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Kick Boxing delivers more than just punches

By Kimberley Corneillie

One fighter front kicks the other in the thigh. His opponent retaliates with a left jab and roundhouse side kick. They shuffle around the ring. Wearing boxing gloves, foot and shin pads, jock straps, head gear, and a mouthpieces.

Both fighters continue to exchange jabs, hooks, and more kicks until the round is up, or one knocks the other out. The fight, or bout, consist of three to five rounds of two minutes with a one minute rest between rounds.

This is kick boxing.

Christine Brandt, a youth care worker, began kickboxing a year and a half ago.

"I was bored with the regular gym,"she said.

According to Brandt more women are interested in kick boxing because there is more awareness about the benefits of fitness and self defense.

University of Manitoba student, Southida Khamvongsa said in one hour she does cardiovascular activity, weight training, and has someone there to push her and make her do it.

"It's great," Khamvongsa said, "It's an awesome work out."

Phil Petit, International Kick Boxing Federation Pro and North American Champion, also recognized the physical benefits of kickboxing. The 26-year-old Winnipeg kick boxer said he started kick boxing because he wanted a strong cardiovascular work out.

After fighting for four and a half years, he said the aspects of self defense were also an added benefit of the sport.

On Oct. 24 Petit won his title in one minute and 21 seconds in the fifth and final round against Milwaukee's Kevin (The Fighting Irish) McMullen.

It had been a hard fight, as Petit said he was losing in the first round.

"The first minute of the (first) round was my worst minute," Petit said.

Petit said his coach in Milwaukee, Robert Coquette, was worried and told Petit to, "smarten up."

According to Petit, the fight changed in his favor in the third round.

Petit wore McMullen down physically by using a consistent number of jabs and front kicks. In the fourth and fifth rounds, Petit had kneed McMullen in the head about five times. In the fifth round Petit knocked out McMullen and won the fight.

Petit said it took more than physical strength to break his opponent. He said, "I had to mentally break his confidence down."

The sport of kick boxing originated in Hong Kong as is also known as Muay Thai, with one difference.

Kick boxing only allows the fighters to kick and punch above the waist. Muay Thai allows the fighters to kick, knee, elbow, and use different punches towards their opponent above or below the waist. However, elbowing or kneeing the opponent's head is illegal in Canada.

The sport more often seen today is a combination of the two. A winner is determined by how many points he scores based on a 10 point system. Highest points are given for a knock out.

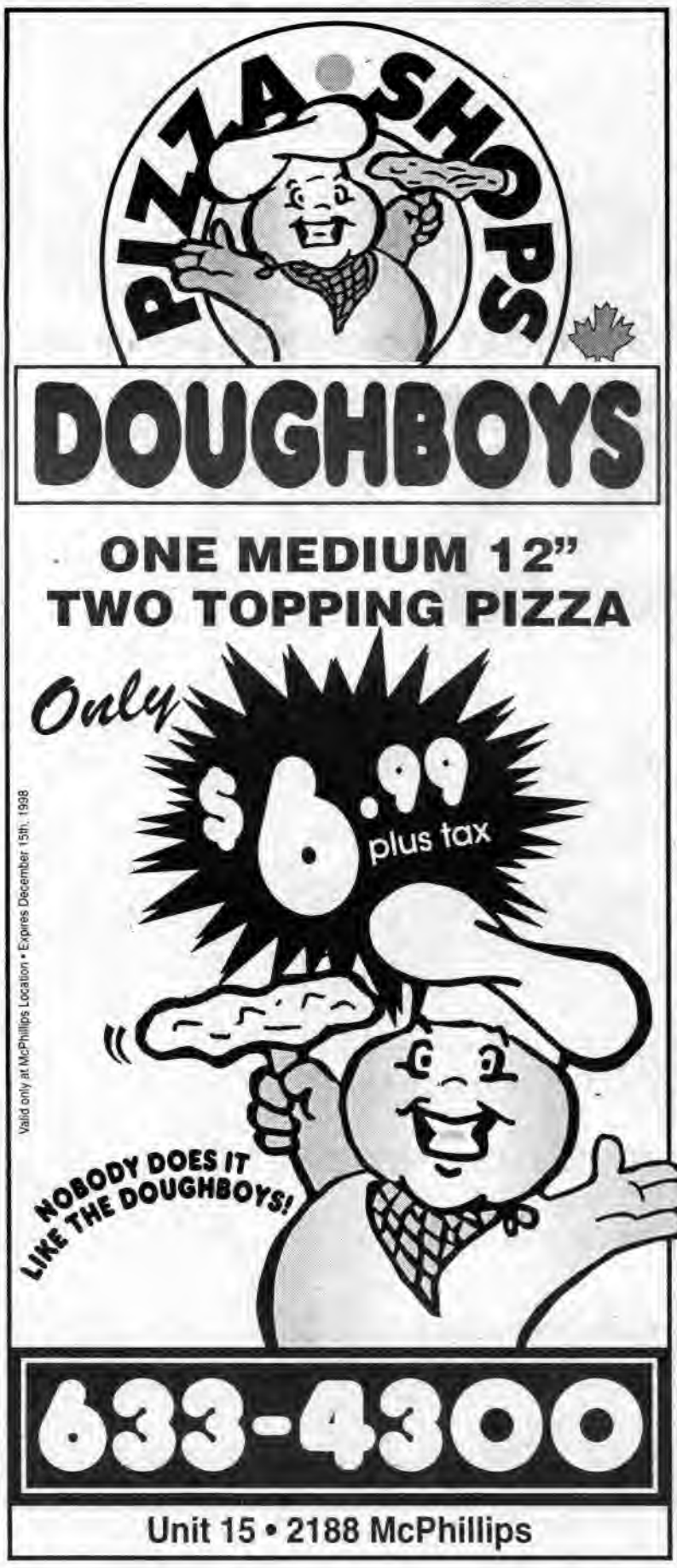
If a fighter is knocked down three times in a round or five times during a bout, the referee stops the bout and declares the opponent the winner.

Instructor and owner of Sik Tai Muay Thai Centre on Notre Dame Avenue, Arthur Pereira has been kick boxing since 1979 and has been teaching since 1985.

He said more people are starting kick boxing because they are sick of doing the usual aerobic work out. It is also a good opportunity to learn self defense techniques.

"It is a chance to fight a guy in a controlled environment and feel good about it,"Pereira said.

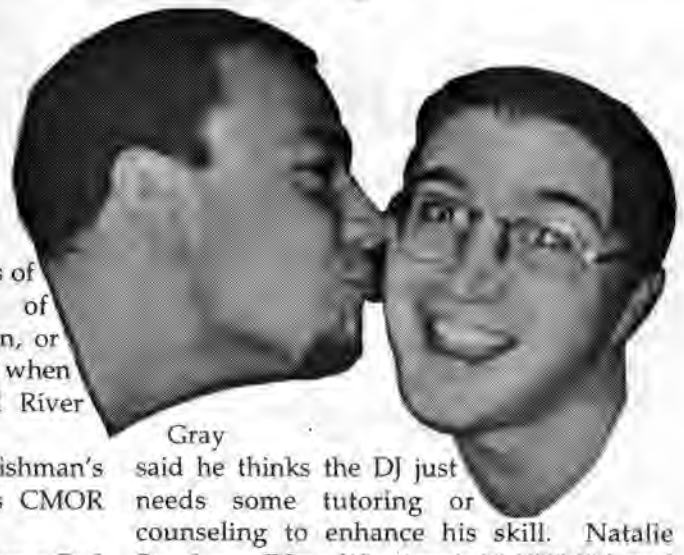
World kick boxing champion Phil Petit is part of a new wave of kick boxing fans who enjoy the excercize and self defence aspects of the sport.



Spy Cam

Projector spies caught this construction crew just north of the west parking lot. The area is being prepared for the Pan Am Games' women's soccer tournament. Pan Am officials say they expect 3-4,000 spectators at the events. They are currently planning to hold the medal-round games here at RRC.
The College will also be the home of Pan Am Table Tennis.

"The Fish" brings controversy to CMOR



By Jocelyne Anderes

It isn't unusual to hear discussions of pornography, the bashing of Bramwell Tovey and Celine Dion, or the sound of a zipper being undone when walking through the halls of Red River between 7:30 and 9 a.m.

These are only a couple of Mark Fishman's favourite topics to discuss on his CMOR morning show.

Fishman, a.k.a. the Fish, debuted as a Red River radio DJ in September.

When his show became controversial, CMOR began to receive a lot of attention—and not necessarily positive.

In recent weeks, complaints about the Fish and his show have increased. It became apparent to school officials that something needed to be done. CMOR, the Student Association, and even the president of the college have become involved in trying to find a happy-medium for the DJ and his listeners.

The Fish said his first truly controversial incident was at the first Kegger of the year when he held an "orgasm contest". He had three girls come on the air; each was judged on their ability to fake a convincing orgasm using the Fish's name.

He said the first objection to the content of his show came from Jacqueline Thachuk, president of RRC. He said she sent a memo of complaint to the Student Association that he was "making fun of French people". The Fish said he doesn't remember doing this, and doesn't think he would have.

Since people only get to hear bits of the show in the hallways, he said, "lots of what I say gets taken out of context."

Geoff Gray, Students' Association vice president says that while the Fish pushes the rules,"every good DJ does; every good DJ is on the edge."

"I think that he is one of the best DJs we have," said Gray.

According to Gray, who fields complaints for the station, steps are being taken to ensure complaints subside. He said plans to tone down the morning show include monitoring it more carefully. This means taping the shows to keep on file, so if complaints do come in there is a way of following them up to see if they are legitimate.

Gray said he thinks the DJ just needs some tutoring or counseling to enhance his skill. Natalie Strecker, a DJ on Winnipeg's 92 CITI FM, and RRC's Radio instructor, has been asked to help him realize the difference between what is "edgy" and what is over the top.

The Fish said he did not set out to have a raunchy show. He said he had never been a DJ before, so for the first couple of days he was just trying to figure things out. Once he felt comfortable, he began to joke with Mike Boyle (Mad Mike), the assistant station manager who was sitting in to show the Fish the ropes, and later stayed on to become his sidekick.

When students began to tell him they had heard him on the radio, the Fish realized he had found an outlet for his opinions. "I thought that I wanted to talk about things, I didn't just want to play music."

Gray said the problem with an edgy DJ on CMOR, as opposed to regular radio stations, is that the staff and students walking the hallways can't turn it off. Therefore, the CMOR DJs must follow the CRTC rules.

One of these rules includes "no profanity", which includes not only what the DJs say, but also the song content. This was one of the biggest problems with the morning show, although Gray said he feels the Fish has started to tone down his language.

Regarding the new plans to monitor his shows, the Fish said he understands the need to tape the program, "so they can cover my ass." That way, he said, if someone complains they can check to see what he really said.

He thinks in a lot of cases people will find out what they heard isn't what he actually said.

And if it is? "What's offensive to some people isn't offensive to others," he said. "I'm gonna offend people no matter what I say, the only way not to is not to talk at all. And I'm not gonna do that!"

CMOR DJ's "Mad Mike" (Mike Boyle) and "the Fish" (Mark Fishman) take to the airwaves with their own brand of humour.

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Security cameras to monitor crime

By Vincent Pearase

Six new security cameras, costing approximately $24,000 dollars, were installed on campus this year. According to Security Chief Jim Drever, they have already been successful in deterring crime.

He describes how one day they were monitoring one of the parking lots when they noticed a car cruising up and down the aisles. The security van was radioed, and went to approach the car. When the van got close, the car suddenly took off "at a high rate of speed."

Security managed to obtain the license plate number, which was passed along to police. They later found out that the license plates were cancelled three months before.

"The suspicion was there was something improper going on. We like to think we prevented something," says Drever.

The cameras are monitored by security personnel in the main security office in building C. All the cameras are hooked up to a recorder at all times. The tapes are saved for seven days before being used again for recording.

Three of the new cameras are indoors, and three are outdoors.

The outdoor cameras have pan/tilt/zoom capabilities. They overlook the bus loop in front of the college, the south parking lot, the west parking lots, and the loading dock areas.

The interior cameras are fixed cameras that overlook the Buffalo cafeteria vending machines and a hallway near the loading dock area.

To make people aware they may be monitored by security cameras, blue signs have been posted at entrances to the campus.

"You shouldn't be able to get onto the campus grounds without passing by one of the signs," Drever says.

In another instance, the cameras seemed to show criminal activity, but it turned out to be a false alarm.

"We saw a car out in the far northwest parking lot. You could see there was a person in the car and you could see their head going down under the dash."

When security personnel went for a closer look, however, it turned out to be a student having his lunch.

"We were quite happy about that," Drever says. "There was nobody trying to steal stereos, which has been a bit of a problem here. And the owner of the vehicle was happy to think that somebody was keeping an eye on his vehicle."

Drever says he would like to get "quite a few more" cameras, but adds, "they are very expensive so it will be a slow process." He anticipates acquiring one or two cameras a year.

Drever says the initial cost of the system is high because of all the peripheral equipment that was needed. "Because itís a new item, it's not just a case of installing the cameras. It requires the extra equipment to control the cameras, as well as a monitor and recorder."

Drever stresses he is sensitive to concerns about privacy, and states that security tapes are not available for public viewing.

"Unless we have an incident, the tapes aren't viewed. It is only a crime prevention tool. It is not for people to come in and start looking at."

photo by Angelou J. Flores

Red River buildings sick?

photo by Angelou J. Flores

Welding may be at fault for sick building on RRC Campus

By Jamie Care

If you find you feel sick during class, suffer from headaches during lunch and runny eyes while studying in the Library, you may be experiencing the effects of sick building syndrome.

Daryl Nielsen, Red River's manager of Environmental Health, Safety and Insurance Services said Red River College could be suffering from sick building syndrome.

"Oh, sure it could," says Nielsen. "There are problem areas, like for instance, in Welding"

In the welding process, metallic fumes are created through the burning of rods. These fumes make their way into the air, and into the lungs. Even though there are ventilation units in place, Nielsen is still concerned.

"We're not sure whether these units are working properly," he says. "We're doing an assessment of that right now."

Sick building syndrome (SBS) is the result of any outside agent that is contaminated and is contributing to poor air quality within a building. Factors that may cause a building to be sick include: temperature fluxuations, humidity, or a surplus of carbon dioxide in the air.

Outside air pollution is also a factor. Many buildings have outside air intakes that can bring dirty air into the building.

"If more than 80 percent of your population is affected by the air quality, then you could have a sick building" says .

Another potential problem area is Building M (Transportation), where they've experienced difficulties in the past with severe dust build-up.

With engines being run and brakes being worked on, the dust ends up coating the walls in this area, which had its walls and girders cleaned this past summer.

Nielsen says students concerned about sick building syndrome can file a complaint.

Approximately one year ago, the College spent a significant amount of money removing mould from certain areas of the Library.

This clean-up effort is a result of written complaints submitted by members of the staff who felt the air quality in the Library was poor. Since then, Nielsen says, the complaints have dropped off.

In February, the Manitoba Federation of Labour's Occupational Health Centre is scheduled to release an air quality survey around Red River.

This survey will be circulated to staff and students in various areas of the College. It is being conducted in February because that is heating season.

"Hopefully we'll get a good response," Nielsen says, "so we can see if we have sick building syndrome."

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We have ze microfilme!

By Joey Olafson

There is a lot of history here at Red River College and now the library has a record of it for future reference.

The Projector, the Red River College's Students' Newspaper now has 34 years of issues on microfilm at the college library.

Norman Beatie, Coordinator of Reference Services at the library says the goal to put the paper on microfilm has been a long process.

"It's something we wanted to do for a long time and it's finally completed,"said Beatie.

The microfilm library dates back to June, 1964 and includes 8391 pages of newsprint, or 587 issues.

Beatie says the microfilm library will serve as a resource for years to come.

"It's one way of making it more available for people and to protect the papers we do have." he said.

He says the history contained in the microfilmed issues of the college paper is quite interesting.

"There is not only college news, but it also covered issues of the time," Beatie said. "There is a lot of history recorded in the Projector, from a college point of view."

The original paper was known as the MIT WRIT which came out of the Manitoba Institute of Technology, the original name for the community college.

The name change to the Projector didn't come into place until 1968.

The microfilm library also includes the Free Times, which is a paper started in 1981 when the Projector staff all quit due to conflicts with the Students' Association.

The Projector still ran with a new staff, but the old staff ran the Free Times from another location.

Beatie said during those years there is actually a record of the two papers.

Beatie said the volume numbers of the Projector's do not coincide with the current volume of the Projector. He says it is due to changing staff that didn't know the previous volume number, for example if the volume number was 11, the next staff may have confused it with roman numeral II.

This volume of the Projector is volume 31 but in actuality it is the 34th edition of the paper.

The library was able to microfilm the papers with the help of a grant from Heritage Manitoba. Beatie says the project has been 20 years in the making.

He said they had to do a lot of searching to find all of the Projector issues,

"We're only missing six," Beatie said. "So, we're not doing too bad in terms of completeness."

The microfilm archive is available at the college library for all staff and stu[illegible]

The Projector

Editor-In-Chief:
Jeff Eyamie
News Editor:
Joey Olafson
Entertainment Editor:
Eleanor Coopsammy
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Pinball Machine Winner!

Stacey Coleman, a first year Early Childhood Education student, was the lucky winner of a pinball machine donated by Red Carpet Services.
The free draw was available in the students' day planner.

Security News

Recent Incidents

Nov. 5 - Auto parked in N1 lot was entered by forcing the door. Stereo equipment was stolen.

Nov. 6 - Auto parked in W1 lot suffered damage to left rear portion as a result of a hit & run accident.

Nov. 8 - Parking pass was stolen from a vehicle parked in W3 lot.

Crime Prevention Tips

Mark your property - Criminals have found it profitable to steal equipment and accessories. Engraving tools are available via Operation Identification (Winnipeg Police Service) to mark equipment and accessories such as batteries, stereos, wheel disks, etc.

Safeguard Keys - Keep care keys and house keys are on separate rings. Never have an identification tag on your key ring that will identify your car or address.

The majority of stolen cars are left unlocked, often with keys in the ignition. Whether you leave your car for a moment or for several hours, always lock it and take the keys with you.

Lost & Found

The lost and found is located in the Security Office, C115. If you have lost an item, please check with Security at 632-2323.

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Mall Level "C" Tower

Food Bank open to help students

By Allen Mankewich

After being closed since June, the food bank at Red River College is open.

The food bank is a non-profit organization designed to help students who can't afford to buy food after all the other bills they have to pay.

Marion Kariuki, the new coordinator at the Food Bank says, if a student requires food from the food bank the student must fill out a request form.

Forms are available at the Student Association Office, the Security Office, the Tutorial Office, the Access Office, or the food bank, which is located on the northwest side of the college campus.

The forms can be dropped off at the SA Office or the food bank when completed.

The forms are picked up every Friday and taken to Winnipeg Harvest, which supplies the food.

The food can be picked up by the student every Tuesday at the food bank at the College.

Kariuki said the supply of food provided to each student should be able to last for about a week.

Kariuki said the food bank has been getting an average of 10-20 customers per week since it reopened.

For students who are in a more fortunate position, Kariuki urges them to make a donation to the food bank. She said donations of non-perishable food items are appreciated, and may be dropped off at the SA Office, or the food bank at the College.

Kariuki said the food bank needs volunteers. She said she is the only person currently working at the food bank, and some extra help would be greatly appreciated. The volunteers would be helping to prepare the food hampers and distribute them.

If any students have any questions about the food bank or would like to volunteer, they can contact Marion Kariuki at the food bank. The phone number is 632-2198.

The food bank closes June 19.

According to Dave Mayor, executive director of the Student's Association, there is not enough need for a campus food bank in the summer.

Got a story idea? Call The Projector at 632-2479.

Toews visits RRC

By L.L. Tetrault

The rights of victims and aboriginals were on Justice Minister Vic Toews' mind when he came to speak to RRC criminology students earlier this month.

"People need to be heard. Their experience was significant and they need to reclaim a part of their life back," Toews said.

"Community involvement is integral to the development of victim rights and services," Toews said. "A strong emphasis on the rights of victims has been introduced to the courts and the justice system," he added.

Toews defended his department's response to what one student called "mismanaged affairs" in dealing with aboriginals, citing the development of the Aboriginal Magistrate Court that represents nine First Nations. Community justice workers interact with the communities to develop alternative methods of dealing with offenders, such as sentencing circles.

photo by L.L. Tetrault

Toews said the aboriginal court has reduced the backlog in the criminal justice system and created an atmosphere conducive to collaboration.

He added that the province has implemented the use of victim impact statements in sentencing criminals. The statements are used to assess the physical, emotional and financial effect that the offense has on the victim.

"Domestic violence is a broad topic and includes far more than violence against women from men. This topic also includes violence against men from women, violence against same sex partners, violence against seniors, violence against siblings, and more," said Randolph Mason, a Justice and Publice Safety instructor at the college.

Toews also provided many examples of how restorative justice and the focus of attention to help victims has prompted community involvement and has reduced the occurrence of second-time offenders, an effort that has also been the impetus for innovative projects to address the cause of first-time offenders with follow-up based on individual needs.

For more information on the law of the land, the Community Legal Education Association is hosting CLEA's 10th Annual Human Rights Conference on December 10 & 11, 1998, entitled Shared Reflections, Future Directions: Human Rights in Canada. For more information call CLEA at ph. 204-943-2382.

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How to behave in an elevator

By Barbara Dixon

1. Face forward.
2. Fold hands in front.
3. Do not make eye contact.
4. Watch the numbers
5. Don't talk to anyone you don't know.
6. Stop talking with anyone you do know when anyone you don't know comes in.
7. Avoid brushing bodies.

— Layne Longfellow

Did you ever stop to ask yourself why you behave in an elevator this way? We do all kinds of things without stopping to think about why we behave in a certain way. If we did stop and think about it, we would realize that our actions are learned from our parents, our friends, our schools, our religious upbringing, the media and the workplace. They are actions that are influenced and prescribed by our culture.

Culture has many different definitions. Webster's Dictionary defines culture as "the totality of socially transmitted behaviour patterns, arts, beliefs, institutions, and all other products of human work and thought characteristic of a community or population." Diversity trainers tend to define it from four perspectives: individual culture, group culture, corporate culture and societal culture.

So, what does it matter? Why should you stop and think about culture? How will this help you in fulfilling your dreams and goals? First of all, you live in a culturally diverse society. You attend a culturally diverse College. You will enter a culturally diverse workplace, with culturally diverse supervisors, co-workers, customers and clients. Are you prepared for this reality? Do you have the necessary cross-cultural skills?

To learn how to be effective in a culturally diverse environment, begin by recognizing how your own culture, values, beliefs, assumptions, biases, styles of communicating, ways of learning, and ways of working affect your interaction with others.

Now think back to the first time you lived with someone outside your immediate family — a roommate, a friend, a partner or spouse. What challenges did you encounter? Why? What were some of the frustrations? How did you handle holidays? Traditions? What about day-to-day tasks like cooking, cleaning, and grocery shopping? What about where the dirty laundry goes? Should it be left on the floor or thrown into a laundry basket? What about which way the toilet paper goes on the holder or how a towel is folded?

Now think about the first time you ever got to know someone of a different cultural or racial background, someone with a disability or someone with a different sexual orientation. Who was that person? How was that person like you? Unlike you? Did you ever have any misunderstandings or miscommunications? Were there any awkward moments that you can recall? What were some of the good things that you learned from each other? How were you the same? How were you different?

We all develop a sense of ritual — the way we do things — based on our culture and our diversity of experiences and roles. It can be challenging, and at times, even difficult to live with, work with, or interact with others who have even slightly different ways of doing things. It does not mean that the differences in behaviour are bad or wrong. It just means that you should be aware that differences can create both negative and positive feelings and reactions.

In the first article of this series, Admitting My Privilege, we looked at the statement about being all the same. Yes, we are all the same. We have much more in common as humans than we do differences. It is our differences however, that can cause misunderstandings, discomfort, dislike, and discrimination. Respecting one another is an easy concept. It is a value that most people believe in. It is an action that each of us should be conscious of at all times. Respect is not about "doing unto others as you would have them do unto you." Respect is about doing unto others, as they would have you do unto them.

By 2001, it is estimated that 70 per cent of the Canadian workforce will be individuals with characteristics that define diversity. These include people of different ethnicities, genders, religions, races, ages, sexual orientations, physical abilities, and cultural backgrounds. This is the work world you will be entering. It is a work world where there will be unparalleled challenges and unparalleled opportunities.

Job-related technical skills are just one of many competencies required in today's workplaces. One of the adaptability skills is the recognition of, and respect for, people's diversity and individual differences. Your technical skills may be enough to get you hired. They may not be enough to keep you employed.

Next time you get into an elevator, stop and remember that there are many ways to behave. Each behaviour makes sense according to each person's culture. You may not agree with or like the other person's behaviour, but at least try to spend a few minutes understanding why people from other cultures act the way they do. Check your assumptions before passing judgment. You may be pleasantly surprised to learn new perspectives and ways of operating that you never considered. These can be added to your list of skills, making you more employable.

This is the second in of a series of articles written by Barbara Dixon, Multicultural Community Liaison Officer, Centre for Intercultural Development, Room F-116, Red River College.

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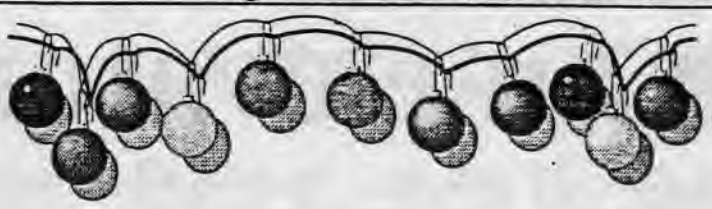

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12 ways to win people to your way of thinking

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Empire Hotel

ROBERT MICHAELS
Utopia

PAUL BRANDT
Christmas

GREAT BIG SEA
Play

COLIN JAMES
Colin James

JIM CUDDY
All In Time

Are you stuck on trying to find a gift for that perfect someone? Don't go crazy in the shopping malls! CMOR, the station that brought you the Halloween Costume Contest and gave out over $900 for the Grey Cup Pool Tickets is giving you a great chance to win *all 12* of these great discs, *and* an all inclusive ski trip for *two* to Holiday Mountain courtesy of the Student's Association! To win, just answer all 12 questions below and drop off your ballot at CMOR Headquarters in the Cave. If you answer all twelve correctly, you'll be entered to win this festive prize package!

Entry Form

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2. Name Wes Cunningham's first single. _____
3. What major record label was Wes Cunningham recently signed to? _____
4. What Asian country was Wes Cunningham born in? _____
5. What relative of Wes' is pictured on the back cover of his CD? _____
6. How many ways does Wes suggest you use to win people over to your way of thinking? _____
   What song by Lynyrd Skynyrd does METALLICA cover on their new Garage Inc. CD?
   _____
7. Jim Cuddy is the lead singer of what popular Canadian Band? _____
8. The Walton's latest CD, "Empire Hotel", features a photo of the famous hotel. What city is the Empire Hotel located in? _____
9. What producer of "Jagged Little Pill" returned to produce Alanis' latest CD, "Supposed Former Infatuation Junkie"?
   _____
10. Name the Cyndi Lauper song Phil Collins covers on his new greatest hits CD. _____
11. What Canadian city is Paul Brandt from? _____

TIE BREAKING QUESTION!!!

How Many Words Can You Make Out Of Wes Cunningham??? ie: ham, sew, gun...

_____

_____

_____

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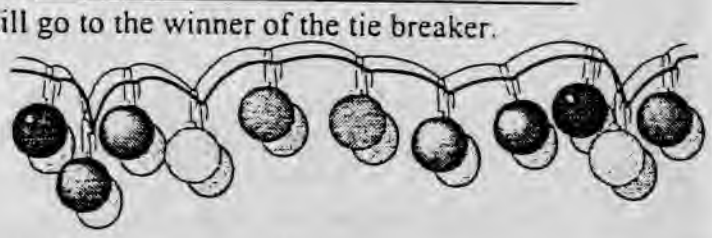

A Long Journey For The New King of R&B

By Uzo Amajor

Three-time Grammy Award winner has come a long way from singing at backyard barbecues

Michael Jackson's known as the King of Pop; Elvis Presley as the King of Rock N' Roll; Aretha Franklin as the Queen of Soul and now R.Kelly - the King of R&B.

Grammy Award winning R&B singer-producer, R.Kelly is out with a brand new album, his fourth, simply titled *R* , released Nov. 10.

A double album with a simple title and 29 awesome tracks that'll blow your mind.

R is his first release in over three years, a follow up to his quadruple platinum album, *R.Kelly* of 1995.

Life hasn't always been a bed of roses for Kelly.

He grew up in the housing projects of Chicago's South side, building his dreams on basketball, hoping it would get him out of there, away from the crime and poverty.

But overcoming negative peer pressure and realizing his musical talents set him free.

A flat-broke Kelly used to sing for money in Chicago subways, and it wasn't until Jive Records Representative Wayne Williams heard him singing at a friend's barbecue, that things began to happen.

Kelly, backed by the singing group Public Announcement, first hit the music scene in 1991, with his *Born Into The 90's* album, which featured the groovy smash hits Honey Love, and Slow Dance, as well as the bass thumping jam, She's Got That Vibe.

His sophomore album, 12 Play, over shadowed the success of his debut album, driving sales through the roof, and setting him up in the industry as an R&B guru. The album contained the platinum smash Bump N' Grind, (the longest running Billboard R&B single in 30 years - topping the charts for three months straight - breaking the record previously held by Whitney Houston).

The singles, Sex Me - Part 1 and 2, and Your Body's Callin, became anthems for radio stations, and familiar tunes to our ears.

12 Play raised a lot of controversy due to its sexually explicit lyrics, but also had beautiful ballads such as Sadie, which he wrote for his mother who died of cancer in 1993.

Gospel singer, Kirk Franklin, came into Kelly's life, helping him turn a new leaf - Kelly became 'born again'.

Without Public Announcement, he put together *R.Kelly* , which still had mild sexual overtones, but clearly reflected Kelly's new ways.

It had songs like Religious Love, You Remind Me, Down Low and Trade In My Life, featuring Kirk Franklin.

The album also had the Isely Brothers and the Notorious B.I.G. as guest artists.

Kelly has also written and produced hits for a number of artists. Kelly wrote and co-produced the Grammy nominated song You Are Not Alone, for Michael Jackson.

He was the mastermind behind the teenage sensation Aaliyah, writing and producing her debut album, *Age Ain't Nuthin' But A Number.*

He's done songs for Toni Braxton, Whitney Houston, Boyz II Men, Notorious B.I.G., Changing Faces, Sparkle, Kelly Price, Janet Jackson and others.

With all the success and its accessories, Kelly started a new record company, Rockland Records, nurturing rap and singing groups like Vegas Cats, Talent, Frankie & Robert, and Routine Nice.

He is also working on the soundtrack for Eddie Murphy and Martin Lawrence's new movie called *Life*.

Now established, with three successful albums, three Grammy Awards for the inspirational hit I Believe I Can Fly, from the blockbuster movie *Space Jam*, his own record company, and a new album on its way up, R. Kelly's career has gone like a dream, and he can befittingly dubbed the "King of R&B."

R. KELLY
R
JIVE RECORDS

First things first. I've got to admit, I'm an avid R. Kelly fan, from She's Got That Vibe of 1991, to Gotham City of 1997, I've followed him all the way.

So what I'm about to say shouldn't come as a surprise- Kelly's new album, *R* is wicked!

A double CD album with 29 solid tracks that bring flava to yo' ears.

The album features a number of artists showing Kelly's acquaintance with various members of the music industry.

These guest artists include: Keith Murray, Cam' Ron, Jay-Z, Vegas Cats, Foxy Brown, Crucial Conflict, Celine Dion and Suzanne LeMiguot.

The album deals mostly with relationships.

The soulful sounds of When A Woman's Fed Up and One Man delve into the mistakes men make in relationships such as taking their women for granted.

The song Reality speaks for itself.

It's a smooth rhythm and blues jam encouraging men to stay committed and be responsible for their loved ones - family.

In some songs, such as V.I.P, Spendin' Money, Did You Ever Think and Dollar Bill, Kelly goes all out, boasting about his success - from nobody to somebody.

As he boasts, he doesn't lose focus, making sure each and every tune is a club rocker.

Kelly sampled the 80's Surface song Only You Can Make Me Happy, giving us something to groove to in the 90's with Only The Loot....

I'm Your Angel, a duet with the renowned and talented Celine Dion, was written for his baby girl Joanne, named after his mother.

This song (which is also featured in Dion's new album, *These Are Special Times*), will go all the way across the rainbow, and is definitely Grammy Award material.

One thing's for sure, this album is a solacing experience, and will make a perfect Xmas gift - go get it!

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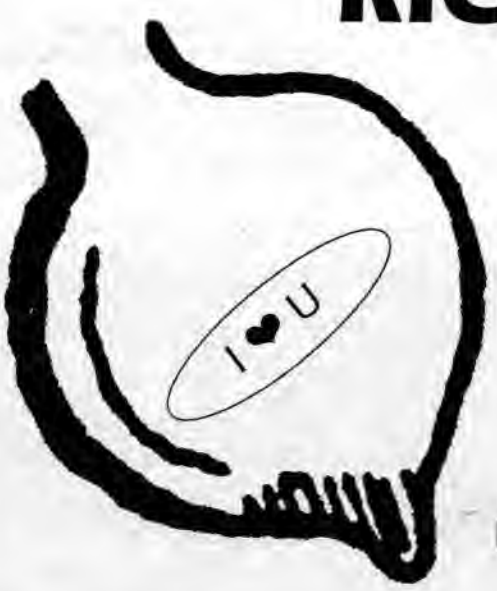

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PTE'S THE NORBALS : THE BEST KIND OF DYSFUNCTIONAL FAMILY

By Alexandra Burgess

Brian Drader's *The Norbals* is a comedic look at family and the acceptance of individuality within the family unit.

The story line is about a traditional family gathering in Toronto for a Christmas holiday that turns disastrous.

No one in the family is thrilled about the family gathering, but go to please one another to uphold family tradition.

Brian Drader, a Brandon born playwright, said that *The Norbals* is his answer to the '90s epidemic of loneliness due partly by the breakdown of family.

The script gleamed with hilarity.

Drader shed light on life within a dysfunctional home by combining reality with comedy.

The audience could be heard roaring with laughter throughout the two act play, especially during the hospital scene.

The zany characters included a mother and father and their four sons, three of which had partners.

The four sons, one control freak, another a drug addict, one who is a transsexual social worker and one narcoleptic, are at constant odds with one another.

Actor Allan Zinyk, who played Bee the transsexual social worker, did a superb job portraying his character.

Director, Allen MacInnis

The characters are not so far from normal and their familiarity is reminiscent of "a someone" whom everyone can relate to in one form or another.

Each character shows natural movement fitting to his/her personality. Drader pushes parody to the extreme and gets away with it using a fabulous cast of nine and a natural, clever dialogue.

The smooth flow and natural action, its interesting and funny dialogue keeps the audience attentive, interested and laughing.

Allen MacInnis does a marvelous job with the stage direction.

The Norbals is Drader's sixth and biggest play.

The play won the Herman Voaden National Playwriting Competition out of Queen's University and response has been good by other Canadian theatres.

It is now being performed simultaneously in Winnipeg and Toronto.

The production is well written, directed and acted and deserves an A-plus for creativity and audience appeal.

The Norbals ran from Nov. 11- 29 at Prairie Theatre Exchange, Portage Place.

The next play to be shown by PTE is *Love and Anger* by George F. Walker, recipient of the Governor General's Literary Award and the Chalmers Award, which is a story of inner city decay, perverse politics, moral confusion and one man's hilarious and twisted struggle to reveal the truth.

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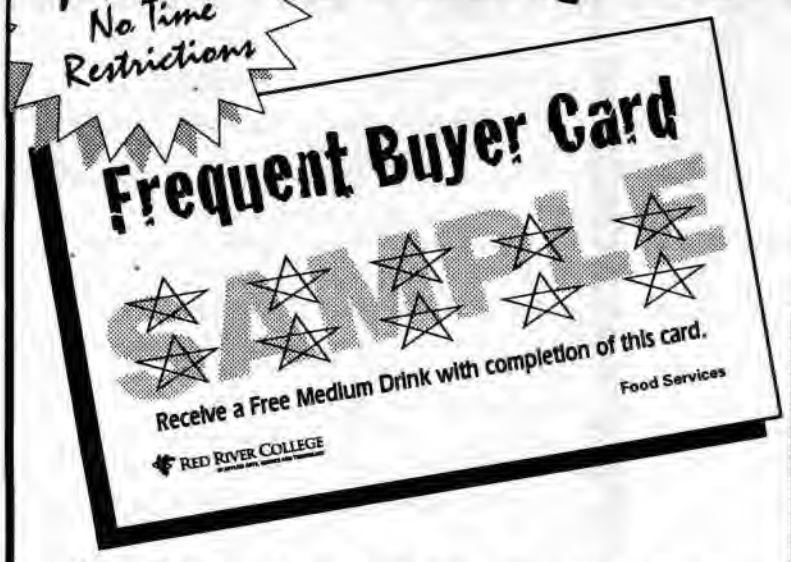

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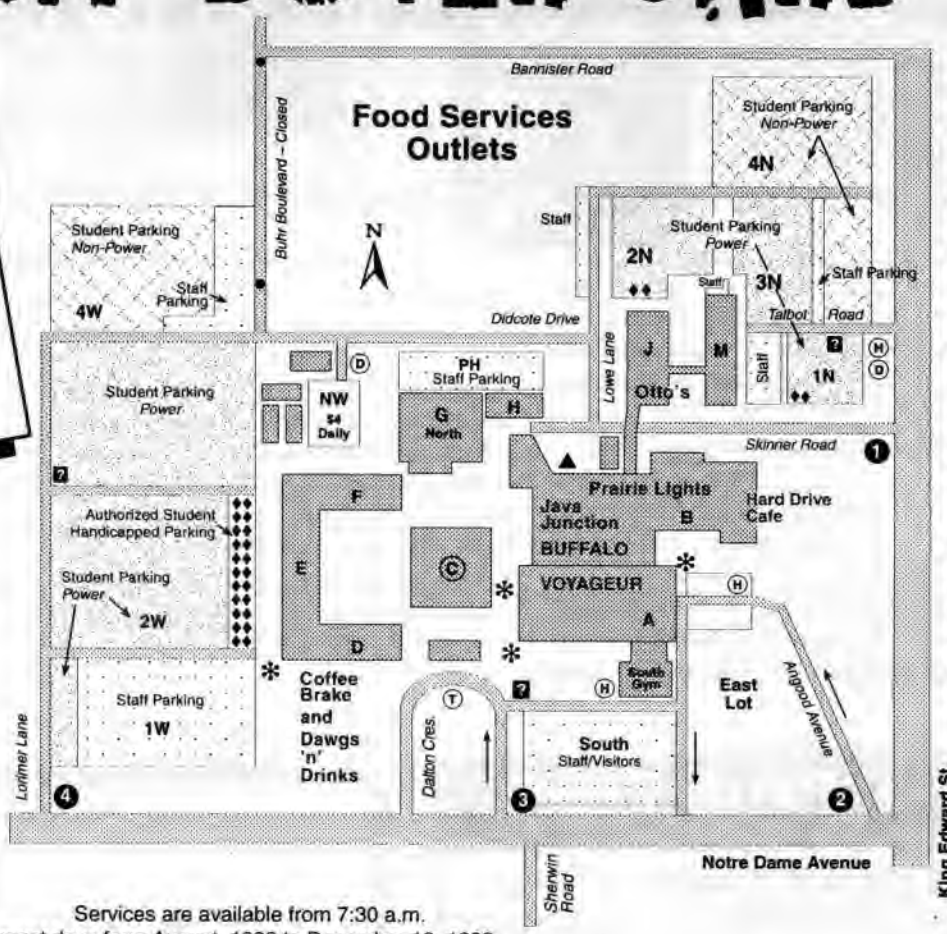

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BUFFALO CAFETERIA: ***Featuring Chester Fried Chicken*** Mall level, across from the Bookstore

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OTTO'S: ***Featuring Chester Fried Chicken*** at the top of the ramp to Bldg. J

COFFEE BRAKE & DAWGS 'N' DRINKS: Mall level, across from the Cave

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RED RIVER COLLEGE
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Correction

SORRY FOR THE MIX-UP

IN THE LAST ISSUE (NOV. 9, 1998)
TWO BYLINES WERE OMITTED.

ERIN FERGUSON WROTE THE REVIEW ON THE MIGHTY MOVIE (ONE 'MIGHTY' GOOD MOVIE)

ANGELOU FLORES WROTE THE REVIEW OF A TRIBE CALLED QUEST
THE LOVE MOVEMENT (JIVE) CD (THE END OF A TRIBAL MOVEMENT)

American History X: Turns Racism on its Head

By Eleanor Coopsammy
Entertainment Editor

What is racism? It could be considered an ethnic slur tacked onto a perception. But what most people focus on is the racial slur, not the perception.

This is what *American History X* wants people to perceive or at least think about.

Edward Norton gives a stellar performance as Derek Vinyard, a murdering skin-head, who eventually feels the violence of racism full-circle.

As the young prodigy of the elder hate-monger Cameron Alexander (Stacy Keach), Derek's hate for other ethnic groups in his Venice Beach neighborhood leads him to kill three black men who try to break into his car in order to seek revenge for a feud on the basketball court.

Derek ends up getting three years in prison.

The back-drop is presented through an essay by Derek's younger brother, Danny (Edward Furlong).

Danny's black principal and Derek's former history teacher, Bob Sweeney (Avery Brooks), is trying to deter Danny from following the same path as the brother he admires so much.

Danny is expected to discuss the events of his brother's volatile life leading up to his incarceration in an essay aptly called American History X.

As Danny begins to write the essay, Derek is released from prison and the movie flashes back and forth between black and white to colour to indicate past and present events.

Upon Derek's release, the viewer gets some insight into

some of the influences and thinking (some of it starting at home) that fuel Derek and the neo-nazi movement he chooses to idolize.

American History X delves into all sorts of racist perceptions.

How a White man may perceive that his misfortunes are brought about by a Korean taking over a Mom 'n Pop store and choosing to hire other Koreans instead of him.

Or how a Black man may perceive getting six years for stealing a T.V. compared to a White man committing the same crime and getting less as a direct attack on Black people through a corrupt justice system.

Whether these perceptions are politically correct or right or even accurate doesn't matter in *American History X*..

What does matter is that these kind of perceptions are brought up again and again in this movie.

Like layers being stripped away, the character of Derek is shown at his racist, gun-toting worst and then as self-righteous and finally as a person at the point of enlightenment.

But it's not a "everything is alright, the-skin-head-sees the-ligh"t realization because the movie is not that simple.

Even at the end, it leaves the audience with questions.

They're not questions about the plot or characters, but questions for the audience members themselves.

Propaganda or irrational behaviour made rational, racism and prejudice.

All portrayed as they are: ugly.

Ugly, but still there.

American History X knows this, shows this and wants you to deal with it.

Perceptions can't really be measured or even validated unless put against opposing perceptions.

Some good supporting characters are Derek's black co-worker in jail (Guy Torry), who lends some humour to a serious problem, Derek's mother (Beverly D'Angelo), and Avery Brooks.

Derek is definitely a character that will keep Norton at the forefront of movie-goers' minds.

Even through the characters' transitions, Norton keeps focused and one almost can't separate character from actor.

Graphic and harsh, but definitely worth seeing.

One of the few movies that deals with racism the way it should be...HEAD ON.

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Make *The Siege* A Renter

By Erin MacKay

Pop quiz hotshot. There's a bomb on a bus....what do you do?

Call Keanu Reeves, right?

Wrong, this time you get Denzel Washington.

In *The Siege* Washington stars as Anthony "Hub" Hubbard, the head of the joint FBI/NYPD terrorism task force and his job is to keep the city safe from terror of any kind.

So when a bus is blown up by an Islamic fundamentalist terrorist, he takes it a bit personally.

Annette Bening plays an undercover CIA operative with special sources in the Arab-American community.

When she first appears we see how well the various departments of the American government work together.

They steal each others witnesses and have each other arrested.

Bruce Willis is listed as having a starring role, but his is a minor role until the second half of the movie and even then you don't see very much of him.

The movie is well written with some unexpected humour in places and is well cast.

Edward Zwick, the producer and co-writer of the movie chose to cast Washington in yet another role where he is the good guy who is beyond reproach.

He should be made an honorary Mountie the way he "always gets his man."

Annette Bening is appropriately pictured as a haggard woman who looks like she lives on caffeine and cigarettes.

Willis' character will do anything to serve and protect his country including keeping secrets from the President and he is the man in charge when Martial Law is declared on New York City.

So if you want to spend money to see this movie in the theatre go on a Tuesday.

The Siege is a good movie, but nowhere near good enough for the eight-plus dollars that you would have to pay to see it on the big screen.

BLUE FLANNEL
XL
BMI
By Scott Garner

"WE ARE NOT ALTERNATIVE!" the liner notes for Blue Flannel's new CD *XL* proudly proclaims.

It's an attempt to shun the idea they belong in that obnoxiously extra-large musical category called "alternative".

My favourite new term is "non-mainstream," which the New York quartet fits into well.

I had never heard Blue Flannel before, so listening to them was an adventure in comparison.

On this album, they've borrowed nicely from a mix of bands, including The Killjoys, Cracker, treble charger, and even Christian rock-witnessers Jars Of Clay-without the wholesome message, though.

Their most immediate resemblance is The Killjoys on Unfair Comparison.

Havin' A Bad Day is reminiscent of The Killjoys' cynically upbeat people-suck anthem Today I Hate Everyone, (a personal favourite).

Cracker is reflected subtly throughout *XL*, although the most obvious instances are found in Animal Song and Sleepy Boy. I expected to find Cracker frontman David Lowery's name listed in the credits after my first taste of these tunes.

It's the cheerfully loud guitar riffs that remind me of treble charger and bands of that style.

Jars Of Clay are unearthed in a couple places, primarily on Out Of Habit, which uses a string section that sounds suspiciously like the one in Boy On A String by the Christian group.

Jars' vocal style can also be heard on Kill Me.

Blue Flannel's alt-pop jumpy guitar style is one that I really dig.

You can tell they're having a blast on *XL*.

The first hint that "serious" isn't in their vocabulary is in Unfair Comparison which features a short gameshowish xylophone solo in the song's final moments.

The lyrics to Animal Song certainly aren't to be taken seriously, either, featuring 42 seconds of singer/guitarist Derek Colle imitating, well, animals.

Blue Flannel is polished and clean-cut enough to save themselves from being filed under that most dreaded of mainstream terms, "alternative".

If any of my comparisons appeal to your sense of musical fashion, try *XL* on for size. Just remember:
THEY ARE NOT ALTERNATIVE!

BECK
MUTATIONS
GEFFEN
By Amber Saleem

Beck is awesome. With the release of his latest album, *Mutations*, he fails to disappoint. This follow-up to his 96' Grammy Award winning album, *Odelay*, was recorded live at a studio in a couple of weeks and features original members of the 28-year-old prodigy's touring band, Joey Waronker (drums), Smokey Hormel (guitar), Roger Manning (keyboards) and Justin Meldal-Johnsen (bass).

All contribute to this compilation of his original folk flavour mixed with some country-ish noise and make for a new, delicate sound.

With the help of producer Nigel Godrich (Radiohead), Beck produced 11 tracks, all of which are relatively short, but pleasing.

All 11 tracks are stripped down and smooth.

The opposite of the psychedelic, funky sounds off *Mellow Gold* and *Odelay*.

Beck was quoted as saying that he was making a conscious effort to put "...some dainty-ass music on the record," and he did so successfully.

Track eight, Bottle of Blues is probably my favourite on the album. I don't know what it is exactly but I guess the mellow melody and lyrics like "I just found me a bottle of blues/some strange comfort for a soul to soothe/ain't it hard/ain't it hard/to want somebody who doesn't want you," are appealing.

In closing, Beck's *Mutations* album is definitely "where it's at," only a "loser" wouldn't dig it.

Hard core Beck fans will be happy to know that an exhibition of over 140 of Beck Hansen's drawings, audio/visual works, collages and various other works is on display at the Plug In Gallery.

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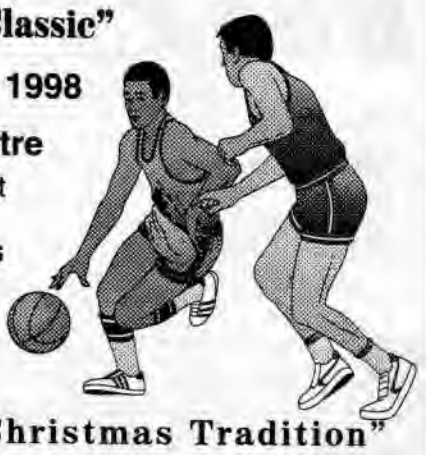

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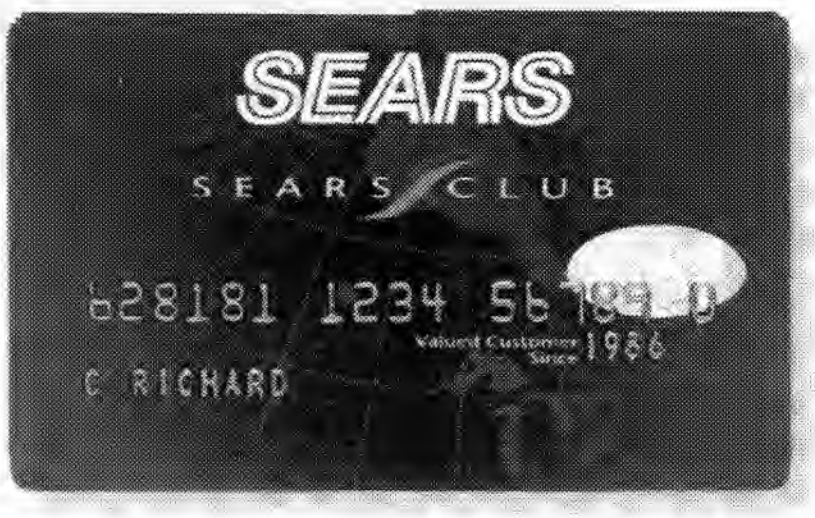

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Or visit our booth located in the Library Hallway from December 7th to 11th

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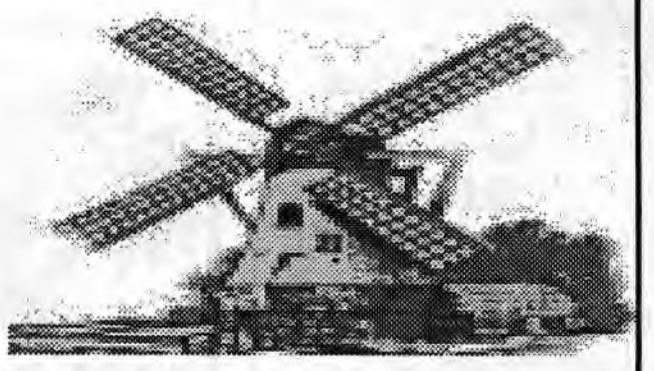

Mall Level "C" Building

Diabetes: What every Canadian Needs To Know

1.5 Million Canadians Have Diabetes.
Another 750,000 have diabetes – and don't know it.

Everyone is at risk for diabetes.

Diabetes is a lifelong condition in which your body cannot properly use and store the fuel (sugar) you take in from the foods you eat. About 90% of people have Type 2 diabetes. Symptoms may include: frequent urination; unusual thirst; extreme hunger; unusual weight loss; extreme fatigue; irritability; blurred vision; nausea; vomiting; sweet smelling breath; frequent infections; cuts and bruises that are slow to heal; tingling/numbness in the hands or feet; and recurring skin, gum or bladder infections.

Diabetes is a leading cause of death by disease. If left untreated or improperly managed, the high levels of blood sugar associated with diabetes can slowly damage both the small and large blood vessels in the body.

This can result in a variety of complications, including:

- Diabetes is a major cause of **impotence**.
- **Heart disease** is three to six times more common in people with diabetes than without.
- Diabetes is a leading cause of adult **blindness**.
- In Canada, people with diabetes account for 25% of all new cases of serious **kidney disease**.
- Worldwide, half or more of all non-traumatic leg **amputations** are due to diabetes.
- The annual estimated cost of treating people with diabetes in Canada is **$5-6 billion annually.**

Controlling diabetes requires around-the-clock commitment from the individual with diabetes. Education is the key to understanding and managing diabetes. You can find out more by:

- checking out their web site at **http://www.diabetes.ca** ;
- dropping by the **diabetes booth December 6** in the Library Hallway;
- or by visiting the College **Health Centre in HM08**.

Information supplied by the Canadian Diabetes Association..

Red River College Wellness Committee

Fiction

Voluptuous Vonda, Secret Agent

Chain-Link Fiction
Chapter 7
By Tracey Proctor

Bright sunlight streamed in through the window.

Yurgen Hoogenhoffen groaned and rolled over onto his back. The ache in his skull registered a definite ten on the Richter scale. He blinked his eyes. They felt dry and shrunken in their sockets. As his vision cleared slightly he realized he was on the locker room floor of the perogy plant.

Yurgi propped himself up on his elbows and looked groggily around the room. "What the hell am I doing here ?" he said aloud.

"That's a good question," came a response from somewhere behind him.

Yurgi tried to turn in the direction of the voice, but the throbbing in his head caused him to drop back against the hard concrete floor. Footsteps moved in his direction and a form appeared above him, blocking out the light.

"I've been waiting for you to wake up. Christ, you probably passed out from the stench of rotting potatoes in this dump. I swear, I'll never eat another perogy, after seeing this place! Do you remember how you got here?" the voice asked.

"Gerta, is that you?" Yurgi groaned weakly. He rubbed his eyelids and squinted to focus on the face overhead and was startled to see a very attractive female towering above him.

"Who's Gerta?" the woman asked.

Yurgi's swollen tongue moved sluggishly in his mouth as he tried to form the words to explain. He was momentarily awestruck by the beauty his hazy vision beheld. She was some piece of work - long silky platinum blonde hair, sky blue eyes and legs as far as Yurgi's aching eyes could see. The gorgeous gams, coated in tight black fishnet, disappeared into a too-short trench coat.The sight of her had an effect similar to the 110 volts pulsing through him, via his dad's Black and Decker. She offered him a gloved hand and before he realized what was happening he was sitting up in a chair. His head was beginning to clear a bit and his immediate thought was that she was DEFINITELY NOT from anywhere in the Interlake.

Her stiletto heels clicked against the dusty floor as she moved towards the window. She was much taller than him and moved with the grace and cunning of a panther. She leaned up against the sill and surveyed the outdoors intently. The lapel of her coat gaped open slightly, revealing an exquisitely formed breast. Yurgi let out a slight gasp. She turned back toward him.

"I need to know who did this to you. Can you tell me anything?" she asked sternly.

"I... uh...I dunno," Yurgi massaged his forehead as he tried to recall how he came to be on the perogy plant floor. "Why does my head hurt so damn bad," he wondered to himself.

"Who are you ?" Yurgi asked the woman, keeping his gaze fixed on her chest.

"I'm Vonda vanZettl, an undercover agent with Interporn," she responded in a hushed tone.

"Interporn ? I've never heard of it." Yurgi responded.

"It's a top secret organization," Vonda answered. "We're investigating an international pornography ring that is suspected of committing heinous acts via the Internet. I'm not surprised you've never heard of it."

She moved in front of the still dazed Yurgi, placed a hand on each of his shoulders and leaned in close to his face, fully exposing her luscious bosom. Her blue eyes narrowed as she spoke. " Up until now this neck of the woods hasn't been a hot-bed of porn crime, if you know what I mean...Yurgi."

"H...how do you know m... my name ?" he stammered nervously.

"It's my job to know." Vonda moved closer to him, her soft lips brushing his ear as she whispered, "Does the phrase 'Open Sky' mean anything to you?"

du Maurier
ARTS

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