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politics

Camosun College Student Society campaign encourages students to raise their voices and vote



GREG PRATT/NEXUS

A banner for the Get Out the Vote campaign hangs on the walkway between Ewing and Fisher on the Lansdowne campus; the campaign encourages students to vote.

“It is easier now than ever for students to vote, so we don’t see why we shouldn’t be out there encouraging them to vote, because that is what counts.”

FILLETTE UMULISA
CAMOSUN COLLEGE STUDENT SOCIETY

EMILY WELCH
STAFF WRITER

The Camosun College Student Society (CCSS) and the Canadian Alliance of Student Associations (CASA) are working together to launch the Get Out the Vote campaign, which encourages students to vote in the upcoming federal election. The campaign was launched at Camosun on Tuesday, September 3 and runs until October 21, which is federal election day.

The CCSS and CASA are directing their efforts wherever needed to encourage students to vote. This can be on social media, through canvassing, by mailing out flyers, or by going out and talking to people face to face, for example, on campus. This fall, CASA and the CCSS (and other student associations across Canada) have created the non-partisan Get Out the Vote campaign to help motivate post-secondary students to get involved in the political process.

CCSS external executive Fillette

Umulisa believes that students need to see how important their vote is.

“I think the whole purpose of this campaign is to mobilize students to get out and vote, because CASA and the [Camosun College] Student Society feel that democracy is important and if students actually vote, they can help shape the future,” she says. “It is also easier now than ever for students to vote, so we don’t see why we shouldn’t be out there encouraging them to vote, because that is what counts.”

Umulisa is enthusiastic about the campaign and hopes that it will speak to students and show them that their opinion is important.

“We will be doing a lot of mobilization, so we’ll table, we’ll host events, we’ll go to classes to talk to students,” she says. “We are going to be on campus getting students to pledge to vote, giving them information about where to vote, directing them to sites like Elections Canada,

for example. We try and find out what they are wanting to know.”

Umulisa says that the campaign is completely non-partisan, and says that the CCSS is hosting a candidate’s forum on Wednesday, October 2.

“For students that are interested, there will be people that are running that you can meet and talk to,” she says, “but we are not pointing any students in any direction, or canvassing for any political party.”

The average overall voter turnout in federal elections has remained below 70 percent since 1993, according to the Canadian Library of Parliament; however, the youth vote has continued to climb. In the last federal election, in 2015, the youth turnout was 57.1 percent, an 18-percent increase from 2011.

Third-year Marketing student Jodi Shambrook believes that voting is the only way to voice concerns about the government’s decision-making process.

“I definitely think it’s important,” says Shambrook, “especially when you have people who don’t vote and who then complain about who gets in or the decisions that have been made.”

Shambrook says that being politically active is a sure way to be heard as a student.

“I don’t really believe that you have the right to complain if you aren’t active,” says Shambrook, “and if you don’t put in your vote,

things won’t change. I think it’s really important that everyone exercises their right to vote.”

First-year Business student Reid Taylor says it’s important to vote.

“I think 100 percent it’s important for students to vote in the election,” says Taylor.

First year Arts and Science student Bailey Pepper thinks that it’s crucial for students to vote.

“I really think it’s so important for students to get out and vote, because everyone fought for the right to be able to vote, and that’s overlooked a lot,” says Pepper. “I think that the government does have a lot to do with our post-secondary schooling, and it affects us. I think that students need to learn everything they can about it, and participate.”

eyed on campus



GREG PRATT/NEXUS

Last issue, we ran a feature story about the college’s recycling initiatives. On August 27, we opened up a dumpster marked as “garbage” on the Lansdowne campus to find it containing no shortage of recyclable styrofoam, plastic, and paper. This wasn’t necessarily the college, but whoever it was on campus could stand to be a bit more sustainable.

NEXUS

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OVERHEARD AT NEXUS: "After I finish my big hunk of meat, do you have a minute to chat?"

SPEAK UP

What do you think the Camosun vice president of student experience should do for students this semester?



KATRINA MCNEELY

"It would be nice if there was a walk-in clinic here."



MARISA FARWELL

"My personal experience at Camosun has been a pretty positive one. It's just very straightforward for myself; I don't really think about anything else."



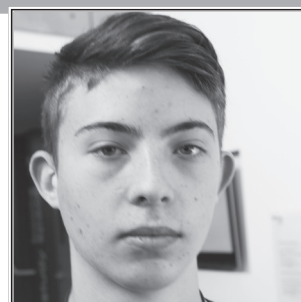
DUNCAN MORRIVAL

"I'm sure things will pop up as I go through school, find stuff out, what is available, what isn't. But as of right now, from what I've seen, it's a pretty good school."



RHEA GEORGE

"It would be great if everyone got free coffee. One day. You walk in, you're paying all this money in student fees, and you just get a free coffee when you get to school."



NOAH JUNIPER

"Supportive staff, helpful people, just stuff that makes being at a campus easier."



CHLOE MOISAN

"Just in general, being active with students and finding out what people need."

student editor's letter

No parking from midnight onwards

I'm like everyone else: parking is the bane of my existence. Side roads are too crowded, downtown is too expensive, and Camosun parking lots are a combination of both.

But paying for parking is a societal tax, and it's one of the reasons why I choose not to drive whenever possible. And I'm not alone in that. I've spoken to numerous students who feel the same way, and some are downright fuming when I mention parking on campus.

At its roots, the issue of parking increases as our population grows. It's a covert issue in the sense that the changes aren't noticeable day to day, week to week, or even month to month. But as each year goes by, more people crowd the streets, and more cars cram their way into the parking spots.

I've also seen parking as the cutthroat industry it is: friends getting their tires locked to the concrete and people having their vehicles towed when the tow truck driver clearly could have just moved the hunk of metal on rubber seven feet to the perimeter of the no-parking zone.

But parking doesn't work like that. These companies can't just move people's cars to wherever (even though it sometimes feels, in that moment of panic when you can't find your car, as if they've done just that). If they could, then this parking business would really be in the crapper.

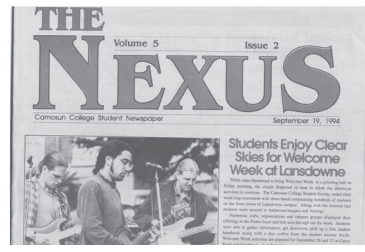
A big question for the construction going on at Interurban is this: where is everybody going to park? The college is installing a meagre 235 new spots at Interurban as part of the new Alex & Jo Campbell Centre for Health and Wellness; that's barely a dent in the side of a massive, squeaking, rattling machine. However, to be fair, there's only so much that Camosun can do. See our feature story on page 6 to read more about the parking situation at the college.

One thing's for sure: unless you live up island and commute every day, you have a choice to take public transit. Hell, waiting for the bus is sometimes even peaceful: you get to sit still for a few minutes and watch everyone else scramble by, sweat beading on their furrowed brows as they start worrying about parking before they've even hit campus.

Adam Marsh, student editor
adam@nexusnewspaper.com

flashback

25 Years Ago in Nexus



GREG PRATT
MANAGING EDITOR

Composting conundrums:

The story "Composting to begin at Camosun" in our September 19, 1994 issue talked about how the college had started using a composting system for cafeteria waste. All well and good, but you know how often I, here in 2019, pull recyclables and compostable items out of garbages on campus? The college has always been good at putting the first foot forward with environmental initiatives; students and college employees need to do their part as well.

BCAA, PACWEST, FYI: The story "Camosun teams enter BC college association" talked about how the Camosun Chargers basketball and volleyball teams had joined

the British Columbia Colleges Athletic Association. The Chargers are still around today—they now have golfers, too—and you know the British Columbia Colleges Athletic Association as the Pacific Western Athletic Association, or PACWEST, which the Chargers are still members of today. Or, you know now.

Aw, baby Netflix: I often tell people about how I remember when Netflix wasn't an app—it was a box in a grocery store that would spit out DVDs you would have to return to the box at a later date. I've literally had people not believe me when I've spun this fascinating "back in the day" story, but I swear it's true. Here's a funny technological blip in the radar that I had forgotten about: when local CD shop Boomtown first opened up, before it became a go-to for electronic music, it dealt in, as an ad in this issue makes very clear, "compact disc rentals." Kids today; they'll never know the weirdness of returning a CD to a downtown store or a DVD to a box in a grocery store (Safeway on the corner of Fort and Foul Bay, to be specific).

open space

Late-night bus service long overdue

LINDA OSTROM
CONTRIBUTING WRITER

I can't believe that BC Transit thinks that adding late-night bus service is a good idea. I think it's a waste of taxpayers' money. Who's taking a bus as late as 2:45 am? Why add this service to the schedule when there's never been a demand before? What person is taking a bus that late anyway? Students and those who don't own a car? There's always a taxi to hire, or they can walk if they don't have enough money to pay a cabbie.

Just kidding: myself and other transit users have stressed the need for late-night bus service over the years, only to have our voices land on deaf ears.

When BC Transit announced that service in the Victoria area will be extended an hour later, my first thought was that transit riders can stay out to midnight before turning into pumpkins. However, it is a CBC article from August 22 that leaves me scratching my head when BC Transit chair Susan Brice says that "late-night service has been well-received, but it needed to be extended in order to meet the needs of patrons and people working in the downtown area." According to the current transit schedule, the last bus to Langford on a Friday leaves downtown at 11:01 pm. When did BC Transit decide that late-night service was needed? Because most of us who take transit know there's been this pothole in the middle of the road progressively growing, waiting for something to be done. Where has BC Transit been hiding all this time?

Also, why are those who live and work in Sidney and on the Saanich Peninsula not included in this extended late-night service? Langford is almost as far away as Sidney is. The decision to wait to add late-night service to the Sidney area is a disservice to those who live or work there. However, at least for now they are starting to fill in the hole in the road. My hope is that those who live and work on the routes that have the new extended schedule will appreciate what they have.

When I read that transit was going to add weekend late-night service as late as 2:45 am, I was skeptically optimistic. My first thought was that it must be some sort of joke and the bus passengers are the butt of it. Nevertheless, I was pleasantly surprised while previewing the upcoming transit schedule to see that the new schedule will not only extend for over an hour past 11:01 pm but also run every half hour to 2:45 am on Friday and Saturday nights.

Don't get me wrong—I am still skeptical. Is this a permanent addition to the schedule, or will it end when classes are not in session? Although I am all for the Friday and Saturday extended service BC Transit has put on select routes, I am waiting for the proverbial axe to drop, where it's announced that late-night bus service will be discontinued because of the lack of ridership.

Will we learn one night that this late-night service was a fantasy? If I sound pessimistic, I am. As a transit rider, I've been waiting for years for late-night bus service. So is this a tease playing to our desperate need to accept this good news as gold? Or will we wake up only to find an old man behind a curtain pretending to be a wizard?

Something on your mind? If you're a Camosun student, send *Open Space* submissions (up to 500 words) to editor@nexusnewspaper.com. Include your student number. Thanks!

letters

Fee frustration

We as international students are already paying high tuition fees ("International students' health-care fees to double," August 28, 2019). This is going to add more burden on our finances, given that we can only work 20 hours a week. They have increased our expenses, how will they increase our incomes? I hope all international students will appeal it.

SANCHIT GUPTA
VIA FACEBOOK

corrections

In "Camosun student takes on deer conservation issues in Victoria" (August 28, 2019 issue) we incorrectly attributed a quote from Annette Dehalt to Chelsey Mercer due to an editing error. We apologize for the mistake.

college

Camosun's new VP of student experience says campus life is all connected

"It breaks my heart if a student can't stay in college because they don't have the money, and we couldn't figure out how to get the money; that breaks my heart a little bit because there's such a social benefit of education."

HEATHER CUMMINGS
CAMOSUN COLLEGE

ADAM MARSH
STUDENT EDITOR

Mental health, supporting victims of sexual violence, and post-secondary affordability aren't just issues on Camosun students' minds—they're all areas that new Camosun vice president of student experience Heather Cummings plans on focusing on in her job.

"Those are three hot buttons that I can't imagine not being responsive to," she says. "It breaks my heart if a student can't stay in college because they don't have the money, and we couldn't figure out how to get the money; that breaks my heart a little bit because there's such a social benefit of education."

Creating the ideal student experience through student retention and making sure students feel like they're prepared for their future because of their experience at Camosun is key, says Cummings. Student experience also goes hand in hand with academic experience, she says;

despite the organizational structure that separates the two, student experience and academic experience "really have to work together," says Cummings.

"What happens in the classroom translates into what happens in the rest of the institution and vice versa," says Cummings. "If students aren't getting supported, not receiving mental health support... They're working three jobs because they don't want student loans, or they didn't qualify, that's going to impact the learning experience. And our faculty are going to have to be the ones that try and figure that out. I think we've got to create that common language between the areas where we're talking about the same things and we have the same goals."

Cummings started at Camosun on August 19, taking over from Joan Yates. She says that many of the solutions to problems students may face are already on campus, but

sometimes it's a matter of finding them.

"It's just a matter of talking to people and figuring out where support needs to be to get those solutions in place," she says.

As far as the position influencing students in day-to-day life, Cummings says that it's hard to identify specifics because student experience changes on a student-to-student basis. Cummings says that Camosun has an extremely diverse student population and that she wants to focus on what each individual needs.

"It's a matter of having a flexible learning environment where every student sees themselves in the halls and the walls and knows that this is their place and that there's something there to help them," she says.

But part of the reality Cummings is facing is that "we won't have all the answers, and we won't have everything," she says.

"We can help direct students to those community partners that may have the support that we ourselves don't have," she says. "I see a lot of attention on community relationships, and getting to know what our students are looking for."

When it comes to dealing with a diverse student population, Cummings says that it's key to approach it from a principle of inclusivity so that any student can find the things they need to succeed.

"It shouldn't be designated ser-



ADAM MARSH/NEXUS

Camosun vice president of student experience Heather Cummings.

vices for this population versus designated services for this population," she says.

Even though there is special attention paid to certain demographics like Indigenous learners and international students, Cummings says, they still have similar needs to other students.

"It's keeping that principle of

inclusivity. I also think we need to be extremely flexible in the way we deliver services, and it's about the relationship between the staff. My thought is, if the people who are supporting students love what they're doing, feel like they're making a contribution, students are going to feel that," she says. "Happy staff, happy students."

NEWS BRIEFS

Camosun students get chance to influence college policy

Camosun College wants to hear from students and staff regarding policy-making decisions, and has organized events to do so. The events—called Policy Palooza—take place at both Lansdowne and Interurban campuses. The Interurban event is happening on Tuesday, October 1 in the Cafeteria annex from 1 pm until 3 pm; at Lansdowne, it's happening Tuesday, September 24 in room 151 of the Alan Batey Library and Learning

Commons. There will be free snacks. Current college policies are available at camosun.ca.

Camosun Express bus expanding to West Shore and Royal Oak

As of the fall 2019 semester, the Camosun Express bus will commute once daily to and from the West Shore. The West Shore service is only to and from the Interurban campus, and will be with an electric bus. The Camosun Express heading to both campuses will also now stop at the BC Transit Royal Oak Exchange. See camosun.ca/

about/transportation-parking for the full updated Camosun Express schedule.

Camosun now offering free bike storage

For students and staff who bike to campus, the college's shared bike-storage cages are now available for use for free. Contact the bookstore at 250-370-3080 to reserve your space; spaces are given on a first-come-first-serve basis. See camosun.ca/about/transportation-parking/bicycling for more information about the college's bike racks and lockers.

Camosun offering free menstrual products

As part of a pilot project running until March 2020, Camosun is offering free organic menstrual products in the men's and women's bathrooms on the first floor of the Lansdowne library as of the first week of September. The products and dispensers were paid for through a \$5,000 Camosun Innovation and Creativity Grant. At the end of the academic year, the college will see how the pilot went and make recommendations for further steps moving ahead.

CRD looking for artists

The City of Victoria is on the hunt for emerging and established artists who are interested in being considered for Victoria's new Mural and Community Art Roster in 2020. Once chosen, the artists will be put in contact with local businesses that are looking to build or expand their collections of murals. The application deadline for the position is Wednesday, October 30 at 4:30 pm. Submissions will be judged on style and previous artistic community engagement. Visit victoria.ca/publicart for submission guidelines.

-ADAM MARSH

NEXUS

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sports Camosun Business student pursues boxing dream outside of classroom



LEE MILLIKEN

Second-year Camosun Business student Bryan Colwell is chasing his boxing dreams.

EMILY WELCH
STAFF WRITER

Most of us haven't figured ourselves out yet. Most of us have an idea in mind about some dream or another that we would like to fulfill, and most of us kind of wing it every day in hopes that someday we might get a chance to do chase the dream.

Bryan Colwell has taken a few steps beyond just hoping. Colwell is a second-year Camosun Business student who has realized his dreams and is living them.

Colwell started boxing professionally in 2013, and is now the two-time Canadian champion in his weight class, 91 kilograms. He won the 91 kg gold in the 2019 Copa Independencia, an annual Dominican tournament, as well the BC Golden

Gloves and Oregon State Golden Gloves in 2016.

"I've got 40 national fights in, and it's been pretty good," says Colwell. "I've been blessed with a lot of support on the island."

Colwell was originally a soccer player and started boxing as a way to get in shape.

"I was a soccer player, because I was always an athlete. I was a very good soccer player. But I was a terrible teammate. I will admit that. I demand perfection from myself, and I demanded it from my teammates as well. When my teammates didn't perform with perfection—what I thought was perfection—then I was such a... I was a terrible teammate," Colwell laughs. "Now, with boxing, you're

your own teammate. Everything is what you put into it—there is no other factors you can blame."

Colwell realizes that boxing isn't a forever sport but says that his boxing is just the beginning of his ring-related work.

"Next year I will be 30 years old, and that is pretty old for boxing," says Colwell. "It's just the way it is. So, the question is, do I chase another Olympic dream—do I get two medals? Or do I turn pro? Whether amateur or pro, there's ways to monetize with sponsorships and things. I already coach boxing on the side, and that can always supplement my income a little bit."

Colwell says that this is where his education at Camosun will come in handy.

"I was a soccer player, because I was always an athlete. I was a very good soccer player. But I was a terrible teammate. I will admit that."

BRYAN COLWELL
CAMOSUN STUDENT

know your profs

Camosun instructor Jody Watson on being humbled by technology

EMILY WELCH
STAFF WRITER

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 Mental Health and Addictions instructor Jody Watson about public speaking, cell phones, and the importance of challenging our comfort zones.

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

I teach in the Mental Health and Addictions Program and in the Interprofessional Mental Health and Addictions program.

2. What do you personally get out of teaching?

I am constantly learning and growing from my students. They

bring fresh ideas and perspectives to our program.

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

I was a student too for a long time—it took me forever to get my schooling done. I get that it can be a challenging road. I found school extremely difficult, but I am very grateful that I stuck it out even when I wanted to quit. That difficult road led me here.

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

I still find public speaking difficult. Actually, maybe that is a good thing for students to know. It's good to push ourselves out of our comfort zones, I think.

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

I don't have one stand-out moment. But I can honestly say I love my job, and the best part of my job is building relationships with students.

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

I don't know about the worst, but certainly the most embarrass-

ing and humbling was lecturing students about having their phones turned off during class while a phone was ringing, only to discover it was my phone.

7. What do you see in the future of post-secondary education?

More hands-on learning. Many students learn best through talking through ideas, experimenting, and challenging their own ways of thinking, and through doing.

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

Hang out with my family and friends. I lake or ocean swim most Saturday mornings (in a full wet-suit—I'm a cold wimp). I do lots of camping and hiking with my family and also love to cook when I have the time.

9. What's your favourite meal?

Not much has changed since I was in college—it's still pizza.

10. What's your biggest pet peeve?

People scrolling on their phones... I don't get it. I think people miss out a lot on life with distractions.

"I want to open up my own gym eventually; I want my own brand and my own company. That's why I'm going to business school," he says. "The first year of business school isn't really anything special; it's really all about groundwork, and I'm still only halfway through my second year. But I'm still able to use a lot of what I've learned at Camosun; a lot of it translated immediately."

Colwell's family has also been able to enjoy his success and has been able to let him know that he is supported when he's pursuing his dreams.

"My younger sister and even my grandma will all call around to make sure everyone is watching me," says Colwell. "The Pan Am

games especially, because there was so much media coverage. All you had to do was flip on your TV. That was the most family messages I have ever gotten. I knew everyone across the country was watching, because everyone sent me a message about it."

Colwell says that he is looking forward to his future, whatever it may hold.

"It's been a successful run, and that's why I know I want to box until I'm 40," says Colwell. "Maybe Olympics, maybe pro career, but what I would really like is to have my own gym, my own brand. I very much want to create and become my own brand... All the stuff I have learned in my Business degree, I am just trying to put it into place."



ADAM MARSH/NEXUS

Camosun College Mental Health and Addictions instructor Jody Watson.

review

The Great Canadian Beer Festival 2019: The Nexus review



ALL PHOTOS BY GREG PRATT/NEXUS

Three surprisingly in-focus scenes from the Great Canadian Beer Festival.

GREG PRATT
MANAGING EDITOR

There's not much we won't do for you, our faithful readers. We work around the clock when we need to, we file Freedom of Information requests, we sprout early grey hairs doing stressful interviews, and, sometimes, we drink a lot of beer. For you, faithful readers, of course.

Usually we spread out our review of The Great Canadian Beer Fest over two days, but this year we had to do all the drinking in one day. Were we going to let that interfere with our goal of giving you our thoughts on as many beers as humanly possible? Of course not. It just meant it was time to take a deep breath and... drink. Lots. I do what I have to do.

The day started early with the media tour of the grounds, which is when the beer started flowing. First up was Saskatchewan brewery Nokomis Craft Ales with their

Whistle Buoy, were up next. They've got a name no one is fully confident saying out loud, a cool Market Square location, and a surprisingly hoppy Coastality West Coast Pale Ale that has so much taste going on you almost wouldn't believe they've only been in operation since June 26 of this year. Good things are ahead for Whistle Buoy.

We then moved on to Vancouver's 33 Brewing Experiment, a cool company with a cool aesthetic. Hazy drinks are popular right now, so I wanted to try their Hazy Pilsner to make sure I got some haze in my beer fest experience this year. You'd think the haziness would battle the Pils' traditional crispness, but 33 manage to make the two sensations work together nicely for a refreshing and balanced drink that has more bite to it than the average Pils does. Thumbs up.

Then we moved on to Nova Scotia's Tatamagouche Brewing Company, who had the best beer I



Haskap Sour. It was the first of many sours I checked out in an attempt to understand the sour trend. Best I can figure is this is for people who don't like beer but want to figure out a way to like beer, but, still, the Haskap Sour is well done and one of the better sours as its tart, grapey flavour (from the Saskatchewan-grown Haskap berries) gives this one a red wine flavour and aftertaste. I'm still not sold on sours, but this is decent enough for a few sips.

Also from Saskatchewan, 9 Mile Legacy Brewing were at beer fest, pouring their 9 Mile Ale. This is a dry English pale ale that's very well balanced and low on hoppiness; 9 Mile nailed it with this very drinkable drink.

Victoria's newest brewery,

grass after my Toro, I dove into this crisp stout, which packs a perky, carbonated punch and had tons of flavour and a full body. Would definitely drink this one again.

Next up it was back to a British Columbia brewery, with Old Abbey Ales' Don't Be Scared. The Don't Be Scared is an Arnold Palmer-style lager, but, look, I'm half-cocked by this point, I don't know what that means, I don't pretend to know what that means, I just drink, and this one goes refreshing, light, and easy. Definitely a smooth hot-summer-day drink, and the lemon juice and orange pekoe tea flavours don't even bother me too much as it's so well done.

With this, the media tour was done and Nexus was free to race around the Royal Athletic Park to check out beer from brewers from all across Canada (with over 100 different breweries and cideries from across Canada, it's The Great Canadian Beer Fest's widest range of breweries yet).

The amount of BC breweries out there is staggering, so, here, let's visit another one: Mount Arrowsmith Brewing Company. Their Wildberry Kettle Sour is indeed sour, and more or less cemented my belief that sours aren't really good if you're looking for beer, but if you're looking for, say, a juice box with a teeny bit more kick, sure, have a sour. This one has a good balance between the sourness and the fruitiness, and by "good balance" I mean both are cranked to 10.

There was one beer I knew I had to try this year: Victoria brewers Twa Dogs' Friday cask, the ominously named CCM-SOS (from the fest guide: "WARNING! This is not for normal human consumption."). Twa Dogs took their Chili Chocolate Milk Stout and added a ton of extra chillies to it and oh my god is this ever an experience. It starts sweet and has a fairly thin body, with molasses on the nose and a caramel-tinged sweet stout taste. It's pretty amazing... and then the chillies hit. Talk about an aftertaste; this is just this side of atrocious, and is instead pretty incredible. Although not a beer I could drink a lot of, in small doses this is fantastic, and really exemplifies what events like this are all about. I marvelled at this complex, well-crafted beer with every taste, as it has three distinct stages to every single sip. Great work, Twa Dogs.

I mean, unfortunately, it also kinda torched my palate and maybe made my stomach a bit rumble, but, totally worth it. So Gladstone Brewing Company's Belgian Single kinda suffered from being up next; this dry, aromatic pale golden ale didn't really stand a chance at making an impression on me after being annihilated by the chillies, although I could tell it was well done.

Powell River's Townsite Brewing was next on my hit list, and their Up the Lake Sour Mash ISA sounded interesting enough, and it was interesting in that it was really not that hoppy. It's fruity and slightly sour and mildly hoppy, but the one

thing that stuck with me the most was just how fruity it is.

Over to locals Swans next; I thought their Scottish Heavy would be huge like a Scotch Ale or Wee Heavy, but it was a surprisingly light experience. At 3.4% ABV, this one goes down like a smooth, light brown ale, with a roasted taste and caramel notes. Although the



thin body doesn't quite match the flavours, I wouldn't mind spending a bit more time with this one to get to know it more, as I suspect we'd get along just fine.

Swans' Guilty Pleasure Raspberry Blonde is light on the blonde and huge on the raspberry and good god that's one carbonated fruit punch juice box. I've had a lot of beer by this point and actually thought this was a sour but that's just the fruit talking. Can we all just agree to keep fruit away from beer once and for all please and thanks?

Strange Fellows Brewing's Jongleur Belgian Wit is dry and easy drinking, tasty with its spicy notes,

its main problem being that I drunk it so late in the night that both my tasting notes and memory are foggy. But here's something that cuts through the haze: Strange Fellows' Reynard Oud Bruin. This sour brown ale makes me think maybe, just maybe, sours are a style of beer worth pursuing (ah, no, scratch that, but, still). My notes indicate it has a "crazy smell," which I recall being a sort of paint-thinner/turpentine situation, and a taste that is quite reminiscent of the fantastic Thor's Hammer barley wine from Surrey's Central City Brewers (which also has turpentine on the nose, which, of course, sounds absurd, but it tastes incredible). This one is smoky, carbonated, and, sure, sour, but more like a complex, deep red wine that's gone funky. There's a lot going on here, probably because it's a sour brown ale as opposed to a sour juice box like most sours, and while I'm more likely to go for a barley wine than this, if I ever had a gun to my head and was forced to drink a sour again, this would be the one. Good work, Strange Fellows.

My stomach at this point is not saying "Good work, Greg." It's saying "Seriously, dude?" There's been a lot of big, varying flavours tossed down in there and they're not really playing together nicely, but all in the name of journalistic excellence I plowed forth, heading over to Les Trois Mousquetaires Microbrasseurs, where I went for their Gose, because that's the style that seems situated to knock sours

off their throne for popularity by this time next year. This beer packs a punch, and is very flavourful. Their description includes coriander and salt; mine just includes staring blankly at my beer fest companion as we try to figure out if we honestly taste salt or if it's just because any time anyone talks about a gose all they really can say is "there's salt in

it." No idea, but, yeah, there's salt in it, and I think I liked it. Their IPA goes down super easy, and is alarmingly not bitter—which I like—and thin-bodied.

Kwantlen Polytechnic University's Brew Lab looks interesting, so we stagger over to their booth and I grab a KPU Schwarzbier because I honestly have no idea what that is. I like it: it's a dark, nutty ale that's not too thick and is very drinkable. It's easy drinking but with just enough going on to keep it interesting. I'd drink it again, even if by this point in the night I was having a hard time drinking anything.

Beau's Brewing Co. brought their Lug Treed organic lagered ale to Ontario, so, yeah, I was going to try it because I'm pretty sure I've never had a lagered ale before. I got one sip in and my stomach informed me it was time to stop. But I was trying to figure out this lagered ale; my colleague explained to me what exactly that means and I was enthralled; I took more sips but I no longer had the ability to tell if this is good beer or not. Their Full Time IPA goes down the same way, this big IPA (6.7%) making some kind of impact but it was mainly just reminding me that I can't drink anymore, not tonight. Sorry, Beau's Brewing. Catch ya next time.

And with that, I stumbled off into the good night, mind racing at the possibilities still waiting, so many beers yet to be drunk, so many flavours yet to be enjoyed. The Great Canadian Beer Fest has a bit of everything, and it will next year as well, when we will return and we will savour the big, bold brews that these craft brewers from all across Canada will bring back to the Royal Athletic Park for another frothy round of sudsy fun, hopefully leaning more dark than sour. Next year could well be the year of the gose, but we'll be off finding the big bangers, roasted malt for miles, 11% barley wines, and beasts like the Toro and Twa Dogs' outrageous spicy cask, two beers that won't soon be forgotten and that all local beer lovers should thank the organizers of the fest for bringing to town on this great weekend.

Parking pressures

Camosun has built a new parking lot at Interurban, but is it enough?

Story and illustration by Tiegana Suddaby, features writer

With Camosun opening the doors to the new Alex & Jo Campbell Centre for Health and Wellness at the Interurban campus this month, there is excitement brewing for everyone. The building has a sleek design and room for more intensive and specialized classrooms and, of course, a lot of students. This means that Interurban, which has long been the source of parking concerns for students, is going to need more parking.

When the designs for the new building were first created in 2017, the plans included a new parking lot with, according to the original website, 195 parking spaces. The end number is actually 233 (plus two accessibility stalls and one elder stall), a welcome increase. (The total number of parking spaces at Interurban before the new parking lot was 1149, not including short-term, PISE, loading spaces, motorcycle, or elder spaces; that number is now 1384.) Parking is always a problem at Interurban, so the additional spaces should be a cause for celebration. However, parking is parking, and with new students attending classes at this new building, traffic is going to get even more congested than it has been in previous years.

But Camosun can only do so much. Saanich council has a say in how many parking spaces the college can put in. But good news for students: the college managed to work with Saanich to get more parking spots than initially proposed. Camosun manager of transportation and parking Maria Bremner says that the college feels the new parking spaces will be enough to accommodate students.

“Any time you come up with an estimate, it’s an estimate based on existing travel habits and patterns,” says Bremner. “We do feel it will be adequate, but, that said, the nuances of people’s transportation decisions within the program area that’s migrating to Interurban, diving into that as sort of a demographic, it remains to be seen. We know that at any given time on campus, there will be about 600 new people, students and staff.”

Bremner knows that driving isn’t the only means of transportation, saying that a “significant majority” of Camosun students take transit and other ways to get to campus.

“So, yes, overall, we feel optimistic and reasonably confident that it’s going to be adequate, although there will definitely be, without a doubt, parking pressures,” she says. “There is existing parking pressures before the new building came online, and we don’t anticipate seeing a significant reduction in parking demand this school year.”

Interurban has always been a challenge to deal with. There’s its location, and there’s its limited parking spaces, which are always an issue when students are struggling for a spot. However, the college has added not only more spots, but also more variety, with one elder stall, two accessibility zones, six electric vehicle charging stations, and 10 carpool stalls. Along with 42 staff spaces and 174 student spaces, the parking lot—located behind the new building—is, no doubt, massive.

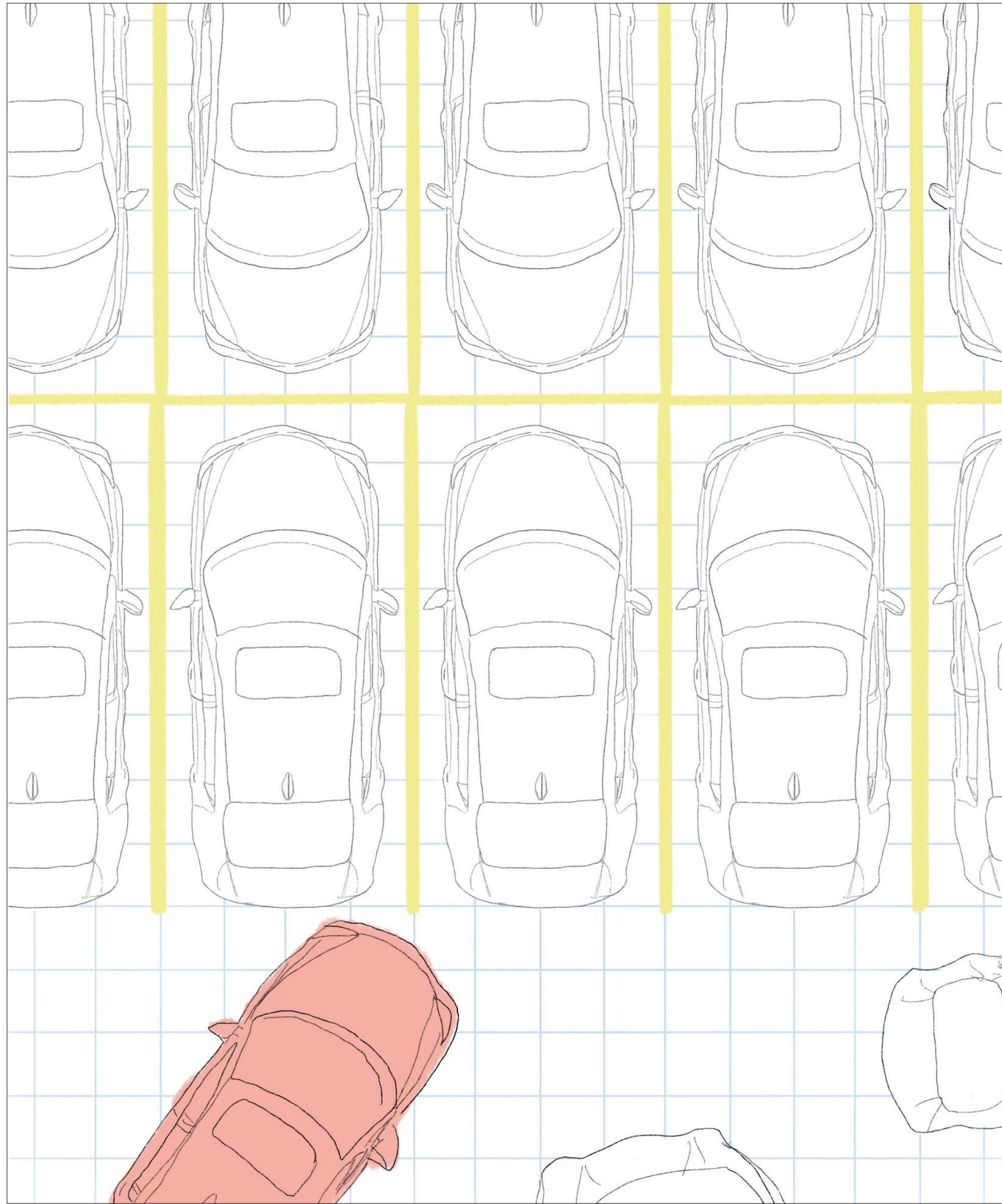
But this is a parking lot made for a new building, which means an influx of students for the new year. Do the numbers balance out?

Camosun College Student Society (CCSS) external executive Fillette Umulisa thinks that the additional space won’t provide enough room for the students that are already there, never mind accommodating all the students moving from Lansdowne to Interurban to go to the new building.

“I think pretty much everybody knows this, but Interurban has had parking challenges before, when the building was built,” says Umulisa. “And I don’t think the 200 spots that we’re adding as part of the construction will meet the needs of the staff, faculty, and students who have been going to Interurban.”

Interurban faces not just parking issues, but also transportation issues in general.

“Interurban is in a challenging zone from a transportation perspective,” says Bremner. “Unlike Lansdowne campus, which benefits from being in



the shadow of the Royal Jubilee Hospital, UVic, and a bigger urban area, Interurban is a little bit more isolated. As a consequence, we don’t have as much transit service out to that campus, and it’s a further distance to reasonably walk or cycle. In a sort of transportation planning perspective, your ideal cycle commute... is generally around five kilometres, and Interurban campus ranges between seven to ten kilometres for a lot of people, and if you’re on the West Shore, obviously more.”

Umulisa says that it’s an inconvenience for students to have to drive five kilometres to Interurban and then not be able to find any parking.

“For Interurban, it’s very isolated. It’s kind of far... which gives them really no choice but to drive,” says Umulisa. “There’s three schools on that campus, and that’s a lot of students, and then there’s staff, and everybody else. So I have heard that usually there’s not enough parking, and I suppose they can take buses, but that can delay [the students] and staff. Now that they’re moving a whole other school there, and have only added 200 spots, somehow I feel like it’s not going to be enough.”

First year Nursing student Emma Jacob is pleased with the new building, but not with the campus’ parking.

“I think pretty much everybody knows this, but Interurban has had parking challenges before, when the building was built. And I don’t think the 200 spots that we’re adding as part of the construction will meet the needs of the staff, faculty, and students who have been going to Interurban.”

FILLETTE UMULISA
CAMOSUN COLLEGE STUDENT SOCIETY

“I take the bus in the morning,” she says. “It’s about 30 minutes to bus there from where I park. I would rather drive, but the parking is too expensive and the parking lot fills up really early in the morning and there aren’t enough spots left.”

Some Interurban students have no complaints about parking, because they don’t drive, like first-year Arts and Science student Thorben Stau, who has more trouble with the commute to Lansdowne than the commute to Interurban.

“The problem is, my homestay is 50 minutes away from the Lansdowne campus, so it’s pretty far away because three of the classes are Lansdowne,” says Stau. “That’s the only problem, but overall, it’s good.”

Bremner says that it’s important to approach transportation problems by thinking holistically.

“There’s not a silver bullet to transportation and parking problems,” she says. “Whenever I look at transportation, it’s not just a matter of a number of cars on the road or in our parking lot, but it’s a result of other socio-economic and regional aspects that are going on, such as what’s the most affordable place to live, and students have to consider, ‘Do I have to get to work or pick up my kids after class?’ Do people feel like they live in a safe and walkable community? How comfortable and familiar are they using alternative transportation? I think a lot of those aspects feed into people’s transportation decisions, and that’s the approach we take into consideration.”

While Camosun advocates alternative methods of transportation, for many students, biking or walking to Interurban would be basically impossible. That’s why Camosun has started the Park and Ride/Park and Walk program. With several parking areas provided outside of the Interurban campus, located at Tillicum, Wildwood Outdoor Living Centre, and the Saanich Baptist Church, Bremner is greatly encouraged by the growing popularity of the program.

“I think from what we’ve seen so far, from what we’ve seen from the Park and Ride/Park and Walk program, I’m very optimistic,” says Bremner. “Cumulatively we have about 70 stalls of Park and Ride/Park and Walk for students, and they’re for students only, not for staff. That provides free parking in areas that provide ready access to other transportation solutions, such as jumping on a transit bus to get to campus, having a relatively flat and

“So, yes, overall, we feel optimistic and reasonably confident that it’s going to be adequate, although there will definitely be, without a doubt, parking pressures. There is existing parking pressures before the new building came online, and we don’t anticipate seeing a significant reduction in parking demand this school year.”

MARIA BREMNER
CAMOSUN COLLEGE

easy cycle commute, or having a realistic walk within 20 minutes or less. So I feel very positive and optimistic about the Park and Ride program. We’ve already had a significant number of students register and we haven’t even really started marketing that program yet.”

Umulisa says that the Park and Ride program is going to benefit those who can use it.

“I think that is going to help,” she says. “It’s good that we have parking somewhere that’s not on campus. It can go halfway and park at Tillicum, but then again, it would be more convenient if that parking space was available on campus. It’s still good.”

For students who don’t benefit from off-campus parking, Bremner suggests using the Camosun Express shuttle bus, which drives from Lansdowne to Interurban on a recently updated schedule including stops in Royal Oak and the West Shore.

“The Express improvements on the schedule we had this year was a direct result from our research for the new Transportation Demand Management Plan that the college has. It’s a five-year plan with the primary goal of providing convenient, environmentally responsible, and affordable access to both of our campuses, and a key aspect of that plan and that research was looking at how we can improve the Express,” she says. “I’m really excited about the West Shore commuter service that we’re bringing online. Roughly 25 percent of our students come from the West Shore, and this provides a very efficient way for them to get to and from campus at the beginning and end of the day.”

Umulisa believes that the best solution is to see how the parking lot affects students first-hand.

“I was talking to my colleagues, and we are really hoping that the college will be monitoring the parking situation during the first week, because that’s going to be a critical part of this whole thing,” says Umulisa. “Everybody’s new and trying to get to this campus. And if there are any concerns, I feel like they should remediate and look for solutions. Students do not have a choice but to drive to Interurban sometimes, especially when they have early-morning classes. Buses run about every 20 minutes, and that really does not help at all.”

However, Camosun has heard and responded to these critiques of the buses.

“Scheduling improvements, like having the [Camosun Express] bus arrive earlier in the day [to] allow a bit more flexible time before class started for both staff and students, was one of the recommendations we heard, as well as more continuous service throughout the week, so we enhanced our Friday schedule,” says Bremner. “We extended the hours that it operates, having a later departure time as well for people, and also, on the campus-to-campus shuttle, added a stop for the Royal Oak exchange, which helps to diversify commuting options for people, so whether they’re choosing the Park and Ride program that’s available at the Royal Oak area, or whether they’re using the BC [Transit] routes to come from other parts of the region, such as the Saanich Peninsula, we think that that will really provide a more convenient option.”

A brand-new building with a brand-new parking lot might not change the future of the campus, but it might provide a lot of relief for students who always get shortchanged when pulling into a parking lot spilling over with cars. There are plenty of solutions, but these solutions can only work if the students can use them. Camosun has certainly responded to students’ concerns; otherwise, it wouldn’t have added a parking lot that reaches the maximum number of spaces permitted by Saanich, set up off-campus parking, or changed the Camosun Express schedules to suit students’ needs. But, keeping night classes in mind, will the new schedule run late enough? Are the off-campus spaces going to transport the students in time? How is the school going to respond when the new parking lot is overrun with students?

We can only guess what will happen, and our prior experiences with the school will affect what we think of the new parking lot available to us. To some, this might be the dream scenario, but to others, it might make more room for disaster.

music

Vancouver psych-rockers Black Mountain talk success and balance

“Things like that are kinda weird when they happen, when you go and play a show in, I don’t know, Sweden or something. You’re like, ‘Who the hell in Malmö, Sweden is going to know our band?’ and then a whole bunch of people turn up and they want you to sign their record or something.”

JEREMY SCHMIDT
BLACK MOUNTAIN



OLIVIA JAFFE

The members of Vancouver’s Black Mountain have had to learn to balance success with their personal lives.

guy’s gotta go.’ So I had to choose, you know... had to choose the rock over the stock.”

When people think of fame, they often think of being bombarded by a thousand screaming fans or living an eccentric lifestyle. From reading your own Wikipedia page to meeting admirers of your work in foreign countries, artists experience a lot of unexpected curveballs.

“Things like that are kinda weird when they happen, when you go and play a show in, I don’t know, Sweden or something. You’re like, ‘Who the hell in Malmö, Sweden is going to know our band?’ and then a whole bunch of people turn up and they want you to sign their record or something. It’s a pretty surprising, humbling, and cool thing, and you sort of realize, ‘Okay, this thing that

we’ve engineered, that we’ve done, it actually does exist out in the world and there’s people that we would never connect with otherwise that know it and are interested in it.”

Black Mountain
8 pm Sunday, September 15
\$25, Distrikt
strathconahotel.com/venue/
distrikt

BO ESSERY
CONTRIBUTING WRITER

Any performer can appreciate that distinct feeling that comes with the responsibility of holding a crowd’s attention. As a stand-up comedian, I can value that feeling of nervousness or excitement that fills you when everybody’s eyes are on you, waiting in anticipation. Black Mountain keyboardist Jeremy Schmidt has found his band playing in front of some pretty big crowds over the years as the Vancouver band has grown in popularity; he says that, for him, tapping into something perhaps not associated with his band’s big psychedelic rock sound is key before a show.

“You know, usually just serenity,” he says. “Try and hold onto a fraction of serenity and get into the game spirit.”

I don’t think anyone could argue

that being an aspiring musician, or any artist for that matter, is an incredibly difficult and exhausting pursuit. Living your dream is certainly not a path that comes easy. It’s important to have people in your life who can support the idea of chasing something other than a 9-to-5 job. Schmidt says that his experience juggling a job and performing music has been difficult but worth it.

“We all had pretty flexible jobs in the beginning, which was cool,” he says. “I had a boss who was pretty amenable to the whole idea of me playing in a band that toured. I think he thought it was kind of... I guess to him it seemed sort of exotic or cool. I mean, he was sort of in my corner for as long as he could be, and then after a while the powers that be kind of took notice of me being on the payroll but hardly clocking in any hours. They’re like, ‘Okay, this

music

Cancer Bats take matters into their own hands



ASAD AMAN

Toronto’s Cancer Bats released their latest album independently.

ADAM MARSH
STUDENT EDITOR

When Toronto hardcore punk band Cancer Bats released their sixth full-length album, *The Spark that Moves*, last year, it felt like a salute to their diverse repertoire: 2008’s *Hail Destroyer*, 2010’s *Bars, Mayors, Scraps & Bones*, and 2012’s *Dead Set on Living*, to name just a few of their full-lengths. Vocalist Liam Cormier says that the homage was completely intentional with their new album; it turns out to be an homage not just to their catalogue, but also to catharsis.

“It’s really rad to be able to yell about stuff that pisses you off, night after night,” says Cormier. “That, in turn, makes me pretty mellow about the rest of my life.”

The band released *The Spark that Moves* suddenly, with no release date announced beforehand, a technique, says Cormier, that runs the

risk of being cliché. But it worked, and he would definitely do it again. Cormier says that it comes down to a great fan base, which allows the band to put new material out directly to the fans.

“I feel really lucky to be in that position—to just be able to put something on the internet and then the fact that people are excited, and will share it within our own community, I think is really great,” he says. “Our thing has always been communicating with our fans and seeing what they actually want.”

Being able to see the fans and interact with them at shows is key, says Cormier.

“I know that certain people still want to buy CDs, and I know some people want to just download things, and lots of people want to buy vinyl still, but we know that from being at merch [tables at concerts]

and selling our merch and talking with all those people all the time,” he says. “I feel like that’s kind of the way that we’ve been able to navigate it.”

But the band tours so much, says Cormier, that there wasn’t much of a shift to adjust to because concerts have always been their main revenue stream. The main difference this time is that the band released the record themselves, on their own Bat Skull Records, in partnership with New Damage Records.

“We’re like, ‘Well, we’ve never made money from [album sales].’ I would say it’s changed in that we’re actually making money from album sales from the first time putting out our own record.”

While the band was fortunate enough to get recording budgets along the way, that meant that they were selling records to recoup those budgets so that they could go on tour. Cormier says the studio is fun, but it’s not why he’s in a band.

“The whole purpose was to always just go on tour,” says Cormier, adding that he isn’t a big fan of the studio. “I just find that that energy is missing [in the studio]; if we were talented enough to be able to record live records, that would be my favourite.”

Cancer Bats
7 pm Saturday, September 21
\$20, Lucky Bar (sold out)
luckybar.ca

New Music Revue



Toxic Holocaust
Primal Future: 2019
(Entertainment One)
4.5/5

After six years of waiting, thrash fans will be satisfied by the seventh studio album from Portland’s Toxic Holocaust (the brainchild of Portland’s Joel Grind), *Primal Future: 2019*.

Looking at the title of the album, we expect to see a dark, dystopian world. *Primal Future: 2019* begins with lyrics about the hell of nuclear war, death, and destruction. Tracks like “A New World Beyond” and “Primal Future” show us a broken future set to the tone of dark but groovy thrash.

In the last half of the album, we can feel the control by oppressive powers that signals the age of dictatorship. The last track, “Cybernetic War,” tells us to prepare for a new war as chaos continues and never ends.

With a sound that combines Venom’s black metal and the energetic excitement of crossover thrash bands like Suicidal Tendencies, *Primal Future: 2019* is exotic and interesting.

Primal Future: 2019 is also one of the most enjoyable albums of the year.

—MARK NGUYEN



Eamon McGrath
Guts
(Saved by Vinyl)
3.5/5

Well-travelled Canadian singer-songwriter Eamon McGrath explores toxic masculinity from a heterosexual man’s point of view on his new concept album *Guts*, which follows up his 2018 triumph, *Tantramar*.

Guts’ dark lyrical imagery is spread across a diverse musical landscape. The album showcases McGrath’s versatility as it transitions seamlessly from grimy, fuzzed-out grunge to twangy pedal-steel country. There are some great cuts here: “Yellow Sticker on an Empty Fridge” is loaded with guitar hooks with a very rusty Matt Good and Crazy Horse feel; “In Like a Lion” is a beautifully mastered country number that features July Talk’s Leah Goldstein on backup vocals; the title track is a catchy piano ballad that suits McGrath’s raspy voice perfectly.

Guts has good lyrics, good vocals, good production, and catchy melodies. It’s packed with emotion and musical variety, and while it doesn’t quite reach the bar McGrath set with his previous effort, it’s a really good album; give it a spin.

—FRED CAMERON

what’s going on

by emily welch



BAILEY MORGAN

Vancouver’s Strange Breed are bringing their rawkin’ rock to town on Thursday, September 19 at The Rubber Boot Club.

UNTIL FRIDAY,
SEPTEMBER 20

A sketch of the synagogues

Ben Levinson is sharing his architectural sketches of synagogues of the western world with the western world in his new exhibit, *Synagogue Sketches of the Western World*. This free exhibit is open to the public, and if you love beautiful art and vivid culture—and synagogues, sketches of synagogues, and... you get the point—this is a great way to experience it all. The viewing runs Tuesday to Friday from 10 am to 3 pm at the Congregation Emanu-El Synagogue, located at 1461 Blanshard Street. See congregation-manuel.ca for more info.

SATURDAY, SEPTEMBER 14
Howlin’ at the moon

Are you into beautiful lantern installations under a night sky? Look no further, because Victoria’s Moon Lantern Celebration is here. The whole thing looks pretty great—whether you have kids, or are a kid yourself, you’ll enjoy making your own lantern for \$4 (the only fee of the night). At 5:30 pm, there will be musical performances; at 7:35 pm, there will be a procession of lantern viewing. The evening concludes at 8 pm with an illuminated finale performance. And yes, mooncakes are on the menu. It all goes down at Gordon Head Recreation Centre and Lambrick Park. For more info, search

“moon festival lantern celebration” on Facebook to find the event page.

SATURDAY, SEPTEMBER 14
Date-night dilemma?

Stuck on where to take your significant other on a Saturday night? Try taking them to see Ziggy Alberts along with a couple of guests at the Capital Ballroom. Alberts is a soul-searching Australian acoustic artist who sings songs that anyone can relate to. Tickets are available at Lyle’s Place for \$27.50; see thecapitalballroom.com for more info on this and other concerts.

THURSDAY, SEPTEMBER 19
Get strange

Feeling depressingly normal these days? Then strange it up with Strange Breed at The Rubber Boot Club on September 19. These folks celebrate life’s wonderful weirdness with their truly magnetic selves and really good music—kind of a mix of Tegan and Sara, White Stripes, and Ozzy Osbourne. It’s loud yet lyrical, it’s feminist and LGBTQ-supportive, and it’s wonderfully weird. Doors are at 8:30 pm, and tickets are \$10 in advance or \$13 at the door; see rubberbootclub.com for more info on this and other events.

THURSDAY, SEPTEMBER 19
Korea at Camosun

Camosun International and Camosun’s school of Arts and Science are bringing the annual Camosun

Korean Festival back to Lansdowne on September 19. The festival, which runs from 11:30 am to 2 pm in Na’tsa’maht, will feature games, food, and a chance to dress in traditional Korean clothing. Free; see camosun.ca for more info.

FRIDAY, SEPTEMBER 20

Getting indie with it

Nothing lights the spirit like an evening with indie group West My Friend. Part chamber folk, part Cascadia, the band’s music is pretty and heartwarming, yet meaningful as well. This is an album-release gig, complete with a 53-piece orchestra. Good swag and good cheer should be abundant. The performance is in the Alix Golden Performance Hall; doors open at 7 pm, and tickets are \$25. See vcm.bc.ca/alix-golden-hall for more info on this and other upcoming concerts.

SATURDAY, SEPTEMBER 21

Look who’s laughing now!

Wander down into The Duke Saloon to attend The Human Condition Comedy Tour on Saturday, September 21. The three comedians are funny, and they’re also really good people, as they are supporting The Greater Victoria Animal Crusaders with this show. What better way is there to bring people together than with laughter and a love of fuzzy beasts? The comedians—Scott Porteous, Shawn Gramiak, and Frank Russo—are funny enough to risk the

possibility of a glass-throwing bar fight (this is at The Duke, after all). Just kidding: just bring your own sense of humour and your love of animals and it will be a sidesplitting

and heartwarming evening. The show starts at 7 pm, and tickets are \$15. See thedukesaloon.com for more info on this and other upcoming events.

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WED EXCLUSIVE

NEXUS

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October 2
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What’s happening at
nexusnewspaper.com

Week of September 2, 2019, top five most read stories:
1. “International students’ health-care fees to double,” August 28, 2019
2. “Male burlesque show explores politics, gender identity, and Canadian Culture,” August 28, 2019
3. “Camosun alumnus drops new album and gets ready to rock metal fest with Scimitar,” August 20, 2019
4. “New Chargers coach, on heels of overseas success, says it’s all about relationships,” August 28, 2019
5. “Living beyond nature: How Camosun College is dealing with environmental issues in times of climate-change crisis,” August 28, 2019
Plus, head to our site to check out web-exclusive stories! Check it all out at nexusnewspaper.com, and find us on Instagram, Twitter, and Facebook today!

Leave a Comment

essing Hannibal
if that happened to
specials on Netflix, I

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Bubbles by Lia Glidden



NEXUS
animate Objects Series) By Jenna Cotton

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STR8TS

No. 234 Medium

		3		6	2			9
				5				
			4					1
3	2			8				
	7							
				7				
	8							6
	8							
5	9							

Previous solution - Easy

1	2	3	4	5	6	7	8	9
2	3	1	6	5	4	8	7	
1	2	3	4	9	7	8		
8	4	5	6	7	2	9		
4	5	3	2	7	8	6		
6	7	1	9	8	5	4		
5	6	7	8	2	4	3		
4	6	5	7	9	1	3	2	
7	5	6	2	3				

How to beat Str8ts – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

SUDOKU

No. 234 Very Hard

		5	2			9		
								8
4	9		7					3
		2	5			8	3	
			8	3	4			
	3	7			2	1		
7			6		5		9	
5								
	3			8	4			

Previous solution - Tough

1	4	5	3	2	8	6	7	9
3	9	2	6	1	7	8	5	4
7	6	8	9	4	5	3	1	2
5	7	1	2	3	6	9	4	8
6	3	9	7	8	4	5	2	1
2	8	4	1	5	9	7	6	3
9	2	7	4	6	3	1	8	5
8	1	6	5	9	2	4	3	7
4	5	3	8	7	1	2	9	6

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Str8ts check out our books, iPhone/iPad Apps and much more on our store.

contest Find the hidden Nexus and win



Let's see if you can find this copy of a previous issue of Nexus that we hid somewhere at Camosun College's Lansdowne campus. The first person to find this copy and bring it in to our office (201 Richmond House) wins a free prize!

We hid the last copy on top of a cabinet next to our new stand on the first floor of the Richmond House. Bring this copy of Nexus to us if you find it; we've got gift cards, shirts, and more for the winner to choose from!

sustainability word search

For our last issue's feature story, we took a look at what Camosun College is doing with its environmental efforts. Check out the story online at nexusnewspaper.com, and then check out this word search, which we made with words from the story.

Find the words on the left in the puzzle on the right; as always, stop by the Nexus office (Richmond House 201, Lansdowne campus) if you complete this puzzle to pick up something from our pile o' prizes.

ALTERNATIVE
CARPOOLS
CLIMATE
COMMUNITY
EARTH
EMISSIONS
ENERGY
ENVIRONMENTAL
GREENHOUSE
INDUSTRY
PACKAGING
POLLINATOR
RECYCLING
REDUCE
RENEWABLE
REUSE
SILICONE
SUSTAINABILITY
SYSTEMS
TECHNOLOGY

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

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Freedom from Addiction by Katie Mandey
Facing death and shattered mental constructs

I'll never forget West Texas. It was there, in the middle of the desert in the middle of the night, where death suddenly entered my life.

I felt my then-boyfriend Cody (not his real name) get out of bed quite suddenly, and although it was still dark, my first thought was that he must be late for work the way he seemed to have almost jumped up.

Then, all at once, somehow I knew something was wrong. I leapt up, barely awake, turned on the light, and rushed around to the other side of the bed. There was Cody, face down on the floor, writhing and convulsing, and bleeding from his ear.

In that moment, it seemed as if the sky was ripping open above me. A reality I had been in denial about all of my life was abruptly and violently thrust upon me in an instant: people could die without warning. Young people. My person. My partner.

I thought for sure he was dying. I thought he was bleeding from his brain because something terrible was happening to it.

As it turned out, he did not die that night. He had had a seizure that would lead to the discovery of a

Sex and love addiction is essentially an attempt to cope with what feels like an intolerable reality. It is an effort to gain and maintain control. It is an effort to know the future and compensate for a painful past.

brain tumour that would eventually claim his life, he was told.

What I found most astonishing about the whole experience of being faced with the impending death of my partner was that it made me aware of the mental construct of a future I had built that definitely involved him and our life together.

In fact, that mental structure made of a fantasy based on what I wanted and felt I needed was so central to my sense of wellbeing that when it was shattered I felt as though my very psyche was shattered.

I was so attached to this idea, this hope for a beautiful life filled with beautiful romance, that when it was taken from me through his diagnosis (as well as his violent abusiveness), I was unable to look away from actual reality and con-

tinue to create an ideal but false reality inside my mind.

In reality, our lives are fragile. In reality, we do not know what is coming. In reality, we have little or no control over the world or other people.

Sex and love addiction—or any other addiction—is essentially an attempt to cope with what feels like an intolerable reality. It is an effort to gain and maintain control. It is an effort to know the future and compensate for a painful past.

The gift of beginning to truly recover from addiction is the ability to handle life, and whatever it may offer up.

The basis of recovery is learning to be present. Addiction is a problem in the mind. And awareness—waking up to reality—is the solution.

Hold My Beer, I Lost My Keys by Bo Essery
The funny business of running a business

Today, I'm going to talk about owning a business, which, when exploited properly, can aid and abet the party.

For about three years, I ran a business where I built and repaired guitars for hobbyists and performing musicians. It was by far the hardest thing I've ever done in my life.

Thinking about running your own business? Here are a handful of tricks and tips that will help you stay motivated by day and forget-your-name drunk by night.

First things first: when you are the sole proprietor, you adopt a whole caveat of responsibility. There's marketing, networking, accounting, and customer service, and on top of all that you still have to do the goddamn grunt work. Sure, your boss lets you cut work early, but there is work to be done and rent to be paid, so focus! The secret is to make the boring stuff fun. Are you aware of how flexible tax write-offs are? I was once high as gas prices hanging out with friends and wrote off \$60 worth of a business card. Networking. What did my accountant say come tax season? "Why didn't you write off the coffee?" Want to see a band perform at Logan's next week? No problem. Talk to the band about how to improve the quality of their sound by switching to 10-gauge strings. Bam, write off the tickets.

When you start a business from scratch, you start at the bottom, a very small fish in a big, and substantially well-oiled, machine. Pond. Whatever. So when the tide starts to rise and throws you ashore, get creative!

Halfway through the duration of my "career" I was forced to change my business' name. It turns out a medium-sized fish had the name first and was threatened by my substantial customer base of six people. I lost just shy of \$1,000 of merchandise and brand equity. What do you do? Call all the suppliers before switching to your way cooler name, and when they don't question if you're "that" company, offset your losses in slashed prices in the name of repeat business.

I had a hell of a lot of fun and met some interesting people, but, in all honesty, you shouldn't listen to me: I don't run this business anymore, and you can probably guess why.

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