

Capoeira and Jiu Jitsu put creative spins on self-defence

Pages 8-9

VIEWS



Next publication: Mar. 3, 2010 Deadline: noon Feb. 24, 2010

3100 Foul Bay Rd., Victoria, BC, V8P 5J2
Lansdowne Richmond House 201
250-370-3591
nexus@nexusnewspaper.com
nexusnewspaper.com
Nexus Publishing Society

STUDENT BOARD MEMBERS Jeff Baldry Andrea Moir Jason Motz Alan Piffer **Darin Steinkey** MANAGING EDITOR Jason Schreurs STUDENT EDITOR Shane Scott-Travis ASSISTANT EDITOR Greg Pratt LAYOUT EDITOR Sarah Dart WEBSITE COORDINATOR Chantelle Mussell STAFF WRITERS Erin Ball Keltie Larter Alan Piffer STAFF PHOTOGRAPHERS Naomi Kavka Keltie Larter ADVERTISING SALES Jason Schreurs 250-370-3593 Campus Plus (national) 1-800-265-5372 DISTRIBUTION Keltie Larter Nicolle Rushton CONTRIBUTORS Renée Andor Erin Ball Brett Blair Cristian Cano Matteus Clement Peter Gardner

Adam Holrovd Naomi Kavka Keltie Larter Nathan Linford **Chervlann Nesbitt** Pam Oliver Alex Pask Alan Piffer Shane Priestlev Brandon Rosario Amber Rowse-Simmons Shane Scott-Travis Ed Sum Nic Vandergugten

The Simpsons = literacy

SHANE SCOTT-TRAVIS STAFF WRITER

With irreverence at the crux of pop culture it's always astonishing to find anything resonating with banter or beauty. Our disposable culture-obsessed with mediocrity-so rarely produces great art that we must therefore be able to grasp great trash or risk drowning in a sea of ennui.

One of the most relevant and satirical shows in the history of television-the Simpsons-is celebrating its 20th anniversary and recently aired a 450th episode. Is it great art? Debatable. Is it funny? Absolutely.

Who would've guessed that such a subversive den of original thought could reach the masses camouflaged as a kiddie cartoon? Maybe that's how the show—blessed with a crack team of writers—is able to get away with bloody murder?

What other mainstream television program tackles themes of humanity, the atrophy of life under capitalism, and consumerism, and does it all with a smile and a wink?

The Simpsons—a pastiche of both complex and simple ideas on geopolitical, technological, economic, and cultural history of our era—is at the zenith of the zeitgeist.

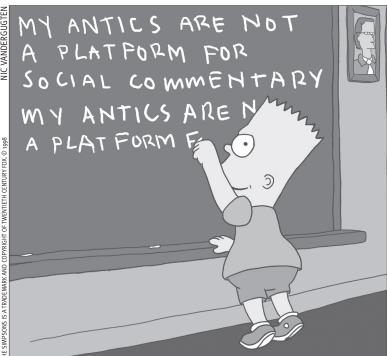
As we all know, the setting for the Simpsons is the fictional city of Springfield, a radiant representation of Everytown, USA. It's plumb grounds for lampooning the minutiae of our day-to-day lives. But beyond the picket fences and smiling faces caches a roost of insurgent ideas that provides us with a coping mechanism for life in the 21st century.

The Simpsons themselves are the eponymous Western family. Bluecollar heroes, familial archetypes, armchair intellectuals, and wise seers of knowledge, like Homer. No, not the Homer of ancient Greece that brought us the Illiad and the heroic tradition, but Homer Jay Simpson. The Homer who said, "I like my beer cold, my TV loud, and my homosexuals flaming."

Who would've guessed that such a subversive den of original thought could reach the masses camouflaged as a kiddie cartoon?

Homer the father, the husband, the prankster, and the patriarch. The same character that brought "d'oh!" into the vernacular, along with infuriating yet lovable ideas of maleness and malcontent.

Some are born mediocre, others achieve mediocrity, and others still have mediocrity thrust upon them. Homer, as Everyman, falls



into the latter category and that's why so many of us identify with him.

Not only do we see ourselves reflected in the Simpsons, we also see our fears and faults. When Homer confronts his aging father we feel his discomfort and laugh bashfully at things we can't say, but that he can-"Dad, if it were up to me you'd never die, but try telling that to Killy McGee up there!"

Media theorist Douglas Rushkoff famously remarked, "The Simpsons are the closest thing North America has to a national media literacy program."

This is most certainly true and the social commentary it issues intervenes into culture-changing the media space-creating a new space that includes itself as part of the territory.

The Simpsons are a self-aware meme that grasps its popularity and influence and is a coveted prize for those in search of cultural capacity and clout.

It's meta about being meta and actively solicits civil and political engagement through irony and media edification. But most importantly, it makes us laugh and shine to no end.

Open Space

Open Space accepts submissions from Camosun students. Submissions to Open Space should be 400 words or less. Responses to previous articles in Nexus should be 250 words or less. E-mail submissions to nexus@nexusnewspaper.com and include your name and student number.

Olympic protesters need to up their game

BRANDON ROSARIO CONTRIBUTING WRITER

To the megaphone-toting, camouflage-wearing, Abbie-Hoffman-wanna-be Olympic-protest organizer: Please, grow a pair of nuts and flip a cop car or something; you're a whole lot of noise and not much substance. It's boring.

As the winter games fly by faster than a Sidney Crosby breakaway, we as a nation are being thrust further and further toward a chorus of international ridicule that hasn't been seen since the '98 presidential

capable of being bitched about has been thoroughly done so.

You'd think such widespread hate for a single organization would translate into the people actually attempting to take some form of decisive action, but, sadly, the demonstrators are either too scared and/or too stupid to pull off anything that might be even remotely interesting or worth remembering.

It's no wonder the Americans are looking north and shaking their heads.

We've become a global laughing stock. And it's not just a result of our refusal to support the event, but also our inability to protest it properly.

claimed "freedom fighters."

Here in Victoria, the closest thing to a legitimate protest was a few pissed-off neo-hippies making incoherent political ramblings-unrehearsed, drunken speeches that were almost as rhetorically cliché as the cardboard signs being waved around in the crowd.

It's no wonder the Americans are looking north and shaking

their heads.

Somewhere out there on the

high seas a Somali pirate is laughing

his ass off at our futile attempts to

garner public attention.

You see, the Somali pirate is a dedicated individual.

He loots, pillages, rapes, and steals in order to accomplish his goals, and he does this all unflinchingly and without any second thoughts.

He's a perfect example of how CNN coverage only goes to those who deserve it.

Nobody will look twice at a video of some guy standing on a Douglas Street garbage can yelling about how the Vancouver Olympics violated his Charter rights. Hundreds of trigger-happy RCMP officers are just waiting to dust off the ol' riot shield and shoot a rubber bullet or two, so why not give them an opportunity?

NEXUS PUBLISHING SOCIETY

All editorial content appearing in *Nexus* is property of the Nexus Publishing Society, Stories, photographs, and artwork contained herein cannot be reproduced without written permis-sion of the Nexus Publishing Society. The views and opinions expressed herein are those of the authors, not of *Nexus*. *Nexus* has no official ties to the administration of Camosun College. One copy of *Nexus* is available per issue, per persor A

Nexus is printed on recycled paper.

Nexus is a member of Canadian University Press. \mathbf{O}

SEND A LETTER

Nexus prints letters that are 250 words or less in response to previous stories. *Nexus* reserves the right to refuse publica-tion of letters. Letters must include full name and student number (not printed). *Nexus* accepts all letters by e-mail to nexus@nexusnewspaper.com

EDITORIAL MEETINGS

Come out to our weekly Nexus editorial meetings, where all Camosun students can get involved in their studen newspaper. Meetings take place every Tuesday at 11:30 am in the Nexus office, Richmond House 201, Lansdowne, Call 250-370-3591 or e-mail nexus@nexusnewspaper.com for more information.

HELP BUILD **OUR TEAM** NEXUS NEEDS STUDENT VOLUNTEERS 250-370-3591 NOX05 nexus@nexusnewspaper.com exusnewspaper.com

blowjob.

Over the last few weeks, activist groups have rallied against VANOC to complain about everything under the sun.

From the tar sands to native land claims, from homelessness to security spending, every issue

The most embarrassing part of this crusade against the Vancouver 2010 festivities is the lack of enthusiasm among the self-pro-

Calling Interurban!

Are you an Interurban student interested in writing for Nexus? We are looking for Interurban writers who have the inside scoop on Camosun's fastest-growing campus.

If you're interested, get in touch with us!



Nexus writers a Letters bunch of barndwellers

Never in my life have I read anything more repellent and noxious than the puerile comments in Overheard at Nexus.

I gagged on your vile and fetid words like "Anal Cunt," "anal beads," "sodomy," and "smelling someone else's fart."

I am outraged that you would subject the innocent public to your toilet-bowl depravity.

Come on, guys—the whole world is watching. Put up or shut up.

How dare you!

I am stunned that a college newspaper for adults engaged in higher learning has lowered itself to the most repugnant depths of human experience and used hardcore language that would make a gutter rat vomit.

Do you really want people in Victoria to see you all as the intellectual equals of five-year-old boys telling grimy jokes behind the barn?

Because, quite frankly, you all write like you belong in a barn.

DOREEN MARION GEE COMMUNITY MEMBER

NEWS

CCSS wants academic amnesty

ALAN PIFFER STAFF WRITER

Elected members of the Camosun College Student Society (CCSS) are hoping to change the college's policy on academic amnesty.

Between his role as CCSS external executive and a student in the rigorous Applied Communication Program (ACP), Matteus Clement has an extremely busy schedule; he finds that important class time often has to be sacrificed.

Currently on academic probation after a number of missed inclass labs led to the failure of one of his classes, Clement realized something had to change.

"It dawned on me about halfway through my term that many of the things that the CCSS does for students also benefit the college," says Clement. "If we ask for more core funding for students, the college gets more core funding."

After doing a bit of research, Clement found out that the student society at Vancouver Island University (VIU) in Nanaimo was looking into some form of academic amnesty, similar to exceptions being made for their student athletes.

"So that means that the student athletes' tests get moved around, their deadlines get pushed back. So their student society said, 'Well, if they're getting it because they represent the institution, well, we're doing the same, and we want the same," says Clement.

While Clement knows that classes are important, he also feels he deserves a little slack for acting on behalf of students.

"I went and spoke to the BC Finance Committee about how they shouldn't cut education," says Clement. "We spoke for 27,000 students, and I missed a test or a lecture that day. I'm actually advocating for all the instructors as well, because we're at the point where instructors are actually going to start getting cut."

Despite his current academic status, Clement was allowed to remain in ACP, provided he keeps the lines of communication open with his instructors.

Still, he places representing Camosun students at a high priority.

"The ACP program saw that I was capable and knew what I was doing; I just wasn't there," says Clement. "Now I'm going to balance things a little better."

ACP chair Andrew Bryce says many first-term students in his program find it hard to meet course demands; in order to ease their transition he uses a number of options, including probation.

"If a student is close to passing we put them on probation with a number of conditions," says Bryce, "most of which are meant to open up communication between the student and the teacher."

One thing Clement wants to emphasize is that academic amnesty isn't going to be something students could potentially abuse.

"It's not going to be a 'get out of jail free' card," explains Clement, adding that students would have to follow a formal process with their instructors before being granted any form of amnesty.

"The things that the Camosun College Student Society does for students also benefit the college. If we ask for more core funding for students, the college gets more core funding."

> **MATTEUS CLEMENT** CAMOSUN COLLEGE STUDENT SOCIETY

Camosun's vice-president of education and student services Baldev Pooni says accommodations between a student's extracurricular activities and their classes are typically dealt with informally between the student and instructor.

This also includes Camosun's Chargers student athletes, who are expected to work out their schedules with instructors at the beginning of their respective seasons, according to John Randle, head coach of the college's men's golf team.

According to Pooni, "Most faculty are interested in having their students succeed. If there are some circumstances that do not permit them to attend a test, they generally make their arrangements with the students."

Pooni went on to say that the ollege would be lenient to CCSS members doing important work on behalf of Camosun students,



A recent CCSS-staffed petition table brought MLA Rob Fleming to campus.

such as a meeting with an MLA or attending a national conference, but it would be difficult to accommodate someone on an ongoing basis who was very active in student society work.

Over at VIU, members of the student union haven't yet been able to establish a formal amendment to their student code of conduct regarding academic amnesty.

But as VIU student union executive director Steve Beasley points out, there's a strong understanding between their members and professors.

"The instructors at VIU are very understanding," says Beasley. "The university has laid the groundwork for students to argue that as long as what they're doing is relevant to the university dynamic, the community, and to their learning, then allowances should be made."

While there's no formal policy regarding academic amnesty at Camosun, Pooni says they do offer it on a case-by case-basis.

"The 'National Day of Action' [an annual student rally] is a day that we do promote," says Pooni. "We say if students are having to miss classes in order to participate in this event, we encourage instructors not to hold exams on that day."

Meanwhile, Clement is hoping for a form of ongoing academic amnesty that would allow student society members, as well as their volunteers, to miss classes without fear of repercussion.

"Especially the first week of classes," says Clement, "that's a crucial time for student-society work."

Victoria buses stay out late

CHERYLANN NESBITT

CONTRIBUTING WRITER Until April 5, BC Transit's Victoria fleet is staying up late to make sure we get home safe.

BC Transit launched a threemonth trial of a late-night bus service in early January. The # 4 UVic/Downtown, #6 Royal Oak Exchange/Esquimalt, and the #14 Vic General/UVic is currently leaving downtown as late as 1:30 am every Friday and Saturday night.

"The past few years we've heard that there is a demand for the service," says BCTransit spokesperson Joanna Morton.

Camosun student Kortney Francis works downtown as late as 1 am. She says the late-night bus system is great for her.

#6 at 1 am when I get off," says Francis.

Transit will be monitoring the success of the late-night service based on operational sustainability and ridership.

"The service is being used, however, we're hoping that ridership will increase," says Morton.

Transit will also be monitoring financial costs, operational sustainability, as well as safety and vandalism. Morton says so far there are no major issues to report.

If the service is shown to be successful, there could be a small price to pay. If BC Transit decided to make all buses run until 1:30 am nightly, bus fares could go up.

"I spend a lot on late-night nsportation " says Francis, "In the long run this would save me a

NEWS BRIEFS BY SHANE SCOTT-TRAVIS

Higher tuition is anything but bitchin'

Statistics Canada has finished a new study that has helped confirm the fears of students everywhere. Student debt has gotten higher than a hippie on the second day of Woodstock. Tuition fees have more than doubled in BC since 2001 and with the elimination of the provincial grants program in 2004 it's hard not to howl harrumphs to all the federal and provincial grumps. "Record-high tuition fees and cuts to student aid have led to record-high student debt," says Shamus Reid, chairperson of the Canadian Federation of Students (CFS) BC. "BC families deserve a more affordable system of postsecondary education and training," he adds. Visit debtsentence.ca to get the skinny, vent a little spleen, and support the CFS campaign. Maybe it's time the bullies in the BC government stayed after class and showed a little courtesy?

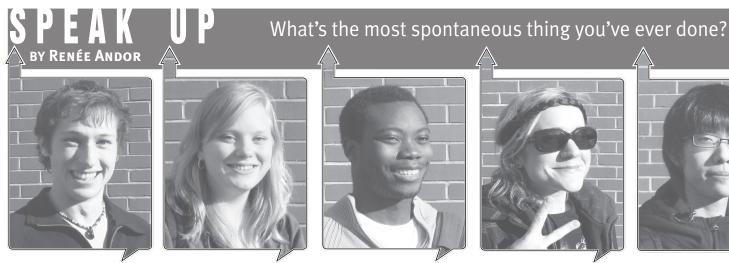
Let's raise the roof

The Access Health Care Centre has received funds to the tune of \$100,000, reports AIDS Vancouver Island and the Victoria Cool Aid Society. This is truly an announcement worth boogying to. As of September, both charities have been striving to reach the \$5.3-million goal to benefit their building at 713 Johnson Street, and now only \$900,000 is left to reach the mortgage-free goal. The Access Health Centre building currently houses counsellors from the Victoria Native Friendship Centre and will soon also include several of the Vancouver Island Health Authority's addiction and mental-health services. For more information peruse accesshealthcentre.ca or coolaid. org and help make a scene.

Uncertainty in a time of NEED

It was with a heavy heart that Joyalle Bunyan-Maynard, acting executive director of the NEED Crisis and Information Line, announced that the Vancouver Island Health Authority (VIHA) and the Central Vancouver Island Crisis Society received the bid for an island-wide crisis line. Bunyan-Maynard, explained that NEED is "very sad" that it will not be providing crisis-line services anymore. With the future of NEED on shaky ground, its own hour of need has come. What the society is asking now is that people who want to support this 39-year-old organization can join for \$15 by calling 250–386–6328. While still operating their Community Education Programme and youthspace.ca for the time being, there's still, thankfully, some support for the helping hands of NEED. Here's hoping it isn't too late to stem the tide.

"Instead of spending my money on a cab home I can now take the lot more money."



GRAEME LINDSAY

"I heard about a pilgrimage in Spain and days later found myself walking for over a month through Spain."

BRIANNA WILSON

"Dressing up crazy with girlfriends and dancing in a park."

KEKELI HINI

"I had never been on a motorcycle before, so I went and bought one and hopped on it and began riding."



"Booking a trip to Vegas for my sister Tanya's stagette party on my credit card."

DI WU

"I planned to go window shopping, but I bought some expensive clothes in the end."

Some like their yoqa hot

With the yoga craze still steaming, there's much to celebrate over Moksha Yoga Victoria's newest class. Hot Yoga for Surfers promises to build the endurance of those in pursuit of minty waves, every Monday from 7:30 to 8:30 pm at 1088 Fort.

Student rep rallies for computer accessibility

ALAN PIFFER STAFF WRITER

The Camosun College Student Society's disabilities director is concerned about the lack of accessible computer stations on campus and he's hoping the college will be able to make some improvements as soon as possible.

"Trying to use a computer at the college is quite a difficulty [for disabled students]," says disabilities director Chris Marks, "and there's little to no accessible workstations."

Marks, who's confined to a wheelchair and has limited use of his hands, finds the lack of accessible workstations a particular problem when he has to spend a day at school without being able to use his own customized computer setup.

"I couldn't do any productive work on my assignments; if there's any long text-entry stuff, I have to head home to do that," explains Marks. "There should be someplace where a student with disabilities can access a computer, otherwise they're at a disadvantage, where another student can find an empty computer at a lab and do their homework."

Recently, Marks went up to UVic and found that their workstations already catered to a wider range of disabilities.

As part of their renovation plans, both college libraries are looking to include accessible workstations by next September at the latest, according to College librarian Sybil Harrison. The Lansdowne library is confirmed to have three access-

ible workstations, including one classroom station, she says.

And, if everything goes according to plan, the Interurban library should have two accessible stations by September, says Harrison.

Marks says it's not just about making a computer physically accessible to someone in a wheelchair, but also providing the various programs, including voice-dictation software, to make the computers more useable. Harrison says the plan is to include the appropriate software on all of the stations.

"My campaign is to put in simple software at each campus. It's not the be-all, end-all, but it's another step forward."

> **CHRIS MARKS** CAMOSUN COLLEGE STUDENT SOCIETY

As for the general computer labs, Marks has met with the college's Disability Resource Centre and Physical Resources department. And while they have been receptive and willing to help realize his ideas over the long term, Marks fears students with disabilities lack the tools they need right now.

"At Interurban, there's one or two computers you can use, but they lack certain software to make it more useable," says Marks. "It's uncomfortable at best. My campaign is to put in simple software at each campus. It's not the be-all, end-all, but it's another step forward."

Brent Wassermann, an instructor with Camosun's Disabilities Resource Centre, says that most of the time disabled students will bring their own customized technology to campus, but agrees that students need to be able to make use of computer labs on campus.

"I know that the college is actively moving towards making a substantial investment in computer software to help students that have reading or writing challenges," says Wassermann.

Wassermann says dealing with various issues students with disabilities face is an ongoing process.

"When you talk about accessibility, the way I always think of it is not as an endpoint, but as a process," explains Wassermann. "Things will come up where a student will identify a particular challenge, and then Disability Services will make sure that, if there is a barrier, we work towards resolving that barrier."

For now, Marks would like any students facing particular disability issues to email quadly@gmail.com with as much info as possible.

Ultimately, he says, it makes economic sense for the college to address the needs of its many disabled students.

"There's a market for people with disabilities," says Marks. "Having something to help those students succeed at school is just good business."

Airport to display student tables

ERIN BALL STAFF WRITER

Students in the Fine Furniture and Joinery program at Interurban campus are busy building tables that are soon to be on display in the Victoria Airport. The woodworkers are building five student-designed, airport-themed tables.

Fine Furniture program instructor Ken Guenter says each student designed a table and had to pitch their original designs to the airport authority. He says it's

Dickson, a student in the program. "We're pretty lucky to be able to do it this year."

The class took a field trip to the airport to do some research and get some inspiration for the project.

"It's really cool. We're pretty lucky to be able to do it this year." **JULIE DICKSON**

panel from the airport authority," says Guenter. "Materials they might be using, what the table is all about."

After the presentations, the panel chose the five tables they thought would work best. NickAuger-Langejan, Julie Kervin, Chantel Noussitou, Paul Maher, and Cherie Lavoie's designs will soon be built by the class and on display at the airport.

"It was pretty exciting; I wasn't expecting it," says Kervin, who designed a six-foot round table for the project.

NEWS BRIEFS

BY SHANE SCOTT-TRAVIS

Ladies make 'em laugh

The upcoming LoudSpeaker Festival—celebrating music, poetry, and theatre in recognition of International Women's Day-is looking for one-liner-spewing, rib-tickling, zinger-flying femmes. With "She's So Loud: A Showcase of Women in Comedy" happening amidst the festival on March 4 at the Victoria Event Centre, now's the time for female comedic performers (solo or in groups) in all sorts of styles (burlesque, stand-up, sketches, improv, you name it!) to put together 5–15 minutes of material. Kids in the Hall's 30 Helens agree that if you email loudspeakerfestival@gmail.com you'll get all the deets you'll need. So make 'em roar, make 'em scream, butt a wall, and split a seam!

Not just another brick in the wall

A common problem people have when wanting to make charitable donations is the distribution of funds is often dicey. How much of our money makes it to the people in need? With this concern at the forefront of his mind, Victoria's Kane Ryan started his own brand of altruistic alms-giving. The Dirty Wall Project is Ryan's gesture to give support in a "see a need and fill it" kind of way, minus the bureaucracy, grandiose posturing, paperwork, or religious bias. Ryan thinks of it as "guerilla volunteering" and it has served him and others very well throughout India in 2009. Check out dirtywallproject.com for info.

An AXE to grind

AXE Canada, together with Harbinger Communications, have been busy developing and promoting "AXE Canada's Ridiculously, Ridiculously Good Summer Gig" competition. Being billed as the "summer job of a lifetime," the winners (one dude and one dudette) will each live in a rent-free, fully furnished condo in downtown T-dot for two months in the sweltering summer, earn a \$10,000 salary and be expected to date, party, and "show the world" how young single types cavort. The winners will also "work" as AXE consumer consultants and gain "real-world marketing experience working for the brand." Not since Sodom and Gomorrah has this much carousing and debauchery been celebrated and handed a blue ribbon in the name of laissez-faire economics. So far, out of all the contestants across the nation, 10 binge-loving finalists have been short-listed for the privilege of spending two hot and sticky summer months in the Big Stink. Camosun's own Applied Communication student and Nexus contributing writer Bryan Kelly has made the cut and may very well grab the coveted gig. Visit axesummergig.ca to see the short-list and observe the playful competitions.

Tessa Cogman and the Chamber of Commerce

J. K. Rowling has nothing to do with this news brief, FYI. Nexus simply wishes to give some props to former student editor and recent graduate of the Applied Communication Program, Tessa Cogman. Cogman, who worked with us last year, was a solid editor and she also jumped around providing news, editorials, reviews, and acted as a photographer when needed. She was a feather in our cap and is now the new events and communications coordinator for the Greater Victoria Chamber of Commerce. Hey, Tessa, we hope your new digs and gig suit you swell and you excel there the way you did with Nexus. Up top!

Chillaxin' with a bowl of chili

As the saying goes, "The way to the heart is through the stomach." This is especially true for the cash-strapped student of BC-where is the love? Well, answering the tummy rumbles, thankfully, was the Camosun College Student Society (CCSS) and the Canadian Federation of Students (CFS) on Feb. 10 (at Lansdowne) and 11 (at Interurban) as part of their Education Shouldn't Be a Debt Sentence campaign. Ladling out free chili to hungry students and extending invites to local MLAs (including the NDP's Robert Fleming, who enthusiastically participated) sent a strong and spicy message out to the powers that be. Camosun students are staring hiked-up tuition fees in the face and most are dreading the debt that graduation will gravitate. It's a bitter pill, but some free nosh will at least remedy the hunger pangs. As for the piling costs of education, it's high time we spoke our minds.

good practice for when the students graduate.

"They have this real-life scenario, where they're actually pitching their designs to someone," says Guenter. "Only five out of 17 are chosen."

This isn't the fist time his students have designed tables for the airport. In 2006, Richard Pacquette, president of the Victoria Airport Authority, saw the year-end exhibition that the fine furniture program displays every year at a gallery in town. He approached the program to build tables to display in the airport.

"They are part of the Victoria airport's urban-art collection," says Guenter. "But they're also functional pieces that they use."

The tables were such a success that Pacquette asked for five more to be added to the collection this year.

CAMOSUN STUDENT

Guenter teaches a process where students use a reference-based method as their design tool. It can include natural, manufactured, socio-political, historical, and cultural references.

"They can pick an object, pick an event, pick something that's manufactured, pick something from nature and use that as the starting point in the design process," explains Guenter.

Each student presented 10 sketches to the class. After a critique, they were asked to come up with a final design. The next week, Pacquette and his assistant came to the school to be part of a panel that would decide whose tables would be built.

"Each one of the students had "It's really cool," says Julie to present their design idea to this

The class is now split into groups and each group is responsible for bringing their assigned table to life.

Guenter says he formed the groups specifically so the designer will not be working on their own tables. Each group has to develop a plan for the table, and make sure that the design works in real life.

"The group has to come up with a whole set of working drawings, a cutting list, a production path—all the various things they need to actually build the table," says Guenter.

Guenter expects the tables to be finished and ready to go on display in mid-March.

He's happy that the school and the airport can help each other out. "It highlights the building skills of the students from our program."

Book buddies bust out!

A very cool collaboration betwixt the Camosun Bookstore and Better World Books (who have been in cahoots since '05!) has made a world of difference for students in Africa. The two partners, abetted by faculty and students, have been sending a staggering number of "no value" textbooks to Books for Africa (BFA) – Africa's largest shipper of books. Thousands of books have been donated to Africa in Camosun's good name, making us the second-largest book drive in North America for BFA. Most recently, a shipment to an IT school in Nigeria put 16,000 books into their library. Let's give some mad props to the parties involved-touché!

I'm on an Indigenous, whoa-oh, radio

Many aboriginal Canadians feel that the mainstream-media outlets either pass them by completely or cater to them in a mealy-mouthy fashion. Well, thankfully, Camosun's Village 900 global roots radio has been airing a new weekly program, *Healing Perspectives*—which airs on Tuesday evenings at 7 pm and on Sunday mornings at 8 am-and it's anything but mealy-mouthy. Presented from a First Nations point of view and hosted by Indigenous Studies student Trevor Dav (of the Secwepemc Nation), Healing Perspectives has a lot to offer. "We try to keep the topics broad, so that they are open to interpretation," says Day. "This way it allows participants more flexibility in conveying their unique perspectives and we have a more dynamic discussion." Make sure to stay tuned and pump up the volume.

CAMPUS

School of Access helps returning students

ALAN PIFFER STAFF WRITER

Being a student is something many people might think is just for young people. But those who never quite made it through high school would be happy to learn that although it's a little more challenging, thanks to Camosun College's School of Access, it's never too late to be a student.

Just ask Agnes Fraser, a mature student currently enrolled in English-upgrading courses at Camosun, working her way towards a degree in Social Work or Business Management.

At the moment, although she's excited to be back in school, she's finding adjustment to the social aspect somewhat difficult.

"It's a scary thought to come to class after so many years, especially knowing that you're a fish out of water," says Fraser. "It's not knowing how to behave or interact with other classmates. Once you get the hang of it, I'm hoping that it will just be okay."

Fraser's English professor, Ray Bigauskas, says getting along with a younger student population is a common fear for returning students.

"I've had a lot of people who are in their thirties who come to me and say, 'I thought I'd be in this class with all these very young people and I might feel uncomfortable,' but almost in all cases, they realize there are other people there in their age group," says Bigauskas. "And the way the classes are run, there's a very adult focus, even though we have young people there."

Bigauskas' focus is preparing students for academic writing that will no doubt be a big part of their student life. Even though it may be a struggle for some, it's also a confidence-builder.

"You're upgrading along with fellow students who are in exactly the same position." **ALAN DUNCAN**

CAMOSUN COLLEGE

"We have people who come into the course, and it's really hard for them to even do a paragraph," says Bigauskas. "Two months later, the same people are writing a timed essay, and it's quite together. The whole process of coming in is learning that this is a skill that you can acquire."

But what about people leaning in a more technical direction, who still have nightmares of high-school Algebra?

Alan Duncan, chair of Camosun's Electronics program, says it's yet another skill that can be conquered. He says that in the

program's Access component professors work with the students to slowly build up their abilities.

And figuring it all out alongside fellow students helps out big time; a number of award-winning students have started through the Access program.

"It certainly is challenging for some people, but as a method of upgrading, it really is the best way because you're doing it along with fellow students who are in exactly the same position," says Duncan.

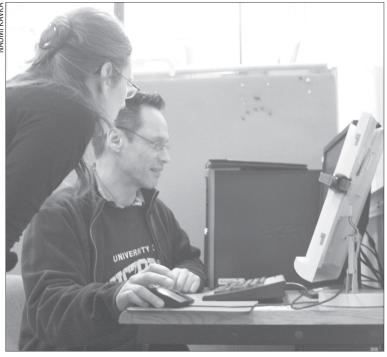
John Boraas, dean of Camosun's School of Access, says a big part of the school is letting potential students know that no matter where they're at in life, or how they did in high school, coming back to school is always an option.

"It's really about the concept that you can start wherever you are to begin your post-secondary education," says Boraas. "It's also about working with those folks who probably wouldn't choose to come to the college because it's seen to be too scary.'

Another important part of the School of Access is catering to more than just students' academic needs, including food vouchers and the demands of parenthood.

"We can resolve things that might cause people to leave us," says Boraas. "They'll say, 'Oh yeah, these people actually understand, and have solutions for me right now."

But even though Access is the



Jessica Michalofksy of the School of Access helps student David Craig.

beginning of a long journey, there's no limit to how far this particular adventure can go.

"We had a teacher who taught at the lowest literacy level we had at the college, and was simultaneously completing her phD up at UVic," says Boraas. "When she graduated, on the stage with her was one of the students she taught in the literacy program and had made it all the way through up to completion of their graduate degree."

Meanwhile, although Fraser has difficulties balancing her school work with full-time work and parenthood, she finds it to be a worthwhile endeavour.

"In the end, it's nothing but a good lesson in life, to actually know you can do it," says Fraser. "And because the courses are such a short time-four months-you actually do see a goal. It's an investment, it's not a sacrifice."

She also maintains a positive attitude about adjustment to student life.

"I'm sure it will be fine," says Fraser. "New experiences are the ones that are scary because they're unknown."

Garden offers hope for Garry Oaks

NIC VANDERGUGTEN

CONTRIBUTING WRITER With its serpentine Garry Oak trees and teeming seasonal underbrush, Lansdowne's native plant garden appears much like any other pocket of campus greenery.

But, unbeknownst to the casual observer, this 3000-square-metre plot of land represents the evolution of an idea spawned nearly 30 years ago, when the college was in its infancy.

"I see it as an opportunity to not only have a functioning, healthy Garry Oak and native plant ecosystem, but also a place where interested students, faculty, and staff can volunteer a few hours every few weeks to help get it there



A few of the many Garry Oaks in the Lansdowne native plant garden.

Initially the plan for the new site was to represent the seven major bioregional habitats of BC, though it soon became clear that Victoria's climate wasn't up to the task.

In 1995, in the wake of several years of neglect, Corry teamed up with Environmental Technology or small groups of students to take over the care of small plots of native plant garden land.

Using a method called sheet mulching, the growth of invasive grasses can be slowed until late spring, when native grasses can be planted.



Learn about different career options Everyone welcome

The Transcendental Meditation®

Program for Students

Free Introductory Lecture

Thursday, March 4 9:30 am - 1:30 pm Centre for Business and Access, Interurban Campus

and then maintain it," says Anna Colangeli, chair of the Camosun Environmental Technology program. "I see it as a Camosun community project."

Now endangered due to colonization and urban development, many of the oak trees found in the garden and elsewhere on campus are, in fact, refugees from oncevibrant Garry Oak meadows historically found along southeastern Vancouver Island.

The current garden is actually an offshoot of a smaller garden that was established in 1982 by founder Mike Corry, then head of the Environmental Technology department.

The garden was eventually removed to make way for the construction of the Lansdowne library, but the summer of 1990 saw its rebirth on the present location alongside the Wilna Thomas building.

student Martin Moreau and BC Hydro to secure a \$5,000 grant enabling the construction of the pond, fence, and network of trails that we see today.

"I see it as a Camosun community project."

> ANNA COLANGELI CAMOSUN COLLEGE

Throughout its nearly 30-year history, the garden has seen many obstacles, including vandalism, lack of funding for labor, and the aggressive growth of invasive plants.

But Camosun Environmental Technology instructional assistant Tony Dorling and Colangeli may have found an innovative solution in something called Adopt-a-Plot. The program calls for individuals

"It means that people are coming together, creating a community that is able to give back and provide assistance to an ecosystem that has had to struggle immensity," says Christina Ross, who managed a plot along with fellow students last spring. "It was a great stress reducer and I enjoyed spending time with likeminded people."

The work required doesn't amount to more than 20-30 minutes every two to three weeks, and varies from season to season.

"It is a nice place to get away from the stresses of school and it is very peaceful and calm," says Amber Brown, who currently maintains her own plot within the garden. "It has ignited a passion for further studies."

With the help of a few more green thumbs, a living Garry Oak and native plant ecosystem at Camosun may flourish once again.

Scientific research shows that TM: • improves academic skills, memory, creativity, health, and intelligence decreases stress, anxiety, and depression

Don't let stress interfere with learning.

To register call: 250.383.9822 or email MEC-Victoria@telus.net www.TMEducation.org

LIFE

Meditation can lower student stress

RENÉE ANDOR

CONTRIBUTING WRITER Meditation is sometimes considered an outlandish spiritual journey where a person sits on a mountaintop for years contemplating the meaning of life. While some people go away to silent retreats, meditation can be incorporated into everyday student life and can have many positive results, including reducing stress.

6

Meditation techniques differ greatly, and there are many to choose from. Most of them try to stop uncontrolled thinking, which can cause stress, or at least notice what the mind is thinking about, rather than getting lost in it.

When a person meditates regularly the voice inside their head is quieter all day long, not just when they are meditating.

'The busyness that we experience is created; it's not an innate part of our mind. We made our mind very busy because we lead very busy lives," says Kelsang Zopa, a resident teacher at Bodhichitta Buddhist Centre in Victoria. "The world is going to continue, even if we stop thinking about it for a while."

Melody Walford, a University Transfer student at Lansdowne, practices Vipassana Meditation for about 20 minutes every morning.

Vipassana focuses on the breath and observing sensations in the body, then letting them go, which slows down mental chatter.

Walford found meditation challenging at first because she has an active mind, and it was hard to slow down the stream of thoughts, but once she practiced for a little while she felt better.

"I feel like I can balance life, school, and play more now."

> MELODY WALFORD CAMOSUN STUDENT

"I thought, 'Okay this is really working," she says, "it's not 'airyfairy.' If I'm having a really tough day, I always know I have that tool to relax. I feel like I can balance life, school, and play more now."

Dr. James Sacamano, a psychiatrist at Vancouver Island Health Authority, takes a more clinical approach to meditation.

He practices a technique called mindfulness based stress reduction, where the meditator doesn't try to stop thoughts, but just pays attention to them.

By noticing the thoughts, including the negative ones, and letting them be "you start to realize that you can live with your problems," says Sacamano.

"Then you realize that not only can you live with them, but they don't bother you that much. You're still bigger and stronger than the problem," he says.

Sacamano believes meditation is a time for a person to just sit quietly and be who they are.

"Everybody owns a piece of your mind, your teachers, your assignments... It would do students some good to take a few minutes every day to stop and say, 'Now is my time to do nothing and just be the person I am," he says, "you have your life experiences, but you are not them."

Walford agrees with Sacamano and says meditation has helped her relax. "Meditation helps you see the bigger picture, like most things aren't really that big of a deal. I don't get too worked up about things anymore. It allows you to live more fully."

As for her advice to someone interested in meditation, she says, "Don't get a book, you won't do it. Go to a class so you can get the basics and then you can practice on vour own."



A subscription to Wine Spectator, Food and Wine, or Decanter isn't necessary to figure out what wines a person may find appealing. And finding the appropriate nectar to pair with simpler foods, or less-pricey student fare, can be just as easy if some basic guidelines are followed.

Of course, it never hurts to experiment by going to a wine store, looking around, and grabbing a bottle with a particularly eye-catching label.

"It's really not that uncommon for the novice wine drinker to do that," says Ken Stockley, assistant manager at Everything Wine in Langford.

Stockley, a wine aficionado, has been in the business of vino for over 15 years. He worked at the Okanagan's Mission Hill Winery, and did a five-year stint for Mark Anthony Brands, one of the province's leading wine distributors, prior to his arrival at BC's largest wine store. Stockley says that pairing wine for under \$12 is easily attainable and that most people, avid wine drinkers or not, are looking for recommendations around that price. "Red wine with red meat and white wine with white meat is still the golden rule when pairing wine with food," says Stockley, but he also suggests "drinking what you prefer, no matter what you are eating." Foods where either a white or a red is a possibility in pairing are a great starting point for the amateur wine drinker. Pasta with tomato sauce is a dish that works well with white or red.





Everything Wine's Ken Stockley hard at work with his vinos.

demand a white wine, which tends to be more on the acidic side," says Stockley. "Others feel that it's a red sauce, and it's with pasta, which has

These oilier textured white wines help balance spice, while their sweet fruit and aromatic qualities compliment fatty fish such as tuna

SPEAK UP! Did you read something you didn't like in *Nexus*?

It's time to speak up! This is YOUR student newspaper—tell us what you want to see covered, or come write for us yourself.

Send us a comment, call us, or visit us.



PROUD TO BE NAMED ONE OF THE TIMES COLONIST'S **BEST EATING PLACES IN VICTORIA 2009**



NOW OPEN FOR LUNCH

theoffice [restaurant+lounge]

759 Yates Street (at Blanshard) 250.590.5253 | theofficelounge.ca

"Some will tell you that tomato sauce is very acidic, which can

some big flavours, so needs a big, more full-bodied red."

Pinot Grigio, a lighter, more acidic, and un-oaked white could easily work with pasta and tomato sauce, as would a full-bodied Sicilian Nero d'Avola or Argentine Malbec.

Pizza may also be paired with either red or white. If it's cheesebased, a lighter acidic white such as a Chilean Sauvignon Blanc or an Italian Pinot Grigio would be ideal, with the higher acidity complementing the richness of the cheese. A meat-based pizza would pair very well with an inexpensive Italian Chianti or Spanish Tempranillo.

Asian foods such as stir fries or sushi also both lend themselves to experimentation where wine pairing is concerned.

"For this style of food it's all about German Rieslings and Gewürztraminers," says Stockley.

and salmon.

If red is your preference, a lighter red such as a Spanish Grenache or French Beaujolais would be most appropriate—Stockley recommends chilling it down to soften it.

"Regionally, wine from Chile, Argentina, the region of Toro in Spain, and many Italian varietals offer some of the best values," says Stocklev.

Unfortunately, it's difficult to find equal value in BC wines, as high quality, small yields, and high demand have now brought some BC brands up in price.

Regardless of if it's from BC or from Chile, diving right in and experimenting with wines is still the best way to go.

"The best thing you can do," says Stockley, "is to not be intimidated when looking to try something a bit different."

SPORTS

Volleyball teams playoff bound

ERIN BALL STAFF WRITER

Camosun's volleyball teams are counting on having the home court advantage going into the provincial playoffs. The Chargers will play host to the BC Colleges' Athletic Association (BCCAA) Volleyball Provincial Championships at Interurban's Pacific Institute for Sport Excellence (PISE) in late February, but finished their seasons on a losing note.

Both volleyball teams wrapped up their regular season on Feb. 6 at PISE, with the second half of their island rivalry series against Vancouver Island University.

"Hosting the provincials is huge. With all our friends and family supporting us, I definitely think we can take advantage of this opportunity."

> **TANISHA MARCELLE** CAMOSUN CHARGERS

The women's team couldn't pull off a win during the last regular game of their season, finishing with a record of six wins and 10 losses. The team lost three straight sets in the Saturday-night game against the VIU Mariners, who are currently ranked at third place.

Power hitter Tanisha Marcelle had an exceptional game with eight kills, one ace, and four digs. Marcelle has had an outstanding season, winning the both the BC- CAA Athlete of the Week award and the Canadian Colleges' Athletic Association (CCAA) Athlete of the Week award after two wins against the Douglas College Royals in early January. Marcelle scored an impressive 36 kills over the Royals, averaging four-and-a-half kills per set. She was surprised when she found out she was named the top Canadian women's athlete out of all the sports in the CCAA that week.

"When I found out that I had been named athlete of the week for CCAA, I was absolutely ecstatic," says Marcelle. "I couldn't believe that I had been named, out of any athlete in Canada; it was a real honor. I feel very proud of myself and it's nice to know that hard work does pay off."

Marcelle, who previously played for Spectrum Community School, will be leading her team into the provincial playoffs in late February. She feels that playing at PISE will give her team the advantage they need to take down the top teams in the league.

"Hosting the provincials is huge," says Marcelle, "We have an edge over all the teams in that we don't have to travel, we play in our home gym at PISE where we practice, and we'll hopefully have lots of fans cheering us on. With all our friends and family supporting us, I definitely think we can take advantage of this opportunity."

Marcelle is in her first year of nursing at Camosun, but it's her second year playing for the Chargers. Despite being a busy student, it's clear she loves to play.

"College volleyball is a much higher caliber than high school or club, and I like pushing myself to PISE on Feb. 25–27.

become better," says Marcelle.

Meanwhile, the men's volleyball team is in fifth place heading into the provincials, with eight wins and eight losses. The Chargers lost their last game of the regular season in an exciting four set match against VIU. The team won the first set 25–20 but couldn't manage to stay on top of VIU, ranked second in the league.

Head coach Charles Parkinson isn't happy about the loss, but says his team played an impressive game.

"It was very entertaining and I thought both teams were very, very sharp," says Parkinson. "In terms of our preparation for the playoffs, I thought that it was the best that we've played this season." Chargers veteran Brent Hall played an outstanding game with 20 kills, three digs, and two aces. Hall has been wearing a protective facemask during games since he broke his nose during the New Year's Classic Tournament held over the holidays.

"I'm not sure if it scared the other guys," jokes Parkinson, "but he had a really strong match for us. He was very consistent in all elements of his game."

Another exceptional player was libero Josh Coutts, who pulled out 15 digs during the game. Coutts is the league leader in average digs per game.

Both volleyball teams will be spending the next few weeks working up a sweat and preparing for the provincials.

The Camosun Chargers host the BCCAA Men's and Women's Provincial Volleyball Championships at



Charger Tanisha Marcelle is all business on the volleyball court.

B-ball teams go different directions

The women's basketball team was the only Camosun team to secure a win over the Feb. 5-6 weekend.

The team beat the VIU Mariners by two points in a repeat of last fall's match-up when the Chargers beat VIU 60-49 in Nanaimo.

Head coach Brett Wescott was pleased that his team was able to pull ahead and beat VIU despite being behind in the third quarter.

"VIU is the most talented team in our league," says Westcott.

"When we fell behind, the girls did not roll over and die, to their credit. They stayed close and did some good things at the end of the game to give themselves a chance to win," he says.

With a winning record this season, the women are pretty much guaranteed a spot in the provincial playoffs, starting March 4 in Nanaimo.

The men's basketball team, however, will most likely miss the playoffs this year as they sit at the bottom of the league as of press time.

Even though the men put in a strong effort against the leagueleading VIU team on Feb. 5, they ended up losing 91–57.

Call us on it!

Nexus writers are a lively bunch that like to express their points of view. Now we want to hear yours. Did any of our articles spark your interest or get you riled up? Tell us what you thought in 250 words or less, e-mail your letters to Nexus, and we'll reprint them. Give our writers a piece of your mind!

Hits in hockey a double-edged sword

NATHAN LINFORD

CONTRIBUTING WRITER Not long after Patrice Cormier's elbow brutally connected with Mikael Tam's head on Jan. 17 in Quebec Major Junior Hockey, the controversy over hockey violence was once again incited. The ongoing debate over questionable hits may never stop badgering the sport that so many Canadians know and love.

Big hits in hockey are a huge part of the game—they engage the



Patrice Cormier has become a notorious figure in the hockey hit debate. sions already," says Austin Plante, vides added energy and entertain-



crowd and can be a major turning point-but sometimes some very scary situations develop.

"If they kick one player out for a bad hit, they're going to be kicking a bunch of guys out." **KRIS REIERSEN**

CAMOSUN STUDENT

Physical sports like hockey are hard on the players and injuries are frequent during play. Many retired or veteran players have lifelong injuries like joint pains, nerve damage, short-term and long-term memory loss, and brain damage.

"I've had a couple minor concus-

forward for the Junior Saanich Braves. "Another player on my team has had as many as 10 diagnosed concussions."

Every few months a controversial hit occurs that makes people question the rules of hockey. When Cormier, who has since been suspended indefinitely, delivered that nasty elbow to Tam's head he caused serious injury, but many are questioning how premeditated the hit actually was.

"You can never tell if a player is out to injure or looking to play the game; the worst part is some guys let testosterone get the best of them and then come after you," says Kris Reiersen, a part-time fitness student at Interurban and recreational hockey player. "If they kick one player out for a bad hit, they're going to be kicking a bunch of guys out."

The physical play in hockey pro-

ment for the fans. Hits are thrown to stop advancing players, send a message to the other team, and to keep the physical play alive.

"Hockey is such a fast-paced game, some of the worst looking hits are a complete accident, it's just part of the game," says Reiersen.

In a rapid-fire game like hockey, accidents happen all the time. "I've seen many nasty hits playing hockey as well as watching it on TV," says Plante. "Everyone plays the game differently. Some guys hunt for the opportunities."

Ultimately, it's up to individual players to use professional conduct or face possible fines or punishment.

Meanwhile, the rules of hockey have been changed to allow more protection for the players. All players are required to wear protective gear to shield their bodies from serious injury.

Never been to the Shelbourne location? First Tan is Free!



8

Nexus submits to the call of Jiu



ERIN BALL STAFF WRITER

My core hurts. My arms are sore, my back aches, and there are bruises on my knees. I groan like an old lady if I have to get up from my chair. It hurts to laugh or sneeze. My quads are twitching and my neck is stiff.

Yesterday, I went to my first Jiu Jitsu class.

Camosun's new Jiu Jitsu club meets twice a week to learn how to grapple with gusto. Interurban student Matthew De Groot started the club last fall. De Groot is a third-year Business Administration student who has been practicing Jiu Jitsu for the past year and a half.

He's also a member of Submissions 101 Gym on Cook St., a school that focuses only on teaching Jiu Jitsu.

"If students gave themselves an opportunity to experience it, they would really get into it," says De Groot. "It's a really good way to meet people."

De Groot says he wanted to offer Camosun students something different than what's currently being offered for on-campus clubs.

"I've noticed lately the clubs have been pretty hurtin," says De Groot, who's also the Camosun College Student Society's Interurban executive.

De Groot came up with the idea to start a Jiu Jitsu club because he enjoys the sport and wanted Camosun students to have the chance to try it out.

So far, the club has only been modestly popular, with nine people attending on a regular basis last semester, and around five regular attendees this semester. De Groot blames the low numbers on an undesirable time slot at the Lansdowne campus gym, lack of advertising, and busy student schedules.

"Now, more than ever, students are having to work as well as having to do their education," says De Groot. "In a lot of ways their learning outside of school gets neglected."

De Groot himself doesn't often have time to attend the class, but he still thinks it's important to offer up a starting point for students who want to try the sport.

"The class is aimed at beginners to intermediate," says De Groot. "It's geared towards people who don't have a background in Jiu Jitsu or maybe have a background in another martial art." The club offers training in Brazilian Jiu Jitsu, also called Gracie Jiu Jitsu, a form of the martial art that was developed from the Japanese style by the Gracie family in Brazil. Gracie Jiu Jitsu is focused mainly on groundwork and can be used in self-defence or in competition, says De Groot.

De Groot invited me to try the class out one sunny Friday afternoon. He lent me a gi—the loose-fitting pants and wraparound jacket worn by practitioners of Brazilian Jiu Jitsu. A gi is required to practice Brazilian Jiu Jitsu as a lot of the moves involve grabbing or holding onto the gi.

Luke Markoff, one of the two instructors at the Camosun club, welcomed me to the class and introduced the three other participants who showed up to the class that day.

He explained to me—the only Jiu Jitsu rookie in the class—how the next hour and a half would go. We would start off with a 15-minute warm-up, practice some technique drills, and finish off with some sparring or grappling, also referred to as rolling.

The warm-up started off nicely, with some jogging on the spot, crunches, and push-ups. I was feeling pretty good, impressed with myself for keeping up. I struggled a little with the push-ups, reverting to the "girl push-up" that I'm accustomed to.

Next it was time for the technique drills. I have to admit I really had no idea what Jiu Jitsu was. I thought it was similar to karate. I couldn't have been more wrong.



Behind the flag

MATTEUS CLEMENT CONTRIBUTING WRITER

Nestled in the heart of downtown Victoria lies the Grupo Axé Capoeira Academy, the only one of its kind on Vancouver Island.

"In the roda [the circ in], you go back and fo it's a microcosm for life gets thrown at you a energy to avoid it ... do The metaphor is ofte why the opponents ne "You don't do that in some conflict head-on just let it go by you." Brett is aware that A typed as being more fla else, but that doesn't b there's more to the sp "If you want to learn nast," says Brett. "If music, go to the cons fight people, go to a well-rounded individu Axé Capoeira require for the roda, sing alon training pads, and ho

Capoeria is an incredibly unique acrobatic martial art that was originated in Brazil by African slaves and dates back over 175 years.

In 1982, Mestre Barrão started Axé Capoeira, a branch of the original Capoeira. Barrão later moved to Vancouver and started Canada's first Axé Capoeira academy.

It was there that Kevin Brett, instructor of the Victoria academy, started his training and worked his way up the belts.

Victoria's Axé Capoeira academy started in 2000, but didn't find a home until Brett met Darcy Dommett and the two started what is now Studio 4 Athletics on Yates Street.

Axé means "positive life force" in Portugese; Brett feels everything they do in and outside of the academy reflects that statement.

ΓURE ı Jitsu

Brazilian Jiu Jitsu focuses on taking an opponent to the ground and then utilizing ground-fighting techniques to achieve a dominant position and, eventually, a submission hold.

"When you get the basics down, it becomes like a high-energy game of chess; it's very strategic," says De Groot.

I was paired up with Brett Kuroyama, a UVic student who has been practicing Jiu Jitsu for the past two years. He walked me through the first technique after Markoff showed us what to do.

Since Jiu Jitsu focuses on gaining the upper hand over your opponent while on the ground, the technique demands that participants are quite intimate with their opponent, tangled on the floor like a human pretzel.

I have to admit I really had no idea what Jiu Jitsu was. I thought it was similar to karate. I couldn't have been more wrong.

I hesitated for a moment, feeling a little awkward that I would be up close and personal with a man I had only just met. Shouldn't we at least have lunch or coffee first? But after my moment of uneasiness passed, I gamely got down on the mat with my opponent.

Kuroyama patiently guided me through the technique. After a few minutes of practice, Markoff told us to add some resistance to our movements. That's when things turned rough. The positions and holds hurt, but were effective.

Jiu Jitsu promotes the principle that a smaller and weaker person—in this case, me—can defend themselves against a stronger opponent by

using proper technique. If only I had learned this stuff as a child, wrestling matches with my brother would have turned out a lot different. Rick Delisle is a psychology student at Camosun who joined the club

last semester and has been attending regularly ever since. Delisle enjoys the workout that Jiu Jitsu offers.

"I like the endurance of it," says Delisle. "At first it seems like an easygoing thing, but once you get into it, it's pretty hard."

After about 40 minutes of practicing various techniques, it was time to grapple; by then I was exhausted and decided to watch the more experienced students spar instead of risking an injury.

The students took turns rolling with each other and Markoff took some time to help each one improve their skills. Incredibly patient and clearly dominant, Markoff's earlier tips on using efficient technique helped the students try to gain an upper hand over him.

However, in the end, they were the ones submitting by tapping out while in a variety of complicated submission holds.

At the end of the class I said goodbye to my new friends and reflected on how fun Jiu Jitsu is and how useful it would be in a self-defence situation.

I found myself daydreaming about joining a gym and training in the art like Kyra Gracie, three-time World Brazilian Jiu Jitsu champion. De Groot is happy to just be able to offer something a bit different to students. He's excited about the sport because it's a great workout and a great time.

"Some students have started coming to Submissions 101, which is cool because it shows that the college is helping students find things that they are interested in," says De Groot. "Jiu Jitsu is a really active sport. You get a great workout, and at the end of it you're like, 'Wow, I'm super tired; that was so much fun.""

So you want to learn Jiu Jitsu...

Brazilian Jiu Jitsu classes are offered on Wednesday and Friday afternoons at the Lansdowne campus in the Young building gymnasium (located in the basement). Classes run from 2:30-4 pm. For more information contact the Recreation and Athletic office at 250-370-3602.

Submissions 101 Gym has classes in three different types of Jiu Jitsu. For more information, go to submissions101gym.com or call them at 250-686-1400.

Brazilian Jiu Jitsu is derived from Japanese Jujutsu and empowers a smaller opponent to overcome a larger one using ground techniques.

10th Planet Jiu Jitsu is a sub-style of Brazilian Jiu Jitsu that practices with no gi. It is well-suited to Mixed Martial Arts training. Classes concentrate on grappling and sport competition.

Japanese Jujutsu is a complete self-defence system that originated over 1,000 years ago with the samurai. This is the most efficient and streeteffective martial art and is often used by police, military, and security forces. -E.B.

sh and flips of Capoeira

e that the dancing occurs rth with your partner and e," says Brett. "Something nd you take just enough on't overdo it." n lost on people who ask ever hit each other. life," says Brett. "You take , but for the most part you

students have these skills, they can pass them along to others.

to teach," says Brett.

Aurelio's brother, Vinicius, caught the eye of Dana White, president of the Ultimate Fighting "This is an academy where you come to learn Championship, during the tryouts of the Ultimate Fighter, a MMA competition and reality show. White was baffled and amazed at Vinicius' style, accepting him into the contest.

Big Capoeira event coming to town

Anyone who's played the character Eddy on the video game *Tekken*, seen the movie *Ong* Bak 2, or just come across a martial art with zy flips has probably seen Capoeira tion. Victoria has its very own academy and they have a huge event coming up.

xé Capoeira gets stereosh and flips than anything other him. He knows that ort than that.

to do flips, go be a gymyou want to learn to play servatory. If you want to dojo. If you want to be a al, come here."

es students to play music g in Portugese, train with ne aerobatic skills. Once

"If you want to learn to do flips, go be a gymnast. If you want to learn to play music, go to the conservatory. If you want to fight people, go to a dojo. If you want to be a well-rounded individual, come here."

KEVIN BRETT VICTORIA GRUPO AXÉ CAPOEIRA ACADEMY

The popularity of Axé Capoeira is rising. Vancouver's Marcus Aurelio rose to YouTube fame with a Mixed Martial Arts (MMA) knockout using one of the most basic kicks in Capoeira.

And while there's potential that MMA fighters could start entering his academy, Brett says he would welcome them but he's not optimistic that they would practice the art of Capoeira on a long-term basis.

"This is a place where you work on every part of yourself, just not fighting," says Brett. "Being part of Axé Capoeira is a lifetime commitment."

Each year Brett and his students host a Batizado—Portugese for "baptism"—for over 200 Capoeirists from all over the globe.

This is a time where new belts are handed out, workshops are held, and events are opened to the public to showcase the culture behind Capoeira.

The Victoria Grupo Axé Capoeira Academy will be hosting its 10th annual Batizado this year. The event goes from March 8-14 at various locations and will host over 250 martial artists from around the world.

Different workshops will be held around the city, but the public performances are the icing on the cake. A Brazilian dance party will take place at the Victoria Event Center on March 13. Doors are at 8 pm and tickets can be bought at Studio 4 Athletics (715 Yates) for \$20.

A full performance of dance, song, and acrobatics will also take place at the Royal Theatre on March 14. Tickets are \$20 and can be purchased at the Royal box office or at Studio 4.

ARTS

Strip showcases local comic artists

ED SUM CONTRIBUTING WRITER

It's tough for aspiring comic-book artists to get published. The challenges include competing against web comics and getting noticed in the rows of comics found in specialty stores.

10

But locals Marc Junker, Glen O'Neill, and Denver Jackson found a way to get their new magazine of short comics, Strip, noticed.

Instead of just comic-book stores, their free magazine is found in coffee shops and other local businesses.

And it's working-the magazine is getting recognition both on and off the island, thanks in part to its availability.

"People can pick it up anywhere," says O'Neill. "We want to have a mutual relationship with these places so both parties can benefit."

This relationship includes stores advertising in *Strip* and providing the magazine with distribution locations.

The magazine's supply has been sucked dry from places like hair salons, so Junker had to increase

the print run for the second issue to keep up with demand.

So far the business model seems to be working. But one of the biggest challenges for *Strip* is the stigma long faced by adult fans of comic books.

Thought to be just a format for kids, the comic fan has been shunned as a geek for a long time. But with geek chic all the rage, things are coming around for the comic lover.

"Culture is changing to accept comics more. It's just superheroes, but it's a start."

> **GLEN O'NEILL** STRIP MAGAZINE

"The comic-book landscape is changing," says O'Neill. "Being a geek is more popular now."

The continuing popularity of superheroes on the big screen is one reason why adults feel more comfortable flipping through a

magazine of comics.

"Obviously, culture is chan- $\begin{bmatrix} 3\\ & \\ & \\ & \end{bmatrix}$ ging to accept comics more," says O'Neill. "Maybe it's just superheroes, but it's a start."

While comic books and movies are big business these days, *Strip*'s focus is not on superheroes or relentless action; the magazine is a showcase for original and nonmainstream work.

"We're more of an independent, open-submission comic magazine," says O'Neill.

Junker believes most artists' work can disappear in today's digital landscape. Strip is providing a better medium for artists to be recognized.

And they help get the word out about the artists, too-the trio attends as many comic conventions as possible to promote *Strip*, the artists within it, and comics in general.

"We want to build and promote the culture of comics as opposed to just getting our own work out there," says Jackson.

While the team made the first step by self-publishing, their ultimate goal is to help other aspiring cartoonists.



The Strip crew pondering how to get more indie comics to the masses.

"We're here to help because there's no real direct link from amateur to professional artist," says Junker.

The ability for Junker, O'Neill, and Jackson to make connections with other illustrators is important. Lots of artists who discovered their magazine want to be published in *Strip*; the group can't keep up with inquiries and submissions.

"We may not print something right away, but we will hang on to

it for a theme issue on, for example, noir or sci-fi," says Junker, who adds that the artists retain the rights to their submitted works.

The fact that there is such a demand from artists who want to be in the magazine is a huge reward for the Strip team.

"People are picking up our magazine, reading it, and wanting their work in it," says Junker. "That's the happiest part of being involved."

100% Fifty Fifty

ALEX PASK

CONTRIBUTING WRITER Victoria is full of creative folk and the presence of artistic minds is evident across the city. The Fifty Fifty Arts Collective is no exception.

The collective was created in January of 2003 by a group of friends and local artists that were seeking a space to hold art shows and a venue for bands to play.

Since then the non-profit, artist-run society has moved from Vic West to their location just on the outskirts of downtown at 2516 Douglas Street and has become a staple in the independent art community of Victoria.

"What sets us apart is that there is no gallery curator," says gallery coordinator Renee Crawford.

A board of volunteer artists manages the collective and they all take equal part in shaping its future.

When general meetings are held, those with an annual membership can vote for what they feel should happen within the space.

process of working with a gallery is like.

"Places like the Fifty Fifty are open to stuff being cutting edge and really interesting," says Camosun College Visual Arts graduate Ellen Russell. "It would be hard for a lot of artists if Victoria didn't have places like that."

Another great way to contribute and be involved with the Fifty Fifty is to volunteer.

Working the regular music shows, helping with promotions, or simply being at the gallery a few days a week are all opportunities for those wanting to volunteer.

"If you're a volunteer, you're a liaison," says Cooper.

Operational funding for the artist-run center, however, has been difficult to obtain from funding sources like the Canada Council, BC Arts Council and the CRD, especially in light of recent cuts to arts funding in BC.

"The Fifty Fifty has had to invoke creative programming strategies to maintain consistent revenue," says board member Alan Kollins. Programs that are helping this cause are ones like the annual Rock Lottery concert series, where local musicians are handpicked and then scrambled into bands through a lottery-based draw. They then spend the day in practice spaces around the city creating a 20-minute set of original music.

Members Element, Jan. 31

KELTIE LARTER

STAFF WRITER I've never been much of a Swollen Members fan. After all, you've got to wonder what was going through their heads when they decided on that band name.

I mean, really, did these guys mean to call themselves erect penises? And even if the name is supposed to allude to something other than boners, they must've known that's the first thing that would come to mind.

Standing in line to get into their recent show at Element, I couldn't help but wonder how many fights would break out before the night was through.

The place was packed to the tits with gelled-up, fake-tanned, tattooed douchebags who looked as if they had wandered over from Plan B.



Annie Clark, also known as St. Vincent, played a dreamy set at Element.

St. Vincent Element, Feb. 3

SHANE SCOTT-TRAVIS STAFF WRITER

As a few wispy clouds of fog spewed out of the smoke machines in the basement-like environs of Element, two unassuming figures took the stage. Coming all the way from the frozen Nordic terrain of Sweden were openers Wildbirds & Peacedrums.

Clark oozed charisma the second she glided onto the stage and her presence commanded the room, as was indicated by the constant crowd chattering her undeniable cuteness.

Her stage banter was charming almost beyond measure as she laughed and smiled appreciatively, her large, candid green eyes aglow as she informed the enthralled crowd at Element that she was "feeling rowdy tonight, and a bit ruckus.'

Swollen

In addition to being involved with gallery meetings, a \$20 membership supplies members with email newsletters and discounted admissions to programs.

The space itself is open and full of light, leaving it malleable for artists to shape it as they see fit.

"Unlike other galleries, we give a lot more freedom to the artists," says board member Lindsay Cooper. "Artists can come in on their own time and create a show that's uniquely theirs."

In the past, the collective has showcased a wide array of new talent that otherwise wouldn't have been displayed.

Those that lacked the experience needed to book a show or apply for a visual-arts grant can show their art at the gallery.

Such opportunities make an excellent platform for artists to get their start and see what the whole

Later on that night, the bands come together and play their new material to an eager audience.

The gallery is also looking to start offering a variety of affordable art classes and workshops in the spring.

Above all, the Fifty Fifty serves as a gathering place for open and artistic individuals.

"There's a lot of art and collaboration that extends from social time," says Russell. "It's great that there's a space for not only art, but the kind of culture that surrounds it."

Despite the uninspiring crowd and the super-cheesy house music leading up to the show, the opening act, Goodbye Beatdown, were pretty good.

Their upbeat mix of ska and hip-hop was fun, and I started to feel like maybe the whole thing wasn't a waste of my time after all.

Surprisingly, the Swollen Members weren't bad either.

Although their lyrics are pretty shallow and full of macho posturing, the beats were good and the crowd stopped strutting around like a bunch of steroid monkeys with stink eye and actually started dancing.

Did I love it? Nah. But it wasn't as bad as I thought it was going to be.

This husband-and-wife duo-Mariam Wallentin and Andreas Weliin—launched into their eerie and experimental set with alacrity and punch to spare.

To witness Wildbirds & Peacedrums live is to witness the reinvention of diva singing. That, combined with tribal percussive beats, resulted in an intense, searching, and joyously singular set—I've never seen anything like it. When they left the stage it was obvious by the stunned crowd that they're a tough act to follow.

Up to the challenge and kicking off an extensive North American tour was St. Vincent (a.k.a. Annie Clark). With a reputation for quirky orchestral pop and a penchant for playing gnarly guitar, she didn't disappoint.

Clark seriously shredded her guitar and—backed by a stellar band—charged like a freight train through emotional and telling songs.

Her set consisted mostly of her latest album, Actor, and a standout solo rendition of the Beatles'"Dig a Pony" made for a glorified piece of azure sky.

With her slight frame and dream-girl visage, it almost seemed like you could knock Clark down with a feather.

But when she breathed heavy into that microphone, her evocative and haunting voice made captives of us all.

Annie, comevisit us again soon, and bring those stupendous Swedes back with you.

ARTS



The true classic albums

Awhile back, we investigated "modern-day classics"—albums that deserve the classic title, but are fairly new additions to the world of music. But what about non-modern-day classics-or I suppose you could just call them classics. Golden oldies. Lots of clichés to use, and there's lots of albums that deserve it. Here are three albums that everyone has to have in their record collection. Not just because they're "classics," but because they're some of the best albums to have ever have been recorded.

A few weeks back, while talking to my friend about influential albums, I nearly shit my pants when he told me he'd never heard Rumours by Fleetwood Mac (fleetwoodmac.com). There's a reason it's sold over 40 million copies worldwide. From start to finish, it's incredible song after incredible song—"Dreams," "Go Your Own Way," and "The Chain" are all mind-blowing in their own right. And when you add the fact that the members of Fleetwood Mac were basically living on a diet of cocaine, sex, and turmoil, it's amazing this album even came to be. But it did, and for that we are all grateful.

You could name a dozen or so albums by Neil Young (myspace. com/neilyoung) and call them classics, but one that often gets overshadowed by other albums is Everybody Knows This Is Nowhere.



The album, only Young's second solo recording, features big hits like "Cinnamon Girl" and "Down by the River," as well as unappreciated gems like "The Losing End" and the album's title track. While only seven songs long, two clock in at over nine minutes, so it's a far cry from a short album. Recently the album, along with three other classic Young records, was re-mastered and sounds even better than before.

While Simon and Garfunkel (simonandgarfunkel.com) may not be considered as cool as the above two bands, the quality of the music they put out cannot be denied. Specifically, the 1968 masterpiece, Bookends. The album features big hits like "Hazy Shade of Winter," "At the Zoo," and, one of their best known, "Mrs. Robinson." But the highlight of both the album and Simon and Garfunkel's career lies in track two of the album, "America." It's been called the greatest song ever written, and it'd be hard to disagree.

Phoenix looks at hard realities

ADAM HOLROYD

CONTRIBUTING WRITER Continuing in their tradition of bringing Victoria a wide variety of theatre, UVic's Phoenix Theatre is following up their last show, the classic Romeo and Juliet, with a more contemporary piece.

Problem Child, written by one of Canada's most prolific and respected playwrights, George F. Walker, is about a dysfunctional couple stuck together in a cheap motel room trying to work out their lives in order to regain their child.

A nationally acclaimed director and the artistic director of the Belfry Theatre, Michael Shamata, is directing the four-person play.

"It's a Canadian classic, which is fantastic; its contemporary, it's about people who are not [far] outside the age range of the students that we're working with," says Shamata. "They can focus more on the characters."

Problem Child is the first in a series of six plays by Walker, all taking place in the same motel room outside of Toronto.

"The play has a heart, a point of entry for the audience that the others, fantastic as they are, perhaps don't," he says.

Walker's dark comedy is about a young couple, Denise (Anne Mc-Gladdery), a mother struggling on the edge of drug addiction, and her partner RJ (Cobi Dayan), who has been in and out of prison. They leave Toronto to try and sort their lives out and regain custody of their child.

Standing in their way is their social worker Helen (Natasha Salway) whom they come to realize has an agenda of her own. Thrown into the story's mix is the motel's manager, the alcoholic but good-natured Philly (Shaan Rahman).

Produced by the UVic theatre department, Shamata is the only person involved in the show who's not a student.

"It's designed by students, crewed by students," he says.

Problem Child promises to be an emotional and cuttingly funny look into the lives of a young woman and her partner trying to make it in a hard world.

"It makes us look at a character who, if we passed her on the street, we might not look twice, or look down our noses at her," says Shamata. "It makes us see her in a different way."

Problem Child Feb. 18-20, 22-27

Phoenix Theatre, \$12-\$22 250-721-8000

they're watching Die Hard all over again. This time, instead of being trapped with terrorists, it's a merry pursuit around Gay Paree in a case of follow the leader.

That's where a bald John Travolta comes in. He sweet-talks his way through the Parisian underground and then blows it up. He's completely unleashed. That's a good thing... if that's all you're expecting.

As Charlie Wax, an American intelligence agent, he takes James Reese (Jonathan Rhys Meyers), an under-appreciated attaché at the American Embassy, for the ride of his life. Reese wants that special promotion and Wax gives him more than he could bargain for.

Writer Luc Besson (Fifth Ele*ment*, *the Transporter*) certainly delivers an interesting buddy film with a merry car chase, but there isn't quite enough chemistry between the male leads to make this film really work.

Travolta simply dominates the film and Meyers' only shining moments are without the veteran actor.

Perhaps with a second film under their belt, the From Paris with Love pairing will improve and become Besson's next franchising opportunity.

BIG SC



ED SUM

CONTRIBUTING WRITER Yippie-ki-yay, motherfucker. The boys in From Paris with Love certainly love playing cops and robbers, and viewers will wonder if

> 10am-2pm Saturdays 6pm-10pm Sundays

Shinedown 21.

'OP 40

- Hedley 22.
- 23. LMFAO

25.

- Aleesia
- > Bubble Gum

COUNTDOWN

- Black Eyed Peas > Rock That Body

> Shooting Star

> If You Only Knew

> Don't Talk to Strangers

5. Michael Buble

Adam Lambert

Lady Gaga

Ke\$ha

1.

2.

3.

4.

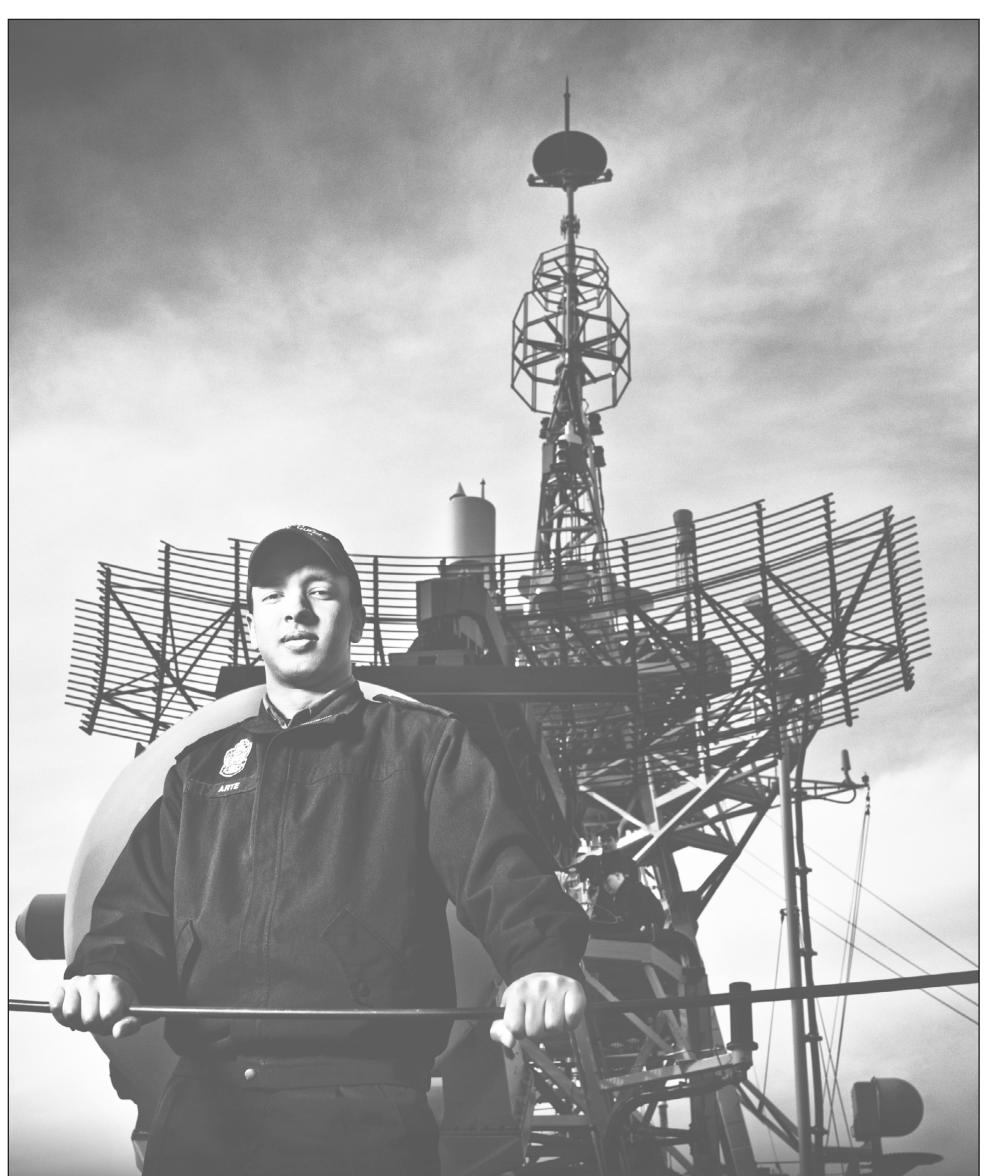
- > Tik Tok
- > Sexy Chick D.Guetta/Akon

Today's Best Music

- > Haven't Met You Yet

- > Bad Romance
- > For Your Entertainment 24.

6.	lyaz	>	Replay	26.	Alicia Keys	>	Put it in a Love Song
7.	Rihanna/Jeezy	>	Hard	27.	Down w/ Webster	>	Rich Girl
8.	Jay Z/Alicia Keys	>	Empire State of Mind	28.	Kelly Clarkson	>	Already Gone
9.	Nickelback	>	Never Gonna Be Alone	29.	Jason Darulo	>	In My Head
10.	Orianthi	>	According To You	30.	Dragonette	>	Pick Up The Phone
11.	Timbaland	>	Morning After Dark	31.	Adam Lambert	>	Whataya Want From Me
12.	Boys Like Girls	>	Two Is Better Than One	32.	Pitbull / Akon	>	Shut It Down
13.	Jason Darulo	>	Watcha Say	33.	Faber Drive	>	Give Him Up
14.	Daughtry	>	Life After You	34.	Cascada	>	Evacuate Dance Floor
15.	Suzie McNeil	>	Help Me Out	35.	Barenaked Ladies	>	You Run Away
16.	Black Eyed Peas	>	Meet Me Halfway	36.	Ke\$ha	>	Blah Blah Blah
17.	Hedley	>	Cha Ching	37.	Ricky J	>	Oh Whatta Night
18.	Taylor Swift	>	Fifteen	38.	Owl City	>	Fireflies
19.	Jay Sean	>	Do You Remember	39.	Joey McIntyre	>	Here We Go Again
20.	Lady Gaga	>	Telephone	40.	Lights	>	Ice
					ww.1073l		
					NVV.TU/31		



WANTED: **ELECTRONIC TECHNICIANS**

"Working in a grey office, that wasn't for me. Here, in the Navy, I have been well trained and I work on the most state-of-the-art equipment. Believe me, the only thing grey about this job is the colour of the ship."

Ordinary Seaman ZACK ARTE

RECHERCHONS: TECHNICIENS EN ÉLECTRONIQUE



«La grisaille de la vie de bureau, c'était vraiment pas pour moi. Dans la Marine, j'ai été bien formé et je travaille avec l'équipement le plus avancé. Je peux vous assurer que la seule chose qui est grise dans mon métier, c'est la couleur du bateau.» Matelot de 3^e classe ZACK ARTE

1-800-856-8488 COMBATTEZ AVEC LES FORCES CANADIENNES



FORCES.CA FIGHT WITH THE CANADIAN FORCES

COLUMNS

BY KELTIE LARTER



BY ALAN PIFFER AND ED SUM



Aramark Campus Café Lansdowne campus Vegetable soup, plus bun and drink \$6.55

Presentation and service

Ed: I was expecting something nefarious hiding in those three bins sitting quietly next to the caf entrance. If you have an active imagination, you might expect a dismembered arm to come crawling out and grab you; before you know it, you're part of the next student's meal. I guess I've just been watching too many horror movies lately. I wasn't licking veggies out of the bottom of the cup, but luckily I didn't have floating eyeballs looking back up at me.

Alan: What sucks more than potential soup monsters is what I suspect to be the greed of other customers. Either this is just lame soup that's virtually all broth, or people who helped themselves to the soup before me took all the veggies and meat chunks. If it really is just a lame-ass soup, then I'm sorry, people. But I'll never know for sure.

Taste

E: The vegetable soup wasn't too bad, but it could've been made with more zeal. They shouldn't be afraid to experiment with herbs and spices. I thought the zucchinis, carrots, and celery were decent, with a mix of crunch and bite. I kind of had to wonder about the 55-cent bun though. It was better with the butter, but not by much.

A: In a cafeteria across the hall from a washroom with pee all over the floors next to the urinals the last thing you'd want to eat is a container of warm, yellow liquid. But this is a decent if unspectacular soup. I sincerely apologize to any readers who might actually be sitting in the caf eating the chicken noodle soup right now.



Tim Horton's Hillside Mall Soup combo \$4.59

Presentation and service

E: The lineup is no different than what you'd experience in the school cafeteria when it's busy. After our wait, we get a steaming bowl of soup, a bun, a donut, and a can of pop.I had to wait a bit for the soup to cool. That's a good sign, but you can never know if it was microwaved in the back or sitting in a soup cauldron.

A: Tim Horton's always has the lineup of people in front of it, which always makes me opt for another kiosk in the food court. Although it's a bit discouraging, the lineup is there for a reason. It's always a solid fast-food meal deal, a classic part of Canadiana. I wonder how many Tragically Hip songs were written about Tim-Ho's?

Taste

E: There's something about the mix of a sweet donut and the salty brine of the sea which makes me emit a Homer Simpson-esque 'Mmmm...' This clam chowder is delicious, made with the kind of love you'd expect from a corporate empire. Make it right and they will come. But I wish there was more clam meat. And quality clam chowder should have more colour to it, like a carrot shaving or bay leaf garnish. I prefer to make my own chowder,



Golden showers and broken condoms

Dear Keltie,

My boyfriend sometimes asks me to pee on him when we're in the shower. He pretends like he's just joking around, but I can tell he really wants me to. I'm a little weirded out by it, but I love him, and if it's something he really wants, then I would do it for him. The thing is, I'm worried that if I do it once, he's going to want me to do it all the time. How do I fulfill his fantasy without making a habit of it?

-Pee-friendly

Dear Friendly,

Getting turned on by pee is a fairly common fetish, especially among men. In the kink world, peeing on someone is called a golden shower, and you're probably right that your guy is into it if he's brought it up more than once. If you're willing to give it a try, next time he brings it up, well, just do it. If it makes you feel uncomfortable afterward, or if you're worried he's going to want to do it all the time, then just talk to him about how you feel. I wouldn't really recommend bringing the subject up beforehand, because he might feel too embarrassed to admit that he's yearning for a golden shower, and it might make things feel too staged.

Dear Keltie,

I had a one-night stand last weekend with a guy I barely knew, and I'm worried that the condom broke while we were having sex. He didn't say anything when he was taking it off, and I felt uncomfortable bringing it up, so I'm not sure. How can you know for sure if a condom broke during sex?

-Worried

Dear Worried,

I don't think there's any way to know for sure. Unless maybe you fill it with water after you're done, tie off the top, and squeeze. Generally though, when a condom breaks dur-



ing sex it doesn't just spring a leak, it splits open, and the guy wearing it should be able to tell because it will feel different. Also, if the condom broke and he came inside of you, you would likely notice his semen dripping out of your vagina once you stood up. But if you're at all worried, you should go get yourself tested for any sexually transmitted infections.

Quick bites

Nando's

101-1600 Government 250-590-3239 4/5 bites

ED SUM

CONTRIBUTING WRITER KFC's days are numbered if Nando's keeps expanding. Nando's chicken is marinated in a hot, spicy sauce for 24 hours and it shows. The meat can be slurped off the bone it's that soft. Nando's has built a good reputation for itself by using the piri-piri chili pepper in a variety of their cooking sauces. I had two drumsticks and Peri fries (\$9.50) for a quick meal. It was served in under 10 minutes, and the selection of garlic and hot sauce helped kick the meal up a notch. Four levels of spiciness can be chosen, ranging from the lemon and herb at the lower end of the scale, to the extra-hot piri-piri for the daredevil. The Peri fries are not as spicy, but they're definitely better than what fast-food restaurants can offer. With a garlic sauce on top—which beats the traditional ketchup most people tend to use—I consumed the fries with gusto.

Taster's tip: In order to experiment with the various levels of spiciness, have a glass of milk on hand. Milk is proven to help wash away the spicy oils that linger on the tongue. Yogurt also helps cool down the body temperature.

Martini Mondays (Music Bingo starts at 7:30 pm) Appy Specials (4 pm) / Martini Mondays \$5 Big Rock Trad/ Stanley Park \$5.25 pint/\$14.99 jugs Black Tuesdays (Lighthouse Acoustic Series) Lighthouse Specials

\$6.95 Classic Beef Dip & Fries (4 pm) \$4.75 Rip Tide / \$4 Jager

Wing Wednesdays

.35¢ Wings (after 2 pm)



but this is an okay second choice.

A: And again, I had the chicken noodle soup. It was tastier and filled with more chunks than the Aramark soup. The bread was about the same, but then the donut... just thinking about that donut makes me want to run down to Hillside Mall right now. I guess my blood-sugar level isn't as absurdly high as it usually is right now. You oughta throw a donut into the mix, Aramark. Then we'll talk.

And the winner is...

Tim Horton's is a surefire winner, definitely worth the full sprint through traffic down to Hillside Mall.

Verdict

Aramark's soup is okay, but Tim Horton's soup is hands-down more flavourful and more substantial. And their lunch combo is cheaper with a tasty donut thrown in to boot! How can you beat that? Get your ass to Mars... no, to Hillside Mall!



Blue Buck / Stanley Park / Rock Creek Cider Specials Thirsty Thursdays (Wii Olympics Coming Soon)

Pilsner / Canadian / Rickards Red \$5.25/\$14.99 \$6.95 10" Pizza (4 pm), \$6 Double Hi Balls

Traditional Fridays

Granville Island House Lager, Maude's Ale, Winter Ale, \$5.25/\$14.99 Imports Stella, Guinness, Strongbow \$6.50

Kokanee Free Ride Saturdays

\$5 glass / \$15.25 1/2 Litre Naked Grape Pinto Grigio and Shiraz Kokanee / Okanagan 1516 / Pale Ale \$5.25/\$14.99 \$16 Shotski

Hung Over Sundays

Return of the Roast Beef Dinner only \$10.95 Burger and a Beer \$9.95 (after 3 pm) \$4.95 Breakfast, \$5 Doubles, \$3.99 Caesars

Home of Canucks HD Hockey

3810 SHELBOURNE STREET (AT CEDAR HILL X RD) 250-721-2337

COLUMNS

Coming out form of activism

CRISTIAN CANO CCSS PRIDE DIRECTOR



When singer Adam Lambert recently came out of the closet, he was quoted as saying he wasn't an activist.

Sometimes people think they have to go to a parade or rally to be an activist. Those things count as activism, but aren't the most important thing.

The best thing a person can do for a community is be good at what they do. Be open about who you are (when it's safe to do so), be a good student, be good at your job, and be respectful, and you will be advocating for your entire community.

Not every queer person has to create campaigns to support the

"family." Leonardo da Vinci wasn't a queer advocate, but he's one of the most famous examples of how queer people have the power to support humanity in different aspects.

This is also why Ellen Degeneres has gained so much support from the queer and straight communities. She's talented and open about who she is. By coming out, she challenged those who want queer people to stay hidden and silent.

Every community needs an outspoken advocate, but not everyone has to be that leader. It's okay to be a follower, or just an observer.

As long as you're honest and have integrity, you're still an advocate who's representing a very diverse community.



INSIDE OUT

Lacey Geary

Lacey Geary is currently completing her last semester of the Business Administration diploma at the Interurban campus. She plans to take the Bachelor of Communications program at Royal Roads University. Geary comes from a large family and is originally from Port Alberni. Most of her family still resides there, including her younger brother and her rambunctious cat, Stella. In her spare time, Lacey enjoys reading, writing, listening to music, and talking to people.

How would you describe yourself?

I am eager, friendly, optimistic, energetic, uncanny, a bit highstrung, and a total blonde.

What's something that not many people would know about you?

I despise the smell of celery makes me gag. I also love to serenade my roommate with beautiful love songs.

Do you have any guilty pleasures?

I love cheesy '80s music. Bon Jovi makes me melt.

If you could meet someone living or dead, who would it be and what would you do?

I'd have tea and biscuits with Elton John. He would play the piano for me. And later we would take a drive around the countryside in his 1965 Jaguar Roadster blasting the Pixies. Or, this might not count, but I've always wondered what my mom would be like to party with when she was my age. I could see us getting

into trouble together.

What would you like your grandchildren to remember you

I would want them to know that I put my parents through hell, and my kids put me through hell, and now they can put them through hell, too. It's a vicious circle.

How would you spend \$1 million?

I'd buy my dad a flatscreen TV and a La-Z-Boy chair. I would also buy a huge yacht and live on it and cruise around the world.

What's your favourite song? That's a toughie. I don't think I could ever pick just one song. But some of my current favourites are "Not That Social" by the Von Bondies, "Don't Stop Believin'" by Journey, "Rock Me Now" by Metric, and "In the Belly of a Shark" by Gallows.

Any advice for readers?

You control your own reality. If you want something, just take it! What makes you unique?

I absorb a bit of everything and everyone that touches me. I am a product of my environment. I suppose you could look at that as being unique, or completely mundane.

What are you passionate about?

I am passionate about experience. I have too many hobbies and interests to be dedicated to one thing. Every time I try something new, it makes me want to do something else new.

If your life goes perfectly, where do you see yourself?

Cruising the French Riviera, in in Inside Out.



my yacht, to go meet Elton for tea. Do you have a celebrity crush?

That would be a long list. At the top of that list would have to be Gordy Dodd [owner of Dodd's Furniture].

If you could change one thing in the world, what would you change?

Species extinction. I wish everything could survive on this planet together in harmony.

What makes you truly happy?

People, and laughing. I encounter the most amazing people. Every one of them has made me laugh.

Email nexus@nexusnewspaper. com if you know an interesting person around campus that we could profile

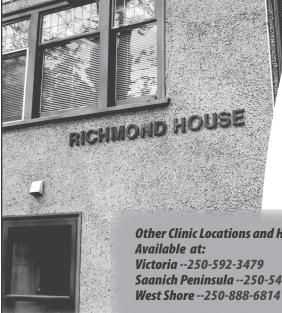
CAMOSUN COLLEGE SEXUAL HEALTH CENTRE

IN THE RICHMOND HOUSE ON THE TOP FLOOR

(Lansdowne Campus on Richmond Road next to the daycare)



14





LINIC TIMES for Male/Female STD Services Female Sexual Health and Birth Control

THURSDAYS

1:30 - 4:30 PM

250-592-3449

islandsexualhealth.org

HUMOUR



Overheard at Nexus

Who hasn't walked into a conversation at precisely the wrong time—what did he say about anal beads? Or eavesdrop on a conversation that was like smelling someone else's fart? At *Nexus* we do a lot of that, so here's what's been overheard around the office lately...



An average refund with us is \$1,000.

We get you an average of \$1,000 on your tax refund, so you can do more of what you want to do. Get It Right.™

Student Tax Prep \$**29**⁹⁵ plus FREE SPC Card.*



15

Click, call or come over. | hrblock.ca | 800-HRBLOCK

© 2009 H&R Block Canada, Inc. *\$29.95 valid for regular student tax preparation only. Student tax preparation with Cash Back option is \$34.95. To qualify for student pricing, student must present either (i) a T2202a documenting 4 or more months of full-time attendance at a college or university during 2009 or (ii) a valid high school identification card. Expires July 31, 2010. Valid only at participating H&R Block locations in Canada.



Saturday, Feb. 20

The Arbitrarys, Revolucionary Cyborg Wedding Band Mobile Unit

SOLSTICE CAFÉ, 7:30 PM, \$10 There's just no way that Prince George's best-kept secret, the Arbitrarys, can be concealed for much longer. If delicate melodies, precious pop, and boy-girl harmonies set your affections a-flutter, these co-ed cuties will steal your heart! Like the intimate magic of your very first kiss, this band will leave you blissfully bedeviled and wanting more. Throw in the opening act of the impossible-to-pigeonhole, must-see live Revolucionary Cyborg Wedding Band Mobile Unit and this night will be a delightful distraction you'll be pleased to be part of. With such an incredible lil' lineup with two brilliant bands whose stars are rising, miss this show at your peril.

SATURDAY, FEB. 20 Ashley MacIsaac, Qristina and Quinn Bachand

ST. ANDREW'S PRESBYTERIAN CHURCH, 7 PM. \$20-\$25

Frenetic fiddler and golden-shower enthusiast from Cape Breton Island, Ashley MacIsaac, joyously returns to Victoria after a seven-year absence (was it something we said?). Joining MacIsaac's fiddlin' phenomenon for this musical outing is local bro-and-sis duo Qristina and Quinn Bachand, who shared the stage with MacIsaac at several Celtic festivals last year. Roots music fans have a lot to céilí, slip jig, and reel to.

TUESDAY, FEB. 23

The Wooden Sky, Forestry LUCKY, 9 PM, \$12

Don't be a hoser and enjoy trusted Torontonians the Wooden Sky as they bring their indie-flavoured folk rock tunes to Lucky. With local act Forestry in tow this should make for a guitar-guided tour of commendably Canadian soundscapes. So, take off to this show, eh?

Wednesday, Feb. 24

White Cowbell Oklahoma, Gypsy Hacks & Insomniacs

LUCKY, 10 PM, \$13 Headlining what will certainly be an eclectic and unpredictable evening is Toronto's much-loved White Cowbell Oklahoma. Known for their southern-fried boogie rock with a punk bent and killer live shows, these fun lovin' boys and girls have a freakish following for good reason. Local garage rock staple Gypsy Hacks & Insomniacs make this double bill a double whammy. Sometimes you just can't get enough cowbell.

from

Friday, Feb. 26 Mickey Factz, Pocket Kings, Touch Bass

LUCKY, 10 PM, \$15 Beloved Bronx b-boy Mickey Factz will be supplying the beats and rhymes as he headlines this night of hip-hop hijinks. Cresting the wave of new sounds for a new generation of hip-hop fans, this show is generating a lot of buzz. Also expect to see applejacks, bunny hops, and t-flares from the boogie boys and girls sure to be in attendance—like in that awesome movie from 1984, Breakin' 2: Electric Boogaloo!

Friday, Feb. 26

The Dudes, plus guests

SUGAR, 8 PM, \$15 Calgary's favourite sons, the Dudes—doing their best to channel Modest Mouse and Weezer—headline what promises to be an evening of toe-tappin' and finger-snappin' indie rock with a pop bent. With guests still to be added to the show, this is gearing up to be a good gamble. Cardigan sweaters are mandatory attire for this show, too, BTW. Rock on!

Sunday, Feb. 28

Longwalkshortdock, Donkey Dong, G.I. Blunt SUGAR, 9 PM, \$12

This agreeable and enthusiastic night of electro DJ technomancers should deliver some phat beats for us all to pull shapes over. And in addition to the fine music being sprayed lovingly all over the place, some neat-o visuals will be projected and injected in a Warholian vein, courtesy of the Blunt Factory. Expect to see some glow sticks and the odd Melbourne Shuffle on the dance floor.

Monday, March 1

Gust Burns OPEN SPACE, 7:30 PM, \$5

Set to begin an eagerly anticipated residency at Open Space, Seattle's Gust Burns will be doing a unique installation. Billed as *Piano De/Re-Constructed*, Burns, an established composer, pianist, and improviser, will be developing new routes and regions as he creatively skews what we think we know about ivory tickling. Fans of experimental music, jazz, DIY art, music theory, and performance art take note! Visit openspace.ca to see what else Burns has in store during his residency and follow this fantasia.

Tuesday, March 2

Vienna Boys Choir

ALIX GOOLDEN HALL, 6:30 PM, \$29.50 It's a rare treat for Victoria to be visited by the Vienna Boys Choir, one of the most renowned in the world. These mostly Austrian lads sing in altos and trebles and carry on a legacy of staggering proportions. In their long history, the Vienna Boys Choir have worked with composer superstars like Anton Bruckner, Antonio Salieri, and some bloke named Wolfgang Amadeus Mozart. This night, in the regal environs of the Alix Goolden Hall, promises to be a singular musical event unique to our city.



Saturday, Feb. 20 and Sunday, Feb. 21

Scene+Heard

The progressive and personable pairing of CineVic: Society of Independent Filmmakers and the Puente Theatre Society are revisiting their popular collaboration, Scene+Heard. Combining the oral tradition of storytelling with modern modes of filmmaking, these original works-focusing on multiculturalism—promise an illuminating and visceral entertainment experience. There will be six pieces in total, adding up to a truly singular multimedia exhibit. The Metro Theatre will make an unblemished backdrop for this affair. Tickets are \$10 in advance. \$12 at the door and are available at CineVic and the Regalia Boutique. To get the what's what and the word on the artists involved and the projects being screened check out cinevic.ca and get keyed in. See you there!

WEDNESDAY, FEB. 25 Cinema Politica

Hasta la Victoria siempre! Cinema Politica is a media-art non-profit network based in Montreal and active across Canada. Through this network, Camosun College is subversively satisfied to screen politically charged and socially relevant films. At 7 pm in Young 216, Lansdowne, you can check out Patrick Forestrier's shattering documentary set in the Congo, Blood Coltan. You may never look at cell phones and other electronics the same again after witnessing the injustices arising from the minerals essential to their manufacturing. Admission is by donation, so why not come out and bone up on some hard-fought social currency?

WEDNESDAY, FEB. 25 Sierra Club BC Open House

It's hard to believe that the British Columbia branch of the Sierra Club has been fighting the good fight for over 41 years. With environmental concerns on many minds, the Sierra Club will be hosting an open house for the community, faculty, staff, students, and volunteers from 4:30-6:30 pm at 304-733 Johnson Street. Refreshments and snacks will help fuel the inner eco-warrior. And if you are inclined to find out more about these environmentalists, or want to become a green giver, sierraclub.bc.ca is a great expedient of such things. It's easy to be green, Kermie.

SATURDAY, FEB. 27 Improvisation at the Intrepid

A holy trinity of improvisational impresarios will be dominating the landscape over at the Intrepid Theatre Club. Masters of their craft, quick on the comeback, and fast with the tongue lash, are troupes the Boombox Improv, Prettiest thing You've Seen all Night, and Remelio Sheen. The doors open at 7:30 pm and the cost is eight bones. Let the unscripted hoodwinking happen... now!

Ongoing until Sunday, March 21

The PISE Celebration Centre

What's the difference between a pooch and a b-ball player? One drools and the other dribbles! Camosun and the community at large is lucky to have the Pacific Institute for Sport Excellence (PISE), a great resource for fuelling sport performance, physical literacy, and mad tether-ball skills. The PISE Celebration Centre will be running for several weeks and will be ballyhooing Canada and our athletes in an Olympic-style celebration including guest speakers, interactive trivia games, screenings, slideshows, and more, daily from 3–8 pm. And it's by donations with the funds going to disaster relief in Haiti, so check it out! Peruse piseworld.com for the full schedule of events. Game on!

Classifieds

HOME-BASED AVEDA SALON in Fernwood offering hair and waxing services (specializing in Brazilians) at discounted prices. Call 250–294–0822 for more info or to make an appointment.

RULES

EACH REGISTERED STUDENT AT CAMOSUN IS ELIGIBLE FOR UP TO 40 WORDS FREE PER SEMESTER. This can be in the form of a 40-word ad or two 20-word ads. Drop off your ad at Nexus, Richmond House 201, Lansdowne, e-mail it to nexus@nexusnewspaper.com, or call the ad in at 250-370-3591. Please include your student number and contact information. SMALL PRINT: Nexus reserves the right to refuse ads for any reason. No sexist, racist, homophobic, or otherwise derogatory or slanderous ads. Business-related ads are \$15 for 20 words or less. 50 cents per extra word.



Sundays Roast Beef Dinner \$10.95! Mondays 2 for 1 Pizza's Tuesdays Steak Sandwich Night! \$11.95 (regular \$17.95) Wednesdays 2 for 1 Pasta Night!

> Thursdays Rib Night! only \$14.95 (regular \$18.95) 39¢ wings after 8pm!



\$89, rom89, Powell River

Williams Lake, Trail, Castlegar, & Cranbrook

Experience the *excitement* in

Vancouver with our lowest airfares ever!

\$139, Masset & Sandspit

plus taxes & fees 3-day advance purchase see our website or call for details to/via the *uncongested* South Terminal @ YVR

to Vancouver

1.800.663.2872 or call your travel agent www.pacificcoastal.com

People Friendly. People First.

INES

Pacific Coastal