LIBRARY
RED RIVER COMMUNITY COLLEGE
LIB182566

New Location
Unit 15
2188 McPhillips
633-4300

the Projector

February 8, 1999

MOVIE VILLAGE
MOVIES
MAGAZINES
VIDEOGAMES
57 OSBORNE STREET 477-5566
www.pangea.ca/moviev

NEWS

MELTDOWN '99 . . . 2
LETTER TO THE EDITOR 2
COLOMBIA RELIEF 3
PRINTSHOP CHANGES 4
STUDENT APPEALS 4
MEXICO TRIP 5
MOOSE UPDATE 5
HARVEST CO-OP 6

ENTERTAINMENT

GRAMMY PREVIEW 7
CD REVIEWS 11
MOVIE REVIEWS 13
NEW MUSIC FESTIVAL 14

COLUMNS & FEATURES

ASK AMY 9
VALENTINE TOP 10 9
THE RANT 10
SWEET TART . . . 10
Q & A 12

HAPPY VALENTINE'S DAY FROM THE STAFF AT THE PROJECTOR.

XOXO

Unsung heroes of Canadian rock

54.40 to rock RRC at Meltdown '99

By Nancy Mak

Photo courtesy of 54.40

54.40: headliners for Meltdown '99. Check them out at the South Gym on Feb. 12.

With its controversial political roots, 54.40 is a fitting name for a band known for their aggressive approach to social and political issues.

"54.40 or Fight!" was a rallying cry of Manifest Destiny, a US movement to force the Canadian-American border to the 54th parallel, 40th minute, now the southernmost tip of Alaska.

Singer/guitarist Neil Osborne and bassist Brad Merritt formed 54.40 in 1980, adding drummer Ian Franey.

54.40's debut performance was on New Year's Eve 1980, at Vancouver's Smilin' Buddha Cabaret with legendary punk band, D.O.A..

By early 1982, 54.40 recorded four tracks that were included on a compilation put out by Mo=Da=Mu, a non-profit record label, and also recorded a six-song EP called Selection on the label.

54.40's first line-up changed occurred in 1983. Darryl Neudorf replaced Franey as the band's drummer and Phil Comparelli was added as the band's second guitarist, and trumpet and keyboard player.

54.40 released their first and only full-length album on the Mo=Da=Mu label called Set The Fire, in early 1984. The album garnered some attention from local media in Vancouver, but was much more successful in the US, where it topped college radio charts in San Francisco and Los Angeles.

54.40's popularity was apparent when two A&R label reps from Warner Brothers considered offering the band a contract. The reps went to check out the band at Club Lingerie in Los Angeles and weren't allowed in the club because the show was completely sold out.

The band underwent their final line-up change when Neudorf, the drummer, left the band and was replaced by Matt Johnson.

54.40's impressive live shows and a self-produced tape led to a deal with Warner Brothers in Los Angeles, and the band had their first major label release, known as The Green Album, in 1986.

The album included the singles Baby Ran and I Go Blind, and gave the band enough attention to finally be able to tour across Canada.

Their next album, Show Me, released in 1987, had highly-produced synthesized sound. Although it featured the hit singles One Day In Your Life and One Gun, Show Me and the band's subsequent 1989 album, Fight For Love, had limited success.

In 1991, 54.40 signed a long-term deal with Sony Music Canada while Warner Music Canada released a compilation of hits from the band's previous three albums along with some rare and unreleased tracks, entitled Sweeter Things.

Dear Dear, released in 1992, tackled themes from domestic assault to changing views on sex and focused more on the feeling and mood of the music. The album gained a lot of radio airplay throughout 1992 and 1993 and included favourites such as She La and Nice To Luv You.

Please see "Snubbed" page 2....

Manitoba Metis Federation partners with the College

By Mike Miguez

Red River College has once again opened its doors to the community by signing a unique memorandum of understanding with the Manitoba Metis Federation.

The historic signing ceremony took place at the College earlier this year.

"This agreement focuses on the fact that we made a commitment to work together," said Donald Robertson, Dean of Aboriginal Education and Institutional Diversity.

"The goal of the agreement is for RRC and the MMF to work together on further educating and training people from the Metis community."

The agreement will see RRC and the MMF cooperate and collaborate in the training needs assessment, prior learning assessment, curriculum design and delivery of training to students identified by the MMF.

Robertson said both parties will reap unique benefits that go beyond the education and training aspect of the agreement.

"The benefits for us are we become one of the main agencies for the MMF as well as benefit from the MMF's cultural expertise and experience," said Robertson.

"In turn, the MMF benefits from the curriculum expertise of the College and the certificate and diploma courses we provide which are well recognized regardless of where our graduates go."

One of the key areas of training the MMF is looking at, but certainly not the only one, is manufacturing, said Alvin Chartrand, vice-president of the MMF (WPG. Region).

"There are employment opportunities within the manufacturing industry and we have high unemployment in our community," said Chartrand. "If we can train our people to meet the skills required we will be able to fill those employment opportunities."

"There will be no need for the manufacturing industry to look outside of Manitoba for a skilled labour force."

Dr. Dale Watts, Dean of Industrial Technologies at RRC agrees with Chartrand.

"Manufacturing is an area where there is a shortage of skilled personnel and excellent opportunities for not only the Metis community but for anyone," said Watts.

"I think that is why Alvin is looking at manufacturing."

"This is a fairly unique initiative," said Watts. "We are in the business of providing training to the community. We have to try and address the needs of everyone."

Red River College is committed to doing all things necessary to address cross-cultural issues within the college and community. This agreement will ensure the College is able to respond to the unique needs of the Metis community in Manitoba, said Jacqueline Thachuk, president of RRC, in a news release circulated prior to the signing.

How to get free pizza, movies, 54.40 tickets and other stuff

10 Meltdown tips your mother never taught you

By Amanda D. Bosma

It's all a matter of knowing the right people and being in the right places at the right time. At least that's what my cocky younger brother Aaron tells me.

But for those of you who don't know the location of these so-called "right" places, that's not a lot of help.

Thankfully, you've got me. In the next two minutes, I will divulge to you ten tricks to get you on the right track to freebies. Take careful notes. After this, you're on your own.

The "Right" People and Places:

1. These people would be the ones standing behind the counter at the Ox or SA Office (DM20). Go up to any of these people, slip them a toonie and ask for the special Meltdown Wristband. (I know this sounds weird and isn't exactly free, but trust me on this one. You need to get this wristband to identify yourselves to future "right" people. After this, it's freebie-city.)

2. The SA Office (DM20). For those of you who'd like free coffee, juice, or doughnuts, take a stroll down to DM20 anytime between 8- 9:30 a.m. on Monday, Feb. 8. A table will be set up across from the SA office (by the Cave) to meet all your caffeine needs.

3. The Tower Lounge. This is the place-to-be if you like free popcorn and movies. Be there between 10- 1 p.m. any day during the Feb. 8- 12 week and see movies like Can't Hardly Wait, Armageddon, The Wedding Singer, and more.

4. The Tower Lounge. If you're here at noon on Tuesday, Feb. 9 you'll get to watch a free comedy act. Whip out your wristband and laugh your heart out with Comedian John Wing.

5. Polo Park Bowling Center. For so-cheap-it's-practically-free Glow Bowling (50 cents/person) sign up at DM20 and bowl the night away at Polo Park Bowling Center on Tuesday, Feb. 9 at 9:30 p.m.

6. The South Gym. This is the place-to-be if you want free pizza and cheap drinks. Be there Wednesday Feb. 10 anytime between 2- 6 p.m. and get drinks for just $1.50.

7. The South Gym. This freebie is so easy, even your cat could do it. Just walk through the South Gym doors anytime between 2- 6 p.m. and you'll get free SA dollars. Use them at the casino or silent auction and you might win over $2,500 worth of free prizes.

8. The Tower Lounge. To see hypnotist Tyson Paley perform for free, be at the Tower Lounge on Thursday, Feb. 11 between 11:30 a.m.- 1 p.m.

9. The South Gym. Still need some more pizza? Go down to the South Gym anytime between 12- 1 p.m. on Friday, Feb. 12 and get yourself a free lunch.

10. Last, and most important, The South Gym. For the ultimate freebie experience, be at the South Gym anytime after 4 p.m. on Friday, Feb. 12. Show that wristband of yours and see the 54.50/ Touchtone Gurus Concert for free. And hey, if you enter your name in the free Mexico draw while you're there, you might end up spending that spring break of yours in sunny Puerto Vallarta for free too.

Yup, it's all free, baby. Just don't forget to get that wristband.

Snubbed at Junos... but not at RRC

... Continued from page 1

After being together for more than ten years, 54.40 named their 1994 release Smilin' Buddha Cabaret after the club that initially inspired Osborne and Merritt to start a band. Drummer Matt Johnson called the album "Our K-Tel Album-- no two songs are alike." Ocean Pearl and Radio Luv Song were two distinctly different hits that represented the album's variety.

The band considered over 40 songs for their 1996 release, Trusted By Millions. Merritt said, "We've found that 54.40 fans come in three flavours: Dear Dear fans, Smilin' Buddha Cabaret fans and people who pretty much like everything we've done. I think we've finally made a record that encompasses all three flavours."

Love You All and Lies To Me were added to 54.40's long list of signature songs.

Sound Of Truth, a collection of songs from Selection and Set The Fire, was released before the band's eighth full-length album, Since When.

Since When's title track features a female back-up vocalist, while other tracks on the album include piano and string players. The album came out last summer and is one of 54.40's most versatile and distinct albums.

Osborne said, "Letting go of yourself as a musician is one of the truly great experiences in life."

54.40 was nominated for two 1999 Juno Awards, Best Rock Album (voted by the fans) and Best Album Design. Although the band was nominated for four awards in previous years, they have never won a Juno. This year's awards ceremony, hosted by Mike Bullard, will be held on March 7.

54.40 will be performing at Red River College on Friday, Feb. 12, during Meltdown 1999, in the South Gym after 4:00pm.

All quotes taken from 54.40's web site, www.5440.com

Letter to the Editor

Dear Editors:

I am writing to detail my disgust at your Archive Contest in the January 25, 1999 issue of the Projector. It was deplorable.

Using the name of a slain individual as a promotional gimmick for your paper and the Students' Association showed extremely poor judgment and bad taste. I note from your masthead that you had no less than 12 editors working on the issue. Didn't any of you realize what a horrible idea the contest was? Didn't any of you contemplate what the consequences/ramifications of such a contest might be? For example, consider the possibility that one of the victim's children/friends/family member/acquaintance attends/works at Red River College? Failing that, what if by chance, one of the aforementioned individuals, as I did, picked up a copy of your "newspaper" off campus?

Your actions deprecated the severity of the crime, and showed a total lack of respect for the victim and his loved ones.

Bear in mind that employers are going to be more willing to hire journalists/communications professionals who continually demonstrate a high level of maturity, as well as a high standard of integrity and ethics. Is page 16 of the January 25, 1999 issue going to be displayed prominently in your portfolio? Consider this the next time you put pen to paper.

Carlene Rummery

the Projector

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

Editors-in-Chief
Candice Knol, Richard Sandhurst

News Editors
John Lu, Gregory Taylor

Entertainment Editors
Uzo Amajor, Amber Saleem

Photo Editors
Amanda Bosma, Ken Hunter

Advertising and Sales Manager
Guy Lussier

Photographers
Amanda D. Bosma, Ken Hunter

Contributing Writers
Jocelyn Anderes, Candice Bodnaruk
Amanda D. Bosma, Vergil dela Rosa,
Shannon Dueck, Carla Harms,
Tyler Heshka, Ken Hunter, Nancy Mak,
Allen Mankewich, Darren Marrese,
Mike Miguez, Rose Pallone,
Jason Rosin, Chris Trubyk, Amy Weizman.

The Projector would like to thank
Mike Miguez, associate editor,
for his assistance in the production of this issue.

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

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"

Colombia quake touches RRC student

"For some people in Colombia, food is a privilege."

By Jocelyne Anderes

Isabel Pinzon is asking RRC students to help her native Colombia.

Pinzon, a first year Business Administration student at Red River College, came to Winnipeg from Colombia two years ago and now wants to help her home country out of the ruins of an earthquake.

The earthquake that rocked Colombia on Jan. 25 killed nearly 1,000 people, injured more than 4,000, and left even more homeless. Thousands of Colombians have fled the city of Armenia, hoping to leave the destruction and violence behind.

Among the devastation, survivors are mourning the dead, struggling to escape, or searchimg for lost loved ones.

Two-thirds of the deaths occurred in Armenia, a city of 280,000 people. Over 70 percent of the city's structures were destroyed or will have to be torn down.

Following the quake, frustration over slow relief efforts and chronic food and water shortages boiled over in violent clashes between angry mobs and troops in the city center. Looting by roving armed bands further complicated relief efforts and prompted residents to brandish weapons and form vigilante groups.

Pinzon walked into SA President Lindsay Bohnhardt's office in the week following the quake, asking if the college could help to raise money in a relief effort.

"With the dollar it takes to buy one bottle of water here, a Colombian could have water for two or three days," says Pinzon. The number of students and staff at RRC greatly exceeds the 40 Colombians in Manitoba. Uniting the two groups in fund raising would produce a strong victim relief effort.

Student volunteers came around to classes on Feb. 3, 4, and 5 collecting money to help quake victims. Pinzon started a victim relief group with the Mennonite Central Committee, which provides a responsible, hassle-free way to direct donations to Colombia.

Pinzon calls her home in Winnipeg every two hours for updates, where her husband monitors the Internet for new information about Colombia. She says many people in Colombia were already suffering due to the country's political problems prior to the quake, and now those problems are intensified.

Photo by Ken Hunter

Isabel Pinzon is looking to help her native Colombia.

**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.**

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

Photo by Ken Hunter

Part of the changing face of the RRC printshop.

Printshop looking forward

New manager has vision for future

By Allen Mankewich

The manager of the RRC printshop has a new vision for the future.

Glenn Buffie took over the printshop three months ago and he's looking to make it a better place for students.

Buffie has already changed the face of the printshop. Students no longer have to stand outside and talk to a printshop employee through a hole in a window. Students are now welcome to go inside the printshop for what Buffie calls "one-on-one customer service."

At the printshop, many services are available, such as business cards, personalized stationery, wedding invitations, letterheads, envelopes and social tickets. Students can also get black-and-white copies for $.10 or colour copies for $1.50. Volume discounts are also available. Buffie says many students work at or own businesses, and having a full service printshop right on campus is more convenient for them.

As for the future, Buffie has big plans. He hopes to partner with a copier supplier to create a full colour digital printshop. Buffie would also like to create a lounge with computers which students can use to create material that could be produced at the printshop.

Buffie also hopes to purchase a 36" large format colour printer that would be used by students to create banners and posters. The marketing department could also use this printer to create promotional materials for trade shows.

Buffie would like to offer VISA, Mastercard and Interac payment systems. He would also like to install costing and pricing software for faster service. Buffie would also like to extend business hours of the printshop to accomodate night students.

Buffie would also like to install better signage on the printshop. He would also like to develop a web page.

Buffie would like to add digital cameras to the printshop. He says they would be available to all students.

Buffie hopes these changes will help "create a new visual identity" for the printshop. He wants to improve the printshop premises and the products it offers, making it feel less "institutional."

Buffie says, "Students are our most important customers," and he hopes that the changes will help students improve the quality of their projects and presentations.

Most important, Buffie hopes to "educate people about printing." He says the printshop can help students improve the quality of their presentations and give their work a unique look.

Appeals up 100%

By Amanda D. Bosma

It's only half way through the school year and academic appeals have already doubled last year's figures.

Geoff Gray, vice-president of Student Affairs, has received over 30 informal appeals since September.

This number, he says, is up substantially.

"Last year's Student Association only received about 10-15 informal appeals. That's about normal for a school year," says Gray.

So why are the numbers so high this year?

Gray says it probably has a lot to do with this year's day planners and class rep system.

"A lot of people are using their day planners, so they're more informed," says Gray.

This year's day planners provided students with over 90 pages of college information. Three of these pages dealt specifically with academic support services.

Moreover, says Gray, the number of class representatives has increased from 4 to 50 this year so students are better informed.

Gray, who is currently involved in 7 formal appeals, says students have the right to appeal anything - from grades and assessment of work experiences to evaluation procedures and test content.

He encourages student to utilize the Student Asociation which can provide students with information on the College's academic policies and procedures and guidance in filling out academic appeal forms. -

Air Quality Survey

FEBRUARY 8-13, 1999

As part of a comprehensive facility assessment, the MFL Occupational Health Centre will be distributing a questionnaire about indoor air quality to all staff and students on campus.

Survey results will help Manitoba Government Services and the College's Health and Safety Committee formulate plans to ensure air quality is of the highest standard.

While you are under no obligation to complete the survey, your participation is important and appreciated. The survey is anonymous and your answers will remain strictly confidential.

PLEASE PLAN TO PARTICIPATE.

We need your input!

For further information, contact:

Kit Galvin *or* Diane Gagnon
MFL Occupational Health Centre
102–275 Broadway
Winnipeg, Manitoba R3C 4M6
Phone 949-0811

TRAVEL & TEACH ENGLISH
5 day course certifying you as a Teacher of English (TESOL).Jobs available World wide.
Next course In Winnipeg Feb. 24 - 28, 1999.
Free info. pack, toll free
1-888-486-6612

SWAP
Start your working adventure abroad on the right track with SWAP
Student Work Abroad Programme
Experience living and working in another country
BRITAIN • GERMANY • FRANCE • AUSTRALIA • IRELAND • THE NETHERLANDS
NEW ZEALAND • JAPAN • UNITED STATES • JAMAICA • SOUTH AFRICA
PS- you don't have to be a student for SWAP Japan or Australia
Information session:
Tuesday February 9th
1:00 pm
Room 2L17, U of W
TRAVEL CUTS
Plugged-in to Student Travel
Since 1969
499 Portage Avenue 783-5353
Owned and operated by the Canadian Federation of Students

Viva Puerto Vallarta!

By Allen Mankewich

When Term II winds down, what will you do to give your weary brain a break?

Some Red River College students will be going to Mexico from April 8-15.

The trip is being organized by Geoff Sine, director of programming for the Student Association.

Sine, a couple other SA members and 43 students will be heading to Puerto Vallarta for a week of fun in the sun.

This is the fourth year this trip has been planned by the SA, and it has become more popular each year. "We had 24 students in the first year," Sine said.

For students who knew nothing about the trip, don't blame the SA. "There was a video presentation at orientation and at the Tower Lounge," according to Sine. The SA also put posters up all over the campus.

The group will be staying at the all-inclusive Las Palmas Hotel. This is the second year they have stayed at this hotel. Sine said this hotel is better than the previous one and the group will be getting more for their money.

Sine said there are no major group activities planned, except for a party on the first night. After that, the students will be free to do what they want. He said some students usually go on boat cruises or rent cars.

The cost of the trip will be between $850-1150 per student, depending on how many roommates each student wanted. This price includes airfare and accommodations, as well as all drinks and meals.

Sine says the SA did no fundraising. He said each student was responsible for the entire cost of the trip. Nothing was paid for by the College.

The SA members that will be going on the trip won't be getting any freebies from the College either. The SA members have to pay the entire cost of their own trips as well.

For those of you that want to sign up for this year's trip to Mexico, it's too late. But there is a chance to win two spots on the trip during Meltdown, so check the Meltdown brochures for details.

There is always next year, too.

Mexico awaits almost 50 RRC students during Spring Break.

Call of the Moose

By Chris Trubyk

The 1998/99 edition of the Manitoba Moose is taking the Tom Cochrane song Life is a Highway to heart. The Moose posted the franchise's best first half record (23-12-6), but they realize there is still a long way to the Turner Cup championship.

Moose Assistant Coach Gilbert Delorme is pleased with the results from the team's first 48 games, but is not looking too far down the road. "We had a good first half but there are still a lot of games left before the playoffs."

The Moose's first half was highlighted by the franchise's longest unbeaten tear when they did not lose between Nov. 6 and Dec. 4--a stretch of 13 games. During the unbeaten streak, the team also tied a club mark of seven consecutive wins.

As well as the Moose performed on the ice during the first half, what will be remembered is what happened off it. On Nov. 3, Moose number one goalie and former NHL'er Robb Stauber decided to retire because he did not have the desire to play hockey anymore. Later that day, the Moose received goaltender Richard Shulmistra on loan from the NHL's New Jersey Devils.

Since his arrival in Manitoba, Shulmistra has appeared in 27 games for the Moose and has posted a record of 13-8-5 with a goals against average of 2.93. Last month he joined Brett Hauer, Scott Thomas and Bill Bowler as the Moose representatives at the International Hockey League All-Star game in Cincinnati.

The on-ice accomplishments of the Moose were overshadowed on Nov. 7 when Sheldon Kennedy was signed to a 25 game IHL tryout contract. Kennedy joined the Moose fresh off his in-line skate across Canada to raise money for sexually abused children. He shocked the world in 1997 when he said he was abused by Graham James, his former junior hockey coach. James was later convicted and spent time in jail.

Aside from the media attention, Kennedy's stay in Manitoba was less than spectacular. He scored seven goals and added seven assists for 14 points in 24 games. He chose to leave the team on Jan. 14 for a pro team in Germany.

Since he took over the team on Feb. 3, 1997 as general manager and head coach, Randy Carlyle has performed some minor miracles with the Moose. When he took control, the team was 10 games below .500 and he brought them in with a respectable 16-14-2 record. Carlyle the Coach is now 81-64-12, but even more impressive is Carlyle the General Manager.

Through his great contacts throughout the hockey world, and some shrewd trades, he has quickly and quietly taken the Moose from pretenders to contenders. Today the Moose sit fourth overall in the IHL with a record of 26-14-7 and are well on pace to break last year's record point total of 85.

:-) Web Developer Wanted!

We're looking for someone, to take care of our web site.
(if you've seen it you would know why.)
So if you think you're up to the challenge,
we want to hear from you!

Ideal candidates must have;

Designed at least 3-5 sites.
Have knowledge of HTML.
Knowledge of CGI scripting.
Must be interested in web marketing, customer profiling and e-commerce.
PC fluent along with all major graphics apps.
(Photoshop/Corel/Freehand/***you know the drill.***)

Attention:
Human Resources,
590 Moray Street,
Winnipeg, MB,
R3J 3V9
Fax: 204-897-4860

Warehouse The Jean Store One

THIS SITE UNDER CONSTRUCTION

PIZZA SHOPS
DOUGHBOYS
ONE MEDIUM 12" TWO TOPPING PIZZA
Only $6.99 plus tax
NOBODY DOES IT LIKE THE DOUGHBOYS!
Valid only at McPhillips Location • Expires December 15th, 1998
633-4300
Unit 15 • 2188 McPhillips

The Harvest Collective Inc. on Westminster Ave.

Harvest offers tasty options

Vegetarian choice open to Winnipeg

By Candice Bodnaruk

Harvest Collective Inc. has made its home on Westminster Avenue in Wolseley for over twenty years.

Two years ago Harvest opened a second location when it bought Sunflower on Corydon, another grocery store with a vegetarian focus.

Vegetarianism is more of a "viable option then it was fifteen years ago," says Jane Colish, manager and coordinator of Harvest's Corydon Avenue store, noting that soy milk is now available in Safeway. Colish says that in Harvest's early days it was a members-only cooperative; now the stores are open to the public. Harvest has 350 members, 55 of whom work in either the Corydon or Westminster store, Colish says.

Harvest does regular mail-outs to all its members and holds board meetings twice a year, Colish says. A $24 membership in Harvest gives a person voting privileges at membership meetings, discounts on purchases in the stores, and the right to run for membership on Harvest's board of directors, according to Harvest's membership information brochure. Harvest is part of the Manitoba Eco-Network and has participated in events such as the Wellness Expo and the Wolseley and Corydon street festivals, Colish says.

Colish says she sees a range of customers, from those new to vegetarianism, to people with allergies and serious illnesses that are seeing naturopaths. Colish says the store has a lending library for members, but anyone may come in to browse.

Education is pertinent if someone is considering adopting a vegetarian diet, Colish says. "Don't dive head long into it," she says. Colish says the staff at Harvest provides lists of products that interested customers can browse.

Harvest sells a variety of wheat-free and sugar-free products, vegetarian "fast food" entrees (including many that are dairy-free), dairy-free ice cream and a variety of bulk items.

Colish says Harvest is not a vegetarian organization, and does sell free range chicken (chicken that hasn't been fed antibiotics). "Our mandate is healthful alternatives," she says. Anyone interested in becoming a member of Harvest should drop by Harvest at 664 Corydon or 877 Westminster Avenue, and be sure to bring a shopping bag!

Want to win the admiration of friend and foe alike?
Why not write for the Projector?
If you want to contribute, just contact us here at the Projector.
Call 632-2479, or drop by the Projector trailer.

TRANSFORMATION TO A NEW CULTURE:
A PERSONAL ACCOUNT OF A REFUGEE'S EXPERIENCE

Presented by: Francisco Rico-Martinez, President of the Canadian Council for Refugees & Founder of FCJ Hamilton House in Toronto

Date: Tuesday, February 23, 1999
Place: Aboriginal Resource Centre, F209
Time: 12 noon - 1:00 p.m.(Presentation)
1:00 - 1:30 p.m. (Questions)

To Register: Call Barbara Dixon at 632-2099
Drop-In's Welcome
Sponsored by the Campus Diversity Program Committee

The Bookstore
More than just books
VALUE VALUE VALUE VALUE VALUE VALUE VALUE 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

And The Nominees Are...

The Grammy Awards as they should be

By Rosalinda Pallone

The trophies go out February 24, 1999, so here's a partial forecast of the 41st Grammy Award winners. All of the categories have been renamed... to give my predictions some direction, I suppose.

BEST MONOGAMY-IDEALISING ALBUM

You're Still The One - Shania Twain
NOT TO BE MISTAKEN WITH: Record Of The Year
OTHER NOMINEES:
*The Boy Is Mine - Brandy & Monica
*My Heart Will Go On - Celine Dion
*Iris - Goo Goo Dolls
*Ray Of Light - Madonna Track from: Ray Of Light

BEST USE OF OUT-DATED SOFTWARE

Version 2.0 - Garbage Garbage
NOT TO BE MISTAKEN WITH: Album Of The Year
OTHER NOMINEES:
*The Miseducation Of Lauryn Hill - Lauryn Hill
*The Globe Sessions - Sheryl Crow
*Ray Of Light - Madonna,
*Come On Over - Shania Twain

LUCKIEST SONG TO SURVIVE A REALLY SUCKY MOVIE

Iris - Goo Goo Dolls
NOT TO BE MISTAKEN WITH: Song Of The Year
OTHER NOMINEES:
*I Don't Want To Miss A Thing- Aerosmith
*Lean On Me-Kirk Franklin, (Kirk Franklin With Mary J. Blige, R. Kelly, Bono, Crystal Lewis & The Family)
*My Heart Will Go On-Celine Dion
*You're Still The One-Shania Twain

ARTIST MOST OFTEN MISTAKEN AS THE SPAWN OF WHITNEY HOUSTON AND LENNY KRAVITZ.

Lauryn Hill
NOT TO BE MISTAKEN WITH: Best New Artist
OTHER NOMINEES:
*Backstreet Boys
*Andrea Bocelli
*Dixie Chicks
*Natalie Imbruglia

BEST MUSICAL PERFORMANCE SPENT LAMENTING ABOUT WARREN BEATTY

My Favorite Mistake - Sheryl Crow
NOT TO BE MISTAKEN WITH: Best Female Pop Vocal Performance
OTHER NOMINEES:
*My Heart Will Go On - Celine Dion
*Can't Take My Eyes Off Of You - Lauryn Hill
*Torn - Natalie Imbruglia
*Adia - Sarah McLachlan

PERFORMANCE THAT LEAVES ARTISTÍS CHILDHOOD FLASHBACKS MOST OPEN TO QUESTION

My Father's Eyes - Eric Clapton
NOT TO BE MISTAKEN WITH: Best Male Pop Vocal Performance
OTHER NOMINEES:
*Save Tonight - Eagle-Eye Cherry
*Anytime - Brian McKnight
*Lullaby - Shawn Mullins
*You Were Meant For Me - Sting

ALBUM AND ARTIST CONSISTENTLY NOMINATED IN TOO MANY CATEGORIES

Ray Of Light - Madonna
NOT TO BE MISTAKEN WITH: Best Pop Album
OTHER NOMINEES:
*Pilgrim - Eric Clapton
*Let's Talk About Love - Celine Dion
*Left Of The Middle - Natalie Imbruglia
*The Dirty Boogie - The Brian Setzer Orchestra

MOST RECENT INDICATION THAT AGING ROCK STARS WITH BIG LIPS HAVE STAYING POWER

I Don't Want To Miss A Thing -Aerosmith
NOT TO BE MISTAKEN WITH: Best Pop Performance By A Duo Or Group With Vocal For established duos or groups. Singles or Tracks only.

OTHER NOMINEES:
*One Week - Barenaked Ladies
*Iris - Goo Goo Dolls
*Crush - Dave Matthews Band
*Jump Jive An' Wail - The Brian Setzer Orchestra

ONLY ARTIST IN THIS CATEGORY THAT IS LEAST OBVIOUSLY A RECOVERED 80S VICTIM

Around The World-Daft Punk
NOT TO BE MISTAKEN WITH: Best Dance Recording
OTHER NOMINEES:
*When Will You Learn - Boy George
*Heaven's What I Feel - Gloria Estefan
*Disco Inferno - Cyndi Lauper & Soul Solution
*Ray Of Light - Madonna

BEST FLAVOUR OF THE MONTH BY A FLAVOUR OF THE MONTH

Raspberry Swirl -Tori Amos
NOT TO BE MISTAKEN WITH: Best Female Rock Vocal Performance
OTHER NOMINEES:
*There Goes The Neighborhood -Sheryl Crow
*Glass House -Ani DiFranco
*Uninvited -Alanis Morissette
*Can't Let Go -Lucinda Williams

BEST TRACK TO EXPLAIN THE RATIONALE BEHIND PERFORMER'S COIF

Fly Away -Lenny Kravitz
NOT TO BE MISTAKEN WITH: Best Male Rock Vocal Performance
OTHER NOMINEES:
*Everybody Here Wants You -Jeff Buckley
*Almost Saturday Night -John Fogerty
*Have A Little Faith In Me -John Hiatt
*Your Life Is Now -John Mellencamp

BEST COMBINATION OF ROCK AND ESTROGEN

Celebrity Skin -Hole -Track from: Celebrity Skin
NOT TO BE MISTAKEN WITH: Best Rock Performance By A Duo Or Group With Vocal
OTHER NOMINEES:
*Pink-Aerosmith
*The Way -Fastball
*Bitter Sweet Symphony -The Verve
*Heroes -The Wallflowers

BEST MUSICAL PERFORMANCE BY AN ARTIST BUILT MOST LIKE A SUPERMODEL.

The Dope Show -Marilyn Manson
NOT TO BE MISTAKEN WITH: Best Hard Rock Performance
OTHER NOMINEES:
*Psycho Circus -Kiss
*Fuel -Metallica
*Most High -Jimmy Page & Robert Plant
*Do The Evolution -Pearl Jam

MOST POPULAR GERMAN SONG TITLE SINCE "DANKE SCHOEN"

Du Hast-Rammstein
NOT TO BE MISTAKEN WITH: Best Metal Performance
OTHER NOMINEES:
*Bullet Train -Judas Priest
*Better Than You -Metallica
*Fried Chicken And Coffee -Nashville Pussy
*No Shelter -Rage Against The Machine

BEST EXPLANATION FOR BRAMWELL TOVEY'S RECENT CHOCOLATE FIXATION.

Bitter Sweet Symphony-The Verve
NOT TO BE MISTAKEN WITH: Best Rock Song
OTHER NOMINEES:
*Celebrity Skin -Hole
*Closing Time -Semisonic
*Have A Little Faith In Me -John Hiatt
*Uninvited -Alanis Morissette

BEST REFERENCE TO SHAKESPEARE THAT INCORPORATES MY NAME.

A Rose Is Still A Rose -Aretha Franklin
NOT TO BE MISTAKEN WITH: Best Female R&B Vocal Performance
OTHER NOMINEES:
*Are You That Somebody? - Aaliyah
*Tyrone - Erykah Badu
*Doo Wop (That Thing) - Lauryn Hill
*I Get Lonely - Janet Jackson

MOST NON-COMMITTAL AND LEAST DECISIVELY-TITLED BALLAD.

Matrimony: Maybe You Maxwell
NOT TO BE MISTAKEN WITH: Best Male R&B Vocal Performance
OTHER NOMINEES:
*The Only One For Me - Brian McKnight
*My Way - Usher
*I Know - Luther Vandross
*St. Louis Blues - Stevie Wonder

CANADA'S

Physical Activity Guide

to Healthy Active Living

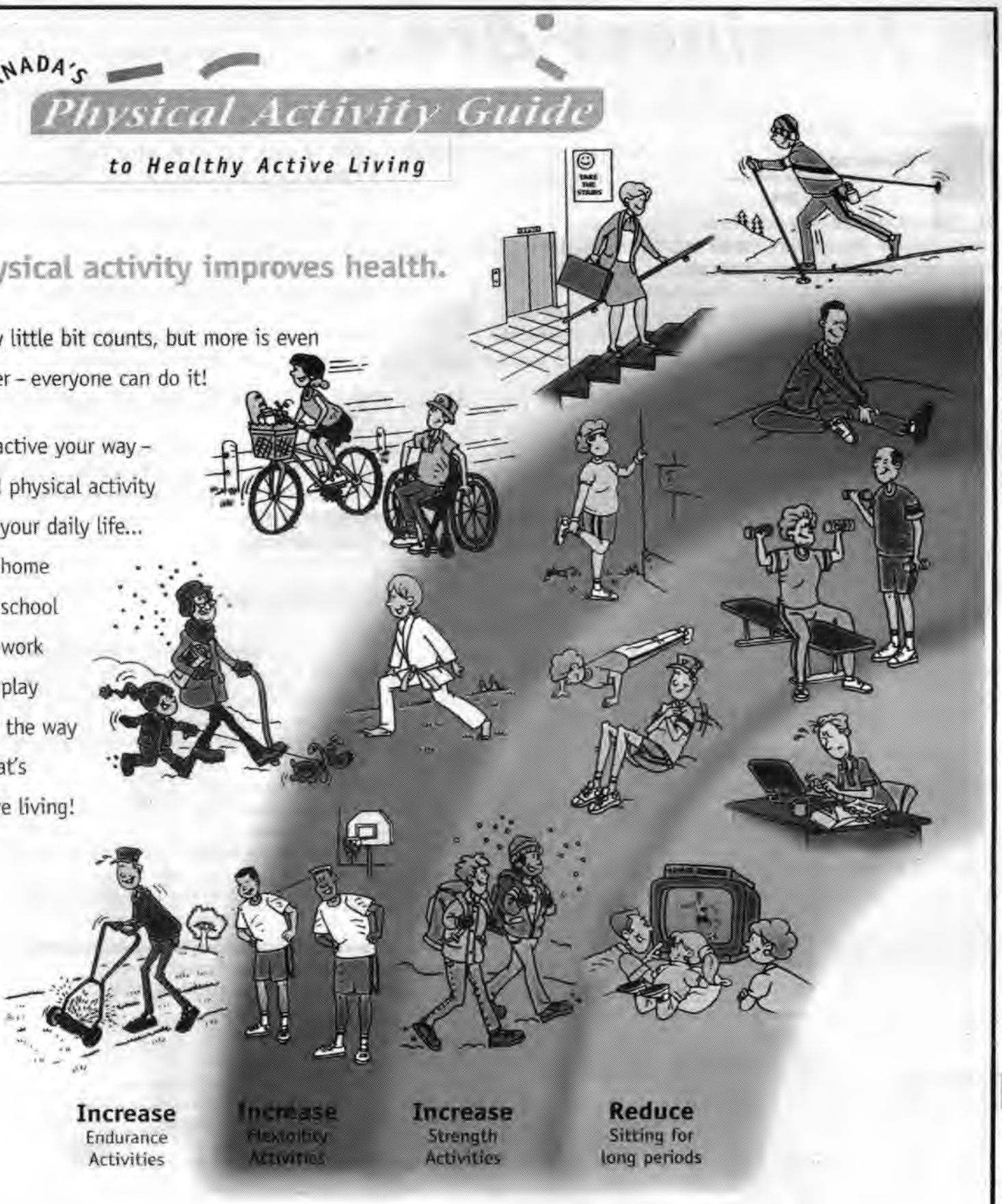
Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
- at school
- at work
- at play
- on the way

...that's active living!



Increase Endurance Activities

Increase Flexibility Activities

Increase Strength Activities

Reduce Sitting for long periods

Health Canada / Santé Canada

Canadian Society for Exercise Physiology

Choose a variety of activities from these three groups:

Endurance

4-7 days a week
Continuous activities for your heart, lungs and circulatory system.

Flexibility

4-7 days a week
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

Strength

2-4 days a week
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: **1-888-334-9769**, or **www.paguide.com**

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

Benefits of regular activity:

- better health
- improved fitness
- better posture and balance
- better self-esteem
- weight control
- stronger muscles and bones
- feeling more energetic
- relaxation and reduced stress
- continued independent living in later life

Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort

Very Light Effort	Light Effort *60 minutes*	Moderate Effort *30-60 minutes*	Vigorous Effort *20-30 minutes*	Maximum Effort
• Strolling • Dusting	• Light walking • Volleyball • Easy gardening • Stretching	• Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics	• Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing	• Sprinting • Racing

Range needed to stay healthy

You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start, you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

Health Risks of Inactivity:

- **Premature Death**
- **Diabetes (Adult Onset)**
- **Heart Disease**
- **Hypertension**
- **Stroke**
- **Osteoporosis**

Ask Amy

Free Advice For The Taking

Dear Amy,

I have a problem! I am in love with my best friend! At first I thought I liked confiding in her because of her intelligent advice, but now I realize that my affection towards her has little to do with her mind and a lot to do with her toned abs. With Valentines Day around the corner, my romantic side is kicking in. I find myself unable to sleep at night, dreaming of her. I am constantly giving her the "wrong" advice so none of her relationships work out. Even worse, I follow her around at night when I'm bored and use my binoculars to spy on her through her window. I have given her subtle hints and when she begins to catch on she playfully punches me in the back or says, "haha, you're a great PAL!" Then of course, she proceeds by telling me that if I weren't so physically unattractive she might consider the possibility of...SETTING ME UP WITH ONE OF HER FRIENDS! So you see Amy, I really have no chance with this girl. I am stupid, ugly, loud, annoying and obnoxious. I am turning into a stalker, and for what? To be a "pal"? Will nice guys ever win?
-Stupid Stalker

Dear Stupid Stalker,

At least you have enough self confidence to pull you through this nightmarish ordeal...NOT! Loosen up SS, this is a girl we're talking about here. Think of your problem as a brief battle with the 24 hour stomach flu as opposed to a lengthy fight with pneumonia. You will prevail! It is apparent that your friend is quite perfect...TO BE YOUR WORST ENEMY! She calls you "physically unattractive," is that something you need to be reminded of? Of course not! That is something you are forced to deal with every time you look into a mirror. You don't need reminders from your supposed "best friend." But, feelings are difficult to control. Often we tend to latch on to those who treat us poorly because it makes their compliments all that more exciting.

You should concentrate on your own self confidence. Once you feel more secure with yourself you will move on. In the mean time, please refrain from stalking this girl, you will just end up looking like a pathetic loser - something I suggest you hide. Instead of bothering your friend for dates, borrow her abs of steel and take a job around the block. With a new self image and Brad Pitt physique, you will end up on top. And if you don't remember that there is nothing wrong with spending Valentines Day alone in a dark room. In the future, don't be so traumatized being the "nice friend." As the old saying goes, friendships last longer than relationships.

Dear Amy,

For the past year I have been living in cyberland. It all started last February when I spent my computer class surfing the Internet. I instantly found a place where I belonged. Left behind were the days of being called "fat," "deformed," and "manly." For the first time in my life I felt attractive. I have been e-mailing a cyber friend for months now and I believe we are soul mates. After a long, stressful day I can log on and check my mail. I know that somebody far away cares about me. Our souls have touched. He knows my hopes and dreams. He knows my home address, phone number, astrological sign, hair and eye colour, alarm code number, and as of recently, my bra size. I have yet to learn more about him. Unfortunately, just as he begins to type about himself, his computer is always disconnected. It is so unfair that my computer system is more superior than his. He deserves the best that technology has to offer and so I am in the midst of buying him a new system which I will give to him when we meet next month. I wish I could share the details of our meeting with you, but he warned me against that. "S&M," the cute little nickname he goes by, standing for Sammy Michael I believe, is a very private person. His talk of our final union instills excitement in my bones. I am yet to discover the details of our meeting. S&M mails me different instructions weekly, it is like a cute little scavenger hunt. I think that he wants it dark and secluded when we meet, and since I bought him a car last month for his birthday and had it shipped to him, he thinks it would be most appropriate if we met in a dimmed garage...how thoughtful, not to mention, unbelievably romantic.

Here's the dilemma Amy, what should I wear? I am aware that appearances are superficial. Nevertheless, I want to look presentable with S&M. He mentioned he likes skirts. Oh yeah, he is apparently somewhat older than me. As well, he has a thing for neck scarves, black gloves, and dog leashes. Please Amy, you're the fashion expert. Help me put together the perfect ensemble to knock off my cyber friend's socks!
-Currently Clueless

Dear Clueless,

Or shall we say...the perfect ensemble so he can knock off your socks? HELLO IS ANYBODY HOME? I am afraid that your little romantic evening in...THE GARAGE, may turn out to be a pathetic made for TV movie starring Tori Spelling, or in this case, you! Shall we play a brief game of work association to stress my point further. DESPERATE - YOU, PATHETIC - YOU, NAIVE-YOU, CONNED-YOU, STRANGLED IN A GARAGE AFTER BEING WHIPPED WITH A DOG LEASH BY A MAN WEARING YOUR BLACK GLOVES-YOU! Do you catch my drift? You are being used by this guy, or should I say, you are being used by this 50 year old pedophile. He has you right where he wants you. I suggest you change your e-mail address, telephone number, and current residence. The hunt for his new computer should be terminated...NOW! I am sorry to say that you have been played for a fool. Hey, I'm sure you're a nice girl. And yeah, kids can be cruel, calling you deformed, but you are being toyed with. Maybe you're not fat, deformed, or manly, but...SAMMY MICHAEL? You sure are a gullible loser. Best of luck.

10 SIGNS YOU PICKED THE WRONG VALENTINE

10. Every piece of clothing he owns has a Teletubby logo on it.

9. Her eyes say yes but her parole officer says inoï.

8. Instead of sending you flowers, he sends you squash.

7. He hired three of his friends to get naked while holding little bows and arrows to set the mood.

6. Her e-mail address: www.dontleaveme@thealtar.com

5. He manages to write you a 10 page love letter using the word pancakes.

4. Upon closer inspection, that label on the underwear he gave you reads,Victoriaís Secretions.

3. Thinks O.J. is innocent.

2. Every time he pulls you closer to the dance floor, his Siamese twin cops a feel.

1. Would you like more wine, mom?

-Vergil dela Rosa

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

FULL COLOR COPIES AS LOW AS **49¢***

B. & W. COPIES AS LOW AS **2¢***

5% DISCOUNT TO ALL UNIVERSITY & COLLEGE STUDENTS WITH I.D.

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

3rd Annual Social
"Valentine's Day Dance"
February 13th 1999

South Gym
Tickets are $10.00
Available from the Carpentry Dept.
B119 or phone 632-2206 for info.

Live Band **Silent Auction**
Door Prizes **All Welcome**

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

THE RANT COLUMN

The Prepackaged PickPocket

By Rosalinda Pallone

There's a candy-hoarding, coin-chugging cheat on campus and the vending machine by the bathrooms on Bldg. E's first floor (by the CreComm lockers) must be taken to task before the end of term. Those of you that know how to invest spare change in tooth decay know what I'm talking about.

I want my Skittles. Damn it. I work hard for my loonies... twice as hard for two-nies. (Who said CreCommers can't do math?) So when I drop a wad into the vending machine groove, you can bet Iíll take flawed mechanics to heart. Like any economic crisis, the best way for anyone to contest with this would-be candy-machine is war.

Experts (suckers) might tell you to loosen up a little... It's just a buck... Paying for the goodies twice or even three times over isn't going to kill you if you're hungry or sluggish enough... Principle-wise, rational thinkers have a hard time sleeping at night if this is the only alternative. For the record, you should get more than a sugar high if you're forking over that kind of cash for an addiction.

There's a scientific solution for any problem, I know. But it doesn't take a genius to figure out that it'll take more than mathematics to loosen a snagged bag of chippies or Skittles or Twizzlers from the spiral rod in the display case. So keep this in mind:

The probability of retrieving suspended snackies from the mechanical bully is directly proportional to one's ability to convert disappointment (read: pissed-offishness) into high-decibel profanity and brute strength. Those of you wanting to humour yourselves by losing another loonie or two to get some blood flowing, by all means... take whatever approach you feel will work best.

The machine won't give up without a fight, so be persistent. Just know that these tactics have a known success rate... I'm not sure on the statistics exactly, but hang around long enough and you'll see sweaty, red-faced students walk away with one, two, and sometimes three little baggies in tow.

So pull out your wallet when no one's looking. Curse and kick all you like. You may even coerce a double-jointed lady into contorting her lanky limbs for a treat. With enough tenacity something is bound to crack... be it the window on the display case, or your sanity.

Your Favourite Colour of Sweet Tart is the Key to Your Sexual Life

Who would have guessed those little valentine candies could reveal so much...

By Amanda D. Bosma

RED: People who like red sweet tarts are tigers in the sack. They are easily aroused and enjoy sex in every way imaginable. Red lovers know the Kama Sutra inside out and if two red lovers ever got together, the ensuing erotica would make Lady Chatterly blush.

PURPLE: Lovers of purple consider themselves too regal for sex, though they'll probably deny this. Female purple lovers hate to muss their hair and male purple lovers hate to wrinkle their clothes. In both sexes, purple partners are businesslike in their approach to lovemaking and are more concerned with their fulfillment than anyone else's gratification.

BLACK: Black lovers are the misfits of the sex world and often seek each other in kinship. They tend to prefer perverted sex and are usually masochistic or sadistic in nature. Black lovers are moody people and their sexual peak usually occurs only under stress or during unhappy times.

GREEN: Those who prefer green sweet tarts are fresh and innocent in their approach to sex. Women who love green will make love like virgins all their life. Men may also be a trifle clumsy and awkward, but in a charming and endearing sort of way. Green lovers are gentle. If chosen as a mate, one will never need worry about infidelity.

PINK: People who like pink show a reluctance to mature in sexual matters. Women pink lovers like to be thought of as innocent but will knowingly tease a member of the opposite sex. Pink-loving men, on the other hand, are either from Hawaii or they're jocks trying to impress you with their sensitive side.

ORANGE: Lovers of the colour orange lean toward sexual fantasies. To them, the sex act is regarded as a dramatic role, a one act play in which they are the star. Orange lovers love to whisper sweet nothings or any meaningless dialogue they feel fits their image. Men tend to pull their partner's hair and women tend to leave welts on their sex partner's back!

BLUE: Lovers of blue are wonderful sex partners. They are sincere, affectionate and sensitive to their partners and enjoy sex to the fullest. They are exciting partners and enjoy the foreplay and the aftermath of lovemaking as much as the act.

YELLOW: For people who like yellow sweet tarts, sex is a 24-hour thing. Yellow-lovers tend to say, "I love you" a lot and need lots of time and privacy to make love. Snuggling by the fire, walking in the rain or catching snowflakes on their tongue are all things they love doing. But watch out, one harsh word to a yellow lover and your affair could be over.

ARE YOU UP FOR THE CHALLENGE?

Make an impression next year.
Run for an SA Executive position.

For more information, contact Lindsey, Geoff, or Kevin in RM DM20.

SA Elections 99

KETTLE OF FISH 88-98
Fish
By Shannon Dueck

If you're looking for a CD that includes a wide mix of music, I think I can help you. Fish has released their latest album entitled, *Kettle of Fish 88-98.*

This CD covers different genres of music, you'd think you were at the Grammy Awards.
For example, the opening song, Big Wedge, has all the key ingredients of something that Phil Collins would be ready to perform for a live audience.
In fact I felt most of the 13 tracks resemble how Phil might sound if he were a little more upbeat.

Kettle Of Fish 88-98 also sounds like the Irish Rovers. Track 13, called Internal Exile, has an Irish sound to it that should bring out the Leprechaun in all of you.

Now don't get me wrong here, I don't listen to either Phil Collins or The Irish Rovers.
I never really took a liking to Phil's voice, and just because Shannon is an Irish name that doesn't mean I'm going to jump on every Irish bandwagon.
Without a doubt, the best song on the album has a country ring to it, it's called Just Good Friends.
Not only are the music and vocals outstanding in this song, but so are the lyrics.
It's a song that many people can relate to.
The classic scenario of two individuals fighting over the decision of whether to become lovers or just stay friends.
I think the reason why this band sounds different in nearly every song can be credited to the fact that the CD covers a span of 10 years.
In 10 years, things are bound to change and Fish sure did.

HUMAN BEING
Seal
By Jason Rosin

Human Being , the latest offering from Seal, is one of those CD's you want to put right beside your bed.

Now, don't go having any perverse thoughts... not just yet. This CD, filled from top to bottom with light ballad-esque pop music, is a very relaxing 52 minutes. Once you give it a listen, you'll know why you should have it right beside your bed.

Human Being is one of those CD's that you can play right before you go to sleep, and the soulful melodies of light guitars, mixed with slow dance beats and strings are a nice combination if you think about it. I have my Sarah McLachlan collection that I sometimes play before I fall asleep, but this is another good candidate to take you into dreamland.

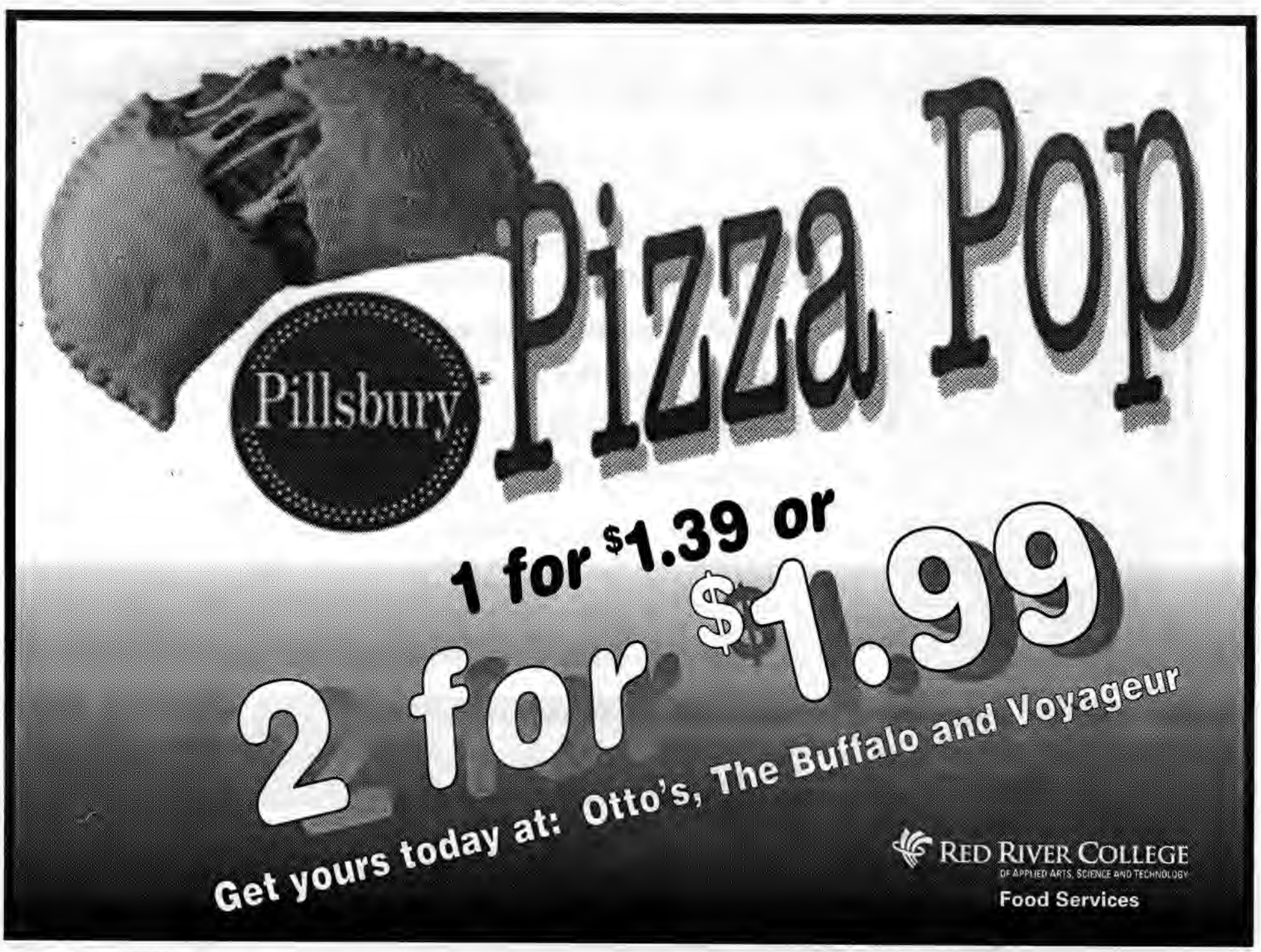
You may also want *Human Being* close to the bed if you have someone else to share the bed with (with little naughty thoughts running through your minds). Most of us know that nice, slow going music sets the mood in the bedroom, and this is one CD that should enhance your "makin' love" collection. Hopefully you all have such a collection!

From the lead title track to the end, all of the songs are very slow going, with guitars, drum beats, and strings forming perfect melodies on each track. The only exception is the somewhat bouncier third song, "Latent Craze", which actually might make you want to get off the bed and dance, but that's up to you.

Human Being is meaningful not only in its lyrics, but also through its gentle, smooth sound.

PIECE OF PARADISE
Sky
By Tyler Heshka

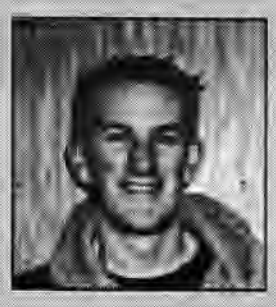
Sky is a Montreal duo that could well be headed for fame, fortune, and a whole lot of screaming fans. It's yet another sad statement of how talent gets you nowhere in the music world, but cheesy grooves and sex appeal to the under 15 crowd is where it's at.
Sky has already charted # 1 in the musically trend setting country of Thailand (at this point, sarcasm should be duly noted), and has rapidly broken through the prestigious MuchMusic top 30 countdown.
If you still aren't familiar with them, they are also likely filling Canadian content regulations on Q-94 fm as we speak.
James (a shy, homebody, who enjoys science-fiction novels) and the "tattoo-adorned" Antoine (so described in the group's bio, possibly the greatest pop music bad boy since Donnie Wahlberg) make slick R& B music, with the help of a whole lot of producers. If you're not familiar with their hit "Some Kinda Wonderful" it's a love song to Satan in the form of a woman. The irony is likely missed, as the theme is deeply buried in sappy lyrics.
Speaking of which, there are no shortage of sugar-sweet lyrics from this group, with every other sentence seemingly ending in "baby/girl/waiting for you."
There is hope indicated in the bio, in a quote from sensitive James: "There's a bit of tension when we're working (together)."
Hopefully this tension will grow to volcanic proportions, putting yet another sappy pop band out of their misery.



Q & A

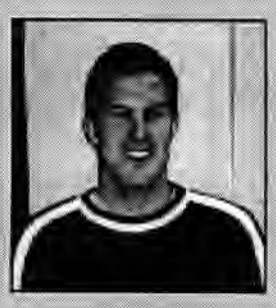
By: Amanda Bosma and Ken Hunter

"Will you be my Valentine?"

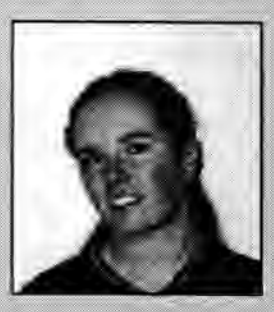


"Stop following me!"
Scott Streilein
1st year Business Administration

"No, because I just don't WANT to!"
Loralea Remarchuk
1st year C/I Sales and Marketing



"I TOLD you, I have a girlfriend!"
Paul Stepien
1st year Business Administration



"STOP STALKING ME!"
Bronwynn Hayles
1st year Hotel/Restaurant Administration

"No, because I don't like your sweater."
Ed Anema
1st year Creative Communications

"Yuck, no way! You're too trashy and you smell bad!"
Some garbage can

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.

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

Saving Private Ryan One More Time

By Darren Marrese

For those of you who slept through History 101 in high school, DreamWorks is giving you a second chance to brush up on America's involvement in World War II.

Last week the upstart movie studio announced it will re-release Stephen Spielberg's highly acclaimed World War II drama, *Saving Private Ryan* for a North American encore presentation.

Saving Private Ryan has been named the Best Picture of the year by both the New York Film Critics Circle and the Los Angeles Film Critics Association, as well as Time Magazine, The New York Times, Entertainment Weekly, USA Today and over 60 major film critics across North America.

"The many year-end honours for *Saving Private Ryan* have created a heightened awareness of the film," said DreamWorks Head of Distribution, Jim Tharp, in a press release. As a result, there's been a renewed interest "from those who never saw it, as well as (from) those who want to see it again."

Hanks and men save a terrified girl from an enemy sniper

Saving Private Ryan is a disturbingly graphic film set just after the D-Day invasion of World War II, and stars Tom Hanks as U.S. army Captain John Miller, who is ordered to take his squad behind enemy lines on a dangerous mission to find and retrieve Private James Ryan, played by Matt Damon.

Hanks, who won back-to-back Oscars for his dramatic performances in *Philadelphia* and *Forrestt Gump*, has once again been nominated for Best Actor for his portrayal of Capt. Miller.

But Hanks has some pretty stiff competition this time around; he's up against John Travolta, who has also been nominated for Best Actor in Touchstone's *A Civil Action* and Universal's *Primary Colours* Hanks will also go up against Nick Nolte, who has won critical acclaim for his starring role in Lion Gate's *Affliction* and a supporting role in *The Thin Red Line*, Fox's own World War II drama.

And if that isn't enough, Hanks almost had to go up against himself until he flexed his muscle and had Warner drop their plans to launch a Best Actor campaign for his role in Warner's *You've Got Mail*.

Saving Private Ryan returns to theaters on Feb. 5.

SHE'S ALL THAT

By Ken Hunter

Here's a recipe that is easy to prepare and can be quickly transferred from movie theatres to video store shelves:

- 1 tsp. American Graffiti
- 1 tsp. Valley Girl
- 1 tbsp. Breakfast Club
- 1 tbsp. Pretty in Pink
- 1 tbsp. Clueless
- A dash of Dogfight
- One generous portion of stupidity.

Combine ingredients and place in theatres for two weeks. Remove from theatres and let stand, covered, on video store shelves.

I had the displeasure to see *She's All That* at its sneak preview. Imagine my dismay when we arrived at the theatre only to discover we couldn't sit together because the theatre was too packed. Ah, heck! I was forced to sit in a sea of giddy 12 year old girls. She's All That is definitely a movie where you have to sit beside someone you know so you can maximize the 'dissing' potential.

Itís hard to believe such classic coming of age/Ugly Duckling films such as *American Graffiti*, *The Breakfast Club*, and *Pretty in Pink* could beget such a horribly twisted abomination. *She's All That* tries to follow the formulas of these movies but ends up embarrassing itself.

Zach (Freddie Prinze Jr. of the *I Know What You Did Last Summer* movies) plays Zach, the most popular guy at a ritzy L.A. high school. He bets his friend Derek (Chris Owen of *Canít Hardly Wait)* that he can transform some loser girl into prom queen in five weeks.

The victim of the bet is Laney (Rachael Leigh Cook of *The House of Yes*), an outcast at the school who is into art (my friend wonders why artists are always portrayed as freaks and outcasts in movies).

MALE DONORS REQUIRED
For the
THERAPEUTIC DONOR INSEMINATION PROGRAM

QUALIFICATIONS

- 18-35 years of age
- good health
- no STD history
- agree to physical examination

REMUNERATION PROVIDED

ALL APPLICATIONS TREATED IN STRICTEST CONFIDENCE

APPLY IN WRITING TO
The TDI Program
Heartland Fertility & Gynecology Clinic
701-1661 Portage Avenue
Winnipeg, MB, R3J 3T7
Ph 204-779-8888

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

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

TO WHOM IT MAY CONCERN;

I have done an unconscionable thing. In the last issue of the Projector, there was a photo archive contest which made light of the tragedy of the murder of **Gurnam Singh Dhaliwal in 1986**. I devised and constructed this advertisement. **Geoff Sine,** the Students' Association's Director of Programming, **HAD NOTHING TO DO WITH IT.**

THE ADVERTISEMENT WAS ILL-ADVISED AND IN POOR TASTE.
Frankly, I am disgusted with the suggestions the advertisement puts forth. I am ashamed by what I have published.

I would like to apologize to three parties:

First,

TO THE FRIENDS AND FAMILY OF GURNAM SINGH DHALIWAL --
I did not intend to make light of this tragedy, but I have done so.

Second,

I WOULD LIKE TO APOLOGIZE TO GEOFF SINE --
for the embarrassing inference that he had created the ad.

Third,

TO THE READERS OF THE PROJECTOR --
while we have promoted a "free exchange of ideas," this is an idea that surpasses the realm of common decency and was not intended to do so.

IT IS WITH SINCERITY AND SHAME THAT I APOLOGIZE FOR THE DAMAGE THIS ADVERTISEMENT HAS CAUSED.

Jeff Eyamie
Editor-In-Chief
February 3, 1999

Chorus of Coughers

By Carla Harms

You've all been there - at a concert, a movie or a play when at the peak of your listening pleasure, it happens - the dreaded cough. That gross hack that emerges from deep within the lungs of smokers or old men who just can't lick their winter colds and lasts just long enough steal your concentration.

This was definitely the case at Obsessions, the opening program for the 1999 du Maurier New Music Festival on Friday, Jan. 29. It was a lovely evening complete with the Winnipeg Symphony Orchestra, beautiful compositions, talented vocalists and a chorus of coughers.

The evening began with a medley of tunes sung by the symphony chorale welcoming the audience to Winnipeg's eighth New Music Festival and thanking its sponsors.

The program included Alexina Louie's Obsessions sung by John Avey. The text, which was written by Vincent van Gogh and Claude Monet, was intriguing, but really hard to hear.

The highlight of the program was the world premiere of concert excerpts from The Golden Ass, an opera by Randolph Peters, current WSO composer-in-residence. Robertson Davies wrote the libretto. Last year's festival previewed two selections from this opera and William Littler of the Toronto Star wrote that the Canadian Opera Company "might have a hit on its hands." The COC will produce a fully staged production of The Golden Ass in April and the Manitoba Opera Company plans to follow suite in the future. This would definitely be worth seeing.

The vocalists included Winnipeg soprano Valdine Anderson, baritone John Avey, mezzo-soprano Liesel Fedkenheuer, and tenor Michael Colvin. Fedkenheuer and Colvin were exceptional in their roles.

Also included in the program was the world premiere of Hammer of the Sorceress by Kelly-Marie Murphy, performed by the WSO and pianist David Moroz. This was an interesting look at the piano as a percussion instrument.

The program concluded with the Canadian premiere of Kabir Padavali, a song-cycle written by Christopher Rouse with text by Kabir. This was a beautiful piece that really suffered from the constant coughing in the audience. It was sung by Anderson, whose very large voice distracted at times from the mood Rouse created.

Sylvia Loewen, a loyal patron of the New Music Festival said Friday's performance was fabulous. She said the caliber of music had "really improved over the years." Loewen really enjoyed Rouse's Kabir Padavali but found all the coughing distracting. "Someone nearly coughed up a lung in the second balcony," she said.

Bramwell Tovey, New Music Festival artistic director and WSO conductor said he loved Winnipeg audiences, but they were too loud. He has made reference to Winnipeg coughers on a few occasions.

What is it about these chronic coughers? Are they really that sick? Are they uncomfortable with silence? Don't they know that if they really have to cough, they should cough in the loud parts, not the quiet ones?

If you're a member of the cougher chorus, heed this advice - the next time you're sick and you want to attend the symphony, take a cough drop.

Mother of 1 will provide childcare 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.

Manitoba

CLERK, Bilingual - CL3, Manitoba Education and Training, Assessment and Evaluation Branch, Winnipeg. Competition No.: 16297. Salary: $27,575 to $31,622. Closing Date: February 16, 1999.

Qualifications: The incumbent is expected to have two years prior working experience providing clerical support to a complex project and must be able to demonstrate the ability to respond to multiple demands and show significant scope for independence. In addition to excellent clerical skills, the incumbent requires superior organizational skills and must have the ability to follow and communicate complex procedures and established protocols. Highly developed communication skills in French and English are required. Persons assigned to these positions have an appreciation for the complexities and sensitivities of confidential programs and documents. The clerk works as a member of a project team and instructs/supervises temporary clerks. Good communication skills and the ability to work as a team player in a co-operative working environment are essential.

Duties: The clerk provides a wide variety of clerical services, according to established procedures, to the project teams of the Assessment and Evaluation Branch and co-ordinates the clerical services of temporary staff to achieve articulated project goals. Major responsibilities include: document management, particularly the processing of incoming applications and forms; ensuring data accuracy through collecting, verifying information and analysing error reports to ensure correction of inaccurate data; interpreting, analysing and coding survey responses; training temporary clerks; co-ordinating complex mailings; and maintaining a re-read database. The clerk, in collaboration with programmer analysts, tests computer systems developed by the Information Systems Unit and during test processing, ensures that data related to examination/test processing is entered onto the computer system, through methods currently utilised by the Branch. The clerk uses his/her knowledge of departmental policies and requirements to do routine phone/fax follow up with schools as required.

We thank all who apply and advise that only those selected for further consideration will be contacted.

Apply in writing to: Manitoba Education and Training, Human Resource Services, 407 - 1181 Portage Avenue, Winnipeg, MB R3G 0T3, Fax (204) 948-2193.

Employment Equity is a factor in selection. Applicants are requested to indicate in their covering letter or resume if they are from any of the following groups: women, aboriginal people, visible minorities and persons with disabilities.

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.

Looking for part-time income evenings and weekends?
Looking for full-time employment in the summer?

THE CAMERON HIGHLANDERS ARE NOW HIRING!

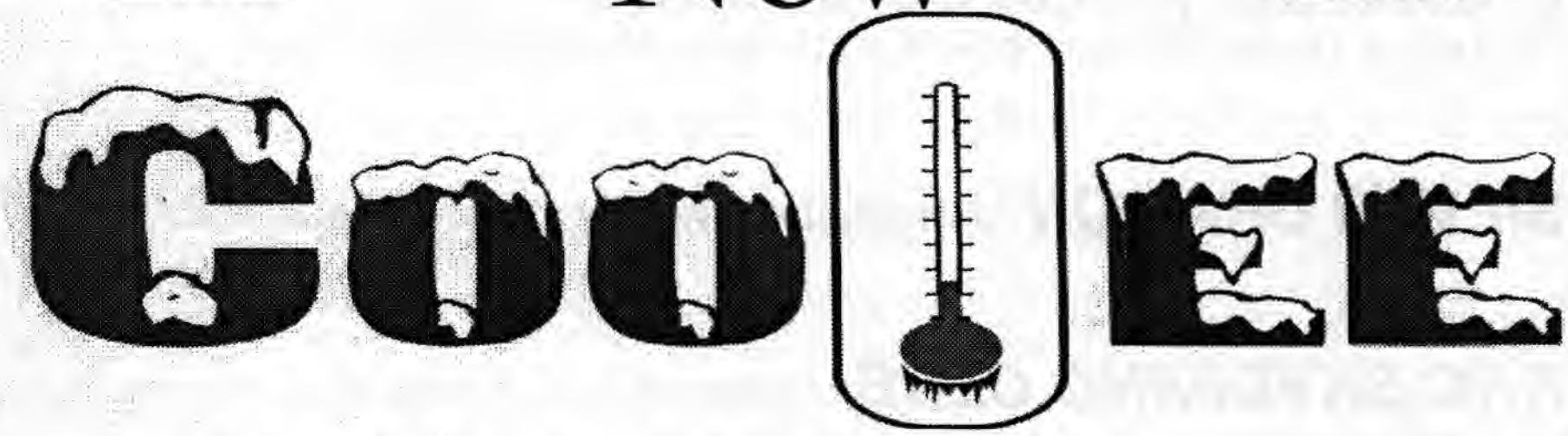
The Cameron Highlanders, a reserve infantry regiment based here in Winnipeg, are now looking for men, women, and officers. Try something different, learn to be a leader, travel the country. If you are interested in learning new skills, making money year round, and enjoying a challenging, adventurous, and stimulating part-time career in the Canadian Forces Reserve, **call 786-4332**, for an appointment.

We offer dental, medical, a pension plan, and life insurance. You must be 17 years old, have completed grade 10, be a landed immigrant or Canadian citizen, and physically fit. Call today between 10 am and 6 pm or Tuesday between 10 am and 10 pm to visit our recruiter at

Minto Armouries, 969 St. Matthew's Ave., Room 151.

THE CAMPUS STORE

Get One Now



Mall Level
C Tower

THE CAMPUS STORE

MARKET DAYS

LIBRARY HALLWAY
FEBRUARY 8 TO 11

- ***RICE WRITING ART*** *- NECKLACE , KEYCHAIN*
  A CUSTOM DESIGNED GIFT FOR FRIENDS, FAMILY & YOURSELF. ***(Feb. 8 to 10)***

- ***RINGS & THINGS*** *- STERLING SILVER, HAND KNIT SWEATERS, TOQUES, GLOVES & SOCKS, HAND POURED VOTIVE CANDLE, LEAD FREE PEWTER PENDANTS, CHARMS & BEADS.* ***(Feb. 8 to 11)***

- ***B & G VENTURES*** *- FRUIT OF THE LOOM T-SHIRTS & SWEATSHIRTS, VARIETY PRINTS SIZES UP TO 3X,* ***$15 TO $22 TAX INCLUDED.***
  (Feb. 9 only)

- ***TIGER MARKETING*** *- JOCUS CHILDREN'S EDUCATIONAL BOOKS,* ***NORTHERN LIGHTS CANDLES,*** *OVER 40 DIFFERENT SCENTED CANDLES & CHARCOAL INCENSE. INQUIRE ABOUT OUR HOME BASED BUSINESS & FUND RAISING OPPORTUNITIES.* ***(Feb. 9 to 11)***

- ***CRESCENT MOON SOAP*** *- HAND-CRAFTED BATH PRODUCTS, HEALING & AROMATHERAPY SOAPS & LOTIONS, ORGANIC HERBS & OILS.*
  (Feb. 9 to 11)

- ***SILVER DRAGON*** *- INCREDIBLE JEWELRY AT INCREDIBLE PRICES.*
  (Feb. 9 to 11)

- ***RRC SKYDIVING CLUB*** *- LEARN ABOUT SKYDIVING & HOW YOU TOO CAN BECOME A SKYDIVER. FOR ALL INFORMATION INQUIRE WITHIN.* ***(Feb. 9 to 11)***

- ***CAMERON HIGHLANDERS*** *- A RESERVE INFANTRY REGIMENT BASED IN WPG. ARE NOW LOOKING FOR MEN, WOMEN, AND OFFICERS. PART-TIME INCOME EVENINGS AND WEEKENDS OR FULL-TIME EMPLOYMENT AVAILABLE IN THE SUMMER.*

VISIT OUR BOOTH ON FEB. 10 & 11TH.