Red River College

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Are we good enough for Maclean's?

THE PITFALLS OF COLLEGE RANKINGS

Conor Lloyd
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Canadian universities are ranked annually by Maclean's magazine to help prospective students when they decide on their future. However, Canadian colleges aren't ranked, leaving those who aren't considering university as an option, in the dark.

Should these surveys be expanded to colleges or do they do more harm than good for our post-secondary institutions?

Angie Herrera, president of the Red River College Students' Association, believes that there isn't a lot of merit to ranking Canada's colleges on a national level.

"Colleges throughout Canada are extremely different," said Herrera, "it would be hard to rank them. You would have to lump them into one group. It wouldn't give you a fair picture of what the strengths of each college are."

In 2006, the University of Manitoba advised Maclean's magazine that they would not participate in the university survey. The university was concerned with Maclean's methodology believing the information collected did not accurately reflect the strengths of the school. As well, the universities of Dalhousie, Simon Fraser, Alberta, British Columbia, Calgary, Ottawa, Toronto, among others, refused to participate in the 2006 survey.

Garry Sran, president of the University of Manitoba Students Union, is worried that ranking systems like the Maclean's model affect students in a negative way.

"When you introduce a ranking system schools become more concerned with a list rather than providing to the students," said Sran. "Money should be directed to the core of the school—not to public relations."

Of the three universities ranked in Manitoba, the University of Winnipeg continues to stay in the top ten. However, these results don't have the University of Winnipeg Students Association (UWSA) supporting Maclean's magazine either. UWSA President David Jacks doesn't think the results have transcended to the student population.

"It may instill pride amongst the student body and the faculty but I haven't seen any results for the actual student on campus" said Jacks.

So if the ranking system isn't an effective measuring stick for prospective students what is? Jacks suggested doing your own research and looking at schools that are of interest to you and Herrera said an evaluation of the colleges programs and not the college itself would be a better tool for prospective students.

"I think if you compare the programs (of other colleges) and not the schools it would provide a better picture, rather than just a broad view. It can help you make a better decision," she said.

National Technology Week Hits College

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During the week of Nov. 5, Red River College took part in National Technology Week.

The week is coordinated by the Canadian Council of Technicians and Technologists to showcase the career choices available in the engineering and applied science fields.

Red River College took part by holding a pep rally on Nov. 7 in the South Gym of the Notre Dame Campus. Instructors from the Electrical/Electronic program were on hand to inform visitors and students. They also set up a number of experiments and inner-workings of devices to create enthusiasm around National Technology Week.

"We noticed some drop in interest in the area," said Haider Al-Saidi, chair of the Electrical/Electronic program. "As a department, we needed to educate, especially on the high school level."

Other than the pep rally, the events planned for the week were high school competitions. On Monday, there was a cardboard boat race. Students built boats out of little more than cardboard and duct tape and designed them to hold up their own weight and race across a pool.

On Friday, there was a competition to build working model wind turbines.

The challenges are designed to challenge the teenagers' minds, while getting them to have a good time as well, said Al-Saidi.

The competitions at the pep rally were nowhere near mind challenging, but they did create a lot of enthusiasm. The pep rally pitted the electrical/electronic students, civil engineers, and mechanical engineers against one another, in a hot dog eating contest and a tricycle race.

Hot 103 DJ Chrissy Troy hosted the event, and during the hot dog eating contest, she couldn't help shouting innuendos to the students eating wieners. After four minutes, which was enough time for two contestants to get sick, the eating contest ended.

The tricycle race took place on the South Gym's upper running track. It turned out to be quite furious. "We were going to donate these tricycles to the daycare downstairs," Troy said, "but you guys totalled them!"

As competitive as these three teams were, the Red River Raycer is a solar-powered car that requires all of their co-operation.

"We've got a great group of students so far. Many are doing their final projects on the Raycer," said Leon Fainstein, an instructor for Mechanical Engineering, and staff team leader of the solar-powered car.

Fainstein said that although the mechanical and electrical engineering students that are volunteering are doing a great job, he's looking for volunteers from every department Red River College. "I'm really hoping that we get volunteers for hospitality, or event-coordination, or a culinary student could for cook for the team," he said.

International News Briefs

Compiled by Chris Webb
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ALBERTA TAR SAND OPERATIONS POISONING ATHABASCA BASIN

High levels of cancer-causing toxins are being found in areas downstream of Fort McMurray's oilsands, says a study commissioned by residents of Alberta's oldest community. Waters in Fort Chipewyan contain high levels of arsenic, the fish are contaminated with high levels of mercury and polycyclic aromatic hydrocarbons - another pollutant - are higher than they should be, said Kevin Timoney. Timoney is the ecologist who studied the waters and sediments in the Peace-Athabasca Delta near Fort Chipewyan, 610 km northeast of Edmonton. However, the study found that the hamlet's drinking water was safe. Residents are not surprised with the results of the study because their elders have been saying all along something is wrong with their water. Timoney's findings re-ignited Mikisew Cree First Nation's call for a moratorium on oilsands development. "The federal and provincial governments are continuing to issue approvals for projects despite all of the uncertainties with the true environmental effects of oilsands development," said Russell Kaskamin, a councillor with Mikisew Cree.

FORMER POL-POT HENCHMAN FACES UN COURT

Police and security guards from Cambodia's "Killing Fields" tribunal arrested former Khmer Rouge Foreign Minister Ieng Sary on Monday, the third Pol Pot henchman to be taken into custody by the U.N. backed court. The octogenarian, who became the international face of the Beijing-backed ultra-Maoist revolution after it was overthrown by a 1979 Vietnamese invasion, will be charged with crimes against humanity and war crimes, a tribunal statement said. His wife, Khieu Thirith, another member of Pol Pot's inner circle and the sister of Pol Pot's first wife, Khieu Ponnary, was also arrested to face charges of crimes against humanity. Khieu Ponnary died in 2003 after a long mental illness. An estimated 1.7 million people were executed or died of torture, disease or starvation under the Khmer Rouge between 1975 and 1979. Ieng Sary has denied having anything to do with the atrocities but spent much of the 1980s defending Pol Pot at the United Nations while remnants of his black-shirted guerrilla army continued to fight from the jungle. He and Khieu Thirith are the third and fourth senior cadres to be arrested since the $56 million tribunal got off the ground in earnest this year after almost a decade of delays.

UN WILL VOTE ON DEATH PENALTY

A resolution calling for a worldwide suspension of the use of the death penalty has been introduced at the United Nations General Assembly. The resolution, to be voted on this week, calls for countries which still have the death penalty to introduce a moratorium. Eighty-one of the 192 UN members back the resolution, but there is strong opposition from countries which still use the death penalty, led by Singapore. General Assembly resolutions are not legally binding but can have a significant influence on international opinion. Twenty-five countries carried out executions last year.

THE ARCADE FIRE RAISE AWARENESS OVER HAITI

Last weekend, the Quebec based band played to the largest indoor audience of their career, estimated at over 14,000, at the Manchester Evening News Arena. Concert-goers were provided leaflets titled "Haïti mon pays. Wounded mother I'll never see" which detailed the group's support for the non-profit healthcare organization Partners In Health (PIH) and its Zanmi Lasante healthcare centres in Haiti. PIH promotes a uniquely sovereign social agenda for the people and the public institutions it works with. While providing free healthcare to patients, PIH has worked with Haiti's governments to promote sustainable public healthcare services. The Arcade Fire's initial inspiration to work for social justice in Haiti appears to have come from memories of suffering under the Jean-Claude Duvalier dictatorship (1971-86) by the band's co-founder Régine Chassagne's family. "The reason that we find Partners In Health so inspiring is that their mission is not one based on simple charity or missionary goodwill, but on standing with the poorest people in Haiti where they live, and serving them as they would a loved one," said the group in a statement.

Sources: Sun Media, Reuters, Interworld Radio, HaitiAnalysis.com

Red River College
STUDENTS' ASSOCIATION

Make it yours!

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Up Coming Events

Nov.19 - Dec.3
Holiday Kegger
Nov.28 - NDC
Nov.29 - PSC
6-8PM

Cram Night
Dec.3rd
6-8PM
Both CAMPUSES

Find us on FACEBOOK "Red River College Students' Association"

Message from the Executive

Hello students of Red River College,

It's time for another wonderful issue of the Projector. We all agree, here at the SA that this year's Projector has been top-notch. Kudos to all the writers and staff.

How's everyone year going so far? I'm sure many of you are busy with projects, tests, exams, clinical. But fear not, we're only 5 weeks away to Christmas Break. So hang in there!!

There are a couple of exciting events happening at both campuses. Starting with the Grand Opening of the Cave at Notre Dame Campus. If you have seen the Cave before prepare for a shock. Gone are the old dingy futons and crappy lighting. The new cave has all new furniture, a new stage and new state of the art AV Equipment. But don't take my word for it, come to the Grand Opening, Nov.20th and see for yourself. We also have the Holiday Keggers at both campuses and Cram Night on Dec.3rd.

From November 12th-17th, Angie Herrera and Dean Mary were in Ottawa to participate in a Lobby Conference held by the Canadian Alliance of Students' Associations (CASA). Delegates met with the Federal Government concerning the affordability, accessibility, quality and innovation of Post Secondary Education for students across Canada. If you wish to see the conference report and related material, please contact Angie for more information.

So, enjoy this issue of the Projector… (I know I will)

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NeutralNOW

RRC TAKES FURTHER STEPS TO REDUCE STUDENT WASTE

Mitchell Ducharme
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Chinese pandas live in a chain of 14 reserves amid six small areas of land on the eastern rim of the Tibetan plateau. Now you can wear what is known to be the staple of the panda's diet—bamboo—right here at Red River College.

The Red River College Bookstore carries a line of clothing called renu, which is manufactured by the Canadian clothing manufacturer Bruzer. The clothing is made with materials consisting of 60 per cent bamboo, 35 per cent organic cotton and 5 per cent spandex. Bamboo and organic cotton are materials, which are highly sustainable and grow quickly without the use of pesticides or fertilizers. This clothing line is one of the many recent carbon-neutral initiatives established by the RRC Bookstore.

Some of the other carbon-neutral initiatives include offering items with less packaging to the students. Items like erasers, pens, felt-tipped markers and highlighters, are now bought in bulk supply. They come in boxes without the unnecessary packaging previously seen on store shelves.

"Whenever possible, we encourage the students to buy items that have less packaging," said Alison Letourneau, manager of the RRC Bookstores. "We have an affordable loose-leaf line, scribblers and note pads all made from recycled paper."

RRC Bookstores also support the Better World Books Program. The large boxes outside the bookstores are meant for collecting students' used books. These books are collected for Books for Africa and are shipped in amounts of six to ten palettes a year. Approximately 29,000 books are collected from both the Notre Dame Avenue and the Princess Street Campus annually.

The bookstores' used book sales are up by 50 per cent this year," said Letourneau. "That is another means of less paper usage. Rechargeable batteries are popular buys too. This year we installed a New Inventory Manage System, which helps order stock so there aren't a lot of unsold items. In 2005, 40 per cent of books were sold. The returned books, $2 million worth, required more packaging to ship back. The books are ordered so there are no extra left...Also, starting in January, if students make purchases at the bookstores and ask to not use a bag we will take five per cent off sales."

Amanda Fontaine, 22, and Cynthia Hardisty, 39, are both in their second year of Computer Applications at RRC. They both said they were happy with the green initiatives the bookstores have implemented.

"The clothing is comfortable; they're nice," said Fontaine. "I usually bring my own bag to the bookstore when making purchases, but receiving 5 per cent off for supplying your own bag is a great selling feature."

"I didn't like the colours, but I'd still wear it because it's comfortable," said Hardisty. "A lot of stores are beginning to ask you bring your own bag—it is saving the environment."

Clark Cunningham, director of Campus Services, wants to remind everyone to ask for the biodegradable take-out containers when leaving the Voyageur or the Buffalo Cafeterias with food.

"The biodegradable food service line at the cafeterias are our own initiatives," he said. "Tim Hortons reduced prices on the travel mugs. There have been 150 – 200,000 Tims cups reverted from landfills, because of the travel mugs. Tims' patrons receive a 10 per cent discount on coffee for using travel mugs. Up until now we've never sold more than 500 mugs."

Both Fontaine and Hardisty agree that the biodegradable food service line is a great idea, but would like to try the items first-hand before giving their thumbs-up assessment.

Java Justice

FAIR TRADE COFFEE AT RRC

Jolene Bergen
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Java junkies will soon be able to make the ethical choice when it comes to their morning fix. The new Princess Street cafeteria (in the old Tim Hortons location) will now be offering fair trade coffee.

Tim Hortons does not.

While they are working on a plan to answer the pleas of financially crippled coffee farmers, customers are left waiting.

"Tim Hortons believes that sustainable coffee production provides the best opportunity for a long term solution that involves the farmers directly in a solution without any handouts," states the memo sent from Donald Schroeder, executive vice-president of administration at Tim Hortons Alberta office. The company is involved in a pilot project to "give the farmers the assistance they need to improve the quantity of the coffee they produce, to improve its quality, and to assist them get their coffee to market."

The plan involves offering technical assistance, investments in infrastructure, encouragement of crop diversion, and education on international markets to help farmers produce more profitable yields. The project was launched in 2005 in three separate regions in Guatemala, Columbia, and Brazil, affecting approximately 700 coffee farmers. The hope is that farms will be sustainable and independently viable after three years. Tim Hortons aims to "fund at least 2 similar projects each year thereafter."

For now, the new cafeteria will be the only on-campus option, offering up to four fair trade premium market blends marked by special identification labels.

"It's our corporate commitment that we should assist groups with fair trade, recycling, and sustainable products," said Gerry Ellis, district manager for Aramark Refreshment Services, supplier for Red River College. "We are giving choices to customers, to help the people of the world.

Cooperative Coffees is a fair trade coffee importing cooperative. Their website, coopcoffees.com, says "By taking a simple step of buying only fairly traded coffee, you send a signal to others that this is the best form of trade. More importantly your purchase directly benefits the poor farmers and their families."

Conscientious consumers will have to dish out about an extra nickel for the coffee, which goes directly to the higher price of the product. Ellis believes the price will continue to drop as farmers become established.

"Fair Trade coffee is becoming a lot more commercially profitable, the cost difference is not as great as it once was," he said.

Besides, according to Ellis, "it's much better coffee."

10 Standards for Fair Trade*

1. Provide opportunities to disadvantaged producers
2. Establish transparent and accountable organisations
3. Developing capacity for independence
4. Promote Fair Trade
5. Payment of a fair price
6. Gender Equality
7. Safe and Healthy Working Conditions
8. Protection of Child Labour
9. Environmental Protection
10. Long-term commitments between producer and purchaser

Source: International Fair Trade Association (www.ifat.org)

SERC ERMY

THE CHALLENGES OF ETHNO-RACIAL SEXUALITY

Kim Kaschor
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Three years ago, the Sexuality Education Resource Centre (SERC) launched the ERMY project, a community-based research project aimed at addressing the unique experiences of ethno-racial minority youth (ERMY) when it comes to dating and sexuality.

The SERC project sought to give an accurate portrayal of ERMY by hiring within its community. The result was a group of researchers with common cultural experiences. "The people conducting the research should know what the issues are," said Sarah Stephens, Research and Evaluation Coordinator for the project, "they need to have empathy and an understanding of the issues."

Research was conducted over a three-year period—a year of which those hired trained in ethics at the University of Manitoba.

Mainstream values often conflict with those of ERMY, especially around sexuality and dating, said Stephens. She also said the gap in information about ERMY does not encourage cultural sensitivity among service providers, including teachers and guidance councilors. She said they need to understand that "what works for mainstream youth won't work for ERMY."

For many ERMY, issues of dating and sexuality are not experienced until after they are finished school. Of those who participated in the study, many were not permitted to date until after university.

The study focused on ERMY between ages 20 and 28 because the need for parental consent when interviewing those under 18 presented too big a challenge. Parental consent is not required for sex education in school and SERC has, as one of its recommendations from the project, plans to incorporate their research in that education.

SERC hopes to train a group of ERMY as educators and have requested funding from the Canadian Heritage Multicultural program, the same program that funded the research project. The group would provide peer education and a one-on-one service focused on mentoring, services that could supplement an already existing curriculum.

"Sexuality education is now a mandatory curriculum of health education," said Roselle Paulsen, a professional education and training coordinator. She works for SERC, providing information and training on sexual health to school teachers.

As part of their outreach, SERC had a team of professional ERMY construct a website that addresses the project's results and seeks to connect ERMY through shared experience.

"Canada claims to be a multicultural society, but it really isn't inclusive yet," said Stephens, reflecting on comments made by those interviewed.

To Stephens, making these kinds of research gains contributes to a "two-way process" whereby immigrants to Canada have just as much to offer to Canada as Canada has to offer them.

"You can't approach it as if you don't have anything to learn," he said.

To learn more about the project visit www.serc.mb.ca/ermy

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Water worries

Julijana Capone
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Maude Barlow, long time activist, author, and National Chairperson of the Council of Canadians, made an appearance at Crossways in Common Community Centre on Nov. 2. About 100 people were in attendance at the event, which focused exclusively on the issues involving the privatization and exportation of Canada's water.

The assumption that there is an abundance of water in Canada is just not the case according to Barlow. In fact, we are facing water shortages.

"First Nations communities across the country are in crisis around their drinking water. At least 86 (communities) are under boil water drinking advisories," said Barlow.

On a global scale, "over 1.1 billion people do not have access to safe, clean drinking water, while 2.6 billion still are without adequate access to water for basic sanitation," based on The Council of Canadians press release titled, "A National Disgrace: Canada's shameful position on the right to water."

"There are 36 states in The U.S. that are in water crisis," said Barlow.

Canada is on the brink of major negotiations with the U.S. to export water. Barlow said a think-tank funded by major corporations such as Coca Cola and Lockheed-Martin are currently advising the American government and the Pentagon on water as a security issue. Lockheed Martin is the world's biggest weapons manufacturer.

America's water is depleting at an exponential rate and these measures show just how seriously the issue is taken. What the American government is ultimately trying to figure out is "how to make Canada's water North America's water, just as they've done with energy," said Barlow.

With the introduction of NAFTA (North American Free Trade Agreement) Canada's national water policy protecting our water disappeared. "Because of NAFTA we cannot bring in a ban on the exportation of water," said Barlow. "But we can bring in voluntary bans on a provincial level."

"The best ways of approaching a lot of these problems would be working to have that agreement (NAFTA) removed. During the next election we should force candidates to take a firm stand on NAFTA, in writing that they will tear NAFTA up if elected. The government is a shill for corporations. They're not working for us anymore," said James Sinclair, a 55-year-old attendee concerned with Canadian sovereignty.

Barlow feels "the two most important things we can do (in regards to water) are conserve and make sure everybody has access to water. Which means giving water to the poor, and corporations can't make money doing that."

the Dr. Seuss you didn't know

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Here is a fact you might find nifty, the Cat in the Hat and the Grinch turned fifty. And while you might know about kid's books and more, Dr. Seuss tackled Hitler and also the war.

This year marks 50 years for the Dr. Seuss book "How the Grinch Stole Christmas." But while the famous green scrooge will forever tie the author to Christmas, it might be more fitting to discuss Seuss around Remembrance Day.

The political side of the beloved author is something that often goes unmentioned. Before he was a known children's book author, Theodore Seuss Geisel, better known as Dr. Seuss, worked as a political editorialist for a small New York newspaper called PM.

In 1941, Seuss sent a letter and a cartoon to the small paper. It captured his frustration with American politicians who felt the growing war in Europe was of no concern. The paper not only printed the editorial but also hired Seuss on as a full time cartoonist. He spent the next 23 months publishing nearly 400 cartoons depicting figures like Hitler and Mussolini while trying to aid the allied war effort.

"You can't take politics out of Dr. Seuss ever, because he was so political," said Kevin Shortsleeve, a University of Winnipeg professor who wrote his dissertation in part on Dr. Seuss and social unrest. "He was a government trained propagandist from World War II. He worked out in L.A. at Fort Fox making propaganda films and propaganda cartoons."

After his time with PM, Seuss enlisted with the U.S. Army. He worked for the Information and Education Department where he created materials designed to aid American soldiers stationed around the world. Seuss put his talents to use with the Treasury Board writing ads to encourage the sales of stamps and war bonds and was awarded two Oscars for his documentary films: Hitler's Lives (1946) and Design for Death (1947).

Seuss made one trip to Europe during the war to premiere one of his films before military personnel. It ended up with him behind enemy lines for three days during the Battle of the Bulge. In a 1960 December issue of the New Yorker he told E.J. Kahn Jr., "Nobody came along and put up a sign saying 'This is the Battle of the Bulge'," Seuss continued, "How was I supposed to know?" He was later rescued by British troops.

Following his time with the army Seuss returned to writing children's books, publishing almost one a year until he died in 1991.

"He was always involved in something political even if it was outside of his books. He was still campaigning for this and that," said Shortsleeve, "So the political edge to Dr. Seuss is kind of always there. Sometimes it is just anti-authoritarian generally, as opposed to very specifically against something, but often it is very specific."

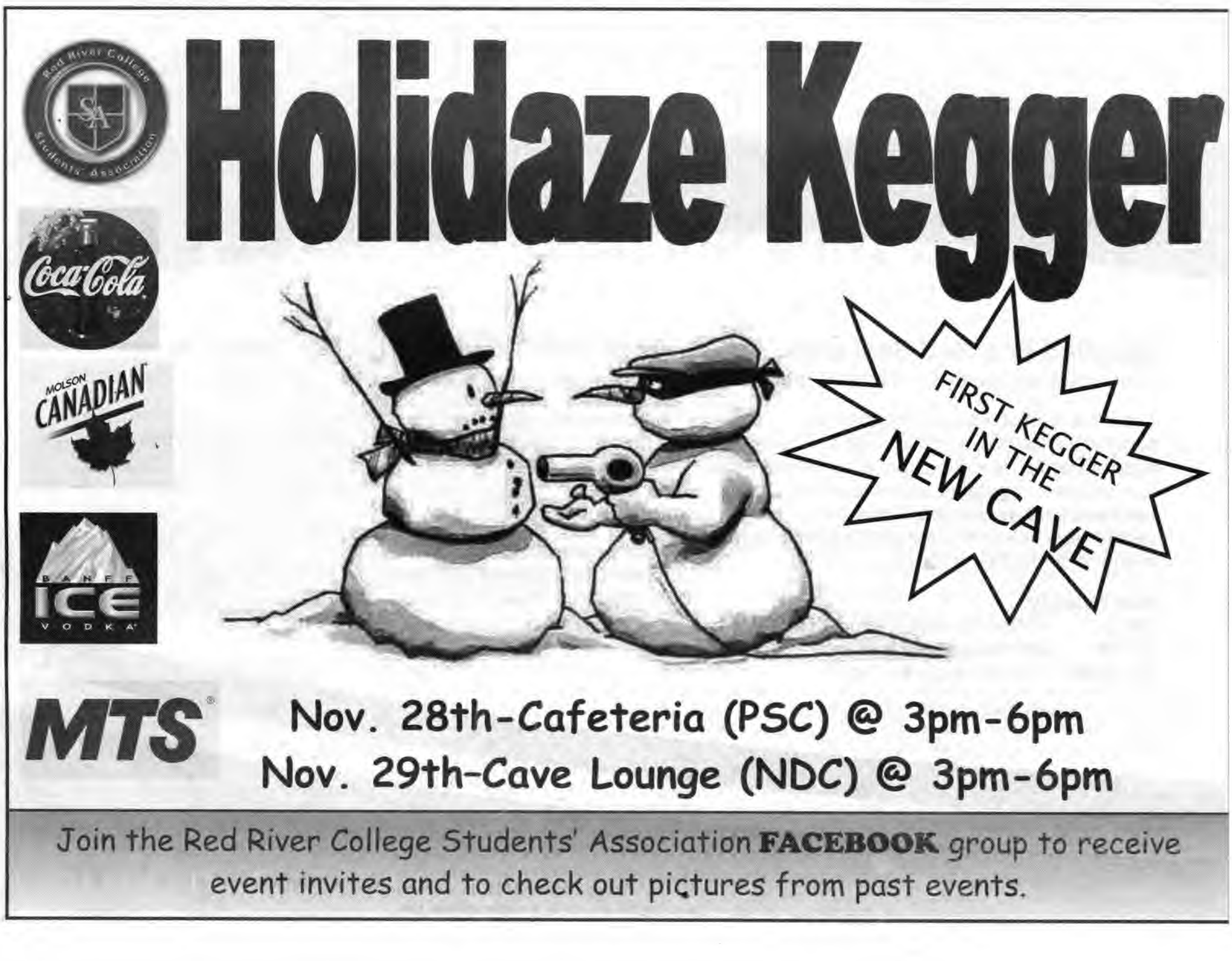
Seuss himself understood the importance of writing for children. In an essay he published entitled "Writing for Children: A Mission Seuss" he wrote, "Children's reading and children's thinking are the rock bottom base upon which the future of this country will rise. Or not rise."

He continued, "Writers are beginning to realize that books for children have a greater potential for good or evil than any other form of literature on earth."

His post war books are considered his message books. Shortsleeve discussed this in terms of some specifics.

"A text like the Sneetches works well in that paradigm, he said. "That was a book that civil rights people used in school to teach. And he himself meant it in terms of the holocaust."

It is unlikely that Dr. Seuss will be known in terms of his political side. But the effect that the war had on the all time best selling children's author is understood to have influenced almost all of his work.



The Leadership Challenge

Jack Duckworth
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I went to one of those meetings a week ago.

The people asked: where are we now and where are we going? Oh yeah . . . and where are all the young leaders? This group had repeated a mistake. They have not passed the baton. The Builder generation (Second World War veterans) held leadership and lost the Boomers (born between 1945 and 1965). And now the Boomers are doing the same thing to Generation X, (born between 1965-1985) and the Millenials (born 1985).

Will we ever learn?

One fundamental concept of leadership is to know when to hand over the future to the present young and capable leaders. As chaplain and pastor I recognize that the future is launched today. So today's experienced leaders can be challenged to give up control and let young leaders establish a new model or, in frustration, lose young and competent leaders who set out to start something new. Because this article is written to the emerging generation it confronts long time leaders by asking for a strong future with new younger people. Three ideas address leadership transitions: values, modeling, and servant leadership.

Values ought to see the other person as more important than yourself. The best way to succeed is to help others excel. This requires acknowledging others' gifts and invites them to create a team that does extremely well so everyone wins. A confident secure leader gives away the advantage to the stronger gifted people for the best interest of all.

Second, a leader is a good model. When those who serve with you see competence they will look to you, as the leader, to find inspiration. So, a leader must be constantly refueling their vision based upon new inspiration. In this way modeling a teachable spirit shows others how to discover and employ effective leadership skills.

Finally, be a servant leader. Serve the best interest of the team, its members, the project, and the goal before yourself. Free others to do the same. Ultimately leadership involves multiple factors and many different people. To invite others to participate and excel empowers potential emerging leaders to assume a well modeled role and earns you, the team leader, the right to show the way.

College students are the young competent leaders of tomorrow. It is the organization or church's loss not to grasp the new and capable style that accompanies twenty-somethings. Your future is grounded in today so learn, live, and lead for the best interest of others.

Jack Duckworth is a volunteer chaplain at RRC Notre Dame and U of W and pastors First Presbyterian Church 61 Picardy Pl Winnipeg. He spent 10 years working in student ministry and invites comments and dialogue in matters related to leadership, faith, and student life.

Victim of Circumstance

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What is my dog thinking when he just stares at me like this? Why can't he talk to me? And why can't he understand me? Maybe I'm not asking him the right questions. I've got to figure out the proper questions to ask my dog.

I could ask how he's doing, but he gets that all the time.

"Hey boy, how ya doing?"

He's sick of that question because he knows I know the answer: he's been stuck inside the house all day while I've been out gallivanting and having adventures (and probably petting other bitches).

Same thing with, "What's new?"

I know what's new: nothing. He is still without testicles, and may have peed on my bath towel.

I could ask, "Is there anything you'd like to do?"

But he would only answer: "Yes. I would like to go outside and "sniff some tail," if you know what I mean." But I wouldn't know what he means, because I don't get that about dogs. I've tried sniffing other dog's tails and I really don't get what the big deal is back there. And don't give me that crap about that's how dogs recognize each other by their smell. You know what dogs smell like? Dog!

Another contentious issue is the names on their dog tags. I'm pretty sure my dog hates his name, Sussudio. He didn't tell me exactly, but he is very reluctant to come when I call him. Maybe I should try asking him what he would like to be called, but I know I'd only get a smart-ass answer like Super Dog, P.Doggy, or Yo Mama.

Really, I just want to get along with him. I like cuddling up on the couch with a good book while my dog curls up beside me, and we spend the afternoon in each other's company. But then he'll spoil the mood by licking himself. This is the thing I hate the most about dogs, the licking. I mean it's just rude—showing off like that.

Maybe we just can't communicate with each other because he wants to be the alpha-male just like me, and so we're constantly battling for the top spot. But I honestly think the reason he doesn't speak to me—and stares at me so quizzically—is because he's jealous that I get up earlier and mark my territory around the house before he can.

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Canada

Art City brings colour to West Broadway

Paul Blawat
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Beautiful, brightly coloured murals cover the walls of many businesses in the West Broadway area. The kids who attend art classes at Art City are the artistic force behind the murals. This is one of the ways in which Art City helps to improve the quality of life in the West Broadway community.

"The murals are good to do with children. A large image can be projected on a wall for the kids to work on; but the finished project represents the kids' ideas as much as possible," said assistant director Becky Thiessen, who has been with Art City for over seven years.

Many of the local businesses have offered their walls as space for Art City murals. "It makes the walls less likely to be tagged," said Thiessen.

Art City was founded in June 1998 by Winnipeg artist Wanda Koop as an art centre for all.

Studio director, Josh Ruth, has been with Art City since 2002. He started at Art City as part of a work practicum and became a staff member in 2004. He said it was a good fit for him.

"I like kids and I like art," he said, adding that Art City is an important part of the West Broadway community.

"It's a safe place. It's open to everyone, said Ruth. "We offer high-quality art programming that is free of charge on a drop in basis."

Approximately 400 children, teens and adults come to Art City on a monthly basis.

Ruth said that almost all the participants in programs are from the community. Those who attend classes range in age anywhere from six to 60.

Art City classes are run by guest artists who generally fall into one of two streams: professional artists and community artists.

The professional artists, who are mostly local but sometimes come from other parts of Canada or other countries, are slated for weeklong workshops.

"We've had artists come from as far as Germany," said Ruth.

The community artists' workshops run for one to three days.

"We offer a wide variety of workshops. They include: traditional arts (painting and drawing), digital arts, traditional aboriginal art, and fashion design. The kids had a great time designing their Halloween costumes and putting on a fashion show," said Ruth.

One of the newer initiatives Art City has undertaken is the Teen Art Club, which takes place Saturday afternoons from 12:30 to 3:30. Ruth said the weekend program has attracted quite a few new kids.

The Teen Art Club is designed for kids aged 12-24. The program has an Aboriginal art focus and is divided into three components: traditional Aboriginal art, contemporary Aboriginal art, and a gallery exhibition at the Urban Shaman Gallery.

Thiessen stresses the variety that Art City offers. "We have different themes every week," she said.

Some of the specific programs offered are: adult and kids' pottery, photography, marionettes, Ukrainian egg decorating, and even a rap workshop with local artist Pip Skid.

It's not always easy for Art City to keep providing these services to the community.

"It's always a struggle to keep the place going," said Ruth.

He said that Art City's funding comes from many sources: The Canada Council for the Arts, some corporate sponsorship, and private donations. "We have over 30 private donors," said Thiessen.

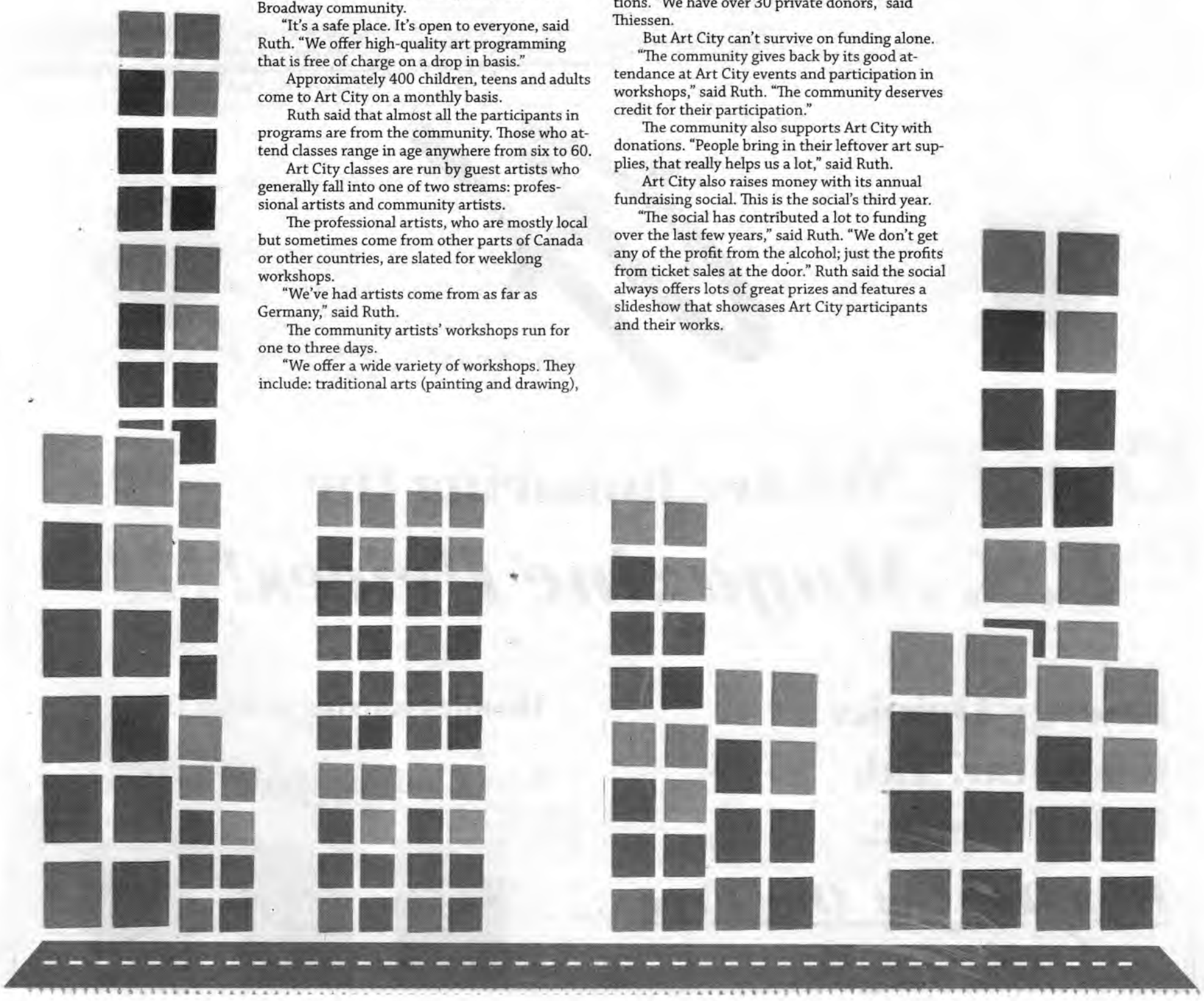
But Art City can't survive on funding alone.

"The community gives back by its good attendance at Art City events and participation in workshops," said Ruth. "The community deserves credit for their participation."

The community also supports Art City with donations. "People bring in their leftover art supplies, that really helps us a lot," said Ruth.

Art City also raises money with its annual fundraising social. This is the social's third year.

"The social has contributed a lot to funding over the last few years," said Ruth. "We don't get any of the profit from the alcohol; just the profits from ticket sales at the door." Ruth said the social always offers lots of great prizes and features a slideshow that showcases Art City participants and their works.



the secret is out

POSTSECRET'S NORTH AMERICAN DEBUT AT THE WAG REINFORCES 'PEG'S DYNAMIC ART SCENE

Kristy Rydz
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Pssst? Have you heard? There's a big secret coming to the Winnipeg Art Gallery.

The PostSecret exhibition tour, is the newest offshoot of Frank Warren's blog turned pop culture phenomenon featuring individual's secrets written and mailed in anonymously on postcards, and is set to make it's North American debut in Winnipeg on Nov. 24. A mix of 400 provocatively emotional post cards will be on display until Feb. 3 courtesy of the New York based International Art & Artists organization in cooperation with Warren himself. "The secrets are really really poignant. Some make you laugh. Some make you want to cry. It's a real range of emotion," said Mary Reid, the WAG contemporary art and photography curator.

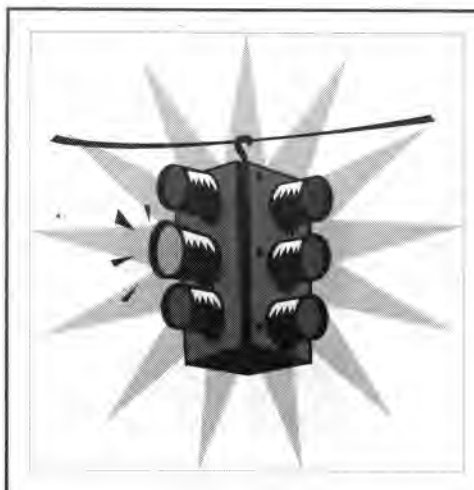
Originally, Warren set out to create a one-time exhibit by handing out 3000 blank post cards to strangers, asking that they write down a secret that they had never told anyone and mail them back to him. After receiving an overwhelming response, he created an exhibition in Washington D.C. But the secrets kept coming. Over the next two years, the approximately 200,000 cards received would become more creative, the secrets more personal.

Getting around 1000 post cards every week, Warren started a blog (http://postsecret.blogspot.com/), which is updated every Sunday with new secrets for the dedicated following that continues to grow. Such topics as depression, suicide, and abuse of all imaginable facets are balanced with humorous fetishes and addictions as well as passionate desires and love. The devoted following has made the three PostSecret books New York Times Bestsellers. The latest, called A Lifetime of Secrets, was released October 12. Banking on the growing popularity of the books and the blog, Warren was approached to create a travelling collection to bring the experience to as many people as possible. "It's intended to be a very intimate exhibit," Reid explained. She contacted Warren personally because she felt so passionately about the project.

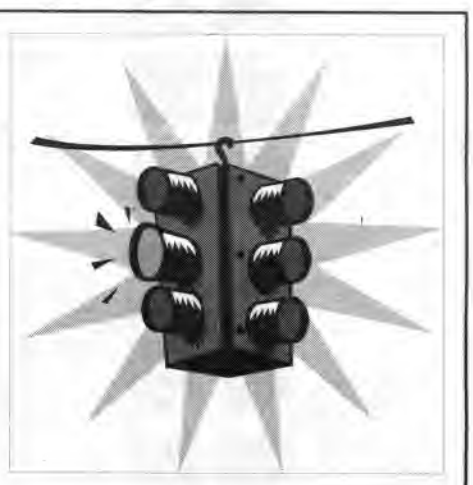
> ***"The secrets are really really poignant. Some make you laugh. Some make you want to cry."***
> - Frank Warren

"You just want to read and experience them. You want to have that one to one experience with them," she said. The project features the post cards thematically organized to progressively convey a lifetime, spanning childhood to old age, touching every imaginable triumph, heartbreak and regret in between. Included as well are PowerPoint presentations of additional cards, media features on the project and the All American Rejects' music video for, "Dirty Little Secret," which features a selection of the cards.

There will also be the opportunity to reveal your own secret on a post card and mail it to Warren, as part of the exhibition. Reid said she feels the excitement generated by the stop in Winnipeg encompasses the city's attitude towards both international and local projects. "It's the idea that it's from far away but it's also close to home," Reid said, adding that she thinks the cards will have tremendous resonance with Winnipeggers. "Time and time again the one aspect that has proven true is that Winnipeg audiences like to see work that represents them. There's a real hometown sense of pride... it's incredibly supportive. What do Winnipeggers want to see? They want to see themselves," she said. For more information on the exhibit, contact the WAG at (204) 786-6641 or www.wag.mb.ca.



THE
STUDENT STORE



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So You Think You Can DJ?

Hali McOuat
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On Nov. 15, the "So You Think You can DJ" contest was held at the Notre Dame Campus at noon. Contestants plugged in their iPod or MP3 players into the RRC's sound system to show off their disk jockey talent.

"Our goal was to let people at the Notre Dame Campus know about KICK FM," said Andrea Gagnon, one of the event coordinators "The goal of the contest was to get the word out about the station as well as get student involvement."

Gagnon said the team went to the Notre Dame Campus at the beginning of November to promote the event. "There was a lot of interest and we did find that many people didn't know about KICK FM...at all," she said.

Contestants had to pick their own play lists and their goal was to DJ for five minutes. The crowd had the power to tell them to stop before the five minutes was up.

Broose Tulloch, the promotions director for KICK FM, was one of the judges. He said he looked for three things.

"One - a good DJ who knows their music, and could carefully and sparingly select their comments, and they had a good transistion or theme to sets. Most importantly, could the 'DJ Idols' get an audience into their new music?" asked Tulloch.

The contest was held in the Notre Dame Campus' newly renovated Cave Lounge. There was a big audience, comprised of students, to watch and cheer on the contestants.

The grand prize for the best DJ was a chance to program their very own one-hour show and host it on KICK FM. This is a one-time gig, but has the potential to become a full-time hosting position in the future.

Otis Lee, a student at the Notre Dame Campus has been a DJ in the past.

He said he doesn't know much about the college's radio station, but expressed interested in the contest.

"It would be an interesting and great experience to work on the radio," said Lee.

The New Face of the West End Cultural Centre

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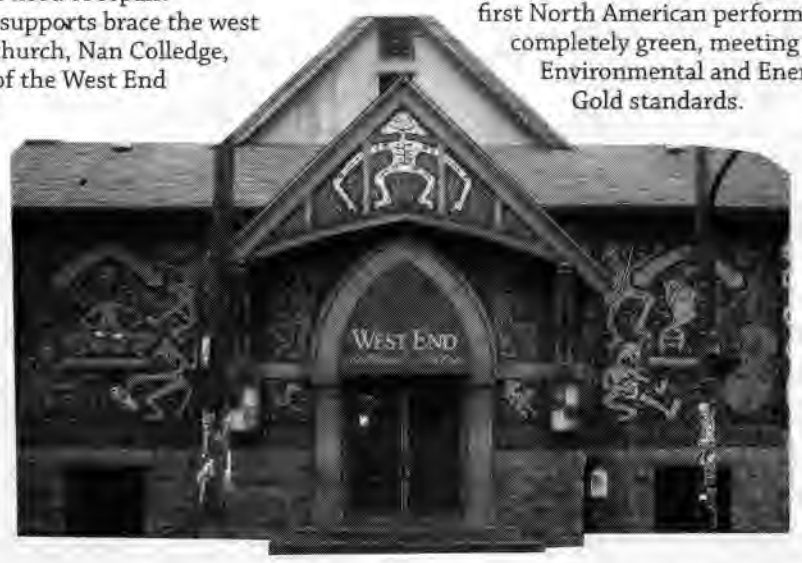
Located in a 99-year-old church at the corner of Ellice and Sherbrook, the West End Cultural Centre (WECC) is collapsing from the inside out.

The Centre, a downtown Winnipeg institution and the place where many local artists have started their careers, is badly in need of repair.

As large steel supports brace the west wall of the aging church, Nan Colledge, general manager of the West End Cultural Centre, realizes the time for the renovations has come. "I wasn't quite planning to take on a falling-down building, but there comes a point where you just can't ignore it anymore," she said.



When it came time to decide whether to renovate or relocate, the board and staff members of the WECC understood it was important that they stay put.

"A real belief is that you don't improve a neighbourhood by walking away from it. We really would like to be a part of the solution here," said Colledge.

With a budget of $3.2 million, the renovations will include replacing part of the roof and one of the four main structural walls of the old building. A new concert hall will be built on the land south of the centre, increasing current capacity from 300 to over 400 patrons. Improvements will also be made to the current facilities including renovating washrooms, the bar area, and adding wheelchair access.

In addition, the WECC is planning to become the first North American performing arts centre to be completely green, meeting the Leadership in Environmental and Energy Design (LEED) Gold standards.

The new green building will use recycled materials in construction, have low-flow toilets and waterless urinals installed to reduce water consumption, and have a Geothermal Heating System and high-efficiency roof to reduce energy consumption.

Brady Murphy, a guitarist for local bands The Downfall and Waterfront, has played at the WECC on many occasions and is familiar with the renovation plans.

"I really like playing there. It's got a really good vibe, one of the better venues in the city, he said. "They (WECC) are going for a similar feel, just better construction. It's just a facelift."

Manitoba Opera Celebrates 35th Anniversary

THE TRANSIT OF VENUS

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Dig up that antique monocular and dust off your chic suit and tie, because the Manitoba Opera is ringing in its 35th season this year.

To celebrate the three-and-a-half decades of success, the Transit of Venus is coming to Winnipeg.

The Manitoba Opera was founded in 1969 by devout opera worshippers, and debuted its first production in 1972 with Giuseppe Verdi's Il Trovatore. After working hand in hand with the Winnipeg Arts Community, the Winnipeg Symphony Orchestra, the Manitoba Theatre Centre, and the Royal Winnipeg Ballet, the Manitoba Opera is honoured for its dignified success throughout its years of performance.

"This is a season of unforgettable opera that you won't want to miss," said Larry Desrochers, general director and CEO of the Manitoba Opera.

Set in the 18th century, the tragic tale of the Transit of Venus will pull at your heartstrings as Le Gentil's doomed fate unfolds in a mere three acts. Based on the 1992 production by Maureen Hunter, the world premiere of Transit of Venus will mark the first full-length performance on the main-stage for the Manitoba Opera.

Inspired by French astronomer Guillaume Le Gentil de la Galaisière, the story takes place between France and India over a life-changing 11 years. Our driven hero, Le Gentil, aspires to discover the distance between the Earth and the sun.

His hope is to witness one of the rare occurrences of Venus' travels between the sun and the planet Earth. In doing so, he will be able to calculate the positions of heavenly bodies and determine the size of the universe.

Le Gentil leaves his fiancé, Celeste, in attempt to witness the transit. He returns six years later to wed Celeste, however, his curiosity and determination to discover the transit of Venus lure him back to India for another five years.

After another unsuccessful voyage, Le Gentil realizes that Celeste, his one true love, was being overshadowed by his astrological love for the planet Venus.

Once he has returned home, Le Gentil learns that Celeste has remarried his long-time assistant Desmarais. Unable to convince Celeste to return to him, Le Gentil is left alone in the ruins of his home without the Transit of Venus or Celeste.

"I just love Monica Huisman's voice," said opera fan Lynn Denis about the actress/vocalist playing the character of Celeste. "I'm dying to see her in action."

Transit of Venus, the "love story that charts a celestial course between destiny and desire" will run at the Manitoba Centennial Concert Hall on Saturday, Nov. 24, Tuesday, Nov. 27, and Friday, Nov. 30. Tickets are available at Ticketmaster outlets.

Superficial Rantings of a Celebrity Gossip Junkie

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Let me just start off by saying that I don't feel guilty about what I do.

Some of my friends (and my boyfriend) sometimes question my (and other celebrity reporters') ethics. But really, what's wrong with a little lighthearted celebrity gossip?

You might argue that celebrities are thrown helplessly into the spotlight. Well, I don't buy it. If celebrities wanted privacy, they would have become dentists. Or, as one actress put it, if actors really cared about their craft, they'd be doing dinner theatre in Iowa.

So really, I don't feel guilty.

One of the biggest stories this month is Duane Chapman (aka Dog the Bounty Hunter)'s racial tirade caught on tape, which his son (yes, his son) sent to the National Enquirer. In the audio clip, Dog uses the "n" word repeatedly, with enough other swears to make a sailor blush thrown in.

Of course, Dog appeared on a morning talk show to apologize for it, shedding some oh-so-unbelievable tears to gain pity. I can't wait for the E! Hollywood Story, because only after his rough childhood and previous stints in jail are explained away will all be forgiven.

Do you remember Hulk Hogan? Apparently he and his family had a reality show, although I don't know of anyone who actually watched it. His daughter's now an aspiring pop singer, albeit a horrible one whose breast implants take centre stage.

Hogan's son Nick? Not faring quite as well. He was just arrested in connection to an August car crash that left his friend with permanent brain damage. Sonny-Boy was apparently drag racing (drunk, of course) when he got into a nasty car wreck that threw his "good friend" out of the car. Looks like Daddy can't bail you out of this one, sport!

Speaking of arrests, a drunk Shia LaBoeuf (Transformers star and object of 13-year-old girls' affection) was arrested for refusing to leave a Walgreens store, despite security personnel's multiple requests that he do so. His little escapade reminded me of a video clip I saw of an absolutely hammered Ashlee Simpson. She climbed on top of a McDonald's counter in Toronto and yelled at and taunted the employees, refusing to leave.

Some people can't hold their liquor, I guess.

Jennifer Lopez and Christina Aguilera have finally admitted they are pregnant. Wow, that was a shock. There's only so many times you can pass off the "I'm bloated" excuse.

For the record, I'm not pregnant – only bloated.

The Biblio File
THE REAL LIVE BOOK CLUB

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When it's miserable and raining outside, I can't think of a better place to be than in a bookstore. One rainy evening last month, I found myself in McNally Robinson at Grant Park Mall. But I hadn't just wandered in for a rainy-day browse: I was there for my very first book club meeting. I was meeting my friend, Leeanne Miclash, and six other women for an evening of lively discussion, good food, and good company while the drizzly rain persisted outdoors.

It was their first meeting of the year (they take summers off), and was special for more than one reason. First, the initial meeting of the year is when they establish what books they will discuss for the rest of the year, so they had brought a list of books and were prepared to defend their choices. Second, though they usually meet in someone's living room, they had decided to move it to the Prairie Ink Café. Third, and perhaps most importantly, they had a special guest – moi! At first I was worried that the presence of my notebook and pen would deter them from their usual proceedings, but that was not the case.

They plunged right into their discussion of Kim Edwards' The Memory Keeper's Daughter, which tells the tale of a girl with Down's syndrome raised by a nurse after her father lies to his wife, telling her the child died at birth. Everyone liked the book very much, and they all had thoughtful insights and questions about the book. Each member spoke equally, and all opinions were heard. They told me that they don't structure their meetings because they find that discussion evolves naturally, and they never run out of things to say.

It wasn't all business, however. When the food arrived, the tantalizing smells distracting them from their book, I seized my chance to ask them all of the questions I had – mainly, what was the appeal of the book club that they continued to meet, now for the sixth year? Liz Polakoff said, "I enjoy being with other people who really love reading. It really adds to the enjoyment of the book." Darcy McMillan added, to a chorus of nods, "It isn't just the books; it's the company."

> ***"I enjoy being with other people who really love reading. It really adds to the enjoyment of the book."***
> - Darcy McMillan

I could definitely see why they enjoyed the company so much. When I, an intruder with too many questions, asked them if I could sit in on a meeting, they graciously welcomed me and made me feel like a part of the group though I had not even read the book yet.

Aside from theirs, I thought it would be difficult to find a book club that I could sit in on, but as soon as I started telling people that I was going to sit in on a real-live book club, their responses were "Oh, I'm in a book club," or "My friend is in a book club," or "My sister's boyfriend's sister is in a book club." I noticed two common threads between all these book clubs that I hadn't known existed: first, they were all happy to welcome a fellow book lover into their midst; and second, they were all comprised of women. My next challenge, therefore, will be to find a book club for men. But that's a whole other column.

This is the final chapter in a three-part series on book clubs.

The Wretched Hive of Scum and Villainy

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You're Out of Your Vulcan Mind!

Stardate: 9.231.6. I've entered a world where unimaginable horrors exist. Five long years have passed since a Star Trek film, and over eleven years since a Star Trek film was even worth talking about.

Finally, filming for the upcoming and untitled eleventh Star Trek film has begun. Is this all just a mirror universe?

While this might not be news for most film junkies, I thought I would share some information about Star Trek XI to better prepare all the Trekkies for the Dec. 2008 release date. This recap will include all news, spoilers, unofficial rumors and lame Star Trek references.

So as it currently stands, nearly everyone associated with classic-Trek is gone. Rick Berman, the head-honcho of Star Trek for the past two decades, has been axed, with J.J. Abrams (creator of Lost and director of Mission: Impossible 3) slated to direct and produce.

Damn it Jim, now for the spoilers. And although I'm just reporting the rumoured plot, it's probably the real deal.

Most likely the film will deal with two timelines. We'll start off in the present (the Picard era) where Spock, who is still alive and still played by Leonard Nimoy, has learned that the Romulans (led by Eric Bana of Munich) are planning to travel back in time to kill the man most influential on the rise of the United Federation of Planets and the fall of the Romulan Empire.

I'm sure you don't need a positronic brain to figure this one out, as old Spock must team up with young Spock (Zachary Quinto of TV's *Heroes*) to save a young, cunning Kirk who is just starting to move up the ranks of Starfleet.

Unfortunately it's not the Canadian national treasure that is William Shatner. Though I wouldn't rule out a cameo from the Shat, even after he's denied it more times than there are Tribbles on Deep Space Station K7.

The new Kirk will be played by newcomer Chris Pine (Smokin' Aces), along with Scotty (Simon Pegg – Shaun of the Dead), Dr. McCoy (Karl Urban – LOTR), Sulu (John Cho – Harold and Kumar), Uhura (Zoe Saldana – The Terminal), Chekov (Anton Yelchin – Alpha Dog), and possibly Captain Chris Pike: the first TV Star Trek captain.

Will this movie reenergize the Trek franchise? Only Q knows for sure. What I do know is that even when it's at its worst – and I'm talking 'Shades of Gray' bad – Star Trek is still better than most sci-fi out there.

Here's to hoping XI has much Qapla' and makes tons of Quatloos. If it winds up sucking, I guess we can just bounce an Inverse Tachyon Pulse off the Main Deflector Dish.

Local filmmaker explores poverty in new short film

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Perusing through the menu at a local bar and grill, Daniel Gerson seems bored, but sits up when is asked what got him interested in filmmaking.

"When I was seven or eight years old, I went with my dad and my sister to rent a movie at Video Stop on Leila Ave. and when my dad didn't have a store membership, they refused to rent the movie out to him," said Gerson. "My dad was fuming. He refused to pay for the membership, so we went to Canadian Tire instead. That really stuck with me."

Gerson, a local filmmaker and eccentric storyteller, is currently editing his third short film project, "Welcome", for which he received the First Film Fund Grant, awarded in 2005 by the Winnipeg Film Group.

"Welcome" was shot in the historic Exchange District over two days in mid-August and follows a 10-year-old boy as he wanders around downtown Winnipeg. The film's central theme is poverty and features images of a lonely child walking through back alleys and past decrepit old buildings, picking up old beer bottles and kicking tires. Gerson calls the environment "an urban graveyard."

While Gerson, 26, is still very much influenced by the works of writers such as Fyodor Dostoevsky and Franz Kafka, his time spent working at Niakwa Community Centre as a councilor for disadvantaged youths provided him with a different kind of motivation for "Welcome".

"Real kids, with real problems, made me look at myself and where I come from," he said. "This time around, I focused my attention on Winnipeg. I wanted to make a neo-realist film, following non-professional actors shooting on live locations, using natural lighting and topical issues. This film is still dark but is more gritty and reflective of our city's depression-era like conditions."

Matthew Rankin, the co-founder of l'Atelier national du Manitoba and co-director of the documentary Death by Popcorn: The Demise of the Winnipeg Jets is a fan of the local filmmaker.

"I think Daniel Gerson is the most promising new film talent in Winnipeg today," said Rankin. "Gerson seems to lack the seething, hubristic ambition that seems to fuel and overtake most filmmakers. He is a typically humble, self-deprecating Winnipegger and he likes to behave like a naive fool, but he is in fact a filmmaker of great substance."

Gerson expects "Welcome" to debut at Cinemateque next spring, and intends to enter the film at the Toronto International Film Festival shortly afterwards.

Winnipeg Aboriginal Film Festival
IGNITING THE CREATIVE FIRE WITHIN

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This marks the sixth year the Winnipeg Aboriginal Film Festival took place.

From Nov. 15 to 18, Winnipeggers had the opportunity to view indigenous films and videos created by Aboriginal filmmakers from across the globe.

Jim Silver, a University of Winnipeg politics professor, created WAFF. It all started when he contacted Coleen Rajotte after seeing a film she directed on CBC.

Rajotte, who is now WAFF's Joint Artistic Director explains how it all began, "Jim had asked me to show some of my work so that there could be an Aboriginal festival and I said, 'There would have to be more than one artist to have a festival.'"

The first event was planned in less than four months.

Throughout the six years the festival has been run, the directors have maintained two specific goals: to raise awareness of Aboriginal film and video artistry and to promote the media arts industry as a career path to youth.

WAFF organizers enlisted graphic design studio Urbanink to help create a logo to determine a visual identity to help more people become aware of the festival and what it offers.

They've also added two more venues: Cinematheque and the Urban Shaman Gallery will be sharing the stage with the Globe Cinema and Eckhardt-Grammate Hall at the University of Winnipeg.

Despite adding venues, the festival has remained free of charge to the public.

Rick Harp, joint artistic director, said, "We're working very hard to make sure people have local access to world class cinema about the indigenous experience."

The directors are also giving filmmakers the opportunity to meet with industry people. Harp explained that the Saturday night is industry night.

"If you're an aspiring or emerging artist in film and video, this is your chance to rub shoulders," he said. "Artists can informally network and interact with people in the business. These opportunities are really golden."

Golden opportunities are opening for Manitoban youth as well.

The Youth Workshop Series kicked off the festival on Nov. 15. Geared toward junior high and high school students, WAFF held free workshops in fields including acting, camera, editing, producing, directing, and make-up. Youth spend the rest of the day watching films.

"This is a place where creative sparks fly and we're hoping that some young ten-year-old girl in the audience is going, 'Wow, that's cool. I didn't know that someone like me could do that,'" he said.

Aboriginal Peoples Choice Music Awards hit Winnipeg

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The second annual Aboriginal Peoples Choice Music Awards held at the MTS Centre this year was another step toward introducing aboriginal music to a broader audience.

The Manito Ahbee event highlighted the Festival for All Nations and the live broadcast of the show was televised on the Aboriginal Peoples Television Network for all to enjoy.

The Nov. 2 event, hosted by Lorne Cardinal (Corner Gas, North of 60) and Gabrielle Miller (Corner Gas, Robson Arms), encompassed both laughs and aboriginal history.

The awards show began when the entire floor flooded with 170 powwow dancers dressed in colorful traditional clothing and headdresses. The 4,737 attendees at the MTS Centre rose to their feet during the awe-inspiring performance. Soon after the powwow performance, Alberta's Shane Yellowbird, the fan favorite of the night, took the stage to perform his new single "I Remember the Music," and kept the energy going.

An online vote honored Yellowbird with Entertainer of the Year. The award added to his growing collection including the Canadian Country Music Association Chevy Rising Star Award. Yellowbird and British Columbia's Cheryl Bear were the big winners that evening with a total of three each out of twenty awards handed out.

Bear, awarded with Best New Artist, was not present.

The show carried on with many intriguing performances from all genres including hip-hop, metal, traditional, and fiddling.

Darren Lavallee, the winner of Best Fiddle CD ended the show with some energetic fiddle playing. He performed a combination of three songs including the "Red River Jig" alongside the Asham Stompers getting the crowd going once again. Lavallee continued to play well into the credits and minutes after the broadcast ended to the delight of fiddling fans.

With the largest aboriginal population in Canada, Manitoba has a lot of aboriginal talent that seems to get unrecognized, for the most part, in the mainstream.

"The more exposure our musicians are receiving, the more that mainstream society will have an opportunity to be made aware of the music and to enjoy it," said Jacques St. Goddard, a Manitoba Aboriginal Music Host Committee member.

St. Goddard has been working on this event year-round and has already started on next year's event. "Our goals are to keep improving what we have started and to make the show bigger and better every year," he said.

Stepping into the world of Christine Fellows

PHOTO BY JASON HALSTEAD

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Stepping into the cozy household of local folk/pop artist Christine Fellows, it's incredibly easy to become immersed in the inspirations for her new album released last week. Amidst an intriguing collection of shadowbox dioramas, portraits of pigeons and a playful orchestra of furry pets, it's no wonder she could write such beautiful and coherent music.

Fellows' inspiration for her new album, Nevertheless, came while she was composing a dance score for Susie Burpee, a dance choreographer based out of Toronto.

While researching spinsters for the score, Fellows accidentally stumbled upon the work of American artist Joseph Cornell, the male version of a spinster, famous for his shadowbox dioramas, who happened to correspond with Marian Moore, an eccentric American poet who chose to live the life of a spinster herself.

"A spinster is a single unmarried woman. It's almost a derogatory term, and it evokes certain type of woman," said Fellows describing her muses. She said it fascinated her why someone would choose a life like that, and researching the topic eventually led to her fourth full-length album.

Nevertheless showcases an inspired collection of tracks describing the oddity of society's spinsters, persevering through pain and the wonders of flightless birds (rolling pigeons). "They roll on the ground, and people compete with them, it's totally insane," she said. "They don't even fly and it makes me a little sad. Now I totally want a pigeon coop." This is a little insight to how Fellows works, absorbing ideas and getting sidetracked by art and oddities.

"Something that was work to write aught to be work to read", is Fellows' adopted mantra, borrowed from Moore. Though Fellows' lyrics allow the listener to visualize the stories within the songs, they also demand the listener to pay attention to the details within her words to understand it properly.

The big difference between Nevertheless and her last album, Paper Anniversary (2005), is that she recorded the former in her own home. The project consumed almost a year of her life. Time seems a little more precious now with Fellows being on tour throughout much of the year, so the album came to life inside Prairie Recording Company's studio here in Winnipeg.

Next up for Fellows, is creating a video for a track on the album with Mighty Kraken Films, developing more dance scores for director Brent Lott and going on tour with Shary Boyle, one of the five finalists for the 2007 Sobey Art Award. The two artists work together during live shows, where Boyle animates Fellow's music using an overhead projector.

"It's great for me because it's like a whole other instrument, one that is visual," said Fellows.

Prophecy of a Jazz Legend

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"If people don't like it now, they will."

The haunting words of the late Jazz legend Albert Ayler is boldly stretch across the website of a new documentary which profiles his life.

The film entitled My Name Is Albert Ayler is a candid portrait of the great saxophone player, who many say came onto the jazz scene before his time.

Ayler, a native of Cleveland, Ohio, made a name for himself in the '60s when he released his breakthrough album, Spiritual Unity. This legendary record displayed a raw and aggressive style, which was new to the era. Ayler himself was convinced that people would only understand his music after he died.

In 1970, Ayler was found dead in New York's East River at the age of 34. Although the cause of death remains unknown, people close to him speculated it was suicide.

Now, almost four decades later, Ayler's prophecy rings true.

In the jazz community, he is recognized as one of the pioneering players who started the "free jazz" movement -- a style that discards conventional chord progressions and tempos.

Ron Paley, a Winnipeg jazz musician and the leader of his own big-band for over 30 years, is very familiar with the name.

"Albert Ayler has had a tremendous influence on jazz," he said. "He would do things that people just didn't do -- like intentionally play off key -- and it worked."

My Name Is Albert Ayler is currently screening in select cities worldwide. The 79-minute film, which was directed by first-time Swedish director Kasper Collin, features newly discovered footage of Ayler and his band, as well as interviews with living family and friends. Ayler's own voice guides the audience through the documentary and original music provides the soundtrack.

Winnipeg's Cinematheque is one of only two Canadian venues screening the film, which will show from Nov. 23-25.

Cinematheque programmer, Dave Barber, said, "I try to show the best...I think the film is well researched and well done. It had the best reviews of any jazz documentary I've seen in many years. Every Jazz fan in the city will be there."

LOCO FOR LOCAL

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Most students cannot commit to 100 days on the 100-mile diet, nor can they afford to buy organic food on a regular basis, but that doesn't mean their evening plans have to default to Kraft Dinner, wieners, and The Simpsons.

Loco for Local is a party planned to celebrate all things Manitoban: food, drinks, music, and people. And, it's an event with a conscience.

Jeff Hammerback, associate producer for the event, said it's about more than organic eating.

"We're trying to raise some awareness that you can eat really healthfully by eating stuff that's regional, that doesn't have a whole bunch of chemicals in it," he said.

The evening will feature a competition between Mitch Podolak, founder of the Winnipeg Folk Festival, and Jaxon Haldane of local band the D-Rangers.

The two will compete to be crowned the best banjo strumming, poetry slamming, BBQ grilling Winnipegger.

Event producer Jason Andrich isn't sure who to bet on.

"Jaxon is a well-trained chef, he studied down south and has done lots of barbeque and takes it really serious," he said.

As for Podolak? "The man is not formally trained but he's got a natural ability," said Andrich. "He starts talking about food and your mouth waters."

The celebration is a remix of the traditional Manitoban social. Prizes will be experiential, such as guitar lessons, instead of consumable.

There will be music and dancing, but it will be to local groups instead of "La Macarena." Both Andrew Neville and the Poor Choices, and The Undesirables will perform. In lieu of everyone's favorite rolled meat and crusty buns, there will be plates of local food for $5.

Loco for Local will be a chance to taste Totally Organic Beverages. The alcoholic drinks, which come in mango, black currant, cranberry, and pomegranate, are made in Winnipeg and have only been out on the market since late September. The event will also use a spin on the red beer cups so prevalent at Manitoba parties. All of the plates, cutlery, and cups used will be compostable.

Funds raised at Loco for Loco will support Growing Up Organic (GUO), a program that connects organizations with organic food sources. The program has operated in Manitoba for almost a year and is providing its services to 11 locations, most of which are childcare facilities.

Julie Fine, coordinator of GUO, hopes to use the funds raised to spread GUO into larger institutions such as hospitals and retirement communities. But she adds, "most important is to get people out and have a fun time."

Loco for Local takes place at 7:30 p.m. at the Franco-Manitoban Cultural Centre on Thursday, November 22, 2007. Tickets are $15.

Don't believe in Buy Nothing Day?

How about Buy Everything or Steal Something Day.

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With holiday buying fever fast approaching, people from over 65 countries are getting ready to participate in the 15th annual Buy Nothing Day, a cultural phenomenon that originated in Vancouver.

Zombie marches, credit-card cut-ups, and protests will take place around the globe in an effort to expose the inherent social and environmental repercussions of over-consumption. But while Nov. 23 has been dubbed a 24-hour consumer fast by these Adbuster activists, others on the social networking website Facebook have decided to make their own political statement by counteracting this liberal movement.

Justin Hane, 25, a self-proclaimed capitalist and political science major from Waterloo University, has created an event on Facebook entitled Buy Everything Day.

It encourages citizens everywhere to not only boycott Buy Nothing Day, but rather to save up their pennies and on Nov. 23 and "shop 'til they drop."

After living in Sierra Leone for a year and witnessing their corrupt and largely restricted markets, Hane sees consumerism from a different perspective.

"I think consumption and free trade are ultimately the most humane, equitable, and efficient ways of creating and distributing wealth," he said. "They drive innovation, give us jobs, and generally, make us better off."

Hane added, "In my opinion, Buy Nothing Day is somewhat silly and comparable to someone saying they are concerned for animal rights by being a vegetarian for one day a year. It's silly because it essentially affords us a certain amount of decadence for most of the year, and then takes one day to pretend we actually care about something."

While Buy Nothing Day encourages its followers to "participate by not participating", another group has decided to take on a more active approach against Corporate America, and are calling their event "Steal Something Day".

Unlike Buy Nothing Day's notion of consumer empowerment, Steal Something Day urges people to collectively steal from the capitalist organizations that they say are responsible for "promoting misery and boredom in the world."

Stephanie Smith, 29, is from Vancouver and created the Steal Something Day event on Facebook, which was originally thought up in Montreal's East End.

"I'm not actually planning to knock over a bank, or boost something from Holt Renfrew," she said, "I like the event's humorous critique of Buy Nothing Day. Instead of downplaying the capitalists who are responsible for over consumption, Steal Something Day demands that we steal from them."

TRANSFORMATIONS

photo: Mandy Mazzadenwich

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For many, their only experience with contemporary dance has been through Fox's reality dance competition So You Think You Can Dance.

Well, if they like what they've seen then they're in the right city.

Winnipeg is home to arguably the oldest contemporary dance studio in Canada, is and overflowing with talent, including Jennifer Essex, Johanna Riley, and Natasha Torres-Garner of Young Lungs Dance Exchange.

This weekend, they premiered four new works in an evening called Transformations. Not only was this an opportunity for Torres-Garner and Essex to try their hand at choreography, but it was their chance to work with renowned choreographers Rachel Browne, considered by Essex as "the mother of modern dance in Winnipeg" and Davida Monk, seasoned Calgary dancer and choreographer.

Riley said television dance shows probably haven't increased interest in contemporary dance in Winnipeg.

However, "it is positive because it has people discussing dance" and "gives people an idea of what contemporary dance might look like," she said.

Transformations has been in development since August, but has long been a dream of Essex, Riley, and Torres-Garner, long-time friends and graduates of Winnipeg's School of Contemporary Dancers.

The collaborative effort was developed as a way for the women to work together and offered "more of a chance to create" said Torres-Garner, adding that Winnipeg's active arts community is the perfect environment to nurture new talent.

According to Essex, "it all feels very tangible here," and they have enjoyed the help of professionals "who are very generous with their time and ideas."

Chief among them is lighting designer Jean Philippe Trepanier.

Trepanier was awarded the Jacqueline Lemieux Prize for his outstanding contribution to dance in Canada by the National Arts Council and volunteered his talents pro bono to help with Transformations.

Each of the four pieces offered different opportunities for the audience. Torres-Garner's goal was to take audiences on "a journey through different environments and emotions." Because the subject material was highly personal and the movements abstract, it was left up to the audience to define what it is they have seen. The passion of the dancers was palpable in this moving and exciting series.

The performance was bittersweet for the trio, it served as a good-bye and good luck for Essex, who is preparing to explore dance in Europe, departing shortly for Germany.

The four performances took place at the Winnipeg Contemporary Dancers Studio in the Exchange District.

Bring on the Rum-Laden Nog

Bibles and Broomsticks

Shannah-Lee Vidal

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This is part one of a two-part series on the holiday season.

The day after Halloween, the scarecrow hanging off my neighbour's door was replaced with a plump snowperson. I guess the holiday countdown begins as soon as the last round of costumed kiddies have scampered away with their candy treasure.

This is the time of year my dad would bring home bulk bags of Christmas candy. You know the kind – each piece looks like a small coloured log with a flower in the centre.

You're lucky if you don't break your teeth. The candy was horrible. Yet I still stuffed myself with it. Seeing the colours there on our metal candy dish was a comfort. It was, after all, tradition.

Christmas itself is a kind of automatic tradition. Like robots, we send out cards, put up trees and complain about the perils of gift giving. Heaven forbid someone should spend more money than I can reciprocate with on a gift for me. Or worse yet, buy me a gift when I have nothing to offer in return. The result is a mad dash for the nearest mall to try and alleviate this social faux pas.

A few seasons ago, wishing someone a Merry Christmas lost favour over the more generic phrase Happy Holidays. With the world becoming more PC, it seemed inappropriate to throw Christmas wishes upon non-Christians and atheists.

When I worked in customer service, I tossed the holiday greeting into conversation. I slipped up when I accidentally wished a woman from a Jewish organization a Merry Christmas. As I caught myself, I realized by her tone that she wasn't offended. It was small talk and something that she had probably grown accustomed to hearing.

I don't consider myself a Christian, but I always look forward to Christmas. For me, and I suspect many of us, it is no longer a religious holiday, but rather a cultural one. Maybe that was the point of the PC move to change the name. That way, Christians can keep Christmas, and the rest of us can keep our holiday trees and eggnog.

If our ancestors had gotten together 100 years ago or so and made the grand decision to create a generic celebration of love and kindness, without religious undertones, perhaps we wouldn't have to make such a big deal of these awkward social moments.

Either way, let's keep the rum-laden nog. But I think we can lose the old bulk-bin candy.

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the Age { } Gap

Rhiannon Maskiw-Connelly

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When we're children, we want to be teenagers. When we're teenagers, we want to be adults. And when we're adults, we want to be young again.

Most people consider age as an indication of intelligence, experience and maturity. And most people think age is important when they're choosing someone to date.

I dated someone younger once, only by two years, and it just didn't work out. He didn't have any communication skills, the experience of being in a serious relationship or the desire to commit.

Most people agree that guys mature about two years behind girls, and in some cases, such as this one, I would definitely agree.

But I wouldn't say that this is the case with every younger guy. I don't think age indicates experience at all, and although it can indicate maturity, it isn't always accurate. I don't even think that age points out your position in life. I used to think that all younger guys only wanted to date for fun, and older guys were always looking for something more serious.

But this isn't always true. As a general rule, maybe it is. But on the whole, each individual person wants something different out of a relationship. Maybe someone who is 31 just got out of a very serious relationship and doesn't want to commit. Or maybe someone who's 20 is tired of dating for fun and wants to find a more meaningful relationship.

I hate when people assume that because I'm only 21, I have no life experience. I'm not like most 21-year-olds. I bought a house with my boyfriend when I was 18. We got a dog and a cat and lived there for two years. I paid half of the mortgage and bills, worked and went to school full-time. When things didn't work out with him and he moved out, I worked full-time while going to school to afford everything.

Most of my 21-year-old friends still live in their parents' basement and don't pay anything for rent and groceries. They've never had to deal with a serious break-up, and they've never started a life with anyone. They haven't had the responsibility of owning a home, the stress of working full-time and going to school full-time, and they haven't faced that moment when their lives seem like they're falling apart.

I'm not trying to brag about what I went through. What I'm trying to do is point out that age is not an accurate indicator of experience or maturity or intelligence. The only way to determine these things is to get to know someone, because every person is different. I know 18-year-olds who are smarter than 40-year-olds, 24-year-olds who understand relationships better than most therapists and 21-year-olds who have the life experience of someone who is 30.

Most people agree that being judgmental about race, social status, sex or religion is discrimination and should not be tolerated.

How is age any different?

Connecting on Campus

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To date women your age or younger, that is the question.

I have been single for almost a year and a half now and done some dating. I struggle to find the balance in dating women my age or younger, but the adventure is quite enlightening and fun.

My last serious relationship, with a 32-year-old woman, lasted eight years. I was extremely happy with a partner around my age, because I wanted an intellectual and emotional equal. I wanted to come home and discuss my daily challenges with someone of similar life experiences. Now that I'm single and out-and-about, I feel that younger women and women my age both have great viewpoints to offer.

Men want women who don't beat around the bush. Ladies, when you want a guy to go out for dinner or visit with your nieces, ask him! Women in their thirties know what they want and that's sexy. They are direct, confident and knowledgeable, which are all qualities men desire. Most women in their thirties are stable (decent jobs), live on their own (fantastic for the sex life) and have been with a number of dudes (they know what they want).

For an average dude in his thirties, the challenge in dating women in their thirties is that they are too eager to become "life partners."

Twice in the last month, I have asked women in their thirties what qualities they are looking for in a man, and they both responded, "I want a man to take care of me." That is so not what a man or Gloria Steinem wants to hear! It's scary, warped and turns off men more than the "tent scene" in Brokeback Mountain.

Ladies, you want equality everywhere except in the dating world. For me, that's hypocritical. So, my advice for men trying to date women of any age is to be direct with them and let them know what you want. If they want something that you can't give, move onto the next.

In the dating world, younger women provide an excellent option. If you want fun, casual and to be "in the moment," many younger women offer these qualities. They want your friends to meet their friends, or they want to go grab a bite to eat. No hard-core expectations.

So how young can you go? Half your age plus seven is the universally accepted age formula.

Women who allow for a natural progression in the dating world are more genuine and trustworthy. Women who are crossing a check list off in their heads are playing the "insert groom here" game are creepy.

To recap: know what you want to get out of a relationship before you get into one. If you want a life partner, then try and find one. If you want to hang out, have fun and get to know someone, then do that too. Age really doesn't matter.

Stressed out? Look no further

STRESS RELIEF TIPS

1. Stay active. Take a walk. Dance around to your favourite song. Physical activity releases endorphins, which help you get into a calm state of mind. It's also a nice break from your textbook.
2. Get some sleep. If you're pulling all-nighters, stop it. Fatigue can actually cause stress, and may hinder your concentration
3. Breathe. You kind of need to do this to live. Closing your eyes and focusing on your breathing will get your mind off things that are causing you to stress out
4. Talk to someone. Your friends and family are all there to support you. If you need to vent, they are there to listen.
5. Make healthy choices. Cut down on your caffeine and sugar intake, eat breakfast and space out your meals.
6. Learn how to say no. You can't do everything.
7. Don't cram. You know the old cliché, "Rome wasn't built in a day?" Well, you can't learn the whole semester in one night. Start studying early, even if it's just 10 minutes a night.
8. Prioritize. Set reasonable goals for the time you have. If a goal is too big to handle at once, break it into smaller bits.

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Students often become very stressed or anxious around exams. In small amounts, stress may act as motivation for students to get work done or to study harder. However, in larger amounts, stress may cause headaches, irritability, dizziness or depression.

Food can act as a minor relief in times of extreme stress.

According to Yahoo!, the top 10 foods to "relax tense muscles and quiet buzzing minds" are bananas, chamomile tea, warm milk, honey, potatoes, oatmeal, almonds, flaxseeds, whole-wheat bread and turkey.

Don't go overboard, though; most of these foods contain tryptophan, an amino acid that has a sedative.

"Roughly 30 per cent of people actually eat less under stress, but the majority of people, about 70 per cent, tend to eat more. The type of stress that we encounter can play a role in the likelihood that we'll eat more or eat less," said Candice Rideout, an assistant professor in the Department of Human Nutritional Sciences at the University of Manitoba. "Some of the things that people tend to eat in times of stress are calories, specifically high-fat, high-sugar snack foods."

Rideout said that often students will use food as a reward or distraction during times of stress, especially while studying for exams. She suggested that instead of having a sugar-filled snack, students can substitute other options like going for a walk, talking to a friend on the phone or checking their email.

"They might find that they can substitute another stress relief for a reward, rather than actually eating," she said.

Carlee Hamer, an arts student at the University of Manitoba, benefits from other stress relievers.

"What I normally do is put on the stove timer and set it for an hour, and I'm not allowed to get off my seat," she said. "Then I'll go for a walk. Walking definitely helps, just being outside and getting away from the books."

Hamer has researched stress relief methods on the Internet, and said that exercise and planning are the two best things she's learned.

"I always overeat, always. 'Spitz' are good to keep your mouth and your hands busy. The end of my highlighter is so chewed up, it's not even funny," she said. "But I know I'm studying well when the end of my pen is well-chewed."

Are energy bars overtaking energy drinks?

Melanie Hayes
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Who doesn't know someone who uses energy drinks? Here on campus, they're prolific. In fact, last year, Red Bull sold over three billion drinks around the world.

Now, we have energy chocolate bars joining the fray.

Everyone wants more energy. With busy work, school, family and social lives, it's hard to balance healthy eating and exercise. We all know we need adequate rest, but getting it is another thing entirely. Vitamins and supplements can help with energy, but it's difficult to know which ones to take.

"There's no shortage of products for energy out there. It's unbelievable," said Valarie Bardette, an advisor at Sangsters, a Winnipeg health food store.

One such energy chocolate bar is Red Rush, which is new on campus and originates from Richmond, BC. Red Rush has more caffeine than Red Bull, but it also has more calories.

Red Rush has taurine, guarana and 160 mg of caffeine.

Red Bull has inositol, taurine, glucuronolactone, niacin, B6, pantothenic acid, B12 and 80 mg of caffeine. To put it in perspective, a Coca-Cola has 40 mg of caffeine, and a cup of coffee has 80 mg of caffeine.

"If you can't pronounce (the ingredient), you shouldn't eat it," said Wanda Andrews, a nutritionist who believes these drinks and bars are a waste of money.

At around $3.75, these drinks and bars are not cheap. They are, however, quick and convenient, and the consensus is that they work – but only to a point.

Some students report racing heartbeats, and others didn't really notice a difference when they tried one.

In Sangsters and other stand-alone health food stores, energy bars are outselling energy drinks, whereas at other stores in the malls, the amounts being sold are close to being even. On campus, energy drinks are outselling energy bars. This, however, takes into consideration all types of energy drinks and energy bars.

Some energy bars and drinks are made better and healthier than others. The fact is, after several lectures or classes in a row, people sometimes need a boost. People drink coffee for this very reason. The thing we need to keep in mind is moderation, especially with something like caffeine.

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Alternative approaches to the flu shot

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It is flu season and "Get the Shot . . . Not the Flu" posters are everywhere.

You can roll up your sleeve and hope that the odds are in your favour, that you're not going to catch something, or you can help your immune system do battle.

Prevention is always the first line of defence, and hand washing has proven to be the best way to stop the spread of germs. Health care professionals repeat over and over: wash your hands frequently, and wash them well. This is important, but there is a little immune-boosting supplement that quietly made its way onto the shelves of health food stores this season.

Nathan Zassman is a nutritional therapist at Aviva, a natural health food store located on Adelaide in the Exchange District. He said that hand washing is a given, but when a client comes in looking for help before they are sick, he recommends EpiCore, an immunogen that feeds and nourishes the body's immune system to strengthen resistance before immune health issues develop.

"Check out the website; it's amazing how it was discovered," Zassman said.

The makers of EpiCore, Diamond V Mills, make some big claims. It was found that an exclusive yeast culture developed by Diamond V Mills to keep animals healthy was also boosting the immunity of the handlers who came in contact with it, according to their website.

Zassman is a walking encyclopedia when it comes to natural health. His store has hundreds of products to strengthen the body's ability to fight off illness. He said that if you take EpiCore, "You don't need anything else in my store." There are no reported side effects, and the cost is just under a dollar a day.

According to the Centers for Disease Control and Protection, the immune system needs to be strong, even if you get a flu shot for maximum effectiveness. The website states that there can be some of the side effects associated with vaccinations, such as runny nose, wheezing, headache, vomiting, muscle aches and fever.

"Sounds a bit like the flu," said Mary Tataryn, an Aviva shopper, health advocate and macrobiotic chef, who said that nutrition is number one. She believes this is the premise for good health. If your body is strong, it's easy to fight off a bug; it's the rewards of a healthy lifestyle.

"It doesn't matter what you do, it all points to the immune system," she said.

SUPPLEMENTS AND HERBS

Supplements that may ward off colds and flu:

Vitamins A, C, E- Highly beneficial antioxidant vitamins; helpful in maintaining a healthy immune system

Aloe vera– Effective for numerous conditions, including colds and inflammation

Beta-carotene- Helps prevent the build-up of toxins

Echinacea - Increases production of white blood cells, making it a valuable herb in fighting bacteria, viruses and infection; boosts the immune system

Garlic- Long known as a natural antibiotic

Ginger- Used by the Chinese to treat morning sickness, travel sickness, indigestion and nausea. Ginger also stimulates lung function. An infusion of ginger and scallions is a natural remedy for colds and flu

Goldenseal- Powerful tonic for mucous membranes

Mushrooms (maiitake, reishi, and shitake)- Stimulate the immune system and boost the body's resistance

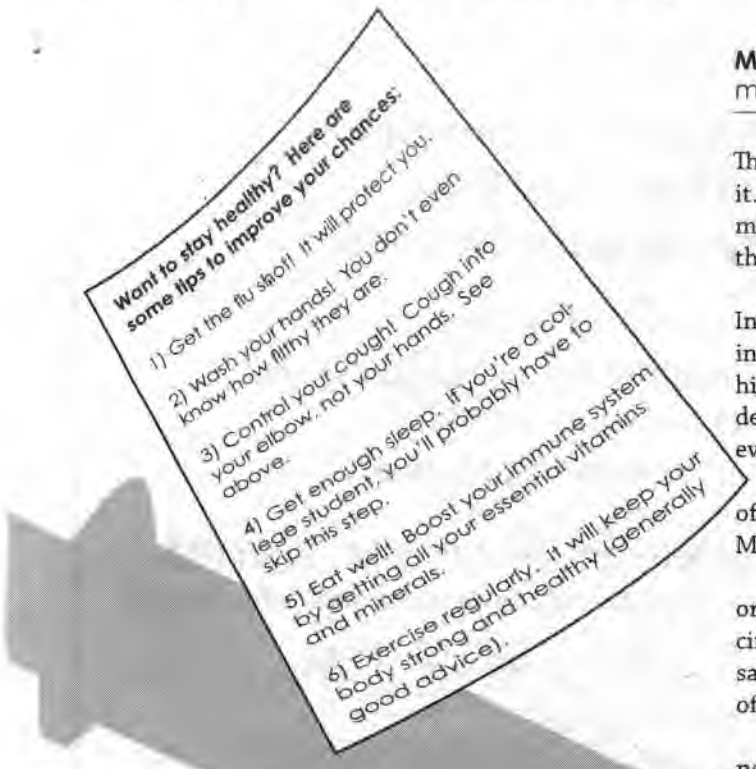
Oil of oregano– Powerful immune booster and a natural antibiotic

Sambucol- A natural product made from a black elderberry extract, it is effective in inactivating a virus

Selenium, zinc- Selenium is an antioxidant that works with vitamin E to protect cells from free radicals and improve immunity and is also helpful in white blood cell production. Zinc is crucial to the health of tissues and the immune system

Sources: Mayoclinic.com; Clayton College of Natural Health

The flu shot: what you need to know



Mike Ambrose
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The change of seasons usually brings new things with it. You might get your snowboard out of storage. Some might get a new parka; others, a new scarf. But one thing you don't need to get this winter is the flu.

November to April is known as the flu season. Influenza, commonly known as the flu, is a respiratory infection caused by the influenza virus. The virus is highly contagious and could cause serious illness and death, which is why the flu shot is recommended for everybody.

"If you give it to everybody, there's less chance of spreading it from person to person," said Debbie McFarland, staff nurse at the Princess Street campus.

There is a perception that if you're in good health, or not old, you don't need the flu shot, which is a vaccination that includes a cocktail of dead influenza virus samples, allowing the body to form anti-bodies to fight off infection.

Scott Semenchuk and Landon Hermary, both business students at the Princess Street campus, see the flu shot as unnecessary.

"If I was old, I would get it," said Semenchuk, 19.

The flu shot is offered for free to seniors, as the elderly are most vulnerable to the virus and are put at greater risk by its symptoms.

Health Canada estimates that as many as 8,000 Canadians, mostly seniors, die each year from the flu. Free vaccinations are also offered to the household contacts of seniors and children under two years old, children between six months and two years of age, and health care professionals.

"I'd consider it, if I was getting sick often," Hermary said, adding that something minor like the cold wouldn't prompt him to get the shot.

Although many college students don't consider getting the shot, they face potential infection through a variety of means. Keyboards, door handles and stair rails, anything that is touched by hands on a regular basis, are typically crawling with bacteria. McFarland considers college students at risk of contracting the flu for other reasons as well.

"Younger adults are more likely to share things like drinks and cigarettes, so they can spread it around," said McFarland.

Because the virus is already dead, there is no chance of getting the flu from the flu shot. There may, however, be some side effects.

Health Links, a Government of Manitoba telephone health information service, describes potential side effects to the shot as being mild and short-lasting. They may include fever, headache or a sore arm.

Hit the gym before you hit the slopes this winter

Sula Johnson
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Flat land isn't the most ideal place to live the ski bum lifestyle. For those who have had the privilege of experiencing mountain air, lucky you. But whether you are hitting up a Manitoba ski hill or heading to the mountains, it's just weeks away from the snow sport season. If you aren't in some kind of physical shape, it's time to get into it.

It's probably been about eight months since anyone was on the slopes, so it's good to prepare your body before tearing it up. Make sure to check all of your gear, and make sure everything is comfortable and ready to go out. You also want to get some exercise in before hitting the slopes to feel prepared and avoid injury, which is common when not used to riding.

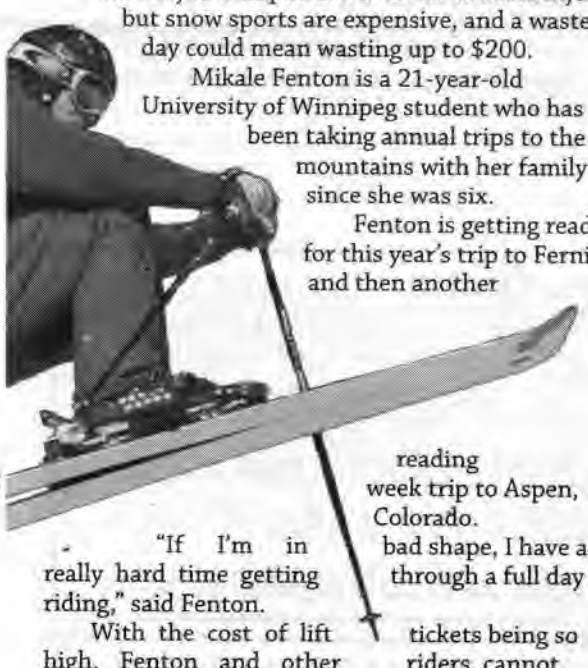
Strength, endurance, flexibility and stabilization are key in being physically prepared. When snow sporting, you need strong legs and a strong core to keep your balance. You will be able to ride longer and better if you take the time to prepare your body for the season.

Kevin Berard is a coach with the Winnipeg Alpine Racers. He coaches kids' skiing from ages 6 to 12. Berard thinks it's important to train as much as you can before hitting the slopes.

"I try to get the kids doing balance work and conditioning," he said.

If people are feeling ambitious, Berard advises getting fit during the off-season. "Rollerblading is really good training for skiing," he said.

Not only is it important to be fit to avoid injury, but snow sports are expensive, and a wasted day could mean wasting up to $200.



Mikale Fenton is a 21-year-old University of Winnipeg student who has been taking annual trips to the mountains with her family since she was six.

Fenton is getting ready for this year's trip to Fernie and then another reading week trip to Aspen, Colorado.

"If I'm in really hard time getting riding," said Fenton.

bad shape, I have a through a full day of

With the cost of lift tickets being so high, Fenton and other riders, cannot afford to get tired after a couple of hours. "It's not a cheap sport, so I try and hit up the Stairmaster at least for a month before I go out there so I'm ready and not wasting my time and money," she said.

Whether you are riding the gentle slopes of Holiday Mountain or hitting up big mountain terrain in Whistler, maintaining your physical health is key for avoiding injury, pushing yourself to a new level and getting the most out of your lift ticket. It's time to shred some fresh pow!

Don't hibernate this winter

Justine Routhier
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It's inevitable: winter is coming. Instead of locking yourself up in your house and staying burrowed underneath a sea of blankets this winter (although that does sound kind of nice), get your butt outside.

Exercise gives you more energy, improves your mood, helps you sleep better and, of course, helps to keep you healthy. It's good to aim for 30 minutes of exercise a day, but don't let that number scare you. Here are some simple and fun ways you can do to keep in shape this season.

Try cross-country skiing. It allows you to enjoy your surroundings and scenery while also utilizing every major muscle group and burning a ton of calories.

"It's very much like running, but you're on skis and the advantage is there's less impact and more resistance," said Karin McSherry, executive director of the Cross Country Ski Association of Manitoba.

Skis are available for rent at Mountain Equipment Coop. ($15 per day and $10 for each additional day) and the Windsor Park Nordic Centre ($10 for two hours). Check out www.foundlocally.com/Winnipeg//Sports/RecCrossCountry.htm for a list of pathways in Winnipeg.

Another fun outdoor activity is snowshoeing. Similar to hiking, snowshoeing offers a slower alternative to cross-country skiing, while still burning calories and building muscle. Snowshoes are available for rent at Mountain Equipment Coop. for $12 per day and $8 for each additional day.

Remember what it was like to be a kid? The things you used to do for fun when you were little can still be fun and keep you active at the same time. Grab a group of friends and go tobogganing, build a fort, or make a snowman.

If you're not one for the outdoors, there are lots of activities you can do in the winter to stay fit that are indoors as well.

"I try to motivate everyone to move," said Dana Martin of Lululemon Athletica. "Walking is great, but it can be dangerous in the winter because of icy sidewalks and paths."

Avoid slippery sidewalks and head to gym's indoor track or to the mall.

Swimming is another fun form of exercise that is very effective but still easy on the joints. Plus, you don't have to just do laps – try a synchronized swimming or water aerobics class.

There are also countless yoga and Pilates centres popping up around the city. Why not take a class that improves your flexibility, strength and balance in a soothing environment?

And finally, you can create a home gym without breaking the bank. A few items, such as a jump rope, barbells and step, go a long way.

No longer can anyone use the weather as an excuse for being a couch potato this winter.

The Heart and Stroke Foundation
of Manitoba is looking for a university or college student to assist the Residential Campaign Manager with recruiting volunteers in rural areas. The student would work at the Winnipeg office and would be making phone calls to potential volunteers for a total of 100 hours from October,2007until February, 2008. The student must be returning to university or college the following year. Upon successful completion of 100 hours, the student will receive
$500.00 towards their tuition or student loan.
For more information, please contact Jennifer Kaufman at 949-2041 or by email at jkaufman@heartandstroke.mb.ca

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SA-held poker tourney a (lengthy) success

Brenlee Coates
brenleecoates@shaw.ca

Ninety people with various skill and experience levels tested their luck at Red River College's Coors Light Poker Tournament on Thursday, Nov. 8.

The tournament was available to all students from each of the college's locations, and the $10 registration fee allowed players to bring a guest and included pizza and drinks.

The event was not a fundraiser, but a "Students' Association initiative designed to provide students with a fun night," said SA program director, Karyn Stone.

It was mostly Notre Dame campus students who made the trek over to the Princess Street campus cafeteria where the event was held, with only 29 Princess Street students signing up. The event was also male-dominated, as Stone said only "seven to eight females signed up."

That being said, the men with all levels of experience – along with a couple of ladies – played the same version of Texas Hold 'Em, the style made popular by the World Series of Poker and Celebrity Poker Showdown, which features celebrities competing in a no-limit Texas Hold 'Em tournament for their favourite charities.

Players were divided into 10 tables and were provided with an equal amount of chips. Small blinds and big blinds were used with a rotating deal, and the values of the blinds were increased as needed.

The play continued at each of the tables until a winner was declared, and then one table was devoted to the final round, where each of the table winners competed for the grand prize: an Xbox 360 bundle, which included the Halo 3 game. Play began at 7 p.m. and was expected to wrap up around 10:30 p.m., though this year, all bets were off around 11:30 p.m.

The tournament took a bit longer to close this year since participants were "playing a little more conservatively," said Shaun Scrymgeour, an event coordinator for the SA, who was responsible for planning and organizing the card tourney. The event also drew a few more participants than the previous year, which might have stretched out the time some more.

Third-prize winner Marc Guzzi, a second-year student in the Creative Communications program, said the tournament was well-organized and he feels lucky to have won, though he said a few mistakes kept him from a first-place finish.

He hasn't played since last year's tourney, so fate must have been in the cards to "come out of retirement to win."

A guest at the event, Jeremy Prince, won first place, followed closely by John Douglas, a Business Administration student from the Notre Dame campus.

The DUI epidemic

Tania Kohut
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It was a sad day in Hollywood when Canada's Kiefer Sutherland was arrested and charged with two misdemeanour counts of driving under the influence. A breathalyser test showed the 40-year-old actor to have a blood alcohol level well over California's legal limit of 0.08.

At the time, Sutherland was already on probation for a 2004 drinking and driving incident. The story becomes more complicated when his whereabouts that night are taken into account.

The actor, star of the hit series 24, had attended an event put on by the network. What's worse, police stood by as Sutherland left the nightclub, stopping to sign autographs before getting in his car and driving away.

Sutherland is not the only celebrity to have been charged with this crime in the last few months. From reputable actors to athletes to socialites, no one seems immune to the ignorance of committing such a potentially devastating act.

"There perceives to be a widespread ignorance among a lot of people about how serious it is. Not only the legal consequences, but people die all the time because of drinking and driving. The statistics are pretty clear about that," said Sheri Fandrey, an employee of the Addictions Foundations of Manitoba who holds a Ph.D. in toxicology and pharmacology. "Celebrities, people used to being in the public eye and having their actions scrutinized – there are plenty of examples recently where very famous people have not avoided the consequences of drinking and driving."

The Mothers Against Drunk Driving website, madd.ca, states in its 2005-2006 report that in Canada, "On average, four people are killed and 192 are injured daily as a result of alcohol and/or drug related crashes."

The liabilities placed on establishments and individual employees who over-serve patrons is a daily concern for Jessie Pruden, 24, who's been a server for four years.

"Once you hit 18, it's the law that you're able to drink. You have your own mind. So therefore, when you're serving somebody, they should act like the adult they are. You shouldn't have to be babysitting them; that's not what serving is," he said.

The consequences for a server who allows a customer to drive away from the establishment while intoxicated include termination, large fines, and occasionally, even a jail sentence.

If a virtual stranger can be held accountable, then it makes you wonder where the managers, publicists, personal assistants, chauffeurs and groupies of these celebrities are. More disturbing still is the impact on the young, impressionable minds of our celebrity-obsessed culture. These overpaid stars prove that common sense is not so common anymore.

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A MESSAGE FROM RED RIVER COLLEGE PARKING SERVICES

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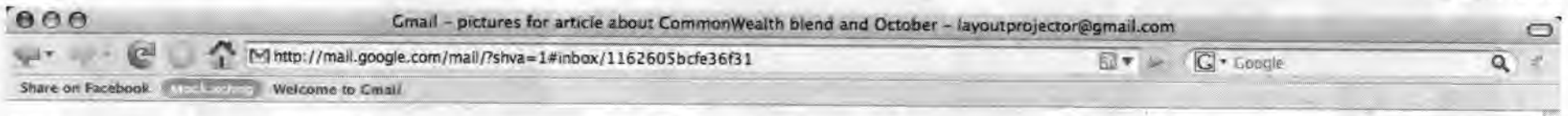
Please don't risk it.

Pay for your parking and if you do get a ticket, do yourself a favor and pay it in the first 15 days. After that they can go up to as much as 3 times the amount.



The top four rules to shopping online

Matthew Meisner
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The best, and perhaps only, way of knowing you're getting a good deal is by shopping around. A little comparative pricing never hurt anyone. Unlike many retail stores, Internet sites don't price match, so be sure to take everything into consideration before you finalize your purchase.

eBay's popularity is based on the fact that it gives its users the ability to compare prices on similar items, but be warned: very rarely will you get away with your treasured item without putting up a fight. Place a maximum bid and stick with it.

Rule Two: Don't Forget Shipping

It may seem like a given, but in the heat of the moment, it happens to the best of us. So remember: shipping is an additional charge added to your purchase at the end, far after you've emotionally attached yourself to your items.

"It's too much invested effort to go back now, so you agree to the charges," said Brett Andrews, who has been an online shopper of three years.

One thing to keep in mind is that many Internet retailers will offer discounts or free shipping on larger orders. If at all possible, consider saving yourself a buck and get more than one gift from the same site.

Rule Three: Read the Description

Make sure you're buying what you think.

"There's nothing worse than buying a pair of jeans online and not having them fit," said Sarah Foster, an eBay user of five years.

And this goes for everything: read the description, and if you have any additional questions, contact the seller or company before you make the purchase. Most online stores will do exchanges, but it will be up to you to mail the item back at your own expense.

Also, there is very little you can do to authenticate an item over the Internet, and if you think it's too good to be true, it probably is. So don't be surprised when you pay $10 for a Louis Vuitton purse and wind up with a Luis Vuiton trash bag.

Rule Four: Credit Card Fraud

We have all heard the horror stories and know a "friend of a friend" who's been a victim, so proceed with caution. Make sure the site you choose to purchase from is credible and secure. Never give out your credit card number through email, and get a confirmation or order number to keep track of your transaction. Keep tabs on your credit card for fraudulent charges, and when possible, use alternative payment services like Paypal.

UNIQUE BUDGET GIFT IDEAS

1. **The String Doll Gang:** A band of kooky characters handmade in Thailand using one continuous piece of string. With over 50 different characters to choose from, these dolls make the perfect gift for any occasion. $10 each, available at www.kamibashi.com.
2. **Victoria's Secret Refreshing Body Mist Set:** Six times the different refreshing body scents, including: Love Spell, Amber Romance, Pure Seduction and three more. $19.50 for the set, available at www.victoriassecret.com.
3. **"Chanel" Purse:** Its authenticity might by iffy, but with an $18.44 starting bid price, this would put a smile on any girl's face. Many styles at different price points, available at www.ebay.ca.
4. **Grab and Dry Terry Dishtowel Gloves:** Made of absorbent terrycloth, these gloves, a featured product in Oprah's O at Home magazine, will make drying the dishes a quick and simple experience. $15, available in red or white at www.uncommongoods.com.

New clothing stores liven up the Exchange

Marcus Bishop, vice president and Larissa Supleve, (buyer)

Interior of October

Interior of CommonWealth Blend

Jaimee Sy
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New York, London and Paris: these cities are known as fashion destinations of the world. With the addition of two new boutiques in the Exchange District, Winnipeg is fast becoming another city on that list.

October and CommonWealth Blend are the two latest fashion boutiques to set up shop in the ever-growing Exchange.

Winnipegger Beverly Kinahan owns October. Her Grant Park mall store has been open for five years, and she recently opened one in the Exchange, coincidently, in October.

"I really believe in the Exchange right now. I think in the next few years, it's really going to explode," she said.

The store has only been open for a few weeks now, but Kinahan has already noticed how the Exchange's laidback atmosphere differs from Grant Park's suburban, residential feel.

October, named after the birth month of Kinahan's son, offers a variety of women's clothing and accessories, with a target market of women aged 25 to 55, but it is not limited to that market.

"I think that literally any woman who walks into the store will find something that they would like to wear and feel comfortable in," said 19-year-old employee Madi Cash.

Kinahan feels the store tailors to "people who just love fashion, not necessarily trends, but fashion."

And that's just the same demographic that CommonWealth Blend caters to.

CommonWealth Blend is a brand-new boutique that's not only new to the Exchange but the first for its company. And even though it's malls that get the most traffic, the owners decided the Exchange was the perfect home for the boutique.

"There's no neighbourhood really like the Exchange. It's really Soho, very boutique. That's really the feeling of the store," said Larissa Supleve, employee and buyer for CommonWealth Blend.

Vice-president Marcus Bishop added, "This wouldn't work in a mall."

Originally from Steinbach, Bishop drew up the original business plans for the boutique over two years ago. The boutique's chic, 1920s bedroom layout is designed to give customers a comfortable shopping experience. The store carries brands like BCBG and Rinascimento, labels scarcely available in Winnipeg.

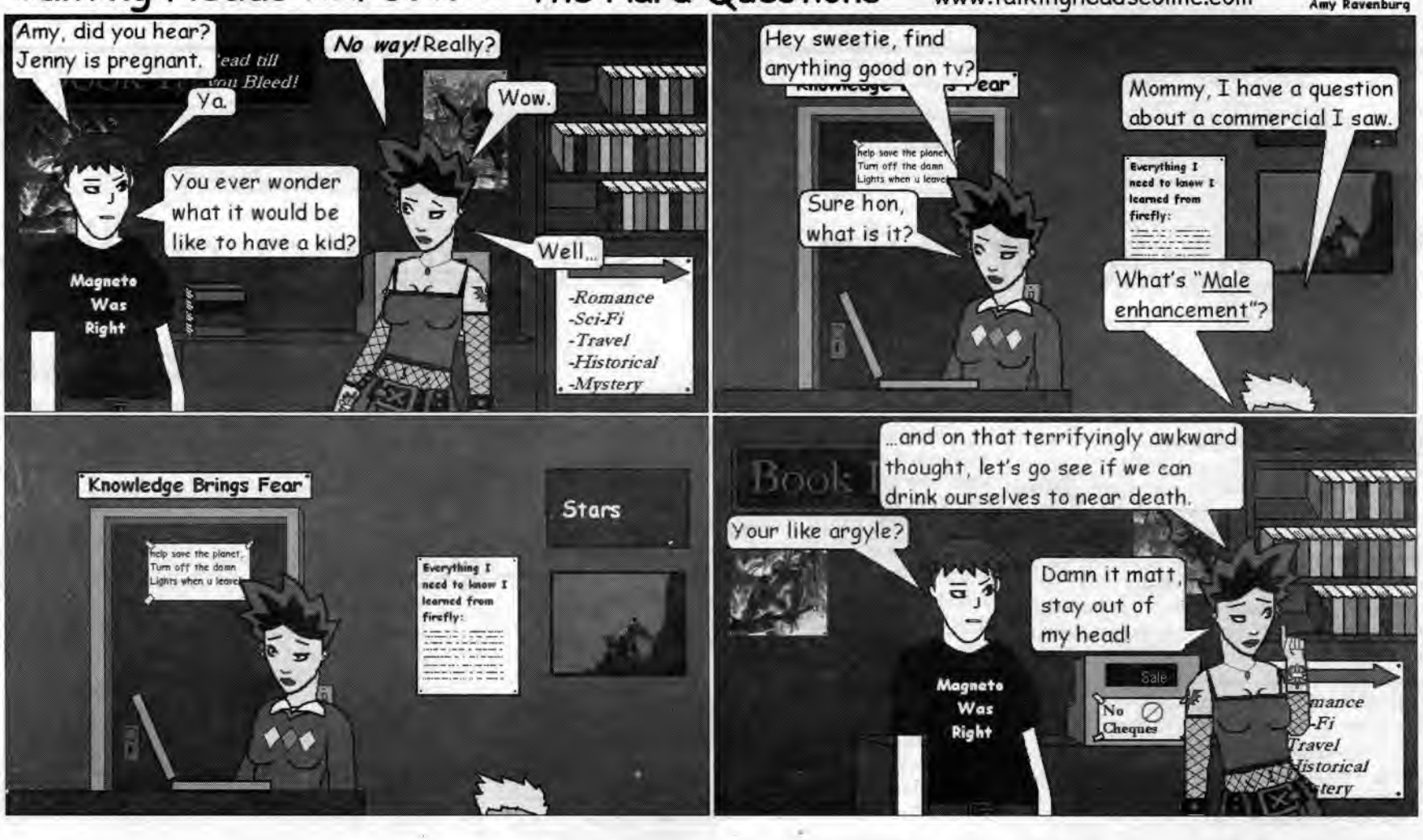
"We also pride ourselves on finding emerging designers who are off the beaten path, like Margarita Saplala, a t-shirt designer from New York. We like to bring in fashion that's sort of like art," Supleve said.

And although the store only carries women's apparel, it's looking to bring in a men's clothing line. It will also offer two new, exclusive cosmetics lines sometime in the near future.

October and CommonWealth Blend don't just sell clothes; they bring fashion ideology with the items they sell.

"Fashion shouldn't be taken seriously at all, it should be fun. I think that fashion is not just for the young, but rather the young at heart," said Kinahan.

"I think that the idea behind the whole store is that fashion, for us, isn't just nine-to-five; it's really a lifestyle," said Supleve.



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