LIBRARY
RED RIVER COMMUNITY COLLEGE
LIB182567

PIZZA DOUGHBOYS
New Location
Unit 15
2188 McPhillips
633-4300

the Projector

February 22, 1999 — Red River College, Winnipeg, Manitoba, Canada

"Fostering a free exchange of ideas."

MOVIE VILLAGE
YES!
WE SELL MOVIES
57 OSBORNE STREET 477-5668
www.pangea.ca/movies

NEWS

ALCOHOL FEATURE (PART 1) . 2
ALCOHOL FEATURE (PART 2) . 3
COMPUTER ANIMATION 4
LETTER TO THE EDITOR 4
COLLEGE CHAPLAINS 5
CAMPUS RENOVATIONS . . . 6
ALCOHOL FEATURE (PART 3) . 6

ENTERTAINMENT

SWAN LAKE 8
CD REVIEWS 10-11
MOVIE REVIEW 10

COLUMNS & FEATURES

DIVERSITY 7
TELETUBBIES 9
THE RANT 9
CLASSIFIED 12
FICTION 13

HAPPY CHINESE NEW YEAR FROM THE STAFF AT THE PROJECTOR.

Meltdown a sticky situation

Strippers hired for 54.40 show?

By Jeff Eyamie and Vincent Pearase

Vancouver band 54.40 wasn't the only hired entertainment at Meltdown.

Friday night's bash, featuring 54.40, also featured female "minglers" and a racy contest that has the Students' Association in hot water.

An anonymous letter (reprinted inside on page 4) has been sent to local media, complaining about the SA's use of hired girls to get their party hopping. The letter accuses the SA of hiring strippers for the bash. Reporters from CJOB and the Winnipeg Free Press have called the SA to look into the matter.

"What happened was a big misunderstanding," said SA President Lindsey Bohnhardt.

Bohnhardt did not witness the incident, but is the SA's designated spokesperson. No other SA employees — including the event's organizers — would comment.

The event's organizers also refused to supply The Projector with pictures of the event.

"Three girls were hired for when the band was taking down their equipment to get people to dance, so they wouldn't leave," Bohnhardt said.

Bohnhardt said the hired girls were not strippers, but were hired "from an agency." They were hired "to get people to mingle." Bohnhardt did not know what kind of an agency the females were hired from.

When organizers of the event held a "hide the SA sticker" contest, one of the participants demonstrated that she had placed SA stickers on her nipples.

One of the three hired females did participate in the "hide the sticker" contest, but no shirts were removed, according to Bohnhardt.

"I think this was done in poor taste," Bohnhardt said. "I think it was poor judgment."

The head organizer of Meltdown '99 declared the event a great success.

SA Programming Director Geoff Sine said all 750 wristbands for the week-long bash were sold out. The South Gym was filled to capacity for Friday's 54.40 concert, which featured the "hide the sticker" contest.

Other events, such as a performance by a hypnotist, free movies and glow bowling were also well-attended.

"Everything went smoothly," Sine said. "We had a lot of great volunteers."

Sine is considering booking a public speaker for next year, similar to what the U of M has as part of their "Celebration" event.

"I'd like to bring in somebody on the lighter side, like Sue Johanson (of Sunday Night Sex Show fame)."

"This was done in poor taste"
-Lindsey Bohnhardt, SA President

"Everything went smoothly"
-Geoff Sine, SA programming director

Big plans in the works for campus beautification

By Dan Gordon

The Red River College of tomorrow is now being designed.

The Students' Association is working on a proposal to create a new Campus Centre facility. The aim of the proposal is to unify the college with a well-linked "heart of the campus". Red River College has been a cluster of various buildings since the college was built in the '60s. The proposal admits the college is a "scattered assembly" of different components that needs something to pull them all together.

The centre would be located where the bus loop is today. It would link Building A with Building D on the mall, plaza and 2nd floor levels, and stretch back to the Building C tower.

The Cave would be relocated and become a section of a multi-purpose room on the second floor of the proposed centre. A partition wall could be retracted to create a large room with a stage that could be used for events like keggers and concerts. The room could be rented out for private conferences on weekends to defer a portion of the project costs. An independent air quality system for this room would be installed and indoor smoking would be permitted. The design includes a large exterior balcony for the Cave.

A few student clubs would also be moved to better spaces in the college. CMOR Radio would be relocated to the Mall level and would have enough room to house a radio production room. The Projector office would be moved to the second level, a definite improvement over its current home in a trailer beside the west parking lot.

The plan also includes a major expansion of student services, the bookstore and the library. The Library/ Learning Centre will receive a new level, doubling its space to 44,000 square feet.

Don't light up that cigarette just yet, however. It will be several years before these ideas are realized. The proposal won't be put into action until funds are secured and it's approved by the Board of Governors.

"Everyone seems to think it's a good idea, but the problem lies with dollars," says Dave Mayor, executive director of the SA. The entire project is estimated to cost over $23 million. Mayor says that although the SA has already set some funds aside for this initiative, there is much private fund-raising to be done.

The college is slowly evolving to meet students' needs. While you may have to smoke outdoors and brave the elements to submit an article at the Projector trailer, Red River College students of the future may learn in quite a different campus.

Luck be an ox tonight

By Jeff Eyamie

The Ox Campus Store has been bullish for people playing the lotteries this year.

For the second time in recent months, an Ox customer has come away with a cash cow of a jackpot.

Lisa Berens-Flett, a 25-year-old Red River student and mother, won a cool $100,000 with a winning Extra number.

Berens-Flett didn't know she had won until she brought the ticket back to the Ox just before Valentine's Day.

"I was deliriously happy," she said. "I was dumbstruck," adding she hasn't decided what to do with the money.

"The Ox is the luckiest place to buy a lottery ticket," said manager Todd Buchanan.

About six months ago, another Ox patron collected $58,000 from a winning 6/49 ticket.

"Remember, good things happen in threes," Buchanan said.

Alcohol: Everybody's favourite party guest

By Darren Marrese

US college students spend $5.5 billion a year on alcohol.

Lindey Pearlman and Lisa Gordon are among the 100 or more young bar patrons waiting in line to get into Scandals Fun Club. It's only 9 p.m.; the bar is packed to capacity, and the line up isn't moving. But the muffled thumps of the high-energy dance music resonating from within has the girls grooving in line, trying to make the best out of a bad situation.

"It kinda sucks being stuck in line when all your friends are already inside partying without you," Pearlman said. "But that's the way it is. I don't have anything better to do tonight, anyway. And I really want to get drunk."

Drinking and hanging-out with friends go hand in hand. According to a report issued by the Addictions Foundation of Manitoba (AFM), 85.3 per cent of its adult treatment clients drink to socialize and have fun. For some patrons, bar-hopping is a popular way to relieve the stress of academic assignments. For others, it's a way of meeting new people. Regardless, drinking always plays a prominent role in social gatherings.

That's because alcohol has been part of human civilization for centuries. Although no one knows the exact date of its origin, wine and beer has been traced back to 6,000 BC. But the habitual consumption of alcohol as we know it didn't begin until about 7th century, BC when wine consumption became an important part of Greek agriculture.

Heavy drinking at festivals and celebrations became the norm, particularly during all-male parties, called symposiums. During the symposiums, guests passed a cup around and drank to one another's health before taking part in bouts of competitive drinking to see who could drink the most.

So what's changed today? Not much, really. Alcohol consumption is still linked to festivities, particularly around the holiday seasons (ever been to the LC before they close on New Years Eve? It's a zoo!). But it's also been the subject of a lot of interest and research during the past few decades. In fact, chronic alcohol abuse is now recognized as a medical disease.

But alcohol is also the product of a major multi-million dollar industry. In 1993 there were 15, 741 people employed in the production of alcoholic beverages in Canada alone. Their salaries and wages totaled approximately $744 million, according to the AFM.

The Manitoba Liquor Control Commission took in $346.6 million in revenues for the year ending March 31, 1995, which is $5.9 million more than the previous fiscal year. And in 1992-93, Canadians spent $10.4 billion on alcoholic beverages. The average Canadian, age 15 years and older, spent $246 on beer and $83 on wine. Per capita spending in Manitoba was $418.

Statistical data from the USA is similar. College students spend $5.5 billion on alcohol, particularly beer; this is more than they spend on books, soda pop, coffee juice and milk combined, averaging $466 per student per year. It's estimated that college students drink 4 billion bottles of beer annually, with fraternity members drinking more often and more heavily than other college students.

More alarming is that the number of college women who drink to get drunk has more than tripled in the past ten years, rising from 10 per cent to 30 per cent. And, sadly, 75 per cent of male students and 55 per cent of female students involved in date-rape had been using drugs or drinking at the time the rape occurred.

But according to the AFM, student alcohol consumption rates across Manitoba are declining. However, the fact remains the vast majority of students do drink, sometimes to excess.

Garrett Billan, 20, a entrepreneurial student at Red River College, admits he's a heavy drinker.

"I start out with a couple of drinks, but I end up having about 20," Billan said. "I usually drink three or four times a week. That's down from every day in the summer. I think it's a waste having one or two drinks."

Eric Hartman, 24, a University of Manitoba Zoology major, used to be a heavy drinker, but realized that it was no longer fun.

"I go overboard," Hartman said. "It seems fun when you're drunk, but it started to hit me too hard, and I always regretted it the next day. It's kind of fun now that I don't drink. I don't have to worry about doing stupid things."

Hartman, who admits he was once a binge alcoholic, once got into a fight with a bouncer, punched out the windshield of his friend's car, lost his glasses and was found passed out in the Assiniboine Park by the Park Police and taken home - all in one night.

"That was my worst experience. And the most expensive one. I don't remember doing half the stuff I did that night. It was kind of embarrassing."

UNITED ARMY SURPLUS SALES

460 Portage Ave.
Across from The Bay
Ph. 786-5421
Open Seven Days A Week

10% DISCOUNT
RED RIVER COMMUNITY COLLEGE STUDENTS & STAFF WITH I.D.
(ON ALL REGULARLY PRICED MERCHANDISE)

EVERYTHING FOR THE GREAT OUTDOORS
CAMPTRAILS & JACK WOLFSKIN BACKPACKS
EUREKA & JACK WOLFSKIN TENTS
JANSPORT PACKS
COLUMBIA CLOTHING AND FOOTWEAR
KODIAK, HITEC & SOREL BOOTS
SIERRA DESIGNS & BANFF GORETEX CLOTHING
COLEMAN OUTDOOR PRODUCTS
BAUSCH AND LOMB BINOCULARS
SONY ELECTRONICS
"CANADA'S LARGEST OUTDOOR STORE"

the Projector

has been Red River College's Student Newspaper for over 30 years.

Editors-in-Chief
Jeff Eyamie, John Lu

News Editor
Jonas Olafson

Entertainment Editors
Eleanor Coopsammy

Photo Editor
Angelou Flores

Advertising and Sales Manager
Guy Lussier

Photographer
Angelou Flores

Contributing Writers
Kelly Bray, Scott Carman, Kelley Craig, Barb Dixon, Vergil dela Rosa, Shannon Dueck, Jeff Eyamie, Scott Garner, Dan Gordon, Tyler Heshka, John Lu, Allen Mankewich, Darren Marrese, Rose Pallone, Vincent Pearese

Projector editors can be reached at: 632-2479 or by fax at 697-9080. Advertising can be reached at 632-2070.

Going to Europe?

So are we... and have been Since 1969

We began making travel affordable for students 30 years ago... and we're still doing it today!

Buy This by 31 Mar 99:
Student Class™ airfare
Bon Voyage™ travel insurance
Eurail or Britrail pass
ISIC (International Student Identity Card)
Get This FREE:
$80 value
- 1999 Let's Go Europe Guidebook
- Travel Journal
- Collapsible 1 litre water bottle
- Money belt
- Laundry bag
- A night at the Pink Palace
- And a PEZ

While quantities last. See Travel CUTS for complete details.

TRAVEL CUTS
Plugged-in to Student Travel
Since 1969

783-5353
499 Portage Ave

Owned and operated by the Canadian Federation of Students

Drinking and driving:

The facts and myths of impaired driving charges

By Darren Marrese

Thousands of Canadians are killed each year by drunk drivers. What's more, alcohol and/or drugs are involved in 3 out of 4 driver deaths in single-vehicle accidents, with nearly half of the driver deaths in accidents involving more than one vehicle, according to the Addictions Foundation of Manitoba (AFM).

Many Manitobans falsely believe that you have to be driving to get an impaired charge and a subsequent criminal record. Not so! Amendments made in 1985 to the federal law and the Criminal Code of Canada allow the police to charge anyone who has care and control of a vehicle or drives a vehicle while impaired by alcohol or drugs. Now it doesn't matter if the vehicle is on the street, in a parking lot or even in a driveway. If you've been drinking and have access to a motor vehicle you can be charged with impairment.

In order to be charged with care and control, you have to have a blood alcohol concentration (BAC) over the legal limit of .08 and have immediate access to a vehicle whether it's running or not. Even human muscle vehicles like sailboats and canoes fall under this jurisdiction. That means you can be charged if you're drunk and sailing, if you're drunk and have keys to an available car, or if you're drunk and sitting in the passenger seat of a running car when the driver isn't around.

So the next time you're camping and drinking with the boys, and decide to pass out in the back seat of your car, make sure you don't have the keys on you when the RCMP come around, or else you could be facing criminal charges.

Similarly, if you refuse a breathalyzer, a blood sample, or roadside screening device like the A.L.E.R.T., you'll automatically be slapped with an impaired charge and get a criminal record. Many people assume that if you refuse a breathalyzer, you only get a temporary suspension on your driver's license. But according to Cal Friesen, a Winnipeg lawyer who specializes in impaired driving cases, the penalty for refusing a breathalyzer is harder than for blowing over .08.

"You're essentially obstructing justice," Friesen said. "At the same time, you're admitting your guilt. Your fines are usually higher, and the (License Suspension) Appeal Board will be a lot harder on you if you apply for a conditional license."

The breathalyzer might actually help you, too. Sometimes people who've been drinking a bit don't blow over, or receive a warning. Others may blow over on the first reading but blow under on the second, or third readings. As such, they may be released with only a warning and without having criminal charges laid against them. But if they'd refused, they would have convicted themselves on the spot.

You can also be charged with impaired driving even if you haven't had a drink. If you're simply tired or fatigued, for instance, and get pulled over by the police for lane wandering, they might charge you with impaired driving. So, if you're on cold medications that make you drowsy, don't drive.

YOUR DRIVER'S LICENSE

There is some confusion amongst Manitobans as to what the legal drinking limit is. Is it .05 or .08?

The truth is that a BAC of .05 will result in an immediate 24-hour license suspension and a $40 reinstatement fee. No criminal charges will be laid, but anyone with two or more .05 alcohol suspensions within three years will have to enroll themselves in the AFM's Impaired Driving Program (IDP) for assessment at their own expense.

Drivers who have a BAC of .08 or over, or who refuse the breathalyzer, receive an automatic three month suspension of their drivers license from the date the charges were laid. However, an additional year-long suspension is issued under the Highway Traffic Act and begins at the time of conviction. A second offense results in a five year suspension if the offense occurs within five years of a previous alcohol or drug related conviction.

But some exceptions are occasionally made for those with extenuating circumstances, who can successfully prove hardship to the License Suspension Board of Appeal, a division of the Manitoba Motor Vehicle Branch.

For instance, a cab driver with a family to support relies on her drivers license to earn a living. After her three month mandatory suspension has expired, she is entitled to apply for a conditional drivers license, allowing her to drive during specific hours on specific days for specific work-related reasons. But if she has a poor driving record, multiple impaired charges, or is unable to convince the board that her driving isn't a threat to public safety, they may reject her appeal altogether, regardless of her hardship.

However, if she proves her hardship she still has to enroll in the IDP to have her substance use or misuse assessed. Once the counsellors make a decision, they forward the assessment and their recommendations to the Board of Appeal, who then make their own decision. If Ms. Cab Driver is lucky, the board will decide in her favour and have her attend a driver improvement interview to give her her license back. After she pays the enormous license surcharge her conditional license will go into effect and she'll be able to return to work.

THE FINANCIAL BURDEN

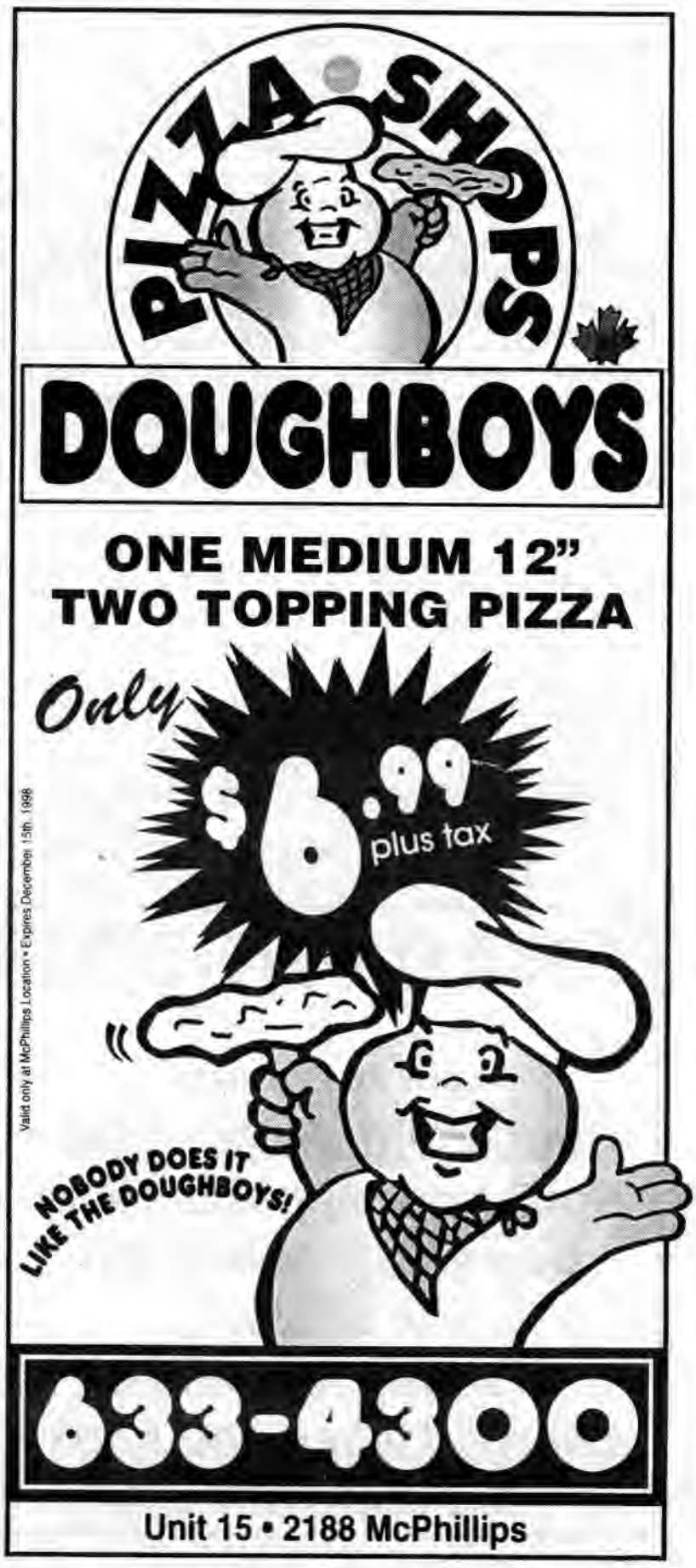
The fine of impaired driving is a lot smaller than the legal price tag many convicted drivers face. On average, a guilty plea will cost you $1000. According to Friesen, a not-guilty plea will cost you anywhere from $4,000 to $10,000 or more, depending on your situation.

And if you are convicted, damage to your vehicle will not be covered by your insurance, nor will any bodily injuries sustained in the crash. Your insurance premiums will increase dramatically, and you and the rest of your family may have trouble getting any insurance at all.

The 10 to 15 demerits you get on your drivers license will cost you up to $440, and decrease slightly every year if the driver keeps a clean accident record.

The mandatory AFM assessment program cashes out at $270, while the cost to file an appeal for your drivers license is $110.

And let's not forget the price of potential lawsuits against you...



Th-th-that's all, folks

RRC Computer Animation program in the business of magic-making

By Vincent Pearase

Tagger, an RRC Computer Animation creation.

Pixar and PDI, creators of Toy Story and Antz, aren't the only ones in North America creating mind-boggling computer animation.

Few people at Red River College know it, but a small, select group of students on our very own campus are hard at work creating high-tech animation of their own, albeit on a much smaller scale.

The computer animation classes are part of the New Electronic Media (NEM) advanced diploma program, which also includes multi-media and typography classes. The animation portion takes up 10 classroom hours per week.

The program, which began in 1995, can accommodate up to six advertising art grads per year. Cost for the program is approximately $2,500 per year, including books and materials.

NEM graduates work in animation, interactive CD-ROM authoring and web page design.

Brad Caruk is the computer animation instructor. He says ninety per cent of grads go on to work for Winnipeg companies such as Fusion and One World Media.

The NEM program is a stepping stone that leads to entry-level design jobs.

"You can't take this program and expect to get a job with Disney," Caruk says. "This course is just an introduction. Ten hours a week isn't enough time to become an expert."

Surprisingly, the computers used in the animation lab, 233 MHz Pentium II PCs with 128 MB RAM, are the exact same sort of PCs many of us have at home.

The software is a different story. They use 3-D Studio Max, a $15,000 program used by professional animators.

"South Park uses 3-D Studio Max to animate their show," says Mark Kruk, 23, one of only three students enrolled in the computer animation classes.

The other students are Deryk Dawe, 22, and Chad Wiebe, 23.

"The software is pretty user friendly. You don't have to be a science major to use it," says Dawe.

According to these budding animators, a major challenge is achieving a "real life look."

"A lot of things in computer animation come out perfect-looking," says Wiebe. "You have to put nicks and scratches on it."

To ensure their animation looks realistic, Dawe, Wiebe and Kruk are constantly analyzing objects and people.

"Reference to real life is very important," Dawe says. "We recently had an assignment where we had to create a computer animated character and make him walk. So we were all, like, walking around the room, trying to get it right."

"In your first year in ad art, you are analyzing billboards, or advertisements. Your second year, it's more intense, analyzing any print stuff you see. Now we analyze 3-D objects, which is everything, basically," says Wiebe.

Instructor Caruk praises the strong work ethic shown by his students.

"They put in a lot of extra time" he says. "This room gets pretty stank sometimes, because these guys stay here all the time."

He cautions that the road to fame and fortune can be a long one.

"Success in this field requires a lot of time and dedication," says Caruk. "I say to these guys, 'if you are interested in pursuing it further, you are going to have to continue your education.' "

"At this point these guys could work at any of the local studios, but they aren't qualified to work for the big houses like ILM or Dreamworks," Caruk says.

With more training and experience, Caruk says computer animation can be a lucrative occupation. "This industry is getting to the point where really qualified individuals receive six digit salaries." Only the *crème de la crème* receive the big salaries and plum jobs, however. "I've spoken to recruiters at Digital Domain and Pacific Data Images, and they say out of 100 applicants, only 0.5% are qualified to be hired."

Local multi media design studios, according to Caruk, pay a starting salary of between $18,000 to $24,000 per year. And some studios, he warns, pay less.

Artistic talent is a crucial part of being successful. "Computer animation is a creative process. If you can't draw or be creative, go do something else. You won't make it. If you know a piece of software like the back of your hand, that's one thing. But you won't get hired for that. You need creative skill," Caruk says.

Caruk criticizes some of the other computer animation programs in Winnipeg for accepting students with little or no artistic talent.

"To take a truck driver off the street and stick him in front of a computer and say, 'you're going to be an animator in one year,' is misleading. He may know the software inside out, but he is far from being an animator," Caruk says.

A recent grad of the New Electronic Media Program reports being very satisfied with the program. Eva Bachelor, 23, graduated from the New Media program in 1998, and is currently working full time at WTN and part-time at Frantic Films. At Frantic she does 3-D computer animation and modeling. "I enjoyed the course," she says. "There were a few things I wanted to learn more about. More time spent on animation would have been nice. But overall, it's pretty good."

Do you have something to say that just begs to be printed?
Are you a fountain of thought-provoking stories?
If so, call the Projector at 632-2479.

GRAD PHOTOS

will be taken
March 29th to April 1st.
Book your appointments beginning March 8th in DM20.
A sitting fee will be charged when you book your appointment.

Letter to the Editor

To Whom It May Concern:

I am a student at Red River College, and I was in attendance at the Students' Association sponsored event on Friday, February 12, 1999. I was shocked and disgusted by what I heard and saw. During a discussion with a fellow classmate, I was informed that the organizers of the event had hired the services of female exotic dancers, in what I can only guess was an attempt to satisfy the largely male crowd that attended this event. It must have been a well-known plan, as all at our table were well aware of which females were the dancers. As the night progressed the two dancers appeared onstage in some form of contest MC'd by one of the event organizers. At this time one of the female dancers proceeded to remove her shirt and exposed her breasts to the crowd. I found this tasteless and juvenile.

What concerned me the most was the thought that my student fees went to pay for such immaturity. In an age of ever increasing tuition costs, I can think of many more things I could do with the money I give to the Students' Association than throw it away on strippers! How can the Students' Association justify this use of my student fees? If this is how my money is spent, I will refuse to pay my fees next year and will recommend others do not, as well.

This reflects badly on the students, faculty and administration of Red River. So concerned am I at the thought of misuse of student fees, I will forward this letter to the College Administration, the Students' Association and the news media, in hopes that this may cause a more detailed look at how our student fees are spent.

Faxed anonymously
from the Ox

Open ears for turbulent times

Chaplains always available to students

By Allen Mankewich

The Chaplaincy Care Centre at Red River College is a great place to go if you're in search of some spiritual guidance.

"We're here to provide support, friendship, and counselling for students and staff," says Judy Johnson, one of the five chaplains at the College. Each chaplain takes turns working one day per week.

Johnson says the chaplains caters to all religions. "We respect every age, culture and religion."

Johnson says the chaplains provide counselling on issues like family relationships, faith issues, life changing decisions and stress. The chaplains also accept prayer requests.

Not all of the chaplains are ordained ministers, but they have taken some form of theological training.

All of the chaplains work for free. Johnson says this shows their "commitment and dedication" to helping others.

She says that some people may be reluctant to visit the chaplains. "Some people have the idea that because we're religious we'll hit them over the heads."

But that is far from the truth. "We provide a listening ear and a caring heart. We provide a place of safety and a place of peace," says Johnson.

People should "not be afraid to chat with us," says Johnson. "We do not have a hidden agenda. We respect the students for who they are and we want to make their world a better place."

Johnson says that low self esteem is often a major factor in student's problems. "We encourage them to focus on their strengths," Johnson says..

If the chaplains think the students require special assistance, they refer them to outside agencies.

If a student wants to visit the chaplains, there is many ways to contact them. Students can visit the "listening post tables" the chaplains set up once a month in various spots on the campus. Or students can go up to C-206 and visit the chaplains. If the chaplains are busy, students can make an appointment. The chaplains are here every day, from 9:30-3:30. Students are also welcome to call the chaplains at 632-2061.

Johnson offered one last piece of advice. "We're here to listen. Don't be afraid to come see us. We are happy to talk to anyone about anything."

COMEDY IN THE TOWER LOUNGE
Creative Communications student Steve Edwards tries his hand at stand-up comedy
Wednesday, February 24, 1999
12:00 noon at the Tower Lounge.
Be there... be prepared to laugh.

If you're concerned about the **Year 2000 Bug...**

"Together, we can beat the Bug!"

No one has all the answers.

But we can help.

Your computer
When the year 2000 rolls around, your personal computer could get confused. It could start to read the year 2000 as the year 1900. Essentially, that's the Millennium Bug. Lots of other electronic devices could catch it too, but your computer is the most vulnerable. Hardware, software, operating systems, data – all could be affected. So could printers, modems, and scanners. We can show you how to test your computer for possible Year 2000 difficulties. And we can help you to find out which products and suppliers are Bug-free.

Your finances
Canada's banks, other deposit-taking institutions and related organizations such as VISA, MasterCard, and the Interac Association expect to have their technology fully prepared. They are developing back-up systems and contingency plans to deal with any unforeseen events. If you have questions, you should contact your financial institution.

Your household appliances
You probably don't have to worry about your appliances. The Bug will hit only those that depend on dates to work properly. If you can unplug an appliance and then turn it back on without having to reset anything, it should be OK. None of your equipment should stop working altogether.

But timing devices could be a problem on some VCRs, fax machines, security alarms, digital thermostats, answering machines, and video and digital cameras. We can help you to get Year 2000 information supplied by appliance retailers and manufacturers.

Your car
Manufacturers say it is highly unlikely that the Bug will cause car problems. We can show you what several of the major car manufacturers have to say about the Bug and their products.

Don't wait until you have a problem to begin finding out about the Year 2000 Bug. Start now! **Watch for the *Millennium Bug Homecheck* guide in your mailbox.** For more information call:

1-800-270-8220
TTY: 1-800-465-7735
Or visit us at:
www.canada.gc.ca

Canada

The "blocks" will no longer be a familiar sight.

College beautification in action

By Kelley Craig

Staff and students are going to see a lot of changes being made around campus.

Red River College's landscaping committee has developed a master plan for the long term landscape development of the grounds.

Ron Barnes, the chair of the committee, is pleased with the results so far and is positive the finished project will impress everyone.

"We're not doing this for our own benefit. We're doing it for the prestige of this college and for everyone that works and comes here," he says.

The master plan will follow several phases that will take another 5 to 10 years to complete.

The overall design of the plan will resemble the Red River and will include a large pond located in the south east area of the campus, a smaller pond located adjacent to Notre Dame Avenue and a dry river bed scheme of continuous pathways with plant and rock material.

The College has been selected to host the soccer and table tennis events for the Pan Am Games and the committee has completed a great deal of work on the soccer fields. There are also plans to reconstruct the main entrance to the college near the bus loop by the time the games start.

A semi circle of five flag poles will go up and an iron sculpture of the college's new logo will be placed in the foreground.

All roadway entrances will be complemented with flag poles as well.

Funding for the plan comes from annual poinsettia sales at Christmas time and the spring plant sale from the College's greenhouse. Donations from various sponsors have also been accepted.

The bulk of the building materials will be donated from suppliers, while most of the labour will be donated by students and staff.

Barnes is very grateful for the support the plan has received. "If it wasn't for everyone's volunteer help...we would not be able to complete this project," he says.

Corporate sponsors will be recognized with plaques, name imprinting on bricks and/or a planned recognition wall.

The committee has also undertaken a couple of projects inside the college.

The red blocks between the library and the north gym have already been removed and a multilevel planter with a waterfall, pond and several benches will replace them.

It will complement the first planter located by the Prairie Lights Restaurant, and the committee is planning to place hanging planters along the hallway connecting the two planters.

The design for both planters was created by the Landscaping Level 3 students and their instructor, Urs Dietschi. The students will build the second structure by the end of February.

The second planter will cost approximately $28,000.

Something to live for

By Darren Marrese

Jay Gunther is dying.

The 40-year-old former sheet metal worker has cirrhosis of the liver, a life-threatening condition in which normal liver cells have been damaged and replaced by scar tissue. This scarring keeps the liver from performing its vital functions. But it's not a condition that people get regularly; it's a condition that develops over many years of processing foreign substances, like drugs and alcohol.

"I've had a bad back for years," Gunther said. "So, the drinking, plus taking four, five, six Tylenol a day to combat the pain in my back did my liver in."

Gunther used to be a self-professed hard drinker. He used to drink everyday since he was 15, and would habitually consume anywhere from six to 12 bottles of beer a day.

"I grew up drinking," Gunther said, indicating that his drinking habits were commonplace in his family. "That was our lifestyle." It was "my dad's lifestyle, my uncle's lifestyle, my buddies' lifestyle. Hell, it's everybody's lifestyle now. (Alcohol) is the drug of choice. We'd come home after work and have a few drinks. I worked in a sheet metal factory. Hot all day, hot outside. Come home and there's nothing better than six cold beers right after work."

"Unfortunately my liver isn't as strong as my dad's or my uncle's," he said. "When my Dad died, his heart gave out. His liver didn't go before he died. But mine is; it's gone already. I'm beating the clock right now."

The liver is the organ which processes alcohol in the body. If the liver is constantly detoxifying alcohol, as Gunther's was, liver cells can be destroyed or altered. Cirrhosis of the liver is only one side effect of years of habitual alcohol consumption. Others include alcoholic hepatitis, an inflammation of the liver which can last for one to two weeks, characterized by loss of appetite, nausea, vomiting, abdominal pain and tenderness, fever, jaundice, and sometimes mental confusion.

Sometimes alcoholics suffer from a condition in which fat accumulates in the liver. Although it can be stopped and reversed by abstaining from alcohol, it is often regarded by medical professionals as the first stage in alcoholic liver disease. Usually alcoholic hepatitis or cirrhosis of the liver follow.

Alcohol has other dangerous side effects on a person's health. The cardiovascular system of chronic drinkers often fail. These people usually experience hypertension, weakened heart muscles and are at risk of suffering from strokes and arrythmias, which accounts for the sudden death of alcoholics.

In men, alcohol reduces testosterone levels while the menstrual cycles of women may become altered. Alcohol also affects attention, impedes reaction time, accuracy and consistency. As such, impaired drivers need more time to read and respond to a street sign or signal than those who are sober. Alcohol also impedes memory functions in which memory blackouts may occur without the loss of consciousness.

However, some studies show that moderate drinkers may actually have a reduced risk of heart disease. A study done at the University of Boston School of Medicine concluded that alcohol, when consumed in moderation, appears to raise levels of so-called good cholesterol (HDL) while lowering levels of so-called bad cholesterol (LDL). The result: heart disease is reduced by about one-half.

In fact, the Costs of Substance Abuse in Canada study (CSAC) found that in 1992, approximately 7,401 deaths were prevented as a result of low level alcohol use. A similar study, The Costs of Substance Abuse in Manitoba (CSAM), estimated that alcohol prevented an estimated 338 deaths in the province in 1992. Still, the CSAC study also accounted for approximately 86,000 hospitalizations in the same year.

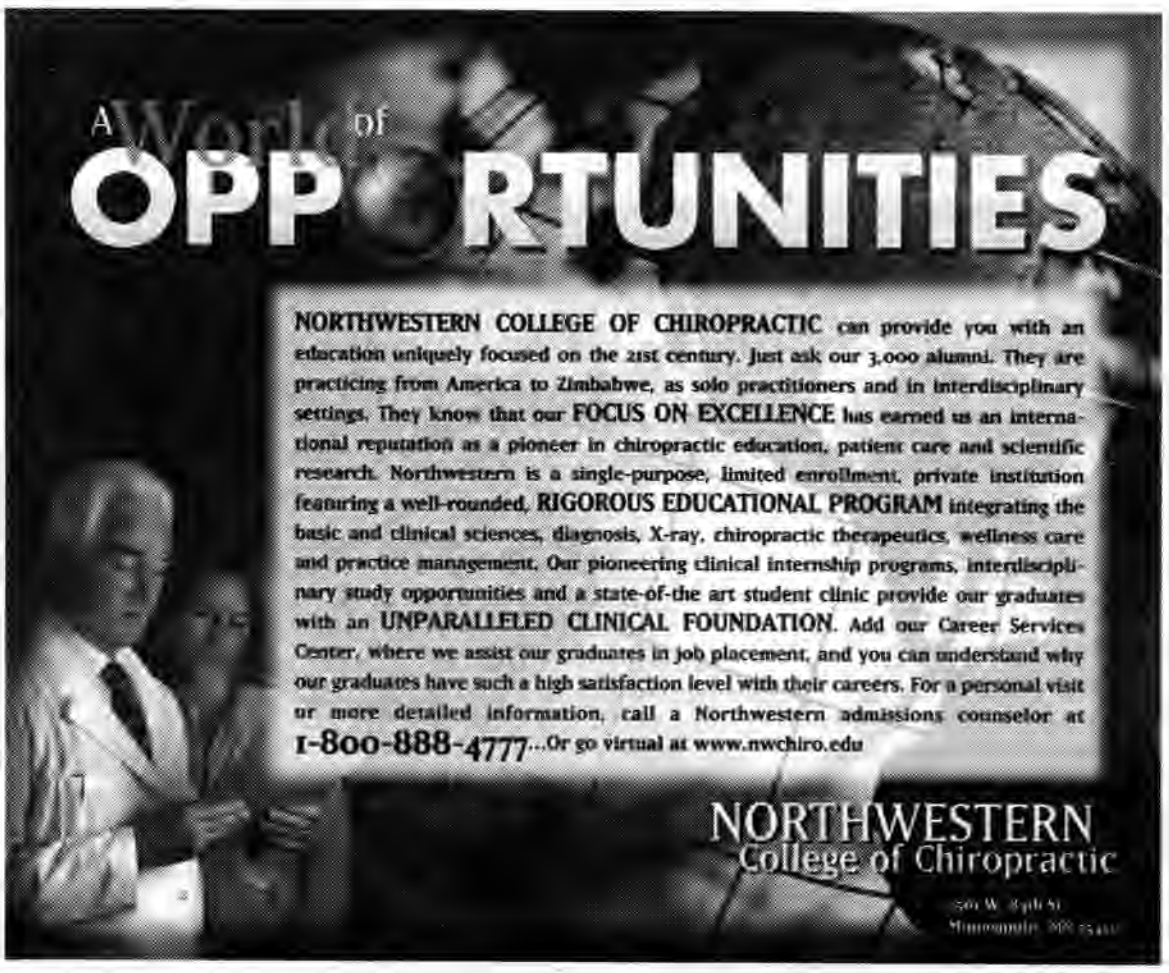
Regardless, Gunther's condition is common amongst some hard drinkers. In 1992, 960 people died as a result of alcoholic liver cirrhosis, including 37 Manitobans, says the CSAM study.

Since Gunther learned of his condition, he has dramatically changed his lifestyle. He no longer drinks, quit smoking, and is on a strict diet to maintain proper water and sodium levels in his body. Any deviation from this regimen could have catastrophic effects on his health. Right now Gunther is living a semi-normal life, and sees his doctor every two weeks to have the trapped fluids removed from his stomach cavity. But he isn't out of danger yet.

"I need a new liver," he said. "I need a transplant - in a bad way." Gunther will go to London, Ont. for an assessment in the spring. The specialists there will do a batch of tests on him to find out just how bad his liver is and put him on the waiting list for a suitable donor. "When one comes up, I'll go."

Although he's facing incredibly bleak odds, he's optimistic about his future, and determined to come out of this a winner.

"I've got a lot to look forward to," he says. "I've been married for eighteen years. My wife is a rock. I've got three kids. I've got a mortgage and car payments, just like everybody else. It's a kick in the...you know..."



Is the Correct Answer Yes or No?

This is the third in a series of articles written by Barbara Dixon, Multicultural Community Liaison Officer, Centre for Intercultural Development, Room F-116, Red River College. The intent of this series is to increase awareness of multicultural issues and to increase skills in dealing with diversity in the learning environment.

by Barbara Dixon

A few days ago, I was having dinner with a group of friends. Someone we knew came up to the table and asked if we would mind if she joined us. Everyone said "No" and she sat down. A discussion ensued about what is the correct response to questions like, "Don't you want to join us?" Is the correct answer yes or no? If you respond by saying yes, does it mean, "Yes, I don't want to join you," or "Yes, I do want to join you,"? Many people answer yes and sit down. Others answer yes and leave. English language specialists say that it is a matter of clarity not grammar and that people should avoid stating questions in the negative. Intercultural specialists say that either response is correct.

Yes, does not always mean yes. Agreement and disagreement are expressed differently both orally and non-verbally by different cultural groups. For some, yes means, "Yes, I heard you," not "Yes, I agree with you," or "Yes, I understand you.". For others, avoidance of answering yes or no to a direct question is preferred. Responses such as maybe or perhaps are considered to be the most appropriate answer. An example of this would be in Japan where there are sixteen different ways to avoid saying no.

Seventy percent of all communication is non-verbal. This can rise to ninety percent when two or more people of different cultures try to communicate with one another. Does shaking your head up-and-down in response to a question mean that you agree or understand? What about shaking your head from side-to-side? Does this mean no? Once again, depending upon your cultural background, the common head movement of up-and-down can mean yes or no. Vice versa, the side-to-side head movement can be no or yes. Imagine the confusion this can lead to in a workplace environment! Is your customer agreeing to have the work done when they shake their head from side-to-side when they read your estimate? Maybe, but you will need to have the necessary intercultural skills to be able to find out.

In the second article of this series, How Do You Behave in an Elevator, it was noted that employers expect new recruits to be able to communicate and demonstrate adaptability.[1] Developing intercultural communication skills will provide you with these qualities as the connection between culture and communication is crucial to understanding interactions between people.

All communication is cultural. It is through the influence of culture that people learn to communicate. The ways in which we communicate, the languages, the gestures, and styles we use are all responses to, and functions of, our culture. Just as cultures differ, the communication patterns of the individuals raised in those cultures differ.

Communication goes through the cultural filters of gender, culture, age, and the various experiences of both the sender and receiver. Think of examples from your own life where cultural filters hindered communication. For example, when you were a teenager, did you speak the same language as your parents? As a female, do you speak the same language as your male counterparts? As a male, do you understand how females communicate?

Rate your effectiveness as an intercultural communicator by responding to the following statements. Circle the number on each that bet describes you. Circle 1 if you are low in agreement and 5 if you are high in agreement.

1. I am familiar and comfortable with culturally different gestures.
   1 2 3 4 5

2. I avoid using slang, jargon, and idiomatic expressions.
   1 2 3 4 5

3. I allow more time when communicating with a second language speaker.
   1 2 3 4 5

4. I consider the impact of cultural differences in the messages being communicated before I speak.
   1 2 3 4 5

5. I try not to judge people from their accents or language fluency.
   1 2 3 4 5

6. I try to respect periods of silence when communicating with others and do not immediately try to fill in the gaps of dead air.
   1 2 3 4 5

7. When someone does not understand what I am trying to say, I repeat my communication in a different way until the other person is able to understand me.
   1 2 3 4 5

8. I always check to ensure that what I have said is understood by having the listener restate what I have tried to communicate.
   1 2 3 4 5

9. I repeat important ideas and concepts in different ways and periodically summarize what I am trying to communicate.
   1 2 3 4 5

10. I try to use visual reinforcement such as pictures, drawings, and demonstrations to clarify the meaning of what I am trying to communicate.
    1 2 3 4 5

11. Even though it feels uncomfortable at times, I make an effort to talk about our differences.
    1 2 3 4 5

12. I never make ethnic, racial, sexist, or other discriminatory types of jokes. I object when others do.
    1 2 3 4 5

Total your answers. If your score is 50 or over, you are usually able to communicate with people who are culturally different from yourself. If your score is below 50, you probably experience some difficulty in effectively communicating with others.[2]

Intercultural communication occurs whenever a message sender is a member of one culture and a message receiver is a member of another culture. In this interaction, people are immediately faced with the challenges inherent in a situation where another must decode a message encoded in a different culture. Effective communication can only happen when both parties accept and take into account both cultural and linguistic codes.

The next article in this series will examine some of these cultural and linguistic codes. Till then, remember the next time someone says yes or no, check it out. Yes may not mean yes as you interpret it. Maybe or probably may mean no. Shaking the head side-to-side may not be the no you may think it does. Confusing? Yes? No? Challenging? Definitely!

1 McLaughlin, M., Employability Skills Profile: What are Employers Looking for?, (Report 81-92-E), The Conference Board of Canada, Ottawa, 1992.
2 Dixon, B., Uncovering Racism A Manual for Human Rights Investigators, Canadian Association of Statutory Human Rights Agencies, 1997.

Clip & Save Coupon
Free Bagel
Present this coupon and receive a Free Bagel when you purchase a cup large of coffee.
All Locations
Cream Cheese and other spreads extra.
No cash value. Limit one per customer.
Valid January 11 – March 15, 1999

RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY
Food Services
Clip & Save Coupons
All locations
Java Junction, the Buffalo, Voyageur, Otto's and the Coffee Brake.

Clip & Save Coupon
Coca-Cola
Free Can Drink
or medium fountain drink
with the purchase of an 8" Sub Sandwich
Java Junction, Voyageur and Otto's
Valid January 11 – March 15, 1999

Clip & Save Coupon
Free Bag of Potato Chips
Present this coupon and receive a free bag of 55g potato chip when you purchase a burger combo.
The Buffalo, Voyageur and Otto's
No cash value. Limit one per customer.
Valid January 11 – March 15, 1999

Clip & Save Coupon
Free Cookies
Present this coupon and receive a Free 3-pack of chocolate chip cookies when you purchase a large cup of coffee.
All Locations
No cash value. Limit one per customer.
Valid January 11 – March 15, 1999

Clip & Save Coupon
Large Coffee
for only 88¢
All Locations
Present this coupon and receive a large coffee for only 88¢.
No cash value. Limit one per customer.
Valid January 11 – March 15, 1999

Feb 22/99
Eleanor Coopsammy
Entertainment Editor
632-2479

A *Swan Song* with Kick

RWB's Swan Lake will feature the world-renowned Rusalka Dance Ensemble

By Rose Pallone

Nothing says spring break like evil magicians, princess swans, and the Winnipeg Symphony Orchestra.

The Royal Winnipeg Ballet will present their full length production of Swan Lake at the Centennial Concert Hall from March 10-14.

It will feature Winnipeg's Rusalka Dance Ensemble, of Ukranian-dancing fame, and RWB Principal Dancer Evelyn Hart in the lead role of Odette.

Principal Dancer Lissette Salgado, who is making her debut, will share the role with Hart, and Jorden Morris will play the part of the magician for the last time in his career.

The WSO will perform Pyotr Tchaikovsky's beautiful score at the shows, conducted by RWB Music Director Earl Stafford and Associate Music Director, Tadeusz Biernacki.

According to an RWB media release, Swan Lake entered the RWB's repertoire in 1987 as "the most challenging production ever mounted by the company."

If you're not familiar with the story, it goes something like this: Once apon a time, Princess Odette met an evil magician named Baron von Rothbert, who turns her into a swan.

But Rothbart's spell must have been weak because every night Odette managed to lose her wings and turn back into a human, if only for a few hours.

On one such a featherless evening, she meets Prince Siegfried, who promises to rescue her.

Rothbart is so determined to keep them apart that he tries to trick Siegfried by transforming his own daughter, Odile- also played by Hart- into an Odette clone.

It may come as a surprise to some, but Swan Lake wasn't much of a success when it was first produced by the Russian Imperial Ballet in 1877.

Fortunately, 20th century audiences are more enlightened.

Ticket prices range anywhere from $8 to $45 with discounts availble for students, seniors, children and groups.

Tickets are availble at all Ticketmaster outlets.

Degenerate Art:

A glimpse into homophobia and misogyny

By Kelly Bray

Degenerate Art is local artist Bonnie Marin's latest creation. Marin's exhibit takes images such as cartoons, religious icons, and celebrities and transforms them into art depicting homophobia and misogyny.

Marin began creating Degenerate Art this past September while working a full-time job.

"I'm very committed. I just enjoy it so much that it doesn't seem like work."

According to Marin, the exhibit, which opened on February 12, has received a lot of positive response.

Marin, who was born and raised in The Pas and currently lives in Winnipeg, was recently exhibited at the Women Made Gallery in Chicago.

Her work uses depictions of stereotypical heterosexual situations and roles to depict every day homosexual situations and the artwork also portrays historical events that have seen homophobia.

A common thread in the exhibit is the use of multiple pictures, almost all of the pieces contain the same picture reproduced many times.

The artwork contains plenty of double meaning, innuendo and the titles of the pieces carry a lot of play on words.

An example of this is "Bartlett Pairs".

This piece is not about a "pear"—it depicts two naked men intertwined.

Marin repeatedly takes on the taboo of gays in the military.

One piece is aptly called, "Don't Ask, Don't Tell ".

Another is titled "Drop and Give Me Twenty".

It depicts a man with army pants around his ankles.

Marin's bookwork Degenerate Art is also on display.

The books are actually wooden boxes.

They contain mini-images on cards with similar depictions as those found in the artwork.

Some titles include: "My husband was...a woman" and "A real HE-man died...from AIDS ".

You should be prepared to spend some time to really go through the books, as there are 26 in total.

Marin says she is inspired by the lush colors and images of pop-art.

These images seem to really come through in her artwork.

The vibrancy of the colors in the artwork is visually stunning.

Marin succeeds in presenting depictions of every-day homosexual situations in a way that is both interesting and thought-provoking.

Degenerate Art is definitely worth seeing.

The exhibit is showing until March 6 at ACE ART INC., on McDermot Avenue.

Admission is free.

THE FOOD BANK IS OPEN !

HOURS OF PICKUP 12:30 - 3:30 PM
EVERY TUESDAY

DROP OFF REQUEST FORMS AT THE FOLLOWING CENTRES BY : FRIDAY NOON

- *STUDENTS ASSOC. OFFICE - ROOM DM20*
- *FOOD BANK OFFICE - TRAILER L*
- *TUTORIAL CENTRE - ROOM E303*
- *DAY CARE CENTRE - ROOM A101E*
- *ACCESS OFFICE - ROOM F210*
- *INFORMATION CENTRE*

IF YOU WOULD LIKE TO VOLUNTEER OR MAKE A DONATION PLEASE CONTACT :
THE FOOD BANK COORDINATOR
MARION KARIUKI AT 632-2198 OR 632-2375

CANADIAN DIABETES ASSOCIATION
ASSOCIATION CANADIENNE DU DIABÈTE

Don't let diabetes be a mystery.

Knowing the signs and symptoms is the key to early detection. For more information call the Canadian Diabetes Association-Manitoba Division at (204)925-3800 or 1-800-782-0715.

Clue into the signs & symptoms.

HELP!

Drink can tabs are being collected to assist in providing a young 3 year old girl named Carley who has Cerebral Palsy and is is a severe spastic quadriplegic. The aim is to collect 2000 lbs (approx. 2 million tabs) for a normal wheelchair. The wheelchair is required by Carley so she can attend Kindergarden when she turns 5. Tabs can be dropped off in a bin located outside the Information Centre, C mall level, across from the bookstore.

THE TELETUBBIE TANTRUM

By Tyler Heshka

It could well be the greatest speculatory news story since the rumoured death of Paul McCartney in the sixties.

In the February issue of National Liberty Journal (NLJ), a conservative Christian newsletter published by the Reverend Jerry Falwell, an article appears alerting parents of the sexual orientation of a Teletubbie.

According to Falwell, it turns out Tinky Winky the purple Teletubbie is gay.

For those who aren't familiar with the series, it's aimed at toddlers, and features four aliens with tv's on their tummies.

They live in Teletubbieland, a hallucinogenic series of rolling hills, inhabited by bunny rabbits and flowers.

They live solely on a diet of Tubbie toast, and are watched by an eerie baby sun, with yellow eyes.

It guffaws heartily at their antics, and sometimes watches the Tubbies pensively.

It turns out that the writer of the NLJ article is unfamiliar with the difference between speculation, and actual hard news facts.

As evidence of Tinky Winky's outing, the article mentions that Tinky Winky carries a purse, is purple (which is said by the NLJ to be a gay pride colour), and has a triangle shaped antenna, a shape associated with gay pride.

The "purse", which is actually a magic bag of tricks according to the show's producers, could also simply be a

"man bag", as carried by Joey on a recent episode of Friends.

Or as Jerry Seinfeld described it on an episode of his hit sitcom, it could be "European."

Needless to say, the National Liberty Journal seems unaware of the fact that guys in the '90s are comfortable going to the army surplus store, and buying a khaki green purse to carry around their belongings, regardless of sexual preference.

As far as colour goes, colour does not a sexual preference make.

Isn't the NLJ afraid of creating racial stereotypes?

After all if all being purple makes a Teletubbie gay, what does connotations do other races hold?

The NLJ ends their rant with this stern warning to all parents who allow their children to watch the show:

"These subtle depictions are no doubt intentional and parents are warned to be alert to these elements of the series."

It's a brash and presumptuous statement on the part of the NLJ, and one that should be taken with a grain of salt.

What true intentions the producers of Teletubbies have are anybody's guess.

While grown-ups may find innuendo in everything they watch, it is doubtful the two-year olds who enjoy the show are catching these "subtle depictions."

What's most baffling is why Falwell and company didn't see the show as a half-hour advertisement for psychedelic substances such as LSD.

All the bright colours, bizarre occurrences, and talking vacuum cleaners will almost certainly cause these toddlers to drop acid once they turn 17.

It's also strange the article doesn't mention the show's lack of outright educational value.

The Tubbies barely speak in English, and there is nary a plot to be had.

Apparently, these criticisms are just too easy for Falwell.

It's nice to see he's being creative.

The Rant Column

By Scott Garner

Now where am I supposed to sit? And not just me, for that matter, but all my feathered Crecomm friends as well.

And other students I've never met.

What do we do now?

We're all doomed.

Another fragile ecosystem has been destroyed, fuelled by the insatiable capitalist greed of a tyrant in an office somewhere in Building C who has never come down to visit the poor, hard-working, selfless students who wander the Mall level like untouchables, simply looking for a break in the walls to gather with their own kind and socialize and thus propagate the species.

But alas! This will never be again!

We will all perish because those four blocks between buildings C and E were unceremoniously dismantled.

What will replace them?

A fountain of some kind, I'm told. But is there not already a fountain only fifty feet away outside the Prairie Lights Restaurant?

Perhaps that one will be torn down and replaced by four blocks.

I can only hope.

Who is in charge of these decisions anyway?

What dictator from above bypasses the opinions of students, especially those who enjoy sitting on blocks, to advance his or her own personal gain?

Rise up, brothers and sisters!

We shall not be forced to sit on rocks while water splashes our butts.

Let us fight fire with fire!

Let us march up to administration and destroy their sitting apparatuses.

Apparandae.

Chairs.

Then, let us put fountains under their fannies and see how comfortably they sit.

Only then will they understand our suffering!

Let us reclaim what is rightfully ours!

Working students of the college, unite!

Shall we meet at the blocks to organize the revolution?

TOP 10
SMURF CHARACTERS THAT NEVER MADE IT TO T.V.

10, Peeky smurf- pervert of the Mushroom village

9. Psycho Angry "Don't Piss Me Off or I'll Light Your Mushroomon Fire" Pyro Smurf- name speaks for itself, doesn't it?

8. Abusive Drinky Smurf- When this smurf gets drunk, it's best to to stay inside your hut. He walks around Mushroom village all night after getting drunk yelling, "To hell with all you blue sissies!"

7. "We're All Going to Die" Smurf- Explains why he never got along with anyone

6, Poorly Potty-Trained Smurf- Never quite understood where to go.

5. Donny the Badass Smurf- Always beat the crap out of Brainy Smurf

4. "I Ain't Afraid To Die For My Country" Smurf- Very proud of his Mushroom Village

3. Buck Tooth Smurf- A silly-looking smurf to look at. Kinda dumb too. Always peed in the watering hole.

2.Too Close to the Livestock Smurf- I won't even try to explain this see.

1. Spice Girl Smurf- No question the most annoying smurf. Kept singing stupid songs and making up silly dances.

BLAST FROM THE PAST ORIGINAL MOTION PICTURE SOUNDTRACK

By Jamie Care

Let's go way back to 1995, when the soundtrack to a movie called *Clueless* was released.

This album used the formula of combining a few trendy hit songs (Radiohead's Fake Plastic Trees and Coolio's Rollin' With The Homies) with those of better, lesser-known artists like The Muffs and Jill Sobule.

Flash forward to 1999, shall we?

Once again, the soundtrack to a movie starring Alicia Silverstone hits the shelves. This time, it's for a "post-apocalyptic satire"called *Blast From The Past*.

This OST tries so hard to be cool, it's bordering on pretentious. The album is top-heavy with neo-swing tracks, from acts such as Cherry Poppin' Daddies, Squirrel Nut Zippers, and The Flying Neutrinos. Throw in some Old-School Perry Como (It's A Good Day, circa 1955), and they're guaranteed to sell units, right?

Nestled in behind the big band bravado are some really good tracks. Songs like Sonichrome's Honey Please, and Celeste Prince's A Little Belief are pop gems with catchy hooks that stick in your head.

Everclear makes an appearance with I Will Buy You A New Life, from their near-Platinum album, *So Much For The Afterglow*. R.E.M's It's The End Of The World (And I Feel Fine) is a classic, but how many more movies are going to shove it down our throats before we all choke and die?

The makers of *Blast From The Past* seemed to have found the formula for success, by loading this album up with a bunch of mind-numbing swing tunes.

However, it is the songs that have been relegated to the "fringe" that make this soundtrack listenable.

No Need for *Hurlyburly* Here

By Kelley Craig

He may be arrogant and his favorite pastime may be punching out photographers , but Sean Penn is also one of the most talented actors working in film.

In his latest film, *Hurlyburly*, Penn plays Eddie, a talent agency executive who falls victim to all the trappings of professional success in Hollywood.

He and his roommate and business partner Mickey (Kevin Spacey) live in an expensive apartment in Beverly Hills and spend their time snorting cocaine, arguing with friends and bashing women.

The plot centers around the overly sensitive Eddie who spends most of the film in a drug-induced haze struggling to make sense of his surroundings.

The audience is supposed to feel compassion for Eddie and the hurly-burly world he has created for himself, but despite Penn's great performance, the audience feels nothing but disgust and pity.

This can be said for the rest of the male characters.

Spacey is perfect in a role he does best.

A sarcastic and seemingly emotionless character who seems to have protected himself within a wall of cynicism.

It's his sarcasm that provides most of the humour in the film.

Chazz Palminteri is Phil, a violent man who wants to reunite with his wife yet seems to hate her at the same time.

Garry Shandling gives a surprisingly good performance as Artie, a screenwriter who willingly joins in on Eddie and Mickey's partying.

Women don't fair well in this movie either. Anna Paquin plays

Donna, an underage street kid who Artie finds living in his elevator.

He brings her to Eddie and Mickey and "gives" her to them on the condition that she walk Artie's dog twice a day.

Robin Wright-Penn plays Darlene who dates both Eddie and Mickey, and who talks about her abortion as casually as she talks about her favorite restaurants.

Meg Ryan has a small role as Bonnie, a hooker and stripper who gets tossed from a moving car by Phil, and whose claim to fame is the fact that she will do anything.

Paquin and Wright-Penn give fair performances but Ryan is a perfect example of bad casting.

You never believe for a second that she is a street wise hooker.

It appears as if the only reason she is in the movie is to flex her recently acquired muscles and show off her new wonder bra.

The dialogue in this film is smart and thought provoking, and there are moments of utter hilarity despite its dark subject matter.

Overall the acting is very well done, but there are some weak links and therefore, the film doesn't work.

The screenplay was written by David Rabe who based it on his play and therein lies the problem.

The script is not suited for a movie.

Most of the scenes take place in Eddie and Mickey's apartment and the result is stagnant shots that bore the audience.

Then towards the end of the film, director Anthony Drazan suddenly uses strange camera work in a desperate attempt to keep the audience interested.

The dialogue at times is so fast-paced that you can't help but miss some of it and this results in scenes that are too hard to follow.

So if you like intense, dialogue-driven scripts and good acting, even if it's in a weak film, then this film is for you.

Hurlyburly tries hard but in the end comes up a little too short.

To put it simply, it's a renter.

TELEFILE

Easier tax filing and faster refunds for students

It's free, at your fingertips, and available seven days a week.

Check your personalized income tax package for a TELEFILE invitation.

For more information, visit our Web site at:

www.rc.gc.ca/telefile/

Revenue Canada Revenu Canada Canada

Acoustic Religion

AN ACOUSTIC SIN OF FOUR CORNERS GIRAFE PRODUCTION

By Scott Carman

Upon hearing An Acoustic Sin for the first time, the New Brunswick band appears to be a rather intriguing and funky folk-rock outfit. Lead vocalist Ronnie LeBlanc carries the group through 60 minutes of catchy acoustic-based rock, with reflective and spiritual overtones.

After listening to the disc a few times, however, I wondered: is this contemporary Christian rock?

How subtle, to interlace catchy pop and inspiring vocal harmonies with ramblings of a religious nature.

I didn't even notice.

But when I did notice, I couldn't help but hate the band. No one likes religion forced down their throats, and I hate An Acoustic Sin for sneakily trying to do just that.

Like This Like That is a tale of casting out your demons. "I've unbottled myself to reveal my deepest fears/And I said all my words for the world to hear so clear/What, what would they say if I passed away?/Would they remember my name when I go astray?/Or unto the great."

The band—Singer LeBlanc, Daniel Dupuis on drums, Richard Bourgeois on bass, and Stephen LeBlanc on guitar—are a capable lot of musicians.

The use of such instruments as harmonica, mandolin, dulcimer, and banjo, lends a folksy feel to this collection of 12 ultimately satisfying musical arrangements.

On the other hand, overriding themes of greed, redemption, and the evil of money (The Green), can be overbearing.

An Acoustic Sin.

The Tea Party unplugged?

At first, I thought this might be true, but now I question the band's motives. Most religious musical outfits appeal only to a very specific market.

But unlike other Christian rock bands, An Acoustic Sin is in the closet.

Are they a rock band with religious overtones, or are they a Christian band trying to escape the stereotypes and limitations of that genre?

If any of the band members can enlighten me, I would invite them to give me a call.

Until then, keep your eyes open.

An Acoustic Sin may be opening for Billy Graham in a town near you.

CASSIUS 1999
VIRGIN

By
SHANNON DUECK

I would like to tell you in the nicest possible way how terrible this CD is.

First of all, I have no idea what genre of music this is.

Let me give you an idea of what came through my stereo while I was reviewing this album.

I was given a taste of what it would sound like if you would mix in the disco sound of the '70s with the rock sound of the '80s.

What happens is you get a disco sounding song played by a synthesizer.

I know this sounds completely impossible to even attempt to pull off, but *Cassius 1999* unfortunately succeeded.

The second reason why this CD is so terrible is because it is so repetitive.

This is one of those albums that you can honestly say that you've listened to the whole CD after listening to just one track.

Nearly every song has the disco/ synthesizer combination I was telling you about along with a singer repeating one word over and over and over...

Take track 7 entitled Planetz for example.

The entire song is spent repeating the name of the title over and over again.

Needless to say, I was greatly disappointed by this album.

After listening to the opening track entitled, *Cassius 1999* I thought things could only get better.

Unfortunately I was wrong.

In fact, to give you an idea of just how bad this CD is after track one, I'll give you a taste of what track 15 sounded like.

This song lasts all of one minute and five seconds and contains some cheesy music along with a female saying the words, "come here," two times.

The only logical way I can see this album being useful is if Nintendo would get the rights to this CD and use it as a soundtrack for one of their games.

COLLECTIVE SOUL
DOSAGE
ATLANTIC/WEA
By John Lu

The mainstream musical heavens are once again aligned.

After witnessing Alanis Morissette fall disappointingly short of the bar she raised with her debut disc, and enduring another insipid, angst-ridden effort from South-Californian trailer-trash (hint: rhymes with drool), it's a relief to breath in the fresh air of Collective Soul's latest release, *Dosage*.

It seemed like a long gap since 1997's superb Disciplined Breakdown, but *Dosage*, the Georgia-based quintet's fourth disc, is worth the wait.

It marks an intriguing departure from the guitar-heavy sound which fans have become accustomed to.

Singer-songwriter Ed Roland has added new layers to produce a rich lattice that relies more heavily on keyboards and strings, achieving a more subdued tone.

Perhaps the first clue lies in the picture on the disc's back cover.

Roland, lead guitarist Ross Childress and bassist Will Turpin have all lowered their ears, looking considerably less "rockish."

Fortunately for die-hard fans, this doesnít mean they have forsaken their tendency to deliver some of the catchiest guitar riffs around.

Heavy, Tremble For My Beloved, and Slow are solid proof.

But as always, the music is a vehicle for Roland's poetic lyrics.

Needs and Not The One are two of the more representative examples.

She Said (the best part of the Scream 2 soundtrack, and incidentally, the movie itself) is hidden after Crown.

Just let the CD player run.

The disc adds extra value in the form of a hyperCD feature that directs the listener to a bonus track accessible on the bandís website— the energetic Almost You.

Dosage comes out just in time to support the band's 1999 tour.

Collective Soul will play at the Walker Theatre on Mar. 14, which gives fans a few weeks to learn the new songs to sing along to.

FUN LOVIN' CRIMINALS
"100% COLUMBIAN"
VIRGIN RECORDS
By Tyler Heshka

The Fun Lovin' Criminals are getting a big push from their record label, and it's no wonder why.

The New York trio were granted a spot opening for U2 on the Popmart tour way back in 1997, and *100% Columbian* is their first full-length effort since then.

And while people may not have been paying attention during the Popmart tour, this album has already been getting a lot of hype.

The Criminals mix rap with rock and soul.

On paper it sounds a lot like the Beastie Boys, but the similarities stop there. In reality, it seems as though they've spent a lot of time listening to the Shaft soundtrack.

Mellow grooves wrap themselves around steady bass rhythms, with smooth rapping for vocals.

Of course, the boys also know how to rock. Tracks like Korean Bodega seem to favour big rock riffs, atop the funky rhythms.

Musically, this is a fairly solid record, but it's a lot more mellow than one might expect. There's also no gimmicky-type hits, like the Criminals first brush with fame, Scooby Snacks.

It's nice to see they've matured, and that their record label is pushing that image.

100% Columbian is a good effort from a band that was exposed to a massive audience during a major concert tour. The kids at the mall will eat this up.

The Bookstore
More than just books
VALUE

Featuring
- Academic Software at Great Low Prices!
- Code Books for Trades
- Computer Books
- Special Orders
- Used Textbooks

HOURS:
Monday-Thursday, 9 am–6 pm
Friday, 9 am–3:30 pm

MasterCard VISA
Interac also accepted.

RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

Bookstore
Rm DM11 *(Across from the Buffalo Cafeteria)*
204-632-2590 or 632-2351

Help Wanted

F-T, P-T and casual residential Careworker positions available on a permanent or summer relief basis. The successful applicant will provide support to and encourage the independence of adults with a mental disability within a community residence. Compensaiton is $6.75 to $7.02/hr D.O.Q. Criminal record check required. Submit resumes to or apply at Winnserv Inc. at 101-960 Portage Avenue, Winnipeg, Manitoba R3G 0R4 or fax to 786-8770. E-mail to winnserv@gatewest.net

Child Care

Mother of 1 will provide child-care in my Weston area home.
Call 775-4685.
Ask for Karen.

Public Service Announcements

Your gift of time will make a difference. You are needed now! Challenge yourself...help another person. Volunteer drivers and servers are needed to deliver meals to people in Winnipeg who cannot prepare a hot nutritious meal for themselves. Deliveries are made between 11 am and 1 pm. For the next couple of months a lot of our regular volunteers are away so we desperately need drivers to fill in or take a regular route. If you can contact some time once a week or twice a month you will help people in the community maintain their health. Please call Shirley at Meals on Wheels at 956-7711 for more information.

On Monday Feb. 22nd Amnesty International will be holding an information session on how to get involved with Amnesty. The event is scheduled to begin at 7:30 pm at Westminster United Church located at the corner of Westminster and Maryland (745 Westminster Ave). Refreshments will be provided. The event is free and open to the public.

February is Heart Month!
The Health Sciences Centre Foundation's Health Talks program will present a FREE evening on the range of high-tech treatments for heart disease performed at the HSC. Thursday, February 18, 7-9 pm. Theatre A, Basic Medical Sciences Building, 730 William Avenue. Advance registration is requested. Call 787-2022 for more information.

Volunteers Required:

Volunteers needed at the Volunteer Centre of Winnipeg for a number of positions. Call 477-5180 to make an appointment. Here are some of the positions available:

Usher, Doorkeeper or Box Office Volunteer at a music competition festival from March 1-20. Minimum time commitment is one three-hour session.

Leisure Buddy to work with a child or adult with physical disabilities in an integrated group setting. One day a week for one hour either at 4:30, 5:30 or 6:30 pm.

Volunteer Ad Designer to design ads for a non-profit organization's magazine. Must have access to a computer and have some design experience.

Food Bank Volunhteers are needed to stock shelves for a food bank specifically set up for patients. Volunteers must be physically strong in order to lift and move boxes of cans and produce. Hours are Tuesday from 11 am - 3 pm. Contact the Volunteer Centre at (204) 477-5180.

MANAGERS WANTED
Due West Student Painting
is currently looking for local Area Managers for the 1999 summer. Apply early to assure a premium location. Positions starting to fill now for summer of 1999. Managers receive quality training and support. Above average earnings of
$8000.00 to $20,000.00 *PLUS.*
Valuable management experience.
CALL 1-800-585-8666 TODAY.

ACCENT PRINTING
696 SELKIRK AVE., **Ph: 589-5431**

FULL COLOR COPIES AS LOW AS	B. & W. COPIES AS LOW AS	5% DISCOUNT TO ALL UNIVERSITY & COLLEGE STUDENTS WITH I.D.
49¢*	2¢*	

* Depending on volume & size. Phone For Details Some Restrictions Apply.

Enjoy a paid summer in the Whiteshell!

We are looking for two people to lead our summer program for adults.

WE OFFER:
- *9 weeks paid employment (~ $2500)*
- *Room & Board (Monday to Friday)*
- *Travel Expenses*
- *Fun!!!*
- *Wilderness Experience*

YOU OFFER:
- *Strong Canoeing and hiking skills*
- *First Aid (Wilderness or Standard Certification)*
- *Modest cooking ability*
- *Enthusiasm, Flexibility & Maturity*
- *A desire to introduce others to a unique wilderness experience*
- *Car, a definite asset*

Please apply in writing to :
Mantario Committee,
C/O Manitoba Naturalists Society,
401-63 Albert Street
Winnipeg, Manitoba, R3G 1G4.
By March 31, 1999. References Required.

THE CAMPUS STORE

Home of the Best Deals on Campus

Mall Level C Tower
Across form the Tower Lounge
Mon-Thurs 7:45 am to 8:00 pm
Friday 7:45 am to 4:30 pm Saturday 9:00 am to 1:00

Can of Coke 65¢ Coke 600ml $1.09 +tx
Nestle's Bars 2 for $1.19
Big Bag Old Dutch Chips $1.19
Cool Cards are Back

ALL HAIL THE GIMLINOMICON

Chain Link Fiction
The Final Chapter
By Jeffrey J. Eyamie

"Blub blub blub. Glub blub brurb."

"Walt says we have troubles," Ken Gulthorpensen said. The cherry from his Camel cigarette was the only light in the abandoned factory. Detectives One and Two could only see the pink tinge of Walt's bubbles as they popped from his blue lips.

"Big troubles," Ken said.

Gary Filmon emerged from the darkness into the pink light of Ken's Camel cherry.

"You guys have screwed up. Royal. My sources tell me Gurti the Mad Norseman is around to meddle things up."

The premier pushed his glasses back over the bridge of his nose with a purposive blink.

"I don't know what to — what to — what to — what to — what to —"

"Hold on a second," Ken said. He reached to the back of Filmon's head and unzipped the skin that covered his skull. As Ken removed the cassette, Filmon blinked profusely. Ken smacked the tape on Walt's glass dome and re-inserted the tape.

"Thank you, Kenneth," Filmon said. "I don't know what to say to my throngs of awaiting masses."

Detective One bowed his head as he spoke to his masters.

"We are sorry, Wise And Noble Masters. Butyou should have no fear. No one knows that you wrote the anonymous letter to Bill Arkansas. No one knows we killed him with the implant. How could they find out?"

"Everyone will know if you don't shut up."

Bill Arkansas' wife, Hilarity, emerged from the darkness.

"One errant word to someone, and they tell someone who knows someone else —"

"Blurble blug blub."

"That's right, Walt. It is a small world, after all."

"I'm sorry. But listen, we are so close to completing our mission that nothing can go wrong. All we have to do is stall Gurti for a little longer and we will achieve our life's amibtion!"

"Calm yourself, Detective," Ken said.

"Perhaps he is right." Filmon's eyes lit up with megalomaniacal lust. "We are so close. The Internet porn site has collected enough cookies from teenagers' computers that the mothership is fuelled for a three-light-year mission at warp three. While the implants appear to have lost their sexual influence, people are still watching Jerry Springer and buying Microcrap software.

"We have simmered the masses down to a common denominator so base and vile that a mass hiri-kiri is right on schedule for the Year 2000! Then we shall lay claim to this planet in the name of the Gimlinomicon!"

"BLUB GLURB BUB GUBLOBLOBI-BOB!"

"All hail the Gimlinomicon," Hilarity chimed.

Ken frowned at the others.

"There is still the matter of Gurti, the Mad Norseman. You two — you have nearly foiled our scheme. If you can't lead the Norseman from our trail, we'll be filming your autopsies.

"Gotcha, chief. We're on the case. Let's go, Two."

Detectives One and Two left the perogy plant and got into their Volkswagon Minibus.

"Where should we go?" Detective One asked.

"Chicken Chef," Two replied, and away they went.

"Glub brub bulb lub."

"He says 'ready the death ray,' " Ken said.

Hilarity brushed the cobwebs from what appeared to be a perogy maker and fumbled around the controls.

"I can't," she said. "The keys are missing."

Gerta Smegmastad clutched the key she so desperately searched for. Underneath the canvas of the Icelandic, there was nothing but Gerta and the key. Things were going according to plan.

"Where the hell are you taking us?" Yurgen Hoogenhoffen struggled in his mummified flag. He looked over to the pilot of The Gimli Goose, who somehow was flying an airplane despite his apparent handicap of not having any flesh or muscles. He wasn't even skin and bones. Gusti was just bones, a leather pilot's hat, goggles, and a scarf that was white once.

"You're helping us save the world," Gurti said.

THE SAGA ENDS ON PAGE 15!!

IMPORTANT WOMEN'S HEALTH STUDY

In order to better understand the role of vaginal bacteria in maintaining the health of menstruating women, Hill Top Research needs healthy females from the general population to participate in a research study.

One visit is required. You will be paid $70. You may be asked to return for 3 to 4 more visits. For each additional visit you will be paid $70.

We require healthy females who are:

✓ Occasional tampon users
✓ 13 to 40 years of age

CALL 453-3099

HILL TOP RESEARCH, INC.
CONSUMER PRODUCT TESTING DIVISION
200-584 PEMBINA HWY.
At the corner of Pembina & Grant

"Never Judge A Book By Its Cover Price."

BUY GREAT BOOKS AND SAVE UP TO
40%-70% OFF RETAIL PRICES!

February 23rd and 24th
10:00 am to 2:30 p.m.
Library Hall - Mall Level

Reading's Fun LTD.
QUALITY BOOKS • DISCOUNT PRICES

INCOME TAX PREPARATION
Certified Personal Tax Preparer
Prompt • Confidential • E-File Available
Student Rate (Basic Return - $19.95)
Includes
• Detailed Tax Calculation • Transfers From Spouse
• Tuition and Education Amounts • Child Care Expenses
• Goods and Services Tax Credit • Child Tax Benefit
Barry Rochelle PH: 224-1547
Evening & Weekend Appointments Available

RRC Print & Graphic Centre

RED RIVER COLLEGE OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

Full colour laser copies
(8 1/2" x 11" to 11" x 17") Reduce or Enlarge

Photocopies
Black, Blue, Red or Green Toner (8 1/2" x 11" to 17" x 22")

Direct disk printing available

Home-based printing service

Full business printing

Commercial printing

Additional Services:

- ❑ Overhead Transparencies
- ❑ Engineering Prints
- ❑ Business Cards
- ❑ Social Tickets
- ❑ Raffle Tickets
- ❑ Calendars
- ❑ 3-Hole Punch
- ❑ Stapling
- ❑ Collating
- ❑ Folding
- ❑ Tape Binding
- ❑ Cerlox Binding
- ❑ Spiral Binding

Ask about our bulk copying rates. Word processing service available.

RED RIVER COLLEGE OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

Printing Services
204-632-2284 204-632-2377

Rm DM19 (Next to the Students' Association) Monday to Friday – 8:30 am–4 pm

For more information about your printing needs call Glenn Buffie, Print Services Manager

Enter for a chance to win a Portable Stereo or a cool T-Shirt!

Ruffles Mrs Vickie's Deli Style Lay's

RED RIVER COLLEGE OF APPLIED ARTS, SCIENCE AND TECHNOLOGY
Food Services

Available at Food Services outlets throughout the College!

The Disney Secret Revealed!

Chain Link Fiction
The Final, Final Chapter
By Jeffrey J. Eyamie

"Hang on."

Gurti took The Gimli Goose on a hard turn and the silver craft swooped down. It barrelled toward the roof of the abandoned perogy plant.

Vonda van Zettl stared out of a porthole window. There was her pot hole gold at the end of the Internet porn rainbow: the brass smut ring that every Interporn agent dreams of: uncovering an intergalactic armageddon conspiracy that threatens modem coneections everywhere.

She readied her flag to use it as a parachute.

Yurgen saw Vonda and tried to squirm out of his tight-fitting canvas enough to make wings. He looked back at Gurta. He remembered how he lusted for her, and how it had brought him here; an unwilling kamikaze on a suicide mission to save the world by dive-bombing a perogy plant outside of Gimli, Manitoba. And the pilot was a skeleton whose thick accent was getting easier to understand.

"You must be pretty freaked out," the skeleton said as he threw his scarf over his shoulderbone. "But we really are saving the world. If you survive, burn the Gimlinomicon."

"Okay..." Yurgen said.

Gurta reached forward and touched Yurgen, sending a shiver through him.

"Oh, Yurgi, you're my hero," she smiled.

"What about your boyfriend?"

"Gusti? He's not my boyfriend." She leaned to Yurgi's ear and whispered: "actually, he's kind of a stiff."

Someone had stolen the key to the death ray and Gary Filmon was in a panic.

"Our secret's out! How do we cover this up?"

"Someone's got to take the blame for it. Anyone not interested in being the scapegoat, raise your hand," Hilarity said.

"Glurg," the unfrozen head of Walt Disney cursed.

"Right then," Ken said. "No vote-splitting required. Let's get out of here."

Just then, the roof split with a thunderous crunch and a silver bird perched in the rafters, sending pieces of wood and aluminum siding hurtling to the conspirators below.

"It's Gurti. He's come for the Gimlinomicon!" The skeleton dove from the airplane and landed with grace on the floor, blowtorch in hand.

Yurgen fell from a hole in the underbelly of The Gimli Goose and landed flat on his kiester. He looked up and saw Gerta falling from the same hole. In the nick of time, Yurgen flung out his arms and she landed in them, saving her from several hours of severe back pain.

"I guess you got the girl after all," she said.

Gusti seared Ken with one blast of his blowtorch, leaving a blackened heap of ash and bronchial fluid on the floor. Gusti blasted Gary, but his teflon coating easily repelled the flames and Gary let loose a bellowing laugh. Hilarity did a backward somersault and hid behind some crates, until Vonda swooped in on her parachute, picked her up by the collar and administered a devastating DDT.

Walt brought the formaldehyde in his jar to a boil as he watched.

Yurgi knew what to do. Everyone was distracted. It was time to burn the Gimlinomicon. But what was it? The unfrozen eyes of Walt Disney betrayed him. He couldn't help but look at the cupboard that held the Gimlinomicon, worried for its safety.

Yurgi ran to the cupboard and opened the door. There lay an archaic book, thousands of pages thick. He had to look. He leafed through but saw nothing, each page blank, until he spied one tiny sentence on a page right in the centre.

"Goofy is a donkey."

Oh yeah, I guess he is, Yurgen thought. But then how come he could walk on two legs but Pluto couldn't? And how could Mickey be bigger than a dog and waste-high to a donkey? No matter.

"Gusti!"

Yurgen threw the Gimlinomicon into the air and Gusti incinerated it with his blowtorch.

"Glurg," Disney cursed.

And just like that, Hilarity Arkansas and Gary Filmon gave up. Gusti promptly burnt them.

"Clean up and go home," Gusti said.

"I'm off to destroy the Caramilk secret."

The End

THANK YOU

FOR HELPING US RAISE
$1500
FOR THE
COLOMBIAN EARTHQUAKE
RELIEF FUND

Donations can still be made at any of the drop off boxes around the college or at the SA office in Rm DM20. You can also mail your donation to:
Mennonite Central Committee
134 Plaza Drive
Winnipeg, Mantoba
R3T 5K9

The Red River College Students' Association would like to thank all students and staff who donated money to the Colombian Earthquake Relief Fund

"The Number one KILLER OF WOMEN in Canada is not breast cancer. It's not any kind of cancer. It's HEART DISEASE." ***Dr. Lynda Mickleborough***

FACT:

- More Canadian women than men die of heart attack and stroke.
- Heart attack and stroke are the number one killers of women in Canada.
- The chances of having a heart attack or stroke do rise as a women gets older, but A WOMEN AT ANY AGE CAN BE AT RISK.
- Women with diabetes are at risk at an earlier age.
  Heart disease is 3–6 times more common in people with diabetes than without.
- Studies have shown that women often have warning signs that are quite different than those of men.

FIND OUT IF YOU ARE AT RISK.
GET INFORMED BY:

- Watch the video "It pays to be heart strong". A 9-minute video on women & heart health. It will be shown in the Tower Lounge starting at 12:00pm and 12:30pm every weekday from Feb. 22-26.
- Checking out the Heart & Stroke Foundations web site at **http://www.hsf.ca** ;
- Visit the College **Health Centre in HM08**.

Information supplied by the Heart & Stroke Foundation.

Red River College Wellness Committee

ARE YOU UP FOR THE CHALLENGE...

BE PART OF THE TEAM,
BECOME AN *SA EXECUTIVE*

PRESIDENT

VICE-PRESIDENT, STUDENT AFFAIRS

VICE-PRESIDENT, FINANCIAL & SUPPORT SERVICES

SA ELECTIONS '99