# *the* projector

*Red River College's Student Newspaper*
*January 27, 2014*
*Visit us at theprojector.ca*

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# Racing through snow

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12TH ANNUAL FORKS MARKET
STUDENT ART SHOW AND AUCTION

STUDENT ART SHOW
FEB 1st 9:30am - 6:00pm
FEB 2nd 9:30am - 11:30am

LIVE AUCTION
FEB 2nd 1:30pm - 4:00pm
Auctioneer: Jon Ljungberg

See Red River College Graphic Design students create original works of art using a variety of drawing and painting techniques at the Forks Market Centre Court. Proceeds to benefit Winnipeg Harvest and the Red River College Graphic Design Student's Graduation Fund.

Red River College · The Forks · Winnipeg Harvest · Winnipeg Free Press · BT Breakfast Television · Artists Emporium

# Events

## Exchange District Campus

**Feb. 3 - Class rep meeting**
From noon to 1:00 p.m. class reps are meeting in P104.

**Jan. 29 - Food bank**

**Feb. 12 - Food bank**

## Notre Dame Campus

**Jan. 27 - Bundle teachings**
What is a sacred bundle and what is it used for? Find out in room F209 from noon to 1:00 pm with the Aboriginal Support Centre.

**Jan. 29 - Food bank**

**Jan. 29-30 - Job Fair**
Head to the North Gym to find potential employers from 9:00 a.m. to 2:00 p.m.

**Jan. 31 - Jets night**
The Students' Association is organizing a student Jets night in the Cave Lounge Bar

**Feb. 3 - Ceremony**
What does it mean to attend and carry a ceremony? Find out from noon until 1:00 pm by the Aboriginal Support Centre in room F209.

**Feb. 5 - Human Connections**
Learn about the human connection to our Earth MOther and All our Relations in the Community Services Learning Centre, Room A309.

**Feb. 12 - Food bank**

**Feb. 10 - Walking a good way**
Find out what this means from noon until 1:00 pm by the Aboriginal Support Centre in room F209.

## Off Campus

**Feb. 1-2 -Art show & auction**
Find details about the Annual Forks Market Student Art Show and Auction on page 8 of this paper.

PHOTO BY: CHUTHAN PONNAMPALAM

# The rundown

CHUTHAN PONNAMPALAM, CONTRIBUTOR

## Network at Directions Business Conference

Red River College (RRC) is holding the Directions Business Conference to facilitate networking between students and professionals working in the industry.
The Projector (TP) talked to Jocelle Cuvos (JC), president and CEO of Red River College Students' Association, who has attended the conference for the past three years.

TP: With the registration being $48, can you talk about how students will benefit from the conference and find value in the fee?
JC: What I find to be the most beneficial event of the conference is the roundtables networking event. This event provides business delegates with a unique opportunity to network with Red River College students, while sharing career experiences.
During the roundtables event, business delegates might talk about their own career journey, important skills students need to meet career objectives and opportunities that exist within a field or industry. There is also opportunity for students to openly ask questions.
In a nutshell, this is a business conference that allows students to network with professionals in the industry they want to work in and learn what is needed to be successful in the profession. Attending this great networking opportunity will create contacts for future employment.

TP: How should students prepare for this conference so that they get the most out of it? What should they bring and do you have any tips on how to dress?
JC: Preparation is key. In order to make the most out of the conference, I encourage students to look up the companies that will be attending and do some research.
Come prepared with some questions that you want to ask. If you have a business or networking card, bring lots of those and exchange them with other students, instructors and industry professionals.
Don't forget to bring a pen and some paper to write notes throughout the day.
Dress to impress—you will be networking and creating contacts for future employment, how would you want to be remembered?

TP: Is the conference geared towards business students—would a student in the sciences or arts benefit from it?
JC: This conference will have business delegates from the following industries: accounting and finance, information technology, international business, entrepreneurship, creative communications, hospitality, financial services, human resources and administration, as well as sales and marketing. Any students looking to get into these industries will benefit from this conference.

## The Directions Business Conference

- When: Thursday, Feb. 6, 2014 from 7:30 a.m. to 3:45 p.m.
- Where: RBC Convention Centre Winnipeg
- Tickets are $48, which includes a continental breakfast and lunch
- Business attire is required
- Testable material cannot be taught on the day of the conference

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**WHO WE ARE**
*The Projector is the official newspaper of Red River College and is published by the Red River College Students' Association (RRCSA) every second Monday. Opinions expressed in The Projector do not necessarily reflect those of the students' association or Red River College. All material is herein copyrighted to The Projector, its contributors, and the RRCSA.*

**WRITE FOR US**
*Anyone can write for The Projector, and Red River College students are encouraged to contribute. Simply pitch or submit an article to the appropriate section editor or join our contributors' list. Though we will consider all submissions, due to space restrictions, The Projector cannot guarantee that all articles received will be published. If you wish to respond to something you've read in this issue, letters to the editor can be emailed to editor@rrcsa.com. To ensure your chances of being published, letters should strive to be around 150 to 200 words in length. The Projector reserves the right to edit all submissions for length, as well as stylistic, grammatical, and legal guidelines. The Projector also reserves the right to reprint submissions at any time, in both written and electronic formats. The Projector will not publish content that it deems to be racist, sexist, or otherwise prejudiced.*

PHOTO BY: LANCMCCORD

# Fight the flu

AMBER MCGUCKIN, CONTRIBUTOR

## How students at risk can stay healthy

The flu is keeping some Red River College (RRC) students from keeping up with classwork, despite the RRC health services department's effort to keep everyone healthy.
Katie de Monye had the flu at the end of last semester.
"I was puking constantly and could not keep any food down," said de Monye, who lost 10 lbs in 10 days of the 13 days she was sick.
"I was so weak and tired that I was unable to keep up with my school work. My teachers were very understanding," said de Monye.
Kristen Nicholson is in the applied childhood developmental studies program at RRC. She had the flu over the holiday break.
"The symptoms were awful. I was at work when the flu started. I just started to get a really bad headache and fever. I had to go home to bed," said Nicholson.
"I was literally in bed for about four days. The whole time I had an awful headache and was either super hot or super cold. I also was getting sick to my stomach," said Nicholson, who plans to get the flu shot next year.
Heather Temple, manager of RRC's health services said Manitoba hasn't had as many cases of the flu as other provinces, but numbers tend to rise in spring so she expects more people will become ill.
The flu shot is offered for free in Manitoba and Temple recommends students get it. This year's flu shot vaccinates against three types of flu strains, including H1N1.
"One main feature of H1N1 specifically is that it does attack and affect normally healthy younger adults—so yes that includes college students," she said.
"When in confined areas like schools and colleges there is increased risk of spreading any virus, infection or disease."
RRC health services held its annual flu clinic in October and November and 750 staff and students got the shot, up from 500 in 2012.
For more information, visit RRC's wellness blog: blogs.rrc.ca/wellness/.

## Tips for avoiding the flu

* Get the flu shot every year

* Clean off desks, work spaces, counters, etc. with germ killing wipes before use

* Drink lots of fluids and stay away from energy drinks that have high caffeine

* Exercise to improve immunity

* Wash hands often and use hand sanitizer

* Cough into sleeve or tissue, but discard tissue immediately then wash hands

# Out on campus

## Haters are still out

GRAEME COLEMAN, COLUMNIST

Meg Crane, editor-in-chief of this paper, and I received a hateful email about a story we wrote for the Winnipeg Free Press.
It's an example of the disappointing homophobia that still exists in our community.
We collected data of the number of same-sex marriages in Manitoba and used it to write the story for our journalism class.
We interviewed two amazing same-sex couples. The first got married twice, once in 1999 before same-sex marriage became legal and then officially in 2004 the day it was legalized.
The second couple tied the knot a few months ago.
With the data and experiences of the couples, we were able to tell a compelling story about how attitudes toward same-sex marriages have changed for the better.
But the day our story was posted, Meg and I personally received an email from someone whose attitude clearly hasn't adjusted. It read, "Referring to the article in the Free Press today I was appalled. I wasn't even aware gay marriages were legalized in Manitoba. What kind of pastor would marry gay couples? Being gay I believe is a choice. In the Bible God refers to homosexuality as an abomination. I pray you won't be adopting innocent children. Our generation is sick enough emotionally without flaunting you[r] homosexuality all over the papers and Internet."
My jaw dropped. I had so many questions.
How was this person not aware same-sex marriages have been legal for nearly a decade? Has he ever tried reading something other than the Bible? Couldn't the Bible have been mistranslated or misinterpreted anyway? How can someone who believes in hating perfect strangers possibly comment on who should be able to adopt?
At the end of the day, I know this is just one poorly educated person behind a screen who doesn't represent the larger population. But they still represent a portion and that's a problem.
It's 2014 and people like that are still out there spreading hate.
For some of us, "flaunting you[r] homosexuality all over the papers and Internet" is crucial to sparking discussion and changing perspectives. Although I wouldn't consider it flaunting. The Sun Girls flaunt, we share stories.
What do you think? Tweet me at @instagraeme_ to let me know!

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Photos by: Lindsay Rowan

## Career Fair

The Red River College Students' Association in cooperation with Red River College is proud to provide you with the chance to meet over a hundred employers looking to hire Red River students at our 13th annual Career Fair on Wednesday, January 29 and Thursday, January 30, 2014 at the Notre Dame Campus. Not at the Notre Dame Campus? Not to worry! A free shuttle service will be provided at both our Main Street Campus and Exchange District Campus four times daily. We encourage everyone to take advantage of this opportunity to network with employers and learn about the challenges and prospects within the current work environment. Come prepared with questions, dress appropriately and be ready to hand out your résumés!

## Class Reps Wanted

We strongly encourage each class to appoint a representative – or volunteer yourself! – to attend monthly meetings to voice concerns, questions, or suggestions and get a free lunch! Come to one of our offices to fill out a registration form. The next meetings will be:

Exchange District Campus – Mon. February 3rd at 12 noon in Room P107
Notre Dame Campus – Tues. February 4th at 12 noon in the Black Lecture Theatre

## Student Executive Nominations

Do you think you have what it takes to be the next President of the Students' Association? Or perhaps the Vice President Academic, Internal, or External? Call for nominations open Monday, February 3rd. To find out more information on the nomination process or executive positions, please stop by your Students' Association office or contact one of the executives!

## Teaching Award of Excellence

Do you have an instructor who goes above and beyond to make your experience in the classroom enjoyable? Is your instructor enthusiastic when presenting the material? Is your instructor knowledgeable about the subject content? If you have an instructor who deserves the Teaching Award of Excellence, show them how much you appreciate them and nominate them today! Nomination forms can be found in your Students' Association office. **Deadline is Friday, April 4th at 4:00pm!**

## Student Health and Dental Benefits Plan

Important deadlines! Opt-out (must have comparable coverage to opt out), family add-on, and opt-in is within 30 days after the start date of your program! For proper forms, coverage info, please visit/contact:

- Notre Dame Campus: Room FM66, (204) 632-2503
- Exchange District Campus: Room P110, (204) 949-8475
- Web: www.mystudentplan.ca
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RED RIVER COLLEGE STUDENTS' ASSOCIATION

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**Facebook:** RRC SA **Twitter:** @RRCSA **Website:** www.rrcsa.ca

PHOTO BY: NATASHA WOLOSCHUK

# RRC's step forward

SARAH TONE, CONTRIBUTOR

## Students don't know they're using straw paper

Step Forward Paper is an environmentally sustainable paper made from agricultural waste, and Red River College's (RRC) Print and Graphic Centre uses it every day.

Step Forward Paper was designed, created and produced by Manitoba-based company Prairie Paper. It is made using 80 per cent tree-free wheat straw—leftovers after a harvest—and 20 per cent recycled wood fibre. The paper, which is recyclable, compostable and biodegradable, is RRC's latest step in becoming more eco-friendly.

Sherrie Cooke, the Print and Graphic Centre representative at RRC's Exchange District Campus said all of the centre's black and white copies are printed on Step Forward Paper. Cooke added the quality is very similar to other papers the centre carries, and there is no difference in price.

"It's a standard in the printers. The college is really good about using recycled paper. Most of the printing and copying I do for instructors, like exams and course outlines, uses Step Forward Paper."

Elena Grande, a business administration student at RRC's Exchange District Campus, wasn't aware that the copy centre carried Step Forward Paper.

"Given the choice, I would choose to print using the [Step Forward Paper]. I would request that the entire school use the paper for its printing."

This sentiment is a driving force behind Step Forward Paper's identity—creating a sustainable future and a better planet.

Prairie Paper has won 11 national and international awards for being environmentally friendly, progressive, and innovative and is co-founded by president Jeff Golfman, chairman Clayton Manness, and Oscar nominated actor Woody Harrelson.

Golfman said the next step in the project is to begin construction of a tree-free pulp and paper mill in southern Manitoba. The construction is planned for late 2015.

"The paper is currently being made outside of Canada and our goal is to establish a market that will support our plans to build a new state-of-the-art facility in the Canadian prairies, which will in turn enable us to produce this straw paper with an even smaller footprint and lower cost," said Golfman.

So the next time you stop by the college's print centre to print out a black and white brochure or proposal, take pride in the fact that you'll be saving trees.

RDK
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TAXES DONE YET?

Starting February 18, we will be in the library hallway at the Nortre Dame campus from 9am - 3pm

*MONDAY - TUESDAY - THURSDAY*

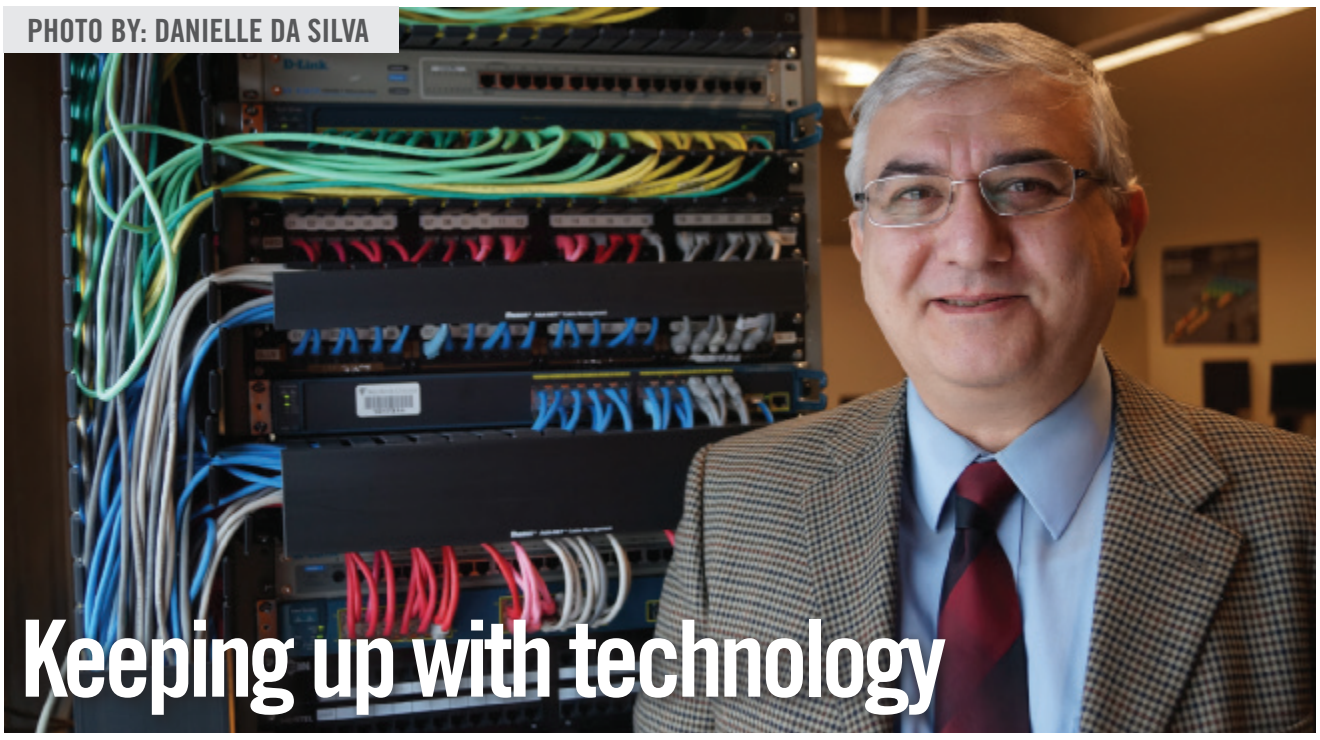
STUDENT & STAFF RETURNS ONLY
$40.00 INCLUDING PST. & GST.
(Basic return)

After hours please call
204.885.5280 for an appointment.

**PARKING NOTICE**

**Red River College's pay stations only accept coins (exact change) and credit cards. Please ensure you have proper change when using the pay stations. If you have any questions, please visit the Parking office at D100, Monday to Friday 8:00-3:30**

PHOTO BY: DANIELLE DA SILVA



# Keeping up with technology

ASHLEY FIELD, CONTRIBUTOR

## RRC's proposed program carves into new business technology industry

A proposed program at Red River College (RRC) will give students more education options in the business technology industry.

The business technology management (BTM) program is designed to combine business, technology and information technology.

Business information technology (BIT) is the current business technology program offered at RRC and although there will be some common courses between the two, BTM will take a different approach.

"It's learning about business, business analysis, with a flavour of technology in there," said Randal Peters, a BIT instructor.

"It's different from BIT, which is more of a technology-oriented program, but it has flavours of business in it."

If approved, the BTM program will be the first of its kind in Manitoba.

"I believe we will be the 10th program—if it's approved—created in Canada," said Haider Al-Saidi, the chair of the applied accounting program at RRC.

BTM would be a diploma or a degree program with either September or January entrance points, according to the proposal.

"Students have different exit points as well," said Peters.

"They can exit after four academic terms with a diploma. If they continue on with another set of academic terms and also co-op experience, they can exit with a degree after a total of 44 months."

The program allows BIT students to enter the BTM degree program, continuing with two more academic terms and the additional co-op requirements.

"So we have two entries: one BTM and one BIT, and at a certain point in time—28 months—you can graduate with a diploma from those two or continue on and have the option to get a BTM degree," said Peters.

According to Al-Saidi, the program will be very hands-on and will prepare graduates to enter a very large job market.

"Technology is evolving so fast," said Al-Saidi. "Even with small companies, you cannot find a company that doesn't utilize routers or Internet and so on."

If RRC approves the BTM program, the next step is to take it to the Council on Post-Secondary Education (COPSE). If all goes well, students should be able to apply with a hopeful January 2015 start date.

**"EVEN WITH SMALL COMPANIES, YOU CANNOT FIND A COMPANY THAT DOESN'T UTILIZE ROUTERS OR INTERNET AND SO ON."**


FOOD BANK DAYS

DONATIONS ACCEPTED!

DATE

| NDC | Feb.28/14 | EDC | Feb. 26/14 |
|---|---|---|---|
| Jan.17/14 | March 14/14 | Jan. 15/14 | March 12/14 |
| Jan. 31/14 | March 28/14 | Jan. 29/14 | March 26/14 |
| Feb.14/14 | April 11/14 | Feb. 12/14 | April 09/14 |

WHAT YOU NEED TO KNOW:

1. Fill out a form no later than **12:00PM,FRIDAY(EDC) or 12:00PM Tuesday (NDC)** before the food bank date.
2. Student and medical card numbers MUST be on request forms to complete applications.
3. *The SA also accepts non perishable food or cash donations in the office.*

NOTRE DAME CAMPUS HOURS:
Fridays
2:00PM—4:00PM
LOCATION:
Food Bank Trailer
(North/West parking lot)

EXCHANGE CAMPUS HOURS:
Wednesdays
2:00PM—4:00PM
LOCATION:
Massey Building
(across from The Roblin Center)

SIGN-UP IN THE SA OFFICE, P110 (EDC), CM20/F209 (NDC)
ONLINE AT www.rrcsa.ca
OR
RED RIVER COLLEGE STUDENTS' ASSOCIATION


# News Briefs

COMPILED BY DANELLE CLOUTIER

## Attract foreign students

Some university leaders are worried that the federal government's new plan to double the number of foreign students studying in Canada will take away the already limited space from Canadian students.

The plan that was unveiled mid-January aims to have 450,000 foreign students studying in Canada by 2022. It would bring in almost $8 billion to Canada's economy.

This plan is a problem for universities like Ryerson, which receives almost 70,000 applications for 6,500 first-year spaces, president Sheldon Levy told the Globe and Mail.

More than just an economical boost, the plan aims to give Canadian students more chances to study abroad and diversify Canada's student population.

## Be your boss

Colleges and universities are putting more emphasis on teaching students to be their own boss, according to the Toronto Star.

Some examples of this are new courses that not only teach students new skills but also how to market those skills.

York University teaches students dining etiquette, including how to hand out business cards while holding a glass because staff believe that many career opportunities happen over food.

Humber College and Ryerson University focus on helping students plan and launch startups — a clue that not only is the job market changing, but so is education.

## Mondragon closes

The Mondragon cafe and bookstore is officially closed after 18 years in business.

The Exchange District co-op was a left-leaning bookstore, event venue, grocery store and restaurant.

It closed from increasing costs, declining foot traffic and competition from new restaurants, according to the Winnipeg Free Press. A dozen co-op members used to share the business but before it closed there were only five.

Other activist groups share space in the historic building on Albert Street but it's not clear how Mondragon's closure will affect the groups or what will take over the space.

## WANT YOUR STORY PUBLISHED?

*The Projector is looking for exciting and RRC focused story ideas for the next issue.*

***Contact: editor @theprojector.ca***

PHOTO BY: MEG CRANE

# MAW'S Eatery & Bar

KAYLENE KESSLER, CONTRIBUTOR

## New watering hole for students

The new MAW'S Eatery & Bar, in partnership with Deer + Almond, will be offering high quality food at a low quality price in the Exchange District.

"MAW'S will have the same quality of food as Deer + Almond, but at a cheaper price. We are going to offer an alternative to the mass amount of expensive food in this area," said Wanna Etuk, co-owner and brand manager.

MAW'S, located on 111 Princess St., is near Red River College's Exchange District Campus and Etuk said they hope to have a strong relationship with the college.

RRC Program Director Shaun Scrymgeour said, "I've met with the management of the future restaurant, it looks like they'll be good opportunities for students and young adults. It's going to be a very positive thing for the Exchange and for the people around the Exchange."

The restaurant will feature a Tuesday wing night, comedy night on Wednesdays, local DJs and sangrias on Sundays, open-mic nights and a different drink special every day of the week.

MAW'S is geared toward young adults Etuk said. They plan to be very student-friendly with free Wi-Fi and lunch specials.

"Having a new place to go around school is going to be great," said Mathew Mallory, a student from RRC Exchange District campus.

"Having different events is a great opportunity to allow students from different programs to get know each other."

"It sounds like it'll be a great place. As long as the restaurant will be able to accommodate large groups and understand timing that most students have. I'm excited to see what they come up with," said Mallory.

Etuk said the restaurant will have a vintage feel and two large garage doors facing McDermot St. that will open up to a large patio.

# The Show with Shyiak

## On Ballet

SARA SHYIAK, COLUMNIST

Ballet isn't boring. I don't know who started that rumour but I'm about to dispel it.

First of all, stop thinking of The Nutcracker when you think of the ballet. I love many ballets but I hate that one. It's predictable, it's stiff and when I went to see it some kid threw up on my shoe.

It was my first time at the ballet. I donned a velvet dress, had my mom style my hair, threw my sequined ballet slipper purse over my shoulder and made out like I was dignified, for a 10-year old. We were sitting in the centre, about five rows from the front. Dancers pranced gracefully around the stage and I was captivated. And then the girl behind me, who evidently had the flu, started yakking. The milky vomit made its way down the sloped floor and under my seat before I could pick up my feet. I was entirely grossed out.

If you go to see The Nutcracker, fingers crossed, no one will puke on you. But sick kids aside I still don't think The Nutcracker is the greatest. Ballet companies all over the world are innovative and we're luckier than we know to have Canada's Royal Winnipeg Ballet (RWB) right here in town. What I love is that they can tell a story —a beautiful, dramatic, enchanting story—without any words.

Actors need to be overly expressive with their voice when performing in a big theatre. Most of the audience is too far away to see their facial expressions. But dancers can't emote with their voices, so they need to use their bodies. They play their part with their movements. The way they interact with one another tells the story.

And the story isn't always Swan Lake. It's Romeo and Juliet. It's Spartacus. It's Moulin Rouge.

I saw the RWB perform Dracula and in the end the vampire was impaled with a wooden stake and floating six feet in the air. I have no idea how they made that happen but it was ballin'. During Peter Pan they flew a dancer around the stage with harness wires. They've even adapted a Margret Atwood novel into a ballet.

Go to the ballet. The music is live, you get to dress up (note: velvet dresses are no longer in style) and it's not just for the elite. Depending on where you sit, a ticket to the ballet is usually less than a concert ticket. Plus the RWB has student rates. At the very least don't write something off as boring until you've tried it.

# Live Art and a Good Cause

EVA WASNEY, CONTRIBUTOR

## RRC graphic design students create original works

Now in its 12th year, the Annual Forks Market Student Art Show and Auction will see Red River College (RRC) graphic design students frantically completing original pieces of art from Feb. 1-2.

Since visitors at The Forks Market are able to interact with the artists while they are working, the event is a chance for students to step out of their comfort zones.

"I really enjoy seeing the crowd connecting with the students. I warn them beforehand that it can be distracting, but lots of people are interested and have questions," said Ken Stampnick, a graphic design instructor at RRC. "It's almost performance art."

The marathon art session starts at 9 a.m. on Saturday, Feb. 1 and the finishing touches must be completed by 11:30 am on Sunday, Feb. 2.

The artwork is then auctioned off to the highest bidder with all of the proceeds going towards Winnipeg Harvest and Red River's Graphic Design Student Grad Fund.

"It's a lot of fun, it's a lot of stress on the students and it's a different environment having people that you don't know peeking over your shoulder asking questions about what you're doing," said Dave Kotschorek, a graphic design student who participated in the show last year.

"It's going up for auction for a good cause but you work on that piece for two days then it's gone. You usually don't even know who bought it," said Kotschorek.

Total creative freedom is granted to the students, provided the pieces are created using traditional media instead of the computer-based projects that graphic design is known for.

"There's a little bit of everything, you never know. Last year we had a multimedia piece that was made out of a bicycle tire and wood with a picture in the middle," said Diane Livingston, graphic design program coordinator. "It gives students a chance to try stuff they might not normally try."

The event is free to attend, but be prepared to cut a cheque if something catches your eye during the auction.

"Pieces go for, on average, $50 to $150, if someone really wants something and there's a bidding war they've gone for $350," said Livingston.

PHOTOS SUPPLIED

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**Dave Gaudreau**
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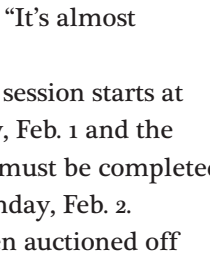

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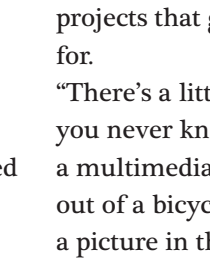

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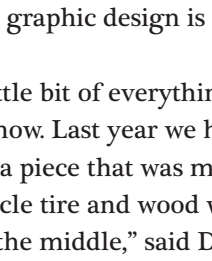

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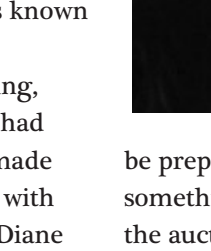

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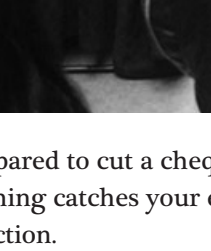

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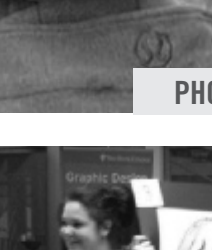

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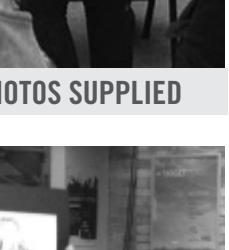

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# Slurry Vision

MARSHAL FRIES, BEAT REPORTER

## New bands draw on experience of past projects

Slurs are a new band consisting of three fairly seasoned Winnipeg punk-rock musicians.
Singer/guitarist Alex Parrott played bass in Search & Destroy in the mid 2000s, a band that helped establish an all-ages hardcore scene in this city at the time, playing everywhere from loft spaces to bike dumps.
Drummer Spencer Chambers has been involved in too many projects to name, most notably Born Bad, who released several records with Minneapolis label Fashionable Idiots and toured the US extensively.
Chambers, originally a guitarist, began drumming in a band called Self Interest.
Needless to say, these three dudes have been key players in the Winnipeg hardcore scene for almost a decade and now they have come together to do something a little bit different.
"I still really like hardcore," said Parrott, who is the primary songwriter for Slurs. "I just didn't want to limit myself to one sound."
Slurs songs are characterized by fast catchy mid-tempo riffs, reminiscent of bands like Marked Men and the School Jerks, but with a little bit more experimentation in the riffage. Parrott isn't afraid to get a little bit melodic at times, his vocals even verging on "singing." In this sense, early Replacements or Husker Du come to mind.
"It's like hardcore mixed with power-pop," said Parrott. "Hard pop."
It isn't just catchy riffs and a fresh sound that are setting the Slurs up to be one of Winnipeg's next great bands. Their combined experience writing, recording, touring and playing shows has given them a wealth of experience to draw upon. Parrott feels they have all matured as songwriters.
"If someone has an idea of what they want and they do most of the writing themselves, it has more of a definitive sound," said Parrott.
That is not to say that he isn't open to suggestions.
"When I bring a song to practice I don't just go 'here's a song we're playing it'. I ask them what they think and they give me feedback. Then we alternate riffs and think of different choruses and stuff like that until we can all agree that it is a complete song."

> ""I THINK CDS ARE DUMB. I DON'T HAVE A CD PLAYER. I'VE ALWAYS HAD A RECORD PLAYER..."

"I trust those guys opinions, probably more than my own."
Slurs have only played a few shows so far, opening for School Jerks in 2013 and releasing a self-titled demo tape. Their plans for 2014 are to continue playing shows, possibly tour and release a 7-inch EP. Though some may find vinyl to be a little bit archaic, Parrot defends his favourite format.
"I think CDs are dumb. I don't have a CD player. I've always had a record player. People talk about records like they are a thing of the past, but I don't think they ever went away."

PHOTO SUPPLIED

# Arts & Culture Briefs

LARISSA PECK, ARTS & CULTURE EDITOR

## Speaking Crow Poetry

Roses are red, violets are blue, I love poetry, especially Speaking Crow. Winnipeg's longest-running poetry open mic is back for 2014 at its new nest at the Millennium Library! This is an excellent chance to hear great poetry, befriend wonderful people and maybe even read your own work. And, as always, it's free. On Tuesday, Feb. 4, from 7 – 9 p.m. in the Carol Shields Auditorium, catch featured reader Clarise Foster.

## Point Douglas is for Lovers

Point Douglas is for Lovers is the first-ever Valentine's Day craft sale for handmade gifts that say, "I love you"! The sale will feature a variety of crafts, artists' wares, baking and preserves for sale on Feb. 8 from noon to 4:00 p.m. at Grace Point Church, 137 Euclid Ave. Tables are still available for rent ($10, can be shared), if you have some handmade goods to sell and entrance is $1 for those not selling. Get an application at pdisforlovers.tumblr.com or email pdisforlovers@gmail.com for more information.

## Pop Nuit 2

As it was so eloquently put by a Fraser Hoser on the Facebook page for this event: "IF YOU LIVE HERE AND LIKE MUSIC THAT MAKES YOU FEEL LIKE YOU ARE FLOATING IN SPACE ON AN ELEPHANT AT -2000% SPEED YOU SHOULD NOT MISS THIS." Sounds like a good time.
This event is put on by the Winnipeg Symphony Orchestra and is happening at the Millennium Centre (389 Main St.) on Friday, Jan. 31. Hannah Epperson promises to mesmerize with only her violin, loop pedal and voice. Colin Stetson is a Polaris short-listed circle-breathing saxophonist whose talent hasn't gone unnoticed by the forward-thinking pop music crowd. Tickets are available at tickets.wso.mb.ca or at Music Trader.

**WRITE FOR US!**
*The Projector is looking for talented writers, photographers, and illustrators like yourself.*
***Contact: editor @theprojector.ca***

# Skiing the blues away

ZACH PETERS, CONTRIBUTOR

PHOTOS SUPPLIED

## Over 2,000 Manitobans ski

Cross country skiing is gaining traction this season with thousands of Manitobans pulling out their skis and poles.

"Cross country skiing is a very popular sport in Manitoba," said Karin McSherry, the executive director of the Cross Country Ski Association of Manitoba (CCSAM).

The CCSAM, has 24 member clubs and more than 2,000 individual members annually. And those numbers, McSherry said, don't include the many people who ski on their own and aren't formally a part of the association.

What makes the sport so popular is its accessibility, said McSherry. The sport is accessible financially because it doesn't cost a lot to rent a pair of skis and logistically there are many places to cross country ski at no cost.

"It's kind of like a bicycle, everyone's got one in their basement somewhere, a pair of skis, and they go out once a year or they go out every weekend," she said.

Many college students embrace the cold season and turn to cross country skiing as their way of getting outdoors and enjoying winter.

Red River College carpentry apprentice student Jessica Howison said she started skiing four years ago at Birds Hill Park on her borrowed grandparents skis.

Now she owns her own pair and goes skiing every weekend.

"In the winter I was finding I was pretty cooped up," said Howison. "So, [skiing] was an attempt to beat the winter blues. Now I'm addicted."

Howison said she skis no matter what the temperature.

"Exercising makes me feel so good," said Howison. "This is some kind of exercise that I can just go do in winter."

McSherry said she encourages those who already do ski on their own or those who want to try out the sport to come to one of the CCSAM's events. Both the formal races, and the recreational events are open to anyone.

# Letters from a yoga lover

## Procrastination Station

JANESSA WIRTH, COLUMNIST

Why is it that January just feels like it takes forever? Maybe it's the post-Christmas sluggish feeling or that "ugh I have to go back to school" feeling.

Whatever it may be, it always leads to procrastination.

That my friends, is my middle name. I usually think, "Oh sure I have tons of time to do all these assignments. No problem." Then the deadline sneaks up and sure enough, I still have to do all of these assignments.... oops.

Along with that comes the gym procrastination. Sure, I'll go tomorrow and I'll do an even harder work-out than I would have today. Wrong. Why don't you just do it in the first place?

I always ask myself that. Why didn't I do it earlier? When I have some free time, I'll find every other possible thing to do except for what I should be doing. Sure, re-arranging my room furniture seems like a great idea. Oh, those clothes in that basket, I should probably wash them.

The fact is, the longer you put off your to-do list, the more stress and anxiety you're going to face.

Who wants that? Be smart, and make a plan. Write out everything you have to do, with high priority events first. Trust me, this seems like it's useless but it will work wonders.

Use your homework breaks to be active! Go outside and shovel, take a quick trip to the gym, or do a workout video. It doesn't have to be long, but doing something is better than doing nothing. Plus, it's good to get moving, and let's be honest, you can't study for eight hours straight, so don't even lie.

Now don't just sit there, get moving!

PHOTO SUPPLIED

# Racing through winter

MICHAEL OBENDOERFER, CONTRIBUTOR

## Cyclists to compete at Ice Bike Fourteen

Cyclists will race through the ice and snow next month for Ice Bike Fourteen at The Forks.

"It's a fun event to try and get cyclists who haven't been out to see what it is like to ride in the winter, and hopefully convert some of them," said Tim Woodcock, owner of Woodcock Cycle Works, the organizer of the event.

According to Woodcock, winter biking in Manitoba has grown in popularity since the first Ice Bike.

"For a lot of our customers, that is their mode of transportation year round. We work with a lot of students. Most of them find it is faster than taking transit."

Tyler Markowsky participated in the Ice Bike event twice before.

"Last year's Ice Bike was very special because I was able to attend with a very close friend who hadn't raced in over a decade. We grew up together, and when he graduated university he stopped racing. This was his first race in Manitoba since then and the fact we did it together was very special," Markowsky said.

Markowsky is an avid cyclist who commutes by bicycle and participates in races year-round.

"It is really exciting to do an event where your non-racing friends and family can actually see and cheer you on," Markowsky said. "This makes it much more energized and fun for everyone, and adds to the overall party feel of the event."

Woodcock said in the past some riders have worn costumes, like a Winnipeg Jets wrestling mask, or a group of people from Holland dressed in orange. Participants have competed on BMX bikes, and one person even rode a unicycle.

"It's a very family orientated event," said Jackson Locken, an organizer for the event. "We can get upwards of 150 to 200 people and three-quarters of them have never raced and have no desire to race. It is one big challenging thing to say they have done it."

The proceeds will go to The Manitoba Lung Association, and Woodcock said he has personal connections to organization. His father had a lung removed and Woodcock has asthma.

"Just because you have asthma, especially some of the younger kids, that doesn't mean you have to stop cycling or doing sports," said Woodcock.

The Canadian Mental Health Association will also be running a table at the event.

Ice Bike Fourteen will take place on Feb. 16 at The Forks. It will feature three race categories for children, and four for adults.

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# Freemium

DUSTIN PERNITSKY, CONTRIBUTOR

## Electronic games creating new addiction?

Addiction is a word that gets thrown around in a positive light when talking about video games. Not being able to put down a game because it's so entertaining is often a selling point.

As video games move from systems connected to televisions into the palms of our hands, are young people becoming addicted to games?

The most downloaded app from the iTunes app store in 2013 was Candy Crush Saga. While the app is free to download, its in-game purchases led to it being the highest grossing app of 2013, pulling in about $1 million a day, according to AppData.

"Freemium" games like Candy Crush Saga, as well as its cousins Farmville and The Simpsons: Tapped Out, have come across a gold mine, casual gamers willing to spend money on power-ups once they're hooked.

"You lie in bed hating yourself for telling yourself you'll go to bed after five more tries," said Allison Thiessen, a 20-year-old graphic design student at Red River College, referring to Candy Crush Saga. "Then you look at the clock and it's 5 a.m. It affects your work or school performance," she said. "I just got back from Candy Crush rehab".

While Thiessen was joking about "Candy Crush rehab", Dr. Hilarie Cash doesn't think the issue is a laughing matter.

Dr. Cash is co-founder of the reSTART Internet Addiction Recovery Program, the first ever in-patient facility for Internet and video game addicts in North America.

While most of her patients struggle with addictions to massive multiplayer online role-playing games, such as World of Warcraft, she said the smaller games are built in a similar fashion.

"All games are built on something called intermittent reinforcement," she said, which is the unpredictability of rewards. "If it's too easy and you're rewarded too often, you stop playing. If it's too hard and you're not rewarded enough, you stop playing. Game companies have hired psychologists to find that balance."

Not every player is willing to pay for power-ups in these games. Marcel Picard, 29, has reached the 37th and last level in The Simpsons Tapped Out. And he's done it without opening his wallet.

"That's one of the rules I give myself with those games—don't spend a dime," he said. Picard estimates he spends about thirty minutes a day playing the game.

Dr. Cash has said anyone wanting to avoid becoming addicted to technology should turn the sound off on their phone and have a schedule for when they check it.

"We tend to have this Pavlovian reaction every time we hear a ring tone," she said.

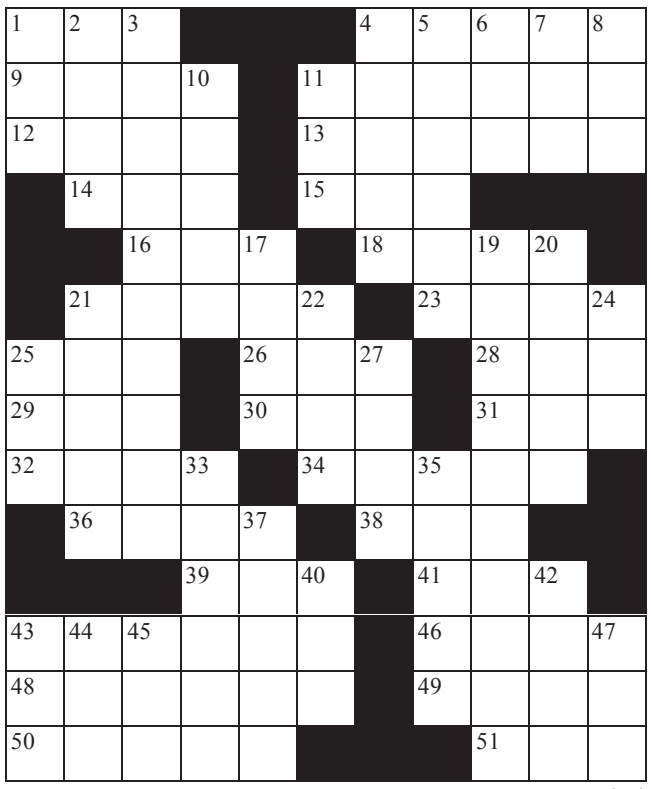
If you think you are struggling with an addiction to a game, you can call the reSTART Internet Addiction Recovery Program at 1-800-682-6934.

Apples list of top 10 downloaded apps of 2013

1. Candy Crush Saga
2. YouTube
3. Temple Run 2
4. Vine
5. Google Maps
6. Snapchat
7. Instagram
8. Facebook
9. Pandora Radio
10. Despicable Me: Minion Rush

## *Words, Crossed*

*By Shane Gibson*



1-1

**Across**

1. Spicy
4. Tone
9. Making mistakes
11. Jelly's buttery partner
12. Harvest
13. Mountain groups
14. Stops ___ dime
15. Gov. Internet domain
16. ___ Lanka
18. Prepares a table
21. Addict
23. Dull
25. Diet target
26. Prefix meaning three
28. Bull fight yell
29. Tide movement
30. Canoe fuel?
31. Stan of comics
32. Down
34. Aspirations s
36. TV sports network
38. Wind dir.
39. Negatively charged atom
41. Work out place
43. Save
46. Online auction
48. Mysterious
49. Impertinent
50. Buckets
51. Lost at ___

**Down**

1. That girl
2. Dunkable cookie
3. City transporter
4. Prepares a steak
5. Hung
6. Director Steve
7. Expected
8. Aliens, for short
10. Extra
11. For
17. All about
19. Like 3 down, but in San Francisco
20. Boxing Day events
21. Myth
22. Bummer
24. Honey maker
25. Jan. follower
27. Press
33. Like some poems
35. Ire
37. People, places, and things
40. Maiden name
42. Built
43. Hip-hop singing
44. Baseball stat
45. ___-Fi (film genre)
47. Vote in favour

-Answers will run in the next *Projector*

# Sports & Lifestyle Briefs

KATIE PFEIFFER, CONTRIBUTOR

## Rebels trail-blazer

Lloyd Hildebrand is Manitoba Colleges Athletic Conference's (MCAC) athlete of the week. Hildebrand , a basketball player for Red River College's Rebels, is this week's athlete because of his consistent performance throughout the season. After two years of playing for the Rebels, Hildebrand is ranked in the top ten score standings, ranked second in total rebounds and ranked first in blocks in the MCAC league. During the Rebels' game against the Providence University College Pilots, Hildebrand was an instrumental player, scoring 12 points and 11 rebounds, ultimately helping the team win 86-69.

## Women take to the ice

Canlan Ice Sports started its second hockey sessions for women. These sessions provide a fun, supportive atmosphere for women of all skill levels to play hockey and learn new skills. For one hour a week women are given focused instructions and practice time where they learn power-skating, stick handling, passing and other fundamental hockey skills. The sessions are held at Canlan Ice Sports, located at 1871 Ellice Ave. They are every Tuesday from 6:30-7:30 starting Jan. 7 until Mar. 23. Women are required to bring their own hockey gear. For more information email tstewart@icesports.com.

## 2014 Winter Olympics

In 2010, Canada hosted the Winter Olympics and broke a few world records. Watch Team Canada defend their honour as they travel to Sochi, Russia to participate in the 2014 Winter Olympics. Canada will be competing in 14 of the 15 sporting disciplines this year including men's and women's hockey, curling, skiing, snowboarding, bobsledding and figure skating. The opening ceremonies for the 2014 Winter Olympics will be on Feb. 7, and can be watched at 10 am on CBC.

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***Contact: editor @theprojector.ca***