Aug 28, 2006

the projector

RED RIVER COLLEGE

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News in Brief

RRC SECURITY SERVICES

Welcome to RRC! Greetings to all new and returning students and staff!

Please remember that the staff at Security Services are on hand 24 hours daily to assist you with the following:

-Lost & Found property
-SafeWalk program
-Emergency Medical assistance
-After Hours Access assistance
-Work Alone program
-Crime Prevention information

For additional information or service attend or call to the locations noted below:

Notre Dame Campus
C1-15 (Plaza level – 'C' Bldg.)
Ph. # 632-2323 or 2555

Princess Street Campus
P1-06 (Main Floor Atrium)
Ph. # 949-8305

NEW REC FACILITIES AT RRC

Construction of the new student lounge, to be called "Lockers" at the Notre Dame Campus, is currently underway. The space will have pool tables, arcade games and LAN gaming.

"I'm really excited for this space – it's been a long time coming and I think the students will appreciate it," says Helena Herrera, vice-president of support services for the Students' Association.

Three new plasma screen televisions have been installed at the Princess Street Campus. The televisions will be used to show movies and TV shows for students. It has been integrated with the new sound system that the College has installed at the campus.

Students returning from last year will be sad to hear of the departure of Annette Kohut, the Student Associations' admin assistant. Annette has moved on to become an executive recruiter for People First Human Resource Services.

We at The Projector wish her all the best, and welcome Nicole Cyrenne to the position.

October 25th is Civic Election day – Register today!

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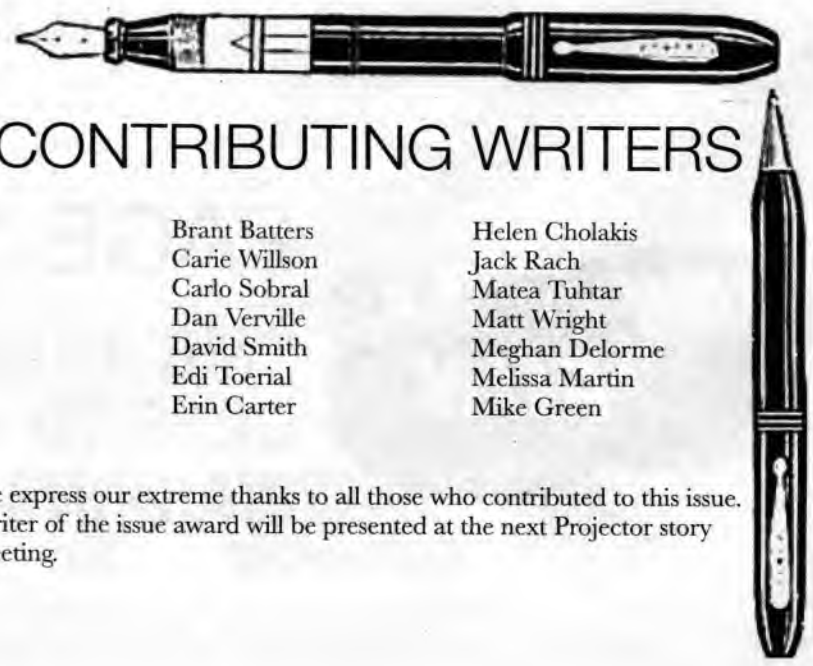

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We express our extreme thanks to all those who contributed to this issue. Writer of the issue award will be presented at the next Projector story meeting.

Dam It!

By Kathryn McBurney, Health, Sports & Lifestyles Editor

On Friday, August 11, construction crews began work on the Northern access road to the site of Manitoba Hydro's newest hydro dam - the Wuskwatim generating station, one of Manitoba's largest construction projects.

"The first two years is just road clearing and setting up camp," says Hydro spokesperson Glenn Schneider. The total project will take an estimated six years and $1.2 billion to complete. It will also require development of transmission facilities to deliver power to the Manitoba Hydro system.

Ninety-eight per cent of the electricity produced in Manitoba comes from hydroelectric generation - turbines turned by water. According to manitobaenergy.ca, the rivers in Northern Manitoba that supply our power have more than twice the hydroelectric potential of Niagara Falls, but, only 50 per cent of these northern resources have been harnessed.

The Wuskwatim dam, a 200-megawatt hydroelectric plant, is being built at Taskinigahp Falls where Wuskwatim Lake joins the Burntwood River, about 45 km southwest of Thompson and 35 km southeast of the Nisichawayasihk Cree Nation community of Nelson House. An official agreement between Manitoba Hydro and the Nisichawayasihk Cree Nation (NCN), which stipulates that NCN will own 33 per cent of the completed dam, was signed on June 26, 2006, nine years after the dam was first proposed.

Other agreements signed between the province and NCN include an agreement to protect Aboriginal heritage resources found during construction, and the Burntwood Nelson Agreement (BNA) ensures that employment goes first to any qualified workers from aboriginal communities close to the construction site.

According to hydro.mb.ca, Manitoba Hydro's website, Wuskwatim is expected to provide almost 800 jobs over six years with an annual construction workforce ranging from 140-540 persons.

Because of the need for skilled workers on this project, the provincial government's Employment and Training Services (ETS) Branch has developed the Wuskwatim Job Referral Service. This service follows the guidelines for employment consideration outlined in the BNA and then refers qualified workers to project employers.

One-third of the skilled trades in demand for Wuskwatim would include carpenters, electricians, pipe fitters, millwrights, and ironworkers. The other two-thirds of positions available include labourers, heavy equipment operators and vehicle drivers, rebar workers, cement masons, as well as catering and clerical staff.

Another major project Manitoba Hydro is considering for the future is Conawapa on the Lower Nelson River. Schneider says Manitoba Hydro needs a guaranteed customer for that project, mentioning the possibility of a sale to Ontario. The potential for the Conawapa project would be a 1,380 megawatt hydroelectric plant at a cost of $3.4 billion.

MAP COURTESY OF MANITOBA HYDRO

Left and Leaving

YOUNG PEOPLE LEAVE PROVINCE FOR YONGE STREET

By Joanna Fultz, News Editor

Flourishing job opportunities for professionals in large Canadian cities means young Winnipeggers have been migrating in droves to Vancouver, Toronto and Calgary with the promise of opportunity, speedy promotion and higher salaries.

Although the appeal of work experience and the excitement of life in a new city can be exhilarating, some young Winnipeggers find the transition a difficult one.

"I love Winnipeg and all the people in it, and I think the outside perception our city can be way off," says Alison Crozier, a 25-year-old Winnipeg born Toronto transplant. "Getting used to life here has not been the easiest with the smog and crowds and all the garbage, but Toronto can be a lot of fun. I could see myself going back there [Winnipeg] someday – it's just that there are far more opportunities in places like here [Toronto]. It's almost like you have to establish yourself in bigger cities first to prove yourself, then move wherever you want to."

Although larger Canadian cities present opportunities that may not be available in Winnipeg, those who used to call the city home may be gone in a physical sense, but still hold the city with high regard in their hearts.

"I came here for a new experience and I like Toronto, but it's no home [Winnipeg]. I miss the unpretentious vibe there, and all the amazing people. Toronto is cool, and yes there's lots of opportunity, but Winnipeg has a lot to offer too," says Phil Herner, a 25- year-old new Toronto resident, who stands with car keys in hand, ready to make the hour long commute to work.

According to the Government of Canada Innovation Strategy (GCIS) website, www.innovationstrategy.gc.ca, Winnipeg has lost some young residents to the lure of opportunity in the east and west, but the city has experienced some natural population growth in the past 15 years.

"Increase in the population of the Winnipeg CMA [census metropolitan area] from 1995 to 1996 and 1999 to 2000 was based on natural increase, as the region experienced a net loss of residents due to out-migration, primarily to Calgary followed by Vancouver, destinations within Manitoba outside the Winnipeg CMA, and Toronto."

The steady growth of the population and work force in Calgary have made the city a focus destination for many Winnipeg professionals, along with others from provinces across the country.

"From 1995 to 2000, the net in-migration of new residents [to Calgary] accounted for a huge 77.3 per cent of the total population increase, the largest single segment being in the 25–44 age group," states the GCIS website.

Sex Sentencing Sucks

By David Smithdavidstephensmith@gmail.com

When he visited students at the RRC Princess Street Campus in April, Manitoba Associate Chief Justice Jeffrey Oliphant urged budding journalists that when reporting on court cases, they should be mindful of how and why judges make their decisions.

"When reporting on any judgment, a good journalist will not bash the judge who made the decision, but rather look into the laws in place that guided the [judge's] decision."

One aspect of the judicial system that has recently received particular attention is that of a judge's right to impose conditional sentences on accused sex offenders as an alternative to them serving time in prison. This light-handed approach the law allows has infuriated many people following the recent furor surrounding convicted pedophile Peter Whitmore.

Whitmore, who had committed previous acts of sexual assault on children, walked as a free man on a conditional release. He now faces several new charges in connection with the disappearance of two boys, aged 10 and 14, including sexual assault causing bodily harm, kidnapping and abduction.

Many citizens, including those who work to protect children from abuse, are outraged that conditional sentencing is allowed in cases in which the offender is a serious threat to society.

Conditional sentencing was first introduced in Canada when Parliament passed Bill C-41 in 1995. The conditional sentence was created, as the Department of Justice Canada website states, "to help reduce the use of imprisonment in a way that is safe and consistent with principles of justice...by punishing offenders in the community."

Rosalind Prober lives in Winnipeg and is the co-founder and president of Beyond Borders, a child advocacy group that works to protect children from exploitation. Prober says conditional sentencing is unacceptable when deciding cases involving abuse against children.

"For some reason, in Canada, sexual abuse against children is seen as a crime that doesn't deserve a severe penalty," Prober says. "An accused pedophile can stand before a judge, be told they have just committed the most reprehensible act, but then be handed a conditional sentence which allows them to go right back into the community. These harmful crimes have such a long lasting impact on the child and their family and cause feelings of extreme guilt. It makes no sense that the sentence doesn't match the crime."

Prober believes conditional sentences don't work for sex offenders, because when let out into the community they are naturally inclined to commit the same crime again. "They [offenders] are so highly clever in their approach to getting to these kids," Prober says. "Whitmore was all over Canada in a matter of days and very cunning in the way he lied to gain the trust of the family. The offenders play mind games with themselves and use addictive logic when deciding to abuse children. They keep giving themselves excuses that they're not doing anything wrong."

Paula DaCosta is a full-time youth care worker at Knowles Centre in Winnipeg. The centre, which provides assistance to children aged 11 to 16 with severe behavioural issues, is a co-ed locked facility. There are currently 10 children under the care of DaCosta and other staff members. DaCosta says that the sexual abuse these children have suffered begins a cycle that increases the chance of them becoming offenders later on in life.

"When he was four years old, one child who now lives here, was exposed to pornography and became the victim of repeated abuse including anal rape by a family friend," says DaCosta. "He's now 12, associates with gangs, and is committing violent and sexual acts himself. I get so frustrated when I see sexual offenders receiving conditional and lenient sentences, because it affects their victims for the rest of their life, which in turn affects society in many ways as well."

DaCosta says the reason she thinks sex offenders aren't given harsher penalties, comes down to money.

"It costs a lot of money to keep someone in jail. The government looks at it as 'they [sex offenders] didn't rob a bank, so why bother locking them up for long or at all for that matter.' It's a backward country in which a bank robber can get 10 years in prison while a violent sex offender is released back into the community."

Both Prober and DaCosta say they look forward to the day when Parliament passes Bill C-9, an act to amend the Criminal Code disallowing conditional sentencing in situations where the accused is charged with a crime punishable by a mandatory minimum sentence.

Red River College
STUDENTS' ASSOCIATION

Make it yours!

Feel Free to contact us at:

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Up Coming Events

Aug. — Sept. 8

Meet the Exec's (Free Coffee & Donuts)

August 29 - A Building
August 30 - B Building
August 31 - Princess Street
Sept 1 - Library Hallway

Dis-ORIENTATION WEEK 2006

September 5 – 8

Check out the full-page ad inside this edition of the Projector for more info!

Join the SA Events Email List.
saevents@rrc.mb.ca

CHECK OUT THE SA WEBSITE @ WWW.RRCSA.COM

Message from the Executive

Hello and welcome to Red River College. The executive from your Students' Association would like you to know more about what we will be doing for you throughout the year.

The association works hard to protect the needs and interests of the students. We represent students to the college and the three levels of government. We provide advocacy and various services such as the Ox and Mercantile retail services. The SA also has student spaces such as the Cave, the Workshop and soft furniture at Princess Street Campus

We also offer a wide range of social events, activities and entertainment to make your experience here memorable and rewarding. Make sure you come out to these wonderful events because it will give us a good opportunity to know you and for you to know us.

If you ever feel the need to contact us, you can come down to the new offices located in the main level of C building at the Notre Dame Campus or the Princess St. office located in the Atrium Mall level across from the main elevators.

Rex Masesar, President
Michael Cochrane, VP Academic
Helena Herrera, VP Support Services

Low on Cash?
Need a Job?

Check out the bulletin boards for jobs offered by your Students' Association

Come by the offices for more info....

STUDENT HEALTH PLAN OPT-OUT DEADLINE
30 Days from Start Date of Program

OPT IN -RETURNING STUDENTS:
30 Days from Start Date of Program
FAMILY ADD ON DEADLINE:
30 Days from Start Date of Program

WANT TO GET INVOLVED?

- JOIN THE STUDENT ADVISORY BOARD (SAB)
- BECOME A CLASS REP

VISIT OUR OFFICES FOR INFORMATION

WATCH FOR A LIST OF CLUBS IN THE OCTOBER EDITION!

YOU MIGHT FIND ONE YOU LIKE OR GET AN IDEA TO START YOUR OWN!

COME TALK TO HELENA FOR MORE INFORMATION

Notre Dame Campus
CM20 - 2055 Notre Dame Avenue
Winnipeg, Manitoba
R2H 0J9 (204) 632-2375

Princess Street Campus
P110-160 Princess Street
Winnipeg, Manitoba
R3B 1K9 (204) 949-8466

EDITOR'S DESK

You Play, You Stay

Call it brain drain, freedom of movement and opportunity, or whatever you want, fact is, if people receive a subsidized college or university education (PSE) in Manitoba, they should be forced to stay here to work after they graduate.

The cost of PSE goes up each year – regardless of a long-standing tuition freeze – but students seldom realize how little they are actually paying to attend Manitoba schools.

Manitoba industry is suffering huge losses of talent, while the Province (which mean you and I) pays through the nose to educate them in the first place.

Think of it this way: the Province doesn't ask us to conserve electricity because it's good for the environment, but because we don't see the true cost of that service in what we end up paying – it's heavily subsidized on the backs of every taxpayer in Manitoba.

Same goes for PSE education – the Province invests vast amounts (regardless of what student advocates think) into education each year, only to have that investment jet off to Alberta or Ontario the moment the job search begins.

Well, there's a bright future to be had, right here, kids – it may just involve looking for it a little harder.

The ironic thing is how many people end up returning to Manitoba after their careers are off the ground – often because they are sick to death of the faster pace of places like Toronto and Vancouver, where work and career considerations are all-consuming.

There's little time there for friends, family, trips to a nearby beach, or to reflect on what the future holds.

Real leisure in such places comes at a high price – but not as high as the price Manitoban taxpayers pay which give people skills – skills that allow students the choice to disregard their responsibility to pay back into to Manitoba what they took.

Aside from continuing to invest in education in Manitoba, the Province should immediately consider enacting laws forcing PSE students in the province to stay put for a minimum of three years after graduation.

In return, grads could be given considerable tax incentives (more so than there are today), and even a housing allowance to sweeten the deal.

Life here just won't get better without them – and the problem will continue to be an acute one until something drastic and innovative is done, pronto.

THE HILL HAS EYES

Way To Make Me Feel Old

By Matt Wrightmattwright82@yahoo.ca

It was hard enough going back to school at age 34 after not attending a single class in 12 years. There was also the fact that I have two dependants at home. Being in school means little income. But I decided to start over and re-educate myself in order to try something different. I had applied for a suitable job in March hoping to get a early lead on summer work. That application got me a call from the potential employer for full time summer work. A few minutes into a brief conversation on the phone, I was sure I was getting the position.

I was asked, "and I have to ask, how old are you?" I thought they were hoping I wasn't too young for the job. Turns out it was the opposite. The position was partly paid by Canada's Summer Career Placement (SCP) program, which includes, amongst other eligibility criteria (all of which I qualified for), that the employee hired for the position must be between 15 and 30 years of age.

Wait a second. I'm registered as a full time student. I'm returning to school in the next academic year.

Don't I go through the same trials and tribulations as every other full time student across the country? I'm just as broke and stressed. Is it because I should have already found my path and stuck to it for the next 40 years? Also, if they are going to be so exclusive, what differentiates between a 24 and 30 year old? Should not they also have found their place by then? I know that I'm not alone in this situation. In my program alone, which consists of 75 students, at least four others are over 30 – translating to 5.3 per cent of the students. At the University of Winnipeg, the 2005/2006 enrollment summary lists 397 out of 6006 full time students who are over the age of 30. That's 6.6 per cent that are exempt from these jobs as well.

Then it happened again. When these rules were drawn up for the program, the number of people who were returning to re-educate themselves in post-secondary institutions was nowhere near the amount of people who are doing it these days.

Times have changed. If the government is seriously committed to assisting students in preparing for their future entry into the labour market, the rules should change too.

Infomercials: Fair or Foul?

By Carlo Sabralsoccerfanatic_13@hotmail.com

It's early Saturday morning and you've just rubbed the sleep out of your eyes. You flip on the TV and see a product being advertised on an infomercial that is of interest to you. Your first instinct tells you to pick up the phone and dial immediately, right?
Wrong. It's the infomercial that tells you to, because apparently the offer is only available within the next *x* amount of minutes.

Right?

Wrong again, the infomercial lied to you. The offer is actually available at any time, but that's not what marketers want you to think. Then again…if you order one, you get a second one absolutely free.

Right?

Once again, wrong. You still have to pay the shipping and handling cost on the second one. Now that you've struck out, the lesson learned here is not to believe everything you see, and avoid reacting on impulse.

"Always ask questions and know what you're getting yourself into," says Melissa McRae, Operations Manager at IMI (Integrated Messaging Incorporated). IMI, an inbound call center located on Berry Street, is a company paid to place orders for products seen on infomercials.

Asked if it was fair that some infomercials can be construed as misleading, McRae is resolute.

"I, personally, think so," says McRae. "The consumer should be conscious of all the terms."

Patrick Philippot, a former trainer at IMI, disagrees. "Marketing isn't fair, it's a clever way of tricking people. It's all about money…it's a massive industry that preys on impulsive buyers," he says.

The companies who make these infomercials know this. The marketing techniques they use work just as they hope they will, whether it lies in the fine print on the ad, or in the extensive use of the word free while adding accessories to the order in an attempt to sweeten the deal.

Regardless of whether the marketing is fair or not, it works. Regardless of whether the product will get much use or not, it still sells. As long as there are people watching, some will eventually be convinced that the product is the solution to a problem they don't actually have.
"I can only hope that the product doesn't break the day after their warranty expires," says Philippot.

"If it has one," he adds.

Off Message

By Melissa Martinoff_message_chick@yahoo.ca

You don't see it much up here, but down in the United States' Democratic-leaning "blue states," a certain bumper sticker pops up thick as dandelions. "If you're not angry," it reads, "you're not paying attention." Rarely has such sharp wisdom zipped down the freeway.

Unfortunately, too many youth in North America aren't paying attention: or if they are, they are unwilling to feel enraged. After all, anger has gotten a seriously bad rap in recent years. It's easy to understand why: in a society that values people who go with the flow, and power the economic and social engines that maintain the status quo, rage is a threatening, confrontational act. If you're angry at the office, you're not a team player; take it to the streets, and you're a malcontent.

This negative view of anger has allowed the extremist right to discredit and invalidate legitimate opposition (which, coincidentally, is something we should also be angry about). Never mind the voices of dissent, quoth conservative talk show hosts and right-wing columnists; they're coming from mere "angry young leftists."

Time for a wake up call: anger is not our worst social enemy. In fact, it can be the force that pushes us forward. An Irish proverb declared that "Fear is a fine spur; so is rage," and American journalist Jimmy Breslin noted that "Rage is the only quality that has kept me writing columns in newspapers."

I sympathize with his position.

Over the centuries, rage has been the fuel that drove countless positive changes in society, culture, and politics. It was righteous anger that marched from Selma in 1965, borne by American blacks who refused to accept their crushing disenfranchisement. It was anger that made Nellie McClung and four other women demand that women be declared persons under Canadian law in 1929.

Constructive rage even won Canada's First Nations some measures of protection and autonomy from the nation which forced them into the horror of residential schools and forced sterilization. Were more non-aboriginals to adopt some of that anger and stand with our First Nations, we might actually be able to cut the cord that feeds the vitriolic racism and prejudice that is endemic to Canadian society.

What else is there to be angry about today? That's where this column comes in. In the coming months, Off Message will examine a raft of issues that might make your blood boil, from the environment to human rights, racism to war.

We'll look at things right here in Canada, and we'll check out what's happening around the world. We'll rage against the apathy that made the international community turn away from the 1994 Rwandan genocide (and repeat that stance with Darfur since 2003), and we'll seethe at the horrific shrug that followed the current Canadian government's flip-flop in attempting to cut millions of dollars from homeless funding this summer.

So start paying attention: we've avoided our righteous anger for far too long.

Got any questions? Want to vent your own rage? Drop me an email at off_message_chick@yahoo.ca.

War and Media

By Helen Cholakis helencholakis@hotmail.com
Photo: James Turner

Larry King Live was something of a collision of opposing forces for those 33 days this summer – a collision between Middle Eastern geopolitics and, well, not quite infotainment, but news programming somewhat less conventional than that offered by other major North American broadcast news outlets. After all, what other newscast would feature the stars of Talladega Nights two days before the ceasefire?

The media coverage of the Israel – Lebanon war this summer became an important part of the story of the war. It was widely understood to have impacted popular opinion, often unjustly. Coverage of the war raised concerns about the use of language, images, and other aspects of representation. Questions about media bias, framing and agenda-setting unfolded along with the crisis.

On CNN, Larry King hunched ruminatively at his desk, barking to-the-point questions at high-profile leaders, politicians and diplomats who were his guests, and at his strings of star field reporters. Best-selling autobiographer and 360 anchor Anderson Cooper reported from Israel in a flak jacket, shells blasting behind him. He and CNN's new recruit, John Roberts (from CBS, and long before, MuchMusic) also embedded with the Israeli army, a rare coup.

King chatted with Secretary-General of the United Nations, Kofi Annan, in a U.S.- exclusive interview and asked if he ever felt like throwing up his arms. He asked Lebanon's Prime Minister Fouad Siniora if Hezbollah was acting on behalf of Lebanon.

Brigadier General James "Spider" Marks, CNN's retired U.S. Army military analyst plotted the movements of the war over every hill and bridge with zooming Google Earth maps.

CNN's amped-up coverage of the Mideast conflict was notable for its constancy, intensity and high-profile guests. These aspects of CNN's coverage and their outcomes have come under scrutiny in the past, leading media commentators to conceptualize a "CNN effect." It was defined by Professor Steven Livingston as media's effect on the foreign policy process as 1) a policy agenda-setting agent, 2) an impediment to the achievement of desired policy goals, and 3) an accelerant to policy decision making.

During those 33 days, 24 episodes of Larry King focused on the Mideast crisis. The war in Iraq was mentioned only peripherally.

CBC news reported at least 946 people were killed in the Mideast conflict; 791 in Lebanon and 155 in Israel. That figure translated to an average of 29 killed daily. The UN Assistance Mission in Iraq reported rising sectarian violence and the killing of 5818 civilians in May and June; an average of almost 100 killed per day.

> "If you rely on CNN to keep you informed, well then you're going to be missing some stuff."

Concurrent with the Mideast crisis, some observers said Iraq was threatening to descend into civil war. Britain's outgoing ambassador to Baghdad reportedly told Tony Blair the prospect of civil war was more likely than a transition to a stable democracy. Larry King didn't feature Google Earth maps of Iraq, or host Kurds, Shi'ites or Sunnis, high-profile or otherwise, to offer commentary.

Dwindling coverage of the Iraq war may be partly accounted for by its age. There is also inherent difficulty in reporting a war characterized by complex historical, religious, geographic, political and strategic issues, myriad insurgent groups and a shifting nature, in a country dangerous to journalists.

In Canada as well, the Iraq war was significantly overshadowed by the war in the Middle East. There is also the fact that Canada has troops in Afghanistan, not Iraq.

Bob Cox, editor in chief of The Winnipeg Free Press noted that there is coverage virtually every day in the Free Press about the war in Iraq, but said, "I think people sometimes feel we've relegated something to being unimportant when another story gets better play or more ink for a while. That's not really the case, it just happens once you've told a story once and the story's ongoing, you come back and revisit it occasionally, but the initial phase of telling a story is fairly intense in a big conflict."

Cox explained that with ongoing stories, journalists look for milestones that serve as opportunities to put a new focus on what's going on and to examine the story and wider issues.

"In terms of the Iraq war, you can look at different points where there was renewed interest - when the Americans were coming up to their 1000th soldier killed, there was a renewed emphasis to look at what was going on there," he said.

Paul Schneidereit, president of the Canadian Association of Journalists is an editorial writer with the Halifax newspaper The Chronicle Herald. Commenting from a personal perspective, he said,

"If you rely on one source, if you rely on CNN to keep you informed, well then you're going to be missing some stuff that maybe you should know…I think people should realize that they have to try to get as much information as they can from different sources to get a really rounded picture of things. The nature of the media is that it's not a perfect mirror on a whole society, and you've got to realize that."

Maclean's Misses Scoop on Their Own Guide's Decline

By William Wolfe-Wyliecup@cup.ca

SACKVILLE, N.B. (CUP) — Tony Keller is the managing editor of special projects at Maclean's Magazine, the same department charged with putting together the annual university rankings. He first heard that 11 universities were pulling out of the annual feature when an Edmonton Journal reporter called his office asking for a comment. But that was only the beginning.

"It was very convoluted," said Keller about how he received the letter which was signed by 11 university presidents. After several other media outlets called him asking for comment, he became concerned that he had not yet received a document that seemingly everyone else had. "I asked several universities to please send it to me," he said.

Maclean's Magazine has been publishing its annual university rankings for 16 years. But this year 11 universities from across the country have declared that they are not going to take part in the survey, claiming that the methodology used to compile the statistics is flawed and delivers an oversimplified view of their institutions.

The following universities officially withdrew their support from the magazine's rankings in a letter dated Aug. 14, 2006: Dalhousie University, McMaster University, Simon Fraser University, the University of Alberta, the University of British Columbia, the University of Calgary, the University of Lethbridge, the University of Manitoba, the University of Montreal, the University of Ottawa, and the University of Toronto.

The letter stated that the university presidents disagreed with the methodology used to compile a large number of statistics into a single ranking and that the magazine was comparing "apples and oranges."

"Consider how such an approach might pervert one's understanding of a general hospital that is ranked #1 in obstetrics and #10 in cancer care. Averaging these rankings would result in this hospital being ranked "#5 overall," argued the letter. "For the patient seeking care in one of these areas, such a measure would be useless at best and misleading at worst."

The University of Northern British Columbia, for example, was rated eighth overall in 2002 when it had achieved top marks in library acquisitions while falling to the bottom of the pile in scholarships and bursaries.

"When it lumps all these categories together into a single ranking, arbitrarily assigning more points to one category than another based on its own idiosyncratic judgment, it fundamentally misrepresents the character of every institution," said Dalhousie University president Tom Traves.

But Keller disagrees. He points out that overall averages are exactly how universities grade their student and that this, as well, can sometimes fail to properly represent the student. What Maclean's is doing is little different, he argues, but it does turn the tables.

"The universities are saying that you can't combine a bunch of grades together into a grade point average. Right," said Keller in a phone interview. "It's the equivalent of a student submitting their transcript," he added.

For Keller, the rankings are about providing potential consumers with as much information as they care to consume before making a major purchase. Rather than the health-care analogy, Keller uses the analogy of buying a car.

"If I want to buy a car, I have almost unlimited information," he said. "I know far less about a university.

"We're [Maclean's] one of the only public and objective sources of information on the subject," he said.

But according to University of Toronto president David Naylor, who has been vocal on the subject before, it would be hypocritical of an institution that prides itself in quality research and analysis to take part in a study that uses poor methodology.

"As academics we devote our careers to ensuring that people make important decisions on the basis of good data, analyzed with discipline. But Canadian universities have been complicit, en masse, in supporting a ranking system that has little scientific merit because it reduces everything to a meaningless, average score," wrote Naylor in a letter to the Ottawa Citizen on April 23, 2006.

The letter sent to Keller this week echoes those sentiments.

"It is inappropriate to aggregate information across a range of programs at a large and multi-dimensional research university into a single ranking number," it read in part.

But the magazine has made some changes to this year's rankings as a result of some of the complaints. This year, instead of simply printing the rankings, the magazine will also include the final scores that led to those rankings, allowing readers to see the spread between different institutions and see where they are comparable.

A new online feature will also allow readers to weight the different scores as they see fit and form their own rankings, allowing users to see how the universities compare according to what is most important to them.

Since the announcement of the changes was only made three days after the letter was received at Maclean's, the signatory universities have not yet had a chance to respond to the changes and it is yet unclear if any of them will change their minds as a result.

The magazine's annual feature has also proven itself an effective marketing tool for a large number of institutions, especially those who regularly score highly. Saint Francis Xavier University in Antigonish, N.S., has held the number 1 undergraduate university spot for two years running and has no intention of changing how it deals with the magazine.

According to Alan Gates, the director of communications and marketing at St. FX, the university has no intention of addressing the concerns brought forth by the 11 signatory schools and will continue to take part in the survey and will continue to feature its results prominently in its marketing campaigns.

The 2006 issue of the Maclean's university rankings will feature 47 universities, including the 11 who have decided not to participate, and will hit newsstands on Nov. 2.

Raising The Bar

CAN LIBERALS LEARN TO PINCH THEIR PENNIES?

By Carie Willsoncariewillson@hotmail.com

Since 2004, the Liberal Party's reputation has taken a beating after the public airing of the sponsorship scandal and subsequent Gomery Inquiry.

Liberals are now looking at ways to revive their tarnished reputation with Canadians.

Ontario Senator Marie Poulin believes the way to do this is to show greater transparency, an openness and honesty in government, and hold strict government election financing rules for all levels of federal party elections.

Poulin is one of three candidates vying for the party presidency.

Joining Poulin in the race for president are former Ontario MP and cabinet minister Tony Ianno and Bobbi Ethier, a Manitoba Teachers' Society employee and former president of the Liberal Party of Canada [Manitoba].

Unlike their fellow Liberals who are running for the party leadership, presidential candidates are not restricted by the Elections Canada campaign financing rules.

In late July, Poulin announced she would abide by the rules, even though they don't apply to her candidacy.

"I will limit contributions to my Presidential campaign to the C-24 maximum of $5,400 per individual and will publicly disclose all contributions to my campaign in accordance with Liberal Party rules for leadership contender," writes Poulin on her website.

True to her word, Poulin's website shows 17 donors and their donation amounts, totaling just over $25,000.

Poulin's decision rides on the heels of an Elections Canada request for the Tories to open the books on their 2005 policy convention, where no delegate fees were declared as a party donation.

Poulin's background wouldn't seem to make her the likeliest of candidates to push for this. She's a politician, a law student and a former vice-president for the CBC – some of the most distrusted professions in North America.

But what Poulin brings is the understanding that a rule set out for one group should apply to all.

"If it's important enough to lock the front door, it's important enough to lock the back door because we know that unelected officials have influence over decisions that are made by leaders when they become prime minister," says Poulin.

If elected, Poulin will help develop a Code of Ethics for all party members and provide published annual reports on the use of public monies within the party.

"Canadians have a right to know how their tax dollars are being spent by Government – and an equal right to know how their dollars are being spent by the political parties representing them in Parliament," said Poulin, regarding the direction of public funds to political parties.

Liberal delegates from across Canada will converge on Montreal to elect their new leader and party executive in early December.

LIVE TOGETHER, DIE ALONE

By Matea Tuhtar

Graffiti Gallery Kills With Love

By Amie Lesyk, Arts & Culture Editor

A small graffiti collective whose neighbours once tried to shut it down has grown into a multi-faceted part of Point Douglas. With the launch of the Winnipeg International Mural Festival (Mural Fest 2K), Winnipeg's Graffiti Gallery has established itself as an integral part of the city's youth arts community.

The gallery - called Graffiti Arts Programming since it went non-profit in 2001 - hosted the festival which saw five artists from over 80 submissions paint their murals in five locations throughout Winnipeg.

The festival drew people from around the world and received and was sponsored by some of the largest corporations in Winnipeg and Manitoba.

This kind of public support and acceptance is a far cry from reactions the Graffiti Gallery received when it first opened its doors to graffiti artists eight years ago.

"We really had to fight," says Stephen Wilson, the gallery's executive director, concerning the effort the gallery has made to overcome an undeserved reputation.

"In a strategic way we decided to kill them with love," he says.

This plan included painting over illegal tags in the neighbourhood to prove that the collective had no bad intentions.

"We've really come a long way since then," says Wilson.

The festival – which took two years to plan and went on for two months during the summer was designed to help bring awareness to the goals of GAP. GAP is not only a gallery and workspace for many types of artists, but functions as a youth art centre with programming geared towards involving high-risk kids in their communities.

The goal of the youth programming is to provide an opportunity for the kids to develop a positive self-image and self-discipline through developing their skills as artists.

The five artists whose murals were chosen to be painted for the festival were expected to work with some of GAP's junior artists.

"They were mentoring as they painted," says Wilson. Part of GAP's programming includes mural painting so twenty five young artists who had been learning those skills got to help the Mural Fest 2K artists with their murals.

The murals will hang for two years in Winnipeg, and since they are painted on vinyl they can be moved afterwards. It is hoped they'll be shown around the world. GAP saw the festival as a success and hopes for it to be an annual event.

More information about the event, murals, or artists can be found at muralfest.com

Another site documenting Winnipeg's murals is themuralsofwinnipeg.com

Jack's Trax

By Jack Rachmanalogue@gmail.com

It seems that most days pass and nothing happens. So many ordinary days come and go with nothing inspirational – they are without dreams.

Occasionally a day brings zip and zap or wtf – something to write about. Today – two events stand out, both weird realities that make me smile.

On the way home from work today I rode down River to Osborne. At the corner of that intersection I stopped about two cars deep – behind this red Honda Civic with a gangsta riding shotgun who yells out and waves his fist in the air like some kind of inner city greeting when this other full on gangsta runs out from circle to greet the people in the car. I watched their predictable interaction and could notice the guy outside of the car looked like he slopped himself together. He had dirty cheap trackpants, a bit of a belly and grimy shoes that mismatched the rest of his try-hard gangsta outfit. He munched on some green onion-flavoured Sunchips as he chatted. The dood riding in the passenger seat reached inside the chip bag pulls out some chips, and starts eating – he probably grabbed something else though because those few chips cost $5. I realized the illicit transaction went on when the guy in the car handed the other dood a fiver.

All this made me think about the song La La Land, by Play Paul.

The doods in the deal were way more sketchy than the drug scene in this song – self-destructive glamour. "Something about those little pills/ unreal/ the frills that you feel/ that thrill until they kill a million brain cells." Both scenarios play out tragically but the robotic disco still enchants me. Taking ecstasy while dancing all weekend and still going to work Monday mornings seems achievable, but maybe only if you do it with dirty techno.

Something a little more chipper happened this morning.

Two old ladies, one in her early sixties, the other practically 100 hit on me. "You're all alone today," the cute, tiny, slightly hunch-backed 100-year-old riot says to the lady I share an office with. She's 61 I think but looks like she could be a decade younger. She's quirky in a way where she's always very kind but you know not to fuck with her. She will not take any [more] shit.

On her way out of the office the older one turns around and sees me in the corner behind her. She stops and says, "Oh, but you do have this gorgeous young man right here," then giggles like, well, a horny old lady.

The younger one - who I know a bit more because we share our work space – says, "Yeah he's a hunk-ah burnin' luv." I should have got up and danced. I'll have to make a mix cd and give the two of them copies with this track on it:

Shooting From the Hip, by Chicks on Speed.

Like the ladies I work with, this tune is a bit old, but still damn sexy.

Sarejevo Film Festival

By Matea Tuhtarmtuhtar@gmail.com

This August marked the 12th anniversary of the Sarajevo Film Festival, the largest festival in the region, and one that began as an act of defiance and optimism during the worst of the city's bloody four-year siege.

"I remember the first festival in October of 1995," says Amir Lukovic, 29, a volunteer coordinator for the Obala Air Cinema. "They showed old video tapes from people's houses – everyone volunteered one from their collection."

The first Sarajevo Film Festival saw 15,000 attendees from 12 different countries; an outstanding number considering the city was bombarded daily and relatively isolated from the outside world. The festival gave the Sarajevo citizens a sense of normalcy in a time when running down a street meant dodging snipers and shells, and it brought hope that the city may once again become what it used to be: a hub of culture and arts. Since its first screening, the festival has continued to grow every year, attracting thousands of viewers, film directors, and celebrities such as Bono, John Malkovich, and Willem Dafoe. The festival screens feature-length films from Europe and the rest of the world, as well as shorts and documentaries.

The competition part of the festival is open to the countries in the Balkan region; an attempt to promote local and regional films and directors. An estimated 100 films are produced every year in this part of Europe, but often the region is neglected by international film festivals; a fact that the Sarajevo Film Festival hopes to change.

"We have great talent here, and we're trying to promote it to the rest of the world," says Amela Niksic, festival spokeperson. "It's a great chance for industry people to gain contacts in this part of Europe and establish it as an important and worthy place of talent."

The biggest hit of the festival is a giant open air theatre, able to hold 2,500 people. This year's noteworthy films include 12:08 East of Bucharest by Corneliu Porumboiu of Romania, and The Melon Route by Branko Schmidt of Croatia.

International films that are worth seeing if you get the chance are The Road to Guantanamo by Micheal Winterbottom, and Hanging Garden by Japan's Toyota Toshiaki.

Since its humble yet daring beginning, the Sarajevo Film Festival has become a venue where people from all over the world unite to enjoy art in its finest.

In a place where unity and peace could never be taken for granted, perhaps this has been its greatest achievement to date

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SMILES, NODS & VOODOO SPELLS

The Tragedy of Winnipeg's Three Degrees

By Amie Lesyk, Arts & Culture Editor

Six degrees of separation is the theory anyone on Earth can be connected to any other person on the planet through a chain of acquaintances with no more than five intermediaries. My theory is in Winnipeg, because of the size and nature of the city, we are all connected by three degrees.

The three degrees of Winnipeg can prove quite frustrating at times. It seems like you can't meet new people without having some awkward history connecting you or without getting an earful about the person because you have a mutual friend.

Sometimes the three degrees are so mind-bafflingly annoying that I am ready to pick up and move to where I have little to no degrees at all.

Pardon my melodrama – the three degrees aren't always tragic. They can work both ways, but it seems to be at extreme ends of the spectrum. They can be a great way to make new friends, forge new relationships or network. Sometimes you get that nice clean start, even though you are connected by a degree or two.

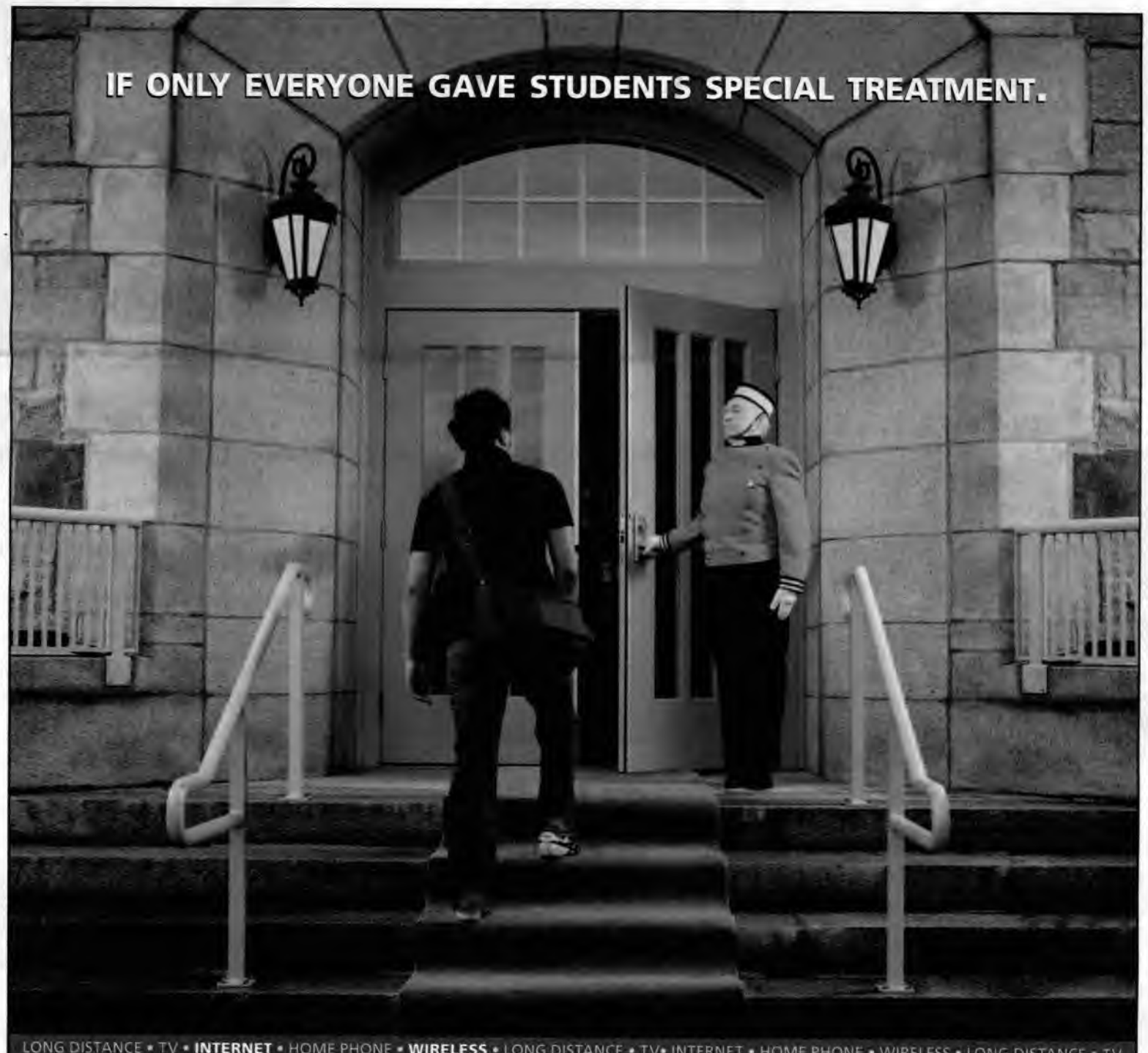
But when its get complicated, it gets really complicated. Some of the faults are: you must always be careful of what you say because everyone knows everyone – your view of a new person can be tainted by things you hear about them before you even have a chance to form your own opinion – or, you can be connected by a person or experience from that past that was not necessary pleasant.

Some of the worst case scenarios go like this: I meet Bobby, like Bobby and Bobby likes me, but Bobby's dating Cindy and Cindy is moving to town right away and it turns out Cindy has slept with Darren who I've also slept with and Bobby's ex has slept with and Bobby's ex is a good friend of my new friend Sara who also knows Bobby and has told me some strange things about him.

This bizarre connection of people recently happened to me and I just couldn't believe it. Suddenly I'm entangled in some kind of web-like mess.

But perhaps if I always behaved myself or locked myself in a room, then this mess wouldn't occur.

One of the best-case scenarios is meeting really exceptional people because of a degree. One of my best friends is only my friend because a common ex of ours introduced us several years ago. The degrees aren't always so bad.



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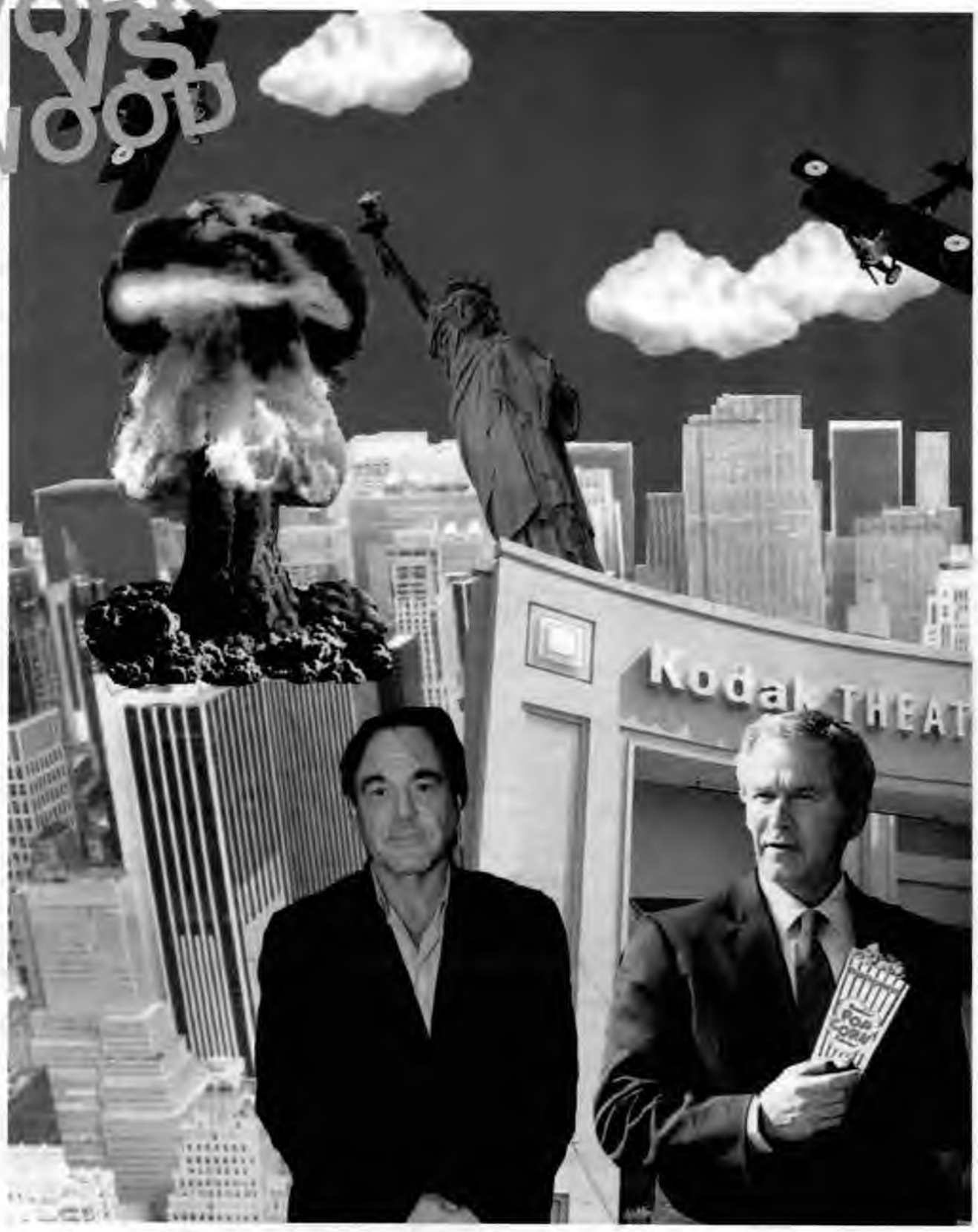

By Amie Lesyk, Arts and Culture Editor
Photo: Amie Lesyk

The blaring title across the front of the New York Press said, "The 9/11 Show!" The lurid picture depicted a collaged figure with a paste-on Nicolas Cage head holding a megaphone in front a choppy New York skyline. Inside a column and two articles tore to shreds the idea of Hollywood-izing the events of Sept 9, 2001.

Ah yes, the World Trade Centre movie, though not quite near its release date, was already receiving some backlash last May in New York. A visit to the World Trade Center site nearly five years after the fact still showed a gaping hole full of bad memories and proved to be just as raw a sight as it would have been a few years ago. The memories for most New Yorkers at that time were just as fresh.

In a city of approximately 8 million people (18 if you count the surrounding areas) and an event that affected all of them, not to mention the world, can one movie possibly do justice to the realities of that day? No it can't, and some say that the World Trade Center movie isn't trying to do that – mostly because it follows the format of a movie - not a documentary.

When an event of such importance occurs, and that event was very recent and still affects modern day life - is the correct path of action in this case to make a Hollywood movie out of it? Perhaps there is no right or wrong in this case, it comes down to a matter of opinion, because in today's world, it would seem that Hollywood's grasp knows no bounds - ethical or not.

There has been a minimal amount of backlash towards Oliver Stone by media and North Americans for trudging forward with the World Trade Center movie. That fact is surprising, given the controversy over the Bush Administration and the "War on Terror."

It would seem ground zero would be more tightly guarded in an emotional sense.

There's no denying that the events of that day would make great context for a movie – perhaps if it wasn't actually real. With all that fresh pain, death and a raging war hanging in the air as a result of that day - paying eight bucks to sit and chomp popcorn while watching it all being re-enacted seems like a strange and possibly inappropriate concept.

It would seem that the reaction of New Yorkers would vary from others around the globe. I recently contacted a few long-time New York residents and read some online blogs, only to discover that many are brushing it off. Though not happy with the movie and not rushing to see it, there seems to be a general feeling that there are more important issues at hand than the movie itself.

"There have been a couple of movies about 9/11 recently…so a new
one didn't bother me," says Richard (last name not printed).

Richard, 32, who currently lives in Manhattan, sees the arrival of World Trade Centre, and what it potentially stands for through narrative-focused eyes.

"It wasn't a documentary it was just a movie made about what it takes to live through near impossible odds," he says.

Yes when it comes down to it, perhaps it is just that, a movie.

A "world-class movie," according to townhall.com columnist Cal Thomas. Thomas goes on to comment on World Trade Center's director Oliver Stone towards the end of his column, "Go and see it beginning Aug. 9 and make him a large profit so he might consider inspiring us again," he writes.

The profit factor plays a role in the ethical questions surrounding the making of this movie. There has been no mention of any of the profits from this movie being donated to any 9/11 based charities.

It's an un-discussed detail not lost on Richard.

"I don't know if it's ethical for Oliver Stone to make money off of the movie. Nicholas Cage was in it, and many [other] actors as well, so was it ethical for them? And all the people that produced it? And the studio? I think that is a big gray area considering the story is an uplifting story about survival and brotherhood and what people did to get them out," says Richard.

Turning to the other major issue mentioned earlier in this article – the fact that 9/11 is what spearheaded the "War on Terror" that continues on to this day: this is an unsolved issue and as Ruth Rosen, former columnist for the Los Angeles Times and the San Francisco Chronicle and now professor at the University of Berkeley, points out in her August 16 post on tomdispatch.com – where she indicates this issue is part of what may make the movie inappropriate.

"This is the tragic failure of Stone's World Trade Center. It undercuts the historical value of the film and reinforces the Biggest Lie of the last five years, still believed by far too many Americans -- that in Iraq, we are fighting those who attacked our country."

Bush launched an attack targeting Osama Bin Laden after 9/11, and then that attack was transferred onto Iraq.

"I think asking questions about how it happened and how the investigation was handled are necessary," says Richard. "I don't need to be told that I am disrespecting the lives of those lost by being inquisitive and skeptical about the explanations of events during that day."

Amie Lesyk is The Projector's arts and culture editor. She supports profits from the 9/11 film being donated to 9/11 charities.

Rolling Thunderballs

By Brant Battersbbatters@shaw.ca

This summer, did you happen to see a group of people chasing a little white ball around?

No I don't mean golf.

It's a slightly larger white ball on a patch of grass being followed around by the entire group.

No I don't mean soccer (or football to the purists).

Each member of the group was tossing a larger coloured ball at the white ball.

No? Nothing is coming to you?

Well, my friends, you missed out on the unofficial relaxation sport of summer.

Bocce (bawch-ee) ball is an ancient sport with a long history dating back to the Roman Empire, but now anyone can pick up bocce sets at Costco or Canadian Tire.

Although there are several different sets that can be purchased, the basic rules have stayed pretty much the same.

The little white ball, the jack, is tossed out by one of the members from the group of play. That same person throws out their bocce ball, in sort of a bowling motion, in an effort to get as close as possible to the jack.

Next, a member from the opposite team has a chance to get closer with their throw. They may hit their opponents' ball, or even the jack. The two teams then take turns with the goal of having as many of your team's bocce balls closest to the jack. One point is awarded for each ball that is closer then your opponents. Just like keeping score in curling.

Although it can be played on a court or regulation playing field, it is not confined to those venues. It can be played on any patch of grass which has made it a popular sport to play during backyard barbecues, camping trips, or excursions to the beach.

Doesn't the simplicity of that just sound so relaxing?

And because it is such a simple sport, at your next family BBQ, everyone from little Johnny to Grandma can play. I'd like to see you try to organize a game of baseball where the whole family can actively participate in the play.

So go forth and enjoy the sport that is bocce ball, and if you're looking for a match I'm always open to a game. But be forewarned - I'm better then you.

No, I'm not just saying that. I happen to have two bocce sets, so not only am I good, but I have the balls to back it up.

Get In Line

YOUR CHANCE TO BE A REBEL

By Kathryn McBurney, Health, Sports & Lifestyles Editor

Ryan Ratushniak says his concern is with commitment. The RRC athletics coordinator wants commitment not only from this year's Rebels volleyball and basketball players, but also from their fans.

Ratushniak says this year he plans to organize more games on Friday nights and Saturday afternoons so students can attend without the worries of classes the next day. "Our new president sees the importance of school spirit," says Ratushniak.

With the support of RRC president, Jeff Zabudsky, Ratushniak intends to try a few new things to raise attendance and school spirit at games. Among his ideas are a pep rally to introduce the teams, a homecoming game with kegger, and developing more sponsorship for product giveaways during games.

But first Ratushniak needs to get his teams together. Selection camps for men's volleyball run September 5, 6, and 8 from 5 – 7 p.m., while women's volleyball selection camps run September 5, 7, and 8 from 5 – 7 p.m. Selection camps for men's basketball run September 11, 13, and 15 from 5 – 7 p.m. with the women's basketball selection camp running a week later on September 19, 21, and 22 from 5 – 7 p.m.

All selection camps will be held at the North Gym of the Notre Dame campus, but Ratushniak hopes he'll see students from the Princess Street campus trying out as well. Realizing that it is more difficult for Princess Street students to get to practice, Ratushniak says team practices will start a half hour later this year to accommodate student travel time.

Skill level, leadership, and teamwork will all be elements essential to making the teams. However, Ratushniak says the players who show up for all three days of the selection camp may have the upper hand, even if they aren't the strongest skilled.

Ratushniak is no stranger to commitment in sport. He played five years on the University of Manitoba men's volleyball team which won three national championships. He also played a pro tour in New Zealand for beach volleyball. Now with his physical education degree he is committed to improving athletics programs at RRC.

Planning to build on the success of last year's Rebels volleyball team and with high hopes that this year's basketball team can achieve the same success, Ratushniak says the next sport he may introduce to RRC is soccer.

Students interested in becoming an athletic Rebel can go to www.rrc.mb.ca for more information.

Office:

Room FM66 Notre Dame Campus or Students' Assoc. Office Princess Campus P-110 (reduced hours)

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Memoirs of a Cyclist

By Erin Carteremcarter@mts.net

What do you get when you travel with a Bob, cover 1300 km in ten days and have lots of sun?
Bad tan lines, strong legs, and lots of adventures!

This summer I went on my first cycling tour. I cycled from Vancouver to Calgary, roughly 1,100 km. However, considering the slight detours to find camp sites, grocery stores, and bike shops (which some local inevitably always told me was only a few minutes down the road, but would actually be a few hours down the road) it likely added up to about 1,300 km.

My aspirations to do a bike tour weren't new. This was something that had been brewing for a long time. Over the years, each time I've passed a cyclist on the highway (laden-down with panniers or pulling a trailer) I have wondered where they were headed and what kept them chugging along like a human-powered freight train.

As a competitive cyclist for the past 10 years, I know what it's like to spend time on a bike. In a normal year I'd usually cycle about 20,000km in training. But I have always wondered what it would be like to use it for traveling, as a self-contained entity.

In 2002, at the Commonwealth Games, I remember hearing Clara Hughes say bike touring was her "secret training." She was planning a trip, or as some might say daring to tackle the infamous Dempster Highway - a 671 km road that travels through the Arctic wilderness from Dawson City in Yukon to Inuvik in the Northwest Territories. It is renowned for its remoteness and razor-like gravel that punctures even the toughest of tires (even cars should be equipped with a couple extra tires to hit this stretch of road).

Unprepared to tackle the likes of the Dempster Highway, I decided upon the picturesque paved southern route (on Highway 3) through the Okanagan Valley, Kootenay Mountains and Rocky Mountains. This is a recommended route for any green cycling tourist due to the wide shoulder, reduced truck traffic, and an abundance of small towns to rest at.

It was an amazing ten days in which I learned quickly the ins and outs, or rather the dos and don'ts of bike touring.

Here is my quick grab-bag of advice if you are thinking of giving it a try:

Do:

- Bring more than one bike tire, you never know when the next bike shop will be.
- Bring duct tape, it'll save you. It even works to hold a tire together.
- Talk to strangers, contrary to what your mother may have told you. You'll meet the most amazing people and it often pays off with them giving you food!
- Use a BOB trailer, it is efficient and doesn't require balancing like panniers do.

Don't:

- Try and test the durability of a bike trailer. If a pannier or a bike trailer says its maximum weight is X then don't try and fit X + some…you'll end up losing.
- Camp at what appears to be a perfect campsite…its likely perfect for a reason and could be the local late-night swimming hole.
- Say "Wow, I've been lucky I haven't flatted yet" because that's when a nail, rock, or piece of glass will suddenly appear.

I recommend you do give it a try. Anyone can do it, whether a competitive or recreational cyclist. Cycle touring is a cheap way to travel and a great way to see the country.

Verville's View

By Dan Vervillesports@theprojector.ca

With the dog days of summer coming to an end, it's time to look back fondly at a few highlights of what was an extremely busy season of sports. Here are the top three sports moments that the summer of 2006 will be remembered for:

In third place - "Pump Me Up"- the doping issue.

After winning the Tour De France, American Floyd Landis tests positive for testosterone. The same day American sprinter Justin Gatlin also tests positive for testosterone.

Despite the fact both have alibis for how the hormone entered their systems (conspiracy theories if you will), the tests both still remain positive.

How are we supposed to trust these supposed world-class athletes who, whether or not they know it, are taking performance-enhancing drugs.

Just how saturated is the professional sports world with performance-enhancing drugs? I'm not sure we really want to know. In second - GOOOOAAALLL! – Germany hosts a near-perfect World Cup 2006.

Millions around the globe tuned in for the sporting event of the summer, which did not disappoint. Although it was marred with dives (entire Portugal team) and the infamous Zidane head-butt on Materazzi in the final, the tournament did have its moments, such as the host country's valiant run at the cup, but coming up just shy. There was also the sheer emotion that the always beautiful game brings with it, while being played on the global scale.

In the number one spot of the summer - Got Milt? - the comeback.

On the surface it appeared to be another Bombers meltdown. Fifteen seconds left, the Eskimos take a 22-19 lead. Groans are emitted and fists are shaken. Then, after many had already turned off their television sets, Kevin Glenn finds Milt Stegall deep on the last play of the game for a 100 yard touchdown strike!

This one can easily be called the highlight of the summer, and maybe even the year. We'll see, only four months to go…

Electric Edification

MUSEUM SHINES LIGHT ON HYDROELECTRIC HISTORY

By Kathryn McBurney, Health, Sports & Lifestyles Editor

With an enormous yellow turbine runner beckoning your entrance into the historic Harrow Terminal Station at 680 Harrow Street, you can't miss the building that now houses the Manitoba Electrical Museum & Education Centre.

Enter to find a giant green dinosaur, known as Electrosaurus, who greets you with Power Smart messages in his prehistoric footprints. Inside you'll find the 1931 building has been modernized with contemporary design and innovative energy efficient technologies, while it showcases some of the oldest electrical devices invented.

Climb inside the electric street car, see the first electric kitchen appliances, discover what year your community got electricity, or test your knowledge with the award winning Play It Safe game. You can even try one of the many scavenger hunts the museum offers as you wander the gallery.

"Imagine living without electricity" is the museum's tag line. Interactive exhibits and the retired electrical workers who volunteer as tour guides encourage you to consider just how much we depend on energy today.

Vern Peichl, one of the guides, says they may even give you some little known facts about Manitoba's hydroelectric history. He likes to give extra details about the Winnipeg River development.

"That's where I started with the corporation (Manitoba Hydro) in 1957," says Peichl, "It's an area I am quite familiar with."
From arc lanterns to motion detected lighting, electricity has certainly evolved, and this museum expertly displays all the steps in between.

Entertaining and informative for all ages with new exhibits and seasonal showings throughout the year, including All That Glows: Then and Now holiday lighting celebration (Nov.15 – Jan.12), this free admission museum is a must see Winnipeg attraction.

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Brittle Bones:

OSTEOGENESIS IMPERFECTA

By Joanna Fultz, News Editor

At 14, Megan Loadman stands at the beginning of an exciting and complicated time in her life. Struggling to be accepted by a peer group and growing into a changing body are typical things associated with being an adolescent girl, but addition to breaking her way into this stage of life she has something far more difficult to deal with. Megan was born with type 4 osteogenesis imperfecta (OI), also known as brittle bone disorder, and has broken over 25 bones since birth.

According to Living with Osteogenesis Imperfecta: A Guidebook for Families, "The term osteogenesis imperfecta literally means, 'bone that is made imperfectly from the beginning of life.'"

It is a condition people are born with, and remains present throughout their lifetime. It is caused by an irregularity in collagen production that leads to deficient connective tissue and weakened bone formation.

The Osteogenesis Imperfecta Foundation website states that, "OI is caused by a genetic defect that affects the body's production of collagen. Collagen is the major protein of the body's connective tissue and can be likened to the framework around which a building is constructed. In OI, a person has either less collagen than normal or a poorer quality of collagen than normal - leading to weak bones that fracture easily."

There are four types of OI. Type 1 is the mildest and occurs most frequently, followed by type 2, which is the most severe. Type 3 is moderately severe and type four is slightly worse than type one (types 2, 3 and 4 occur in people at approximately the same rate.)

The incidence of OI is the same throughout the world. No race or ethnicity is more prone to the condition than others. It is estimated that the incidence of OI at birth occurs in about 1 in every 20,000 to 30,000 people.

People with OI experience fractures frequently because the bones are not strong enough to hold the weight of the person and in more severe cases, because the bone cannot withstand the force of muscle contraction. A person with type 1 may not even notice they have the condition, but type 2 patients could break a rib while coughing.
Megan is currently using an intravenous (IV) drug treatment to strengthen her bones and lessen the amount of fractures.

"Dad, how do you spell pamidronate?" she yells while trying to explain the IV she gets every three months. "The coolest thing about my treatment is that you can see a ring around my bones [in X-rays] for every time I have had it [the treatment]."

There are a range of other difficulties associated with the condition including curvature of the spine (scoliosis), deformity of bones due to multiple fractures, short stature caused by fractures in the growth plates during puberty, thin skin, ligaments and tendons (a result of poor collagen production), dental problems, thinning of the bones and poor muscle development leading to weak bone strength.

Megan says that having a disability during a time in her life when mobility is important for socialization has been difficult, as she depends on a walker or wheelchair, but that it has made her want to excel in other aspects of life.

"It's like when a person goes blind they have lost a sense, and their other senses are heightened," she says. "My loss of one ability has made my other abilities stand out."

Megan holds a steady 98.3 per cent average in her grade nine class. She is an accomplished swimmer, part of an award winning choir group, and plays both the piano and guitar.

Living with OI may have weakened Megan's bones, but is has strengthened many other parts of her life, including the close bond she has with her family.

"They make everyday for me an adventure, but within the boundaries my condition allows," she says.

Being an over-protective older brother has taken on a whole new meaning for Ben Loadman, 17. He says that Megan's fragile condition has made his character that much stronger.

"Meg has brought me more of an insight and an understanding to, and an overall acceptance of every type of person. She has helped to shape the person I am today," he says.

It is not difficult to see Megan's positive attitude and quick sense of humour when she talks about OI.

"Sometimes it's weird when a little old lady comes up to you and says 'nice walker, I have the same model,' you know.

But you deal with it," she laughs.

The Beautiful Game's Ugly Side

By Vuthana Suon, The Manitoban

Winnipeg (CUP) — With a viewing audience said to be in the billions, the World Cup was supposed to showcase why soccer is the world's most popular sport. Instead, it was a source of frustration for many of the North Americans who tuned in.

Watching grown men flail around the field after a seemingly innocuous touch, get carried away in a stretcher only to miraculously jump off said stretcher and return to the game like nothing happened is comedic, if anything. Can anybody take these kinds of shenanigans seriously?

There are myriad reasons the "beautiful game" will forever be relegated to being a sport played by children in little league. After all, once puberty hits, shouldn't these kids be playing "real" sports anyway? Attitudes like this are shared by many parents throughout the U.S. and Canada. And is the reason why soccer will never be able to crack the "big three" — football, baseball, and basketball — in America, or the "big one," hockey, in Canada.

Here are three reasons why the World Cup may have turned us off of soccer.

3. Is there a more arbitrary way to decide a World Cup final than having a penalty-kick shootout? Essentially, it's the goalie guessing which side of the net the opponent is going to kick to, and committing to it. Some goalies may be better at this than others, with Ricardo of Portugal being one of the best, but maybe he just guesses better than others.

Somehow, it's hard to take a sport seriously when a game is capped off this way. Watching goalies dive toward one end of the net, while the ball is headed to the other, is both funny and sad. This brings to mind the French netminder, Fabian Barthez. There was nothing quite like seeing him attempt to play goalie. He was nowhere close to stopping any of the penalty kicks, and could barely jump high enough to stop balls going towards the top of the net. This was the best France could come up with?

2. There's a reason why hockey is in its last breaths in the U.S.: before the new rules came into effect, it was entirely too defensive. There's nothing worse than watching a scoreless game with both teams constantly using the dump-and-chase. Yet World Cup teams also seemed to revert to this style of play.

Offensively creative teams like Brazil struggled as defensive stalwarts like France and Italy progressed. Somebody figured out that by playing only one striker, instead of the usual two, that games could be grinded out, and won by free kicks and counter attacks. This change to a more defensive game plan resulted in one of the lowest scoring World Cups to date, and some boring matches to boot. Is this the new face of success?

North Americans, with their short attention spans, enjoy nothing more than watching offensive teams like the Phoenix Suns running and gunning, Tom Brady picking apart a defence, or David Ortiz hitting a ball out of the field for a homer. Contrast that with what was offered during the World Cup.

1. How is soccer considered to be the "beautiful game" when every minute, a player dives, looking for a penalty kick? Should the guy who played Stiffler in American Pie be taking a few lessons from some of these players? Soccer will never be taken seriously as long as this continues to occur.

While some countries are better about it than others, it speaks volumes when there seems to be a culture of deceit and dishonesty. The fact that referees allow this to occur just magnifies the problem. It is unfathomable that games can be decided on stunts like this.

This was exemplified by the French and Italian teams, coincidentally the World Cup finalists. France's only goal against Italy came on a dive, while Italy beat the Australians and advanced to the final on a penalty kick that came as a result of a dive in the final minute of extra time.
Make no mistake: things like this occur in other sports too. Flopping in basketball is a major problem as well. However, a Manu Ginobili flop won't determine the outcome of a game like it would with soccer.

Canadians love hockey because of the perception that the game is one played by gritty and tough athletes willing to crash the boards and lay a body — so it comes as a shock to see professional soccer players fall down at the slightest touch. And not only do they fall, but they start rolling around and grabbing their heads like they've lost part of their face. This is what constitutes fair play?

Soccer isn't all bad. Indeed the World Cup was an eye-opener for many North American viewers. They were able to see just how exciting the sport could be, and why the rest of the world is so enthralled with it. But unless some changes are made, it will be an uphill battle for soccer to catch on this side of the Atlantic.

STRATEGIES FOR SUCCESS WORKSHOPS

Career Exploration Workshops
September 15 at Notre Dame
September 22 at Princess

Learning from Textbooks
September 19 at Princess
September 20 at Notre Dame

Procrastination Management
September 19 at Notre Dame

Note Taking Skills
September 26 at Princess

All workshops are held at 12pm – bring your lunch!
Workshops are free for students and the public.

Contact 632-3966 (NDC) or 949-8375 (PSC) or email dmmcdonald@rrc.mb.ca for locations and to register.
More workshops to come!

GRANDIOSE NOTIONS

Caring, Not Caring and the Pragmatist's Doctrine

By Lynsey Sable, Layout Editor

"If you care enough for a result, you will most certainly attain it."

- William James

When I moved into my first apartment, I lost all familiarity with once normal things, like food, clean towels and bad childhood habits. Some things just began to make sense. An overflowing garbage can was no longer the fun challenge it once was. Why try balancing an empty milk carton on coffee grinds three feet above bag level when you're only fucking yourself over?

And then, then there's things like the note from my landlord currently taped across my door. I haven't paid my rent yet this month, and it's two weeks late. Money problems? Not really. Mental problems? I'll entertain the notion.

I don't do things simply because I don't feel like it. And this goes beyond whether or not you feel like eating sushi tonight or wearing sweatpants because you're going to menstruate until you die. I might possibly be evicted because I haven't felt like dropping the cheque off.

And don't get me wrong, it's not about productivity. I'm fully capable of paying my rent, cooking a meal, running marathons and helping orphans simultaneously. I just don't believe in doing anything I'm not directly and emotionally connected with.

So am I a nut? Am I not shit-scared that my crotchety old whore of a landlady could come barreling in with a cane and a Rottweiler any minute now? Sure. It's Langside. I don't doubt her chin hairs could seriously assault me.

But, I also have two great jobs, a stunning man to call my own and a positive outlook. If I've been playing I-Don't-Feel-Like-It hopscotch my entire life, why fix what ain't broke? More importantly, why fix it if I don't feel like fixing it? Who are you, or I, or Dorchester Developments to judge?

William James was a philosopher and pragmatist. He theorized that truth wasn't about right or wrong, but the understanding of consequences resulting from action. Truth, he said, was anything proving useful to the individual, justified after the fact.

So I might be irresponsible, insane or any combination thereof. I'm also happy and successful. And like James said, I don't laugh because I'm happy, I'm happy because I laugh.

In the meantime, I'm repeating a few courses this year. Here's to hoping I care.

FROM THE ARCHIVES

DECEMBER 5, 1968 PROJECTOR PAGE 7

Life in the superburbs

Winnipeg, like every sprawling metropolis, has its suburbs, and every morning and evening the sight of commuters pours forth from them to office and shop alike.

Yet the commuters are all right really. (Really?) They are not, as we have commonly supposed, deserts of variation, conformity, competitiveness and wife-swapping. They are not a desolate waste, eternally which will in time be inevitably filled out by enlightened city planners, and living in them is no spiritually or morally inferior to living in the centre of cities.

One of the great pity the suburbs are thought to be apt to[illegible], or perhaps cod-pots, of boring conformity in that they seriously fail to conform to the tastes of the intellectuals. So anyone with intellectual leanings leaves at the first opportunity. Somewhere in the centre of the city, of course, there are a few other disaffected intellectuals fleeing from their suburbs, and settle down on the spot to set up a boring conformity of their own.

Of course, the boring uniformity of the intellectual community doesn't seem like boring uniformity to the intellectuals, any more than the boring conformity of the suburbs seems like conformity to the suburbanites, each to its adherents seems full of the most stimulating diversity.

All the same, if I had money invested in the boring prosperity of the suburbs, I think I should at this point discreetly begin to withdraw it. When moderate people like you and me start to think that an institution is a good thing after all, it is past its prime, aching for demolition and ready for it.

Remember what was thought of Victorian architecture, until it started to become ripe for demolition? Remember what filthy things we thought steam-radios and steam-stoves were, until just before the rise of the automobile and the aeroplane? Now, of course, we know that it is the automobile and the aircraft which are ruining our cities and destroying our characters. We shall come round to them only when they invent the — whatever it is that will mark the end of our civilization next.

This is the general moral history of decent people: they are interesting, challenging, and on the point of opening up a wonderful new age. Then, when they grow boring and effective, and start opening up the workers' new age, it turns out that they are Edwardian, soul-destroying, contemptible and ridiculous. And finally, in old age, when their strength begins to fail, they are rewarded with middle-standing and affection and showered with honours. (What place for MTT?)

Remember how television was leading us all into a nation of[illegible] morons until McLuhan (What Are You Doing?) said really it was using up all a world of good and the young were growing up on a diet electronic super rock? Astonishingly, of course, we hear that fewer and fewer young people are watching television.

High rise apartments — touted in an attempt to avoid the situation quoted we now think might be fine after all, and we really warmed to their form — even those we shall one day come to feel affection for.

Truly, there is almost no limit to the capacity of human beings to adapt themselves to the ideas imposed upon them for their own good. (Thus saeth the Administration)

It is odd now we feel impelled to react to everything in moral terms. Why does everything have to seem good or bad to us? Particularly since we know that whatever we may think now we shall eventually think bad, and vice versa. We are like inbred peasants, for us reminder nothing but truth or taboo. Good God, is there really no aspect of the universe that we don't feel compelled either to encourage or discourage with our little smiles and frowns?

Let us put ten minutes aside each day to practice feeling morally dumb. The more things in the universe which we can contemplate with neither approbation nor disapprobation, the more moral energy we shall have left to concentrate on the things which really do need something done about them. Let our commonest moral reaction be a shrug, our commonest moral discourse, "mmm," and "How right I am."

Then, faced with new ideas like adolescent self-determination and the spread of unfamiliar human ways, we might learn to suppress our instant and knee-jerk as plain outrage and fear, and instead of leaping to condemn and excoriate, just mildly shuffle from foot to foot, and look out the window, and reconsider.

From the moral mind of view it one can say [illegible] it would be a great improvement.

Time to[illegible] the[illegible]. Now back to the Black Knight.

— D. A. Stevenson

Postscript: Let's hear it for the Arts (and Editorial Vans).

D. A. S.

Fashion

A surreal fall and winter wonderland

Montreal's Yves Jean Lacasse's Envers sets fashion precedent

By Connie Ng

TORONTO (CUP) – Among the vast collections that were showcased at the fall/winter Toronto Fashion Week, ranging from rocker chic to mod glamour, one of my favourites had to be Montreal's Envers.

With delicate, whimsical music box tunes softly dancing in the back ground, Envers opened the show as the most adorable girl with blonde Shirley Temple curls skipped into the spotlight in an Alice in Wonderland-inspired dress. The collection incorporated pieces for both men and women. Alongside a dramatic theatrical presentation, the collection as a whole was very couture, in comparison to the rest of the collections.

The pieces were 18th century romantic with a flare of Alice in Wonderland meets Pride and Prejudice. Pieces from the collection were very detailed and intricate, from the tailoring to the selection of fabric. The colour palette was very muted and serene — lots of crèmes with few splashes of fuchsia and bright oranges. Many big ruffled collars, puffy laced dresses and layered pieces appeared on the catwalk for the ladies, side by side wih many high-waisted pants and structured blazer pieces, topped with outrageously oversized cowboy hats, for the gentlemen.

According to Yves Jean Lacasse, the creative force behind this label on the cusp of celebrating its 10th anniversary, every man should have an Envers day in a week to get out of his everyday clothes. This renowned designer has established international success over the past few years. Most recently, he participated in the Parris Landing fashion show in Boston, chaired by Philippe Starck.

Annoying, arresting, avoid at all costs

By Mike Greendenton73@shaw.ca

As a year one student entering my post secondary education, there's nothing I look forward to more than following up my twelve years of obligatory schooling with at least four more years of voluntary schooling.

I say this with my tongue planted firmly in my cheek – there are certain aspects of the upcoming school year that I'm excited for. At the top of that list would definitely be the fact I won't have to interact with as many of the unsavory characters high school lumped me in with.

However, that train of thought led to a potentially heartbreaking epiphany recently: What if those people I was happy to have left behind enrolled as well? It was a horrifying possibility I'm sure people prefer not to even give credence to, as many of us assume the next time we see these people will be at some sort of distant high school reunion, where we can revel in their failures and our own successes which look even greater in contrast to their failure (I'm not the only person who has this dream, right?). As a public service to my fellow students, I've gone to the trouble of highlighting three major types of people we hoped we could avoid, as well as their likelihood of being your classes this coming year.

The kid you found annoying for a reason that you had trouble explaining:

One of the most elusive of the three offenders, this student was hard to sit next to because every word out of their mouth was like ear-poison (I think an assassin tried to use that in a James Bond movie once). Hallmarks of this person were an interest in some sort of fringe-sport that they would constantly talk about, or the ability to force themselves into your group during team projects, often via the dreaded "Quarter-turn of the desk which wedges themselves into your team's circle" technique.

Likelihood of being in your class: 20%. Chances are any point they started talking to you about themselves it was so irritating that you internally whistled a catchy tune (I prefer the theme to the Price is Right) to block them out. There are a lot of schools this person could have chosen, four specifically in Manitoba (they may not go at all), so you have decent odds of side-stepping this bullet.

The attractive member of the opposite sex who is a constant distraction:

Never mind the fact that this person is a landmine waiting to explode your concentration when they sit three seats away during an exam, you also have to contend with the mind games. What did it really mean when they asked to borrow a pen that day? Was that a pick up? Do I have a shot? Suddenly it's pencils down, you haven't answered question one of the test and you're re-taking the course over the summer. This is only one of the devastating effects this person can have, hence why you'd hoped to leave them behind in high school.

Likelihood of being in your class: 50%. Chances are you did your best to engage this person in conversation at any opportunity and you already found out they're going to your school. It comes down to whether or not they end up in any of your classes. If you're in any sort of business classes and the subject in question is female, you're dealing with more of a 80% probability, on account of she was "totally going into some business classes before her and her friends want to open a bar".

The extremely sarcastic student whose cynical nature wears thin quickly:

I just got my schedule last week.

Likelihood of being in your class –See you Aug. 29.

Savour This

By Joanna Fultz, News Editor

As the cool shadow of a new school year greedily swallows up the last precious beer swilling, bug swatting, binge eating glory days of late August, the memories of this past summer and all of its rich indulgences makes me long to turn these dog eared pages back to the beginning.

For me, these refreshing three or four months spoil the palate like a screaming toddler and bloat the waistline like a factory fed chicken. The frosty white insides of unripe tomatoes and the murmur of a humming can opener seem but a distant memory, as the lush summer days create a surreal gap between the shattering cold of midwinter blandness and the smoky bonfire scented air of the autumn harvest.

Standing hesitantly at the threshold of the new school year, tanned, rested, maybe a little hung over, our sprouting beer bellies poke through the doorway slightly in advance of our pre-summer bodies. Things have come full circle, and it is time to transition from feasting on freedom in the luxuries of a sun - facing solstice to feeding brains with knowledge.

There are many food options to help you start the year off right and pump your brain up like Mr. T circa 1984.

"Good proteins generate excitement and the ability to work hard. Things like fish energize and turkey relaxes you," says Cathie Turner, a registered holistic nutritionral consultant [RHN]. "Stocks and stems, foods such as asparagus, bok choy and celery are really good for moving energy."

To improve short-term memory and to plump up a sun soaked raisin brain, stop suckling on the keg spout and grab a bottle of water. Your brain is composed of a whopping 95 per cent water, your blood 82 per cent and your lungs are close to 90 per cent. Without sufficient daily water intake (eight glasses per day), your body will not be operating at its maximum potential.

To keep your energy high, cut back on foods that contain simple sugars like bread, rice and potatoes. Many Canadians have already begun to do so according to the Statistics Canada website, www.statscan.ca.

"Per capita consumption of fresh vegetables fell for the third consecutive year in 2004, hitting its lowest level since 1992. Canada's favourite vegetable, potatoes, many of them eaten as French fries or chips, accounted for half of the decline in vegetable consumption. Consumption of potatoes has been trending down for three years."

As September creeps closer, start practicing a little self - control in what you eat, and by doing so, you can easily smooth the transition from dirty beach bum to big city brainiac by making some educated food choices.

Tip of the day: If it looks like a brain, it's probably good for your brain. Things like walnuts, broccoli and cauliflower that resemble your juicy skull tenant are excellent stimulators.

Healthful Food of the Bi-Month:

ANTIOXIDANT RICH BLUEBERRIES

Antioxidants assist in defusing destructive by-products of metabolism called free radicals that are linked to cancer and other harmful diseases.

Blueberry Brain Booster

2 cups Vanilla Soy Milk
1 cup peach yogurt
1 peach, cut into cubes
1 banana
2 handfuls of fresh blueberries
1 tablespoon of honey
Combine ingredients in a blender, pour into a to-go cup and you are on your way out the door to class.

Employment Opportunity

Food Bank Co-ordinator

Part-time/Casual

September, 2006 – May, 2007

The Red River College Students' Association needs a co-ordinator for its food bank situated at the Notre Dame campus.

Applicants must be Red River College students, familiar with college facilities and have experience dealing with the public. The coordinator will be responsible for offering and promoting a bi-weekly food bank service for the students of Red River College.

Wage: $175/mth **Closing Date: Sept 8, 2006**

Apply in writing to: **RRC Students' Association**
Rm CM20, Winnipeg, MB R3H 0J9

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Employment Opportunity

Safe Walk Patrol Officers

Part-time/Casual

September, 2006 – May, 2007

The Red River College Students' Association and Red River College are looking for Safe Walk Patrol Officers to escort people to and from various locations in and around the **Princess Street campus**.

Applicants must be Red River College students, familiar with college facilities and have experience dealing with the public. The successful candidates will be required to work 6 – 12 hours per week, primarily evenings.

Wage: $8.00/hour **Closing Date: Sept 4, 2006**

Apply in writing to: **RRC Students' Association**
Rm CM20 Notre Dame or P110

RED RIVER COLLEGE
STUDENTS' ASSOCIATION

On Your Dime

THREE TO FOUR INGREDIENT RECIPES FOR STUDENT LIVING

Sautéed Zucchini with Garlic
4-6 small zucchini
1/3 cup/ 75 ml of olive oil
2 cloves of garlic finely chopped

Cut zucchini lengthwise into three strips each. Heat olive oil on medium in frying pan. Turn heat down a little to sauté zucchini and garlic until the zucchini is tender but still a bit crisp (3-5 minutes). Sprinkle with lemon juice, or add salt and pepper to taste.

Do you have a tasty recipe that uses only three – four ingredients? Send it to health@theprojector.ca and it may be featured in an upcoming issue.

Sluggish Stretches

By Kathryn McBurney, Health, Sports & Lifestyles Editor

Throughout the year you may notice that a classmate you sit close to is looking lethargic. You will have the option to let their weariness wear off on you, or you can help fight the fatigue.

Elongating muscles that have been sitting stagnant through a lecture or typing repetitively at a workstation for over 30 minutes is a simple way to increase your body's energy and rejuvenate your mood. There are several simple stretches that can be done on the spot.

Don't worry – no spandex is required! A three to five minute stretch break every 30 - 40 minutes will lead you to feel better, be more productive, and avoid many academic related aches.

Staying seated and remaining immersed in your instructors every word, try these eight easy stretches (and get the other sluggish scholar to join in):

1. Relax your arms and raise your shoulders toward your ears. Hold this position for three to five seconds and then relax your shoulders.

2. Inhale deeply – as you exhale, drop your right ear toward your right shoulder. Hold for three seconds. Inhale as you raise your head back into a neutral position. Repeat a deep inhale, and do the sequence to the left side.

3. Keeping your chin level, glide your head backward (giving yourself a double chin). Hold for three to five seconds, then release.

4. Place the palms of your hands flat together, as if to pray, and elbows on the desk. Slowly lower your wrists to the desktop without separating your hands. Your elbows will move naturally out to the sides.

5. Make tight fists with both hands, then release. Do this three times. Next rotate each wrist clockwise three times, then counter-clockwise three times.

6. Grasp your right shin and lift the right leg off the floor. Bend forward easily and try reaching your nose to your thigh. Repeat for the left leg.

7. Pull your toes toward your shin and hold for 7-10 seconds. Now point your toes away from your shins and hold 7- 10 seconds. Repeat this 3 times.

Finally, feel good about taking charge of your body by doing the boss stretch,

8. Seated with your lower and upper back against the backrest of your chair, feet flat on the floor, put your hands behind your head with elbows relaxed outward. Slowly press your back deeper into the chair, leaning backward and allowing your elbows to open naturally. Hold this stretch for 7-10 seconds.

Relieving your muscles from boredom will increase blood flow to your body and brain, carrying oxygen and nutrients that will help you feel alert and energetic again.

Things Momma Never 'Splained

WHAT IS GRIMACE AND HOW DOES IT PROMOTE MCDONALD'S?

Send us your answers to health@theprojector.ca.

In the next issue we will feature some of your answers and the true answer.

Employment Opportunity

WebMaster

Casual Position 2006-07

The RRC Students' Association is looking for a creative and reliable web designer who is able to maintain and promote our existing website and make it a helpful site to visit. Our goal is to make our site dynamic, appealing and informative.

Applicants must be Red River College students, who will keep our site current, write content when required and work to promote the site throughout the college.

Wage: $275/mth **Closing Date: Sept 4, 2006**

Apply in writing to: **RRC Students' Association**
Rm CM20 Notre Dame or P110

RED RIVER COLLEGE
STUDENTS' ASSOCIATION

enrg RESEARCH GROUP

Position: Market Research Interviewer

Location: Exchange District **Wage: Up to 9.00/hr**
Terms: P/T - F/T - Permanent
Shifts available: evenings/weekends

Objective: to provide superior external and internal client service.

Responsibilities: conducting telephone interviews with the general public using computer-assisted and/or paper surveys and research questionnaires; ensuring respondents meet eligibility requirements; reading the survey and research questionnaire scripts verbatim; using effective interviewing techniques as required; recording respondents' answers accurately; and completing clerical and/or other duties as required.

Proven Skills, Knowledge and Experience: written and oral communication; computer; client service; listening and learning; quality assurance; some previous call centre experience.

Attributes: enthusiasm, reliability, maturity, integrity, consistency, adaptability, flexibility, dedication, motivation and professionalism

Interested and qualified applicants can forward their resumes and cover letters to: **careersfield@nrgresearchgroup.com**, fax: 947-2410 or apply in person on the 11th floor, 213 Notre Dame Ave. No phone calls please. We would like to thank all applicants, however, only those who are being considered further will be contacted.

Hard to Take

Got a prob? Email Brant and Meghan at bmadvice@hotmail.com

Dear Meghan and Brant,

I've just started back to school, but I think my girlfriend is upset with me. Although I'm excited to start a new part of my life, I think she'd rather be starting a different "new" part.

We've been together for six years and I really like being with her, I just don't see "together forever" right now.

How can I pursue my education if I don't have her on board too?

Confused in Osborne

MEGHAN

The way I see it, she needs reassurance that she hasn't wasted a good chunk of her time. Does this mean booking an appointment at W.K. Chan anytime soon? No. Girlfriends are fickle creatures that like romantic men. Chances are if you only think your girlfriend is upset with you, you didn't take the time to talk about your dilemma with her. Explain how important your education is to you, and that you plan to make it a priority.

Just be sure to take time away from your books to show her she is important.

BRANT

Meghan's right. You need to reassure her that she isn't wasting her time. After six years, there aren't too many rungs left in the relationship ladder.

Perhaps you do envision a ring in the future, after you've completed school and started your career. That's understandable. Just make sure she understands your time frame.

Perhaps you don't see a ring in the future. She should also know that. It may be rough starting school without that comfort zone, but it will be better in the long run when the arguments inevitably bog you down.

You may find it time to shit or get off the pot.

Dear Meghan and Brant,

I'm just starting at college again after 3 years of being out of high school. I'm kind of nervous since I am fairly quiet and usually have a hard time meeting new people. Any suggestions on how to open up to my new classmates?

Nervous in the Maples

BRANT

DRINK! No, not just to release the party animal within, I mean drink to socialize. It doesn't even have to be booze. Drink coffee. Drink water. It doesn't matter what, because drinking in not the important part. It's what goes on while drinking… complaining.

Whether it's about the workload, instructors, or the crappy advice coming out of the Projector, students love to complain.

Join your fellow classmates at the local watering hole or lunchroom. Complain and be merry.

But beware. Drink and complain in moderation. Nobody likes a constant whiner, annoying drunk, caffeine junkie or someone that has to constantly go to the washroom.

MEGHAN

Although I am a firm believer that drinking makes you friends, I think the point Brant is trying to make is finding common ground. Students generally have the same problems which are perfect icebreakers.

First day tip: Scope out your classmates and there will definitely be a Nervous Nelly eager to find someone to talk to. Once you spot them, make your move.

Other important tips: Wearing socks with your runners, smiling, and having minty-fresh breath will make you more approachable.

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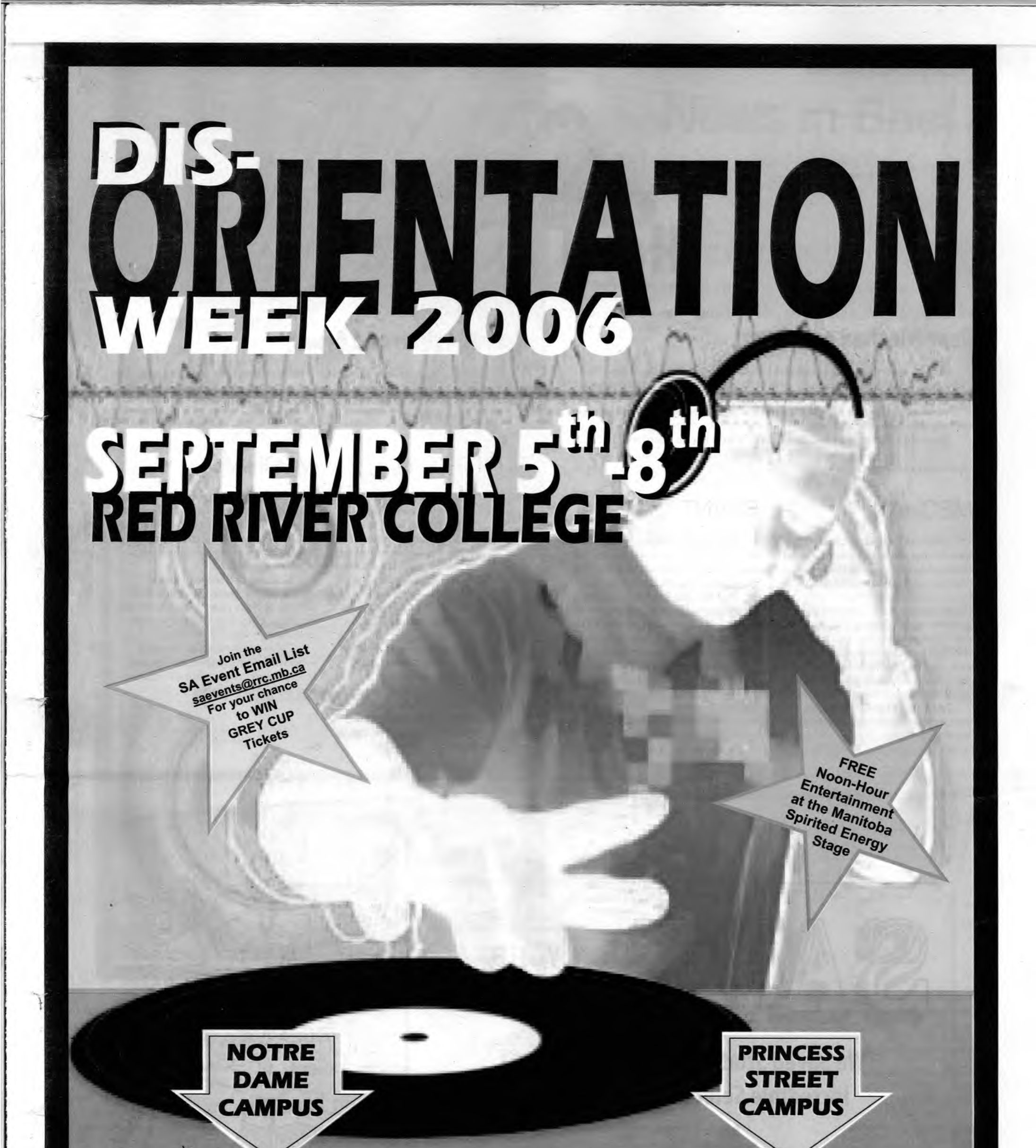

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Wednesday—3:00 pm to 7:00 pm Outdoor D/E/F Courtyard Featuring music by Moses Mayes Special appearance by the Molson Rock Squad	**KEGGERS**	**Thursday**—3:00 pm to 6:00 pm Cafeteria Featuring music by Novillero Special appearance by the MTS Street Team
All Day—Classic Movies—Cave Lounge **Friday**—X-Men 3 & DaVinci Code —Cave Lounge	**MOVIES**	**All Day**—Classic Movies—Cafeteria **Friday**—X-Men 3 & DaVinci Code —Cafeteria
Friday—College Night at TYC Tijuana Yacht Club Pick up a Free Ticket for Free Cover from the SA Office, Room CM20	**BAR NIGHT**	**Friday**—College Night at TYC Tijuana Yacht Club Pick up a Free Ticket for Free Cover from the SA Office, Room P110

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