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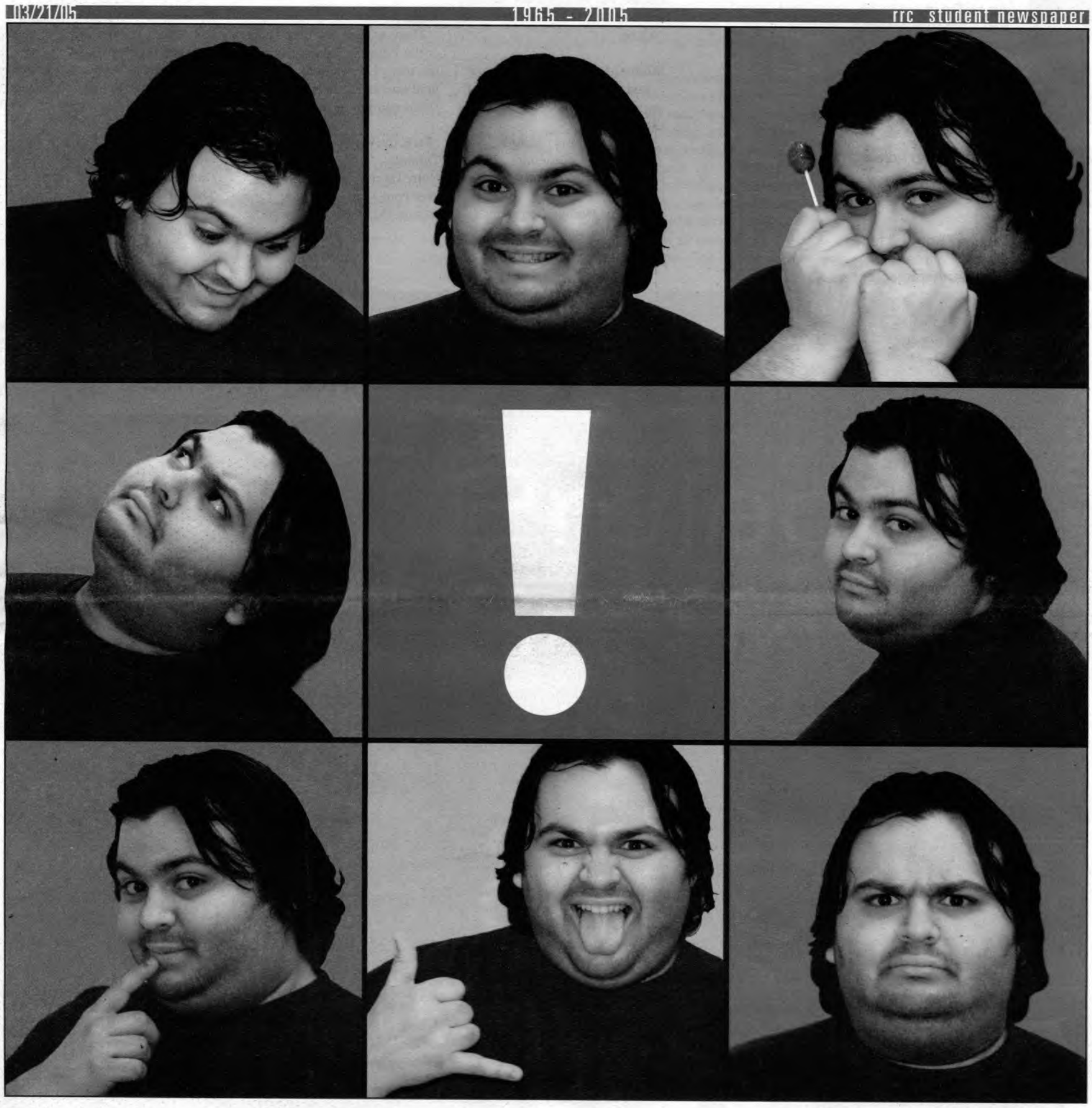
the PROJECTOR

03/21/05 1965 - 2005 rrc student newspaper



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ATTENTION!

Dave Capone called and he's ready for some foot- (Write for the *Projector.*)

The next story meeting for the *Projector* is noon, Tuesday, Mar. 8, 2005.

News Briefs

COMPILED BY ALANA PONA

Sunday Hours

The Exchange District Fitness Centre will be open on Sundays starting March 17 from 6 a.m. to 10 p.m.

Students' Association Elections

Red River College is accepting nominations for next year's executive.

The positions include Vice President Academic, Vice President Support Services, Vice President Princess Street and President. Nomination forms can be picked up in room DM20 at the Notre Dame campus or at P110 at the Princess Street campus until March 22.

The elections will be held on April 13 and 14.

Kegger

There will be no more keggers at the Princess Street campus for the rest of the school year. The final one will be held at the Notre Dame campus as follows:

"Rock the Vote" Kegger
Thursday, April 14, Cave Lounge, Notre Dame Campus 2 pm - Free Pool 3 pm – Bar Open 7 pm – Close *$2.50 Beverages

Short Week

There will be no classes on Good Friday (March 25) or Easter Monday (March 28).

Upcoming Events

A free concert will be held on Monday March 21 at noon by acoustic singer/songwriter Jeremy Fisher in the cafeteria at the Princess Street campus.

Looking for a summer job? Students can find this and more at the Career Fair at the Notre Dame campus on Wed. March 23. The fair will run all day long in the North Gym with the opportunity to distribute resumes and meet future employers.

New Projector editor in chief: Hired

BY SHANNON MARTIN

PHOTO | TREVOR KUNA
Jillian Brown looking forward to the paper's challenges

The *Projector* staff welcomes Jillian Brown as the next editor in chief for the 2005-2006 school year.

The 25-year-old creative communications student takes over the paper April 1 and she's looking forward to the challenges the position will bring.

"I was glad because it's a challenge I'm really up for. I think it'll be in good hands," Brown said.

Brown was one of two editor in chief interns for the *Projector* from November to February, where she got a feel for the position. Along with Mike Uhrich, her co-editor in chief intern, Brown was instrumental in adding a letter to the editor section, a comic strip, and an advice column to the paper.

Before attending Red River College, Brown got a Bachelor of Arts from the University of Manitoba in English and Theatre, where she was consistently on the Dean's List. She was also awarded with the 2001 Marjorie A. Houle undergraduate scholarship from the university.

Brown then moved to Taiwan, where she taught English and wrote ESL curriculum for students.

"My lifestyle in Taiwan has conditioned me to put in long hours because their culture is extremely busy, because they work from early morning to late night," said Brown.

"I think just being thrown into another culture has proved that I'm an adaptable person and that I'm up for a lot of challenges."

At press time, Brown was in the process of hiring the rest of the incoming *Projector* staff, including a news editor, entertainment editor, and two lay-out editors.

She and her new staff will be looking for input from students to hear about what they'd like to read about.

"I hope I can develop a voice for the *Projector* to cover stories that students say are interesting, relevant and have a bit of flare," she said.

Brown welcomes students and staff to email her with ideas and suggestions at editor@theprojector.ca.

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Continuing education student wins $8.3 million

But Gloria Dutchuk is planning to finish her program

BY SHERI LAMB

Red River College continuing education student Gloria Dutchuk won't be facing mounting debt as she finishes her classes at the college. She and her husband became the latest Manitoba Lotto 6/49 millionaires on Feb. 26.

The research assistant at the Health Science Centre said they claimed the winning ticket, but just how much money they'd won surprised them.

"Ron [Jones] came home and said we won $800,000 and I just went 'Oh my God'," said Dutchuk.

As the couple sat in stunned silence reflecting on their win they realized they'd been mistaken. They hadn't won $800,000.

They won over $8.3 million.

"We just sat at the table and shook for like an hour," said Dutchuk.

For now Dutchuk doesn't plan to follow her husband's lead, quitting her job. She intends to finish her certificate at RRC this spring in Health Care Management.

"I just want to finish it," said Dutchuk. "If I was several courses away I would drop it."

More incentive for Dutchuk to finish her course is she's studying financial math, which should come in handy these days when she balances her checkbook.

This summer Dutchuk says she and Jones plan to visit her niece in London, England and travel around Europe.

According to the winners' survey the Western Canada Lottery Corporation mails out, traveling is on the top five things many new millionaires do, and past winners suggest winning the lottery doesn't go to their heads.

"They tend to be fairly conservative with what they do with their windfall," said Kathleen Polyak, spokesperson for WCLC.

The list also includes sharing the wealth with family, paying bills, purchasing a new car and putting money in the bank.

There have been 25 lottery winners in Manitoba since January 2000.

Those numbers could increase though with all the action lottery counters have seen since the Dutchuk and Jones windfall with a quick pick at the 7-Eleven store at Sturgeon and Ness.

"The lottery ticket booth at work has been very active this week," said Dutchuk. "[Their win has] renewed hope in people."

PHOTO | TREVOR KUNA

Gloria Dutchuk and her husband won the Lotto 6/49

SA using new strategies for student elections

BY LESLIE WILLIAMSON

The elections process has begun again, and this year the Students' Association is doing things differently.

Due to poor student turnout in the last few years, new strategies are being developed to encourage greater participation.

The goal is to have 600 students vote, which would be an improvement over last year's 551 votes, said Owen Desnoyers, executive director for the SA.

The SA is trying to raise awareness about what each position entails, and that the positions are paid jobs. An increase in newspaper advertisements, advance notice about elections and detailed nomination packages are also something the SA has been working on, he says.

This more aggressive approach seems to be working, as there has been more early interest in the elections, says Desnoyers.

"Judging by the number of nomination packages picked up, there should be several people for each position."

Another new strategy has been to re-name some of the SA executive titles.

"The spirit of this idea was to ensure that each executive position title truly reflected the job description and removed preconceived limitations one may associate with a specific title," says current RRC SA president Ryan Mariani.

Mariani says that in the past, a title such as the vice-president of financial and support services, or VP-Finance for short, only encouraged financially-minded people to run for the position when, in reality, the financial component of the job is not that important.

"The new title for this position is vice-president support services in hopes that it invites more interested individuals to serve their student body," says Mariani.

Promoting the elections, both for candidate recruitment and voter participation is another major goal this year. Becky Turner, SA vice-president, finance, is the chair of this year's elections committee, and is in charge of promotions. This year, the committee has identified three phases.

Phase one is where they are at now, which is getting people interested in running, and they are using banners, posters, and ads in the *Projector*.

Phase two is getting people to volunteer as poll clerks. The SA needs about 100 hours worth of volunteer time, according to Turner. To encourage participation, the SA is hoping to hold a draw, with prizes provided from local businesses.

The final phase, a dual effort between the SA and candidates is to get students out to vote, says Turner.

"The more candidates running, the more students should show up to support their favourites."

Election nomination packages were made available on Feb. 15 on both the Notre Dame and Princess campuses at the SA offices. The closing date for nominations is March 22, and voting will take place on April 13 and 14.

Red River College
STUDENTS' ASSOCIATION

Make it yours!

Feel Free to contact us at:

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(204) 949-8466

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R2H1 0J9
(204) 632-2375

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

Up & Coming Events

Check the White Boards out, and Your Student Hand Books for the up and coming events

To find more out about the SA events. Join the SA Events Email List. Email saevents@rrc.mb.ca with "add me to the list" in the subject line.

CHECK OUT THE STUDENTS' ASSOCIATION WEB SITE WWW.RRCSA.COM

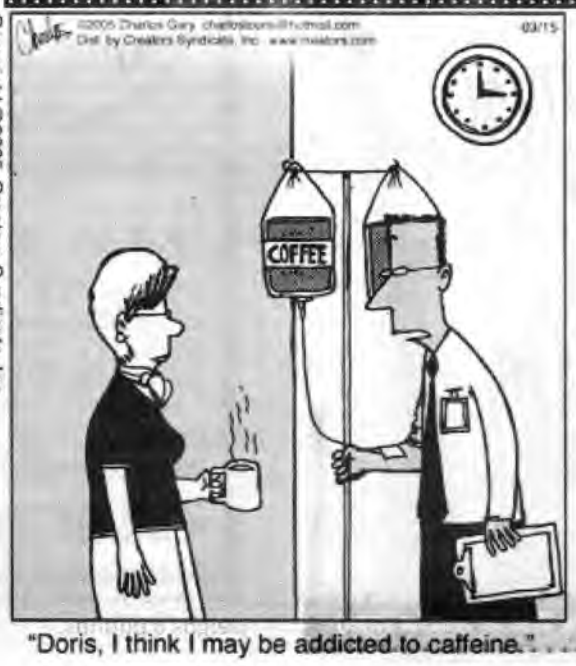
Do you a have a teacher you want to nominate for the

Teacher Award of Excellence?

The teacher award of excellence is given out by the Students' Association to one instructor who has distinguished his or her self. The students must submit a nomination form as well as written documentation stating why the instructor is deserving of this Award. Please pick up or Drop off nomination forms at the Students' Association office. (DM20 or P110)

Election Timeline

Nomination Announcement	Tuesday, February 15th
Nominations Open	Tuesday, March 1st
Nominations Close	Tuesday, March 22nd
Candidate Information Session	Wednesday, March 23rd
Campaign Open	Wednesday, March 30th
Opening Speeches @ Notre Dame/Voyageur 12:00	March 30th
Opening Speeches @ Princess/Cafeteria 12:00	March 31st
Debate 1/ NDC– Cave 12:00	Tuesday, April 5th
Advance Polling	Wednesday, April 6th
Debate 2/ PSC– Cafeteria 12:00	Thursday, April 7th
Closing Speeches @ PSC 12:00	Monday, April 11th
Closing Speeches @ NDC 12:00	Tuesday, April 12th
Campaign Closes	Tuesday, April 12th
Voting	Wednesday and Thursday, April 13th & 14th



"Doris, I think I may be addicted to caffeine."

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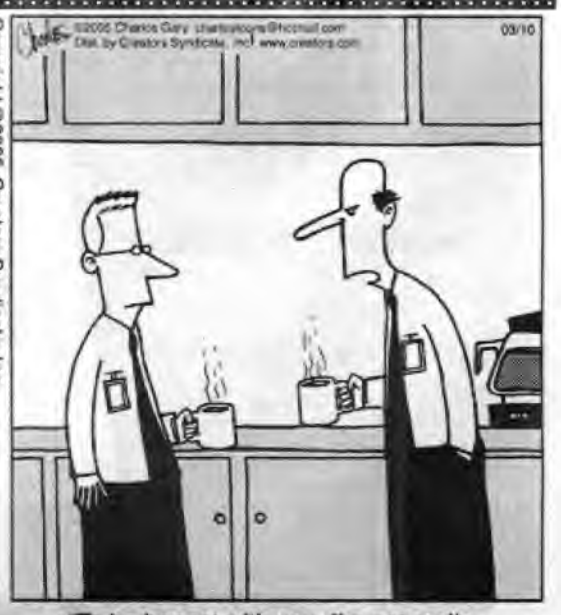

"To be honest with you, I'm not really happy here unless I'm unhappy."

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Royal flush: Poker rage hits Winnipeg

Thanks to television shows like World Poker Tour

BY ALAN MACKENZIE

Ben Affleck, Mena Suvari and Jason Alexander are all getting in on the action.

Poker is enjoying a new surge in popularity with the help cable shows like World Poker Tour, World Series of Poker, and Celebrity Poker Showdown, where actors play cards to raise money for charities.

The trend is surfacing in casinos everywhere, even in cyberspace. According to the Las Vegas Sun over 60,000 people play poker in online casinos at peak times, compared with less than 10,000 in 2003.

Casinos of Winnipeg spokesperson Jaqueline Jubinville says the Tuesday night Poker Tournament at Club Regent is also a favourite since programs began airing on television.

"When the poker night started in December 2003, it ran every two weeks," she says, "but it's so popular, we have had to run every Tuesday since November, and we usually have to turn people away."

The Club Regent Poker Tournament has players competing for weekly prizes of $3500 to

$4000, and every five weeks a championship is held with a prize of up to $12,000. The style of poker played is Texas Hold'Em, the same game that is played on the highly rated TV shows.

In Texas Hold'Em, players at each table play against each other, while in more traditional casino table games such as Caribbean Stud and Let it Ride individual players are only up against the dealer.

"There is definitely a heightened interest all around about this game," Jubinville says.

Despite this growing trend, there is no immediate problem for gambling addicts, according to Darlene Dolonoski, a spokesperson for the Addictions Foundation of Manitoba.

She says trends don't seem to impact people with gambling problems the way they used to in the past with drugs and alcohol.

"When there is a trend in street drugs it doesn't take long to see an increase here," she says, "but that's not the case with gambling."

It usually takes longer for gambling problems to build.

"Trends aren't reflected as quickly in rehabilitation programs with gambling," she says.

And it is a trend won't be dying anytime soon, says Jubinville. "People have really taken to this."

RRC staff enters bodybuilding contest

BY SHEILA NORTH

Red River College has a professional bodybuilder in the midst.

Along with guiding RRC students and staff at the Princess Street Campus gym as a fitness attendant, Melanie Dandeneau, has been training to enter a fitness/figure competition.

Dandaneau is entering the Manitoba Amateur Bodybuilders Association competition in mid-March as a novice competitor.

Her workout schedule includes working-out twice a day for three days with 30-45 minutes of cardio and one and a half hours of weight training. On the other days she does one and a half hours of both cardio and weight training with one day a week off for rest.

Despite the strict work-out schedule, Dandeneau says for her bodybuilding is more than a program it's a lifetime commitment.

"I've only been bodybuilding for the past ten years but I've always been active in sports. Going to the gym is not a chore for me, I enjoy going."

Her career in bodybuilding officially started six years ago, when she met with a personal trainer and thought to herself, "I could do this." That day she decided to go to back to school and become a personal trainer.

She studied at the University of Ottawa where she obtained a Bachelor of Science Degree in Human Kinetics and is now a fitness consultant and personal trainer certified by CANFIT Pro (Canada Fitness Professionals).

Based on her experience and education, Dandeneau, stresses that a bodybuilding program requires patience.

"Results don't come right away so persistence is very important and so is seeking proper guidance before starting a program," she says.

Another important factor that Dandeneau teaches is that results are different for everybody that they come through a combination of diet, exercise and effort. She says that sometimes the missing key for success is a proper diet.

"Diet is extremely important when bodybuilding, in fact it is 80 per cent diet and 20 per cent training that results in success."

Cathie Turner a registered holistic nutritionist agrees with Dandeneau that diet is an integral part of a bodybuilding program.

"The easiest way to eat while you train like Dandeneau is to eat meals that have half a plate of vegetables or fruit, a quarter of the plate of starchy foods, like sweet potatoes or brown rice, and the other quarter of the plate served with proteins, like beef or chicken."

As for desserts, Dandeneau says she makes choices like gelati instead of ice cream.

But consulting with our very own bodybuilder is not a bad idea either, because she is able to provide free consultation to all students and staff of RRC.

got story ideas ?

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Who's that on the cover?

Congratulations to Mr. Davide Capone (see cover). After 8 long months of begging Projector staff to be our cover model, the many faces of Mr. Capone are finally gracing the front of the Projector. Davide 'Dave' Capone loves Dean Gunnarson, green lollipops and crisp spring mornings. He has been confused with Jonathan Lipnicki of Jerry Maguire fame, as he is often heard rattling off useless facts such as Phil Esposito's was once a Sault Ste.Marie welder and the human head weighs 8 pounds.

Patrolling the Exchange District

Community Patrol works to keep downtown safe

BY RICK LAWLER

When businesses in the Exchange District have a problem with loitering panhandlers a quick and effective response is just a phone call away.

The Exchange District Foot Patrol, or Community Patrol, has operated for nearly two years. Made up of two paid patrollers and 22 volunteers, the patrol is an initiative of the Exchange District Business Improvement Zone (BIZ) to provide a safe and clean environment for visitors and employees in the area.

"We're here to fill a gap between the community and the police," Brian Timmerman said, "dealing with issues that are detrimental to the BIZ but are a low priority for the police, such as panhandling and public drunkenness."

Timmerman, a retired 25-year-member of the Winnipeg Police Service, is the director of operations for the Exchange BIZ patrol. Timmerman, two administrative assistants and the two full-time patrollers make up the paid staff of five. Their wages are collected from a levy that businesses pay on top of their annual business tax to the city.

The patrol does graffiti and poster removal, vehicle checks for auto theft prevention and provides safe walks for owners at close-up time. Patrollers are trained in deterring nuisance activities in a non-confrontational manner but they have no powers of arrest and do not carry weapons. Patrollers have a cell phone and a two-way radio to contact police if necessary.

Most of the volunteers are interested in careers in law enforcement and all of them have first aid and CPR training.

"Patrollers know the homeless by name. It's the best experience in developing people skills a potential police officer could get," said Timmerman.

> "We're here to fill a gap between the community and the police, dealing with issues that are detrimental to the BIZ but are a low priority for the police, such as panhandling and public drunkenness."
>
> - BRIAN TIMMERMAN

Many retailers in the area feel that the patrols make a difference.

"They introduced themselves when we opened our store," said Candace Versace, co-owner of Candie & Dolls, a women's clothing retailer at 54 Albert St. "I see them talking to people all the time."

"They've made a big difference on the business environment in this area," said Matt Mathews, owner of Accents, an African artifacts retailer at the corner of Albert Street and McDermot Avenue.

"Unfortunately 95 per cent of their time is spent dealing with the same 10 people," Mathews said, referring to a small group of homeless people who panhandle within a two-block radius of his store.

But not everyone is convinced that the patrol has left any impression on the local area.

"Their (the patrol) presence isn't really noted by us at all," said Claudette Saskin, co-owner of Warehouse Artworks, located just across the street from Accents.

"The only people I see on a daily basis are the parking meter attendants. If the patrol has an effect (on panhandlers) I'm not aware of it," Saskin said.

Mary Ann Guilbault disagrees with Saskin's assessment of the patrol and their effect in the area. Guilbault is a server at Princess Grill, two blocks west of Warehouse Artworks.

"I see them (the patrol) everyday. They come in here for breakfast. And I've seen them in action (with panhandlers) when I walk home," said Guilbault. "People feel more secure when they see the patrol walking around. They're good for the area."

Army offers student incentives

BY SHAUN MCLEOD

Ernest Carmichael is a Grade 12 high school student who says his weekends are extremely interesting.

He's part of the Primary Reserves, a part-time commitment with the Canadian Forces where he works with the Queen's Own York Rangers, part of 32 Canadian Brigade Group (CBG) in Toronto.

"Our regiment is sending people down to Fort Knox, Kentucky for a week in March to do all sorts of fun things such as the M1A1 Abrams tank simulator."

The Primary Reserves offers five areas reservists can choose from: Army, Navy, Communication, Medical and Air Reserves.

Master Cpl. Josephine Sallis is with the 402 "City of Winnipeg" Squadron, an Air Reserve unit, and also works with the Winnipeg recruiting centre -which recently set up a booth at Red River College's Notre Dame campus. Master Cpl. Sallis is also working towards an English degree at the University of Manitoba. She says the military has helped immensely with the costs of her tuition.

"If you decide you want to pursue a university degree, which is something I'm doing right now, the military, because I'm in the reserves, reimburses me up to 50 per cent of my expenses towards tuition and books, to a maximum of $2,000 a year, and they'll do that for four years," she says.

Balancing school and a Reserve career can be difficult, but it can be done.

"If students are worried of the time commitments of the Army Reserves, I manage to juggle over 30 hours of work a week, school and I find time for the reserves," says Pte, Carmichael.

Sgt. Mike Price, a University of Manitoba student and of 17 (Winnipeg) Service Battalion, part of 38 CBG, says the military allows for time off to prepare for exams.

"If you don't feel you can dedicate the minimum requirement time, you're able to put in some paperwork for ED&T (Exempt Drill and Training), and they'll give it to you off. They are very accommodating," he says.

Sgt. Price deployed to Bosnia in 2003 to participate in Operation PALLADIUM - an ongoing peacekeeping effort to bring stability to the region. While there for nearly seven months, he worked with locals at a Canadian Forces camp, and had time for recreational activities.

"I had a really good time while I was out there. I met some really good people through the military, as well meeting some of the locals that worked on our camp for us. We had about 300 locals employed. We kept active out there, we played floor-hockey, badminton, volley ball, any types of extra curricular activity after hours," he says of the experience.

Sgt. Price also says he likes having the stability of a summer job.

"It enables me to have employment during the summer, guaranteed employment, if you wish to do so."

Pte. Carmichael admits military life can be tough, but it pays off in the end.

"It's a challenge, but it's the most rewarding work I've ever done," he says.

Diversity & Immigrant Student Support Presents:

Test your Knowledge of the History of Racism in Canada

March 21st is The International Day for the Elimination of Racial Discrimination
What do you know about the history of racism in Canada? Put yourself to the test and enter to win some cool prizes.

1. Legislation which in essence restricted all Chinese from entering the country was repealed in:
   a. 1975
   b. 1922
   c. 1947
   d. 1962

2. The Legislative Assembly in Québec passed a law guaranteeing full rights to people practicing the Jewish faith in:
   a. 1960
   b. 1936
   c. 1976
   d. 1832

3. Mary Ann Shadd became one of the first Black newspaper women in North America in:
   a. the 1990s
   b. the 1850s
   c. the 1920s
   d. the 1970s

4. The first modern human rights legislation forbidding racial and religious discrimination in insurance coverage was passed in which province:
   a. Québec
   b. Manitoba
   c. Newfoundland
   d. Ontario

5. On the basis of a perceived threat to Canadian security Japanese Canadians were deprived of their citizenship rights, property and freedom of movement during the Second World War by the Canadian Government. How many Japanese Canadians were charged with espionage during this period:
   a. 1013
   b. 656
   c. 56
   d. None

6. The right to vote in Canadian elections was extended to Chinese Canadians and South Asian Canadians in:
   a. 1837
   b. 1867
   c. 1931
   d. 1947

7. Aboriginal children were educated in residential schools up until which decade?
   a. 1930s
   b. 1940s
   c. 1950s
   d. 1960s

True or False Questions:

1. As a safe haven for Black slaves escaping slavery via the "underground railroad," Canada is a country which has never harboured any slave trade activity.
   True
   False

2. Canada has never had a race riot.
   True
   False

3. For many years the sale of homes to Jews and "other persons of objectionable nationality" was prohibited in certain parts of Ontario.
   True
   False

4. The reserve system was set up to provide the Aboriginal Peoples with land ownership and federal social services provision.
   True
   False

5. During World War I, Ukrainian Canadians and other former subjects of the Austro-Hungarian empire were interned as enemy aliens.
   True
   False

6. Proud of our multicultural character, Canada's immigration policies have always embraced and welcomed visible and ethnic minorities.
   True
   False

7. During WWII, Canada closed its doors to Jewish refugees trying escape the Nazi Holocaust.
   True
   False

WIN PRIZES!

Return this quiz:
via email:
drop it off in room D105 at the Notre Dame Campus, or
at the Students' Association Office at Princess Street Campus by March 25th.
Winners will be contacted on Monday, March 28th.

Thank you to The Canadian Race Relations Foundation for allowing us to use this quiz.

For more information, please call Lauren at 632-2404.

Stress, lack of sleep weaken immunity: study

More stress equals lower antibody production

BY DARCY WINTONYK
THE UBYSSEY
(UNIVERSITY OF BRITISH COLUMBIA)

VANCOUVER (CUP) -- Lack of sleep is more damaging to the immune system than eating poorly, smoking or drinking, according to a new psychological study at the University of British Columbia.

The study cites the body's response to stress as a contributor to disease.

"Long term, ongoing stress and recurrent depression are particularly toxic to the body," said Gregory Miller, the study's founder, emphasizing that heart and lung diseases in particular can be influenced by how we think and feel.

The study, run by the department of psychology, looks at the human body's production of antibodies. Eighty-two subjects, ranging from 18 to 20 years old, submitted stress tests from a personal digital assistant four times daily to measure their stress levels before and after receiving a flu vaccination.

The vaccine works by introducing a weakened or dead strain of the flu into the body, triggering the immune system to begin producing antibodies that kill off the infected cells. In the study, subjects in the high stress category produced almost 25 per cent fewer antibodies against the flu than those who ranked in the low and medium categories.

In addition, factors such as drinking, napping, fatigue and smoking levels were all measured, along with levels of cortisol, a hormone that is released when the body feels stressed.

The change in a person's behaviour when under stress is very harmful to the immune system, said Miller.

> "Long term, ongoing stress and recurrent depression are particularly toxic to the body"
>
> - GREGORY MILLER

"Stress doesn't cause you to get sick -- the virus does," he said, adding that a weakened immune system is less able to protect the body against disease and illness.

"The stress changes your body and makes it more vulnerable."

Miller cites smoking, drinking, overeating and lack of sleep as the most common and damaging behavioural responses to stress. However, drinking and exercise were not related to the production of antibodies.

"Young people exercise and drink a lot anyways," said Miller, adding that the same applies to smoking. While smoking in young people tended to increase with their stress level, it was unrelated to the production of antibodies.

Lack of sleep hurts the body's responses more than all other factors. It's also a vicious and repetitive cycle: while stress decreases the quality and quantity of sleep, it is sleeping less that makes it harder for the immune system to fight off sickness.

Of the 82 subjects in the study, roughly half were university students with the other half being young working people. Miller said young people were chosen for the study because of their relatively low stress level.

"It's harder to do this study on older people because they have a weakened immune response," he said.

Miller plans on replicating the test with people living with HIV and AIDS, and cancer in the future.

Oprah Winfrey and the bucket-o-money

By Carlos J. Gomez Dams
CUP Graphics Bureau Chief

Canadian University Press (CUP) is a national student journalism organization which provides university and college newspapers with daily wire services. As a member, the *Projector* selects several articles from the wire per issue which may interest our readers.

PHOTO | CUP

Student shows art installation

Art causes controversy at University of Regina

Hallway sounds and images recorded, played back in an underpass

BY EMILY ELIAS
THE CARILLON
(UNIVERSITY OF REGINA)

REGINA (CUP) -- Unknowingly, students at the University of Regina have been participating in an experimental art installation over the past few weeks.

Kim Morgan, the artist-in-residence for the faculty of fine arts, along with TR Labs and New Media Studio Labs, created the project, which brings together art, science and technology. Set up throughout the hallways of the New Residence, the installation has raised questions of privacy at the university.

"I wanted to bring up issues about privacy and surveillance in this piece," said Morgan. "I was hoping people would discuss it, because we have so much technology around us it is ubiquitous in that sense. We have to look at what defines privacy and what does that mean in a public space these days, with cell phones and monitors, with technology everywhere."

The installation consists of two main mediums. The first is the use of mobile agents and technology from TR Labs, and the second, everyone who passes through the hall.

Throughout the hallways, there are four microphones, two in the north tower and two in the south tower. The microphones, dangling from the ceiling, record audio from the hallways, which is played back through speakers located in the underpass that links the towers.

In addition to this, there are two cameras posted at the entrances of the each tower. Each collects an image from the upper hallway and projects it into the underpass located metres away.

"This is a fun piece," Morgan said. "I haven't hidden anything, but it does bring up the issue of how much of this goes on outside, where we don't even know it exists."

Morgan's controversial project is receiving varied reaction. Most students know little about the project.

"I don't really understand what is going on. I just hear these random noises," said Leslie Pope, a resident of the New Residence.

There has been little publicity, other than a small poster giving the name of the project and those involved.

Morgan said: "I am interested in coughs, sneezes, sounds of foot steps. (Once the experiment is over) we're going to have a big erasing party. I have no interest in keeping this information. (We'll) get rid of it."

The university's website said otherwise, stating, "the sounds are not recorded." Regardless, the assurance does not appear to appease most residents.

"If it is being deleted then it shouldn't be up there in the first place. Ask permission first. It is an invasion of privacy," said resident Jules Ellis. "No one asked me permission. Right now, it is listening to me, and I never gave permission to be recorded. I am definitely offended."

"Privacy doesn't exist anymore," said administration student Ileana Perez Mozo. "What right do they have to record our conversations?"

Morgan said: "It can annoy people, but it doesn't infringe on public privacy per se. It is a public space and there are already cameras in place there that are being monitored 24 hours, as I think people know. I went though the ethics board so that's check, and I went through legal advisors, so there are no legal issues."

Professor Bill Bonner, a specialist in the field of privacy legislation, counters the artist. Since the only signs posted, which, according to community advisors in the New Residence, appeared a few days after the installation opened, contain no information pertaining to recording or taping of an individual, privacy becomes an issue.

"There are a handful of principles that guide both provincial and federal privacy legislation," said Bonner. "Notice, consent, advice as to what is going to be done with (the data) should all be visible. You have to let people know why you are collecting the data and the purposes for why it is being collected and none of that seems to be visible.

"The public space argument does not work for me," added Bonner, upon inspecting the project. "If cameras such as these were hung in the trees at Regina Beach, they would disappear very quickly. People would not think twice about their right to yank the plugs."

The artist did get her wish, however. Regardless of how it started, Morgan has inspired heated conversations about privacy in public domain. If there is anything to learn, it is, according to Bonner, "at the end of the day, the only person who can protect your privacy is you."

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Yale eliminates tuition for poorest students

Rae review recommends similar move in Ontario

BY GILLIAN BROOKS
THE SILHOUETTE
(MCMASTER UNIVERSITY)

HAMILTON (CUP) -- Yale University is trying to stay ahead of its competitors by eliminating tuition fees for the poorest students.

Yale recently announced its plan, which would see students from families with yearly earnings of less than $45,000 US attending the school free of the hefty price tag attached to a Yale education -- where average tuition fees are more than $28,000 US, not including room and board.

"We want to attract the most promising students from all economic backgrounds to Yale," Richard C. Levin, Yale's president, said by e-mail.

Yale joins universities like Harvard and Princeton in a drive to become the people's university.

Currently, students from the poorest 25 per cent of families make up 11 per cent of the student population at Ivy League schools.

Tom Conroy, deputy director of public affairs at Yale, said, "The university expects increased enrolment as a result of their needs-blind policy" -- a policy that first assesses the student's academic achievements, then their financial background.

"In addition to offering generous financial aid, Yale makes an effort to ensure that students around the country are aware that a Yale education is possible for them, regardless of their financial circumstances, if they are qualified for admission," said Conroy.

The creation of a more inclusive admissions program was first initiated at Harvard University. This policy quickly influenced other universities in the competitive American market.

Canadian universities, however, still rely heavily on old-fashioned recruitment techniques.

McMaster University president Peter George said his school uses "liaison visits, campus visits, websites, information packages, entrance scholarships, personal contact from the dean's office, faculty members or senior students" to attract the best and brightest.

However, all Ontario universities may be following Yale's path if recommendations from the Rae review of higher education are implemented. According to the final report, 18 to 24 year olds from upper-middle income families are twice as likely to attend university as those from lower-income families.

Former premier Bob Rae would like to see a policy implemented that gives a $6,000 grant to low-income students. Any tuition fees above $6,000 would have to be covered by the university.

Although Canada is often viewed as a less competitive environment than the U.S., Canadian universities still struggle to attract top students.

"Naturally there is competition among universities to attract students. We want to be among the top three destinations in Ontario for secondary school graduates who plan to enter university," said George.

For some students, financial aid will play a major role in where they decide to attend university.

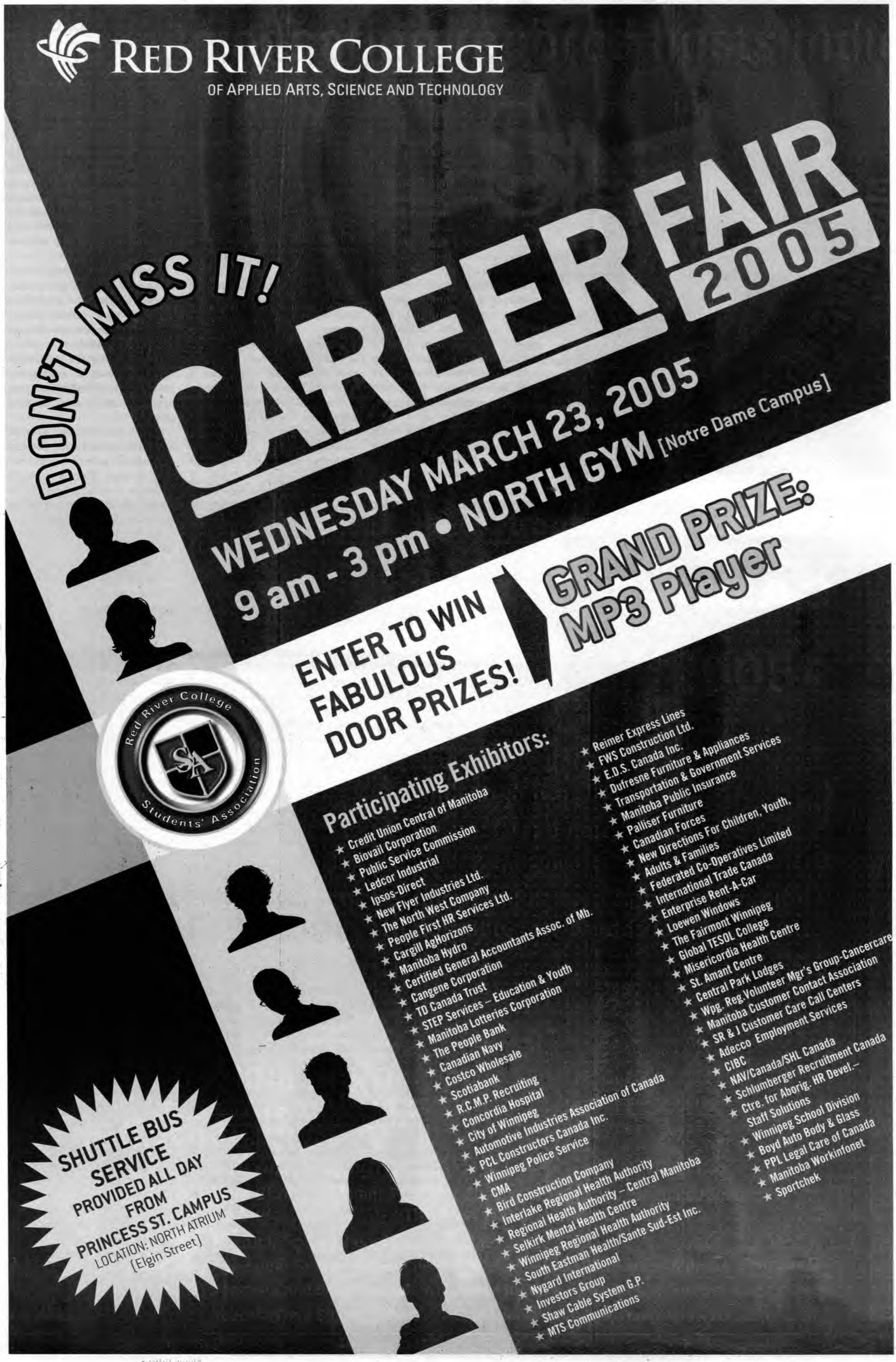
Elizabeth Seymour, director of student financial aid and scholarships at McMaster, said the financial programs at the university offer a lot of options for students in need.

"McMaster assists students in need with bursaries, and many students are also in receipt of scholarships. We have also increased the resources available for work programs so that students have another opportunity to improve their financial situation."

For many administrators, the decision to increase funding for bright students who couldn't otherwise attend university makes good business sense.

As George pointed out: "The university will always benefit from attracting more good students. Society will benefit from extending accessibility further into low-income families, and of course, the students will benefit from the enhanced career opportunities.

"It's a win-win."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★ Enterprise Rent-A-Car
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Back Bakx

KYLE BAKX
COLUMNIST
backtobakx@theprojector.ca

Remember those Did You Know fact boxes in your science textbooks back in junior high?

Well, here is another Did You Know fact: The Red River College Students Association President's gross monthly salary is $1775.00; quite the chunk of change for a part-time job.

Not only will that salary cover your tuition after a few months, but imagine the benefits. Free access to all SA socials, keggers and events, plus a countless number of free products, liquor, promotional merchandise, a private office, private computer, and so on.

The president also has a full executive committee, a secretary, a multitude of volunteers and a committed program director, Michael Blatherwick, who has years of experience, all to ensure Mr. President doesn't run into any hot water. Despite the support staff, this year's edition of the president still managed to drop the ball and he didn't waste any time doing it.

Despite consecutive sellouts in the past and plenty of generated hype this year the Much Video Dance Party was called off due to low ticket sales, becoming the first ever September event to be cancelled. The social offered a rocking party with two large video screens, a sexy beach theme, and prizes to be given away throughout the night from the SA, the Molson Canadian Rock Squad and Coca-Cola.

The social was the final straw during a week plagued with lower than expected attendance levels.

In September after the cancellation, SA President Ryan Mariani in an interview blamed the people that voted him in as president: the students. "Students' interests are changing and require careful examination of these changing trends."

The social sold out last year and this year it's called off? Students' interests don't change that fast.

Even if the position of president doesn't require much work, the person will get all of the blame when something goes wrong and rightly should. The president and all SA staff represent the students and so, not only do they have to answer questions from pesky Projector writers like me, but they have to better represent us the students.

> "The SA did organize a mens' and womens' volleyball team for the college that will start next year, but now every student will have to pay even more money to the SA at the start of next year to support the teams."
>
> - KYLE BAKX

Case and point being the debate over the four-day mini break that students enrolled in full-time semester programs have instead of a full week off as a spring break. Over 650 signatures were collected on petitions, yet the SA could not deliver. Even worse, the college's administration decided to review the matter over the next three years, meaning nothing will change on the matter for years to come.

The SA had a golden opportunity to listen to students because they were dealing with the college's president, Jeff Zabudsky, who doesn't even have a year of experience under his belt. Yet, nothing was achieved and a step was taken back.

Zabudsky even went as far to say to the Projector in February that taking away class time may have a negative impact on a student's success after graduation.

The SA did organize a mens' and womens' volleyball team for the college that will start next year, but now every student will have to pay even more money to the SA at the start of next year to support the teams.

Comparing the position of an SA executive member to let's say one of the Projector editors is interesting. An editor has equal or more responsibility, must meet deadlines, and get paid under $400 a month as opposed to over a thousand for a SA executive member. Never mind the perks of a private office and such that an editor does not get.

It's election time again at RRC. If you want to be in charge of roughly $1 million, represent about 10,000 students and make thousands of dollars a month, run for an SA position by picking up your nomination package at DM20 or P110. If not, vote when the time comes in April for people you think will actually listen to students and get results.

We don't need people representing us who just sit in their offices, play around on the internet and collect paychecks.

Have an opinion?

email editor@theprojector.ca

Speak Out!

The *Projector* asks: "What do you do to handle the stress of school?"

Josie Matyus
Diploma nursing accelerated
"What I do is spend time with my daughter and husband. Family takes my mind off of school. Or sometimes it's just getting up and walking away from schoolwork even if it's just to the kitchen to make a cup of coffee."

Amanda Dahlman
Computer accounting technician
"I sleep. I have to sleep at least eight hours at night or I'm not good to go. If I sleep during the day? That's more procrastination."

Steve Martin
Business administration
"I go the gym. I go hang out with friends. I do a lot of partying. I don't have a lot of stress, to tell you the truth."

Kanwal Jeet
Business administration
"I just sit and relax with friends. All my friends get together and we don't talk about school."

Jason Tyre
Computer analyst programmer
"I play video games. It takes my mind off of school and school-related issues."

Neil Hatmacher
Business administration
"I read books that don't involve school. I have five different books that I'm reading at the same time."

Good-bye dear friends!

It's an odd feeling knowing you're leaving something you've become so attached to. Something I would consider to be a big part of my life. Something my collegues and I have worked hard to master and perfect throughout our term at the newspaper.

But as everything, all good things must come to an end – at least for us – but *The Projector* lives on. I encourage all of you to support *The Projector* - your student newspaper. Not only is it the best way to let other students know what is going on in the school, but it gives us students, the opportunity to engage ourselves in the media, something some of us may not have the ability to do in the courses we are in.

If you have the chance, engage yourself. Write. It doesn't have to be an article – it could be editorial, an opinion piece, even a simple poem. Your work is important to the staff at *The Projector*, because after all, we are here for you.

Thank you for supporting us and I wish you all the best.

And to my colleagues, it was a great experience working with each and every one of you. I will never forget our times at *The Projector*. I know you all will go on to do extraordinary things. Keep *The Projector* pride alive!

On behalf of The Projector staff we'd like to welcome the new staff to the paper. We wish you the best of luck on your endeavors.

And I leave you with a quote by an unknown author that keeps me motivated during my most trying times .

"If you do what you always do – you'll get what you always got."

All the best.
Alana Pona
News Editor

WIN

Tickets to the

O'CANADA Party and the Junos

WIN

Exclusive Tickets to

JUNO FAN FARE

Saturday, April 2nd 11:00 am to 4:00 pm
Duckworth Centre - U of W

Presented by MTS

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WIN Tickets to the exclusive O'Canada Party, Sunday April 3rd at the Osborne Freehouse.

Watch the Junos live on MTS TV, plus we will be featuring four Manitoba bands, including Juno nominees for Best New Group of the Year – **The Waking Eyes**.
Don't miss the party of the year, where **5 people and their guest will be whisked off to the Junos at MTS Centre that night!**

Here's all the ways you can enter:

Text message the word **PLAY** to short code **OCAN (6226)** March 7 – 25 using your MTS cell phone to play our O'Canada Trivia Contest.

Play O'Canada Trivia daily online at **mts.ca/junos** March 7–25.

Enter at any participating **MTS Connect store** throughout March.

Listen to **Power 97** between March 14 and March 25 for your chance to win.

For details, rules and regulations visit mts.ca/junos

Visit any of the following **MTS Connect stores** on the dates outlined below during **live Hot 103 FM broadcasts** for your chance to win an exclusive ticket to the Juno Fan Fare event, presented by MTS.

With an exclusive Fan Fare ticket, you'll have the opportunity to meet and get autographs from Juno nominees and special guests, along with a chance to **win tickets to see the Juno Awards live**, at the new MTS Centre, Sunday April 3rd.

Join us at the following locations for a chance to win Fan Fare tickets and for special in-store deals:

Saturday, March 26: 1 – 5 pm
• MTS Connect Grant Park Shopping Centre

Friday, April 1: 1 – 5 pm (LAST CHANCE TO WIN)
• MTS Connect Kildonan Place Mall

For details and conditions of this promotion visit **mts.ca/junos**

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James Gillespie

Andy Carney

Heather Cranston

Carly Trochimiuk

Art & Auction Expo 2005

By Shannon Martin

What started out as doodles in James Gillespie's notebook turned into an original piece of artwork that recently fetched $300.

Gillespie is one of 40 second-year Red River College graphic design students who participated in the Art Expo & Auction—a fundraiser and showcase of the students art—at the Forks Market in early March.

Watching his artwork be auctioned off was a new experience for the 24-year-old student. Gillespie didn't have any expectations for selling his pieces, including the 24 by 30 oil Jay-Walking: Getting from Point Eh to B. It turned out to be one of the event's top-selling pieces.

"It was out of this world. I was on my hunches." Gillespie laughs, recalling his reaction as the bidding for his work escalated.

It's the third and most successful auction the program has hosted. The students raised about $5700 this year, up from last year's $3145, and $2100 the previous year. One third of the money raised goes towards Winnipeg Harvest while the rest goes towards the graphic design open house, which will be held in May.

"It's a win-win all around," said graphic design program coordinator Brian Fawkes. "It's exposure for them (students). They're artists looking for employment. Ultimately good exposure for the college is good exposure for the students."

Part of the reason this year's event was successful is thanks to the growing interest in the graphic design program and the reputation it has in the city's art industry, said Fawkes. Prior to the event, students were featured on A-Channel's Big Breakfast program, and local radio station Q94 organized a contest for a listener to receive a portrait done by a graphic design student.

Another major draw is the art itself.

"It's good original artwork, which can be costly," said Fawkes.

This year students created pieces that followed a Winnipeg theme. Prior to the weekend-long event, students researched parts of the city they wanted to highlight, by taking pictures and sketching.

Bruce Gillespie was the highest bidder for the watercolor Liquid Lunch, another painting by James Gillespie. This piece featured local tavern the King's Head.

"I'm a water color fan. James did a wonderful job. It just had a nice soft feel. And I'm also a fan of this area. It's home; it's Winnipeg," said Gillespie, who's also a Red River College instructor.

Students only began painting their pieces the day before the auction, allowing bystanders at the Forks Market to watch their progress. Students were given a couple of hours to finish their work the following morning before the auction.

"If this had been two years ago, I would've had a problem, but you're always drawing to an audience and I'm used to time constraints. That's what graphic design is all about," said Gillespie, who plans on becoming a freelance illustrator after graduation.

Although students were racing the clock and watching their art being auctioned, it wasn't competitive between classmates, according to Gillespie.

"It's a communal thing. It's not about us; it's a fundraiser for our open house (and Winnipeg Harvest). I'm glad we raised the money—that's the most important thing to me," he said.

Leandra Alberti

Blair Helgason

Ryan Mayo

Mark Simpson

Winnipeggers feeling the heat of Juno fever

Events galore leading up to the event March 31- April 3

BY MIKE UHRICH

It's official; Juno fever has struck Winnipeg.

With anticipation for the 34th annual Juno awards building, Winnipeg is readying itself for a grand celebration of Canadian music. That celebration is coming to the River City for the first time in its history the weekend of March 31 – April 3.

Slapped with the tag line, "the flatter the land, the harder the rock," the Junos are offering all the best entertainment the and is shaping up to be one of the most rockin' times Winnipeg has seen in years says Kevin Walters, chair of the Winnipeg Juno host committee.

"The response has been phenomenal right from the start," says Walters.

It all kicks off on Thursday, March 31 with the It's Great to be From Here! Manitoba Social at the Winnipeg Convention Centre.

"It's going to be a fun night," says Walters. "It's the kick-off to the entire weekend."

The event will capture the true essence of the made in Manitoba social while paying tribute to local artists Randy Bachman, Doc Walker, and the Waking Eyes.

"Most people from out of town have never experienced a Manitoba social before," says Walters.

Follow that up with a day at the coolest arena in Manitoba (at least before the MTS Centre was built), the Selkirk Recreational Complex, where music is set aside and hockey is the name of the game at the Juno Cup on Friday, April 1.

"It's great because it takes the Junos outside of the city," says Walters.

Current players and NHL Alumni will square off against Canadian musicians in Canada's national sport.

If you're still up for more, Juno Fest will be taking place at various venues across downtown Winnipeg on the evenings of April 1 and 2.

"It's the big event for a lot of the local people," says Walters. "It's 100 bands in 14 clubs over two nights. You may even see special guests show up at the clubs unannounced."

Fans can meet their favourite artists on Saturday afternoon at the University of Winnipeg's Duckworth Centre. Juno Fan Fare enables fans to get autographs and hear music from a select group of Canadian musicians like the Trews, Billy Talent, Fefe Dobson, Kalan Porter and more.

"It's traditionally been one of the largest free events associated with the Junos," says Walters. "You get to meet your favourite artists face to face."

The only catch is that you'll have to win your way inside. Passes can be won from the *Winnipeg Free Press*, Hot 103, and MTS call centres.

Before the gala ceremony takes place at the MTS Centre, a Songwriter's Circle will take place at the Burton Cummings Theatre. Hosted by Burton Cummings himself, fans will be treated to songs and storytelling from artists such as Amanda Stott, Buffy St. Marie, and others.

A few blocks away the red carpet will rolled out on Portage Avenue where the stars will come out before it even gets dark.

"The event itself will bring a lot of excitement to the city," says Walters.

Brent Butt hosts the show with performances by Sum 41, K-Os, K.D. Lang, Neil Young, and many more. If that line-up tickles your buying bone, you'll be saddened to learn that the show has been sold out for weeks; however, CTV has you covered with a live telecast Sunday night.

"We will be showcasing our talents to the rest of the country," says Walters. "And we'll show the rest of the country what a great music scene we have in Winnipeg."

Neil Young is one of many Juno performers

Students enjoy the Juno excitement

Looking forward to fun parties, socials, more

BY MIKE UHRICH

Awards shows are in a slump. This won't affect the sell out crowd that attends the Junos on April 3, but it's still the truth.

Awards shows that celebrate the music industry are in the biggest slump of all. No one really seems to want to stay home and watch the shows on a national or international level. Some Red River College students are taking the same approach to the Junos, but appreciate the show nonetheless.

"It's just nice to see a big event like the Junos come to the city," says Shane Weston, a CAP student.

Looking at the excitement that continues to encapsulate the city, the Junos are shaping up to be one of the biggest parties that Winnipeg has seen in years.

"It's pretty crazy," says Kyle Hartwig, an electronics engineering student. "It's getting a lot of publicity."

Unfortunately that won't draw a television audience. While promotion in the city is coming out the wazoo, promotion in other areas of the country is most likely non-existent.

So, is it a whole lot of hype for nothing? It might mean that a lot of heart and soul is going to be poured into an event that will probably garner a dismal television rating and will be ultimately forgotten within days of its finish.

Which is a shame considering the 34th annual Juno awards are shaping up to be the best ever from the standpoint of a music fan – strictly due to the presence of Neil Young.

"Neil Young's a big name," says Weston. "It'd be pretty sad if there was just a bunch of nobodies."

Young has never played an awards show before, which is what makes his upcoming performance all the more special. Throw in the fact that he's performing in front of his semi-hometown fans and you've got the makings of one remarkable and memorable performance.

One can only hope that Young doesn't drum up memories of 1996, the last time he played Winnipeg. Focused too much on showing off and proving himself to the town he grew up in, he left so much of what makes Neil Young special back in his dressing room locked in his guitar case.

But everyone deserves a second chance, something our city surely won't need when the rest of Canada comes to what should be the best damn party going.

"It's a national pride thing," says Weston. 'Winnipeg better put on a good show."

And even if you don't have a ticket to the big show, you'll be able to find tickets to the It's Great to be From Here social on March 31 like Hartwig.

Randy Baby B*tchcakes Bachman will be there, and I'll be asking if he wants any more whine with his cheese.

Endearing records hosts indie event

Feist, Jonathan Inc., and perhaps Julie Doiron

BY JEN ZORATTI

If you weren't one of the privileged few to get tickets to the Juno Awards, fear not little music fan. There's an event that may just be THE show to go to during Juno Fest 2005.

Endearing Records, along with Endearing Publishing is hosting Endearing Night at the West End Cultural Centre on Saturday, April 2.

The evening, headlined by Feist, will showcase musical talent from Endearing's catalogue of indie greats. Other performers include Ken Beattie of Radiogram, Jonathan Inc., and with any luck, Julie Doiron (thanks Jetsgo!).

Setting up Endearing Night hasn't been an easy feat according to Endearing Records publicist Shawna Forester.

"We've been nagging, begging and pleading to do this show," Forester says. The Junos coincides with some big events at Endearing, including the division between the recording and publishing ends as well as Endearing's ten year anniversary.

"We were going to do an industry party instead, but plans for that fell through," says Forrester. "But this allows us to showcase our artists."

The acts showcased at Endearing Night are ideal for those who want to see Canadian talent without the glitz (and price tag) of the actual Juno Awards. Forrester also thinks that Endearing Night is good for their artists.

> "We've been nagging, begging and pleading to do this show"

"There will be a lot of people and a lot of press. It's a chance to show off what we're doing."

Attention will also be given to the newly formed Endearing Publishing, which specializes in the placement of music in the media. Jonathan Anderson of Jonathan Inc was the first artist to be signed to Endearing Publishing, and will be performing at Endearing Night.

Julie Doiron is also expected to be a highlight of the show – if she can make it here. Doiron had tickets booked through Jetsgo – so fans, keep your fingers crossed.

Feist, the headlining act, is nominated for three Junos, including New Artist of the Year and Alternative Album of the Year. Because of her status as indie-rock's 'it girl', Forrester thinks that Feist will draw a lot of people out to Endearing Night.

"A lot of people will come to see Feist. It's being called THE show of Juno Fest," says Forrester. "We're predicting a sell-out crowd."

Endearing Night will be at the WECC on Saturday, April 2 at 8 p.m. Tickets are $10 at the venue. Wristbands to catch all the shows at Juno Fest are $25 and can be purchased through Ticketmaster.

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For more information and craft tables call
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Check our website for more events and information at http://www.rrc.mb.ca/aboriginalcentre/

Upcoming events in F209
Pow wow meeting Friday March 18th, 12-1
Fred Shore, Assistant Professor Chair, Native Studies Graduate Program, Wednesday April 6th, 1-3 **The First Nations and the Metis**
Potluck Spring Feast Tuesday Macrh 22nd, 12-1
Aboriginal Family History Circle with Elder Mae Louise Campbell Friday April 1 at noon
Teaching and Sharing Circle with Elder Jules Lavallee, Friday April 22 at noon
Teaching and Sharing Circle with Elder Mae Louise Campbell, Friday April 29 at noon

don't forget
next story meeting tuesday march 22 noon. W102 princess street campus

Hanging with the Fresh I.E.s

Rapper Fresh I.E. and wife Sheila North

BY ILLIAN BROWN

Ask Red River College student Sheila North-Wilson what it's like to be married to one of Winnipeg's hottest names in music, and she'll simply say, "Very busy."

For Mr. and Mrs. Fresh I.E., the next few weeks before the 34th annual Juno Awards will be full of dress fittings, party planning, and rehearsals.

Fresh I.E. (I.E. stands for 'in eternity') and his Christian-based, hip-hop album Red Letterz are nominated for the best gospel album at this year's ceremony.

As part of JunoFest on Friday, April 2, Fresh I.E. will be performing at the Empire Cabaret for an Urban Showcase. He says that he's pumped to put on his show that will feature dancers, a band, and a gospel choir.

In addition, for Sunday night's gala he'll be jamming on stage with Winnipeg's finest—The Guess Who, Chantal Kreviazuk, Nathan, and the Wailin' Jennys—for a special Manitoban artists performance.

He says he's most looking forward to hanging out with all the artists backstage.

"Backstage is not how people think," says Fresh I.E. "There is lots of food and everyone is chillin' on couches talking about football. It's normal talk."

Fresh I.E. and Sheila are also planning a post-Juno party to celebrate Manitoban music and the upcoming release of his next album Truth Is Fallin' In Tha Streetz He hopes to invite all local Juno nominees and guests like the mayor, the Blue Bombers and the media.

"There are a lot of great artists coming out of Manitoba," he says. "We have a lot to be thankful for."

his story

Fresh I.E. infuses his raps with positive lyrics rather than violent and offensive language.

He thinks music has the ability to heal, not solve, social injustice.

He believes God chose him to be leader and to give hope to those who suffer.

His motivation is not to become a music giant but to make a difference in someone's life.

It's a truly inspirational story from a man who has turned his life around from being a pimp, a drug dealer, and an abuser to an award-winning musician, a youth minister, and a family man.

"I'm here today because of God," he says, referring to his spiritual revelation sparked by a near-fatal drunk driving incident in the mid-90s. "I said, 'Okay God. I've messed up. I've got nowhere else to go.'"

His music offers healing, but Fresh I.E. also offers healing as a youth minister at his church in the city's core. Each Tuesday night he conducts music, drama, or biblical sessions with 15 to 20 underprivileged youths.

He says his biggest challenge in life is balancing all his priorities.

"First, I have to make sure my marriage is strong and my family is happy. Then it's my ministry. Then it's my music."

He credits a lot of his success to his six-year marriage to Sheila.

"Sometimes it feels like we're being separated, but we always take time to talk," he says about the strains of two busy lifestyles on a marriage. "We're at a season of sacrifice because we're building our future."

opening doors

Fresh I.E. and Sheila are finally seeing all the sacrifices paying off.

His career has found new heights since Red Letterz was nominated for a Grammy in 2003. Where this album was all self-produced from his living room, Truth Is Fallin' In Tha Streetz was recorded in a new recording studio set up in the basement of his church.

Fans at the Blue Bombers games this season heard his song, Time for Action, played each time the Blue scored a touchdown. Fresh I.E. says that his Bomber gig has sparked talks about composing a theme song for the CFL.

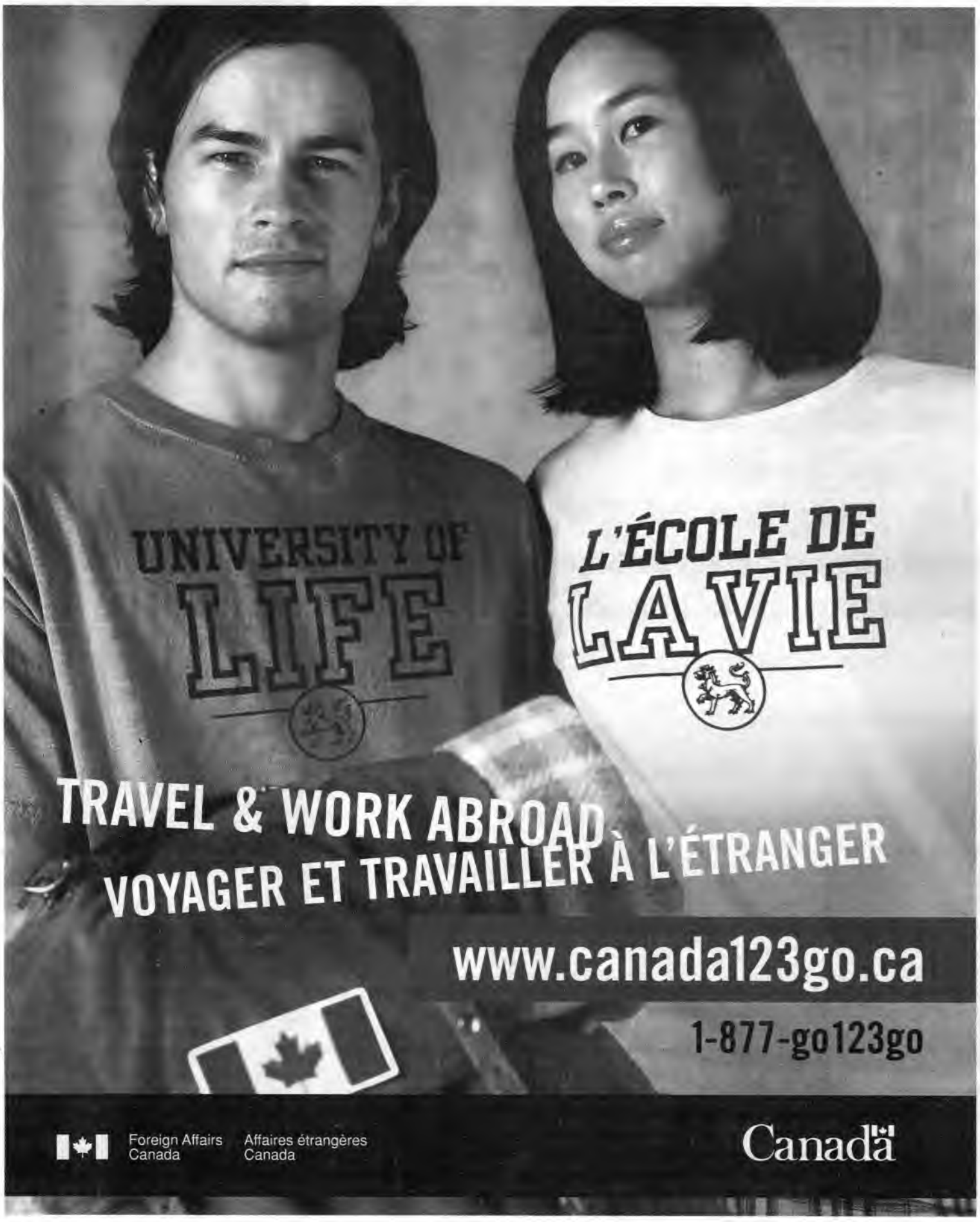
World Vision Canada is also knocking on his door to become a spokesperson and to potentially to write a song and shoot a video for the program.

"If there is one thing I've learned it's to never burn your bridges with people. It'll all come back at you," says Sheila about her husband's recent luck with corporate endorsements.

Fresh I.E. also proudly operates a music mentoring program in which he invites inspiring artists to stay at his home while he guides them through the music making process. The program is his first step into becoming a music producer, and he hopes it'll soon lead to the launch of his own gospel record label.

Fresh I.E. seems to be opening all the right doors and he's not about to quit.

"To plant their flag in the earth and say they've done something is everyone's dream," he says.



Get into the groove with DDR fun

Interactive video game offers life skills, more

BY MICHELE COSTA
(THE INNIS HERALD – INNIS COLLEGE, UNIVERSITY OF TORONTO)

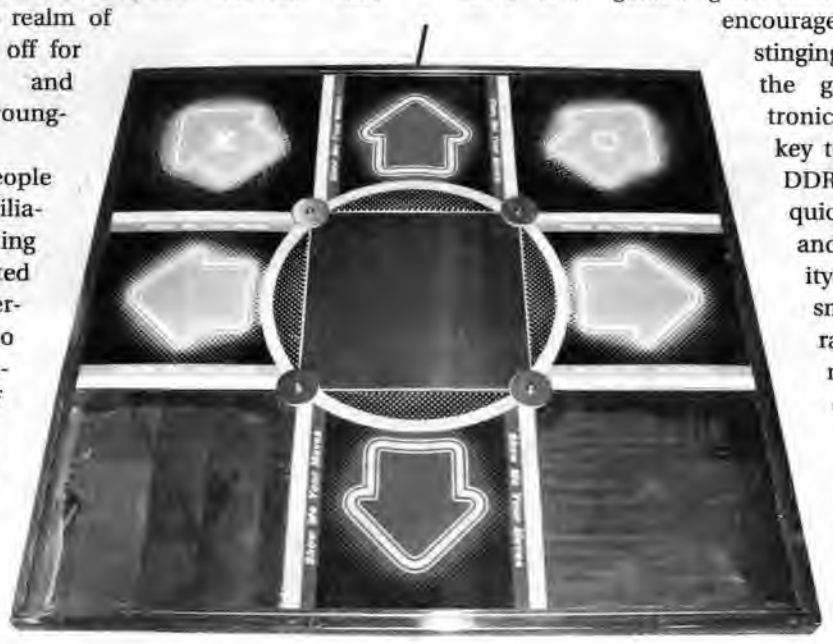
TORONTO (CUP) – Sometimes life skills come in handy when you aren't expecting it.

Tricks and talents you picked up, which sharpen your mind and enhance your ability, become second nature – saving the day, or pumping up the jam beyond your wildest expectations. This is the story of Dance Dance Revolution.

What is DDR, you ask? Shame on you for your uneducated ways, for DDR is the hope and future for an entire generation. DDR is a video game, technically, played with one's dance moves and 'mojo', but it is so much more.

Now if you, like me, grew up in the suburbs, you probably encountered DDR in a bowling alley, or at any other large arcade. You may have seen it over the shoulders of a large crowd of attentive cola-filled teenagers, likely with bright eyes all focused on the one person dominating the area. Each arcade had a DDR master, who would spend Saturdays in a realm of glory, showing off for pre-pubescent and awe-struck youngsters.

Most people avoided humiliation by pretending to be disinterested in DDR, preferring instead to play never-ending games of Bust a Move, which was conveniently located at a 45-degree angle to the DDR booth.



Well, my friend, DDR recently re-entered my life in a much more positive way, and I hope that you too can open your arms and calf muscles to the joy it can bring. Not only is DDR more fun than any Pilates class or solitary bedroom dance-a-thon is going to be, but it can also be a Canadian pedestrian's saviour and best friend between the months of December and February. Confused? Let me explain.

DDR requires a player to hit arrows with their feet on a game pad that sits on the floor. To a variety of upbeat Asian pop songs, one attempts to quickly move one's feet along with the game's guide arrows, to the encouragement or stinging ridicule of the game's electronic host. The key to success in DDR is agility, quick thinking and the ability to make smooth, accurate and lightning-fast directional changes with little to no notice.

This is all shockingly familiar to anyone who has had to walk down any major street during a snowstorm.

Suddenly the brightly-coloured screen arrows of DDR become mentally translated into a patch of ice on the ground, or a large truck making its way to the slush puddle next to you. Nimble and skilled, you can now jump past danger, light-footed and full of grace. I have noticed a revolutionary improvement in myself already. I can now forgo treaded and practical winter boots in favour of much more fashionable but seemingly dangerous pointed flats whenever I so choose.

I feel secure that as my slick soles come in contact with slippery cement the spirit of DDR will keep me upright and absent of bruising.

I am confident that with a little more practice I will be able to run full-speed down an icy sidewalk without falling or sliding.

In fact, I fully expect that people passing by will shout "Awesome, awesome!" "Surprising moves!" or "What technique! You've got the rhythm!" – essentially proclaiming me the winter lord of the Dance, Dance Revolution.

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FROM THE PRESSBOX...

making predictions

ZURICK SCHERGER
Columnist

Now that the NHL has locked its doors for the season, fans have been ripping the state of the game. For the record, I would like to dispel a few.

Myth 1. High scoring games are always more exciting.

Many fans relate high scoring with excitement. The Oilers of the 80's scored in bunches. They also won many of those games 8-2. If both sides display high skill levels, the score doesn't matter. I would rather see a well-played 3-2 game.

Myth 2. There isn't enough talent to go around.

Have the people saying this actually been watching? There is a boatload of talent in the NHL. In fact, many of the fourth liners and quite a few of the players in the AHL would have fit in nicely on teams during hockey's scoring years during the '80s. In the 1973-74 season (one of the most exciting ever with only 16 teams), the NHL had only three 100-point scorers, all for the Bruins. Scoring is not the problem in the NHL. Talent is not a problem, period.

Myth 3. The NHL is watered down.

This one goes along with the last. In 1981-82 (the first time Wayne Gretzky reached 200 points), the league was at its scoring apex. During that season, NHL teams were stocked mostly with Canadians. Twenty-two Swedes played in the league and the Czechs had seven. Finland had 11 and the USA had 45. Not one Russian-trained player graced rosters that season. The Mighty Ducks of Anaheim alone had 17 Europeans on their roster last season. Nine of the top 20 scorers last season were European; three were American (which leaves 8 Canadians, hmm). Peter Stastny and Neal Broten were the only two non-Canadians among the leaders in 81-82. The NHL has grown to 30 teams, but the player pool has grown as well. Deal with it.

Myth 4. The NHL can't survive in non-traditional hockey markets.

A competitive team can be successful anywhere, it just takes time. Fans don't want to see teams that aren't competitive. This is true in anywhere. The Pittsburgh Penguins are the epitome of this. During the team's big run, you couldn't get a ticket. Nobody wants to see a team trade away all of its star players. Do you blame them? Pittsburgh, the Islanders, Chicago and Boston were all in the bottom half of attendance last year (Two original six teams, hmm). Success breeds attendance, not location. Anyone remember the Colorado Rockies experiment? Didn't think so.

Myth 5. Ties are no good for the game.

For years the NHL has tinkered with what to do in the event of a tie. Should have left that one alone. Let's try overtime, no, how about offering a point to the team who loses in OT. All right, let's go to four-on-four. Really, that didn't work, how about a shoot out? Yeah, that's the ticket – Stop! A tie is a tie. An overtime shootout takes away from the most exciting ten seconds in sports, the penalty shot. 315 NHL games ended in a tie last year. That is a lot of shootouts. Too many for my taste.

Next time you hear some NHL fan ranting about these topics, question his or her knowledge. You might be surprised at the results.

LOCKout commentary

One pissed off student

BY DAVIDE CAPONE

NHL players make me sick – they have no idea what 'for the good of the game' means.

Now don't get me wrong, it's not like the owners are writing an edition of Chicken Soup for the Hockey Soul, but their stance is definitely making more sense with hockey fans.

I see a player like Tie Domi pleading his case for the NHLPA, approaching the lockout with an even larger chip on his shoulder. It's hard listening to Domi's comments about the lockout – after all here's a guy who, despite the praise as a re-born offensive threat, is neither that nor the fighter he once was (and not worthy enough to be complaining).

However it's the kids in Toronto that love Tie Domi, giving him his $2 million plus contract, and in turn the reason tickets are so unaffordable that those same kids can't attend the games.

Then there are guys like NHLPA Player President Trevor Linden making comments like, fans can't afford tickets they should stay home. This coming from a guy whose career should have been over back in 1997 – but it was the Vancouver fans who have kept him employed, celebrating when he returned to the Canucks in the 2001-2002 season, where he has kept comfortable and undeserved employment ever since.

After the talks failed for a final time a few weeks ago and the final nail was put into the season's coffin, the NHLPA played tough. Accepting the idea of a cap days before the season's cancellation, it then played the role of a stubborn child playing number games in a battle they knew they couldn't win.

The Players' Association said it's back to day one as far as they are concerned, and in a weird way I hope they're right. I hope the owners come back to the table with an offer of an even lower cap of lets just say, $32 million, which by the way is still far more than the players deserve.

People talk about sacrifices the players make growing up, when really with the skyrocketing price of playing hockey it's only the parents who make the ultimate sacrifices so their kids can one day be overpaid athletes who seem content killing the very sport that us fans think they care so much about.

The players seem to think that it is their name that propels the sport of hockey, when really they need to be reminded that it's the name on the front of the jersey, not the back, that sells the game of hockey (at least to the cities that actually care about the game).

No matter if the Toronto Maple Leafs were stacked with superstars contending for the Stanley Cup or they were dead last in the old Norris Division, the city cared about them. Detroit lived and breathed hockey long before their dynasty of the late '90s, and the Habs are culture in Montreal, far above the sport or the players.

The owners aren't free of blame though. No one held a gun to the head of the New York Rangers when they gave Bobby Holik $8.85 million a year. Anaheim is paying Vaclav Prospal $6.5 million after only one decent season with the Lightening. When Uncle Walt thaws out from his deep freeze he's going to be awfully pissed about that one.

And now, the topic of replacement players is starting to heat up. I say bring 'em! The players keep saying that the fans will never buy it – that fans deserve better – and they are right. But fans have to buy it for the game's sake. And fans are finally being exposed to what players really care about, so they might just want players who give a damn.

The NHL will be back in one way or another. But maybe this time around instead of paying Joe Sakic $10 million, they can put it into the grassroots of hockey and make sure a few little Joe Sakics are developed.

top 5 payrolls

Detroit...	$77,834,109
NY Rangers...	$77,018,715
Dallas...	$67,588,340
Philadelphia...	$65,147,747
Toronto...	$61,758,140

bottom 5 payrolls

Atlanta...	$27,222,500
Pittsburgh...	$26,605,000
Florida...	$26,429,750
Minnesota...	$24,865,000
Nashville...	$23,172,500

top 5 salaries

Forsberg,Peter.	Colorado Avalanche	$11,000,000
Jagr,Jaromir	Washington Capitals	$11,000,000
Fedorov,Sergei	Anaheim Mighty Ducks	$10,000,000
Bure,Pave	New York Rangers	$10,000,000
Lidstrom,Nicklas	Detroit Red Wings	$10,000,000

free falling

a skydiving feature

BY GEORGE LISTER
(ARGUS – LAKEHEAD UNIVERSITY)

THUNDER BAY, Ont. (CUP) Watching extreme sports appeals to different people in different ways. Some probably see them as they do other sports and enjoy watching the competition. Others get a vicarious thrill from watching people risking life and health in ways they themselves would never attempt. And me? I like them because, on some tiny level, I know what doing those crazy things feels like.

Okay, I'm the first to admit I'm not much of an athlete. The closest I get these days to being an extreme sport competitor is firing up Tony Hawk skateboarding games on my PS2. Frankly, I'm such a couch potato that I'm as close as you can get to a non-organic life form. But if you consider that the heart of extreme sports is putting your life a little on the line and riding the wave of adrenaline that comes with survival, then yeah, I know what it's like and you can too. All you need is a free weekend, about $200 and a certain reckless disregard for your own safety.

Welcome to the wonderful world of skydiving.

GETTING STARTED

Lots of people blame their parents for the crazy stuff they do in their lives. As far as skydiving goes, I can blame my dad pretty much 100 per cent. It wasn't just that I'd grown up listening to his stories about paying his way through college by skydiving at air shows. It was more than him simply facilitating me jumping out of a plane by paying for it. He flat out signed me up to take the skydiving course without even asking me!

This annoyed me on a purely teenage-resistance-to-authority level, but I couldn't say I wasn't intrigued. The thing is I was more terrified than curious and immediately started thinking of ways to back out of this gracefully. Then I made the mistake of mentioning to a few friends that I was thinking about going skydiving and the next thing you know, swept away on a wave of macho teenage BS, there were four of us signed up for the course.

LEARNING TO FALL

Our training was conducted by Adventure Skydiving, a Winnipeg-based outfit. The two evenings spent learning the basics of skydiving did a lot to put my nerves to rest. The videos they showed us were more to get us pumped for the jump than for any educational reason and they worked.

By the time jump day came around I was ready and even eager. The fear was still there but now it just added to the excitement.

Once at the airport, we were quickly divided into groups based on having an even balance of weight in the little Cessna 172 that would be our jump plane. My friends and I were split up and I ended up being in the first group to jump. At that point, the fear came back again, but I shoved it aside and got suited up. Then we got up to altitude and our jumpmaster opened the door to the plane. And there was that pesky fear again, multiplied by about a thousand.

TAKING THE PLUNGE

I honestly have no recollection of the time between the door opening and the moment where I realized I was hanging from the plane's wing strut 4,000 feet (about 1,200 metres) above the ground. Suddenly I was just there and really didn't want to be.

"Let go!" yelled the jumpmaster.

"Screw that!" I yelled back.

"Let go!" she repeated.

"F*ck no!" I said and began inching my way back along the strut towards the plane. At that point, she reached out and slapped my left hand hard. Reflexively I jerked it away and found that one hand was not enough to keep a grip while travelling at 170 km/h.

Now I was falling and screaming and flailing at the air. In fact, I was so busy screaming and flailing that I didn't do any of the things they told us to in training, like forming an arch with my body. Thankfully that didn't matter much and, after a drop like nothing I'd ever experienced, the chute opened and jerked me roughly to what felt like a dead stop.

GOD IT LOOKED BEAUTIFUL!

It was brightly coloured, billowed out in the wind and was my favourite thing in the whole world just then. Now reassured that I wasn't going to hit the earth at terminal velocity, some of my training came back and I checked to make sure there were no tangled lines. I stretched up to grab the controls and took a few deep breaths.

Calm but riding a huge adrenaline wave, I was really enjoying myself – the view was incredible.

The guide on the ground had the job of making sure we all landed reasonably on target. Under his instruction, I got myself lined up for landing easily enough. Once I was a few hundred feet from the ground, I noticed something odd. The ground seemed to rising up to meet me awfully quickly! From a few thousand feet it had barely felt like I was falling at all. Apparently, I had been wrong.

I knew the trick to making a soft landing was to flare the chute at the right time -- something the guide would help me with by radio. His instruction to flare came a little too early however and I stalled out some 10 feet above the ground. Gravity kicked in and I started to fall again, hitting

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My apologies, Mr. Penn

BY RYAN HLADUN

The Assassination of Richard Nixon
***
March 25-31

Sean Penn sucks. Sorry, but he does. His lame comment at the Oscars solidified this sentiment in my mind. It's because he takes everything so seriously that I can no longer take his performances seriously.

He's easily the most overrated actor in movies. All of his characters over the past few years have been pretty much the same when you get down to it. He was an angry father in Mystic River; an angry cripple in 21 Grams; an angry mentally-challenged guy in I Am Sam; and in the case of Sam Bicke in the Assassination of Richard Nixon, an angry working class schmo.

I can only conclude that Sean Penn is a very angry man. He basically just brings his actual personality and tweaks it to go along with the script. He's damn good at it, but he won an Oscar for, really, just being himself.

In his latest failure of anger management, Assassination, Penn is Bicke, a delusional businessman down on his luck. His wife, played by Naomi Watts, has left him and taken their children. And his dreams of his running his own business are shattered when he's refused a loan.

Basically, Bicke is angry (surprise) at the American capitalist system that keeps the "hard-working people down." His paranoia drives him to extreme measures in a chilling climax involving the then President Richard Nixon.

Alright, so I've torn into Sean Penn, but I have to admit, he is great at playing an angry dude. Assassination of Richard Nixon benefits from his ability to portray rage and desperation. But conversely, Penn benefits from a character written perfectly for him.

And the script is the film's strongest point. Assassination deals interestingly with race, which is true to the time the film is based on (1974). Don Cheadle (Hotel Rwanda) plays Bicke's best friend and business partner. When they are refused a loan, Bicke accuses the bank of being racist.

Also, Bicke attempts to join an African American activist group offering up that "he's just like them." This gives an extra dimension to Bicke's character.

Assassination isn't overly preachy of the left-wing. The film shows the worst possible outcomes of living under capitalism, but more so it's a compelling story of the paranoia that was seemingly prevalent in the '70s, and the dependence on achieving that American Dream.

Ultimately, Bicke is a criminal in the making, but screenwriter Kevin Kennedy and writer-director Niels Mueller (making his debut) cleverly show his human side, and how a man facing a series of hardships can be driven to literal insanity.

Life through lens

BY RYAN HLADUN

Tarnation
***
Cinematheque
March 18-24

****WARNING: ART FILM REVIEW ALERT*

It's quite surprising that a movie like Tarnation has never been done before.

Tarnation is essentially a video diary of director Jonathan Caouette. What's remarkable about it is how Caouette gathered a lifetime of scattered home video footage and mashed it together to form a (kind of) coherent story of his life.

He lays everything on the table: how he grew up as a gay teenager; dealt with a schizophrenic mother; suffered through abusive foster parents; and how he grew up to get past it all.

You have to get a sense of what exactly this film is about before you go in, because you'll either love its artfulness and seriousness, or hate its tediousness.

The film was shot on multiple commercial handheld cameras over the span of 20 plus years and was edited with free Apple moviemaking software. All of his explanation is text superimposed over distorted avant-garde style home video footage.

Shocking clips include footage ranging from, when Caouette was living with his grandparents (capturing them putting on a show for the camera, while he imposes text over them explaining abuse); his mother in a state of stupefied rage at different points in his life; and from recently when he's living with his boyfriend in New York.

The most disturbing scenes are certainly bizarre, as a 12-year-old Caouette pretends to be a drag queen in his room in front of the camera.

The film needs careful attention and absorption for it to make a lick of sense. No, you don't have to glue your eyelids open and stare at the screen for 90 minutes – you just need to watch and listen with an open mind, and maybe appreciate what Caouette has done.

What has he done anyway? Because really, lots of people have problems in life – so who cares about this guy? In my opinion, it's not about that. It's about how he's basically shown that anyone can make a film. And look for copycats to be right around the corner.

Is this a good thing? Without a doubt it is. The best stories come from personal experience, and who better to tell them then the people who have these experiences? Only now, others will have the guts to.

Tarnation is best piece of amateur filmmaking I've ever seen, but there's potential for someone to do it better.

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'Peg booming filmfest hub?

NSI filmfest a success

BY ALAN MACKENZIE

Is Hollywood North moving west?

Well, Winnipeg might not be the first place audiences think of when it comes to film festivals, but that could soon change.

This year the city hosts two film festivals – one that just wrapped a successful seventh year and another that will make its debut this summer.

Even though the seventh annual NSI (National Screen Institute) FilmExchange film festival was two days shorter this year, the overall attendance was significantly higher. The festival, which ran March 2-5, saw an increase in its average film screening audience of 21 per cent from 2004, and a 41 per cent increase in attendance at industry sessions, parties and receptions, according to NSI spokesperson Chris Vajcner.

FilmExchange publicist Polly Washburn says it appears having fewer events was a good move for the festival.

"People didn't have to choose between shows this year," says Washburn. "They could save time and see the shows they wanted to see."

Many screenings, including Mike Dowse's *It's All Gone Pete Tong* and two screenings of Stryker, the controversial film about native street gangs by local director Noam Gonnick, were sold out.

However, next year may not see a similar small-sized NSI festival.

"We're still working that out," Washburn says. "Next year will be our anniversary, so we'll want to do something special."

NSI is a national film training school that formed in Winnipeg in 1986, and the FilmExchange Festival is the only film festival in the country that promises 100 per cent Canadian content.

But it's up for some competition. Winnipeg's newest film fest, however, will be quite different.

As the name suggests, the Winnipeg International Film Festival will feature motion pictures from around the globe. The festival will feature a mixture of short and feature length dramas, comedies, and documentaries.

The festival is sponsored by withoutabox.com, a festival submission service that allows filmmakers to submit their films to hundreds festivals around the world simultaneously.

WIFF will run June 9-12, and festival passes are already available. If purchased before Mar. 31, an all-access pass will cost $49.99, but will cost $99.99 anytime after that.

The festival will announce its full program on May 16.

In addition, Manitoba's film community offers the Gimli Film Festival, Freeze Frame festival, and the University of Winnipeg's festival, which is heading into its fourth year in April.

Red River College also debuts its own festival this year, with the Extreme Design Challenge on March 24.

public service announcement

director's cut

RYAN HLADUN
Columnist

Ten movies to see after school's out

The last days of school aren't counting down fast enough, and I don't know about you people but I'm looking forward to having some much needed free time with the silver screen. The spring-summer months have some promising movies lined up that (I hope) won't disappoint like last year's did.

10. Mr. and Mrs. Smith

The movie that broke up Hollywood's most high profile marriage – rumored home wrecker Angelina Jolie and Brad Pitt star as a husband and wife who find out they're assassins hired to kill each other.

9. Doom

The Rock, coming off a stellar performance in Be Cool, stars in this highly popular video game adaptation, about a team of special ops soldiers sent to battle mutants on a faraway planet in the distant future.

8. Charlie and the Chocolate Factory

Tim Burton (Big Fish) and Johnny Depp are back together again in a remake of the 1971 classic. Depp is Willy Wonka, the bizarre owner of a mystical factory, and if Burton sticks to his guns, it should be darker than its predecessor.

7. Cinderella Man

Will another boxing movie take home Oscar next year? It's probably too early to tell, but director Ron Howard and star Russell Crowe are still hoping. Crowe stars as a Depression-era boxer who scores a mega upset.

6. Kingdom of Heaven

Ridley Scott switches gears from Matchstick Men back to his prized Gladiator with another sword to shield epic. Orlando Bloom stars as a 12th century blacksmith taking up arms to fight off invaders during the Crusades.

5. Sin City

How hot does this movie look? Robert Rodriguez (Desperado) teams with Frank Miller (comic book creator), and Quentin Tarantino in this adaptation about a man seeking redemption in a dark city that looks like nothing I've ever seen.

4. Fantastic Four

Another year, another Marvel Comics adaptation. But with a relatively unknown cast and an apparently part-comedic script, can the story of a team of four astronauts-turned-mutants give us something different?

3. War of the Worlds

Steven Spielberg's sci-fi epic based on H.G Wells' celebrated novel was seemingly rushed into production when it was announced only last year. But even a rushed Spielberg is something special. Tom Cruise is his man again trying to save Earth from Martian invaders.

2. Batman Begins

If any franchise deserves a resurrection under new guidance it's the Dark Knight. Proven director Christopher Nolan (Memento) is looking to be the franchise's saving grace in this prequel. With a killer cast led by Christian Bale as the young Bruce Wayne, Liam Neeson, and Oscar-winner Morgan Freeman, Batman Begins is expected to bring us back to the days of Tim Burton and Michael Keaton – with Nolan's dark touch.

1. Star Wars: Episode III–Revenge of the Sith

After two sub-par prequels George Lucas is selling Revenge of the Sith as "darker" and "not for children," and is promising a kick-ass fight between Anakin Skywalker (Hayden Christensen) and Obi-Wan Kenobi (Ewan McGregor). Episodes one and two will be worth it after seeing Anakin's descent to the dark side and hearing the Darth Vader score once again.

Poetry event limited

Speaking Crow

Not necessarily for everyone

BY JEN ZORATTI

When I walked into Dregs to attend Speaking Crow, I immediately felt like I should be a vegetarian international development studies major from the U of W carrying a book by Kafka, wearing glasses and having profound thoughts in my head at all times.

Ok -- I'm being too general perhaps. But it's true that a certain audience is conjured up when you think of a poetry reading, and more specifically, a poetry reading at Dregs. As I was sitting there, it was strange – I felt somewhat alienated in a very warm and inviting place.

Dregs is meant to be an arty sort of place. And being an arty sort of girl, I thought I would enjoy it. From the stunning black and white photography on the walls, to the mish mash of '50s era paisley chairs, you quickly realize that this place is trying to be comfortable, inviting and for everyone and anyone. It's a space in which you can supposedly feel creative because it is creative.

In the corner, there is a chalkboard on which lyrics and poems are scrawled. Looking over the words in fading colours, I felt torn. I couldn't decide if I thought this joint was pretty...or pretentious.

I guess pretentious is a harsh word. But the truth is Dregs is not meant for everyone. There is a specific group of people that it's meant for. There are an unspoken dress code, political belief system and social system in place here. And I thought that was only with cliques in high school.

I was feeling mildly disappointed by this. But then the poetry reading started, and my tune changed.

Speaking Crow begins with an established poet reading his or her work, followed by an open mic session. This evening's poet was Uma Parameswaran, who is an Indian immigrant and teaches creative writing at the U of W. She read a series of her poems, all of which beautifully combined Indian and Canadian culture.

Parameswaran gave a subtle, engaging performance. With her charming accent and R's that purred, she told us both comedic and a tragic stories through different narratives. Sometimes it was the voice of a little girl; sometimes a woman.

But it was the poem from the voice of a little boy that stayed with me. He is an Indian immigrant talking about his experiences in a Canadian school. He asks why he can't be named Jim or John.

"It would be nice to be like everyone else, you know?" he said in his last line.

That line seemed to sum up my whole experience at Dregs. In a culture that stresses the importance of being unique, we all ultimately end up wanting to be the same. Maybe being accepted is not just for high school. Maybe what's "cool" has changed.

But hey, if being socially aware and listening to eye opening poetry is considered cool, then that can't be a bad thing. And besides, if you can't be pretentious at a poetry reading, where else can you be?

Book tells it like it is

BY JEN ZORATTI

He's Just Not That Into You
By Greg Behrendt and Liz Tuccillo

He's just not that into you. That is one sentence your girlfriends will never say to you when you are venting about a guy. Think about it. It would never happen. Why? You'd get defensive with them (or kill them) – it just wouldn't happen.

Don't worry. I felt exactly the same when reading the first few pages of He's Just Not That Into You. What does that mean, anyway? That's stupid. He's just, you know, afraid of commitment? Or shy? And what does a self help book know anyway? Everyone knows they're inherently lame.

Then I realized that I had inadvertently stumbled upon the premise of the whole book: women love excuses. Sometimes we give entirely too much credit to the current Prince Charming in our lives to realize that he's a jerk/workaholic/narcissist who's too in love with his dog/mother/self to call/write/notice you. And that's hard. So, we make the "he's too busy" or "he's too scared" excuses everyday. And this is where Greg Behrendt and Liz Tuccillo step in to tell us otherwise intelligent women that we should stop giving time to these wastes of time.

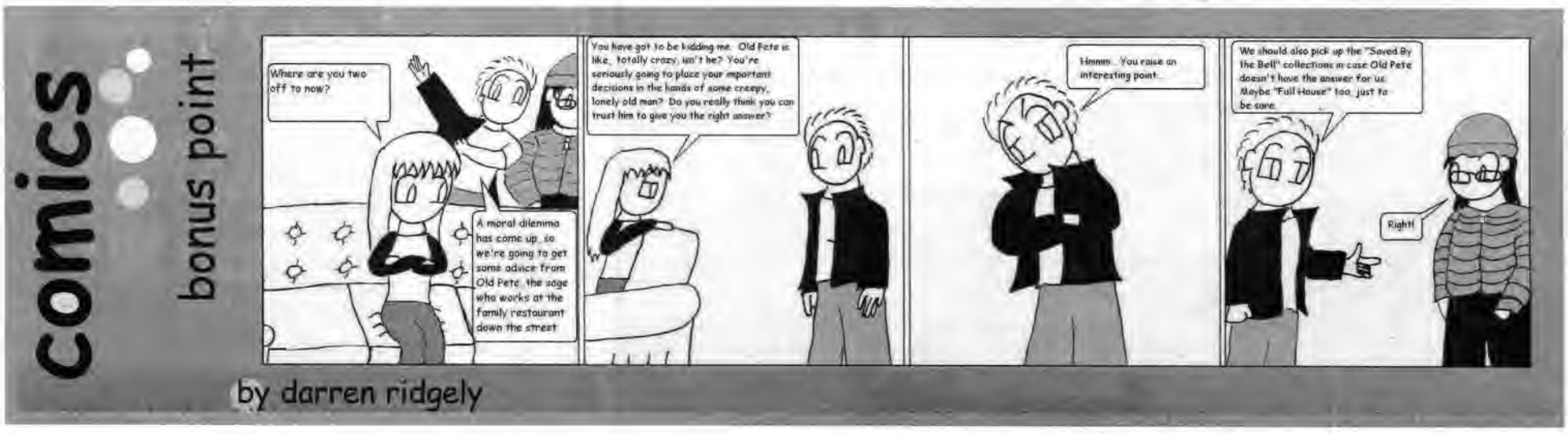
Based on an episode of Sex in the City, Behrendt and Tuccillo, who write for the famed show, dish out advice that puts even your best gal pal to shame.

Subtitled as The No Excuses Truth to Understanding Guys, Behrendt and Tuccillo answer letters from women who make the same excuses over and over for guys that just aren't that into them.

In fact, the book is broken up into chapters titled by excuse. Some include, he's just not that into you if he's not calling you, and he's just not that into you if he's not dating you.. The result is an engaging, funny and thought provoking read that encourages women everywhere to not "waste the pretty."

Sure, the catch phrase sounds gimmicky and to some, a little dream-shattering. But that actually couldn't be further from the truth. Here are two people who finally have told women in the dating scene what no one had the guts to. Sure, it's tough love, but it's also incredibly liberating (and immensely entertaining) to read. It's a fast paced, provocative look at the dating scene and the quest for the elusive 'one' from both sexes. The result is balanced, but sometimes conflicting, advice.

Essentially, what we learn from Behrendt and Tuccillo is this: Sometimes he's just not that into you. And you know what? That's ok. There's someone out there who is.



Cannes offers lots of laughs

A must-see for avid commercial lovers

BY JAY VOGT

Orgasms in elevators, men breast-feeding, intoxicated seeing eye dogs, and a water boy are all a part of the Cannes Lions festival, which kicked off their annual commercial extravaganza at the Winnipeg Art Gallery on March 16 in front of an uproarious crowd.

Leading off the evening were the bronze medal winners, beginning with a Canadian ad for Bud Light where a small dog takes a bite out of a man's crotch.

Budweiser followed with their popular commercial featuring a verbally abused football referee, who is shown calmly taking a verbal beating from a coach (then cutting to a clip of the referee at home taking a similar tongue-lashing from his wife). It was a great bit by one of the industry's masters.

Serious subject matter was also addressed, including a well done ad for Alzheimers awareness, and a public safety ad by Heineken showing the dangers of drinking and driving, where a drunk seeing eye dog stumbles towards traffic as his unsuspecting owner follows behind.

A Durex Condoms series of ads depicting a man having a seriously delayed orgasm while standing in an elevator with a female counterpart got some of the biggest laughs of the night.

The silver medal winners followed and the main highlights from these were from some unlikely sources. A commercial shot in a French class where they blame most health problems on speaking English.

For my money, maybe the funniest commercial I saw came from a Brazilian gym call Companhia, where a man holding a baby is unpleasantly surprised when the baby assumes the man's blubbery chest is its mother and it begins to nurse. The caption reads, "Need to get in shape?"

The golden prize winners were strong as well, and a few of them ads really stuck out in my mind, including another Canadian ad – Mr. Really, Really, Really Bad Dancer for Bud Light, and of course the previously mentioned water boy commercial, which was one of the weirdest ads that I saw all evening.

The Grand Prix winner was called the Mountain by Sony Playstation 2 from the United Kingdom, which was a visual and audio medley, synthesized perfectly to form what should rightly be called an artistic epic.

It was the epitome of what all commercial craftsman should strive for – not to over sell it or anything. The Cannes run until April 30 and I highly recommend getting down to the WAG and checking it out.

the 2004-05 Projector Staff

bids you adieu.

au revoir.

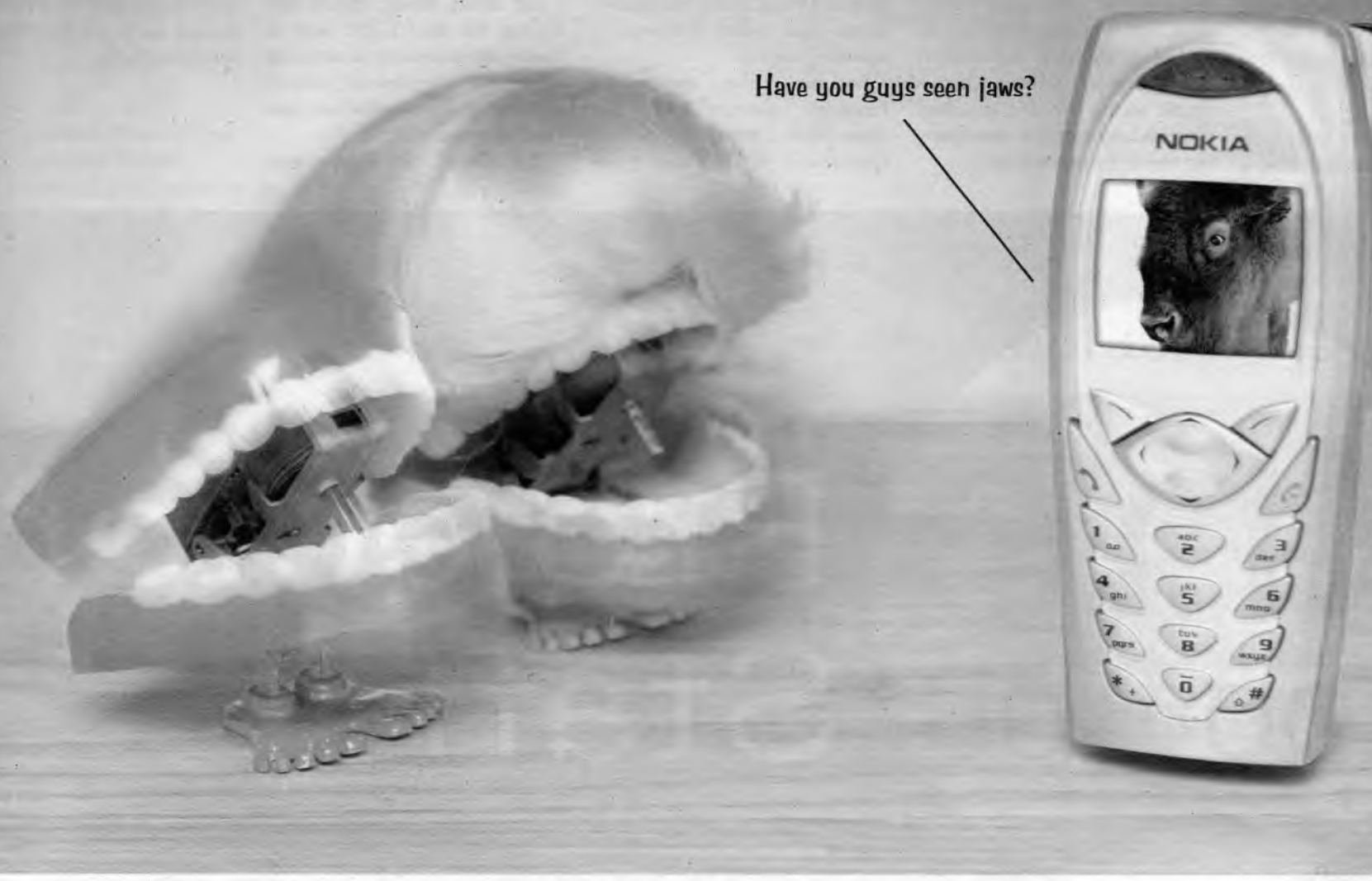
ciao.

sayonara.

good-bye.

& thank-you.

More yadda-yadda. Less moolah-moolah.



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