment to Arts and Science programs. Open-minded and critical citizens keep their governments honest. Classes in the arts encourage students to

question the status quo and to discuss alternatives.

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

I like to hang out with my kids and partner Natasha. When I’m flying solo, you’ll find me with a glass of Guinness, the latest John Oliver clip, or a flick by Wes Anderson or the Coen brothers. Those movies never get old.

9. What is your favourite meal?

If I’m buying: Mr. Noodles. If you’re buying: prime rib, garlic mashed potatoes, and seasonal veggies. You pick the vino.

10. What’s your biggest pet peeve?

Speeders on the Malahat. And M. Night Shyamalan movies after 1999. Dude should’ve just dropped the mic after *The Sixth Sense*.

LEAD THE CHARGE

Kevin Light Photography

CHEER ON YOUR TEAMS!

CHECK THE CHARGERS WEBSITE FOR GAME SCHEDULE

camosun.ca/chargers

UNPRESCRIPTION

Camosun students are using unprescribed ADD/ADHD medication

Story and photo by Greg Pratt,
managing editor

“There is an important question that needs to be discussed around how our curriculum has increased in complexity and demand.”

CHRIS BALMER
CAMOSUN COLLEGE

This is the second part in an exclusive two-part series examining the use of ADD and ADHD drugs as a study tool by Camosun College students who are not diagnosed with ADD or ADHD. Part one was in our December 2, 2015 issue and can be found at nexusnewspaper.com/category/features.

“I don’t think there’s anything in any kind of Camosun’s curriculum that we want to change.”

The Camosun reaction

Camosun College vice president of education John Boraas says that there are lots of factors involved in the phenomenon of students taking ADD or ADHD drugs to help them study. However, he points out that Camosun’s curriculum hasn’t changed drastically when the argument of the curriculum getting more difficult is brought up as a defence for students using these drugs.

“It’s not like our curriculum has changed dramatically in terms of intensity over the years,” he says. “We’re still built on the notion of what a full-time course load is, and it’s not appreciably different. There are minor fluctuations, but our course work isn’t that much more daunting than it was 10 years ago.”

What Boraas has seen, however, has been a big difference in the other demands on the lives of Camosun students. He says that when he started at the college, about 18 years ago, the number of students who were working was very small, and most were attending Camosun full-time.

“Now, more than 80 percent of our students are working one or more jobs,” he says. “The reality is our students are of an age where they have other things—lots of our students have children—and all of those things, I’m guessing, are in an amalgam creating a perfect storm of students feeling overwhelmed. And what is it that we do is the question.”

Chris Balmer is a counsellor at Camosun College; he says he is aware of postsecondary students using ADD and ADHD drugs without a prescription to help them stay alert in their studies, but he says that he is concerned to hear that it is as widespread at Camosun as the students he spoke to in the first part of this story would make it seem.

“I find it alarming and concerning to learn that this is possibly more widespread than occasional use by individual students,” says Balmer. “I find it very concerning.”

Balmer says that focusing on the larger issues at hand that would make students turn to drugs is currently a priority in postsecondary. He points to a conference that happened in June of last year, where such systemic stresses were a main talking point.

“The key researchers and people making keynote presentations at the conference were indicating that we really need to shine a light on the systemic nature of stresses in postsecondary and how, inadvertently and over time, we have developed a culture of competition, and our focus on academic production is coming at a great cost in terms of student emotional wellbeing. This is a real concern for the people involved in looking at this issue.”

Balmer says the fact that students are pushed to use these drugs may be a sign that, despite what Boraas says about Camosun’s curriculum, things are changing with what is being taught at the college.

“There is an important question that needs to be discussed around how our curriculum has increased in complexity and demand,” says Balmer, “and how those stresses are created systemically. I think it would really deserve an important shining of a new light on this with respect to student wellbeing and student ability to maintain resiliency and cope with these types of multitasking pressures that they experience day to day.”

To help out students, Balmer points to Camosun’s new Student Mental Health and Wellbeing Strategy. He says that within that strategy are sections that focus on how Camosun needs to review their policies, programs, and practices. (Balmer says this new strategy will be readily available within the college for internal college access as well as public access.)

“In doing that, we can look for areas where they can make adjustments to improve the likelihood that students’ wellbeing and students’ stress levels will be focused on,” says Balmer, “and that adjustments can and will be made in the way we plan and present things to take into account this sense of overload from the students’ perspective that’s showing up here, so that in the individual classes and programs there will be more likelihood of planning that takes these important factors into account.”

But when talking about making changes to Camosun’s curriculum so that students who are struggling will find it easier, Boraas is quick to shoot down any allegations that this will lead to a dumbing-down of what is taught at the college.

“No,” he says when asked if Camosun is looking at making its curriculum easier. “But it may be we need to explore the depth of challenge and how much students are wanting part-time programs versus full-time. If we hear that that’s a really dramatic number, that we really do have a majority of students that need that model, what we’d be looking at then, I think, is something where we consider smaller chunks. Students could do a preparatory year for the health programs before they start, then have a lower number of courses per year but a larger number of years—those kinds of things. But I don’t think there’s any interest in any kind of dumbing-down; that’s not what we want to be about.”

Boraas says that he doesn’t want to attach any judgment to students using these drugs, but he says that he wants Camosun students to feel “strong and healthy and supported.” So what would he say to students who use the drugs?

“You’re asking the killer question,” he says. “To me, if anyone is needing to take medications to make it through any event, I think other self-care elements need to be brought in, in terms of physical health, counselling, support, all of these elements. We all end up in tough places, and I think anyone who has lived a life knows there are times where we don’t cope as well as we could. So I wouldn’t want to say inherently it’s bad or wrong, but at the same time I don’t believe it’s healthy, so how do we help our students to make healthier choices?”

While Boraas wouldn’t want to say that students at Camosun don’t mince words when using these drugs to study.

“It’s disappointing to me that the Architectural Trades chair and Van Akker. “It’s not the same as drugs that require a prescription. I’m sure we can tolerate other students using these drugs.”

Van Akker likens students using drugs to student athletes using performance-enhancing drugs. He feels if student athletes who use these drugs, they’d be angry and demanding that their competitors were using drugs, they’d be angry and demanding that cheaters be disqualified.” And he says that using drugs to get ahead in school is not the same as using drugs to get ahead in sports.

“If a student is using drugs to get ahead in school, that has greater implications for performance, that has greater implications for losing in sports,” he says. “Camosun’s access to further education and scholarships. Someone using drugs to get ahead in school, we should tolerate it. The first step is to communicate loud and clear to students that using these drugs is contrary to the values of honesty that we hold as essential to our education.”

“Academic doping is real, and it has adverse health effects,” says Science Dominic Bergeron. “In a way, we demonstrate, ‘cognitive enhancement’ is not an expected benefit to healthy individuals.”

Bergeron says that he’s also concerned about the impacts this will have on student health and the workforce and have to deal with it.

“I think students get the message that it’s not healthy because it leads them to believe that they can get away with it without being caught. The neuropharmaceutical drug. They have to deliver under pressure. The question is, what solution is going to be then?”

Canada’s Freedom of Information Act prevents Camosun from banning the use of drugs to boost performance if they are not able to determine if the use is for a medical condition. (In the U.S., Duke University has passed such a policy from students.)

An undiagnosed problem

The Camosun College students who are aware of the problem to what extent it is happening. The biggest one they bring up is one that hasn’t

ON MEDICATION

ication to study. Here's what Camosun has to say about it.

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JOHN BORAAS
CAMOSUN COLLEGE

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Camosun dean of Arts and
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Student Society (CCSS) say
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else yet: maybe students using these drugs actually do have
ADD or ADHD but just don't know it.

"Mental health conditions often go undiagnosed," says
CCSS external executive Andrea Eggenberger. "ADHD, for
example, is something that is often dismissed as something
that children have, when in fact it's a life-long condition; a
lot of people go undiagnosed. It's very possible that many
people who are taking these drugs on campuses do in fact
have ADHD. It largely goes undiagnosed."

Eggenberger says that students who are using the drugs
and feel they have undiagnosed mental health issues should
utilize the services of the Disability Resource Centre on
campus.

"I know quite a few students who were taking drugs or
were having a lot of problems focusing and they thought it
was something that everyone was dealing with," says Eggen-
berger, "but when they went to the doctor and talked out their
problems and talked about their childhood experiences, the
doctor told them they really had ADHD."

In the first installment of this story, we talked to a student
who has ADHD and wished that students who didn't wouldn't
use these drugs, as it makes it more difficult for her to get them.
Eggenberger stresses that students need to be aware of their
actions and the impact they have on other students.

"Students should think about how any of their actions
affect other people in their community, especially people
with ADHD, which is kind of scoffed at to a point," she says.
"Actions like this really do affect that group really negatively.
so students should consider that when they're choosing to
take drugs they're not prescribed."

Eggenberger says that the root of this issue needs to be
addressed: pressure on students.

"A lot of students have jobs that take up a lot of their
time, even when they're enrolled in five classes. So part of it
is definitely a funding issue. If students weren't worried so
much about paying tuition, they wouldn't have to work to such
an extent, and they'd have more time to study. Students are
cramming a lot of homework into a small allotment of time
because they're required to work. Maybe they don't want
giant student loans. Maybe they weren't eligible for student
loans, or maybe they didn't get grant funding or scholar-
ships. I think that's the root of the issue: if students weren't
so worried about money they'd have more time to study and
wouldn't have to get part-time jobs."

As others have discussed, looking at Camosun's cur-
riculum is also a way to potentially change systemic student
stressors.

"We do have to look at curriculum and how it's set up,"
says Eggenberger, "and keep in mind while creating the
new curriculum that students have a limited amount of
time because of the nature of college, and Camosun College
especially, because we're a bit more affordable than places
like UVic. A lot of our students choose to come here because

they don't want student loans, and they can get a job that is
maybe 30 hours a week and work there and come to school
and get their degree at the same time."

The biology of usage

Aside from the social and systemic causes and im-
plications of students using these drugs, there are
biological and physical impacts of using drugs that
aren't prescribed. Camosun Mental Health and Addictions
instructor Michelle Bass says that it is important to remember
that these drugs are stimulants and not without, as she says,
"serious side effects and the potential to be addictive in the
vulnerable individual."

"These drugs amplify the activity of dopamine, a neuro-
transmitter that makes everyday activities more pleasurable,"
she says. "Adderall and Ritalin, the two common drugs used
by college students to enhance their cognitive performance,
also carry risk of serious harm, including elevated blood
pressure, heart arrhythmias, and psychosis. Users should
be especially careful of the interactive effects of these drugs
with alcohol and MAOs [monoamine oxidase inhibitors, a type
of antidepressant]."

Bass says that the subjective experiences produced by these
drugs are different for people who have ADHD compared to
people who don't have ADHD.

"ADHD users feel calm, and non-ADHD users feel the
stimulative effects," she says, adding that "the underlying
neurobiological mechanisms explaining these different
perceptions are not yet determined."

Some studies have said that misuse of stimulants is as-
sociated with risks such as psychosis and sudden death.

Whether it's due to outside demands, undiagnosed cases
of ADD or ADHD, or simply the age-old struggle of keeping up
with the curriculum, unprescribed ADD and ADHD medica-
tion usage will continue on Camosun College's campuses until
the problem is solved. Unfortunately, everyone still seems to
be scrambling to figure out what the problem is.

For now, Camosun's Boraas says that he would love to see
students not have to turn to medication to make it through
the day. He says it's not a healthy response but adds that he
suspects that none of us have always made healthy responses
at all points in our lives.

"There are times when life is heavy," he says. "But how do
we move the bar so it's more likely that people aren't feeling so
overwhelmed, or they see a place they can go to for help?"

Until that question is answered, the drug usage continues
to be the elephant in the room that is politely tiptoed around
as students sell pills to each other in the hallways of Young,
the bathrooms of Fisher, the stairways of Campus Centre—il-
legal transactions made in attempts to live up to, and excel
beyond, the demands of being a Camosun student.

"It's very possible that many people who are
taking these drugs on campuses do in fact have
ADHD."

ANDREA EGGENBERGER
CAMOSUN COLLEGE STUDENT SOCIETY

"Someone using ADHD drugs without being
diagnosed as needing them is cheating, and I
don't think we should tolerate it."

AL VAN AKKER
CAMOSUN COLLEGE

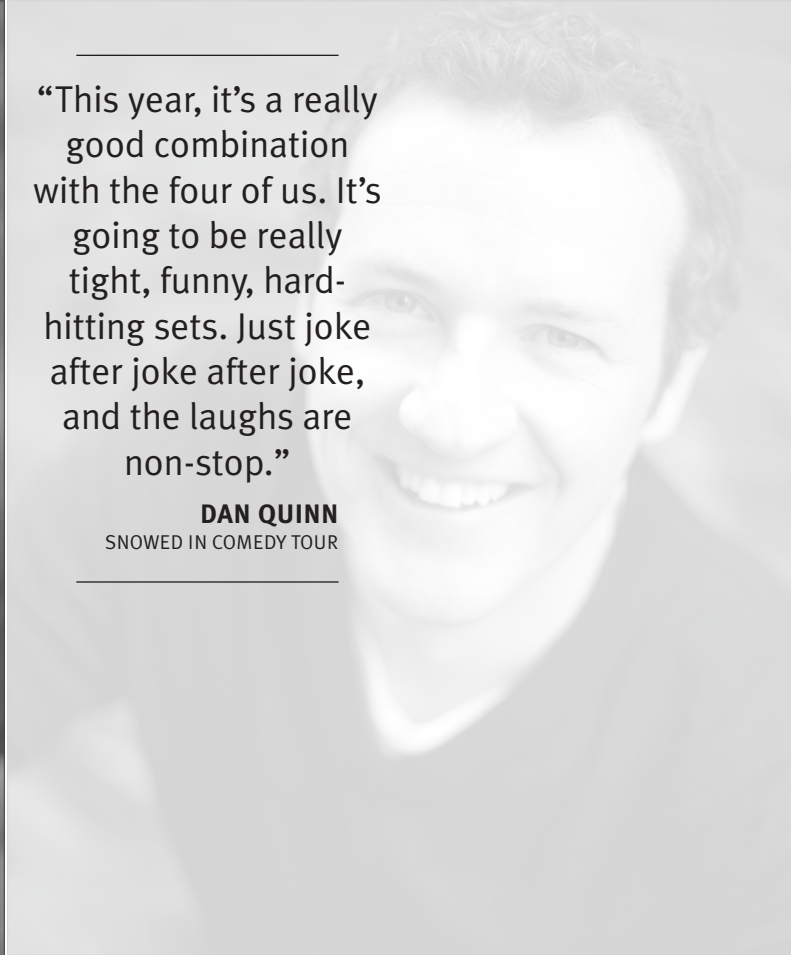
comedy

Snowed In Comedy Tour brings laughs back to Victoria



“This year, it’s a really good combination with the four of us. It’s going to be really tight, funny, hard-hitting sets. Just joke after joke after joke, and the laughs are non-stop.”

DAN QUINN
SNOWED IN COMEDY TOUR



boarding every day, and then you have to be prepared for your show that night,” says Quinn about some of the challenges while on tour. “You want to give 100 percent on your show, because at the end of the day, nobody really cares if you’re tired because you went snowboarding all day.”

There are a couple of prerequisites for comedians to be part of the tour, according to Quinn: they have to be a fantastic comedian, and they have to like snowboarding.

“This year, it’s a really good combination with the four of us. It’s going to be really tight, funny, hard-hitting sets. Just joke after joke after joke, and the laughs are non-stop,” says Quinn. “I am doing a little more political stuff this year than I did last year, especially with everything that seems to be going on in the world.”

As the tour has grown, it has required more of Quinn’s time, becoming “kind of” his day job, he says.

“One of the biggest challenges is securing venues,” he says. “I pretty much start planning for next year as soon as this tour wraps up. People really enjoy the quality of the show; we’re adding three more weeks and expanding into Alberta and Saskatchewan. We’re going to start moving it across Canada and see where this tour goes.”

Comedian Dan Quinn is bringing Snowed In Comedy back to town.

ORIANA SMY
CONTRIBUTING WRITER

One million dollars in ticket sales is not what comedian Dan Quinn had originally set out for when planning a snowboard vacation in 2007. Quinn had just anticipated booking a few gigs along the way to pay for the trip; after

mentioning his tour plans to other comedian friends, they all wanted to join in the tour, and the Snowed In Comedy Tour was born.

“The deal we made at the beginning was if we made or lost any money, we would split it. We just thought, ‘Hey, let’s go for a fun vacation, and maybe it won’t be that

expensive.’ So we put it together and somehow people showed up. The shows were great, so we said, ‘Let’s do it again,’” says Quinn.

The tour was not expected to be such a success. Now in its eighth year, Snowed In Comedy has to date sold \$1 million in tickets. This year, tickets are selling at three times the rate of last year, says Quinn.

“What’s good about this tour is it’s not a big company running it, it’s just us. This is what our fans

like, and we’ve kept it that way,” says Quinn.

The eight-week tour begins in Prince Rupert, BC in January and makes its way through Alberta and BC, wrapping up in Lloydminster, Alberta in March. The four comedians—Quinn, Pete Zedlacher, Craig Campbell, and Paul Myrehaug—visit ski hills to snowboard by day, and do stand-up comedy at local venues by night.

“You’re getting up and snow-

Snowed In Comedy Tour
8:30 pm Friday, January 15
\$40, Royal Theatre
rmts.bc.ca

music

Victoria’s Torrefy bring thrash metal sounds to the west coast



Victoria heavy metal band Torrefy feel the heat: their debut album was called *Thrash and Burn*.

DYLAN MACCANNELL
CONTRIBUTING WRITER

Local thrash metal band Torrefy started out as many local bands do: they were a bunch of friends jamming (at a house party on New Year’s Eve, to boot). But they kept at it, and now they’re hard at work on their second album.

“We went ahead as most bands do, just jamming as colleagues for the sake of music. Then our first album kinda just fell into place when we realized we had enough material for one,” says bassist Simon Smith, adding that it was “a baby you didn’t mean to have.”

After that album, *Thrash and*

Burn, came out, the band continued to gig around town, particularly at Logan’s, which drummer Dan Laughy describes as the band’s “home base.” They’ve also managed to play some bigger gigs, such as Armstrong MetalFest, held in Armstrong, BC.

“We got to play with [Quebec

“We couldn’t hear a damn thing while performing at the Armstrong MetalFest, but we had a fucking blast.”

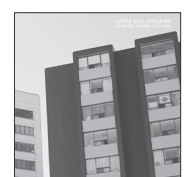
DAN LAUGHY
TORREFFY

death metal band] Cryptopsy and [Vancouver technical death metal band] Archspire, among many others,” says Laughy. “We couldn’t hear a damn thing while performing, but we had a fucking blast.”

The band are currently at work on their second album, *The Infinity Complex*; they are feeling more ambitious this time around, it would seem, as Laughy says that the release will be a concept album with a full story running from beginning to end.

“It’s faster, longer, and more in-depth compared to our last album,” he says, adding that “it’s definitely a democracy when it comes to writing.”

New Music Review



Little You, Little Me
I’d Watch the Day Til It Died
(Monopolized Records)
3.5/5

The second album from Saint John, New Brunswick indie/garage rockers Little You, Little Me is enticing—no small task, considering it was recorded on a selection of broken or sort-of-broken equipment.

With heavy guitar sounds and gritty vocals, *I’d Watch the Day Til It Died* has tracks with real rock attitude. The song “Eyes To The World” really lets their guitarists shine, with eerie squeals and stark licks.

Unfortunately, on some tracks the guitar work and vocals seem out of sync with the other instruments. And while several tracks flow into each other with great energy, others seem to start or end incredibly fast.

Little You, Little Me has a rockin’ sound, even when recording on fixed-up gear. If they ever end up coming this far west, they are worth seeing live for a true experience of their indie-rock vibe.

—TABITHA ROSS

music

Raffi continues to delight crowds of all ages

MIKAYLA RUSSELL
CONTRIBUTING WRITER

Back in the '70s, young Raffi Cavoukian, long hair and all, started his career as a children's singer on the carpet of a nursery school. From this, he sprang into stardom very unexpectedly, and his music, both quirky and fun, gave a rather joyful vibe to the homes of stressed-out parents and energetic children.

"When I made my first album for kids in 1976," says Cavoukian, "it was so instantly popular that it just gave me this wonderful career for entertaining children, and I'm very grateful. I felt very happy and quite humble."

Today, near his home on Salt Spring Island, a pair of owls illuminates each night with hoots. These simple yet pleasing noises inspired Cavoukian's new release, *Owl Sing-along*; the album's title track features recordings of Cavoukian's backyard owl friends.

Behind the face of "Baby Beluga" (one of his most popular songs), Cavoukian is involved with many charities and organizations. He has also started up his own organization, Red Hood Project, which focuses on children's internet safety.

One group in particular that Cavoukian has recently been involved in is the Canadian Self-Regulation Initiative.

"Self-regulation is something

"I feel grateful that after almost 40 years my music is still enjoyed by families. It is a great honour to have Beluga grads come to the show with their own kids; they experienced the music through their childhood, and now into their adulthood."

RAFFI CAVOUKIAN
MUSICIAN

that both kids and adults benefit from," says Cavoukian. "It means that when you feel stressed, you're aware of it, and that you very quickly can do one or two things that make you feel relaxed so that you can enjoy your day."

Even after all these years, Cavoukian's music continues to be a hit with children, be it through classics such as "Banana Phone" or with newer songs. Cavoukian calls those who grew up with his music "Beluga grads," and sometimes those grads come to his concerts with their own kids in tow.

"I feel grateful that after almost 40 years my music is still enjoyed by families," he says. "It is a great honour to have Beluga grads come to the show with their own kids; they experienced the music through

their childhood, and now into their adulthood."

Cavoukian says that he has great compassion for those parents that he sees at his shows, and for parents in general.

"My heart goes out to all the parents out there doing their very best for their little ones who aren't always at their best. I take my hat off for all the parents. You create the best society when you pay attention to the priority needs of the very young during the early years of life."

Raffi
1 pm and 4 pm
Saturday, January 16
\$33.25 - \$74.75, Royal Theatre
rmts.bc.ca



PHOTO PROVIDED

Raffi Cavoukian sees multiple generations at his concerts these days.

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lists

Stewed rabbits, mermaid hair, and lost U-Passes: *Nexus*' 2015

To help ring in the new year, we gathered a bunch of *Nexus* writers and picked their brains about what their favourite things of 2015 were. Enjoy!

Pascale Archibald
student editor

1. Jokes from my one-and-a-half-year-old niece
2. My adorable cat, who I rescued in January of this year
3. Finding out my sister's pregnant again!
4. Starting the Environmental Technology program
5. Joining the *Nexus* staff

Rebecca Davies
contributing writer

1. Conservatives getting voted out
- 2: Getting a degree
- 3: Time spent with family
- 4: Pretty yarn and good cheese
- 5: Getting through another year with health, shelter, and food! We should be so thankful.

Jayden Grieve
contributing writer

1. *Rick and Morty*
2. The 64th year that no one had

butchered an attempted film adaptation of *Catcher in the Rye*

3. I think maybe bell-bottoms for men are coming back into style?
4. *Suicide Squad* trailer
5. Lack of red stinging jellyfish during the summer

Keagan Hawthorne
contributing writer

1. Finding the perfect apartment
2. The time my cat brought home a rabbit and we stewed it
3. Re-watching all the Hayao Miyazaki films
4. Steven Harper is no longer PM
5. Shortbread cookies

Adam Marsh
student editor

1. The mass destruction of selfie sticks
2. Switching the colour of Donald Trump's hair dye
3. Nanaimo bars
4. Leonardo DiCaprio chopping off his man bun
5. The talking maple bacon dog on YouTube

Matt O'Connor
contributing writer

1. English 163 field course offered

for Camosun students to learn in Ireland

2. Camosun College Student Society Christmas hamper
3. Harper stopped
4. Medical marijuana dispensaries all over Victoria
5. Textbook buy-back money

Natasha Olekshy
contributing writer

1. Justin Trudeau getting elected as prime minister
2. Syrian refugees coming to Canada
3. The Paris climate agreement
4. *Mad Max* (also known as the best feminist action film ever)
5. Stephen Harper not getting elected as prime minister

Greg Pratt
managing editor

- 1: The caf inexplicably, awesomely still stocking Hickory Sticks (keep it up!)
- 2: Propagandhi announcing they're playing here next year
- 3: A homemade Christmas gift from my daughter
- 4: Finding out a certain Camosun dean loves Swedish death metal as much as I do
- 5: *Nexus* celebrating 25 years of

being the coolest student paper around

Tabitha Ross
contributing writer

1. Justin Trudeau
2. *Star Wars!*
3. Left shark (from Katy Perry's Super Bowl performance)
4. Hotline bling GIFs
5. When the Camosun College Student Society gave out free food at Interurban

Mikayla Russell
contributing writer

1. Discovering eggnog chai lattes
2. Surviving first semester of college
3. Peanut butter cups
4. All the journalistic opportunities I've had
5. Managing to only lose my U-Pass once

Nova Sawatzky
contributing writer

1. Being in the Comics & Graphic Novels program at Camosun College
2. Achieving mermaid hair status
3. Creating, self-publishing, and selling my own colouring book

4. Being a bridesmaid in my little sister's wedding
5. Having four part-time jobs while attending school and not going insane

Oriana Smy
contributing writer

1. A new government and no more Harper!
2. Eight calves born to the endangered community of the Southern Resident Killer Whales
3. Going back to school after 10 years
4. Climbing the highest peak (Mt. Chirripo, 3820 metres) in Costa Rica before sunrise
5. Volunteering for a sustainable treehouse community

Jessica Williamson
contributing writer

1. My parents paying for a cafeteria gift card
2. Justin Trudeau
3. New McDonald's opening in Colwood
4. Student Price Card discounts
5. Vintage sweaters coming back into style

Find us on social media to tell us your favourite things of 2015!

review

Brooklyn dazzles, disappoints

KERRY BROWN, COURTESY OF MONGREL MEDIA

A scene from *Brooklyn*, which has better visuals than plot.

PASCALE ARCHIBALD
STUDENT EDITOR

Brooklyn
3.5/5

Brooklyn is a sweet story of the young woman Eilis Lacey—played by Saoirse Ronan—and her experience of immigrating from Ireland to Brooklyn in the 1950s.

Beautifully scored and costumed, the mood was set for a magically orchestrated period piece. The characters were well cast with some of my favorite actors and actresses (Domhnall Gleeson, Julie Walters, and Jim Broadbent), who all did a phenomenal job, and the movie had more than one laugh-out-loud moment.

The talent and effort put into recreating the style and feel of the '50s, however, was not matched

when it came to the story; it felt like a glossed-over version of a real story. There were none of the issues that a young immigrating single Irish woman would have had to deal with in the '50s.

Not once did Lacey experience prejudice, sexual harassment, or discrimination. In fact, she was able to attend school, hold down a job, and date who she wanted without anyone in the story batting an eye.

Brooklyn is a very sweet movie with just the right amount of comedy and heartbreak. And although it looks beautiful and would be perfect if you're looking for a simple and pleasant story, this movie left me feeling like it did a disservice to all the women who actually lived through the '50s, and diminished all that women have fought for since then.

NEXUS

camosun's student voice since 1990

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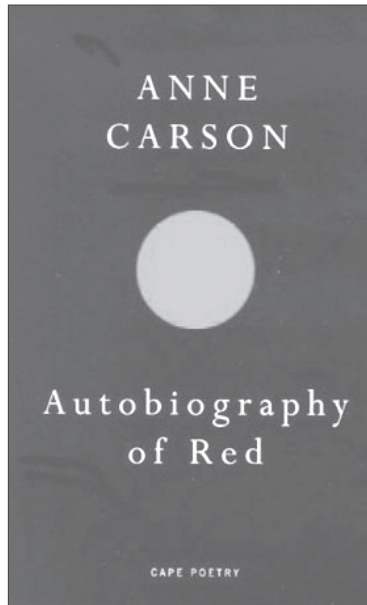
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Lit Matters

by Keagan Hawthorne

The poetic architectures of Anne Carson



The narrative language of Anne Carson's books feels like a homey cabin with rare and expensive metaphysical conjectures hung on the walls for decoration.

poetry that are all infused with elements of the others.

What makes her work so appealing, besides the pure genius of her poetic turns of phrase, is her ability to wrestle with huge metaphysical concepts in language that is familiar and everyday.

"We're talking about the struggle to drag a thought over from the mush of the unconscious into some kind of... human sense," she says about the writing process, and adds that unpretentious language is the best tool for the job. "I think of it as the floor and the walls."

The analogy of poetic architecture is apt. The narrative language of her books feels like a homey cabin with rare and expensive metaphysical conjectures hung on the walls for decoration.

The Autobiography of Red, subtitled "A Novel in Verse," is the best

and most accessible example of this particular genius. The story, based on an episode from the myth of Heracles, charts the love and heartbreak of Geryon, an artsy gay teenager living in small-town Ontario.

Carson manages to make the strangeness of mythology (Geryon has small red wings tucked underneath his leather jacket) normal, even colloquial. She familiarizes the monstrous, pointing out in the process the monstrosity of the familiar. She places heartwarming teenage angst alongside questions of identity and the ability of language to ever really do what we expect of it.

Anne Carson must-read:
Autobiography of Red
(Lansdowne Library Code: PS 3553 A7667 A94)

"In surfaces, perfection is less interesting," said Anne Carson, an internationally renowned poet and classical scholar originally from Ontario. "For instance," she went on, "a page with a poem on it is less attractive than a page with a poem on it and some tea stains."

Tea stains or no, any page with a poem on it by Carson is bound to be appealing.

Refusing easy categorization, Carson writes essays, novels, and



The Functional Traveller

by Sera Down

The best of both worlds

Individuality is definitely a factor in Japanese culture. It's expressed in the confines of a group an individual associates with, contributing to a subculture community.

However, there are certain boundaries limiting what is socially acceptable "self-definition."

First, one must be Japanese. As a largely homogeneous culture, you must first fit inside the box before you move to its edges; simply put, being obviously foreign puts you far outside that.

A prime example is the rising popularity of tattoos. In Japan, having tattoos prevents you from engaging in a variety of activities. Although it is true that more young people have tattoos in Japan these days, it's hardly on the scale and level as it is in North America.

While your average North American 15-year-old can walk

into a tattoo parlour without a second glance, in Japan these are mostly individuals considered on the extreme edge of alternative culture, as it severely limits their choice of work, leisure, and even accommodation.

Employers, hot springs, gyms, and apartment managers can, and regularly do, turn individuals who have tattoos away, as they are seen as dirty and a sign of gang affiliation.

Even foreigners—who aren't necessarily affiliated with such things—with tattoos are refused service at establishments. At best, they'll receive stares and bewildered comments; at worst, they'll be asked to leave the establishment in question.

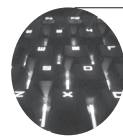
Foreigners must subscribe totally to Japanese culture and assimilate as much as possible before being

allowed leeway in appearance. Once a person has subscribed to social norms, many more opportunities are open to them.

This is much different from Victoria, where hipster subculture thrives and the more diverse and unusual your skill set, interests, and appearance are, the more sought after you are.

By no means do I resent Japan for these social rules. In fact, there is merit: many people seek other avenues for creative expression, such as music, drawing, and dance, making for a society with high regard for the arts.

I only hope with greater exchange with Western cultures, Japan can introduce physical diversity into its culture, and, in return, provide us with a greater appreciation for self expression beyond appearances.



The Bi-weekly Gamer

by Adam Boyle

The Wild West of the off-season

Coming off of two major events in the *League of Legends* e-sports scene, a large majority of the top professional teams saw drastic changes to their rosters. Here are a few that had the most impact.

Starting off in the Korean league, world champions SKTelecom said goodbye to three of their players: Lee "Easyhoon" Ji-hoon, Im "Tom" Jae-hyeon, and Jang "MaRin" Gyeong-Hwan all left to pursue other opportunities in their careers.

Just as surprisingly, the KT Rolster team was disbanded, leaving the former players as free agents ripe for the picking.

European teams have probably had the most action of any of the regions so far.

Starting off, one well-known professional team has sold their spot in the professional league. Gambit Gaming have now been reduced to bumblebees leaving the stage.

Fnatic, a team known for housing world-class talent, have lost Korean duo Heo "Huni" Seong-hoon and Kim "Reignover" Yeu-jin, who

have moved to North American team Immortals.

In addition, long-time captain and support player Bora "YellowStaR" Kim has joined the famous North American team Team Solo Mid (TSM).

Speaking of North America, it has sucked the life out of all the other regions. TSM has one of the most stacked rosters in the professional scene right now, after acquiring former CLG marksman Peter "Doublelift" Peng as well as former Gravity top laner Kevin "Hauntzer" Yarnell.

One of the most underrated movements in North America comes from Cloud 9 (C9). Picking up Michael "Bunny Fufuu" Kurylo and Lee "Rush" Yoonjae, C9 hopes to regain the dominance it held firmly in its grip a few years ago.

With all the madness across the globe, it's safe to say that the world of professional video gaming is deep into its Wild West days.

I, for one, welcome the madness and hope to see many more upsets before the start of the season mid-January.

PENGUIN & PEACOCK

Did you steal my coffee?

No

Then what's that?

...a cup of liquefied feces

Sigh

Here, try it if you don't believe me

By Jayden Grieve

back-to-school word search

It's that time of year again: more textbooks, more lectures, and more deadlines. Escape the stress for a few minutes with this back-to-school word search. Bring the completed puzzle in to the *Nexus* office and grab a surprise prize for your hard work!

- ACADEMIA
- ALARM
- ALLNIGHTER
- BACKPACK
- CAFETERIA
- COFFEE
- CONCLUSION
- CRIMINOLOGY
- ERASER
- JUSTICE
- LECTURE
- LIBRARY
- LITERATURE
- PENCILS
- POWERPOINT
- PSYCHOLOGY
- STUDY
- TEXTBOOKS
- THESIS
- WHITEOUT

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

what's going on

by pascale archibald

WEDNESDAY, JANUARY 6
UNTIL SATURDAY, JANUARY 9

Artsy, and crafty

Explore the works of Katharine Maltwood in *Magna Mater* at the Legacy Art Gallery, located at 630 Yates Street. The exhibition looks at the impact of the Arts and Crafts movement in late 19th-century Britain. More information can be found at uvac.uvic.ca.

WEDNESDAY, JANUARY 6
UNTIL MONDAY, JANUARY 18

150 years after Yeats

Visit the Mearns Centre in UVic's McPherson Library for an exhibit on the life works of William Butler Yeats. See his work as a playwright, artist, and poet through rare books and printed ephemera. Go to uvac.uvic.ca for more information.

SATURDAY, JANUARY 9

How much wood can a woodpecker peck?

Find out just how much wood a woodpecker can peck while on a walk through the woods with one of the Capital Regional District's naturalists at Francis/King Regional Park. Meeting place is at the Nature Centre just off Munn Road in Saanich. The event is free to attend and two guided walks are available: the first, running from 11 am until 12:30 pm, is catered to adults; the second, running from 1:30 until 2:30 pm, is open to all ages. Go to crd.bc.ca for more information.

SUNDAY, JANUARY 10

Depicting the past

If petroglyphs are an interest of yours, then join in on a guided hike

in East Sooke Regional Park to learn all about stories quite literally written in stone. The guided hike will run from 1 until 3 pm and is free to attend; it's recommended for ages eight and up. Bring your sturdiest pair of hiking boots and meet up at the kiosk in the Aylard Farm parking lot just off Becher Bay Road. More information can be found at crd.bc.ca.

FRIDAY, JANUARY 15

Urban versus natural landscapes

Towers and Trees, JP Maurice, and Acres of Lions will be performing at Sugar Nightclub on January 15. Doors are at 8 pm; advance tickets are \$15 and can be purchased at sugarnightclub.ca.

SATURDAY, JANUARY 16

Nocturnal nature

Owling is the sport for me! If it is for you too, join naturalist David Allinson in a nocturnal search for these wonderful creatures. Event is recommended for ages 18 and up; pre-registration by January 14 is required. Fee is \$7 plus GST. For pre-registration call 250-478-3344; for more information visit crd.bc.ca.

SUNDAY, JANUARY 17

International guitar night

Head over to UVic's Farquhar Auditorium on January 17 for a night of some top-notch guitarists exchanging musical ideas and performing their latest original compositions. Brian Gore, Lulo Reinhardt, Mike Dawes, and Andre Krengel will be there plucking their strings. The event starts at 7:30 pm and tickets are \$25 for students.

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Weekday Dinner Buffet	\$14.95
Weekend Dinner Buffet	\$15.95

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SUZANNE TERESA

Brian Gore is part of International Guitar Night, in town on January 17.

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