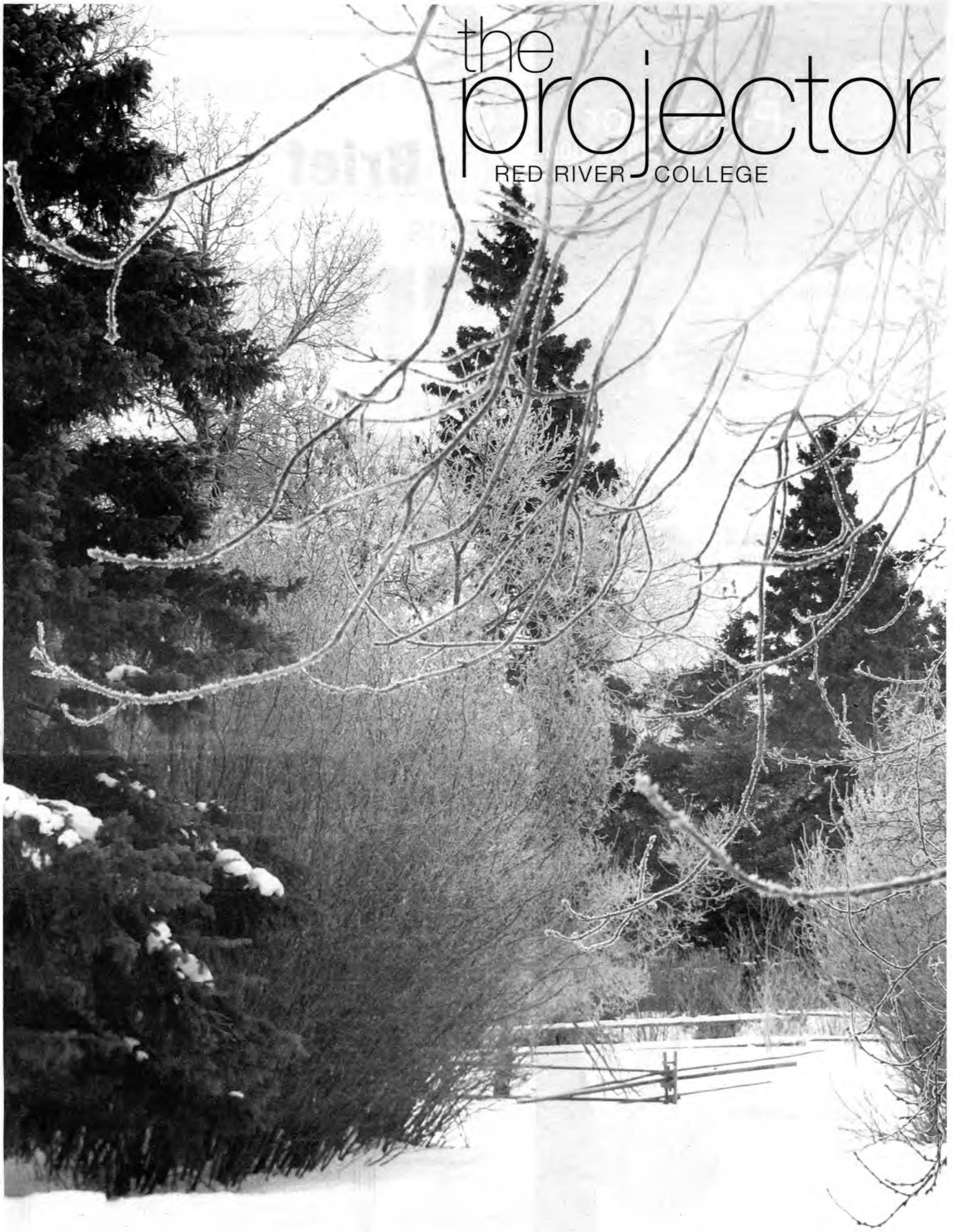
# the projector

RED RIVER COLLEGE



JANUARY **8** 2007

**PHOTO BY BROOKE NELSON (GD2)**

JANUARY 8 2007

# BriefNews

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## RED RIVER'S ECONOMIC WORTHINESS

A study has been released praising Red River College for its contribution to Manitoba's economy. The study, done by CCbenefits Inc., also claims that, compared to employees with only a high school diploma, Red River graduates make $7,900 more annually, $285,206 over their lifetime. The study can be viewed in full on the College website.

## PROJECTOR WANTS YOU NOW!

The Projector is looking for writers from all ends of our college. Every program, from each campus is eligible to express themselves in this paper – it is your voice. We welcome any interested participants to join us at our next story meeting on Friday, Jan. 19, in room W102 (the newsroom) at the Princess Street campus.

Bring some good ideas for what you'd like to write about, or listen to some of ours. If you have an idea and just can't wait, email us!

## DIRECTIONS CONFERENCE 2007

On February 7, 2007, Red River College students, and graduates will be taking care of business as part of the 2007 Directions Business Conference. RRC students and alumni will meet in roundtable discussions with the business elite to discuss career paths and employment opportunities. Any students are welcome to attend. For more information, check out rrc.mb.ca.

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## AworD

I have a theory that the truth is never told during nine to five hours.

Hunter S. Thompson

# CHRISTMAS IN KABUL

**By: Shawn Houde**srhoude@shaw.ca

**Christmas time has ended,** tryptophan-turkey induced comas have worn off, and the plastic tree is ready to be stuffed back into the closet for another year.

Yet, for Rick Verreault and his family, Christmas is at a stand-still as they wait for one family member to return home. Chief Warrant Officer (CWO) Bernie Verreault, Rick's father, is stationed in Kabul, Afghanistan, as part of the Canadian Forces' mission against the Taliban.

Rick, 24, a former Red River College student, who graduated in 2004 with Electronic and Network Technician & Advanced Network Technology degrees, remembers when his family got together on Christmas morning this year. Things weren't the same without his dad.

"Obviously it wasn't as happy as it should be," Rick says, "[and] it felt like something was missing. But it wasn't sad, it was just different."

To help combat the homesickness on all sides, Bernie makes frequent calls back home to his family to check in and get the latest news.

"He called on Christmas Eve…wishing us all a Merry Christmas and asking if everything was going okay. Same phone call we get every Sunday," he says.

While Christmas in suburban Winnipeg remained traditional for the Verreaults, Christmas in Kabul for Bernie was a different story.

Bernie, a Combat Reports officer, is currently stationed at the International Security Assistance Force (ISAF) Headquarters, and just because there is a war going on, doesn't mean Christmas has been left off the agenda.

A few days before Christmas, the 43 Canadian soldiers were already preparing to incorporate a Canadian

Christmas with their host's holiday beliefs.

"We have to be careful and respectful of the Muslims, so we're supposed to tone it down," Bernie says, speaking on a military phone inside ISAF. "Not too much decorating, not too much celebrating."

And with NATO's recent involvement in the war, their camp has grown to approximately 1,600 soldiers, a smorgasbord of different nations with different Christmas traditions.

"The Canadians and the Americans were asked to decorate the headquarters building this year North American-style," Bernie says. "But there are other parts of the camps, the Nordic countries, for example, who want it decorated in their own way. There's something for everyone."

During Christmas day, the Canadian soldiers will fight off the extra-baggage from Christmas dinner by reviving a long-standing Canadian rivalry.

"We have a small floor hockey area, so we'll probably have a hockey game against the Americans."

Bernie, a lifelong Montreal Canadiens fan, understands that hockey superiority is always on the line, even in a desert climate half-way across the globe.

"Sometimes there are a few Americans that show up and we try to have a game with them. We're always thinking about that Canada/US rivalry."

After the hockey game that should include a few "sticks in the shin", the Christmas dinner and religious service, the Canadian soldiers will relax in Canada House; their own area of the base.

Despite being away from home on Christmas, Bernie understands that he's in Afghanistan for a reason, and that his family has grown to understand that.

"All of our families know sometimes we're not going to be there, and they accept it," Bernie said. "I'll celebrate when I get home. We know that we're here, and we have a reason to be here, so we just get on with it. Operations come first."

After Bernie returns home from duty in mid January for a vacation, Rick has a pretty good idea of what his dad will do as soon as he gets home.

"He's probably going to do his usual," Rick said. "Sit down on the couch and watch hockey."

# Return to Vendor

**By Tamara Forlanski**tforlanski@gmail.com

**The holidays** have come and gone, and the season for giving is over, yet some people may not be thrilled with the gifts they received.

However, that doesn't mean that you're stuck with the stereotypical sweater that's two sizes too big.

Many stores offer a return policy to accommodate those gifts from buyers that didn't quite hit the mark.

"Around this time of year there are definitely a lot more returns. People do change their minds," says Nicole Carrington, a sales associate for Reitmans.

Rob Warren, the executive director at the Asper Centre for Entrepreneurship, says the number one reason to offer a return policy is because of customer relations, from a business perspective, offering a return policy is all about building a reputation for customer service. "It is a good way to develop long term customers," he says.

But according to the Canadian Consumer Information Gateway, which the Office of Consumer Affairs operates, there is no legal obligation for retailers to accept returned items unless they are defective.

One exception in Manitoba is if the purchase was from a direct sale, which was made in one's home. In that situation, a person has a 10-day cancellation right.

That over-sized sweater wasn't likely purchased from a direct sale; however, there are a few things that a person can do when wanting to return something.

First, make sure that the item is not washed, worn or opened. Many electronic stores will not accept open DVDs or video games. This also means that tags should still be on clothing.

A common requirement in return policies is to have the receipt. Around Christmas many stores, including The Bay and Reitmans, offer a gift receipt option to make returns simpler.

"A receipt and original tags makes everything a lot easier," says Carrington.

However, without a receipt, you may still be lucky. Some stores will offer an exchange option for a different size or colour. They may even give you in-store-credit to spend on a different item completely.

But don't try to avoid the long lines at customer service desks, waiting too long could mean being stuck with that gift you just don't want. Many return policies state a time period for offering returns.

And if you waited too long, there is no harm in seeing what the store can do to accommodate your situation. Offering a return is good business practice to keep the customer satisfied. By offering a return a business "hopes they [the customer] will remember the positive experience and return to the store," says Warren.

# THIS HORRIFIC HOLIDAY SEASON

**Compiled by Aaron Zeghers**atozeghers@hotmail.com

## SOUTH AFRICA

Liquid paraffin and pulleys combined forces to finally pull an overweight woman out of the "Tunnel of Love", a tight section of the Cango Caves in Western Cape. The woman trapped herself and 23 others for 12 hours on New Years Day. "She really was a rather large woman," said Cango Caves manager Hein Gerstner. "We used liquid paraffin to grease the surface area and used a pulley to lift her. She was eventually carried out on a stretcher."

## EDMONTON

A crew of paramedics in Edmonton may not have been out partying on New Years Eve, but they did have to endure some excitement. While rushing through traffic, an out-of-control patient managed to take over the ambulance and lead police in a high speed chase just minutes after the balloons dropped on New Years Eve. With the help of a couple squad cars, helicopters, and attack dogs, the driver was apprehended and his drug-induced jaunt was ended.

## SPAIN

In Villaconejos, 56 km from Madrid, a mob of 400 took revenge on a local grinch known as "the Bald One." Villagers claimed that they had endured threats and violent attacks from Javier Bernui for seven years, and in a New Year's Eve revenge scheme, they burnt down his house and cars. Bernui used to come to the town to steal and fight, and on one occasion even burnt down a bar.

## SWEDEN

It's a bird, it's a plane, it's a giant fire-proof Christmas goat, and it survived the holiday season for only the 11th time. That's right, in the town of Gavle, Sweden it has become tradition to erect a 13 meter goat in honour of the holidays. Sadly, the goat has been burnt down 22 times in the past, as well as smashed into little goat pieces, but a special chemical seal may have saved its life this year. "If the Gavle goat hadn't been impregnated with flame-resistant chemicals, we would have been left with a black skeleton," said Anna Oestman, a member of the city's goat committee.

Red River College

# STUDENTS' ASSOCIATION

*Make it yours!*

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## Up Coming Events

**January 8 - 19**

Tuesday, January 9th

NDC Class Rep Meeting
Green Lecture Theatre
Noon

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

CHECK OUT THE SA WEBSITE @ WWW.RRCSA.COM

## Welcome to and back to Red River College

Welcome back everyone and hope you had a great holiday season. The New Year holds many good things from the Association including the upcoming Meltdown Week from January 22nd to January 26th. Details on Meltdown Week will be available in the next issue of the Projector.

As we all kick start our brains back into "school" mode, remember that the SA is always here to help you out with life on campus. Make sure to take advantage of the 10 FREE hours of tutoring by dropping by room D110 to find out more on getting tutored or becoming a tutor if you want to earn some extra money. Also, feel free to drop by our offices located at CM20 at the Notre Dame Campus and P110 at the Princess Street Campus if you ever need any help from your Students' Association.

## MELTDOWN WEEK IS COMING!
## LOOK FOR ALL THE INFO IN THE NEXT EDITION OF THE PROJECTOR

## Class Rep Meeting

Notre Dame Campus
Date: January 9th
Location: Green Lecture Theatre
Time: Noon

## STUDENT HEALTH & DENTAL PLAN OPT-OUT DEADLINE

**30 Days from Start Date of Full Time Program**

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

**Notre Dame Campus: Room FM66 Phone: 632-2503**
**Princess Street Campus: SA Office P-110 (Reduced Hours)**
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# We Bought It

**It's pretty sad.** During last year's election the Tories promised a new childcare plan that would work for everybody and we bought it: $1200 a year for each child under six, given directly to parents to help subsidize the rising cost of childcare. The $100 a month stipend would count as income and thus be taxable on top of it by the parent with the lower income.

Everybody knows that Quebec leads the country in terms of progressive childcare programs. At seven dollars a day, a full time toddler costs about $205 a month. In Winnipeg, the same program would cost $376 a month. In Toronto, that program would cost an astounding $980 a month. I tried it there too. My younger daughter was enrolled in childcare only twice a week, and it cost me $350 a month. So, for the sake of it, let's say you live in Winnipeg and have two children. You were lucky enough to have been put on a waiting list a year before, and, after finally being accepted, it's costing you $752 a month. Well, you get $200 a month from the Universal Child Care Program, minus taxes, so let's say it costs you $572 a month. That's $6864 a year in childcare for your two kids.

So, you're a single parent, making $10 an hour for 37.5 hours a week, that's $1500 a month. The local childcare centre costs $752, minus the hundred or so that bought you into the conservative fold. That leaves you $212 a week for you and your child to live.

Another major problem is space. In some larger Canadian cities wait times for entrance into a childcare programs can be up to 18 months. The previous government, before their demise last January, has legislation passed that would create 250,000 new day care spaces across the country by 2009. The Tories scrapped that plan, preferring to "help employers and communities create child care spaces in the workplace or through cooperative or community associations by allocating $250 million a year in tax credits to employers who cover the full cost of creating spaces."

The problem with this approach is that it creates day care for profit businesses that favour the dollar instead of a child's best interest. Recent studies have also shown that private day care operations rank lower than non-profit ones in terms of providing the best available care and environment for your child.

Mike Harris's Conservative government in Ontario tried the same thing in the 90's and failed miserably. Not one space was created during that time.

Too many numbers? The Tories knew they'd fool you.

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# The Madness of Resolutions

**By Nisha Tuli**sendnishamail@gmail.com

**It's January** and like almost everyone else, I've made some kind of resolutions for myself. I don't know why I do it. Every year I set some futile goal I'd like to achieve and then completely miss the mark every single time.

In fact, not only do I simply fail early in my attempts, I often don't even try to do it in the first place. I might resolve to say, eat less chocolate, and the extent of my commitment to that goal will be to think about it for approximately seven seconds, and then dive upon the first chocolate bar that comes into my line of sight.

The truth is I set a "resolution" almost every week of the year. I'd like to say those weekly resolutions run along the lines of trying to be a better person, giving more to charity, volunteering more, being nicer to people or something like that. But nine times out of ten, my weekly resolution has to do with the lofty goal of eating better and exercising more.

Every time it's the same repetitive cycle. I'll start out fully committed and eat like a bird for most of Monday. I may make it to the gym that day, but it will be a Herculean effort to do so. By Tuesday evening, I'll be so ravenously hungry, my cat's dinner starts to look appetizing, and subsequently, I'll eat the entire contents of my fridge. Of course by then, the idea of exercising is a strange and distant memory.

Then sometime around Thursday or Friday, I'll be reading a fashion magazine or watching America's Next Top Model, and I'll see those skinny emaciated model frames, and for some reason I'll decide I too want to look like that. I then vow I'm going to start eating better and exercising more.

"I'll start Monday."

"I swear I'll do it this time."

And so the vicious cycle continues.

They say the definition of insanity is repeating the same action over and over and expecting to get a different outcome every time. I'm not sure if my masochistic resolution cycle is leading me to a life of madness, but I think for 2007, I'll try something different. Just in case.

# An Evolution of Resolution

**By Christopher Webb**christoperswebb@yahoo.ca

As the mainstream-media pandered the 'most significant' events of the year, which always seems to be dominated by neo-liberal interests going awry overseas, and people promised to lose that extra five pounds, champagne corks popped, and I found myself wishing for a more meaningful resolution, one which I wish we'd all make.

The end of the year was marked by some significant political events, some of which reflect a future world climate, and some which signal the end of another.

When Saddam Hussein was hung on December 30, in the midst of the Muslim holy day of Eid, critical cries rose from human rights groups, international courts and various countries that his sentence was unfair and illegal. He was subject to a court hell-bent on a sectarian revenge killing, which will certainly exacerbate the hostilities that claim dozens of innocent lives; instead of throwing light on the long, unpleasant years of his rule.

In Cuba, surgeons treating Cuban leader and revolutionary hero Fidel Castro denied reports that his health was failing due to cancer. On the eve of his 80th birthday, celebrations were marked through Cuba, with many Latin American leaders in attendance.

After years of imperial dominance and foreign intervention, both economic and political, by western powers, countries in Latin America are finally asserting independent nationalism and standing up to the Free-Trade bullies. It is my hope that the nine leftist leaders will breathe new life into a region that suffered rising poverty levels and falling economic growth in the 1980s and 1990s.

Closer to home, the change of climate (and this time I mean degrees Celsius) was the story of 2006, and will increasingly be so in years to come. Thanks to former Vice President Al Gore, and his award winning film, *An Inconvenient Truth*, the uncomfortable reality of climate change was brought to the forefront of popular debate and discussion. Thankfully, the wonderfully competent federal government fought this issue head with vague and big-business-pleasing clean-air legislation. Our much maligned federal Environment Minister Rona Ambrose apparently knows better than scientists who insist that climate change is the single most important issue facing mankind.

So with all this in mind, I propose a global New Year's resolution; a very simple one. As citizens living in a relatively free society we have the ability to create meaningful changes in the way we live our lives everyday. So, in the words of Antibalas, "For true change to happen, the hearts of each and every human being must evolve." We need an evolution of resolutions, not empty words and promises. Sound familiar United Nations?

# Celebrating the New Year...Año Nuevo...Nava Sal... Xin Nian

**Allie Walld**starless_18@hotmail.com

**Every year,** people make resolutions to stick to their diets, to be better organized, or to achieve more than they have in the past. It's a common trend among people as they count down the seconds to the new year. But where and how do people around the world count down these seconds? While different countries celebrate in different ways, there seems to be a trend among some countries, and it looks like Canada, to a certain degree, is one of the odd ones out.

It's common for young Canadians to spend New Year's Eve with their family. Maybe they go to a restaurant for dinner before returning home to ring in the New Year. Or perhaps the entire family just sits at home, munching on snacks and sitting around the TV, counting down the time before the new year arrives. But as Canadians reach adulthood, they tend to go out with friends on New Year's Eve, leaving their parents with the option of celebrating the holiday with their own friends.

This trend among Canadians, however, is not a trend among other countries. Several countries are more family-oriented in celebrating the new year.

Andrea Villamil Guanes, 21, who has lived in Mexico her entire life, has celebrated each new year, or año nuevo, with her family.

"Here in Mexico, most people celebrate the new year with their families. It's weird if someone celebrates it with their friends," says Villamil Guanes. "All the people I know spend it with their family."

In Mexico, New Year's Eve takes place on the same day as Canada, Dec. 31st. Villamil Guanes says she, and her extended family all get dressed up and go to her grandma's house to eat dinner, talk and receive the new year.

"Some people even wear red underwear for good luck," she adds, laughing.

When the ball drops, Villamil Guanes, along with the rest of Mexico, has an interesting way of making their resolutions.

"At midnight, we take this cup with 12 grapes, so when its 12 a.m., we eat them one by one and make our 12 goals for the new year," she says.

The new year's celebration in India is similar to that of Mexico. Raj Winder Singh, who lived in India for 17 years before moving to Canada, explains the difference he sees between a celebration of the new year, or nava sal, in each country.

"[In India] we celebrate in a different way. We spend time with our family. I don't think anybody even goes to the bars. We might have a bit of a family party, instead," says Singh.

He says different cultures celebrate the holiday differently. His family gets together on New Year's Eve, Dec. 31st., and awaits the new year spiritually, worshipping their God.

Singh says some people want the year to last longer than it is.

"Celebrating the new year is a big deal, but some people don't get excited because they want more years of their life. They think a new year comes and they didn't gain anything," says Singh.

Another country that celebrates the new year as a family event is China. Jing Liu, 25, who lived in China for 20 years before moving to Canada, says the new year, or xin nian, is celebrated on a different date each year.

"This year the new year will be in February, but last year it was in January. In China the calendar is different, because it goes by the ruler calendar, so our new year is different every year," says Liu.

The Chinese will celebrate the arrival of the year of the pig this February. Liu says the new year is a very important event in China, and people get really excited for the holiday.

"The new year is the most important festival in the whole year. It's like Canada having Christmas, people decorate, and there are fireworks in the nighttime. Usually we have the whole week off for the new year, and all the families get together and celebrate. The animal change is a really big celebration," says Liu.

Liu says being with their family for the holiday is very important.

"The family must stay together. It doesn't matter if they stay at home or go to a restaurant. After dinner, some younger people will go out with their friends, but traditionally, we all stay home and watch the countdown for the new year," she says.

Instead of giving gifts to one another, like at Christmas, Liu says the older generations give the younger ones a red envelope with money inside on New Year's Eve.

"We have the envelopes, just like you guys have gifts under the Christmas tree."

# Winnipeg CopWatch is building momentum

**By Crystal Greene**greene_gurl_5@hotmail.com

**The Winnipeg CopWatch** is taking the initiative to hold community meetings to recruit Winnipeggers of all backgrounds concerned with police accountability and harassment. Despite non-support by the Winnipeg Police Service, CopWatch hopes to sway the police service towards supporting CopWatch.

Winnipeg Police spokesperson Jacqueline Chaput, says the service doesn't condone CopWatch. However, she says the police service may re-evaluate its position on the idea of CopWatch in the future.

Although, the Manitoba Aboriginal Justice Equality Coalition (MAJEC),says Aboriginal people are more often victims of police assault compared to other ethnic groups. Both MAJEC and CopWatch say it's everyone's social responsibility, regardless of race or socio-economic status, to build unity in order to mobilize and collectively lobby toward rectifying CopWatch and an independent citizens review committee.

CopWatch is now working with a number of other social-justice groups, including: Critical Mass, MAJEC, Community Education and Development Association (CEDA), and the Inner City Coalition. These groups are dissatisfied with the Law Enforcement Review Agency (LERA), which is a provincially mandated independent body.

"The downfall of LERA is that it takes too long and is difficult. It's discouraging [for people]," says Joanne Crate, spokesperson for MAJEC, and a supporting member of Winnipeg CopWatch.

"It seems like we've just scratched the surface in terms of the number of people affected. They're scared to talk about it, or they're hopeless that nothing can be done," says Daniel Thau-Eleff, a supporter of MAJEC and Cop Watch. Thau-Eleff says it's a difficult task to mobilize people towards support.

"We've found that people who have not been affected by this [negative encounters with police], don't believe it and don't want to hear about it."

To counter the downfall of LERA, CopWatch aims to reduce police violence and harassment via police accountability. CopWatch's initiatives include observing and documenting police activity, legal support and law reform, and community support.

CopWatch is working on a database that will allow victims to input details of their incidences. They say the database will not be time sensitive, as victims can come forward with incidences that occurred at any time.

The data collected from the database will be used for publishing purposes, detecting patterns of officers routinely involved, hot spots in Winnipeg that have high frequencies of incidences, statistical purposes, and for back-up purposes when individuals make their cases. The information will also be sent to the Manitoba Department of Justice.

The database will be ready for input at CopWatch's upcoming community events, to be held on Jan. 17th, from 12:00 to 4:00 p.m. at the West Broadway Community Centre and on Jan. 20th, 1:00-4:00 p.m. at Mamawiwichiitata Centre Inc. on McGregor Street. There will be a membership drive at these events.

For further information, contact wpgcopwatch@gmail.com.

**STRATEGIES FOR SUCCESS WORKSHOPS**

**Career Exploration Workshops**
**January 12 at Princess**
**January 22 at Notre Dame EVENING 5-7pm**
**January 26 at Notre Dame**

**Stress Management**
**January 15 at Notre Dame**
**January 16 at Princess**

**Note Taking Skills**
**January 9 at Princess**
**January 10 at Notre Dame**

**Learning from Textbooks**
**January 16 at Princess**
**January 17 at Notre Dame**

**Procrastination Management**
**January 24 at Notre Dame AFTERNOON at 3pm**
**January 31 at Notre Dame**

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

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

# Know your rights: You and the RRCSA

**By Christopher Webb**christopherswebb@yahoo.ca

**In the beginning**, your hard-earned or borrowed tuition fees were funnelled off to the college administration. A portion, however, remained, and was sent to a group known as the Red River College Students Association (RRCSA). With your money in hand, the RRCSA promised to serve and protect your interests as a student in a responsible and efficient manner.

Well, who is this RRCSA? How much of your tuition money goes to them? What do they do with it?

To begin, the paper you hold in your hands is a RRCSA initiative. So, being responsible journalists, and making use of your tuition fees, it is our responsibility to make you aware of your rights and responsibilities as a student.

Whether you are a full or part-time student at Red River College (RRC), you are represented by the RRCSA, and are automatically a member of the association. Full-time and part-time students pay $90 per year, and students at the college's regional campuses pay $40 per year (although this system will change next year to a system which determines RRCSA funding on a per-credit-hour basis). RRCSA president Rex Masesar says the most important job of a student association is representation. He adds that the RRCSA works closely with other student associations in Manitoba to provide accessible post-secondary education for all.

"We are working closely with other student unions to provide education which is accessible, affordable and innovative," he says.

Tuition fees are on the rise throughout Canada, however, contrary to trends across the country, Manitoba's tuition fees have been kept at a 1999 level. Thanks to dedicated student activism in 2000 which reduced the fees by 10 per cent.

Average Canadian undergraduate tuition fees have more than doubled in the last 15 years; a rate four times faster than inflation, according to the Canadian Federation of Students (CFS).

Masesar and the RRCSA support the tuition fee freeze, and claim to represent student interests at all levels of government. Their responsibility to communicate to students the work they are doing to reduce tuition fees is essential in an effective representational organization. But RRCSA Vice President, Jesse Wilson, says it is hard making people aware of what the association does.

"There's a lot of complacency amongst students here. Some of them are in two-year programs and have other things to worry about. I think that's why there isn't a lot of involvement with the student association."

Wilson is the RRCSA representative with the Canadian Alliance of Student Associations (CASA).

CASA is an alliance of student associations from across Canada, which defends the interests of post-secondary students to the federal and inter-provincial levels of government. RRC is the only member of CASA in Manitoba, other colleges and universities are members of CFS. Wilson claims that CASA is the most effective organization in terms of lobbying the federal government, and accuses the CFS of supporting activities which have nothing to do with student interests, "(since) they feel it is there need to protect baby sea lions in Afghanistan, we don't want to be a part of that," Wilson comments.

Besides representing you and your concerns at multiple levels of government, the RRCSA provides a number of tangible services, which can be seen throughout campus. Wilson says the RRCSA provides a comprehensive day planner, a top quality student health plan, the Ox and Mercantile stores, the Bookstore, the Projector, peer tutoring, and an academic appeal process. Wilson claims these essential student services are provided to students throughout the province.

However, some students at the RRC Steinbach regional campus claim to have never heard of the RRCSA, the student health plan, or the academic appeal process, and have to drive to the Notre Dame campus for peer tutoring.

"I never really knew there was one (student association), I'm a class rep and I've never really heard of these things," says George Wagner, a second-year adult education student. "I think it would be great if someone came here and told us about what they [the student association] do."

Sheri Saindon, a first year Business Administration student at the same campus, agrees,"I think the student association should make it clear to us what they do."

Wilson insists that RRCSA members try and make it to regional campuses to make students aware of the services they provide.

"There was a referendum on health care coverage in Flin-Flon," he says, adding that, "with so many students across the province, it's difficult to make all our students aware."

The student health plan was devised by the RRCSA along with Gallivan and Associates to ensure that avoidable medical emergencies do not endanger the pursuit of higher education by RRCSA members. The health plan is an extended health and dental plan, which supplements your existing provincial care. It covers health concerns such as vision, physiotherapist, dental accidents, ambulance trips, hearing aids, wigs, and orthopedic shoes, etc. The RRCSA encourages you to participate in the student health plan by picking up your SA care card and forms from the RRCSA offices at the Princess or Notre Dame campus.

The academic appeal process is for students who are dissatisfied with a grade or decision related to a disciplinary action. The RRCSA helps you prepare an appeal or formal complaint by acting as a liaison between the student and the college. If you have a complaint, it will be handled by the vice-president academic, Michael Cochrane. If you have any questions about the academic appeal process, the RRCSA encourages you to stop by their offices for further information.

The RRCSA, as any student association should be, is an invaluable resource for students. Being involved in an active student association brings unity and strength to post-secondary students facing personal financial crises, cuts to funding by government and dramatic increases in student debt.

However, it is also the responsibility of the association itself to communicate with students what it stands for and the objectives it hopes to attain for its members. If you have grievances, concerns, or simply want to find out what your rights are as a student at RRC, talk to your class representative (they report directly to the RRCSA), or get involved with the Student Advisory Board, which makes policy for the RRCSA executive.

Wilson says, "The student advisory board is excellent this year, any issues that students have will be addressed by them, I'd also encourage people to communicate with their class reps."

Know your rights, and know how and where your tuition is spent. Helping to make post-secondary education accessible for all and enjoyable for those enrolled in it will help you and show solidarity with students across the country.

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# Off Message

by melissa martin

**Dear Stephen Harper:**

**Just when it** seemed that there might actually be enough room in this country for the both of us, you had to go and ruin it.

Now, I admit I've said some unflattering things about you. At various times, I have publicly described you as the Antichrist, a flaming fascist douchebag, and an extremely sophisticated android minion of the CIA.

Then something incredible happened, Steve: as the new Parliament session wore on, I started to thaw towards you. True, the GST cut was a nasty decision designed to lure attention away from the lowered personal tax exemption (meaning that anyone making under $36,000 annually now pays more in taxes than they ever paid in GST), but I'm willing to let that one go.

You actually seemed to stick up for Canada's interests, made some interesting declarations about Quebec, and otherwise seemed like you might turn out to be more moderate than I expected. And what's more Canadian than moderation?

And then, two days before Christmas, you betrayed me Steve. In the name of pandering to a half-educated bunch of fundamentalists, you started the machinery designed to slowly destroy a woman's right to medical sovereignty over her own body.

That's right: you founded Assisted Human Reproduction Canada, a ten-member panel to discuss the ethics of fertility technology in Canada, particularly stem-cell research. Oddly, there are no actual stem-cell researchers on the panel: instead, you populated it with well-known anti-abortion activists and labeled it a "cross-section of Canadian views".

Do you think I'm that stupid, Stephen? That I wouldn't notice you slipping this doozy in during the holiday madness? I know where this is going; we've seen enough of it in the United States to recognize the pattern.

The first order of business will be to have serious ethical debates about stem-cell research and assisted reproduction: the latter produces a huge amount of unused embryos every year.

After a lengthy debate, your panel will start making recommendations supposedly designed to protect human life in the face of technological advancements. Stem-cell research will be rolled back; couples pursuing in-vitro fertilization will deal with restrictions concerning the embryos created in the process.

After pushing these recommendations through, your panel will have the opportunity it wants the most. Legal protections for embryos in a test tube are only a small logical leap away from legal protections for embryos in a uterus.

Judges won't go along with them: Canada has long accepted that abortion is a matter between a woman, her doctor, and her God. But anti-abortion extremists are as persistent as they are underhanded. They know abortion won't become illegal overnight. But as soon as they have an easy way to open the debate in the public eye, they'll have an opportunity to feed lies and misinformation to the public, hoping to sway the weak-stomached against abortion.

We saw this in the United States with their partial-birth abortion ban. Despite the fact that the miniscule number of abortions done using the technique were usually necessary to save the mother's life, extremists lied that this was a normal therapeutic procedure. Grisly pictures turned the tide even further, and allowed anti-abortionists to take one step closer to their goal of total illegalization.

I really can't tolerate any more of this selfish behaviour from you, Steve. Shape up now, and turn this panel into a truly balanced one, or else I'm going to have to start calling you a robot again.

Love,
Melissa.

# 2 ½ Years of Official Genocide

**By Aaron Zeghers**atozeghers@hotmail.com

**In a victory** for human rights, both houses of US Congress have unanimously agreed that "the atrocities unfolding in Darfur, Sudan, are genocide." It's just too bad that this recognition has yielded nothing. It's equally as bad, because it came two and a half years ago.

These two and a half years of official genocide have meant many things for many people. In the West we have by-and-large ignored it, focusing on the slow crumble of order in Iraq, and its inevitable counterpart: the continuing tally of young, dead soldiers.

In Canada we've had our hands full too, fighting a war for our allies, keeping our own tally of lost lives.

In Khartoum, the capital of Sudan, President Omar Hassan El-Bashir busily decries humanitarian reports of genocide being supported and even perpetrated by his very own government.

And in Darfur, the region of Sudan in which the US proclaimed genocide was occurring almost two and a half years ago, over 300,000 have been murdered and about 2.5 million have been forced to flee their homes.

But back in North America, most of us are just happy that Paris Hilton and Nicole Richie have patched things up. Even The New York Times is more interested in Hilton, bestowing the paparazzi princess with 17,000 words since May 23rd and Darfur only 10,000, according to Lexus-Nexus.

So what is the deal with Darfur? Back in 2003, the western province of Sudan was home to many African tribes that survived through subsistence farming, as well as a large minority of nomadic Arab tribes – herein lies the problem.

Trouble began in April of 2003 when rebels from the Sudan Liberation Army (SLA) and the Justice and Equality Movement (JEM) started attacking government forces and buildings in the Darfur region, claiming that the government was ignoring the region and oppressing black Africans in favour of Arabs.

Caught off guard, the government of Sudan launched an air campaign against the rebels and supported Arab militias in the region; most notably the janjaweed. With machine guns and rocket-propelled grenades from Khartoum, and the directive to "change the demography of Darfur and empty it of African tribes" from their leader Musa Hilal, the janjaweed were unleashed upon the black African population of Darfur.

For the last three years, the janjaweed has continued to raid, rape and murder. With help from the Sudanese government and other militant groups they have displaced almost all black Africans from the Darfur region. With all loose ends tied up at home, they have set their sights on the neighbouring countries: Chad and the Central African Republic.

But as violence begins to overflow and spill into Sudan's neighbours, what is being done about this slow and obvious genocide?

In Canada, Prime Minister Stephan Harper has donated an extra $40 million to Darfur aid, but steered clearly away from any actual troop support and has largely remained mute on the subject.

The United Nations (UN) has also remained flaccid, but it hasn't been for lack of trying. There have been countless resolutions to help Darfur, but they continue to be shot down, one after another. The UN has tried to pressure Khartoum into disarming the Arab militants and stopping the genocide, but Khartoum's only response is to deny any acts of genocide and to accuse the UN of making "neo-colonial moves."

The UN has also tried to put sanctions on Sudan, or even intervene without permission from Khartoum, but these were quickly shut down by China. No wonder – the oil ingesting China is the largest supplier of weapons to the government in Khartoum, and also imports at least five per cent of its foreign oil from Sudan. Once again, the UN proves itself to be an immoral and self-serving organization.

Even testimony from its own human rights chief, Louise Arbour, couldn't provoke the UN into action. "The government of Sudan and militias aligned with them, some still actively supported by them, continue to be responsible for the most serious violations of human rights and humanitarian law," said Arbour while addressing the UN Human Rights Council in November.

Finally, on Nov.16, 2006, UN leaders were able to come to a "tentative agreement" with Sudan that will allow as many as 20,000 UN troops to assist the 7,000 grossly underfunded African Union troops already struggling to stop what has become this decade's genocide. But with the keyword "tentative", and no action allowed until further discussion in 2007, this UN resolution seems just like most others: unlikely.

With the government of Khartoum stalling, and the UN failing, the Western nations seem content on letting the only opposition to racist slaughter be 7,000 African Union peacekeepers and the independently organized and financed PLA and JEW.

Meanwhile, in Winnipeg, it's snowing again, and this writer wonders how a city that awaits The Canadian Human Rights Museum, and has recently received visits from Romeo Dallaire and Paul Rusesabagina – heroes of the Rwandan genocide – can ignore the human rights violations of today.

Maybe it's time we stopped mourning genocide, and stopped one instead.

# Canada's Next Prime Minister?

**By Brent J. Neill**brentneill@hotmail.com

**It was not quite on the** level of a Joe "Who?" Clark stunner, but the Liberal Leadership convention, held the first weekend of December 2006, did provide plenty of drama and moments of intrigue as Stephane Dion emerged the surprise winner and the new leader of the Official Opposition.

Dion, the nerdy political-science Prof. from Montreal, surged from an initial fourth place position to sneak up and win the leadership on the fourth ballot ahead of front runner Michael Ignatieff. After thirty years abroad, Ignatieff finally decided to move back to Canada, gracing his long lost home with a gaffe-filled campaign that often teetered on the edge of absurd. The final results gave Dion 2521 votes — 54 per cent of the delegates — to Ignatieff's 2084 votes, about 46 percent.

The victory for Dion capped a 5 day convention and a 10 month long race to succeed Paul Martin as Liberal leader.

If Dion is to follow his predecessors such as Chrétien, Trudeau and Laurier, he will have to rebuild a party that is coming off its second worst popular vote result since confederation.

Dion now faces a united Conservative party lead by Stephen Harper, the first competent opponent the Liberals have faced since Brian Mulroney. None of this fazed Dion during his victory speech at the convention, "The most exciting race in the history of our party is over," he said to the jubilant crowd. "Let's get ready for the next election!"

Prior to taking over his party's top job, Dion was a professor of political science at the Universities of Moncton and Montreal, specializing in public administration and organizational analysis. He was educated at Laval and received his PhD from the prestigious Institut d'Etudes Politiques in Paris. Jean Chrétien recruited Dion into politics after the disastrous 1995 referendum in Quebec and made him the Minister of Intergovernmental Affairs; the point man for the federal government in their battles with the separatists.

In a series of open letters to separatist leaders like Lucien Bouchard, Dion with a cold intellect tore into what he saw as the vapid and incorrect assumptions that lay at the heart of Quebec separatist thought and emerged as the leading defender of federalism in the province.

Following a coup by Paul Martin, that lead to Jean Chrétien's resignation in 2003, Dion found himself too closely aligned with the former regime and was kept out of the first Martin cabinet. However, Dion came to Martin's rescue in the 2004 election, by preventing a total collapse of the Liberal vote in Quebec, and was rewarded for his loyalty by an invitation back to the cabinet table as Minster of the Environment. In this role, Dion, like a low-rent Al Gore, would champion the Kyoto Accord, despite his government's abysmal record on greenhouse gas emissions.

Dion made his tenure as environment minister the hallmark of his leadership bid; going so far as to adopt a dog mid campaign, and name it Kyoto. Dion used the leadership race to champion a "three pillar approach" to Canadian policy, which will presumably form the basis of the Liberal's next campaign platform.

"The story of the twentieth century was the Liberal party balancing the pillars of economic prosperity with social justice, to give Canadians a country that provided opportunities for growth and success while maintaining a government that was able to distribute the wealth throughout the society to ensure social justice. These two pillars that the Liberal Party stood for throughout the 20th century made us the party of the century, allowed us to be that party of Canada, but it is now the 21st century and that is why I propose a third pillar," Dion said the night before his victory.

"This third pillar is environmental sustainability. We know that the planet cannot sustain the levels of development, of growth, of economy, that we have now. Canada must take the lead in looking for ways to grow at a sustainable level and sell this to the rest of the world! We need the economy, social (justice) and the environment all together. My plan is all about using these three pillars to make the Liberal Party and Canada the model of the 21st century!"

As 2007 kicks off, the question is how long the fragile Conservative minority government will be able to last, or will Harper choose to call an early election to catch the new Liberal leader unprepared? Stephane Dion was underestimated and ignored for most of the leadership race, Stephen Harper might best keep this in mind if hopes to a garner a majority against his new opposition nemesis.

In an interview with the CBC a week after the convention, Dion reflected on his unlikely rise, "I like to be the underdog. I've always been underestimated. It makes my victories all that much sweeter when they come."

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## To the Editor

To the Projector Editor,

Since the start of this semester, Jan. 2 - 4, 2007, the large round tables have been missing from our school lunch room. Do you know where they went? Were they stolen, misplaced, or lost?

It seems like there should be a note up at least advising the students of when the tables will be returned. Are they being used for another school function? If so, I think the school should purchase 5 or 6 more lunch tables, so that they don't have to use the lunch room ones when they are short.

It's really bizarre to you watch students struggling to eat their lunches off their laps and have nowhere to put their food.

Please help the students sort out this problem. I hope that in the future when they need extra tables in the college for a function, they don't take them from our students.

Zach Regiec

# 2006: The Year

By Nisha Tulisendnishamail@gmail.com

## January

January 4 – Israeli Prime Minister Ariel Sharon suffers a massive stroke and is replaced by Vice President Ehud Olmert.
January 16 – Ellen Johnson-Sirleaf becomes the president of Liberia. She is the first female elected head of state in Africa's history.
January 22 – Kobe Bryant scores 81 points against the Toronto Raptors. It is second in NBA history only to Wilt Chamberlain's 100 points.
January 23 – The Conservatives win a minority government in the federal election, and Stephen Harper becomes Prime Minister of Canada.
January 26 – The Islamist party Hamas defeats the Fatah party in Palestinian elections. Denying Isreal's right to exist and listed as a terrorist group, the victory by Hamas causes several nations, including Canada, to withdraw financial support from Palestine.
January 27 – The world celebrates the 250th birthday anniversary of Mozart.
January 31 – Coretta Scott King, the widow of civil rights leader Martin Luther King Jr., dies at 78.
January 31 – Exxon Mobil announces the highest profits ever recorded in US corporate history at $36.1 billion dollars for 2005. Royal Dutch Shell breaks the record in the UK in February with a profit of 13.12 billion pounds.

## February

February 1 – The controversy surrounding the Danish cartoons of Mohammed published in France, Germany, Italy and Spain.
February 6 – The recipient of the world's first face transplant, Isabelle Dinoire, appears in public for the first time since the operation in November 2005.

February 7 – Wayne Gretzky is implicated in a New-Jersey based gambling ring. His wife Janet Gretzky is also accused but neither are charged with any crimes.
February 10 – The 20th Winter Olympic Games open in Turin, Italy. Canada brings home a record 24 medals, including 5 from Winnipeg's Cindy Klassen.
February 11 – US Vice President Dick Cheney accidentally shoots his lawyer Harry Whittington while hunting in Texas.
February 15 – Previously unpublished images of US soldiers torturing Iraqis in Abu Ghraib prison are released on Australian television.

## March

March 2 – The United States signs a civilian nuclear contract with India, which hopes to boost its economy.
March 3 – Research in Motion, a Canadian based company, agrees to pay NTP Inc. $612-million dollars in its Blackberry Wireless Technology patent suit against RIM.
March 3 – British Rocker Gary Glitter is sentenced to three years in prison for molesting two young girls in Vietnam. He is currently serving his sentence in Thailand.
March 5 – At the 78th Academy Awards, Ang Lee wins best director for his controversial film, Brokeback Mountain.
March 11 – Former Yugoslav president Slobodan Milosevic is found dead in his prison cell during his trial in The Hague, Netherlands. It is believed he died of a heart attack, but some supporters believe he was murdered.
March 22 – Hundreds of thousands protest in Paris and the rest of France against the Contrat de première embauche (First Employment Contract). The contract allows employers to fire anyone under the age of 26 in the first two years of employment without reason. The law is repealed in April.

March 23 – Canadian peace activists Harmeet Singh Sooden and James Loney are released from an Iraqi group called the Swords of the Righteousness Brigade after being held hostage for 118 days.
March 25 – Canada's annual seal hunt beings amid a storm of protests. In response, Paul and Heather McCartney appear on Larry King Live to debate with Newfoundland Premier, Danny Williams.

## April

April 8 – Eight members of the infamous Bandidos biker group are found dead in Shedden, Ontario. Eight men are arrested including Michael Sandham who is believed to be the leader of Winnipeg's Bandidos chapter.
April 12 – Mahmoud Ahmedinejad, president of Iran, announces they have successfully enriched uranium and now possess nuclear technology.

April 25 – Jane Jacobs, author of The Death and Life of American Cities, dies at the age of 89. She is renowned for her revolutionary ideas on urban planning.

## May

May 17 – Captain Nichola Goddard is killed while fighting against the Taliban near Kandahar, Afghanistan at the age of 26. She is Canada's first female combat casualty.
May 19 – The film version of the Da Vinci Code is released amidst controversy. Members of the Roman Catholic Church call for a ban to the film, as do several countries, such as Thailand, Samoa, Pakistan and parts of India.
May 20 – The construction of the largest damn in the world, the Three Gorges Damn, is completed on the Yangtze River in China.
May 28 – Barry Bonds hits his 715th home run, passing Babe Ruth to finish second in the NBA's list of all time home run hitters. Bonds is also accused of steroid use, perjury and tax evasion later in the year. He is not charged for any crimes.

## June

June 3 – The RCMP arrest 17 Islamic terrorists suspected of planned terrorist attacks around Toronto. Police seize three tons of ammonium nitrate in connection with the arrests.
June 9 – The 2006 FIFA World Cup opens in Munich, Germany. Italy defeats France in the final game. The match is marked by France's Zinedine Zidane's head butt into the chest of Italy's Marco Materrazzi, after Materrazzi utters a racial slur to Zidane.
June 25 – Warren Buffet, the world's third richest man, donates $37-billion dollars to the Bill and Melinda Gates Foundation. It is the largest charitable donation in history. The goals of the foundation are improve global healthcare and reduce poverty and to expand educational opportunities in the US.

# In Review

## July

July 4 – The space shuttle Discovery is launched from Cape Canaveral, after already being postponed twice due to weather and equipment problems. It is the first-ever manned launch on Independence Day.
July 5 – Kenneth Lay, the former Enron executive who was found guilty of fraud, dies of a heart attack. It is three months before his sentencing where it was believed he would serve 20 to 30 years in jail.
July 7 – Pink Floyd founder and psychedelic rock pioneer, Syd Barrett, dies at the age of 60.
July 11 - Eight blasts hit at least four commuter trains in Mumbai, India. 200 are reported dead and over 700 injured. Three men are suspected in the case.
July 12 - Hezbollah militants in Lebanon kidnap two Israeli soldiers while launching rockets into Israeli towns along the border. Hezbollah's attacks are condemned by international powers. The attacks prompt Israel to retaliate against Lebanon and a month of fighting ensues. The conflict kills over 1,400 people, most of them Lebanese civilians.

July 23 – American Floyd Landis wins the Tour de France and a few days later is accused of doping. Landis fails his drug test, but the cyclist is currently awaiting an appeal of the sanctions placed on him. He maintains that he is innocent of doping.
July 28 – The world's first Outgames, a sporting event hosted by the gay community, are held in Montreal. Over 6,500 participants came from all over the world.
July 28 – Actor Mel Gibson is pulled over for drunk driving and makes several anti-Semitic remarks to police. He later apologizes saying it was the alcohol.
July 31 – Cuba's Fidel Castro transfers power to his brother Raul due to problems with his health.

## August

August 5 – A tornado tears through Gull Lake killing one and injuring several others.
August 10 – A terrorist plot is foiled at London's Heathrow Airport which is temporarily closed and hand luggage is banned.
August 16 – John Mark Karr is arrested for the murder of child beauty queen JonBenet Ramsey in Thailand, after confessing he was with her when she died. It is later revealed through DNA evidence that Karr was not the killer.
August 23 – Austrian teenager, Natascha Kampusch, is discovered after having been held captive for 8 years in a small basement room. Her kidnapper commits suicide when he discovers she is gone.

## September

September 4 – "The Crocodile Hunter," Steve Irwin is killed by a stingray barb through the heart while filming a documentary on the Great Barrier Reef.
September 7 – British Prime Minister Tony Blair announces he will step down from his position within 12 months.
September 12 – Pope Benedict XVI makes insulting remarks about Islam sparking anger from the Muslim community. He later says that he is sorry his comments offended Muslims, and he was quoting a text that did not reflect his beliefs.
September 13 – Kimveer Gill goes on a shooting rampage at Dawson College in Montreal. He kills 18-year-old Anastasia de Sousa and wounds 19 others.
September 19 – A coup d'etat occurs in Thailand as the Royal Thai Army overthrows Prime Minister Thaksin Shinawatra after a year of political unrest.
September 30 – In Montreal, three lanes of the Boulevard de la Concorde collapse killing five people and injuring six.

## October

October 2 – A gunman walks into an Amish school in Nickel Mines, Pennsylvania where he kept hostages and eventually killed 5 girls aged 7 to 13.
October 9 – North Korea announces that it has tested its first nuclear weapon. The claim is initially unproven, but seismic activity in the area suggests a nuclear explosion has taken place. The US later confirms it.

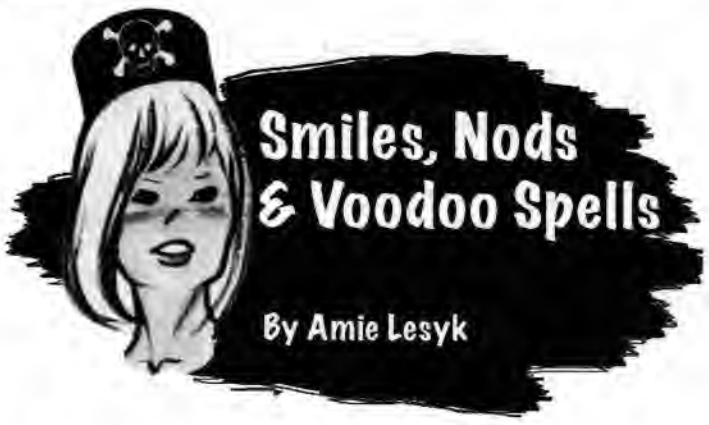
October 9 – Google announces that it will buy YouTube, a video sharing website, for $1.65 billion.
October 27 – Former President of Chile, Augusto Pinochet, is arrested for torture, murder and kidnapping during his early regime. He later accepts responsibility for his actions but dies in December of a heart attack.

## November

November 2 – Rev. Ted Haggard resigns as head of the National Association of Evangelicals after he is accused of engaging in a homosexual sex acts and of using methamphetamines.
November 7 – American citizens go to the polls and give the Democrats control of the House of Representatives and the Senate.
November 19 – Winnipeg hosts the 94th Grey Cup in which the BC Lions defeat the Montreal Allouettes.
November 21 – Michael Richards, known as "Kramer" on TV's Seinfeld, apologizes on The Late Show after a video surfaces showing the comedian uttering racial slurs to two African Americans.
November 27 – Stephen Harper announces a motion to recognize Quebec as a nation within Canada. The motion is supported in the House of Commons.

## December

December 2 – Stephane Dion wins in a surprise defeat against Michael Ignatieff for the leadership of the Liberal party.
December 10 – Bangladeshi Muhammed Yunis accepts the Nobel Peace Prize for his creation of microcredit and the Grameen Bank. It is a system where loans are supplied to people too poor to qualify for regular bank loans.
December 25 – The Godfather of Soul, James Brown, dies of heart failure at the age of 73.
December 26 – Former US President, Gerald Ford, dies at the age of 93.
December 30 – Suddam Hussein is executed by hanging, after being committed for crimes against humanity. A cell phone video surfaces of his death, showing Saddam being taunted in his last moments alive.




# MySpace a New Medium?

MySpace is rapidly growing as a connection between people, businesses and promoters throughout the world - so much so that companies are paying huge amounts of money to redesign their MySpace sites into smooth and sleek, website-like pages. For example: Victoria Secret's MySpace.

MySpace is constantly evolving, adding on different sections like film and comedy and changing user capabilities, offering increased user space for uploading pictures, music and videos. It's become an insanely popular communication medium for people who live in the same cities or across the globe. It's bringing people together into one spot like no chat room has ever done before, and allowing the user to bring their personality out with various tools. MySpace is dominating the scene and is quite possibly a new medium unlike that of radio and television.

Businesses paying for advertising space and various talents relentlessly selling their wares, interspersed with messages, bulletins and personal interaction - is MySpace taking on the likes of a newer, more user-friendly medium? Is this the land of communication from now on?

At first I fought this looming pop-culture phenom and I know some of you misanthropes are still holding on, but I was soon sucked in, and now have to say I am sort of an addict. I have made a handful of good friends through this site and have learned a lot about people I have always seen around but never really talked to.

It's a bizarre concept this sneaking-a-peak into people's mind in an ever-so-indirect way. It's the epitomy of human behaviour to some degree - wanting to show off but be modest about it. I sit here now with many other things I could be doing, but no, I am fretting over whether to change the design of my MySpace profile or not. I know this sounds ridiculous and I know damn well that I have other things to do and that ultimately, this doesn't matter. But I literally wasted a good amount of time in the wee hours of the morning last night, trying to decide this one stupid thing. This is my little window to this odd, online world. I must represent myself. Wait a minute - what am I thinking? This is madness. Those of you who know - oh you know alright.

MySpace's cold, smothering grasp has you in its hold. Perhaps one day there will be MySpace retreats for people who have to de-MySpace for awhile into a computer free realm. But with all this you can also say that MySpace is a perfect distraction for today's short attention spans and it's a wonderful way to repetitively feel like you are doing something, anything. It's a click-click, fast pace that accommodates our generation's lack of patience for old-school living.

Anyways, one has to wonder if this is it. Is this is a taste of communication to come, done through living rooms across cities, provinces and countries? For the most part I see a lot of benefits to this type of communication. It's great for meeting people in your city who you may have a lot in common with but never met, or for finding new bands to listen to or to get word out about your film. But in all cases such as this, you have to wonder where it ends. It's always growing and will it become so corporatized that people tire of the barrage of advertising and move onto the next, new, technological, communication trend? I guess only time will tell.

# Resolving for a Different Kind of New Year

**By Trevor Suffield**goatsong@rocketmail.com

Instead of the usual New Year's resolutions, where you resolve to change things in the upcoming year, I have decided to take a different route. I'm not going to resolve to be nicer to cat owners or even to swear less. I have never had any success with my own resolutions, so I think it's your turn to try and make my life better.

My first resolution is to be paid for going to school. I will be happier and therefore more productive, which is what you want from a student, isn't it? This is a win-win situation. If I get paid, it will allow me to buy more things that will relax me, and therefore I'll be easier to be around. I'll be less inclined to daydream, because I will be able to make my dreams come true.

Also, I should be allowed to come and go from class as I please, with no regard for attendance. By doing this, it will build up trust. You will trust that I will come to school, and I will trust that I won't be graded on my attendance.

My second resolution is for all the athletes and models of the world to stop working out and gain some weight so that I can feel better about my body. By making the athletes heavier, and therefore slower, I'll be able to believe that I can do what they do. I'll be honest – this one isn't just for me. A lot of people will be able to benefit from this one, but remember, it's not about them.

Also, stop publishing Muscle and Fitness Magazine. Instead, start publishing Husky and Lazy Magazine. This will definitely help with my self-esteem. And for all the supermodels out there, I haven't forgotten about you. I resolve that you all should stop looking like you're having the greatest time in the world in pictures and commercials and making me feel bad about my life. From now on, the models in commercials will look bloated, nervous, and anxious – just like me.

Next, you will stop making the most mundane items look sexy in ads. Diet cola is not sexy and neither are scarves. From now on, models in commercials will all look like they just spilled diet cola on their new scarves.

My third resolution is for a major television network to make a reality show based on my life, which everyone will watch. It will follow my pursuit of becoming a male burlesque dancer. Not a stripper, because I like to leave a little to the imagination. The camera will follow me from the start, beginning with the fact that nobody wants to see a male burlesque dancer. I will change all of their minds through my love of the dance.

It's not about getting naked - it's about the passion with which one lives his life and what he can share with the world. You will laugh and cry with me as I go through the crazy world of non-competitive burlesque dancing. Plus, you'll get to see me perform for my grade 10 theatre instructor, who doesn't remember me from high school and has no idea why I'm subjecting him to my dance routine. But you will cheer for me, because it will make me feel good about myself.

So really, I'm not asking for that much. I believe that these goals are reasonable and achievable if you all work together. I believe in life, and I believe in you. Mostly, I believe that I deserve better.

DOUG MCARTHUR

# Addiction to Ink

**By Ali Hanchary**kg_dawl@hotmail.com

A dull, drilling pain pierces your skin for hours on end. Pain that demonstrates courage, self-assurance, and lets people know who you are in the most public of ways.

We are talking about the art of tattooing.

A study by Harris Interactive, a market research firm based in the United States, shows almost one in four Americans is tattooed, and every person has a different reason for it. Personal beliefs, rebellion, and fitting in are some of the main reasons cited.

BJ Lequire, the main piercer at Soul Survivors Body Art in Winnipeg, says, "There are so many reasons why people get tattoos, I can't even say."

Many claim getting tattoos can be addictive and that once you get one, you're hooked. In fact, Lequire claims more than half of first-timers come back for another tattoo.

"People realize that it is not as big of a deal as they made it out to be. Tattoos are definitely addictive," he says with a laugh.

Studies have shown there may actually be a physiological and psychological basis to the "addictions," as endorphins are released when receiving a tattoo.

Myrna Armstrong, a professor at Texas Technical University of Nursing, has studied the psychology and social patterns of the tattoo fetish for the last dozen years. In an interview with www.metroactive.com, Armstrong claims middle-class women are to blame for the rapidly growing trend, and females who have just left college, have the highest rate of return.

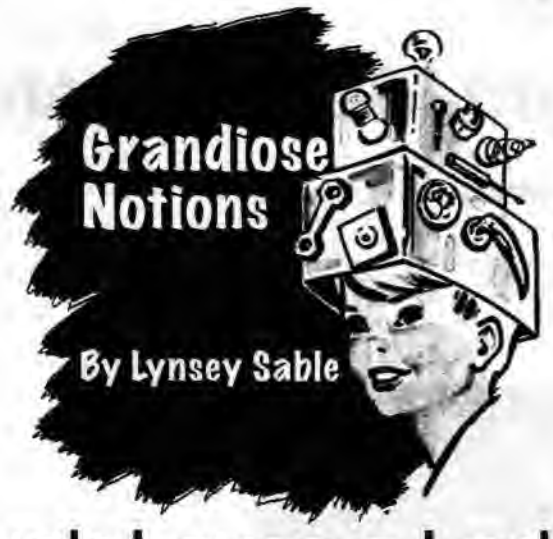
Kevin Sheridan is one person who chose to get inked again. At a young age, he received his first tattoo – a large piece on his upper back reading "Born to Fight, Live to Win." After his first experience, Sheridan was addicted.

"Once you get something that represents who you are, you can't help but want another one," he says.

His second tattoo consists of the letters "BP", written in old-time English on his forearm. It represents Balaclava Productions, a rap group he started with two of his friends.

"It's just the most hardcore way to show the public who we are," he says.

No matter what the reason, most people go back under the needle more than once. After all, the body is still an open canvas.




# Luck Loves a Lady

**"Luck is probability taken personally." -Penn Juliette**

Let's call him "Tank".

I found Tank dead asleep on my living room couch. Tank was a husky guy, about 25. Tank had a shaved head and a tattoo on his neck. Tank was wearing a black hoodie and had blood all over his face. Tank busted his face on my kitchen floor when he broke in through the kitchen window, and sometime after going through my purse, Tank fell asleep on my couch. At approximately 6:40 a.m., I heard him coughing.

Oh, it gets better.

I left my only phone on the couch, and Tank, god bless his beefy gangster soul, was sleeping on it. I had about three inches in between me and Tank's blood-encrusted face when I dialed 911.

The officers said I was lucky.

My boyfriend said I was lucky. Lucky he wasn't there.

My friends say I was lucky he didn't come in the bedroom.

My mother couldn't speak.

I am a woman living alone on Langside, after all. I am a woman who sleeps naked, after all. And apparently, I'm also a woman who can sleep through 250 pounds of drunken gorilla meat hitting the kitchen floor after a six-foot fall.

Luck is defined as that which happens beyond a person's control. I've never believed in luck, but I've had people tell me I'm lucky all my life. To my friends and family, I'm the perpetually lucky bastard. I don't enter contests; I simply decide whether or not I want to win them. I don't gamble; I go into casinos and take money. And I don't get murdered in my sleep either. I just keep sleeping and the situation figures itself out.

Everybody remembers when someone wins a prize because nobody says, "Hey, guess what I didn't win today?"

After the police officers hauled Tank away, they fixed my window and said it was a pleasure to help out.

In all that time and for a few weeks afterward, it never dawned on me that I was lucky. It never dawned on me that Tank was five feet from raping me, beating me, or killing me. It never occurred to me that if I had woken up when Tank broke in, things probably would have been worse. It never occurred to me that other people sleeping in their homes sometimes aren't as lucky.

For lucky ones like me, there's no such thing as luck.

There's peace. There's appreciation.

# What's Really in Your Organic Juices?

**By Erin Garner**pooky122@hotmail.com

Usually, you will pick up a health drink for one of two reasons: you are choosing to live a health-conscious lifestyle or are trying to cleanse your conscience of the super-sized double Big Mac meal you consumed between classes. Whatever your motivation, it is important to know what you are putting into your body.

Organza Market and Starbucks are two places in Winnipeg that offer alternatives to soft drinks and sugar-loaded fruit juices. Frutzzo, 100 per cent pure juices available at Organza, are certified organic, while IZZE, sparkling juices available at Starbucks, are all-natural. Though both options contain no added sugar, artificial flavours or preservatives, they differ greatly.

Lisa Varga, an Organza employee for three years, explains.

"Certified organic products are regulated by the Federal Drug Administration (FDA) and take six years to become certified. All-natural foods are not really regulated, but are often going through the process of becoming certified with the FDA," she says.

The Organza website, www.organzamarket.com, offers more clarification, stating, "All-natural foods are minimally processed and free of artificial ingredients, colours, flavours or other chemical additives. Certification is given to foods that have been raised in strict agricultural methods. There is no use of chemical fertilizers, pesticides or other chemicals."

Paula Morris, a two-year Starbucks employee, advises consumers to research the products they purchase.

"The IZZE drink is supposed to be healthy, but it probably has a lot of sugar in it. I doubt it's very good for you," she says.

In fact, IZZE has 32 grams of sugar per 355 ml serving, while Frutzzo has a whopping 51 grams for the same size.

Why the difference? The latter is 100 per cent juice and the former is mostly sparkling water. A can of coke contains about 40 grams of sugar.

So before you put down that Big Mac, consider your options. While certified organic products cost more than non-organic, other non-certified organic products work out to about the same price as the sugar and chemical laden variety.

"Regular food tastes so bland now, and every time I eat it, I feel so bloated and lethargic," Varga says.

If you decide to go organic, now may be the right time. You will slide effortlessly into your favourite outfit and stay conscious during class.

# From Idea to T-shirt

By Sara Atnikovsatnikov@hotmail.com

**How many times** have you seen a neat design on a shirt and thought to yourself "I could make that. Hell, I could do better," only to do nothing at all. At one point most of us have had some sort of creative moment, an "ah-hah" epiphany that could lead us down the path of making our own clothing, or following through on a creative idea that may have been floating around for years. Why then, do most of us do nothing?

Rhayne Vermette had an idea to start a t-shirt line she had been toying with for years but, like a lot of us, she didn't really take it seriously.

"One day I was talking to a friend of mine who owns a clothing store, and I was telling her about my idea, and she gave me a lot of encouragement, and a lot of pointers as to what she sees as someone who sells clothes. From that point on everything just sort of fell into place," says Vermette.

"Everything went really quickly, actually, insanely quickly. After I decided to just actually do it, I created the designs and made a myspace page to advertise all within one week." On Canada Day this year, p:ttrptt (pronounced pitter pat) was launched, and it's been growing ever since.

Vermette designs all p:ttrptt's screen prints, which feature among other things tanks, hearts, octopuses, and robots.

"The designs are a combination of things I'm into, and things I saw people buying when I worked at different clothing stores," she says. "I would see a shirt that seemed to be popular and get ideas from it."

Vermette has also let her customers decide what design they want to wear. "When I first started, and again for the holiday line, I put pictures of possible prints up on the myspace account and let people vote for which one they liked best," she says. "Both times I had a really good response, and people really seem to be interested."

P:ttrptt's growth has been steady. Vermette has added new prints for people to choose from, and has started printing on an expanded selection of items. "When I started I just did shirts," says Vermette, "but now I do hoodies, pajama sets, scarves, underwear and skirts, and I expanded on the colours of t-shirts I use."

All of these additions have been met with great positivity. "I get messages from the people who buy my stuff, and it's a really good feeling. It's crazy to think that there are kids out there wearing things I thought up. It's neat."

Jhana Oquialda, a p:ttrptt fan, says, "I think it's great. I mean, this is a local line, it's independent, and it's put out by someone who decided they wanted to do this, and actually did."

"I really like the designs," continues Oquialda, "and the fact that she involved the customers when choosing what to put on the clothes is a really good idea too."

Despite the fact that p:ttrptt utilizes some of Vermette's artistic and creative abilities, she looks at the clothing line as a business more than an artistic outlet. "It's art that is specific and geared towards a specific audience. It has a definite purpose, I mean, its clothing. Some of the designs aren't my personal taste, but people like them, and that's what's important," she says.

"Ultimately, I would like to get into more of the sorts of designs I like, with bigger prints and a lot more colours, but that's down the road. It wasn't financially feasible when I started, but maybe in the future."

As for any words of wisdom Vermette can impart to any aspiring designers, she says, "it is definitely a labour of love. It's a lot of work and not a lot of money, but it is worth while, and you just have to do it."

# Cool Clothes for Kids

By Sara Atnikovsatnikov@hotmail.com

**Kids are people too.** For far too long these little bundles of drool and cuteness have been forced to wear clothes that aren't cool. How awesome would it be to see a little boy wearing a shirt that says "I got a black belt in crazy," or a baby girl in a hot pink cheetah print sleeper? Well, mothers, fathers and friends of people with kids unite, because there is a store that sells such things.

"We started carrying the kid's clothes in July, and they've been really popular," says Tracy Piche, owner of Mixtape, a clothing store in Osborne Village. "So many times people come in and freak out when they see what we have, because there isn't anything like it in the city."

> "I look at it like it's cool shirts for tough kids, and it seems like people agree."

"My friends were having babies, and customers would see a shirt and ask if there was anything like it for kids, or remark on how it would be cool if there were kids clothes like the ones they could get, so the decision to carry kids clothes came from that," says Piche.

In addition to her own Mixtape clothing line which comes in adults and kids, many of the lines that Piche carries for adults have subsidiary lines for kids. "I carry brands like Sourpuss which has a kids line called Sour Kiddys," she says.

On top of the Mixtape and Sour Kiddys lines, Piche also carries kids clothes like t-shirts, hoodies, sleepers, bibs, sock and toques by p:ttrptt (pronounced Pitter Pat), Ready, Steady, Go, and Loungefly, which all have adult counterparts.

"I didn't want to get just your run of the mill Baby Gap or Gymboree baby clothes," says Chrystal Gray, mom to eight-month-old Oskar, and frequent Mixtape shopper. "I wanted to get him some clothes that were different and fun. I don't shop at run of the mill stores, so I don't want to have to just shop at run of the mill stores for him," she adds.

"These clothes are different, they aren't any more expensive than baby clothes elsewhere, in fact sometimes they're cheaper, and I get to support local independent business and local lines, so for me it works out great."

Piche says, "I like selling these clothes, because the kids look so cute in them, and the parents or whoever is buying it feels like they are getting something really different, and that makes them happy."

"People get so excited and so involved when it comes to kids stuff, it's really funny. There's a lot of ooo'ing and ahhh'ing and a lot of hand clapping," she laughs. "I look at it like it's cool shirts for tough kids, and it seems like people agree."

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# Seeing Canada's Heritage Through Fresh Eyes

**By Ray Brickwood**raysass@hotmail.com

Nestled quietly beside the bustling Auguste Rodin exhibit at the Winnipeg Art Gallery (WAG), the unassuming display of Canadian works struggles to attract attention.

Though many are milling past the flashy French bronzes, few are compelled to examine the collection of prints, water-colours, drawings, and paintings depicting our country's historical and cultural heritage. There seems to be little passion for Canadian art.

Not so for Peter Winkworth. Born in Montreal in 1929, Winkworth moved to England when he was a teenager, and as a Canadian expatriate, developed a zeal for acquiring works of art that portrayed his Canadian homeland.

During his life, Winkworth collected over 4,000 pieces of Canadiana, including works by such artists as John James Audubon and Peter Rindisbacher, creating a treasure trove of art for those seeking insight into the history and character of our nation.

After his death in August 2005, Library and Archives Canada purchased Winkworth's acquisitions and made a concerted effort to restore the works and make them available for exhibitions. A small slice of the collection, focusing on the Prairies and the Northwest, is now an exhibit on display at the WAG and divided into four sections for the public.

*Conflict and Commerce* portrays the era of the Hudson's Bay Company rule of western Canada up to Louis Riel's rebellion and capture. *New Lands, New People* shows the prairies through eyes of European settlers as they struggle to adapt to the harsh conditions of their new home. *The Search for the Northwest Passage* contains fascinating works on the doomed Franklin Expedition and the intensive search effort that followed. And *Life and Leisure* shows the everyday world of a foundling society.

The majority of the pieces in the WAG exhibit were created by Europeans seeing Canada through fresh and often romantic eyes. There are several studies of the wildlife, some of which are bizarre and fantastic. There is an odd print of a bison with a long tongue and human-like eyes that seems to be unintentionally part of the unique Swiss cultural artistic movement, Dadaism.

The Native populations are often portrayed with condescension as feral people with wild nobility, leading you to believe that many of the artists saw Native Canadians as objects of fascination and terror. The entire exhibit gives the sense of a nation as a child full of naivety, fear, and hope.

This small selection of Winkworth's collection proves what many of us either don't know or don't believe about Canadian history. It shows that Canada has a history, full of colour and excitement that is worthy of an artist's eye.

It is certainly worth taking a few steps beyond Rodin's The Thinker to explore.

The Peter Winkworth Collection of Canadiana runs at the WAG until January 21.

# Sex and Relationships Take a Ride on the Shortbus

**By Shawn Houde**srhoude@shaw.ca

If you're thinking about taking a date out to a movie this weekend, and Shortbus catches your eye, you might want to think twice. Hell, you might want to think twice about taking yourself.

Director and writer John Cameron Mitchell's new film Shortbus thrusts the audience into the secret world of sexual temptation. The film is a freeway of the most graphic and sexual content in film history, destined for cult classic status and hush-hush conversations around the water-cooler.

I'm warning you; prepare yourself for a graphic, borderline hardcore pornographic film that explores the world of sex and those who indulge in every sexual position imaginable – including a few positions I didn't even know about. Beyond the non-simulated sex, which will leave the audience gasping, blushing, and covering their eyes, there is a story.

In this graphic sexual romantic drama, Sook-Yin Lee (of CBC Radio One) stars as Sophia, a relationship therapist in New York City. During a therapy session with gay couple Jamie (PJ DeBoy) and James (Paul Dawson), Sophia confesses that despite helping other couples enjoy the pleasures of sex, she herself has never had an orgasm.

To help Sophia overcome the void in her life, Jamie and James invite Sophia to the underground world of Shortbus, where horny New York misfits come together in an exclusive club to work-out and discuss their sexual problems. Although for most members of Shortbus, the partygoers are only there to hook-up with polygamous partners and fuck onscreen.

If the viewer can look past the graphic sex scenes and focus on the story, the audience will find that Mitchell's Shortbus deals with a variety of relationship problems, which for one reason or another, seem to stem from the bedroom. Unfortunately, the superficial sub-dwellers of Shortbus spend more time alienating themselves from the audience with their unrealistic and shallow problems than coming across as likable or redeeming characters.

If you can look past the sex scenes, and there are a lot of them, you'll enjoy a witty comedy that deals with taboo sexual issues that few in film, rather, few in life are willing to discuss. It's nice to see a film the treats all relationships, gay or straight, as serious subject matter. Not since Alan Ball's hit TV series Six Feet Under has a filmmaker openly discussed gay and straight relationships in the mainstream in an honest, although overly dramatic, medium.

As the credits roll on the ride that is Shortbus, you might end up frustrated that the time taken by Mitchell to develop his characters ultimately leads nowhere. The audience is left in neutral wondering if these characters will ever take their lives out of park.

Shortbus will most likely obtain cult classic on DVD with a specific, more liberal, target audience. Rest assured, you'll never see this film at the next Republican National Convention. Just remember, Shortbus is rated 'R' for a reason. I warned you - twice I believe.

Shortbus will be hitting Cinematheque from Jan. 5 to Jan. 11 at 7 p.m. and 9 p.m., and Jan. 13 to Jan. 18 at 9 p.m. Run time is 102 minutes.

# Procrastination comes to HOT 103

**By Sara Atnikov**satnikov@hotmail.com

Procrastination is a national pastime. People are whiling away the time at work, as they are busy looking up funny emails to forward around the office. We are putting in our time at school, as we are busy checking emails, or searching for the quintessential YouTube video. All the while reports go unfinished, and deadlines creep closer. Yes, procrastination is a national pastime – one that challenges baseball or hockey for the official title.

And just when it didn't seem possible for "not doing what your supposed to" to find another medium, it has. Anthony Augustine, creator of "alloneword.ca" in Uptown Magazine and "site unseen" in the Winnipeg Free Press has brought his vast knowledge of time wasting websites to the Ace Burpee Show to share with the listening public.

The segment, which airs Tuesdays at 9 a.m., is something that has been in the works for a while. "Ace actually emailed me a couple of months ago after I started writing 'site unseen' in the Tab," says Augustine.

"I guess he had been reading 'alloneoword.ca' in Uptown and thought some of the stuff I dig up would be a good fit for radio."

Augustine, a long time radio producer jumped at the opportunity. "I have been involved with producing radio in some form since 1994 with CKUW, but never in this form, never with commercial radio, so I was excited when Ace approached me," he says.

The addition of the radio segment to Augustine's repertoire has been a success, and he has received great feedback from both the hosts and the listening public. "The feedback from both Ace and Chrissy has been great," he says.

"I have only been doing it for a month, but already I am getting more and more people sending me sites to check out, and that always keeps it interesting. I mean, I know what it's like to be chained in front of a computer for eight hours a day, so I figure if I can help a few people break the monotony of their day, then I have done my job."

With the same content being put out in different mediums, the opportunity for hard feelings between Uptown, the Free Press and Hot 103 is definitely there, but that's not the case says Augustine.

"Both Uptown and the Free Press are cool with it. I haven't heard any mumblings, and it doesn't hurt that Ace plugs both columns every time I am on."

So far, Augustine is having a great time, and hasn't found a downside yet. "What's not to like except that I have to sound coherent on a Tuesday morning at 9 am," he says.

"The first week after my segment the next track that Hot 103 played was one of my favorite hip hop cuts from the '90's. It was 2Pac and Dr. Dre's "California Love". I took that as a sign that everything would work out fine."

**It Only Takes 4 Hours to Save a Life**

**Help fight heart disease and stroke.**

Volunteer for the Heart and Stroke Foundation of Manitoba's Door-to-Door Campaign this February and help save a life.

We are looking for approximately 4000 volunteers to help with our campaign in Winnipeg this February 2007. Help in your neighbourhood by being a Zone Chair, Area Coordinator or door-to-door canvasser. This is a great opportunity to build your resume and get involved in your community. To sign up or for more information please contact Kristin Clapperton, Program Manager at 949-2011.

# Winnipeg Misses Lennon

**By Dave Barber** daveb@winnipegfilmgroup.com

*This article was originally published in the Projector in January of 1981 after John Lennon's death on Dec. 8, 1980. Dave Barber now spends his time as Programmer at Cinematheque.*

**John Lennon's death** closes the door on the end of an era. While people all over the world are mourning his loss, there is a story of special interest to Winnipeggers – the time John and Yoko almost came to Winnipeg.

It was late 1969 and Manitoba's centennial was coming up in 1970. To help celebrate, the Centennial Corporation decided to sponsor a rock festival. On behalf of the corporation, MLA Russ Doern invited John and Yoko to attend. Doern said, "I chatted for two minutes with John and Yoko. I waited for a response and expected Lennon to say I'll think about it. But they said they would come. No ifs, ands or buts. I said we're going to hold you to your word. 'Don't worry, I'll be there,' he said."

But Doern didn't realize the uproar that was to follow. People began writing letters to the papers protesting the visit. Winnipeg businessman Lech Fulmyk got space in the Tribune and Free Press to gather signatures for a petition. Eventually 21,000 were collected. In protest, university students circulated petitions supporting the visit and Doern said they also collected about 21,000 signatures.

Meanwhile broadcaster John Harvard, who had a CJOB open line show at the time, opposed the visit. Doern said, "Harvard put the boots to Lennon on the show and stirred up callers."

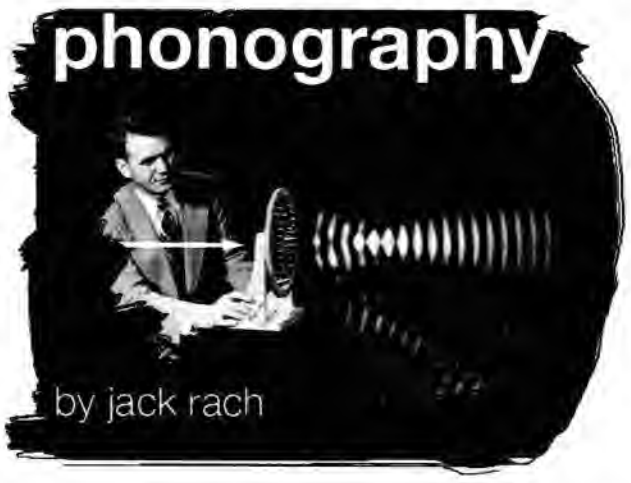
Harvard said that Lennon's visit would have been inappropriate to help celebrate Manitoba's centennial. "He represented a certain thinking and lifestyle…a lot of people would have been upset. At the time, pop heroes didn't go over well with older people."

The situation is very different now said Harvard. "Back then there was a division between young and old people. The drug culture had come on the scene and the Vietnam War had a tremendous impact. If Lennon had been invited today there would have been hardly a ripple. The world has changed. John Lennon has changed."

John and Yoko never did come. "Because of the hysteria in the community, the invitation was quietly dropped since it was never followed up," said Doern. "Lennon didn't forget about it. He made some comments saying he hadn't heard from Manitoba…only the furor that took place."

"It was a shame," said Doern, "because Lennon was going to come. But because of cheap publicity and inaccurate information, the whole thing was dropped."

But now the story is history…memories of a radically different era. Maybe Lennon wasn't at the top of his career, but together with the Beatles he created some of the greatest rock music ever recorded.




## I had a good time, hope you did too

**Last night I played my biggest party ever.** I had a tonne of fun even though the night ended unexpectedly early. Mike B. of Good From (the best night out in Winnipeg) asked me to help him out in the "indie" room. I can't lie; I was super excited from the beginning.

As hired DJs, Mike and I didn't really have anything to do with the party itself. As it turned out, the demise of the party was a result of a few selfish individuals in combination with poor planning on the part of the promoters themselves, as well as with inadequate staffing in Winnipeg Art Gallery.

Mike started things off by playing some punchy dance music that was far less than expected. I didn't mind at all – practically everything he played is on high rotation in my personal soundtrack. Despite this, no one danced because revelers were lined deeply at the bar trying to consume an equivalent value in drinks as the open-bar tickets.

During my first set I noticed heads in the bar line rocking front to back which I took as a good sign that the music was at the very least, infectious. There were a few technical difficulties, but for the most part everyone was smiling, including me.

The dance floor started to fill at the beginning of my next set. I've never had that many people dancing to music I've played. I tried to show my appreciation by rocking it behind the decks. I'm pumped and couldn't wait to play more music. More and more people dance, then it's Mike's turn and the floor is packed.

There is absolutely no room and I'm worried that people are going to crash into the equipment. This is okay for Mike because he's only using the CD decks which can take a few more bumps than the turntables ever could. Plus, the cables from the turntables are what gave me problems.

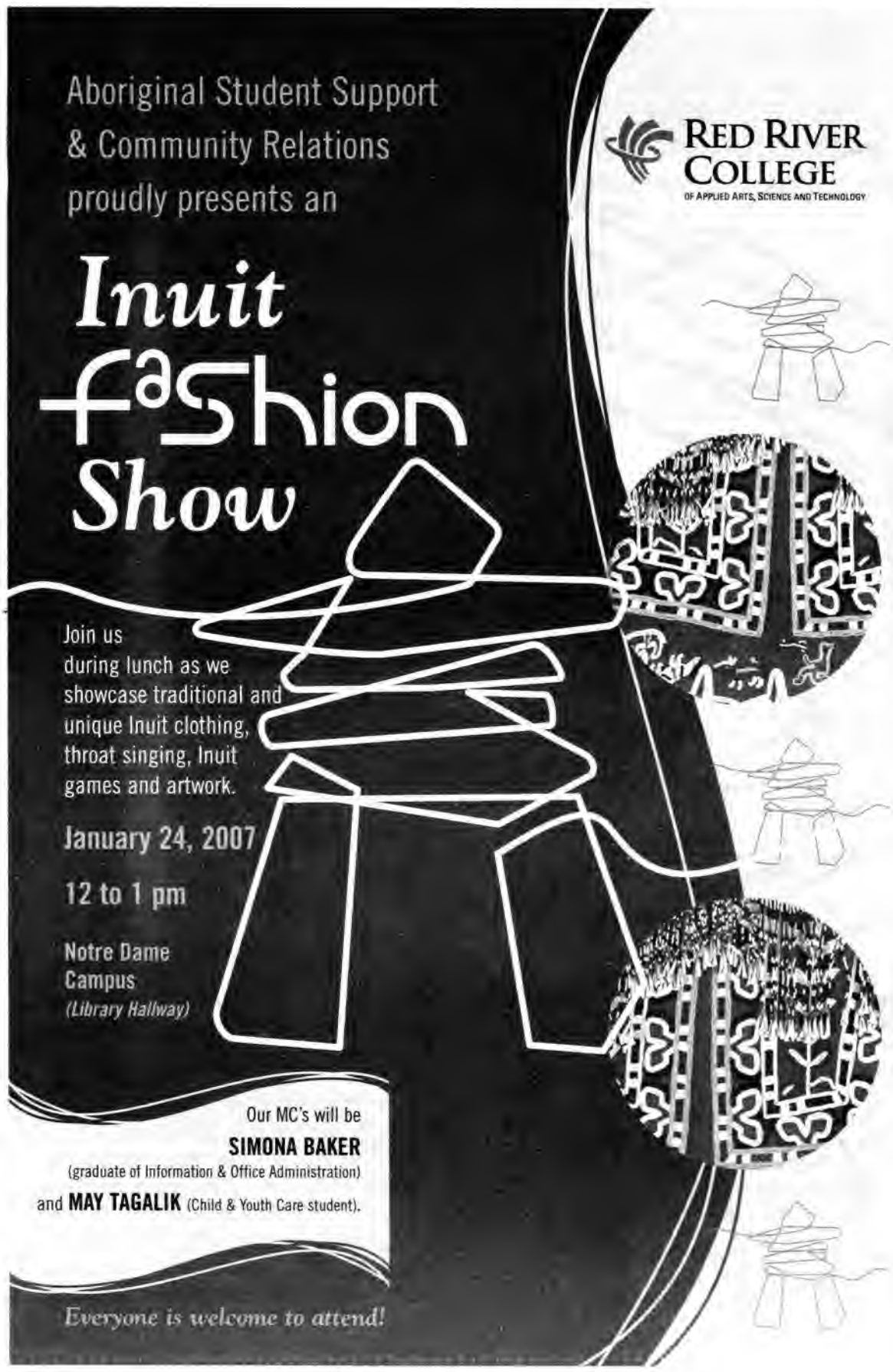
I went to get a drink and found out one of the bars is shutting down. The liquor commission is there and they don't like what's going on. I return the indie room and report what's going on to Mike. We both think that once the LC leaves and that room is under control, things will be alright. Nope. Soon after, the entire party was shut down at 12:45 because some punters were stealing bottles and bottles of booze. Nice. Happy New Year.

The promoters did their best to keep the party going but it was still shut down. At one point, one of them came into our room and gave us the go to start things back up. Less than a minute later, however, either someone from the WAG or from the LC shut us down again.

Thanks to everyone who came, especially those who danced. If you have any concerns or lost any items, you can email thecountdown2007@hotmail.com.

A small sample of some tunes played (or some tunes that could have been played):

- White Stripes vs. CeCe Peniston: SevenCeCeArmy
- MSTRKRFT vs. Fergie: MSTRFRG
- Green Velvet: Shake and Pop
- John Dahlback: Don't Speak
- C.L.A.W.S.: Claws Theme (Passions Remix)
- Crystal Castles: Air War (Casanova Remix)



# Dealing With The Flu This Winter

**Marta Almeida**mjessa18@hotmail.com

**It's that time of year again** – influenza season is upon us in full force. If you didn't get a vaccination this fall and think that there's no way to avoid the bug, hold that thought. There is a way you can curb the plague of stuffy noses, sore throats, chills, headaches, and fevers without having to get the shot, and it's as easy as implementing the following tips.

Dr. Trevor Hutchison says that although getting the vaccination is the primary form of prevention, washing your hands and keeping your immune system in peak condition are effective ways to help deter the flu.

"Proper hygiene and health are the easiest ways to help prevent getting sick," he explains. "Because influenza is highly contagious, the best way to avoid the flu this season is by maintaining a healthy lifestyle by getting proper amounts of sleep, a healthy diet, keeping stress levels low, and most importantly, frequently washing your hands."

While the flu is a highly contagious virus that becomes airborne after someone infected sneezes or coughs, you're more likely to acquire

the respiratory infection from indirect contact. For instance, touching an object that has been contaminated, such as a doorknob or computer keyboard that's been handled by someone with the flu, can transfer the virus onto you unsuspectingly and easily. Germs remain on these surfaces for hours, so avoid touching your mouth, nose or eyes, and remember – wash your hands often.

So, you've done what you can to avoid getting the flu, but after all that, start to feel like you're getting sick anyway. If you're into homeopathic remedies, head down to Vita Health and take a mouthful of Oscillococcinum (pronounced o-sill-i-cox-see-num), manufactured by Boiron.

Amanda MacDonald, a sales associate at Vita Health Natural Food Stores of Manitoba, explains that at $12.95 a box, it's one of the store's most popular flu remedies.

"It claims to reduce flu symptoms and its duration in as little as 24-hours," she says.

Other alternatives include more common remedies such as vitamin C, garlic pills or Echinacea, all of which claim to lessen flu symptoms.

Although there is no real magic treatment for the flu, if you happen to get it, Dr. Hutchison recommends to "stay hydrated, get plenty of sleep, and stay home!"

# Suffering From Seasonal Affective Disorder

**By Holly Bochurcka**portraitpainter@hotmail.com

**Craving some carbohydrate-rich** french fries or having trouble concentrating? Finding it hard to get out of bed and get to class on time? If so, you may be suffering from Seasonal Affective Disorder, or SAD.

According to the Mood Disorders Society of Canada, SAD is a clinical depressive disorder that affects some people at a certain time of year and follows a seasonal pattern. Typically, SAD first appears when people are in their 20s and 30s and affects eight times as many women as men. Studies have shown an estimated two to four per cent of the population suffers from SAD.

Typical symptoms include low mood, decreased concentration, oversleeping, fatigue, intense craving for carbohydrates, weight gain, withdrawal and depression.

The exact cause of SAD is unknown. However, researchers believe it may have something to do with reduced sunlight hours lowering mood-altering chemicals in the brain, thyroidal problems, environmental elements such as temperature and precipitation, or simply a predisposition due to personality.

Dr. Hani Ayad from Whitemouth, Manitoba,

explains there is no consistent data to prove that SAD exists.

"I personally believe that a great part of being down during Canadian winter is related to the mindset and readiness of an individual to develop low mood," he says.

"Depression is one of the illnesses of the twenty-first century, with higher incidence and prevalence in developed countries as opposed to developing Third World countries."

Specially designed light therapy, anti-depressants, or psychotherapy may be prescribed for SAD. However, side effects are prevalent with light therapy and the use of anti-depressant drugs.

Dr. Ayad questions the effectiveness of light therapy and says we have enough sunlight in Manitoba, free of charge.

While light devices are available in Canada, he advises that they should be tested, CSA-approved, and the company should have a reliable track record. He also says you should "always be aware of the possible side-effects of such devices and prolonged exposure to direct sunlight."

If you think that you may suffer from SAD, consult your doctor to rule out clinical depression or any other physical causes.

If you're still feeling down, a sure-fire way to feel better may be as simple as exercising regularly and eating a healthy diet during the winter months.

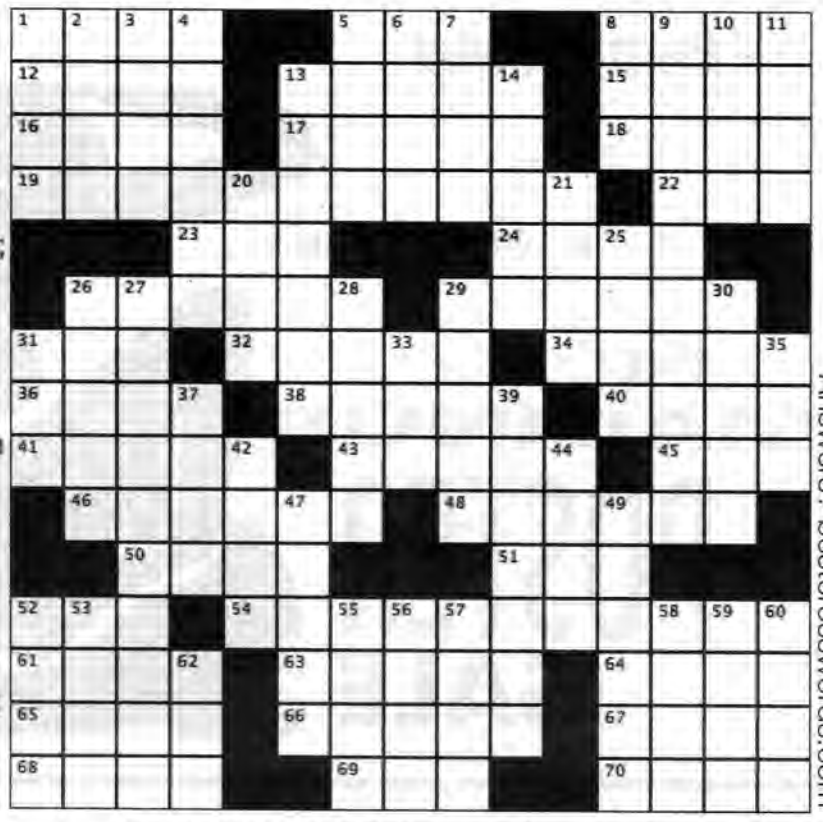
## crossedwords

**Across**

1- Swindle; 5- JFK posting; 8- Tablet; 12- In this place; 13- Homerun king Hank; 15- Sewing case; 16- Mid-month times; 17- Honeybee; 18- Unit of currency in Iran and Yemen; 19- Wife of a viscount; 22- Kernel; 23- Suffer; 24- Story; 26- Operatic soprano; 29- Classify; 31- Possessed; 32- Agitates; 34- Frighten; 36- Helps; 38- Overjoy; 40- Door part; 41- King of Troy; 43- Musical drama; 45- Clumsy boat; 46- Willows; 48- Least polite; 50- Old Indian coin; 51- Indian dish; 52- Globe; 54- Objectionable; 61- Capricorn's animal; 63- Thai breed of cat; 64- Bow; 65- Timber wolf; 66- Monetary unit of Lesotho; 67- Rescue; 68- Yellow cheese coated with red wax; 69- This is what eyes do; 70- Baby blues;

**Down**

1- Switchblade; 2- Basic monetary unit of Ghana; 3- Son of Zeus in Greek mythology; 4- Peyote; 5- Acquire through merit; 6- Horse's gait; 7- First-class; 8- For each; 9- Travellers; 10- Hawaiian outdoor feast; 11- Rhythmic swing; 13- Admire servilely; 14- Bird homes; 20- Lubricates; 21- Disrespectful back talk; 25- Device for securing; 26- Capital of Egypt; 27- Capital of Ethiopia; 28- Grain stores; 29- Garden flower; 30- Freshwater fish; 31- Comforter or quilt; 33- Knock vigorously; 35- Flow back; 37- Spahn teammate; 39- Learned; 42- Course list?; 44- 6th month of the Jewish religious calendar; 47- Arranges; 49- Pass by; 52- Look at lustfully; 53- Crucifix; 55- Female rabbits; 56- Sea-going eagle; 57- Fill to surfeit; 58- Donkey cry; 59- Deep affection; 60- Female sheep; 62- Male cat;



Answers? bestcrosswords.com

# Dodgeball Tournament a Smashing Success

By Michael W. Sherbysherbs@canada.com

**It's a game you might** remember playing in gym class when you were twelve years old. Two teams stand on opposite sides of a court while attempting to hit each other with large rubber balls. Well, thanks in part to the popular Vince Vaughn movie, dodgeball is making a comeback.

On Wednesday, November 29, the Red River College Student's Association (RRCSA) heated things up by holding its first-ever dodgeball tournament at the Notre Dame campus. RRCSA program director Michael Blatherwick says the event was a huge success, with a full roster of 20 teams of at least six people each registered. According to Chris Gmiterek of the team The Flying McMonagles, it was "furious dodgeball action," despite the fact his team failed to win a single game.

Indeed, there was a festive, relaxed atmosphere around the north gym with the teams milling together at the sidelines while dodging stray balls.

The night came to a close in dramatic fashion when team Handsome beat team On Yo Momma in the final game. The balls flew fast and furious for most of the match but team Handsome eventually emerged victorious, winning the coveted first place honour.

Along with prizes for first and second place, the organizers also handed out a special prize for best team costumes. This award went to the players from team Princess Power, who were decked out in their finest eighties-inspired neon clothing and headbands.

But, the night wasn't all about winning.

Brian Goodfellow, captain of team TMNT, a group of students from the engineering program, said his team thought it would be something fun to do "since we haven't done anything school-related."

Blatherwick said that students who are interested in upcoming SA events should visit www.rrcsa.com, where they can get information about upcoming school events and sign up to get e-mail reminders.

Future events include the 23rd Annual Meltdown Week, a ski trip, and, if you're in a program lucky enough to get it, a spring break trip to Mazatlan.

And for all of you who missed out on the dodgeball tournament, start practicing, because according to Blatherwick, the next one could be as early as spring.


date
**JAN. 10**

place
**LIBRARY HALLWAY**

hours
**9 - 5**

last day
**9-5**

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# PHOTO ESSAY

By Erin Chatelainerinchatelain@hotmail.com

Irony *noun:* 1) Being served *by* a Coca-Cola machine

# New Chairlift to Open at Asessippi

**By Andrea Danelak**andreadanelak@hotmail.com

While Manitoba isn't exactly known for its mountainous ranges, winter sports are surprisingly popular. So popular in fact, one of the province's most frequented hills is gaining valuable resources that will make your time on the slopes this year among the most memorable.

Asessippi Ski Area & Winter Park, located near Roblin, Manitoba, recently announced the construction of a new quad chairlift, right in time for prime ski and snowboarding season.

"Our numbers have proven that there is a demand for it. In order to keep the numbers and keep (the people) interested, we had to expand," says Roz Pulo, director of marketing at Asessippi.

The lift joins another quad lift and a triple lift, which Kevin Berard, a competitive skier who often competes and trains at Asessippi, says "always have really long line-ups."

The addition of the new lift will also allow the park to expand its existing terrain, which currently boasts 21 downhill runs ranging from beginner to expert.

"It's adding and extending the runs as well as widening some of them," Pulo says. "The terrain is really going to change."

And those aren't the only changes taking place. Hoping to improve the overall Asessippi experience, the park has built a second pump house to increase the amount of snow made. It has also purchased a second Cat (Caterpillar) machine that is capable of grooming, which will allow the park to have two groomers running at the same time.

Berard thinks that the additions will definitely pique the curiosity of winter sports enthusiasts.

"It will attract more people out there because it was pretty inconvenient to ski that part of the hill before," he says, referring to the "Bear Claw" section of the park. "I don't think it will necessarily boost business, but it will definitely help improve the quality of the hill."

While the original plan was to have the lift completed by Christmas, the frigid Manitoba temperatures have slowed things down a bit. According to Asessippi's website, www.asessippi.com, the tentative opening date is now February 1. Part of the delay is due to strict industry standards, as the lift will have to be inspected prior to opening.

So instead of sitting on the couch the next time Mother Nature bestows our province with a dumping of snow, put on your boots and hit the newly improved winter park.

# Olympic Marathoner Inspires Winnipeg Runners

**Jennifer Ryan**jryan11@hotmail.com

When Canadian Silvia Ruegger was 15 years old, she set a goal. After watching the female track and field athletes at the 1976 Olympics, she grabbed some paper and wrote: "September 11, 1976. My goal – to make it to the 1980 Olympics in Moscow and win for Canada."

She folded the paper up, crammed it into a crack in her floorboards, put a piece of masking tape over it, coloured it grey to match the floor, pulled a rug over it and started training. She was afraid to verbalize her goal in case she didn't accomplish it.

Ruegger was unable to compete in the 1980 Olympics because of an Achilles tendon injury but was ready in 1984 – the year that the female marathon first became an Olympic event.

The first marathon Ruegger ever ran was the race that qualified her for the Canadian Olympic team. She came in first place, setting a record time of 2:30.37, the fastest debut marathon ever.

She had proven herself, but two days before her event at the Olympics, she was overcome with fear and doubt.

"It had been eight years since I wrote that note. What if I disappoint my country or my community? What if I disappoint myself?" says Ruegger.

She came in 8th place.

This past December, Ruegger came to Winnipeg and stopped by City Park Runners to talk about her journey to the 1984 Olympics in Los Angeles. She wanted to show avid runners that their dreams are anything but foolish.

"There is a reward in the journey," says Ruegger.

Erick and Cheryll Oland, owners of the fitness store, were happy to have her.

"She's just an amazing lady. Just hearing her story is amazing," says Erick Oland.

While she is often asked if she was disappointed in not receiving a medal at the '84 games, as her goal had originally stated, she responds pragmatically, "The highest reward is if we can say we gave it all we got. And at the end of that race, I had nothing left to give."

Ruegger credits three things, which helped her reach the Olympics: "courage, perseverance, and audacious hope."

She says it was the hope which led her to write that note, which she now has framed, and encourages people to forget about fearing foolishness and to follow their audacious hopes. She reminds them that Terry Fox had hoped his cross-country Run for Hope would one day be viewed as courage, not foolishness.

# The Sports Stories of 2006

**By Derek Jory**derek_jory@hotmail.com

Vince Young led the Texas Longhorns to a national college football championship, the Carolina Hurricanes beat the Edmonton Oilers to win the Stanley Cup, Jerome Bettis helped the Pittsburgh Steelers win the Super Bowl, and Dwayne Wade and Shaquille O'Neal each played a significant part in the Miami Heat's first ever NBA Championship.

Regardless of the sport, 2006 was another memorable year of sports moments with many in the running for sports story of the year. Here are the top three sports stories of 2006 as decided by me, myself, and I.

3. Kobe Bryant's 81-point game – Second only to Wilt Chamberlain's 100-point game, Bryant's 81-point outburst on Jan. 22, 2006 makes the top three because it was absolutely incredible.

By halftime of the Los Angeles Lakers' game against the Toronto Raptors, Bryant was playing well, having already scored 26 points. But the first guard in NBA history to be drafted straight out of high school turned up the heat in the second half, scoring 55 points, compared to the Raptors' 41 points, as the Lakers beat the Raptors 122-104.

Bryant finished the night with 28-46 on field goals, 7-13 from downtown, and 18-20 on free throws, with 6 rebounds and 2 assists. And people say he was better when Shaq was around.

2. Andre Agassi retires from tennis – One of the world's number one professional tennis players, Agassi retired from the game he dominated for so many years on Sept. 3, 2006.

After turning pro in 1986, Agassi went on to become one of only five male players to win all four Grand Slam singles events throughout his career. He is the only player in the open era to have won every Grand Slam singles title, to have won the Tennis Masters Cup, to have been part of a winning Davis Cup team and to have won an Olympic gold medal.

Married to retired female tennis star Steffi Graf, Agassi suffered from sciatica, caused by two bulging discs in his back; a spondylolisthesis, shifting vertebrae; and a bone spur that was interfering with his nerves, which forced him to retire. He is generally considered one of the greatest tennis players of all time, but, ironically enough, his wife has won more Grand Slam titles throughout her career with 22, compared to Agassi's eight.

1. Houston Texans draft Mario Williams – It is tough for me not to compare the 2006 NFL draft with the 1984 NBA draft. Yes, they are two completely different sports, but in each instance, someone made a catastrophic mistake.

In 1984, the Portland Trailblazers had the number one overall pick, so they took a guy by the name of Sam Bowie. Most people thought it was a great pick, but wait…who was the second pick in the draft, you ask? Someone by the name of Michael Jordan – you heard of him?

In 2006, the Houston Texans had the number one overall pick, and what did they do with it? They passed on running back Reggie Bush, who was awarded the 2005 Heisman Trophy and named the 2005 Associated Press Sportsman of the Year, and picked defensive end Mario Williams.

It's maybe a little too early to compare passing on Jordan with passing on Bush, but a struggling organization like the Texans needed someone to put fans in the seats, and Williams is not that player.

While Houston is headed for another losing season, the New Orleans Saints, who picked Bush, are headed to the playoffs for only the sixth time in team history, in large part thanks to Bush.

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# PHOTO ESSAY: ISRAEL

**By Daniel Billinkoff**emexthree@hotmail.com

Israel is a strange place; very hard to describe. It is a country full of ancient beauty and strange emotions. I had trouble leaving, but I was happy to board the plane. These are pictures of a place that is eerily beautiful, a place very hard to understand.

## Talking Heads - RR#6 "Fair Warning"

**By Matt Urban**matt.urban.amy.ravenburg@gmail.com