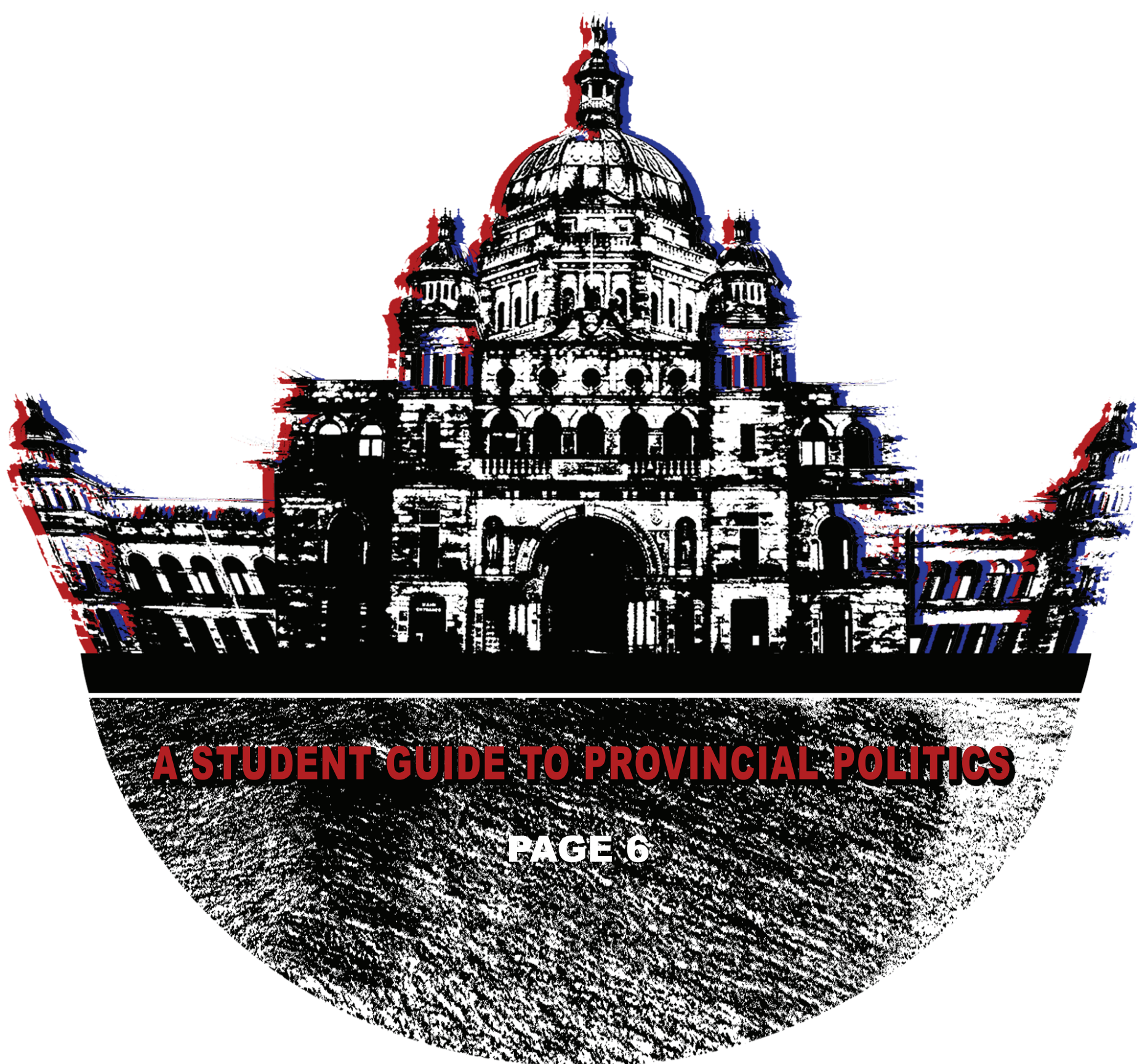


# TO ELECT OR RE-ELECT?



**A STUDENT GUIDE TO PROVINCIAL POLITICS**

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# NEXUS

camosun's student voice since 1990  
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## editor's letter A tale of many tales

Roughly five minutes before bedtime is the first we ever hear a story. Often they start small, a few pages or so, with several illustrations to reiterate the narrative. Sometimes, they happen to include rhymes so that little boys and little girls may learn that even words like to play (see more on plays on page 8).

My first introduction to fiction was Margery Williams's *The Velveteen Rabbit*, a story so tender it made me sob on a nightly basis. To comfort my sorrow, I reinvented the sad parts in my imagination so that over a long stretch of time the story only ever remembered a bunny and child, much like myself and my own stuffed rabbit, living in gleeful harmony for all eternity. That story pleased me better, so it stuck.

I told my first story when I was about three to some of the neighbourhood kids in my apartment complex. It didn't follow a traditional story structure, for I was only three and I did not know such boring things like literary rules could exist. In fact, the fiction only had eight words: "My father is Santa Claus, did you know?" My first edition was not a best-seller. Nor was my second, "And he is also the tooth fairy."

Really, my father, whom I have never met in my sentience, is just as fictional as I had described him. A man I've only known in fiction will remain there no matter how many characters I assign. It is best I chose Santa.

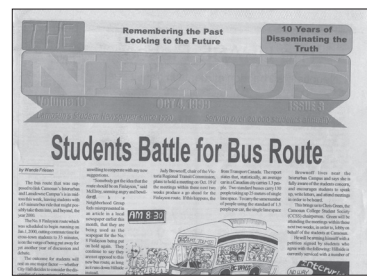
We are made of fiction, walking storybooks, better defined by the stories we tell than the stories we drudge through. What good is a factual record when various more riveting assumptions can be made? And so we tell those. Because it is our birthright to do so as our ancestors hundreds of thousands of years ago once did, unafraid of falsehood. History is a fluid account, malleable by both the narrator and the listener.

I listen to the history of my family over tea (see more on tea on page 5) with my Nanny. One story is often repeated roughly a kajillion times, each with small alterations to keep me on the edge of her outdated loveseat. Fancy flairs come out when least expected, creative liberties indiscernible from true memory. With her, I also on occasion attended her church, where fiction ran rampant. Holy texts (see more on Bibles on page 11) are a playground for subjectivity. Looking around the room at the Children of God, I held myself back from asking, "Boy, do you really believe this stuff?" But what does it matter? It's a fairly good read if you've got the time.

The man in the TV political advertisements (see more on politics on pages 6 and 7) does a similar sermon. As does the gentleman with a cardboard sign on the pavement who claims to be married to PJ Harvey and was once a JUNO award-winning guitarist (see more on JUNO award winners on page 9) with a black belt in jiu-jitsu. The same goes for the seniors who boast about the good ol' days. Storytelling is universal, a sacrament of man. We tell stories to live beyond our graves and beyond the beyond. We tell them in the hopes that even in a kajillion years, we remain intact in the fluidscape of history.

Lydia Zuleta Johnson, student editor  
lydia@nexusnewspaper.com

## flashback 25 Years Ago in Nexus



LYDIA ZULETA JOHNSON  
STUDENT EDITOR

**Are you there, God? It's me, a Camosun student:** In a decade where Nirvana and Radiohead ruled supreme, God was an antiquated square. As such, the general religious landscape was undergoing major transformations. Camosun students had lots to say on the subject in our October 4, 1999 issue. Writer Sandra D. Pearce covered the changing views toward Paganism, newly embraced by the Camosun community. The Thorn & Oak Pagan club explored traditions of witchcraft and Wicca, gathering members for rituals of tarot, herbalism, and aura readings. Writer Wendi Davies expressed her own relationship with Him, diving into who God is, and emerging to the surface with a definition so satisfactory it reinstated her faith.

**Hack the planet:** As films like *Hackers*, *The Matrix*, and *The Net* established in the digital zeitgeist of the '90s, computer viruses were

the highest threat to mankind. It was not irregular for multi-coloured letters and numbers to explode against the searing screen in a frenzy, tapping into mainframes and so on. It was only a matter of time that these ceaseless viruses invaded Camosun. In this issue, an article written by Wanda Friessen claims that Camosun's Computing Services was plagued with numerous concerns of new viruses every week. Luckily, the college was not dealing with Crash Override. Pesky viruses troubling campus computers were "simply a hoax, created by amateur virus-creating wanna-bes," said Computer Services technical support consultant Tim Smoljanovic. Close one!

**Who to expect when you're expecting:** Childbirth—the most painful thing one can experience, they say. Although I've never experienced the phenomenon, I believe the remedy is just under our noses: a second-year Camosun Nursing student watching the entire process. During October 1999, we covered the search for 60 expecting families to give students an in-depth look at the miracle of life. The Childbearing Family Project also offered student company during doctor's visits, diagnostic testing, and prenatal classes. It's a nice sentiment, but looking after one youngster might just be sufficient.

## open space

# Increasing working hours would be beneficial for international students

SANTIAGO VAZQUEZ-FUERTES  
SENIOR WRITER

As an international student, balancing my academic commitments with the constant financial burden of living in Canada is hard. As someone who has been here for seven years, since I started studying in Canada in Grade 10, I have been both a witness to and a victim of the ridiculous increase of the cost living here in Victoria, BC. I mean, just seven years ago I used to pay \$800 for a room—a cost which included the host family making me food every day. In 2024, I am struggling

ing home \$1,500 a month. That means I'd have an extra \$300 for all my expenses. That looks more friendly. I mean, I could even take my girlfriend out to a cheap restaurant making that kind of money. Seriously, this is the harsh reality for many international students who are doing their best to make a better life for themselves through education.

Four extra hours of work means we can cover essential living expenses each month more easily; it also means we have an opportunity to focus on what we are really here

## These extra hours would not detract from our studies, but it would be an aid to fully focus on them.

to see the end of the month because I pay \$1,100 a month for a tiny place near Camosun. The cost of living here makes it nearly impossible to survive with the current restriction placed on international students where we can only work 20 hours per week. The government has said they will be raising this to 24 in September, and although that still hasn't happened as of press time, it would be a great decision.

Now, I know what you are thinking: "Did I read a whole paragraph about the financial burden of living in Victoria and you only want a four-hour increase?" Four hours makes a huge difference, and let me explain why. Take my situation as an example. I work a minimum-wage job and pay \$1,100 a month in rent. With a 20-hour work week that means I am taking home \$1,200. That means that I only have \$100 for groceries, transportation, and any other basic needs, as well as entertainment, like Spotify.

It's simply not enough. However, if the restriction was 24 hours per week I would be tak-

ing home \$1,500 a month. That means I'd have an extra \$300 for all my expenses. That looks more friendly. I mean, I could even take my girlfriend out to a cheap restaurant making that kind of money. Seriously, this is the harsh reality for many international students who are doing their best to make a better life for themselves through education.

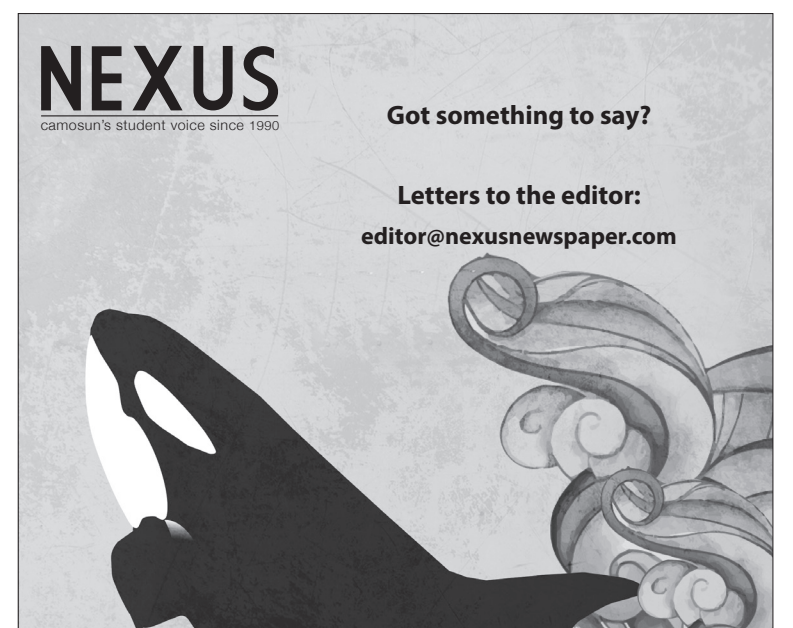
However, some would argue that international students are here to study, not work, and if they aren't able to support their studies they shouldn't be here. That's true, and that's why we aren't asking to go back to being able to work 40 hours a week like we were able to in 2023. We are only asking for four more insignificant hours of work that would make our lives much easier. These extra hours would not detract from our studies, but it would be an aid to fully focus on them.

As someone who works a minimum wage job while paying \$1,100 in rent, I know firsthand how difficult it is to survive with this 20-hours-per-week work restriction. Raising that restriction four hours would make a world of difference not only for me but to thousands of other international students who are just trying to get a better education in a beautiful country like Canada.

Something on your mind? If you're a Camosun student, get in touch with us with your *Open Space* idea! Email editor@nexusnewspaper.com. Include your student number. Thanks!

## correction

Our last two cover illustrations were incorrectly credited. *Nexus* student editorial assistant Ray Nufer created the September 3 issue cover; *Nexus* student editor Lydia Zuleta Johnson created the September 18 issue cover. We apologize for the mistakes.



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OVERHEARD AT NEXUS: "It's going to be real fruity."

campaigns

## British Columbia Federation of Students launches Generation Vote Now campaign



FILE PHOTO

The British Columbia Federation of Students, which all Camosun students are members of, want young people to vote.

**DANIEL ELLERTON**  
STUDENT EDITORIAL ASSISTANT

In an effort to encourage young voters to get out to the polls, the British Columbia Federation of Students (BCFS) has launched the Generation Vote Now campaign.

Young adults in BC make up a significant proportion of the population, but in the 2020 provincial election, approximately 1 in 5 adults under 35 voted. According to Elections Canada, only 24 percent of registered young voters actually voted in the 2020 elections versus the 75 percent voter turnout for those over age 65. BCFS chairperson Jessie Niikoi says that the objective of the Generation Vote

Now campaign is to empower young people to get out and vote.

“The campaign is one of the biggest things we’re doing,” says Niikoi. “It’s an informational campaign. So, the biggest aim of the campaign is to empower young people like us to engage with the electoral process, as the [provincial] elections are coming up.”

The BCFS (which all Camosun College students are members of) provides easy access to non-partisan information about each political party’s platform.

“We always run a non-partisan campaign to be able to get information to young people to get them out to the polls and make sure they have

the information needed to make decisions,” says Niikoi.

Elections Canada has also identified areas concerning access that limit youth’s ability to register and vote, such as lack of information or knowledge about the voting process, perceived difficulty in getting to voting stations, and a general lack of interest or trust in our political system. The BCFS addresses these issues by providing easy-to-access information about registration, voting, advanced voting, and platform strategies through [vote-now.ca](http://vote-now.ca).

“One of the things we are doing is, on the website, we’re sharing information about the different party platforms,” says Niikoi. “We

“The biggest aim of the campaign is to empower young people like us to engage with the electoral process, as the [provincial] elections are coming up.”

JESSIE NIIKOI  
BRITISH COLUMBIA FEDERATION OF STUDENTS

realized there were a lot of young people who were registered to vote, but not all of them were able to get to vote, and this was mostly due to COVID. And that’s one of the reasons we’re making sure people have the information that they need, which is easy and accessible for them to understand.”

Aside from providing easy-to-access information about the platforms, the BCFS and its members are trying to get candidates on campuses in person so that students can advocate for their needs directly. (Here at Camosun, the Camosun College Student Society is holding political dialogue fairs with candidates from the Greater Victoria area; the events are at Lansdowne on Wednesday, October 9 outside between Fisher and the library and at Interurban on Thursday, October 10 outside of Liz Ashton Campus Centre).

“I know some of our student

union members have started... reaching out to the different parties [to try] to get all the candidates on campus and have an all-candidate forum, if possible,” says Niikoi.

Through the Generation Vote Now website, students can obtain party and candidate information, receive updates, and pre-register. Students can also find out when voting starts and how to vote in advance or by proxy. Niikoi says that voting is important for students because what happens this fall affects them for years afterwards.

“As students we are future workers,” says Niikoi. “We need to make sure that as we are going through school, our needs are provided for. The province is in charge concerning education. So, students need to make sure they are making the right decisions... so when they graduate, they will have what they need within the community that they find themselves in.”

# NEXUS

camosun's student voice since 1990

Look for our next print issue on stands on both campuses on Wednesday, October 16!

Find us on X and Threads!

Sign up for our new email newsletter at [nexusnewspaper.com](http://nexusnewspaper.com)!



spooky

## Scary movies haunt Young Building during student society events

“Even if you don’t really like horror movies, you might like these movies.”

AMY LEE-RADIGAN  
CAMOSUN COLLEGE STUDENT SOCIETY

LYDIA ZULETA JOHNSON  
STUDENT EDITOR

The Young Building auditorium will adopt a frightening new ambience this October, playing classic horror films in Halloween spirit. Hosted by the Camosun College Student Society (CCSS), the month-long CCSS B Movie Festival includes three free-admission movies—*The Terror* (1963, screening on October 3), *The Last Man on Earth* (1964, screening on October 10), and *The Little Shop of Horrors* (1960, screening on October 17)—leading up to a minimal-fee (with prop bags included) viewing of *The Rocky Horror Picture Show* (1975) on October 24.

Organized by CCSS clubs and events assistant Amy Lee-Radigan, the series highlights what movie-going has to offer.

“I think the primary reason that I wanted to put [these films] on is we have this fantastic space, this great auditorium and I think that it’s sometimes not used as often for these kinds of events; I think it could be really cool. A lot of students have asked us in the past about movie nights... I think that with

theatres not being as prevalent as they used to be, it’s still something that people are interested in doing,” says Lee-Radigan. “Perhaps part of the nostalgia factor that seems to be really big right now... Going to the movies is one of those things.”

Searching beyond copyright-protected cinema into the depths of public domain to reduce cost, Lee-Radigan got creative, hand-selecting films that some Camosun students may have missed when they were first in theatres.

“A little bit of the inspiration was, we have all of these fantastic old classic horror movies and stuff like that that are in the public domain now, which is great. And so why not show those? And I think it’s also cool because, for especially a lot of younger students, these are not movies that they’ve ever seen before. And so you get the benefit of being able to see a new-to-you movie for free in a really cool space,” says Lee-Radigan. “The Young Building comes with so much history anyway that it really, I think, lends itself to that.”

With the aim of reducing potential harm to audience members,

the event includes content warnings to establish a comfortable viewing experience accessible to all Camosun students. Content warnings will include cautions of gore, loud noises, and sensitive depictions; Lee-Radigan says the CCSS has, however, selected films that are generally tolerable to audiences.

“I like that these older movies don’t have a lot of [over-the-top gore], and so much of it is just based on ambience. I think that they’re great,” they say. “Even if you don’t really like horror movies, you might like these movies.”

The cult classic *The Rocky Horror Picture Show* has long been crowned a Halloween tradition, embracing costumed audiences with props ready for the tossing. Lee-Radigan says the event welcomes these cultural customs and will provide prop bags for audience members for use during the film. Although the movie includes subject matter that may be uncomfortable for some viewers, the film’s exploration of gender and rejection of normalcy have lent fans 49 years of queer inclusion.

“I think there’s something there. I think it’s just the deeper themes in *The Rocky Horror Picture Show*—the problematic elements aside, which I think are very well documented and talked about—I think the deeper themes of just, you don’t have to live your life a specific way just because everything in society is



PHOTO PROVIDED

Students enjoying a previous year’s Camosun College Student Society movie event.

telling you that you have to live your life this specific way, or you feel that this is the prescribed path for you and that you can deviate from this path,” says Lee-Radigan. “It can be, I think, a very freeing movie to watch in that way.”


CCSS events like these movie nights offer students the opportunity to engage with other students, says Lee-Radigan. They say that while many people may be overwhelmed with classes, involvement can allow students to unwind in community.

“I think, especially when you’re travelling to a new place and maybe living in a new city, you want that community. If the main reason that you’re here is because you’re going to school here, your college is going


to become your main community. So if you’re able to increase that community outside just the classes, I think that’s always going to be a positive thing,” they say. “And I think it’s always going to be something that students crave and I think can be so beneficial.”


Lee-Radigan says the upcoming screenings give students an intermission from busy college life, sitting down with friends and strangers to share a night of entertainment.

“I think [the movies are] very cheesy and don’t take themselves too seriously, which when everything in your life revolves around school and grades and taking everything seriously,” they say, “that can be a really lovely diversion.”



# What’s on the go with the CCSS?




@camosunstudents

September and October are busy months for the Camosun College Student Society! We are working hard to enhance your student life! Every week Monday and Tuesdays at Interurban and Wednesdays and Thursdays at Lansdowne from 10am to 2pm we have Campus Life Days with video games, board games, and arts and crafts! Campus Life Days are an opportunity to interact with staff, faculty, and your fellow students. Drop by and see us in the CBA Atrium or the Fisher Foyer!

**October 9th & 10th** We are having Political Dialogue Fairs at Lansdowne & Interurban respectively. This is your chance to meet local candidates from the Greater Victoria Area and make a more informed choice. What better way to learn more about the different platforms than to meet with Candidates one on one!

**October 10th & 11th** BC Elections will be on campus supporting your democratic access! Voter Registration both campuses at Lansdowne & Interurban respectively.

**October 15th & 16th** Advance Polling both campuses the provincial election. First time on campus ever! Don’t miss it!

**October 3rd** is the start of our CCSS ‘B’ Movie festival, with showings every Thursday in Young 216. The series highlight will be October 24th *The Rocky Horror Picture Show*! Come have fun and dress up! It’s a FUN-draiser for the CCSS Foodbank. Rocky Horror will be ticketed with a cost will be \$5 for students and \$10 for community members. All other movies in the series will be free!


**October 29th and 31st** we will be celebrating Halloween in delicious style with Halloweiner at Interurban on the 29th & Lansdowne on the 31st! Halloween?? And free hot dogs? Sweet sweet candy? Giant inflatables? That’s a big yes! Don’t miss it! It will be a blast


**November 1st** the CCSS will celebrate Diwali at the Sticky Wicket Downtown. Join us while we Celebrate this festive Indian holiday at Victoria’s oldest club! Live DJs, food and dancing all for one low price of \$10 for Students and Community members.

And keep on checking our instagram because we have more fantastic events coming up in November and December....like our **Holiday Market** happening **Nov.19** at Interurban and **Nov.26** at Lansdowne, more details to follow so stay tuned!!

If you need help or just a pen come by your CCSS office today!

Scan the QR code to keep in touch with our directors and follow their journeys!





event

# Culture Days showcases diverse culture and arts for 15th year

LYDIA ZULETA JOHNSON  
STUDENT EDITOR

Celebrating 15 years, Culture Days returns Canada-wide this fall, offering hundreds of activities highlighting diverse arts and culture in local communities. Running from Friday, September 20 to Sunday, October 13, the event offers a variety of free participatory programs, including over 400 across BC. Last year, Culture Days included over 3,000 programs in over 300 communities and welcomed 4.4 million attendees and more than 1,200 event organizers.

Victoria-based multidisciplinary artist and Culture Days ambassador Judy Woo has previously run programs for BC Culture Days; she says she looks forward to being a part of the variety available this year.

“BC Culture Days is very important,” says Woo. “They have art workshops, public dance, concerts, drumming groups, puppetry, poetry jams, comic-book creations, art walks, museum tours, parades, art exhibitions, DIY art activities. It’s all ages. It’s wonderful... Most events are free... So I find it very neat to be part of this campaign. It’s unique.”

Woo says that Culture Days offers an opportunity for attendees and coordinators to engage and grow in the community through the programs offered.

“It creates a new vocabulary for yourself, not only intercultural, but intracultural communication,

“BC Culture Days is very important. They have art workshops, public dance, concerts, drumming groups, puppetry, poetry jams, comic-book creations, art walks, museum tours, parades, art exhibitions, DIY art activities.”

JUDY WOO  
BC CULTURE DAYS

because you’re working with a lot of different artists from different backgrounds, lived experiences, shared experiences. So, you benefit a lot from that, and also building kinships, building community resilience, and also visibility,” she says. “It’s important to have visibility.”

This year, Woo has organized a patchwork poetry workshop exploring intercultural themes and personal ancestry.

“The benefit of attending is experiencing different workshops. For an example, my workshop is poetry, so, learning how to write urban poetry, and I have been taught by the poet laureate winner from Victoria, [which] is very beneficial because I have knowledge skills sharing that to how to write poetry,” says Woo. “It’s a specific poetry which is called cento, which is Latin for ‘patchwork poetry.’ So it’s a specialized poetry to do. It’s collage. So you take two, three lines from different poets, and

then you put them together. Then after that, it becomes a cohesive poem with your poem.”

As part of the event’s ambassador series, attendees can engage in intercultural interplay, exploring myriad creative commonalities existing across cultures. She says that poetry from around the world can be combined and joined for her program.

“Poetry is very powerful. All the stuff that I used, the poems, they’re all translated from different languages into English. So that’s the cross-cultural intercultural play with that to this project. It’s all picked from different Indigenous languages, I’ve got some from French, I got some that are German, I have some that are Japanese, Taiwanese. I have some that are translated from other parts of the world. And then everyone has to remix them into their own poem,” she says. “And then they can create



CORNELIA VANHOORST

BC Culture Days ambassador Judy Woo is looking forward to the variety this year.

a visual art piece afterwards, like a collage.”

Culture Days’ mission is to foster, promote, and affirm cultural and artistic expression; Woo says these values help uplift marginalized communities and BIPOC, disabled, and queer artists. She says BC Culture Days has provided a platform to encourage awareness among artists such as herself and the intergenerational BIPOC arts collective she founded, Meltshot Brownie.

“These values... They allow me to have the creative freedom to create a wonderful program for participants,” she says. “They’re very flexible to work with, and they’re amazing to work with... And it con-

cretizes me as well, as an artist, just to be taken seriously, to see myself out there is nice... I believe artistic expression can leverage your voice, making you from a small person, small voice, to a bigger voice. And also learning this skill and using this platform to relieve any distress or emotional distress, because that’s what poetry is... Artistic expression is also for that as well.”

BC Culture Days  
Various times, until Sunday,  
October 13  
Free/pay-what-you-can pricing,  
various venues  
culturedays.ca/bc

drinks

# Victoria Tea Festival Revival celebrates tea, art, culture



PHOTO PROVIDED

Attendees enjoying themselves at a previous year’s Victoria Tea Festival Revival, held in Nootka Court.

SANTIAGO VAZQUEZ-FUERTES  
SENIOR WRITER

Tea enthusiasts will be able to gather for the yearly Victoria Tea Festival Revival on October 5, but according to the International Tea Appreciation Society (ITAS), who present this non-profit event, it’s more than just a celebration of tea.

“The tea festival is a celebration of art and culture. If you have even a passive interest in art and culture you are going to connect with the showcase,” says ITAS president Jared Nyberg. “And if you have never enjoyed tea you should still come down, because a lot of times

when someone does not like tea it’s because they have not had a really good tea, and there is some fantastic tea which is going to be served by some incredibly talented people.”

Nyberg recommends this festival not only for tea lovers but for anyone interested in the art behind making and drinking tea. He says that the festival is an immersive experience that engages and educates people about the world of tea.

“It is essentially a tea adventure,” he says. “You are going through a tea fair, kind of like a farmers market with tea merchants and educators from all over. There

is a tea ceramics museum... There is a school down at the bottom. We have all of these talks that are happening about really interesting subjects. Basically, you bring your own tea cup and go around a number of different merchant educators, you learn, drink tea, and have an awesome time.”

Nyberg says that the Tea Festival Revival plays a role in maintaining Victoria’s rich tea culture, as without the festival, it would be hard for tea lovers to gather and connect.

“Victoria is known as a tea city. I am not sure that without this we will be able to have a place for those

“It is essentially a tea adventure.”

JARED NYBERG  
INTERNATIONAL TEA APPRECIATION SOCIETY

who are passionate about tea to congregate... I think it is popular because we have not turned it into an expo,” says Nyberg. “This is for the community... We are never going away, we are really trying to keep the momentum going. We have a really strong board of directors and folks that are really passionate about this.”

This year the festival is expecting 20 to 30 vendors. As the festival grows, new features are being added to enhance the experience.

“[This year] tea documentaries will be screened. Also, it was hard to get to see the tea ceramics gallery last year because it was so small, so I think this year there will be more of an opportunity for people to see that,” he says. “There are also opportunities to volunteer; we are always looking for people who are trying to help.”

In addition to all the features in this year’s festival, there’s also the World Tea Championships. Nyberg says that anyone can register to participate, and there’s also an opportunity to learn.

“We are going to have the World

Tea Championships that will be happening at the same time so you can register for that and you can compete,” he says. “It is going to be a *gongfu* tea style so you can also learn if you register beforehand. A teacher is offering free lessons on how to prepare tea *gongfu* style.”

For Nyberg and the ITAS, the most important thing is to create a meaningful experience for the attendees.

“If we can build on the community and we can have people come away from this festival feeling like they had some fun, they have learnt something, they have had some delicious tea, that’s our win, that is what we are hoping for,” says Nyberg. “I hope they try to take away some of the passion that some of these folks have for tea, they perhaps go home inspired by the experience.”

Victoria Tea Festival Revival  
11 am to 5 pm Saturday,  
October 5  
\$15 to \$45 sliding scale,  
Nootka Court  
victteafestrevival.org

# Casting t

## A student guide to

While it may not be the most high-profile or talked-about election this year, the 2024 British Columbia provincial election has been getting increasing attention and coverage as we approach polling day on Saturday, October 19. Political experts say that the election is a close race between the BC New Democratic Party (BC NDP) and the BC Conservative Party, so your vote will count.

Issues affecting post-secondary students are going under the radar in this election. The party platforms do not go into nearly enough detail as of press time about plans to address concerns such as the cost of living, housing, and tuition.

Election day is on Saturday, October 19, and there will be advance voting at both Camosun campuses on Tuesday, October 15 and Wednesday, October 16, with on-campus voter registration happening on Thursday, October 10. The Camosun College Student Society is also holding political dialogue fairs with candidates from the Greater Victoria area. The events are happening at Lansdowne on Wednesday, October 9 outside between Fisher and the library and at Interurban on Thursday, October 10 outside of Liz Ashton Campus Centre.

We have broken down this article into five categories, first giving background on the three main parties and then looking at their plans to tackle the issues most relevant to students: housing, transit, the cost of living, and climate change.

### The parties

The BC NDP is a social democratic party on the centre-left of the political spectrum. The current NDP government was first elected in 2017 and led by former premier John Horgan, who served from 2017 to 2022. The party is now led by succeeding premier David Eby, who has served since November 2022. As of writing, the BC NDP holds 55 seats, a majority in the provincial legislature.

The BC Conservative Party is the main centre-right political party in British Columbia and currently stands as the main opposition to the governing BC NDP. The BC Conservative Party is currently led by John Rustad, who has been an MLA since 2005, and used to be with the BC Liberals. The Conservatives recently replaced BC United—formerly the BC Liberals—as the official opposition in British Columbia. As of writing, the Conservatives hold eight seats in the provincial legislature.

The BC Green Party is a social democratic, single-issue party focused on environmental justice and social democracy. The BC Greens have been led by Sonia Furstenuau since 2020. The BC Green Party stands as the third-largest political party in British Columbia. As of writing, the BC Greens hold two seats in the provincial legislature.

In previous elections, the BC Liberals were the main centre-right party, however, BC United has recently disbanded, with many of their nominated candidates now running under the BC Conservative banner while some are now running as independents.

### Housing

Victoria is the second most expensive real-estate market in British Columbia, behind only Vancouver. A huge factor playing into the absurdly high cost of housing in Victoria is demand massively outweighing supply, which has made it nearly impossible for students to secure housing while studying here.

Since taking power, the BC New Democrats have rolled out some fairly detailed plans for affordable housing and will continue to implement those plans if re-elected, but it will take years for students to start seeing results from those plans. The most prominent steps that the BC New Democrats have laid out to address the cost of housing include regulating short-term rentals, returning short-term rentals to the housing market, turning them into affordable housing in areas with a high demand for housing, and giving municipal governments across the province the ability to strongly enforce by-laws pertaining to short-term rentals. The NDP has also introduced legislation meant

to build more affordable housing near transit hubs, encouraging more transit-oriented development and better connected communities.

A large problem hindering the progress of affordable housing is zoning laws imposed by municipal governments. The NDP has moved to change zoning rules to quickly build smaller, more affordable, and denser housing developments that fit into already existing neighbourhoods. The changing of zoning laws permits municipal governments to add additional housing density, exceeding provincial housing targets.

As they have yet to outline any concrete policy proposals, the BC Conservatives' housing policy is vague at best. When considering their options in this election, young British Columbians worried about housing and the cost of rent may be disappointed to discover that the brief BC Conservative housing plan does not include a plan to lower the cost of rent, instead, they plan to “stabilize the housing market” by focusing on increasing housing supply, just like the NDP have promised, and they also mention “tackling money laundering.”

The BC Greens have laid out three main goals to tackle the cost of rent. Should they form the government, the Greens say in their platform that they will “close the gap” between affordable rent and what renters are paying—they plan to introduce a means- or eligibility-tested government grant for low- and middle-income earners currently paying more than 30 percent of their income in rent. The Greens also plan to target low- and middle-income earners who are paying more than they can afford in rent. As well, the Greens argue that cuts to programs that promote affordable housing by both BC NDP and BC Liberal governments have led to “unbearable conditions” and have made housing a for-profit industry. While the Green Party's plan is still vague, its platform offers concrete plans to help renters, unlike the Conservative Party, whose policy focus is elsewhere.

Overall, the housing policies of the parties have been disappointing thus far. The BC NDP's record on housing over the past seven years has been bold in theory; however, the cost of housing, specifically rent, has increased consistently throughout their time in government. Meanwhile, the BC Conservatives have provided the least amount of detail on their plans to make housing more affordable while not at all focusing on the cost of rent. While still vague, the Green Party have provided some solid housing and policies, which are expected to be expanded on when they release their party platform in full.

### Public transit

Public transit is the way many Camosun students get to and from campus. This means a heavy reliance on the bus system until they can buy a car, if that is even an option for them. For some students, that can mean long, crowded, often frustrating bus commutes to and from campus.

The BC New Democrats have a rather disappointing record on public transit, and their policy platform is equally as disappointing. Many of the NDP's transit policies pertain to transit in Vancouver; however, many students will be happy to know that in the last budget, the New Democrats invested in an expansion of BC Transit bus services, including an increase in trips, but it may take a while for the effects to be seen in full.

The BC Conservatives have no publicly available plans to improve public transit across the province. Rustad has promised to end “billion-dollar bailouts” to TransLink, the lower mainland transit authority in charge of the Skytrain system. Based on their vague plan to “fix” TransLink, the Conservative Party plans to address overcrowded routes, but they provide no concrete plan on how they plan to do that. Overall, the BC Conservative platform does not go into specifics on transit. When they do, it is oriented toward Vancouver while ignoring the pressing issues in transit systems across the province.

Out of the three main parties, the BC Green Party have presented the boldest transit policies. The Greens are advocating for bus and train ridership to be free of charge in BC.

# the ballot

## provincial politics

Story by Cayden Gill, contributing writer  
Art by Lydia Zuleta Johnson, student editor

The Green Party has also proposed a continued, long-term, stable expansion of public transit systems across the province; they will also ask local governments to establish a vision for BC Transit as Vancouver Island's population grows.

The BC NDP and the Conservative policies are focused on solving transit issues in Vancouver and the Lower Mainland. For the most part, these policies ignore the issues facing frequent riders in the rest of the province, and that is no accident: the election will be won or lost on the Lower Mainland, so the NDP and Conservatives focus much of their time, money, and policy proposals on Vancouver voters. Meanwhile, the Green Party—whose party leader resides on Vancouver Island—has directed their policies toward a Vancouver Island-oriented, yet province-wide, audience. The three parties' approach to transit policy reflects the geographic dynamics in provincial politics very well: the politicians are all attempting to appeal to voters in areas they think they can win.

### Cost of living

Everybody is feeling the cost-of-living crisis, however, students have been hit significantly hard. With the crisis increasing the cost of basically everything, including rent and groceries, many students are being forced to juggle their studies with their jobs, as well as maintaining their personal and social lives.

During their time in the BC government, one of the many steps that the NDP has taken was a steady annual increase in the minimum wage to \$17.40 per hour across the province. The New Democrats have also introduced a renter's tax credit of up to \$400 for low- and middle-income renters with an annual income of \$60,000 or less, as well as capping rent increases to below the rate of inflation, capped as of now at 3.5 percent. The NDP has also taken measures to make electricity more affordable, keeping BC Hydro rates below the rate of inflation. The NDP has joined with the BC Conservative Party in their stance to reverse the controversial carbon tax enforced and implemented by the provincial government.

Despite Rustad being a member of the government that introduced the policy in 2008, the BC Conservatives plan to lower gas prices by abolishing the price on pollution, also known as the "carbon tax," a popular buzz term for Conservative politicians across Canada in recent times. While it's expected that the full Conservative plan to tackle the cost of living will be released when the campaign officially begins, the publicly available policies—including ending the ICBC monopoly, stabilizing the housing market, and providing choice in daycare—are vague. Polling suggests British Columbians still trust the New Democrats on the cost of living more.

Only a few policies have been released by the BC Green Party about the cost-of-living crisis in British Columbia, apart from the publicly available housing policies. However, expect all of the parties, particularly the Conservatives and Greens, to make affordability a major issue during the upcoming campaign. Because they are associated with the federal Green Party, the BC Greens share many of their values and policies, including on the issue of affordability. The party has spoken about the implementation of a universal basic income, providing immediate support for those experiencing chronic homelessness, and access to social housing for Indigenous people.

Overall, the plans to make life more affordable among the three major parties could be clearer, especially coming up to an election that comes at a time when the high price of everything is squeezing students across the province particularly hard. While life has become more unaffordable since the New Democrats took over in 2017, they have a track record in trying to address the crisis head-on, with the raise in the minimum wage and the introduction of policies to make rent more affordable. The Conservatives have introduced their very bare-bones plans to make life more affordable, most of which, particularly the cut to the provincial carbon tax, are borrowed from the federal Conservative Party platform; it's unclear how much more affordable life would get should these policies be implemented. The Green Party plans, while vague in detail, are the

boldest out of the three main parties and could make a real impact on people's lives, with implementing a plan for chronic homelessness and improving access to social housing having the potential to do a lot of good for many British Columbians if they can be rolled out on a large scale. Expect more in-detail policies in the days ahead as each of the parties make affordability a main campaign issue as election day approaches.

### Climate change

The climate crisis is hitting hard all over the world, but look no further than here in British Columbia to see its devastating effects. Summer after summer, Victoria is breaking heat records. The heat dome and yearly forest fires have become a part of our summers, and it is up to everyone, starting with you and me, the government, and corporations, to curb the crisis and keep our planet inhabitable.

The BC NDP have passed legislation to reduce carbon emissions in British Columbia by 16 percent by next year. The New Democrats have also proposed implementing plans to reduce climate-changing emissions by 40 percent by 2030 by creating an economy where British Columbia's resources are repaired, recycled, and reintroduced as other products. Additionally, they've proposed investing in carbon capture technology, clean power sources, and in clean and sustainable technologies. They also plan to plant millions of trees to improve natural carbon absorption, and to keep BC Hydro rates low. Overall, the NDP has put forward a comprehensive set of policy proposals to tackle the climate crisis, and if they are re-elected they can bring positive strides toward making British Columbia a leader in tackling the climate crisis.

The Conservative Party and Rustad have been the subject of scrutiny for their comments on the climate crisis, including questions by Rustad and some of his party's candidates about whether or not climate change is man-made or whether it is real at all. Rustad has said that they will take a "different approach" to addressing the climate crisis, but has offered very few details on exactly how they plan to do that. The main Conservative climate policy is axing the carbon tax and the low carbon fuel emissions standard, which the Conservatives believe will improve affordability. The Conservative Party's approach to the climate crisis is not only disappointing, but it signals that the party's focus is on winning votes with culture-war issues rather than solving the province's pressing issues.

The Green Party has promised to match California's commitment to reach carbon neutrality by 2045, protecting British Columbia's green areas to maximize their potential as carbon sinks, and they have promised to immediately end oil and gas subsidies, redirecting that money toward environmentally friendly technology and helping businesses grow. Additionally, the Greens have promised to develop plans to meet their 2030 and 2045 carbon-neutrality targets, with an interim target of 2025 to ensure the province is on track. Seeing as they are a single-issue party, the Green Party's climate policies are the boldest out of any of the three main parties and, if implemented, they would make British Columbia a leader in the fight against the climate crisis.

Overall, the New Democrats and the Greens have proposed the boldest climate change policies out of the three, both committed to setting net-zero targets and achieving carbon neutrality. Apart from their rhetoric, so far the Conservative Party lacks an in-depth plan on how they would tackle the climate crisis, instead focusing on policies that would do more harm than good, and erase a lot of the progress that has been made in tackling the climate crisis. It is expected that the New Democrats and Greens will push the Conservatives for specifics as the election campaign unfolds.

This election is expected to be close, making each vote valuable. We've provided you with a guide to each of the parties' stances on the issues that matter to students, and now the choice is up to you.

stage

## New William Head on Stage play gets personal

“Sometimes it can be too close to the bone, trying to figure out what is okay for an audience to see, to experience, to hear.”

KATE RUBIN  
WILLIAM HEAD ON STAGE

EMILY WELCH  
CONTRIBUTING WRITER

William Head Correctional Centre has been providing the island with imaginative live theatre for almost 40 years, but *Hatched*, put on by William Head on Stage (WHoS), might just be giving people the most intimate look inside the performers' lives yet. WHoS project lead and director Kate Rubin has been working with WHoS for almost 20 years, and is excited and just a touch sentimental about this year's show.

“When we finally got back to creating shows again, after COVID, the question I go over with the men initially is, what do we want to do a play about?” says Rubin. “We always do our very best to just follow their lead, the men, and there was a suggestion to look at the beginnings of a script that a formerly incarcerated person had written. It involved something an admin person had actually suggested, which was to do a play within a play. It's about, really, a play about the WHoS men producing a play.”

Rubin says that the former inmate had started to write a script, but was then released.

“The men were inspired by the thought of a kind of behind-the-scenes thing,” says Rubin. “They liked the idea that the audience could learn a bit about what it's like to be inside a prison doing theatre. That was their choice, and we have been working on it since June. It's really interesting, and different than anything that we've ever done before.”

Rubin says that this performance may give a closer look to the feelings of the inmates in William Head.

“The writing that they've always done comes from their own experiences,” says Rubin. “Even when it's creating fictional characters and fictional storylines, it's still drawing from their experiences, because, well, that's powerful. The difference with this production is that they're playing themselves. I mean, they're not using their real names, there are pseudonyms,

but still, you're going to get more verbatim stories and perspectives from these individuals directly; they're not playing a fictionalized character. In a sense there may be some more direct emotion in this piece, because you know that they're writing about themselves.”

Rubin also says that the writing process itself can be challenging, but very rewarding.

“We are working with a line where we can write about some things, not write about other things,” says Rubin. “Sometimes it can be too close to the bone, trying to figure out what is okay for an audience to see, to experience, to hear. How do we support [the performers] with what they're going to say? We have to make sure everybody feels safe, feels comfortable in anything that they are going to write, to express. The highlights of this process is that when all is decided, and really committed to, then it can be really powerful—and hilarious. There can be some really funny parts to this whole process, as there always is, but just this time it's coming out in another form.”

Rubin is looking forward to the impact this production could have.

“I'm excited to be able to witness the interface between the audience and the men,” says Rubin. “To be watching this and be able to see a little bit about the inside world, because the men are going to be sharing a lot of things that I think the audience might not know. Just little things that you only learn by



PHOTO PROVIDED

A scene from a previous William Head on Stage production, *Sleeping Giants*.

working, or volunteering, or being inside a correctional institution. I am always excited to see audiences be impacted, but I am excited this year to see how this form is impactful for everyone, and for the men to be able to share their own personal experiences.”

*Hatched*

Various times and days

Friday, October 11  
to Saturday, November 2

\$35, William Head Institution  
whonstage.weebly.com

music

## Pulling on The Fretless' songwriting heartstrings



SEBASTIAN BUZZALINO

Toronto's The Fretless are bringing their strings to town for a performance on Saturday, October 5.

RAY NUFER  
STUDENT EDITORIAL ASSISTANT

Toronto-based string quartet The Fretless has been together for 10 years and counting; they're currently touring in support of their sixth album, *Glasswing*. But they met through what many may not know exists: a strong and interconnected national fiddle scene.

“There's a bit of a fiddle community in Canada,” says fiddle and

viola player Trent Freeman. “So if you're on the fiddle circuit, you hear about other ones. So, as kids and young adults, we were hanging out at different camps, contests, dances, and festivals. We slowly kind of spent more and more time together and liked each others' playing.”

Freeman, hailing from Merville in the Comox Valley, found his love of fiddle as an adolescent.

“I started classical violin in

Comox, and studied with a great teacher there, Mary Hill,” says Freeman. “But then [I] really took to fiddle tunes from a local family who gave me my first lesson, then as a teen was obsessed with learning as much about the fiddle as I could. [I learned] classical to start, the Suzuki method, and then Canadian old-time, American old-time, and bluegrass tunes. I played a lot of Irish tunes and Scottish tunes.”

These fiddle tunes are what united the members of the Fretless—who have a JUNO win for Instrumental Album of the Year under their belts—but their other musical influences are what pushes them to experiment and cross over boundaries.

“Ben [Plotnick, fiddle/viola] is into Americana and folk—he lives in Nashville and plays on a lot of Americana records. But if you get him going... he'll go on forever about Limp Bizkit and Blink-182,” says Freeman. “Eric [Wright, cello] plays drums in a heavy metal band and we collaborate on an electronica band that performs live as well. Karrnel [Sawitsky, fiddle/viola] loves rock and roll, he loves divas. And Madeleine [Roger, touring vocalist] has a big range of Americana and UK songs as well as some classic rock, like Steely Dan.”

Really, The Fretless approaches music the way a rock band would, says Freeman.

“Because our instrumentation is so specific,” he says, “incorporating a Radiohead chord progression or something, it still has this flavour of fiddle music even though the progression is so outside of the genre.”

Writing *Glasswing* was a methodical yet perspective-expanding experience for the band as they brought in a new creative force to their songwriting process.

“For the past five albums, we've just been just the four of us sitting in a circle writing tunes, which has its own challenges. But we opened it up and brought in Madeleine Roger to help co-write some of these songs,” says Freeman. “Just being a part of her lyric-writing process, and really distilling and searching for the exact right lyric to pair with the tones we were making was an interesting and challenging process.”

Freeman says that Roger compared the band's writing process to hers.

“[W]e're quite meticulous and we play a single idea, like a four-second idea, for hours just to make sure it's right. She does the same thing with every word—sit, stew, and brew on a single phrase for as long as you possibly can until it feels unchangeable.”

For Freeman, the seed of a fiddle tune is often a moment of flow.

“Once that flow is established,” he says, “arranging that for the band to package the moment of flow the best—that's the meticulous time spent.”

The Fretless

7:30 pm Saturday, October 5

\$24 student tickets, Alix

Goolden Performance Hall

vcm.bc.ca/venue/

alix-goolden-performance-hall/



## music

## Carlos Nunez crushes borders with bagpipes

“It’s a very important instrument in Celtic countries because the sound of bagpipes, it has musical codes, deep codes of rhythms, melodies, it gives you so much information about the deep roots of Europe and also the deep roots of North America.”

CARLOS NUNEZ  
MUSICIAN

MACKENZIE GIBSON  
SENIOR WRITER

Where do you think of when you think of the bagpipes? Probably not Spain, but Carlos Nunez is here to show why you should.

Performing at CeltFest in Victoria, Nunez plays the gaita, a precursor to what we now know as the bagpipes. But despite playing such an ancient instrument, Nunez isn’t bound to ancient ideas about how pipe music can sound.

“This music gives you the opportunity to travel, physically, so we can really make musical pilgrimages through different countries, but also we can move through time,” he says. “So we can play Celtic music of today... with bagpipes and electronics, but we can also do it in a classical way.”

Based on popular understanding of where Celtic nations are, you’d be forgiven for thinking that Nunez is a passionate outsider, but this isn’t the case. Nunez comes from a part of Spain called Galicia, a region with a strong Celtic culture.

“It’s amazing because all this heritage is still alive, and the fact

of being in Spain... it’s not a problem,” he says. “We have a common feeling, a common heritage, and it’s so strong. And it’s true that in Celtic music everything is about connections... Everyone thinks Spain is just flamenco, but Spain is not just flamenco. The flamenco is in the south of Spain, the Mediterranean part of Spain, but the Atlantic of Spain is Celtic.”

Nunez’s passion for this heritage has been consistent throughout his life. Showing a talent for music at a young age, his teachers suggested he try the region’s signature instrument at only eight years old.

“It’s a love story, you know,” he says. “It’s a very important instrument in Celtic countries because the sound of bagpipes, it has musical codes, deep codes of rhythms, melodies, it gives you so much information about the deep roots of Europe and also the deep roots of North America. As you know, in Canada and United States there’s also a Celtic heritage and we can see all this heritage when we listen to music.”

While eight seems young for



XAVIER MERCADE

Carlos Nunez is bringing his love of bagpipes to town for a show at the Mary Winspear Centre on October 10.

someone to find their calling, for Nunez it was love, and he never looked back.

“I felt I had a mission to preserve this tradition of bagpipers, of people playing these beautiful melodies. And I fell in love immediately with the sound because it has an amazing energy; what I love in the gaita is the energy. It gives you so much positive energy. People after concerts come to me and tell me it was more than music, it was an experience to feel this positive energy. I feel sometimes a bit like a druid or a magician because you can feel really the power

of music through this kind of instrument, that makes people very happy and very energetic and with this beautiful sense of connection.”

Having a successful music career with something so unique and specific as the gaita has taught Nunez about the artistic merit of chasing down your passions, no matter how off the beaten path. In turn, he wants aspiring artists to search for their joy in odd places and find what feels right.

“It’s nice to connect with things that are sometimes away or out of the systems,” he says. “If the system

says, come on, you have to listen to this kind of music because this is fashion, you have to be fashion, you have to be like everyone else, this is the easy way. But maybe you are losing interesting things. I invite young people to crush those borders and try to discover all the things that are further away than the standouts.”

Carlos Nunez  
7:30 pm Thursday, Oct. 10  
\$56, Mary Winspear Centre  
marywinspear.ca

## review

## From Alaska gets lost in translation

Whenever I started to feel I was getting my footing with the themes and character arcs, another element would come in from left field and disconnect me from the story.

MACKENZIE GIBSON  
SENIOR WRITER

On Thursday, September 19, The Belfry Theatre premiered the English language premiere of Quebecois play *From Alaska*, and the results were mixed.

The story is ambitious, following the relationship between a lesbian librarian and a local teenage boy who breaks into her house. Both have just experienced a heartbreaking loss, and as their understanding of each other grows they get more out of sync with time.

This is the kind of play I love, and I was primed to love this one as well—but I walked out of the theatre only loving parts of it, and was haunted by the feeling that I maybe would have preferred to read this script instead of see it performed.

Starting with what was strong, the set design was fantastic. The entire play takes place in the librarian’s living room, and sitting in my seat on the balcony I felt that I was

in that room with her. Some key moments happen with actors calling from another part of the house, and the layout made it feel that the characters were simply stepping into another room rather than off the stage. It wasn’t overlaid with props, but still felt lived in. I felt I got a strong sense of who the librarian was from the space she occupied.

The script was also compelling, if a bit unfocused. When the people we love leave us, time becomes a different creature. Seeing these two characters make strange bids for connection in the midst of heartbreak while the world seems to come apart around them was incredibly moving. Many moments were heart wrenching and connective, although those moments of connection never got to cross the finish line. Whenever I started to feel I was getting my footing with the themes and character arcs, another element would come in from left field and disconnect me



DAVID COOPER

*From Alaska* follows the relationship between a lesbian librarian and a local teenage boy who breaks into her house.

from the story. I don’t know if this was a product of translation, or how much of this would still be true in the original French, but it was jarring and I kept being reminded of the fact that I was watching a play rather than getting lost in the journey. The whole time I kept feeling like there was something I was supposed to be getting and I just wasn’t.

Another barrier to connection was, unfortunately, the acting. I don’t know if these character choices came from the actors themselves or from the directing, but the whole time I felt I was watching

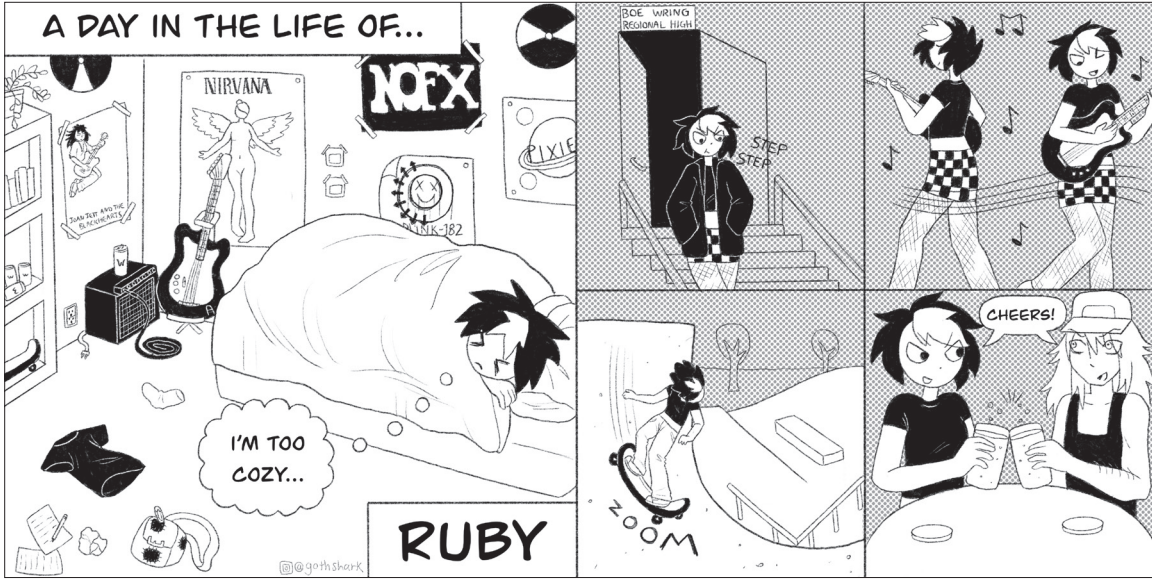
actors read lines rather than people processing and living with their emotions. The performances lacked vulnerability in a way that made me hungry. I didn’t know how to reconcile the intense subject matter they were discussing with the even and consistent tone throughout. There were many monologues with peaks and valleys of drama in the words themselves, but the delivery was emotionally the same from beginning to end. There was a wall of ice between the audience and the characters’ hearts.

But, again, the nature of trans-

lation leaves me hesitant to blame any one aspect of the play for not sticking the landing. I don’t know what it was, but something—the script, the translation, the directing, the acting, or some combination thereof—gave me so much to chew on and so little to digest.

*From Alaska*  
Various times and days,  
until Sunday, October 13  
Pay what you can pricing  
options, The Belfry  
belfry.bc.ca

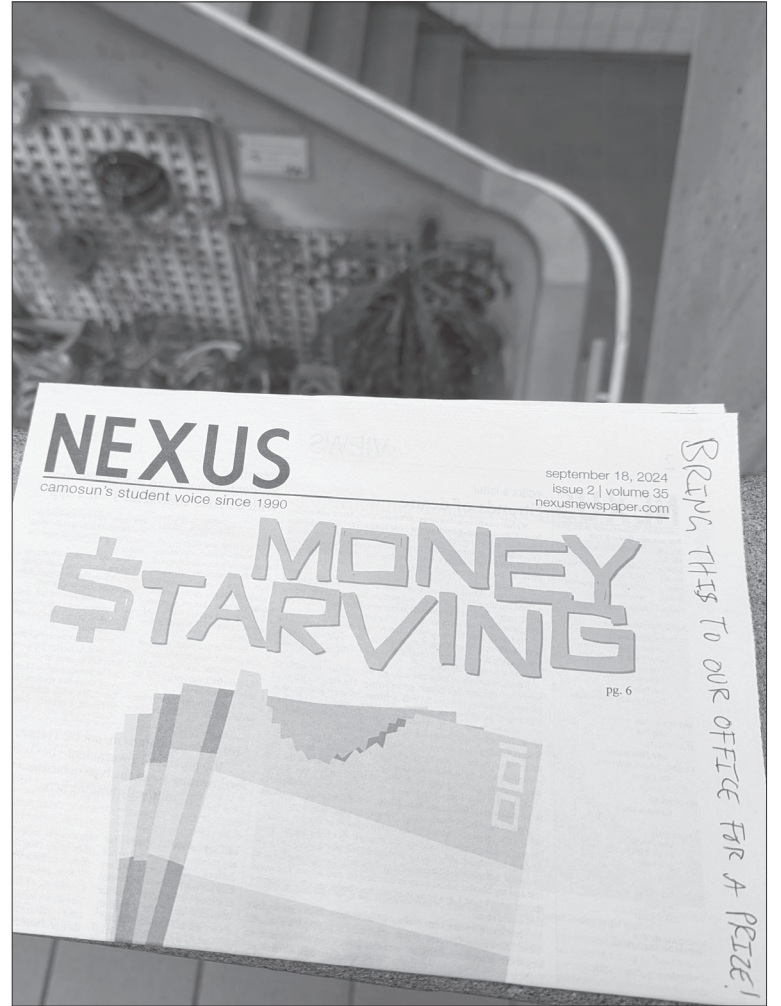
Ruby Rioux and the Bats from Saturn - Ray Nufer



Natural Selection - Emily Welch



contest Find the hidden Nexus and win



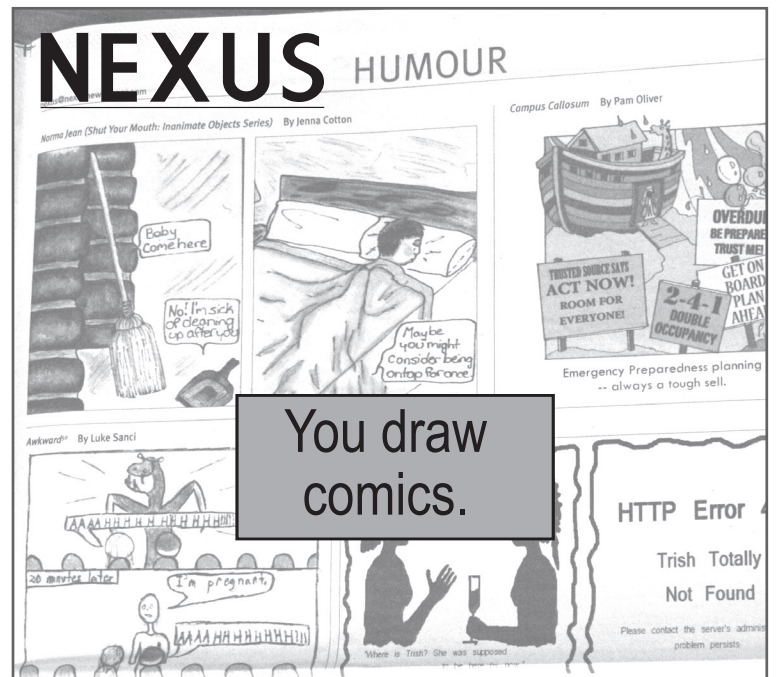
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What's happening at nexusnewspaper.com

Week of September 9, 2024, top five most read stories:

1. "New poll results show students are struggling to meet basic financial needs," September 18, 2024
2. "Camosun student starts off-campus chess club," September 18, 2024
3. "Lecture explores history of doomed local railyard project," September 18, 2024
4. "Open Space: Students forced into moral dilemma with defence contractor's Umo app," September 18, 2024
5. "25 Years Ago in Nexus: September 18, 2024 issue," September 18, 2024

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Lydia's Film Critique

by Lydia Zuleta Johnson

## Salesman

As pioneers of direct cinema, The Maysles brothers' camera is a fly on the walls of mid-century homes, peering into the desolation of American normalcy and decay of what once was.



Door to door, and door to door to door, they come dressed smart with wit up their sleeves. In one hand, the holy book; in the other, clammy desperation. Although they may be Bible salesmen, the Lord is seldom on their side. Documentary film *Salesman* (1969)—directed by Albert Maysles, David Maysles, and Charlotte Zwerin—dedicates itself to the to the tireless men deep below the illusion of the American Dream.

The year is 1967; while among the Vietnam War and counter-culture, four men find their limited fortunes in the pockets of New England Catholics. Peddling the luxury Bibles and Biblical encyclopedias of the Mid-American Bible Company, Paul “The Badger” Brennan, Charles “The Gipper” McDevitt, James “The Rabbit” Baker, and Raymond “The Bull” Martos travel down to Florida with entrepreneurial spirit, wishing to conquer new territory for business. Their nicknames are of no random ordain, each correlating with their respective sales techniques. The

Badger is quickly understood as the focal point, not for his zeal, but what crumbs are left of it. The capitalist system has chewed up and spat out a hollow entity too old to change businesses and too young to die. On route from one unsuccessful sell to the next, The Badger sings to himself, “Wish I was a rich man, I wouldn’t be goin’ on this shit land,” a plea for a new life around the next corner block. What is often found instead is another working-class Catholic family, unwilling or, at times, unable to spare as low as a dollar a week.

The commodity the salesmen aim to market comes at a turning point: God is out, The Beatles are in, and Heaven is to be made on Earth. Little can be done to stop the projection of faith and none of the 43,000 answers available

in the Catholic encyclopedia will provide a solution to this quandary. In a final scene of the film, a warped orchestric “Yesterday” plays from a resident’s record player as The Badger makes a killing: a \$26 down payment.

As pioneers of direct cinema, The Maysles brothers' camera is a fly on the walls of mid-century homes, peering into the desolation of American normalcy and decay of what once was. Below petty grifting and phony plays are curious matters of the soul. The small subsection of American life speaks for the whole; the Dream never did exist outside the imagination.

The life of a salesman ends like many: tired, withered, and void—all the books in the world cannot interfere. It’s a tale as old as the Almighty’s good word.



Fellas, Let's Figure It Out by Jaxson Smith Peterson

## Meal-prepping basics

As college students in the 21st century, we all live extremely busy lives. Between our studies, work, exercise, and social lives, healthy eating can get overlooked.

There’s nothing wrong with grabbing a Subway sandwich or other fast food every once in a while if you’re on the run. However, eating out all the time can add up quickly, both nutritionally and financially.

While it might seem like a hassle, spending a few hours once a week preparing your meals will save you a ton of money in the long run.

In this column, I’m going to share some actionable tips to help you meal prep and eat well while maintaining a full and fulfilling schedule.

The first component of preparing meals for the week is planning. Take a look at your calendar to figure out what days you need to pack a lunch, how many meals you need to prepare for the week, and when you might be having a meal out.

Once you have a feel for your schedule, you can begin to plan your meals. I like to base mine around one protein source, one carbohydrate source, and a vegetable (although, admittedly, I slack on the veggies sometimes).

As I said earlier, meal prep saves

you money in the long run, but it does require a bit of an upfront investment.

An air fryer and rice cooker are two essentials that will help you streamline the food preparation process. I also recommend purchasing a meat thermometer to avoid the dreaded food poisoning.

You’re also going to need containers for your meals. Plastic ones will do, but if you have a little more cash to spend, there are nicer glass or stainless steel options that will last longer.

One of the biggest complaints I hear from friends who regularly meal prep is that their food lacks flavour. This can be easily combated with good seasoning. Find a few spice blends that you like and rotate through them. Seasoning might make all the difference between sticking with this and stopping because you don’t enjoy your food.

Finally, a recommendation on grocery shopping: buy your carbohydrates in bulk. Costco will be your best bet here. I buy an eight-kilogram bag of rice that lasts about 10 weeks for \$25.

Now that you have all the tools to meal prep, spend some time on Sunday trying it out. Your wallet will thank you.

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## IMPORTANT INFORMATION:

There will be a referendum question in the October Camosun College Student Society elections asking if students support raising the amount of the Nexus student levy for the first time since 2003.

Please see our October 16 issue for more information.

