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# The Projector

NOVEMBER 20 2006



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# BriefNews

## Mountains and Mexico Calling

Want to ski or ride, but NOT in a ditch? Here's your chance, and probably for the cheapest rates going.

The annual ski bunny trip to Fernie put on by the SA is drawing near, and the SA is now taking deposits in CM20 at the Notre Dame campus and P110 at the Princess Street campus.

The trip is scheduled over the Mini Break and be forewarned: it has sold out the consecutively for over a decade – get yer tickets now!

Also, the RRC 2007 trip to Mazatlan, Mexico is filling up and the deadline for sign up is Nov.30. Deposits are due in CM20 at the Notre Dame campus and P110 at the Princess Street campus.

Ready to Get Scrooged?

If you are looking for a way to spend a few pre-Christmas pennies on a few frosty ones, the SA is putting on the Bah Humbug Kegger on Nov. 23 from 3 p.m. until 7 p.m. in the Cave Lounge at the Notre Dame campus.

There will be live music by local band Hill and tons of cheer and cheers to go around. Time to get in the spirit – the holidays are coming...fast!

## RRC MOOSE HOCKEY NIGHT

Looking for something to do on Friday, Nov. 24? Head on down to the MTS Centre where you will find plenty of RRC comrades and a good 'ol hockey game. The RRC Moose Hockey Night is a guaranteed fun time and a great excuse to get away from the computer for a night.

Discounted tickets are available at the Ox (Notre Dame campus) or the Mercantile (Princess St. campus) for $13, but you must pick them up by Nov.22. Tickets can also be purchased online at http://ticketmaster.ca/promo/6wbs56 (password: STUDENT).

Another great deal available on this night: check out at Earl's on Main pre or post game and you will get 15 per cent off of the bill with student ID and ticket/stub (only on Nov.24).

## PROJECTOR WANTS YOU!

The Projector is looking for writers from all ends of our college. Every program, from each campus is eligible to express themselves in this paper – it's your voice. We welcome any willing participants to join us at our next story meeting on Friday, Oct.6, in room W102 (the newsroom) at the Princess St. campus, at noon.

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

## CAMPUS TOURS:

Interested in becoming a student at RRC? Tempt yourself further by taking a pre-scheduled tour of the Notre Dame of Princess St. campuses.

Tours last around one hour, and you'll find out all about college life, courses, programs, services for students and how to apply. The tour covers all corners of the campuses to give you a great idea of what it's like to be a student at RRC and a heads up on how to navigate your way around.

Groups are limited to 25 and must be booked in advance. If you would like further information about RRC campus tours call Carolyn Burton at 632-2115 or Lisa Vogt at 632-2402 for booking or general questions.

**The Projector**

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## AworD

Clever witches always gather around firelight, not hot knives. Consider this a warning, not a blessing.

# RRC Instructor Wields Knife At School

**By Tim Phelan**rebelmusic99@yahoo.ca Photo Tim Phelan

**A cutting-edge electronic** device is hitting the market, and Alex McIlraith, a Red River College (RRC) electrical/ electronics engineering technology department instructor played a key role in getting it there.

The Shocknife is a new law-enforcement training tool that emits a powerful electric current upon contact with the human body, simulating the feeling of an actual knife wound.

"It feels exactly like you're being cut," explains McIlraith, who designed the product's complex circuitry.

"If it's on low power, it bites, similar to the feeling of a paper cut. If it's on high power, it definitely hurts."

Inventor Jeff Quail, who has an extensive background in law enforcement, came up with the concept two years ago after seeing a need for a realistic training tool that would replicate the acute stress response generated by a real knife attack.

"The vast majority of attacks on police officers involve edge weapons," he says.

Quail teamed up with longtime friend and current Shocknife president, Rory Bochinski to launch the product. Eventually,

the company approached RRC for help with the design. Through an industry partnership agreement with the college, McIlraith took on the challenge of developing the electronics. In just over a year, Shocknife had evolved from a basic concept to an internationally distributed product used by military, border security and law enforcement agencies in 15 different countries.

"We've been very lucky," says Bochinski. "Without Alex, I don't think we would be any closer than a cattle prod with a couple wires sticking out."

McIlraith had an equal amount of praise for the people at Shocknife.

"I found it exciting, that somebody comes up with an idea that is so good that it takes off in a year. Normally, you have to push your product on people, but I think that this product sells itself because it works well and is sort of awe inspiring."

McIlraith has been an instructor at RRC for five years and has no stake in the venture. His contribution was done out of sheer passion for his work, and for the benefit of his students.

"I've shared with students a lot of the things I've learned through the process, and showed them the circuitry, what works and what doesn't," McIlraith says. "The students get quite excited about it. Basically, they learn that they have the knowledge…that they could design something like this themselves."

As a reward for McIlraith's work, Shocknife recently donated a valuable portable digital oscilloscope to be used by RRC's electrical/ electronics engineering technology students.

# The Winnipeg Free Sun

**By T. Shane Gibson**thomassgibson@gmail.com

**In early October,** free copies of the Winnipeg Sun magically began appearing in the halls of the two largest Red River College (RRC) campuses, causing a drop in sales at the Student Association's retail stores.

Newspaper sales for both the Ox (Notre Dame campus) and the Mercantile (Princess St. campus), are crashing, largely because both stores are forced to sell the Sun at regular price.

"It has been affecting all paper sales, not just the Sun - my National Post and Free Press sales are way down as well," says Matthew Miejers, retail manager for both the Ox and the Mercantile.

Students, however, say they're grateful, if not a little bewildered for the freebie.

Mike Ripplinger, a first year graphic design student at the Princess Street campus, says he reads the Sun everyday on his bus ride home.

"I like it, it keeps me up to date with current events, even though I'm a busy student," he says, adding that he does not know why the Sun is suddenly provided for free.

Twylla Krueger, RRC's director of college relations, knows exactly why the Sun is free, as she was instrumental in securing a large college subscription to the paper.

"We were very excited to enter into this partnership with the Winnipeg Sun directly based on the value it would provide our current students. The feedback we have received from the students to date has been extremely positive," she says.

Krueger says that according to the college's agreement with the Sun, the subscription will continue for the rest of the school year. During the fall and winter semesters, 400 papers will be delivered daily to the Notre Dame campus, and 200 to the Princess Street campus. In the spring and summer sessions, due to lower enrollment, the number of papers delivered will fall to 100 papers at each campus. At the end of the year, Krueger will evaluate the program with the Sun to decide if the promotion has been successful.

The Winnipeg Sun is delivered daily by 8 a.m. and is located in higher traffic areas of both campuses, such as the cafeterias.

# Students Fired Up Over Marks Dispute

**By Mike Sherby**sherbs@canada.com

**Second year business** administration students at Red River College's (RRC) Notre Dame campus are taking a stand over what they say is unfair treatment by the college over their marks.

More than half of the students taking a recent exam for their entrepreneurship course either failed or got low marks, according to Kim Penziwol, a member of the RRC's Student Advisory Board.

The angry students started a petition that Penziwol has presented on their behalf to the RRC Students' Association (SA) president, Rex Masesar. The petition, which has approximately 200 student signatures on it, asks that the students' marks for the exam be given either a 15 per cent curve or that a portion of the marks from the exam be redistributed to other areas in the course.

Penziwol says that students were given several case studies of business plans to study before the exam, but the case studies presented on the exam were "much harder."

Masesar said that the SA has received the petition from the students and that Mike Cochrane, the SA's vice-president (academic), will be taking the matter up with the program chair of the business administration program. He added that the SA's role in these situations is to "facilitate" the matter, and that the students had "taken charge for themselves."

Masesar says in the past, the SA has been approached by individual students who were upset about their marks or instructors, but as far as he knew, there had never been a case when the SA was approached by a class as a whole.

Entrepreneurship is a second-year course offered in the business administration program. According to the RRC business administration website, the course is supposed to aid students to "apply the knowledge gained in all other courses by researching ideas for a profit-seeking enterprise and preparing a business plan."

The SA has a mandate to protect the interests of all students attending RRC, and the policy for the appeals process with the college can be viewed at rrc.mb.ca/policies.

Any student may dispute a mark or grade they feel is unfair.

After failing to resolve a dispute directly with an instructor, students can file a complaint by going to the SA office at either the Notre Dame or Princess St. campus.

# Red River College
# STUDENTS' ASSOCIATION

*Make it yours!*

## Feel Free to contact us at:

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(204) 632-2474

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(204) 632-2480

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Vice President Princess Street
(204) 949-8466

## Up Coming Events

## Nov 20 - Dec 1

**BAH...HUMBUG KEGGER**
- Nov 23rd (3PM - 7)
- Cave Lounge
- Live Band "Hill"

**RRC MOOSE NIGHT**
- Nov 24th vs. Admirals
- Tickets for sale in the OX for $13

**DODGEBALL TOURNEY**
- Nov 29th (5:30PM -9:30)
- South Gym

**X-MAS KEGGER**
- Nov 30th (3PM - 6)
- PSC Cafeteria

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

CHECK OUT THE SA WEBSITE @ WWW.RRCSA.COM

### Message from the executive

The SA Executive would like to inform you of a special event that we will be participating in with the University of Winnipeg Students' Association. We recognize the efforts of Aboriginal Women and the efforts they have taken on to promote the well being of others.

An Evening Honoring Aboriginal Women
Tuesday November 21st
The University of Winnipeg Bulman Centre starting @ 7pm
*If you are interested in attending or volunteering for this event, please contact Rex Masesar @ 632-2474 or sa_president@rrc.mb.ca*

From November 6th-10th, Rex Masesar and Jesse Wilson 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 Rex for more information.

## DODGEBALL TOURNAMENT

**November 29 2006 Norte Dame South Gym 5:30 - 9:30 PM**

**Teams of 6 - 10 players**

**(half of team must be current RRC Students)**

**$20 Team Registration includes pizza & beverages**

**Register by 1:00 PM November 28th at either CM20 Norte Dame or P110 Princess Street**

*You are invited to join your fellow Red River Students in ringing in the Holiday Season.*

### *Bah...Humbug Kegger*

*Date: Thursday, November 23rd*
*Time: 3 - 7 PM*
*Location: Cave Lounge*
*Live Music of "Hill"*
*Christmas Wrapping Contest*

### *X-Mas Kegger*

*Date: Thursday, November 30th*
*Time: 3 - 6 PM*
*Location: PSC Cafeteria*
*Free Pizza*
*Christmas Wrapping Contest*


**Notre Dame Campus**
CM20 - 2055 Notre Dame Avenue
Winnipeg, Manitoba
R2H 0J9 (204) 632-2375

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

# Province Betting More Cash Will Help Foster Kids

**By Simon Fuller**rufuslusty@hotmail.com

**Imagine losing a** child. Now take a deep breath.

For those families who have endured such a catastrophic event, the lights will be forever dimmed. One such incalculable loss was the June 2005 death of Phoenix Victoria Sinclair in Manitoba's Interlake region. The wounds of this tragedy were reopened last week as the province announced a $6.1-million plan to help foster families who take in children.

Media reports from March detailed how Phoenix had been in and out of the care of child-welfare agencies and foster placements since her birth, and was somehow allowed back into her abusive father's care. The police have since charged Phoenix's mother and her boyfriend with murder.

The new provincial subsidy is intended to add financial muscle to the available budget for each foster family. Subsidies will rise more than 23 per cent during a 14-month period beginning Jan.1, 2007, increasing their daily support to more than $23 per child. This sharp upturn is designed to allow families to minimize spending on the children from their own pockets.

Danika Jones of the Manitoba Foster Family Network said the cash is intended for "regular things like doctor's bills, groceries and cadets."

It remains to be seen whether more people will now volunteer to be foster parents because of the subsidy.

"You're never going to get rich being a foster parent," says Jones. "You do it for the love of children. Nobody is going to retire to the beach on their handouts."

Marion Campbell, a Winnipeg resident and mother, has been considering taking on the role of foster parent for a year.

"I have always been a good parent, and I've always been blessed. When my youngest son left home, I decided there might be motherhood left in my tank." After doing her own research, Campbell found the screening process for new parents to be refreshingly intense. "They [the MFFN] do child-abuse checks, criminal record checks. They look at everything."

The selection of foster parents is still not a perfect science. Manitoba has between 2,500 and 3,000 foster families, which makes the guardian vetting process an unenviable task. The community of social workers in the province has always been diligent, and they would be devastated if a child was misplaced in a bad home, according to Jones.

"My uncle is in a group home in Brandon for the mentally handicapped. We all know the staff is ripping him off, which is quite a different ball game. This would never happen with a foster parent," says Jones.

# Higher Crime Rates Up North: Report

**By John Towns**townsjohn@gmail.com

**A report compiled** by the Canadian Centre for Justice Studies has revealed that Canadians living in northern communities are over three times more likely to be victims of violent crime than residents in southern Canada, yet they report feeling more secure.

The report, released by Statistics Canada on Oct. 30, found almost 40 per cent of northern residents over the age of 15 had been victimized in the year before being interviewed, compared to the figure of 28 per cent for the rest of the country.

It was found that Canadians in the northern regions (Yukon, Northwestern Territories and Nunavut) were more likely to be victims of sexual assault, physical assault and robbery than provincial residents.

According to the report, the study examined a number of social problems contributing to the higher crime rate, including social and economic factors.

"Northern residents tend to be younger on average than residents in the rest of Canada; they have higher proportions of lone-parent families and common-law families," The report also cited a higher unemployment rate and a higher aboriginal population.

Theresa O'Neill, an RRC business administration student and a former resident of Rankin Inlet, Nunavut, says that another large factor is substance abuse.

"I think it's because there isn't anything to do up there, and alcoholism is rampant," says O'Neill. "So there's nothing better to do than to get loaded and sometimes do things they otherwise wouldn't. A lot of communities up there are dry, so all the alcohol is bootlegged, and when they're drinking, it isn't controlled at all."

Despite the higher rate of victimization, the report went on to say that seven out of every 10 crimes went unreported to police, even though injuries were sustained by the victim almost twice as often as in attacks in the provinces.

It was also found that 10 per cent more northern residents said they were "very satisfied" with their safety, and only 64 per cent of northern residents reported taking routine measures to protect themselves from crime, compared to 76 per cent of provincial residents.

O'Neill, whose sister still lives in Rankin Inlet, believes this is a result of a small town atmosphere.

"Communities are so small, and everyone knows everyone or is related, so they don't feel that there's any danger."

The report found that of the three territories, Nunavut had the highest crime rate, but even the crime rate of the other territories still towers above provincial numbers.

According to the report, "The violent crime rate was highest in Nunavut, followed closely by Northwest Territories...with a rate that was less than half of the other territories, Yukon's violent crime rate was still over 1.5 times higher than the highest provincial rate, found in Saskatchewan."

# Caught In The Cycle of Violence

**By Shannah-Lee Vidal**

**When a child** sees one parent abuse their other, it is not something that is easy to forget – domestic violence is a situation that can have lasting effects on a child - the silent witness.

Last month, Family Services and Housing Minister Gord Mackintosh announced a new initiative to help children deal with the impact of domestic violence. The provincial 'At the Roots' fund will support special services to help children in five Manitoba shelters, including the Fort Garry Women's Resource Centre (FGWRC). The $175,000 price tag also picks up the tab for the province's public awareness campaign called 'Domestic Violence Destroys Families'.

"It's fantastic," says Sharon Hunter, counselling co-ordinator at the FGWRC. "I think it's such a need in the community. There are some good services in the community, but they aren't enough. In the past people didn't want to talk about it. If there isn't awareness about an issue, then nothing changes."

One of the services offered for children is play therapy, where they "come up with alternative ways" of helping children solve conflicts. Mothers can also get support at the FGWRC through counselling, drop-in nights and clothing exchanges so they are not so weighted down.

According to Hunter, domestic violence "affects kids on every level." The repercussions are unique for each child. Hunter has seen domestic violence have "an impact on self-esteem" on children, some of them dealing with it on a physical level by "picking, scratching or biting."

Although women are most often the victims of domestic violence, a 2001 Statistics Canada report on family violence says some men become victims as well.

The report also says boys are more likely to develop aggressive tendencies, while girls may become depressed or physically ill. Younger children may act more immature than their age. As they get older, children may be apt to view violence as a means of solving problems.

> Boys are more likely to develop aggressive tendencies, while girls may become depressed or physically ill.

"There is always the potential that if you see something happening you could take on that behavior," says Hunter, adding that domestic violence "leaves lasting emotional and spiritual scars" on children.

Even though there is a big possibility for children to perpetuate this same cycle of violence when they grow up, not all victims will. In some cases, they may be so afraid of what they saw that it inhibits their ability to establish lasting relationships.

"Definitely anytime you have intervention and prevention as [a program's] focus, you have the potential for breaking the cycle of violence," says Hunter.

# On The Hunt For Hipsters

**By Michael Sherby**sherbs@canada.com **Graphic by** Tyrone Fontaine

**The CBC wants you.**

Canada's publicly-owned television network is looking for new ideas in order to attract a younger audience. No longer satisfied with Canadians only watching Hockey Night in Canada, the CBC has sent out the message that they're trying to adapt to modern times and attract new viewers from a younger demographic.

Some RRC students, like John Burgoyne, say it's about time.

Burgoyne, a frequent CBC viewer, said that he's a fan of some CBC shows and he's happy with the new direction the CBC has been taking.

"They're appealing to a younger audience now, something they haven't done in years. You can only watch Peter Mansbridge for so long."

According to Nielson Media Services, the CBC brought in just 7.5 per cent of the prime-time share of viewers for 2005-06 year, placing them last among the three major Canadian networks.

According to the CBC's 2005-06 Annual Report, the network is charged with finding ways to "balance competing, sometimes seemingly contradictory needs" – including finding ways to attract new viewers to the network without alienating already loyal viewers.

The CBC is hoping hiring a few new faces for some executive positions might help. Kirstine Layfield, the new executive director of network programming and Fred Fuchs, the executive director of arts and entertainment programming, have joined CBC. Fuchs was the producer behind movies such as Bram Stoker's Dracula and The Virgin Suicides.

According to Richard Stursberg, executive vice-president of CBC Television, in a speech to the Economic Club of Toronto on Nov.7, "You can only succeed in this business if you have the most creative and talented people, and I believe we do."

With these lofty goals in mind, the CBC has unveiled a series of programs aimed at attracting new viewers. One of the shows the CBC has been pinning its hopes on is The Hour, hosted by former Much Music V.J., George Stroumboulopoulos. The Hour, a news show aimed at getting young adults interested in current events, presents its information in quick, easy to digest segments.

The network has also added such unconventionally CBC fare to its line-up as Dragon's Den, a reality television series featuring entrepreneurs pitching their ideas to five Canadian business moguls who then decide to either fulfil, or crush their dreams. The show airs alongside such CBC mainstays as This Hour Has 22 Minutes and The Rick Mercer Report.

# Manitoba - The New Saudi Arabia

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

**As the federal** government prepares to pass the clean air act, a proposal that interim Liberal leader Bill Graham has criticized as a "national disgrace," Manitobans concerned with the environment have a reason to celebrate.

According to the Canadian Energy Efficiency Alliance (CEEA), Manitoba is a straight A student when it comes to promoting and supporting energy efficiency.

In the 2005 annual ranking by CEEA, the province of Manitoba was given an A and had the honor of once again being the highest ranked province.

"Manitoba is implementing effective programs," says Ken Elsey, president and chief officer of the CEEA. "They continue to set the standard to which others must follow."

The report also says the 2005 federal government received an A, and Ontario and the Yukon rode on Manitoba's environmentally-friendly coattails with a B+.

Alberta, Newfoundland, and Nunavut placed at the opposite end of the spectrum with marks ranging from D to D+.

Manitoba Hydro, as well as the current provincial government, is giving itself a pat on the back, saying their conservation programs have a lot to do with Manitoba's success in energy efficiency.

"We try not to promote less energy use, but rather a wiser use of energy," said Manitoba Hydro spokesperson Linda Hogue.

According to Hogue, Manitoba Hydro has "rolled out over eight new energy saving programs this year," including awareness programs to get Manitoban citizens and businesses to be energy-efficient by using things like florescent lights, or programmable thermostats.

One of the most notable energy efficient additions to Winnipeg is Manitoba Hydro's new 22-floor office being built along Portage Avenue. The building's design includes rooftop gardens, a solar chimney for more energy efficient ventilation and three six-storey waterfalls designed to humidify and dehumidify the building.

When it is all said and done, the $188 million project will achieve a 60 per cent reduction in energy consumption.

Manitoba's success also comes as good news to Jim Rondeau, Manitoba's minister of science and technology – in recent years, the province has worked closely with Manitoba Hydro to lead the way in energy efficiency, offering rebates on electrical equipment, and focusing its environmental efforts on downtown Winnipeg.

Renewable energy is also on the provincial agenda, says Rondeau.

"Fifteen years ago, there were no wind towers, or even studies on them," he says. "Now we have the largest single wind farm in Canada, and we have requested for an expansion of 300 megawatts."

In addition, Manitoba was the first province to have an ethanol plant, and is a leader in bio-diesel technology and geothermal heating systems.

"Manitoba is the Saudi Arabia of sustainable energy," says Rondeau.

In the wake of a CBC poll that suggests that environmental concerns are second only to health-care in the minds of Canadians, Manitoba's provincial NDP government appears to be heading in a popular direction.

"We believe that it is important to have sustainable economic growth," says Rondeau.

**Conquer the Globe:**
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Monday, November 27th, 4:00 pm - 7:00 pm
Red River College, Notre Dame Campus
Room E 308

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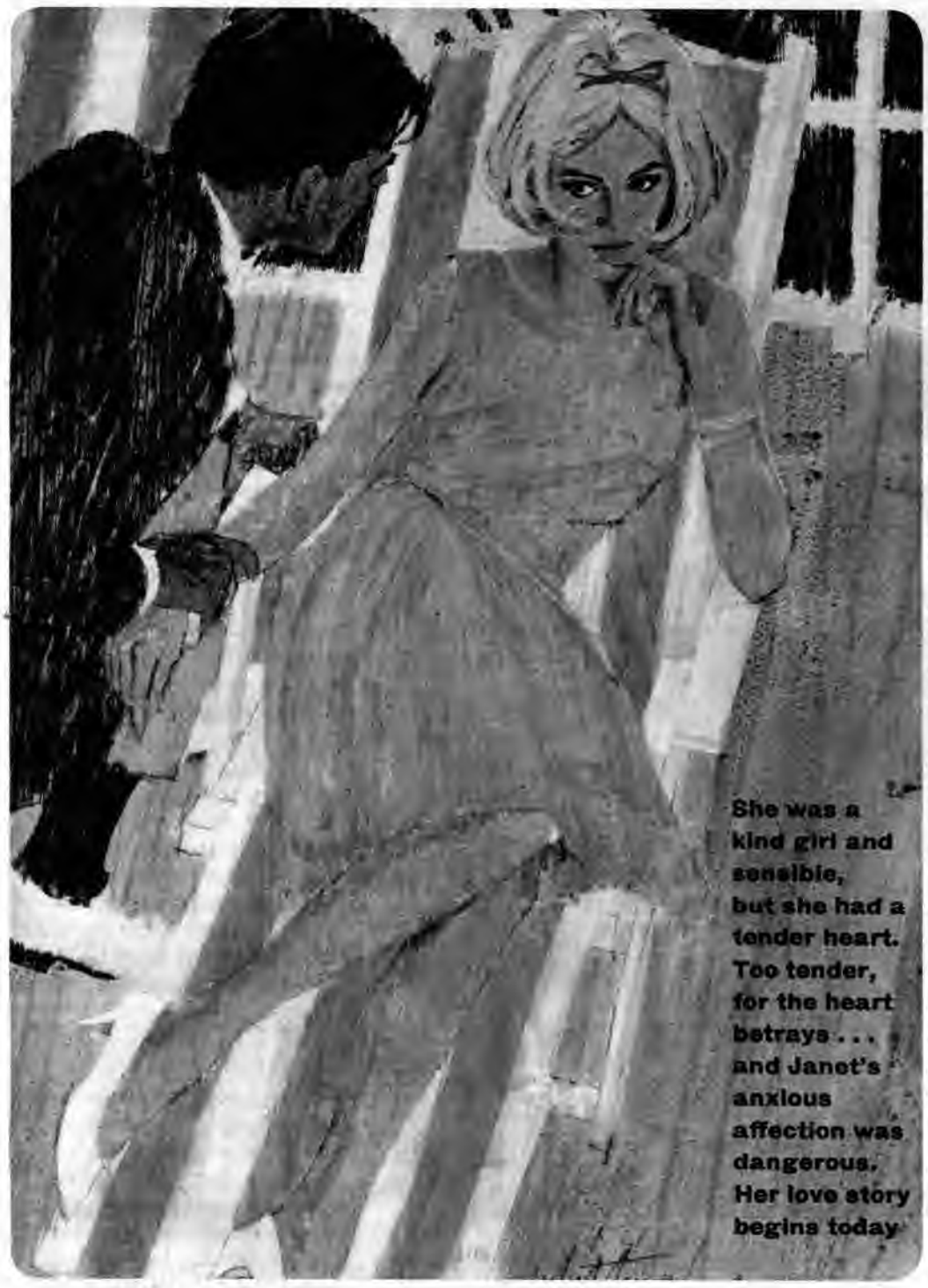


# Conflict Of Reality

**By Nathan Bueddefeld**nbueddefeld@gmail.com

**If you've turned** on a TV in the past few years, you may have realized there's been a change in the landscape.

Sitcoms have practically disappeared and have been replaced by reality television, a genre of show starring everyday people rather than big-name actors - the days of flipping on the tube and watching non-syndicated episodes of Seinfeld, Friends, or Everybody Loves Raymond are gone.

Today, whether you want to watch people competing to be the next big pop star, marry a wealthy bachelor, or even hang upside down by a rubber band while eating elephant dung, you can rest assured that there is a reality show for you.

But how real is reality TV? Rumours have circulated about TV shows such as Survivor and The Bachelor, saying producers coached former contestants into saying certain things. Some contestants have also complained that the editors of the show made them look like villains by showing only their bad moments.

Sarah Blondin, an RRC student, and once a contestant on ABC's The Bachelor, says that when contestants were off camera, the producers would come and talk to them.

"They would plant things in your head, trying to make you be what they wanted you to be," says Blondin.

"It was as if they were trying to brainwash you," she laughs.

Shows like Fear Factor, a show where contestants have to perform dangerous and disgusting stunts, have some wondering why the show is considered based in reality, as driving cars off moving semi trucks or eating cow testicles are not exactly everyday occurrences for people.

Clayton Green, a 26-year-old engineering student at the University of Manitoba, says he cannot understand how some shows can get away with being called reality television.

"Reality TV isn't some good-looking people doing crazy stunts, competing against each other to try and win a prize," says Green. "In half of these reality shows, people aren't even doing things that they would do in real life, so I can't see where the reality is in that."

Randy Wade, a reality TV lover, disagrees and feels that the shows are real.

"It's real because these are guys that are just like you and me. Even if they're told what to say or do, they still have a mind of their own to say and do what they want," says Wade.

Whether viewers think this type of TV is real or not, they're still tuning in by the millions to watch their favourite reality shows. Some may not be looking for a show that simply mirrors reality, but rather one that is entertaining.

For that, reality television gives them their entertainment fix.


# Convocation Ceremony

## Wednesday, January 17, 2007
## at 7:30 p.m.
## in the North Gym
## Notre Dame Campus

**Convocation Attire must be worn if attending the ceremony.**

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# Off Her Chest

By Samantha Saunders, The Eyeopener (Ryerson University)

**TORONTO (CUP)** -- I lie on the operation table, naked from the waist up. My arms are spread and strapped down tightly. There are scalpels to my left and an anesthesiologist stands on my right. Suddenly, I realize that this operation thing is for real.

"It's going to be okay, honey," the anesthesiologist says in a soft voice. She's sensing my increasing apprehension. I'm sensing a sudden urge to bolt out of the room.

"That's right. It will be done so quickly you won't even notice," the doctor says with a smirk. I say nothing. I am practicing pursed-lip breathing, something I've seen pregnant woman do on television before giving birth.

"How old are you?" the doctor asks, trying to distract me from the situation.

"I'm tw-tw-twenty," I stutter.

"Are you in school?"

"Yes, I go to Ryerson," I blurt in an annoyed tone. I am painfully aware of his tactics. He can't get me, I think to myself. None of them can get me to relax.

"Okay, I want you to count backwards starting from 10," the anesthesiologist orders. He puts a mask on my face and I start counting.

Ten. That's a really bright light above me. Nine. Do they want me to think I'm going to heaven or something? Eight. These people are sick. Seven. Shouldn't I be asleep by now? Six . . .

When the surgery is over, I am free of the baggage that comes with being weighed-down by triple-D breasts.

That's right, 32 DDD. Some may call it a miracle; I called it a curse. And I'm not the only one. Close to 100,000 Canadian women undergo breast reduction surgery (known medically as reduction mammoplasty) each year.

The procedure involves removing fat, glandular tissue and skin from the breast. The areola may also be repositioned and reduced in correspondence with the size of the breast. The purpose of the surgery is to leave the patient with smaller, lighter, firmer breasts.

Breast reduction candidates -- like my former self -- suffer from a litany of things: chronic neck and back pail; permanent shoulder straps marks (from their bras); inner arm numbness due to nerve compression; skin irritation due to constant friction; ill-fitting clothing and bras; inability to partake in certain physical activities and extreme self-consciousness.

Self-consciousness, you ask? It's true. In a society that reveres the bouncy boob as the all-powerful insignia of femininity, there are women trying to cover it up. I would know. I have a closet full of slimming black tops and baggy sweaters to prove it.

The doctor finishes the surgery and I wake up seven hours later in recovery. When I open my eyes, I realize that I am on a small, raised bed. The curtains around me are a putrid yellow and orange. They clash with the sky-blue robe someone has put on me.

"She's waking up," I hear the nurse call out. My mother and sister burst through the curtain a second later.

"Okay, Samantha, you have to stay awake this time. They won't let you go home if they think you're still groggy," she whispers.

"This time?" I ask, confused.

"Yes. This is the third time you've woken up," she says. She looks tired. I think she wants to go home.

"How does it feel?" asks my sister. "You don't look any flatter." I look down and notice the thick bandages poking out of the top of my robe. I really don't look any flatter. I take in a deep breath. "Ah!," I scream, as pains shoot through my chest.

"What is the problem?" the nurse asks as she rips open the orange curtain.

"I was just trying to breathe," I say.

"Yes I know, but breast reduction patients shouldn't do that," she says coyly as she turns on her heel and leaves.

My next-door neighbour knows about being self-conscious. As a teenager, she dealt with men constantly gawking at her voluptuous figure. I sat down with her the week before my surgery. We ate pretzels and spoke about her experience with breast reduction surgery.

"They were always like: 'That kid has got huge boobs,'" she said, adding that everyone (including her father's male friends) would comment on her larger-than-normal chest. "I was tiny -- size zero. My boobs were just too big for my body."

Because of her inability to exercise (large breasts cause back, shoulder and neck pain during physical activity) and the unwanted attention, my neighbour also had her breasts reduced. She assures me that it was one of the best decisions of her life and that she didn't experience any of the side effects my plastic surgeon warned me about.

On top of permanent scarring, the surgeon warned me that I might not be able to breastfeed, as he might have to remove milk ducts leading to the nipple. He added that I could lose the sensation in my nipples, which is rare but can occur if nerves are severed.

Patients sometimes also experience partial or complete nipple loss, anesthetic reaction, asymmetrical breasts or bleeding infection. Like my neighbour, I was fortunate enough not to experience any of these side effects.

During the two weeks after my surgery, I am bed-ridden. It is hard to speak, sit up, walk, and of course, breathe. I am given as much Tylenol 3 as my body can handle.

I am fawned over. My boyfriend fluffs my pillow. My girlfriend brings me season six of "Sex and the City" on DVD. My mother's friend makes me cannelloni stuffed with ricotta. Even my little sister brings me apple juice daily.

When I can finally stand up without someone's support, I saunter over to the full-length mirror in the corner of my room. One glimpse tells me I look like hell. My face is puffy. I have dark circles under my eyes and the worst case of bed-head you have ever seen in your life. But my five-foot-one, 112-pound frame is no longer drowning in cleavage. My back and shoulders are no longer aching. And my 32 triple-Ds are gone.

My breasts are very sore, swollen and bruised for weeks after my surgery. I am not allowed to do any heavy lifting or vigorous work that would involve my arms or upper body. It takes me three months to start swimming again and four to start jogging.

But most importantly, it takes me almost six months to make my first post-surgery trip to La Senza. This was the store where salespeople used to apologetically say, "We don't carry that size." Or they would give me the old heave-ho with, "Maybe you should try a different store."

But when I asked for a particular bra in my new size -- a very comfortable 34C -- the salesperson simply turned to the rack grabbed a bunch of items and said, "We have that bra in burgundy, light blue and emerald green. Which one do you want?"

I bought all three.

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**From junior-high** sex-ed classes to '80s television ads (and even once, a flash-in-the-pan hit single by Canadian rapper Ricky J), we've heard the rape refrain: no means no. Seems obvious enough, right?

Well, not in Maryland. In that state, as of Nov.1, "no" only means "no" if you say it before sex - after the act has begun, "no" doesn't mean anything at all.

At least, that's the ruling handed down by the state's Special Court of Appeals. Though the announcement got no play in the mainstream media, its implications are shocking: if a woman consents to sex, she cannot withdraw consent after it has begun. Even if she screams "no", the man can continue on to orgasm and it is not legally rape.

Defenders of the ruling hasten to add that the victim can still sue the perpetrator, but that seems like cold comfort for a victim of sexual violence. It is even insulting, like convoluted prostitution: you can't always refuse sex, Maryland judges say, but you can ask to be compensated for your time.

Though this ruling only applies to the US state, any threat to women's rights in North America should be protested by all. While the law is gender neutral, since an estimated 95 per cent of rape victims are female it's fair to call it a strike against women.

That women are vulnerable to sexual violence is hardly groundbreaking news. One in three women will be sexually assaulted in her lifetime. Count the women in your life, and consider that figure, the statistic is so disturbing that it is rarely discussed openly. Now, Maryland women are even more at risk.

Anyone can come up with countless reasons why a woman would initially consent to sex before refusing. She may think the man is wearing a condom, and refuse when she realizes otherwise. She may be a rape survivor, and suddenly discover that sex triggers horrific memories. She may find that medical complications (such as endometriosis or vaginismus) make intercourse incredibly painful. Maybe he's being too rough.

Of course, there's also the most obvious reason: the woman simply changed her mind. As a friend pointed out, if you walked into a car dealership and announced you were going to buy a car, the salesman couldn't force you to drive one home. That a woman can't change her mind about sex, the most intimate consensual act, serves as disturbing commentary on how much society values women's bodies.

But ladies aren't the only ones who should be seething. Essentially, the ruling suggests that in the heat of the moment, a man is unable to understand the word "no". If he does, he is somehow so unable to just stop having sex that it doesn't constitute criminal behaviour if he continues.

Come on guys, that's pretty insulting and not just to your intelligence (18-month-old babies are fairly clear on what "no" means), but also to your ability as a member of the homo sapiens to control your own actions. Freewill is what separates humans from the rest of the animal world: a dog can't stop mating if his mate doesn't like it, but you guys have intellectual control of your body.

Bottom line? If we ever want to evolve into a sexually healthy society, then we all need to ensure that laws across the continent enshrine women's right to consent to, and refuse, sex. After all, how could any of us truly consent, with no reservations, if we are always afraid it's the last chance we'll get to say "no"?

# The Damage Done

**Since 2003, nine** Canadian soldiers have been killed and 21 wounded by improvised explosive devices (IED) and unexploded ordinances (UXO) in Afghanistan. It ranks among the most heavily mined countries in the world with the United Nations (UN) estimating that around 10 million of the devices are still contaminating the land.

As of Nov.7, 2006, coalition forces have reported 442 coalition deaths, 77 by landmines or IEDs or 17 per cent of overall casualties.

Landmines kill or maim at least 100 people every month in Afghanistan, a figure that is quite possibly higher due to the percentage of victims who do not or cannot report the incident. The majority of the casualties are children.

It is believed that landmines were first buried during the Soviet invasion of Afghanistan in 1979. Millions of mines were buried by both forces during the nine-year war. The International Campaign to Ban Landmines has identified at least 50 types of mines in the country that were manufactured in Belgium, Iran, Italy, Pakistan, the USSR, Britain and Zimbabwe. The United States provided landmines to mujahedeen fighters as part of US covert assistance in the 1980s to fight the Soviets.

IEDs are rudimentary bombs primarily used in guerrilla-style warfare that are used inflict maximum damage. They are also referred to as roadside bombs, devices that target military and civilian vehicles. IEDs are used to target Afghan government officials, national and international aid workers, including mine action personnel and coalition troops. Use of these devices in Afghanistan has been steadily increasing.

Corporal Francois Bernard of the 22nd Regiment who served in the war-torn country last year, explained how insurgents have increased the sophistication of their attacks. He said that insurgents will lay a roadside bomb or landmine and wait for a passing vehicle. If detonated, they measure the level of damage and adjust accordingly so if one landmine disrupts a light armoured vehicle, the next time, they will lay two, three or four on top of each other and experiment with numbers until they reach a satisfactory level of damage.

According to the UN, 110 million land mines litter 68 countries. They cost anywhere between $3 and $30 to buy. It costs neutralizers between $300 and $1000 to remove them. For every mine cleared there are 20 laid and they can remain active for 50 years.

Since 1997, 154 countries have signed the Ottawa Treaty, a law that requires all members to ban all anti-personnel landmines. Three of the world's largest arms producers including the US, the People's Republic of China and Russia have refused to sign the treaty.

*You can reach Matt at mattwright82@yahoo.ca.*

## EDITOR'S DESK

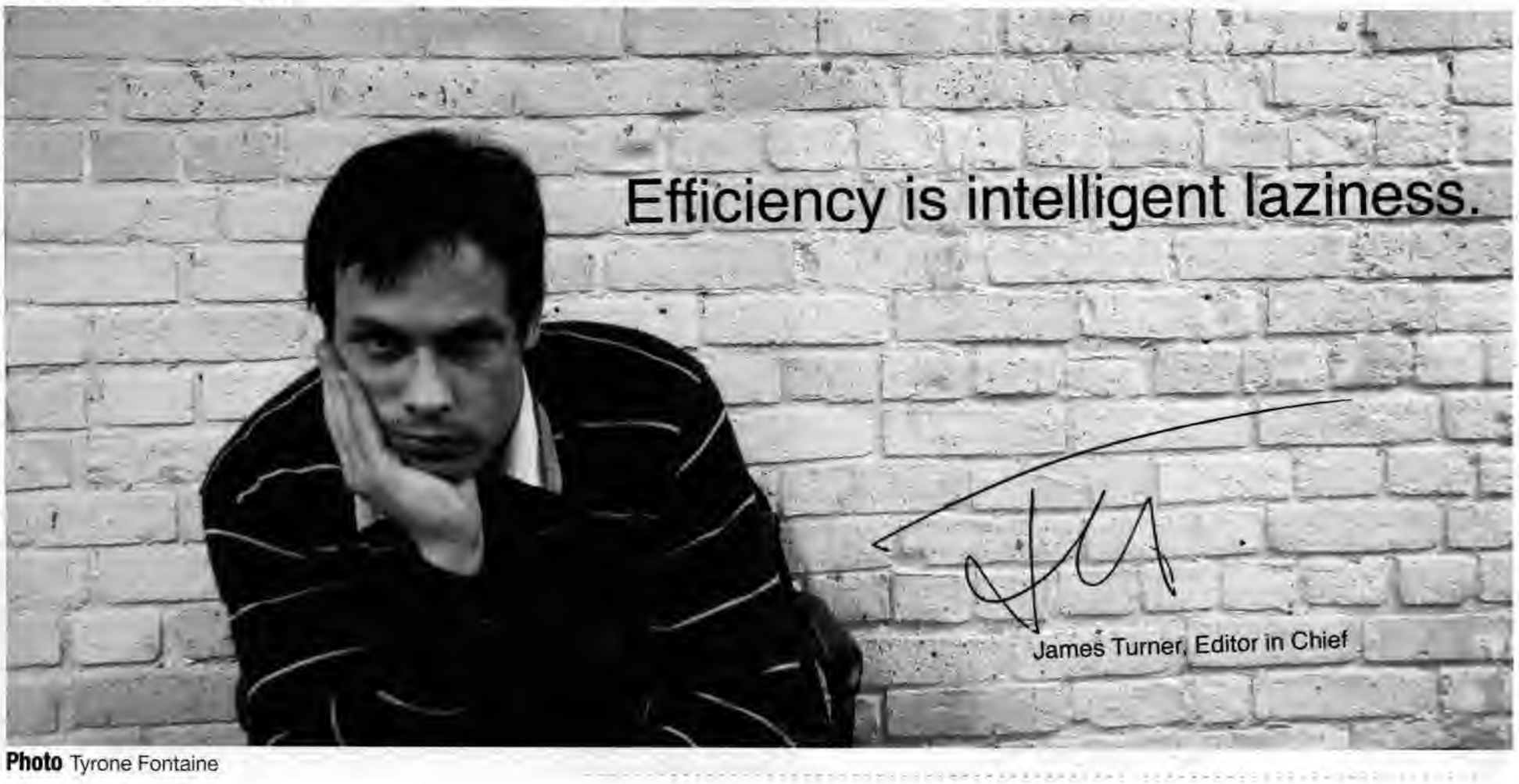



**Photo** Tyrone Fontaine

# Driving High

By Doug McArthurdougmcarthur0@gmail.com

8 p.m.
West End Cultural Centre
November 25

**On their sophomore** LP, From The Ground Up, self-proclaimed speed rockers High Five Drive (HFD) aren't planning on breaking genre barriers, sales records, or garnering critical acclaim. But that doesn't phase frontman and jack-of-all-trades Greg Rekus. He and the rest of the Winnipeg four-piece are planning on kicking ass and taking names, any chance they can get.

Rekus and drummer Steve Jowsey have been the glue that held the band together over the past years. They have been through line-up changes, relentless touring, and have managed and booked the band independently all the way through.

"We've been DIY since day one," says Rekus.

Despite the gruelling schedule, Rekus says they have emerged with a solid follow-up to their debut album, Service Engine Soon. During the interim, the band has shared the stage with punk icons such as Belvedere and The Mad Caddies, sold a fair amount of the first album through Spawner Records and the Internet, and written new material at a feverish pace.

Scene veteran, Blair Calibaba (Gob, Sum 41, No Means No), and ex-Belvedere front man, Steve Rawles, took on production duties for the new, hard-hitting 30-minute disc, and it has garnered attention from Bouillon Records in Japan, as well as European label, Shattered Thought Records.

Rekus feels that the current lineup is working like a well-oiled machine. Instead of having the burden of being the sole songwriter in the band, as it was previously, it's now a team effort.

"In the original lineup of the band, somebody would write something, and then everybody kind of put in their two cents and made it sound how they thought it should sound," says Rekus, "and that's what we're moving back to now with this new stuff. Bringing it back to everyone having equal input to the songs is important."

After the release of From The Ground Up, Rekus says the band plans on taking a two-week break, then going straight back to writing in December. Come January, they will launch into pre-production on tracks for the next album. The band has its sights set on touring in Canada, and playing shows in Europe next summer. Rekus maintains his focus on the current release, but is mindful of where he wants to take the band in the future.

"We like to be ahead of the game…plan for the future, but it is important to focus on today. We are lining up the next year, planning what we want to do, and taking it step by step."

The From The Ground Up CD release party will be held at The West End Cultural Centre on Nov. 25.

## 4 Random Questions with High Five Drive lead singer and guitarist Greg Rekus

### Q. What are your desert island, top 5 guitar albums?

1. Moneen - Smaller Chairs for the Early 1900s
2. NOFX – Punk in Drublic
3. Lagwagon – Trash
4. Belvedere – Fast Forward Eats the Tape
5. Slayer – Reign In Blood

### Q. What would we be surprised to find in your CD collection?

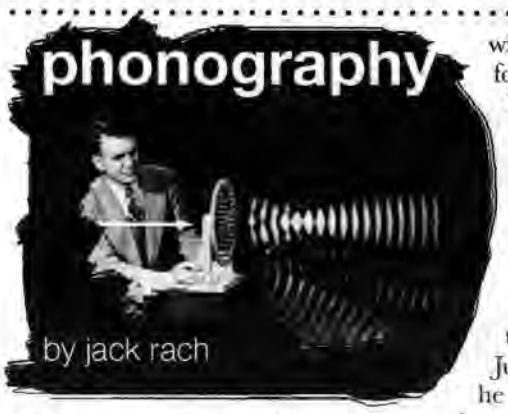
**A.** A tie between Everything I Long For by Hayden and Mellow Gold by Beck. Coincidentally, those are the two records the other guys in the band hate when I bring them on tour.

### Q. Paris Hilton or Ashlee Simpson?

**A.** Paris Hilton, more because I know bad things about Ashlee Simpson. I think Paris Hilton would be fun to hang around with, and Ashlee Simpson would be annoying.

### Q. What is your favourite Simpsons quote?

**A.** When Homer Simpson is at Monty Burns' door and he says "Or what? You're going to call the dogs? Or the bees? Or the dogs with bees in their mouth, so every time they bark they shoot bees at you?"




**Writing a television-**themed column about records and mp3s for a newspaper confused me for a little while. For the longest time I had problems separating the relationships between these mediums and could not find a way to could communicate something with cultural relevance. I don't think I succeeded, but on the plus side, there's a tonne of wikkid music coming out.

In 2003, Justice (from France) and Simian (British band-to-DJ converts) released a dance floor stomper "We Are Your Friends" on Ed Banger Records, the label run by Daft Punk's manager, Pedro Winter. The next year it was released again, this time by DJ Hell's label, International DJ Gigolo. Turntable jocks like Erol Alkan and Tiga loved it. Virgin Records wanted a piece of this booze-for-breakfast kinda pie to share at their parties so they released the record this summer on a subsidiary label, Ten Records. That's all confusing, I'm sorry.

Virgin also released a music video for "We Are Your Friends" which was nominated, along with Kanye West, for best video at the MTV Europe Music Awards. The Justice-Simian combo beat West for the honour at the awards show in Copenhagen. West jumped on the stage after he lost, ripped the mic away from Justice and proclaimed he should have won because the star of bling spent one million dollars and had Pamela Anderson in his video for "Touch the Sky." West threw a drunken hissy fit worthy of watching; listening to "We Are Your Friends" should take a much higher priority however.

The Teenagers sing songs about fucking, only they do it with melodies sweeter than anything by Stars or Death Cab For Cutie, even after they're dripping in honey. The Teenagers' song "Homecoming" tells a story about two distance cousins who meet in America. The guy is foreign, from somewhere overseas like Saint Elsewhere. The naïve girl from the excited states falls in love, believing their relationship to be perfect because the guy in the story wears skinny jeans. Typically, all the dood is after is sex. The warm tender melodies juxtapose raunchy lyrics with sharp social commentary complete with references to myspace.

The song was remixed and its new incarnation embraces the neon romantics of trailer trash love affairs. The vocals were vacuumed by a vocoder, blown back out, cutup and laser processed. The whole thing reminds me of Grease on ecstasy set to a soundtrack of robotdisco and techno sleaze.

For these and other downloads, check out manalogue.blogspot.com.

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## *Annual Christmas Hamper Campaign*

The Food Bank is asking staff and students to help in preparing special Christmas hampers for those students in need. As well as the traditional non-perishable items, as listed below. Special Christmas treats are also encouraged.

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- *Canned soups/chili*
- *Jams , honey & peanut butter*
- *Pasta*

Our last food bank day of the semester will be **December 15, 2006**. Those needing a hamper must have their request forms submitted by December 12, 2006. Forms are available at either of the SA offices—CM20 at Notre Dame, or P110 at the Princess Street campus.

*Another RRC Students' Association Initiative*

# Guns N' Roses

**By Dana Giesbrecht**danagiesbrecht@hotmail.com **Graphic by** Tyrone Fontaine

8 p.m.
MTS Centre
December 4

**Guns N' Roses** (GNR) in the paradise city baby. Well, I don't think most Winnipeggers would consider it exactly paradise, but the notorious, hair-metal, arena band of the '80s, or at least one member of it, is coming to town either way.

Axl Rose is toting his attitude, lead pipes, bandana-clad weave, and four other musicians, who don't even slightly resemble the four original members, all the way to the MTS Centre on Dec. 4.

With one of the biggest albums of all time, 1987's Appetite for Destruction (the band's quintessential debut record which sold 25 million copies worldwide), two simultaneously released, successful, follow-up albums, 1991's Use Your Illusion I and Use Your Illusion II, as well as The Spaghetti Incident?, Guns N' Roses (GNR) has more than enough hits to shake a stick at despite their dormancy in music for the last 13 years.

Touring once again, the band is promoting both our old favourites and some new songs from their fabled Chinese Democracy album. An album that may not be released until it's pried from the grasp of Axl's dead, rotting perfectionist fingers. Don't forget people, this is the same album that has been on the verge of being released for the last 10 years. Yet, it still makes no home on the shrink-wrapped shelves of any HMV I've ever been in.

Power 97 air jock and self-proclaimed GNR fan, Chris Lynch says despite the fact that the show will contain, "two hours of GNR fun fantastic-ness" he believes that the band will never regain their former rock star status in the music industry.

"There's been too much injury done to the band name, it's been tarnished. I love the old Guns N' Roses. The new stuff is good but it's not worth 15 years in the making."

But in the end, does it really matter? Well, it doesn't change the fact that the man who brought us the gritty, sexcapades of sleaze rock is coming to town. And that boy was mighty fine 20 years ago.

Opening for Axl's plastic-surgery-ravaged, big head is Sebastian Bach, the heavy-metal singing, ex-frontman of the late '80s thrash-metal band Skid Row. Bodaciously-blonde locked Bach will be rockin' out before the Gunners, peddling such classic Row songs as "Wasted Time", "In a darkened Room", and "Youth Gone Wild".

So what can one expect from one of the biggest rock bands of the late '80s, with an entourage of newbies tailing behind? Well, you better stock up on overpriced beer and spend your time in a happy drunken stupor, to take your mind off the 2 hour wait Axl is notorious for bestowing upon his fans.

"If he makes me wait I'll be pissed…but I'll still forgive him," Commented 19-year old Nicky Penner, a floor ticket holder for the Dec. 4 concert and fan since the first time she heard "that screeching wail belt out 'Welcome to the Jungle."

So gear up GNR fans, young and old. Break out your best pilly, worn-out, mom-and-dad-hated-these-guys, '80s band tee - be it of Mr. Rose, the original GNR hard-rock fellowship, or a beaming image of Sebastian Bach's pouty-lipped face curtained by that long blond haired mane and back-comb your hair for the show Dec. 4 at the MTS Centre. Because to all of those who still harvest that '80s leg-warmer love for sleaze rock and hairspray, nothing soothes better than a little dose of "November Rain".

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# Smiles, Nods & Voodoo Spells

By Amie Lesyk

## Tired, Crabby, And No One Is Safe

**I hate television.** Sometimesits blue light can suck me in but I refuse to pay for it. I don't have cable because I can imagine the amount of hours I would lose, lazing in front of the flickering screen.

I have a pair of finicky rabbit ears that have seen their day but still allow me two fuzzy channels for those moments when I want little to no brain activity. Most everything on television is shite and contrived and poisoning.

The odd time something worthy will come from television but a majority of prime time and popular culture television is something anger-inciting like Oprah feeling something, or Dr. Phil spewing his bullshit to the cued-applause of the audience.

Or if you're really lucky you can watch bleach-blonde, fake-baked girls in bikinis solve riddles in mud baths during a reality show like Big Brother. I think it funny that the "Big Brother House" has a huge gym in it because we wouldn't want anyone getting fat and ugly I guess, unless they were pre-chosen to be the token fat-and-ugly person.

And all the fucking entertainment shows. Who the fuck cares what Paris Hilton is doing? Or what she is wearing? It's amazing how people follow television shows and how it sways their opinions and choices.

Since the rise of tattoo television shows like Miami Ink and Inked, all of sudden everyone and their dog wants a tattoo and it has some big complicated meaning behind it. People who have never been tattooed suddenly want to fly down to Miami to get a tattoo. Not because they want a great tattoo, or because the artist has this amazing reputation, but because they want to be on television.

Reality TV is giving a tonne of people their 15 minutes of fame. Their witty statements ready to go and pre-thought out, as they wait for their chance to say "Deal or No Deal".

I can't take very much of it. In small doses while I eat my dinner, I will watch whatever my two channels allow. But it is true that my two channels deprive me of something worth watching like educational or worldly television.

As well I will discuss in my random, vicious and most likely regretful rant, music videos. While sitting in a goth bar in New York, I, who grew up on farmer-vision and am not of the music-video generation, had to endure the explanation behind every Cure video playing on the TV behind the bar.

I don't fucking care. Music videos don't mean anything to me because I don't ever see them. And besides isn't the music what really matters anyways? When I do finally catch a music video now, I sit in awe at the sudden change the song takes on for me and for the amount of money probably spent on the thing. I think I would rather hear the music and form an opinion on it first, before having some video aid that opinion for me. But like I said, that's because I am not of the cable-generation.

And quite honestly, should I decide to endure child birth and bare my own children - I don't want them to watch cable either. Most of the cartoons (from the bits and pieces I've seen) are psychotic nowadays and can only aid the growth of the apparent ADD affliction seemingly every kid has these days. I would rather my kid find nothing on the three channels and then go outside to play.

But hey, I am tired and this is my bitchy rant of the day.

Take care folks.

## Reality TV Better for Families?

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

**The Parents Television** Council (PTC) recently issued its annual list of TV shows that they deem appropriate or inappropriate for family viewing. Reality shows in general were seen as the most suitable with shows like American Idol and Extreme Makeover: Home Edition, being given the green light. Shows like Survivor and The Simpsons fell into the questionable category, and shows like Desperate Housewives and Grey's Anatomy were labelled as unsuitable for family viewing.

The PTC is a non-profit group in the United States that monitors the decency of prime time television. The group which claims to have no political or religious affiliations says that their, "primary mission is to promote and restore responsibility and decency to the entertainment industry in answer to America's demand for positive, family-oriented television programming."

A report issued by Mediaweek Magazine revealed that an overwhelming 99.8% of the 240,000 "indecency complaints" made in 2003 to the Federal Communications Commission (FCC) in the US came from the PTC, and in many cases, the people complaining had never even seen the show in question.

In response, the PTC claimed that the FCC was "playing games with their accounting and is being deliberately dishonest with the American people over the number of complaints filed in the last few years."

The PTC operates by using "VCRs, televisions, a full-time team of entertainment analysts, and a massive online database" and then logs "every incident of sexual content, violence, profanity, disrespect for authority and other negative content," says PTC executive director Tim Winter. They then post this information on their website so that those who care to can lobby complaints with the FCC.

"The FCC is supposed to be a sounding board for people who view a TV show, are upset about the content and seek a place to complain outside of the network that aired it. But the process is being hijacked by people who in all likelihood aren't even watching the shows but are responding to a group that tells them the content is wicked," says Tim Goodman in an article written for the San Francisco Chronicle.

Goodman goes on to say, "A small group of highly mobilized conservative watchdogs has essentially driven the "moral values" campaign directed at the FCC."

The question being asked of course is: Isn't it the responsibility of parents to just change the channel? But, the PTC maintains that this isn't good enough. "The assertion that the sole responsibility lies with parents is a self-justifying claim usually made by people who wish to evade accountability. It is much like pumping sewage into a town's river, while maintaining that parents are responsible for protecting the health of their own children.

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# Miller Rocks Out at Manito Ahbee

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

**Derek Miller's Nov.** 5, Manito Ahbee Music Festival appearance at the Pyramid Cabaret was a sold-out, mind-blowing performance. It was a comeback, considering he was wasted at his Pyramid show on July 21. Most of the 250 in attendance on that night were 20-to-30 something Aboriginals, excited to hear and see Juno award winning Miller.

At 12:56 a.m., Miller took the stage. The dark-brown, shaggy-mop-haired, rock and blues guitar virtuoso was sharply dressed in a black pinstripe suit and tie. Sounding like a slightly-toned-down version of the raspy Ed the Sock he said, "Don't drink and drive, and practice safe sex, and practice it often."

Miller's opener was a blues infused, heavy version of the late, legendary Link Wray's classic, 1958 instrumental rock song, "Rumble". Introduced by a blend of lengthy, powerful, emotionally-charged riffs, matched with gritting teeth and a scrunched face, it was a passionate interpretation. As fans hooted and hollered when the melody intensified, he smiled.

"Wray was a Shawnee from North Carolina and he invented the distorted guitar and the power chord," Miller said, explaining the reason for his selection. "He changed the face of rock n roll."

Miller is Haudenosaunee, from Six Nations in Ontario.

"Rumble" wasn't the only Wray tribute played that night. Miller jumped up on a speaker to blast out his soulful version of 1963's, "Jack the Ripper".

Drummer Dale Harrison pounded the skins during "Shot o' Cocaine".

Devil Come Down Sunday, a mid-tempo, blues rock tune was a treat. Miller and bassist Ken Hoover mirrored each other, swaying front to back, pounding guitars to the ground. It was sheer, solid, musical chemistry.

Miller's repertoire of wild-man moves included lunge-like pacing to and fro, head banging at a staccato pace, guitar pounding, jumping, hip-gyrating, guitar straddling, and flinching his alternating Fender Stratocaster and Gibson ES137 semi-hollow body, side to side. This while clenching his eyes shut about 65 percent of the time, such a raw facial expression.

The band rocked hard during "Mystery Train" and a guy wearing a Mohawk and a Bad Religion shirt jumped onstage. Security yanked Mohawk Guy off the stage. Miller said, "That's all right," and Mohawk Guy jumped back onstage, and they both threw up horns.

While signing CDs post-show, Miller commented, "I was firing on all cylinders…It was the best performance I've had in a long time." He added, "Four years on the road with a rock band, your gonna get a lot of, um, sex, drugs, and rock n roll, and that record [debut album Music is the Medicine] almost killed me, as soon as I got done, I went to rehab and I emerged as a powerful man."

His manager Don Marks says Miller wants to break into the mainstream. Marks says a tour with Stevie Salas, a Mescalero-Apache Native American, who's toured with Mick Jagger, Billy Idol, Sass Jordan, and Rod Stewart, is in the works.

The only element lacking that night was a light show. It was an hour-long, 10 song set, with songs mostly from Miller's second album, The Dirty Looks. His ballads such as "Ocean", "Stormy Eyes", "Malibu", and Juno award winning, "Love Sick Blues #49", were awesome. But what really stood out, was his ability to rock-hard during every one of his songs.

# Cyber-Metal Machine **Takes War on the Road**

7 p.m.
Garrick Centre
November 29

**By Chris Gmiterek**cjg4prez@shaw.ca

It's a Monday morning and the Fear Factory is running at about half production, says Christian Olde Wolbers. The 34 year-old guitarist for the long running outfit is in dire need of a rest.

"We were up all night cleaning the bus for the border crossing, that's something to fear right there."

Since 1990, Los Angeles-based Fear Factory has been churning out pummelling, yet melodic, death metal for the masses. Their 1992 album, Soul of a New Machine, is a tour-de-force of relentless double-bass drumming, razor sharp guitar work, and the meanest vocal growl this side of a Yeti. Although the record failed to chart, it drew a loyal and rabid following. Subsequent releases Demanufacture, Obsolete, Digimortal, and Archetype saw Fear Factory evolve from being a strictly death-metal band. Over the years, the band has added electronic flourishes and clean vocals, all the while staying true to the original Fear Factory sound.

"We've definitely done a lot of things that most bands wouldn't do, I mean we've taken all these influences and put them together and now we think that we have created a niche there," says Wolbers. Wolbers, who used to play bass in the band, moved to guitar following the departure of founding guitarist Dino Cazares in 2002. The group disbanded in March of that year after vocalist Burton C. Bell suddenly left, citing personal matters between band members. Fear Factory resumed several months later without Cazares.

"It was just a lot of personal bullshit ya know. We weren't getting along and the music was suffering which really frustrated all of us," says Wolbers of the split.

With spirits now running high in the band, Wolbers feels that they can get back to writing epic, satisfying albums. The group's 2001 album, Digimortal, was poorly received by both fans and critics, and their two follow-ups, Wolbers says, were slightly rushed. The next record, he promises, will be more thought out.

"For the Demanufacture and Obsolete records we spent a lot of time on them but for the last two we just wanted to get them out there. Now we want to take more time again. We're going to start the album in the new year, and we're working on a remix record for the last two, might have to sell it out of a truck," he laughs, "but it'll come out."

Long employing themes of man vs. machine in a futuristic, Terminator-like struggle, Wolbers says the topic of the band's music has changed.

"We used that as just a way of showing these fears that people have, but now we've begun to take a lot more personal approach, more relatable."

The band's line-up, which is rounded out by drummer Raymond Herrera and recently recruited bass player Byron Stroud are currently criss-crossing North America in support of their latest album, Transgression, which was released last year through Calvin Records. Fear Factory plays the Garrick Centre Nov. 29 as part of the Machines at War Tour with support coming from Suffocation, Decapitated and Hypocrisy.

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ROCKSTAR ENERGY DRINK

ROCKSTAR ENERGY DRINK

# Comic Freaks Collide at Manitoba Convention

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

**A long time** ago, in a galaxy far, far away, Manitoba fans of comics and collectibles had to search across the world to find those rare Black Panther comics and vintage Uncle Owen Star Wars action figures.

But that was the past and this is the future, and we have Michael Paille to thank. His continuing mission: to seek out new comics and new collectibles, to explore strange new conventions across North America, and to boldly bring them all to Manitoba.

On Nov. 5, in the basement of the Assiniboine Gordon Hotel, geeks rejoiced in the amalgamation of new and rare comics (including a booth by RRC's own broadcasting instructor Dean Cooper), cards, Anime, action figures, video games, and a variety of collectibles at the Manitoba Comic Con.

The self-appointed commander-in-chief and coordinator of the event, Paille, took it upon himself, with his wife Violet's help, to create the convention.

"Just me and my wife do this. We don't have a comic store or anything," Paille said. "We do this as a hobby. I'm a chef by trade."

When Paille first wanted to bring a convention to Winnipeg, comic stores criticized him, saying Winnipeg could not support a convention with such few comic and collectible dealers. But Paille was never persuaded by the dark side, and with the force as his ally, he made his vision come to life by recruiting a handful of out-of-province dealers.

"I never want to bring in people who sell the same stuff as local dealers…so I found people who have stuff that was unique – the rarest of the rare."

The ability to find the rare comics and collectibles, including a $1,400 Spiderman comic featuring the very first appearance of the Green Goblin, translated into the biggest comic convention Manitoba had ever seen.

"For years I've been saying Winnipeg could handle a national convention," Paille added, "and we've probably exceeded more than 2,000 people at the door."

Paille doesn't plan to stop at the success of 2006, and has begun construction on a new comic convention, one more powerful than the first. And when completed, this ultimate convention will spell certain delight for the large band of Star Wars rebels.

"For 2007, our main guest is going to be David Prowse, the man who played Darth Vader," Paille said, "and this will be the only Canadian convention he'll be at."

Paille added that fans will have a chance to speak with the sci-fi icon, with a photo and autograph period, and witness how Star Wars was really made from the perspective of the man behind the black mask.

"We're going to show the original Star Wars, and Prowse will be there narrating over it," Paille said. "We will not just see Star Wars. We will see how they filmed it and what really happened."

Paille, with his forward thinking, shared some of his plans for 2008's convention plans.

"We're working on getting some Star Trek guests. I'm working on getting some Klingons."

And while this year's convention is over, and I did pick up my Star Wars Scorch action figure, fans can expect a super-sized Manitoba Comic Con in 2007 at Victoria Inn.

# One Stand Up City

## WHAT MAKES WINNIPEG FUNNY

**By Matt Cohen**Mattincanada@hotmail.com

**A spotlight, a** microphone, and an audience - it seems pretty easy once it's broken down, but successfully performing stand up comedy can be one of the toughest feats a person can achieve. Scanning the darkened faces in the crowd, laughter is your only performance review with reactions instantaneous and sometimes critical. You would rarely see somebody heckle a live theatre performance, but stand up comedy is an art form that requires the audience's reaction. Perhaps that is why it still continues to be popular.

Comedy has a rich history in North America. Born from vaudevillian roots, the stand up boom happened in the late 1970's with cities opening dozens of clubs, some even in the basements of restaurants after hours. The art form became popular, in some part, due to the amount of exposure talent was getting.

Comedians were landing roles on television and film and people were eager to see their favourite star perform live. This left comedy clubs fighting to book better known comedians to gain a larger audience share. The clubs that couldn't afford these acts eventually shut their doors as crowds flocked to more successful venues. The comedy bust came about at the start of the 1990's with only a handful of places in operation and a market saturated with comedians.

The evolution of stand-up is mirrored in Winnipeg as well, with only one club left in its wake. This city though, once housed several competing venues. Yuk Yuk's set up shop in what is now the Collective Cabaret in Osborne Village, eventually relocating to the Viscount Gort Hotel on Portage Avenue. The Limelight Tavern on St. Mary's Road operated until 1995 as The Comedy Oasis. Comedians such as Irwin Barker, Bruce Clark, and Tanyalee Davis all called these places home before they went on to their individual successes.

Though there is only one comedy club in operation, Winnipeg's underground comedy scene offers a chance for comedy hopefuls to perform their material. Rumors Comedy Club, Charleswood Motor Hotel, and The Press Club all offer a monthly show for local stand-up comedians. The Cavern in Osborne Village has a bi-weekly Wednesday comedy night, and King's Head Pub produces a weekly Tuesday comedy night.

The future for Winnipeg comedians is looking promising. Big Daddy Tazz, Dan Licoppe, and Dean Jenkinson have gone on to make a career out of their craft. All three were featured this year at the CBC Winnipeg Comedy Festival and have garnered rave reviews from the press. Trevor Boris, who now lives in Toronto, also found fame over the past few years being nominated for Best New Stand-up at the 2005 Canadian Comedy Awards, as a regular host to Much Music's Video On Trial, and as a runner up on the Great Canadian Laugh Off on the Comedy Network.

So the next time you're looking for an evening out, keep stand up comedy in mind. Whether you're in the mood to see a big star or local talent, Winnipeg still provides a diverse group of comics for the public to check out, and that's not something to laugh at.


**FLU SHOTS**

**November 16th - 9:00 am-1:00 pm**
**November 23rd - 8:00 am- 4:00 pm**
**Notre Dame Campus (South Gym)**

**November 22nd from 11:00 am-1:00 pm**
**Princess Street Campus (P105)**

**Skylark Medical Clinic will be offering vaccinations at the above dates and locations. (You must bring your Manitoba Health Card/Number—International students: please bring your Manitoba International Student Health Insurance Plan card):**

**** Skylark Medical Clinic will charge $10.00 cash for those who may not qualify for a free flu shot. ***

**It's flu season again and RRC's Health Services has arranged for Skylark Medical Clinic to offer RRC students 'flu shots' at NDC and at PSC. The 'flu' (influenza) is a highly contagious virus that infects the respiratory tract and is spread by droplets from coughing, sneezing and touching surfaces/items contaminated with the virus and then touching your nose or mouth. Symptoms may come on suddenly and include headache, fever, chills, tiredness, dry cough, sore throat, nasal congestion and body aches typically lasting 10-15 days.**

***Note: - you cannot get the 'flu' from having the flu shot (the viral strains are not live). Healthy eating, physical activity and adequate sleep are essential to your health but won't protect you completely from the influenza virus.***

***You qualify for a free flu shot if you:**

**have a chronic condition such as chronic heart or lung disease, inflammatory bowel disease, diabetes, kidney disease, celiac disease, rheumatoid arthritis, lupus, alcoholism or multiple sclerosis**
**have cancer, anemia, or weakened immune system due to disease or medication**
**have a condition that reduces your ability to breath or increases your risk for choking (including spinal cord injury and seizure disorder), mental disability, nervous system or muscular disorder**
**are a household member or a contact of those considered high risk (i.e. anyone listed above, small children up to 23 months of age, anyone 65 years of age and older and residents of personal care homes or other chronic care facilities)**
**are pregnant in the 3rd trimester**
**are a health care worker or other staff in a setting where care is provided for those at high risk**
**are personnel or a volunteer in drop-in centres, shelters or soup kitchens**
**are a 1st responder (police officer, firefighter or ambulance worker)**



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# Buckets To Baskets

## OLAES NO CHICKEN WHEN IT COMES TO HOOPS

**By Kara Safonovs**kara_safonovs@hotmail.com

**After more than** a 20-year hiatus from the courts, RRC is pleased to once again have a varsity basketball team for students. Josh Olaes says because they're a new team, the RRC Rebels constantly have something to prove to not let their team be a joke to the school.

Despite the obvious drawbacks such as lacking a solid reputation and having to put the effort in to build it up, he's enjoying the excitement of the new team.

Olaes brings some great basketball experience to the Rebels team. Playing in '05 with Sisler High School, his team enjoyed a very successful year, winning both the City and Provincial Championships. He has also played for a Philippine basketball league for over five years.

Although he wears number 21 on his jersey, this doesn't reflect his age. Olaes won't attain the age of majority until December. At 17, Olaes is the youngest player on his team. "They look at me as the youngest, but still respect me as a player," says Olaes of his older teammates.

Olaes proves his maturity both on and off the court. Out of the nine players on The Rebels, he is one of the few to hold a job on top of basketball and school priorities. He works about ten hours per week at KFC, and is in his first year of the three-year Civil Engineering program at the Notre Dame Campus,

Despite this, Olaes still manages to make it to practice.

"He's extremely committed. He's a high-calibre basketball player and we were lucky to get him on our team. He always gives the best he has," says Rebels coach Ogo Okwumabua.

Olaes' commitment earned him a starting spot on the team as a shooting guard.

Olaes says if he was not so busy with school, work, and basketball, his ideal day would be to "just sit and watch movies," and it probably wouldn't hurt to throw in eating his favourite foods from McDonald's, because according to him, "it's such good stuff."

But he's obviously no couch potato, having played many sports throughout his life including volleyball, hockey, and soccer.

"My favourite sport used to be baseball but my dad was a basketball player, so, he forced me to play," he says.

Olaes also says he's following a family pattern of loving to play basketball. One of his sisters currently plays for the University of Winnipeg Wesmen.

# Once In A Lifetime

## DYCK HELPS REBELS CLICK ON COURT

**By Christina McVety**ribcagegirl@hotmail.com

In 2005, Amber Dyck travelled as a youth pastor to Zambia, Africa where she was involved in academic and sports activities for youth. Dyck says the experience there has spurred hopes to go back after she has graduated from RRC.

"Life is about the relationships you make with the people around you and with God," she says.

For now, this 22-year-old nursing student is devoting some of her energy to Red River College's new women's basketball team, in its first year of competition.

And even though jerseys are still in production, and numbers for the players are not yet assigned, but the team is still playing.

"It's been great, but it's hard to start up something new. It's hard to get the word out there that we have basketball teams now." she says.

Dyck first got involved with the recreation services at the college during her first year of nursing, after playing for her former Stonewall High School basketball team. She participated in the basketball intramurals offered by the college, but she missed the dynamics of playing on an all women's team.

When Ryan Ratushniak, manager of athletics and recreation services at the college, talked about the possibility of starting up a basketball program, Amber says she saw "a once in a lifetime opportunity" – it was announced soon after basketball would be included as a sport offered at RRC.

Dyck says she re-arranged her entire school year so that she could get involved, and adds she's grateful to finally play basketball with a tight knit all-women's team.

"There's definitely a lot of talent out there," she says.

On the team's first basketball game, Dyck was impressed to see the bleachers filled with so many people coming out to see the team in action.

Although the women lost their first game, it was a great learning experience – a chance to see how the team works together.

In addition to her dedication to the newly formed team, Dyck manages to hold down a part-time job. The free time she does have is preferably spent outside, hiking, camping, rock climbing and of course, playing outdoor sports.

Amber believes athletics and physical activity provide a positive outlet for the stresses that come from college life and she encourages other students to get involved in sports. "You have to make sacrifices but it's worth it," she says, "You have your whole life to work."

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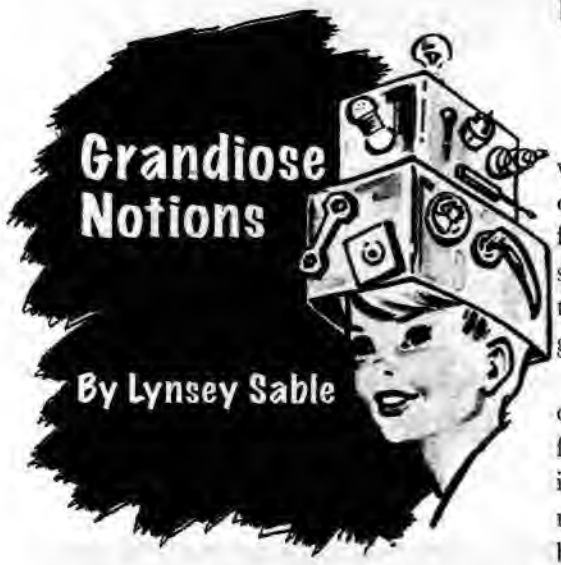
# Piss-icles, The Professor, and the Porch Window




*"One fine summer morning, a little bug sneezed..."* - Rosetta Stone.

I house-sat for somebody for a year once. It was a rent-free three-storey home in Wolseley all to myself, otherwise known as "way too good to be fucking true". The homeowner was a professor, and much like myself, was afflicted with a terrible case of avoiding day-to-day realities in favour of more useful things, like shopping, gambling and pondering the nature of existence with a fine glass of brandy.

The Professor took me on a tour of his home, a stereotypical sight for sore eyes. Libraries were stuffed into every room, and after showing me the kitchen, I was pretty sure I'd be brewing my coffee in the closest public toilet instead. He pointed to a hole in the kitchen ceiling where plaster had cracked and fallen.

"Do you want me to fix that before I leave?"

"Oh no. It's no problem."

The hole was gargantuan, but I was trying to be polite. It was three stories high. It was for a year. It was free. He could have pointed to a badger's nest under the bed and I probably would have given a cheery thumbs-up.

The hole, he explained, was from the second storey porch. The second storey porch, he explained, had rotted floors. The floors, he explained, had rotted because the window was broken. The window, he explained, had been broken 8 years ago when he was lifting a mattress up on a pulley. It had been snowing and raining on the kitchen ceiling ever since.

Over the winter that hellhole of a kitchen went below zero. If you don't know what a completely frozen sink full of suspended dishes looks like, I dare you to give it a go. It blew my goddamn mind. On Christmas morning, the kitchen pipe blew and ran for several hours while I ate all of my mom's food in St. James. The day after that, the septic pipe froze solid and backed up through the second floor ceiling.

Eight years ago a man broke a back porch window with a mattress. Eight years later, his entire antique murder mystery collection was under three inches of pisswater icicles.

Under the pen name Rosetta Stone, Dr. Seuss published a children's story about a little bug who sneezes and sets off a series of events that eventually disrupt the local parade.

I think of the Professor's porch window from time to time. I think of the six hundred dollar heating bills that the kitchen ceiling spawned. I think about the mess he knew was waiting for him (I sent photos). I understand why instead of calling the insurance company, he decided to explore the east coast for another three months instead.

SAVOUR THIS

# Growing The Cure

**By Joanna Fultz,** news editor

I have always linked the lush, green growth of grass with health, rebirth and spring. The thawing of a dead season ready to thrive again is encouraged by warmer temperatures, but made possible by the persistence of these spindly infant blades forming a blanket to warm the earth's stagnant pulse. Although, I must admit, I have never thought of grass as something that could spring a human life back from the grasp of a terminal illness.

What if you could grow a cure for cancer as easily as you can grow a tumor? Some people say that you can, and the evidence shouldn't be ignored.

Wheatgrass is no longer thought of as produce just for hippies, cows, and juice bars, it is slowly becoming a well-recognized nutritional supplement when taken either in a freshly juiced or powder form. The grass has been linked to minor health benefits such as increasing energy levels and decreasing fatigue, and to major life-changing health improvements like shrinking tumors and detoxifying the liver.

Wheatgrass contains a multitude of minerals, vitamins, and is protein rich with 17 amino acids. Among all of its nutrients, perhaps the component that makes wheatgrass most beneficial to human health is the fact it is made up of 70 per cent chlorophyll, giving it a very powerful healing quality.

"Wheatgrass is high in chlorophyll, which is very close in structure to hemoglobin," says Dr. Catherine Kiazyk, a licensed naturopathic doctor with the Dynamic Medicine Naturopathic Clinic. "The theory is that [wheatgrass] helps to build up blood and support the liver."

Chlorophyll and hemoglobin are very similar in chemical structure, although chlorophyll has magnesium at its molecular core instead of iron. The similarities between the two are why wheatgrass is believed to have the ability to rebuild red blood cells. Aside from increasing the red blood count, wheatgrass has been linked to many other health benefits such as blood purification, improving digestion, fighting cancer, heart disease and diabetes.

Wheatgrass is typically grown indoors from red winter wheat and is harvested for juicing after seven to 10 days of growth. For the crop to reach maximum health potential, experts recommend using organic wheat and soil, and to start seeds off by soaking them in water for 24 hours before planting.

Although Manitoba's climate is not ideal for growing wheatgrass outdoors, growing it with the help of hydroponics or in a greenhouse are alternative options. Most people who grow wheatgrass from seed will simply sprout it in small trays by a window indoors.

In order to juice wheatgrass, a special juicer is necessary to achieve the best squeeze, as wheatgrass is full of cellulose which is incredibly difficult to break down – especially for anyone without four stomachs to aid digestion (ahem). It must be consumed directly after juicing to avoid a 'moo'gey, swamp-like taste sensation (not pleasant – believe me).

It is hard to imagine tiny pieces of grass having such amazing health benefits. But after watching these sharp emerald blades spike through a dry, black crumble of suffocating soil, it is easy to make the connection between wheatgrass and its ability to introduce vibrant life into something that was, for a time, cold and dark.

# Get Ready To Sweat

**By Christina Caligiuri**christina_cal@hotmail.com

**Across North America**, fitness fanatics are tossing their running shoes and opting instead for a barefoot workout. They are stripping down and literally sweating off extra weight in studios heated between 35 and 45 degrees Celsius.

Hot Bikram Yoga, founded by Yogiraj Bikram Choudhury, is a challenging series of 26 postures and 2 breathing exercises practiced in sauna-like conditions. Bringing this style of Yoga to the U.S. in 1972, Choudhury taught his classes for free until he was convinced to charge as their popularity increased. Like regular yoga, Hot Yoga concentrates on strengthening every muscle in the body during a 90-minute session – however, it's the heat that has everyone talking.

"Just be prepared to sweat," warned Nancy, who has been a certified Hot Yoga instructor for almost a year.

"The room is heated to enhance flexibility by warming up your muscles and tendons before and during the workout. This allows you to build muscle faster, tone up quicker and the heat gives you an intense cardio workout at the same time."

Over the past two years, the number of licensed studios to teach this form of yoga has grown 300 per cent, from 217 to 650 worldwide, according to a Ryerson University report. More than 30 of those studios were in Canada.

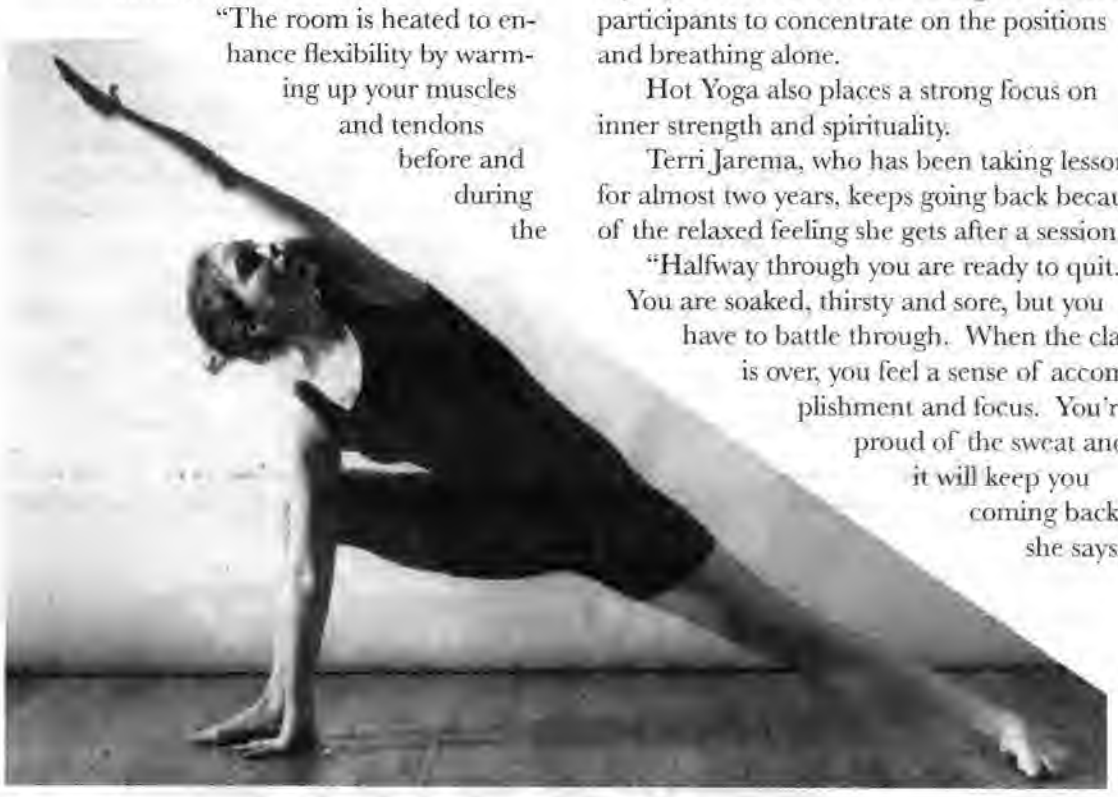
Nancy is surprised at the size of the crowd Hot Yoga attracts from class to class. "There are at least 20 people in each session and there are 20 sessions per week. Regular yoga classes only get about eight students per class so it is obvious which one is more popular."

The benefits in doing Hot Yoga include: increasing flexibility, strengthening muscles, releasing stress, and speeding up the heart rate, allowing the body to burn fat more rapidly. The focus needed during a class forces participants to concentrate on the positions and breathing alone.

Hot Yoga also places a strong focus on inner strength and spirituality.

Terri Jarema, who has been taking lessons for almost two years, keeps going back because of the relaxed feeling she gets after a session.

"Halfway through you are ready to quit. You are soaked, thirsty and sore, but you have to battle through. When the class is over, you feel a sense of accomplishment and focus. You're proud of the sweat and it will keep you coming back," she says.



# Squashing The Myth Of Elitism

**By Andrea Gagnon**aegagnon@shaw.ca

The air was thick with intense concentration at the Winnipeg Squash Racquet Club (WSRC) during the 2006 Bieber Securities Inc. Fall Classic tournament from Oct. 30 to Nov. 4. A pin drop would have resonated in the gallery where about 40 spectators watched the fast-paced matches in progress in any one of the four courts.

The upscale private club hosting the event had the feel of a CEO's office, with dark wood furniture and rich green carpet, but the only business going on at the WSRC was squash.

What kind of person does squash attract?

According to the Squash Canada website, a player participant survey proves "that squash players are upscale, loyal, highly educated, decision-makers and professionals."

In Winnipeg, however, the squash community is trying to step away from stereotypes.

"North American squash is viewed as an elitist sport, but that is now a misconception. The sport is trying very hard to get all types of people playing," said Josh Struthers, assistant Pro at the WSRC and 18th ranked player in Canada.

Struthers said the small but active Winnipeg squash community is getting older, so they are trying to attract a new demographic by promoting the sport with a fitness and lifestyle approach.

"If you want a good half hour workout and competition, squash is the sport. It's a life-long sport," Struthers said.

One misconception regarding squash in Winnipeg (and North America) is that you must be a member of a private club.

"You don't have to be a member of a private club to play," Struthers said. There are several courts in Winnipeg, including at the two Winnipeg universities, St. Boniface College, and the YMCA-YWCA Downtown for people of all skill levels to enjoy.

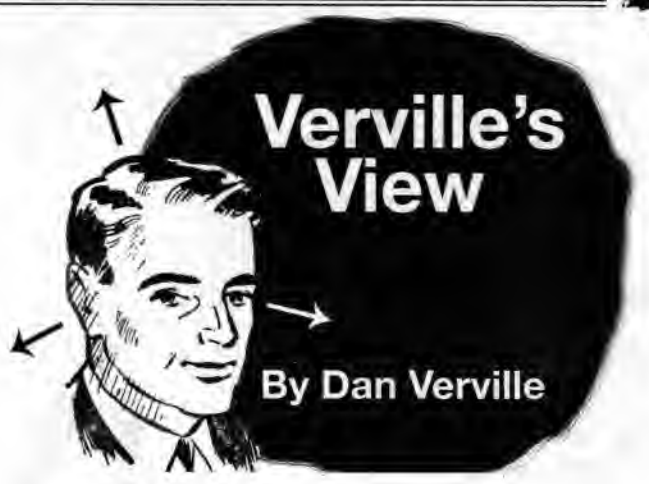
The misconception about private clubs is assumed all around the world. Andre Haschker travelled from Germany to play in the tournament. He is a professional squash player ranked 144th in the world.

Haschker said, "It's more for the elite (in Canada). It would be good to have this kind of structure in Germany."

Haschker explained that there are very few private clubs in Germany and that makes it more difficult for players to develop their skills. "Out of the (private) club structure they can employ a club professional to help raise the demand and skill level. We don't have that in Germany," added Haschker.

Struthers does admit that there is a bigger pool of players at private clubs because they can get added instruction in the sport.

"Most start at public clubs and then move on to a private club."




**By the time** you read this line either the BC Lions or the Montreal Alouettes will have hoisted the Grey Cup. But as a Winnipegger, the actual game itself right now is the least of my worries.

It's not that I don't have faith in Winnipeg as a city, because I do. We've all pulled together before to throw great events (1998 Pan-Am Games) and it's not like we haven't held a Grey Cup here before. I'm just not sure Winnipeg is ready to be put under the microscope again.

There are going to be plenty of people here. Plenty. Hotels have been booked solid for weeks, and organizers are just waiting for festivities to get under way. And while Winnipeg is a great small-sized city the fact is that many of the fans, although coming from all over Canada, come from cities that are a little more aesthetically pleasing (save for Regina and Hamilton).

There's reason for concern: it seems every time visitors come to our city, they get front-page coverage for getting their car broken into, beat up, or things stolen. For the sake of all the visitors arriving in our city, I really hope this doesn't happen. Winnipeg doesn't need that reputation furthered. We're being observed on a national level and it's time that we show Canada that we're not just "Winter-peg."

Too often we get lost in the shuffle of national big-ticket events between Calgary and Montreal. We get ignored. This is our chance to show Canada that we can throw one stellar party.

So there it is.

As it stands, we'll already know how we did by the time this article is printed, so any pleas I make right now to Winnipeggers to be on their best behaviour during Grey Cup week will go unheard. Here's to hoping that we are.

In terms of the game itself, of course it will have been a classic fight for Grey Cup victory. My prediction was Montreal would best manage the X factor on November 19th, the X factor being whatever crazy weather Winnipeg decided to have that day. When you read this, be sure to drop me a line about whether I was right or wrong.

# on your dime

FROM RRC's TYRONE

### Grinch's Christmas recipe

Ingredients
Scale ingredients to servings

3 oz vodka
1 oz melon liqueur
1 oz orange liqueur
1 oz sweet and sour mix

Combine all ingredients in a cocktail shaker with ice cubes. Shake well, strain into a large cocktail glass, and serve.

Serve in: Cocktail Glass

Alcohol (ABV): 30% (61 proof)

Tyrone says: enjoy responsibly!

# Hard to Take

with Meghan & Brant

**Dear Meghan & Brant,**

My aunt keeps butting into my finances; she thinks she knows how to handle my money. I don't mind advice, but it's MY money! How do I tell her that I don't need her as my personal accountant?

— *Dollarwise*, North Kildonan

## Meghan:

Tell her you hired an accountant, and it's not her. Seriously, what right does she have to tell you what to do with your hard-earned money? If she keeps on persisting, tell her it's none of her business. If she gets offended, well, too bad. Remember, you're not straining family ties right now - she is. Or you can always lock her in a trunk and throw it off a cliff…works like a charm.

## Brant:

Just smile and nod.

She's an aunt and long way down the line in who can touch your finances. I can see your parents being concerned if they are helping you out with school or other things, but not an aunt.

But keep an open mind. Look around. If you're eating Kraft Dinner for supper while your aunt trades shares of Kraft over dinner, I'd listen up.

**Dear Meghan & Brant,**

I'm having a terrible time in this group project. This one person is always late and their work is terrible. Normally I would just turf this bozo, but the problem is, it's my friend, and I asked the other members of the group to let them in. Now everyone's mad at me. What should I do?

— Screwed in St. B.

## Brant:

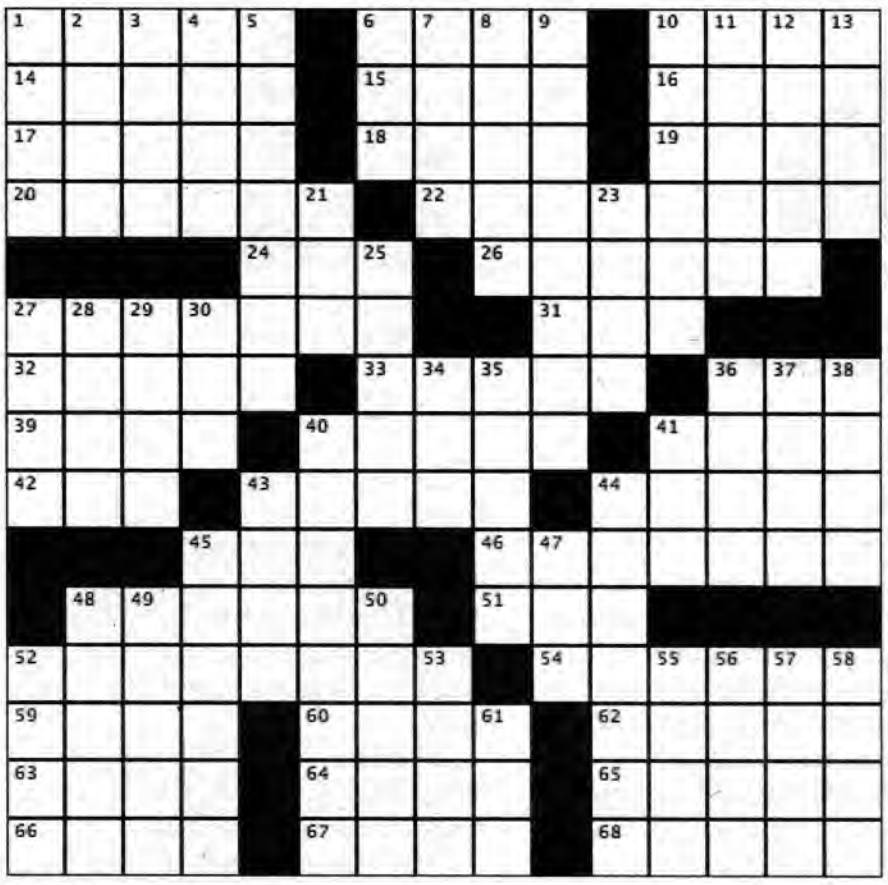
This will learn ya, won't it? Only stick your neck out for a friend if you know your neck won't be touched.

Go to your friend and tell them what the problem is. They have to pick it up, or else they will be "turfed." If they are your friend, you're not helping them by not being honest with them.

If I'm not honest with Meghan, these columns would never get done.

## Meghan:

What can you do? It's your friend. Confront them in a nice way, but make a mental note to never work with them again. Clearly you're better "out of school" friends. As for the other people in your group, let them know you've confronted the problem, but they also agreed to let this person into their group. So don't apologize. P.S. to Brant: You were two days late this week – you are so "turfed!"



NOW with 3x the FUN

crossedwords

**Across**
1- Amulet; 6- Small combo; 10- Agrees tacitly; 14- Scoundrel; 15- Flying stinger; 16- Fencing sword; 17- Surrounded by; 18- Look at lustfully; 19- Hire; 20- Penniless person; 22- Flower; 24- Sailor; 26- Old Chinese policies; 27- Free; 31- Person, slangily; 32- Middle name of Elvis Presley; 33- Misgiving; 36- Fireplace shelf; 39- Remain; 40- Calamity Jane's surname; 41- Sweetheart; 42- A Kennedy; 43- Diving bird; 44- Crowd together; 45- 21st letter of the Greek alphabet; 46- Licentious; 48- Pester; 51- Feeling of being overwhelmed; 52- Published; 54- Wrestling hold; 59- Burden; 60- Noisy; 62- Device with 88 keys; 63- Traditional knowledge; 64- Monetary unit of Italy; 65- Made a mistake; 66- Intake; 67- Type of machine found in Las Vegas; 68- Elevate;

**Down**
1- Grump; 2- Household; 3- Highly excited; 4- Ladder step; 5- One million tons; 6- Twain; 7- Sturdy wool fiber; 8- Religion of the Muslims; 9- Performable; 10- Sea nymph; 11- Goes into business; 12- Fabric of jeans; 13- Bristle; 21- Hurried; 23- Adverse fate; 25- Form of croquet; 27- Gone by; 28- clip; 29- Toward the mouth; 30- Son; 34- Metro area; 35- Pack leader; 36- "You are ___"; 37- Crew needs; 38- Purchases; 40- Hair; 41- Ten decibels; 43- Steps down to an Indian river; 44- Janitor; 45- Fix beforehand; 47- Bristle of barley; 48- Capital of Vietnam; 49- Sky blue; 50- Capital of South Korea; 52- Yellow metallic element; 53- Former coin of Spain; 55- Old Italian money; 56- Delhi wrap; 57- Singles; 58- Protuberance; 61- Speck;

Answers? bestcrosswords.com

# U.S. Marshals Quell Sales Of Web Drugs

**By Lesley Caligiuri**lesleycaligiuri@yahoo.com

**Canadians are being advised** not to use four unauthorized natural health products nearly two months after U.S. Marshals seized approximately $55,000.00 worth of Ellagimax, Coral Max, Coral Max without Iron, and Advanced Arthristis Support from Advantage Nutraceuticals L.L.C. of Fort Walton Beach, Florida.

The U.S. Food and Drug Administration (FDA) sent a warning letter to the owner and manager of Advantage Nutraceuticals on Mar. 25, '05, after inspecting the facility on Dec.2, '04.

Health Canada is advising consumers that although the products are labeled as dietary supplements, they are "being promoted with claims typically associated with drug products."

According to the FDA's warning letter in '05, the "products are drugs because they are intended for use in the cure, mitigation, treatment, or prevention of disease." Such marketing violates the Federal Food, Drug, and Cosmetic Act.

During inspection, the FDA found several claims for each product. Coral Max was claimed to be "extremely effective in the fight against cancer" – Ellagimax was recommended for "major degenerative diseases, such as cancer" – and Advance Arthitis Support claimed to be "a new miracle cure for arthritis."

The FDA requested that Advantage Nutraceuticals register their facility with the FDA immediately as well as "take prompt actions to correct any violations."

Despite the warnings, U.S. Marshals seized the products on Sept. 5, '06, at the request of the FDA due to the firm's failure "to take sufficient steps to come into compliance with the Act."

Though Health Canada does not believe that the products have been found in the Canadian marketplace, they are concerned that Canadians may have had access to the products through online purchases or that travellers may have brought the products into Canada for personal use.

Upon viewing Advantage Nutraceuticals' website, it was apparent that three of the products remain available for online sales – however, the product names have been slightly altered. EllagicMax has replaced Ellagimax, while CoraMax and CoraMax without Iron have replaced Coral Max and Coral Max without Iron. No products similar to Advanced Arthritis Support appear available for sale on the website.

There are also no claims on the website promoting the cure for any disease.

Nicole Dupas, a University of Winnipeg student who takes a generic brand woman's daily multi-vitamin, said she would be hesitant to purchase health products online because she "doesn't trust online (drug) companies," and would much rather "speak to a pharmacist in person." In light of the

Holidaze
KEGGERS
Notre Dame Campus
Thursday, November 23, 3 pm–7 pm, Cave Lounge
Princess Street Campus
Thursday, November 30, 3 pm–6 pm, Cafeteria
MTS
CANADIAN
ICE

SURF OR SKI
Trip packages now available for
Mazatlan, Mexico 2007 and Fernie, British Columbia 2007
For more information, visit your RRC Students' Association office:
Room CM20 or Room P110
Or visit our website WWW.RRCSA.COM

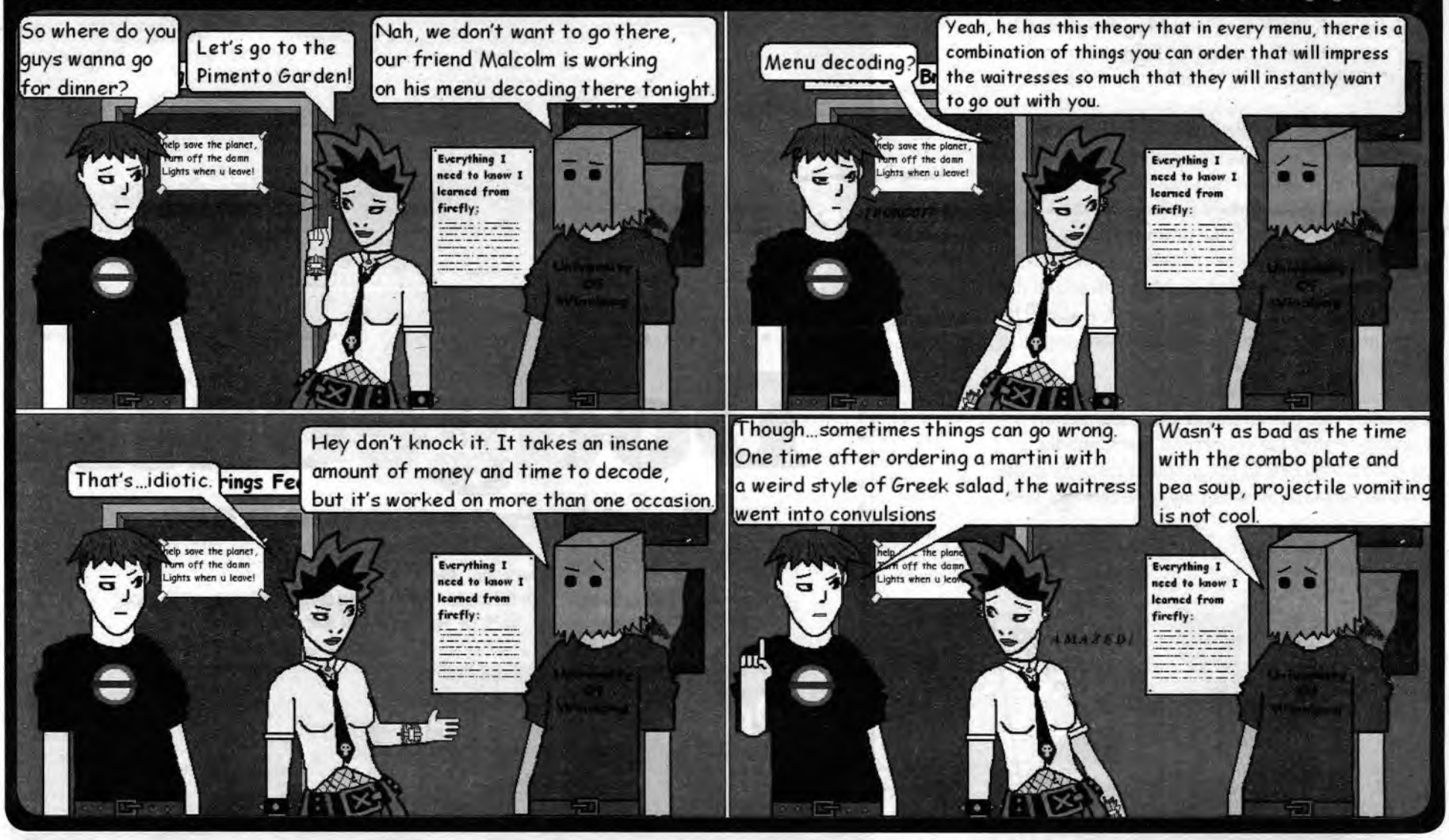
Dodgeball
Oh yes! A new tournament at RRC
Thursday, November 29
Now accepting team registrations (also have single player sign-ups)
Drop by Room CM20 or Room P110 for more info!

Red River College
Moose Hockey Nights
November 24
December 8
January 19
February 9
March 9
MANITOBA MOOSE
Discount tickets available on campus at The Ox or The Mercantile stores.
Must purchase before Wednesday of that week.

NOW HIRING
Graphic Designer/Layout- Meltdown Week Guide 2007
Rate of Pay: $500 honorarium
To Apply: Email saevents@rrc.mb.ca

# all your base

## TaLkInG hEaDs "She Nauseated me with Science!" Matt Urban Matt.urban.amy.ravenburg@gmail.com





**MENtors wanted**

Help Reduce the Wait List for a Big Brother

Big Brothers Big Sister of Winnipeg

**Presently there are over 50 Little Brothers on the wait list due to a shortage of male mentors enrolled in the traditional Big Brothers Program. To find out how you can help, call 988-9200 or visit www.bigwinnipeg.com**


the end.