the projector

Red River College's Student Newspaper
October 19, 2015

B-I-N-G-Woah

page 5

Sexy Bingo Night will gauge students' interest in talking about a different kind of treat.

What's new, RRC?

Healthy Mind, Healthy Life at EDC

It can be tough to balance college with real life. To help you out, Counselling and Accessibility Services is putting together a group for a safe and supportive space.

Once you register, you'll be part of a group to talk about pressures and challenges college students face.

During six sessions the group will discuss

- balancing life and college
- coping with stress and anxiety
- creating a mind-body relationship
- dealing with emotions
- improving social and communication skills
- solving relationship issues
- building adaptive tools and techniques

The hour-long sessions will be on Tuesdays starting Oct. 27 until Dec. 1. Pick up a registration form at P210.

Halloween week Oct. 26 - 30

Monday: Pumpkin carving contests at EDC

Tuesday : Pumpkin carving contests at NDC

Wednesday: Juno-winner Craig Cardiff from noon to 4 p.m. in The Cave
Sexy Bingo Night in The Cave from 4 to 6 p.m.

Thursday: NDC kegger with hypnotist Tony Lee

Friday: Halloween movie marathon in The Cave at NDC and P107 at EDC from 9 a.m. to 4 p.m.

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Bake until bronzed

Culinary students sizzle at overseas school

Krunal Patel and Coleen Antonio won third place during their four-month international culinary program. THE PROJECTOR/Stefanie Lasuik

STEFANIE LASUIK
CONTRIBUTOR

After four months of intensive culinary schooling overseas, RRC students Krunal Patel and Coleen Antonio have landed back in Winnipeg with a Worldwide Alliance trophy in hand.

As the sole representatives of Canada at Institut Paul Bocuse in France, Patel and Antonio took third place in a competition held on the final day of the international program.

The recognition was a sensational end to an experience, they said, that opened their eyes to culinary possibilities and sharpened their skills behind the stove.

"The experience was amazing and it helped me grow a lot to where I am and where I want to be," said 20-year-old Antonio.

Alongside students from 13 other nations, the two were put through new courses each week such as gastronomy, perfecting cooking and rotisserie.

Patel, 24, said the program has caused him to see food in a whole new way.

"Food, for me, was food on a plate that needs to look good and taste good," he said. "But now, food for me is about food profiling, flavours and textures."

Patel came to Canada from India two years ago. He said he still finds it hard to believe he was able to take part in the international cooking program.

"To me, at this age, it was the best thing that can happen to a person who is not from this country," Patel said. "It was really, really amazing."

It was this type of multiculturalism that the duo strived to recreate in their competition dishes, explained Antonio. They combined Canadian and French influences in their appetizer, a red mullet tartare with ratatouille wrapped in zucchini, and their entrée, a Montréal smoked, bacon-wrapped chicken mousseline.

The competition was intense, Patel said, because the judges wanted to see the students use all skills they learned over four months. Antonio said it was worth it.

"When they said Canada [for third place], it was such a relief. It was like, 'yes, we made it.' It made us feel so good, like all the hard work paid off," she said.

This was RRC's second time participating in the program.

Mary Jane Feeke, an instructor at the RRC School of Hospitality and Culinary Arts, believes it to be an integral part of education.

"Whenever we can send students to any part of the world, it expands their knowledge about food," she said. "What's really nice is that these students are returning to school, so they're able to then pass on what they've learnt to other students."

Patel and Antonio have one more semester to complete before they graduate and pursue their Red Seal certifications.

> "FOOD, FOR ME, WAS FOOD ON A PLATE THAT NEEDS TO LOOK GOOD AND TASTE GOOD. BUT NOW, FOOD FOR ME IS ABOUT FOOD PROFILING, FLAVOURS AND TEXTURES"
>
> *— KRUNAL PATEL, RRC Culinary Arts student*

the projector

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Anyone can submit content to The Projector, and Red River College students are encouraged to contribute. Simply pitch or submit an article, photo, essay or graphic to the appropriate section editor's email. Though we consider all submissions, due to space restrictions, The Projector cannot guarantee all articles received will be published.

LETTERS TO THE EDITOR

If you wish to respond to something you've read in this issue, letters to the editor can be emailed to editor@theprojector.ca. To raise your chances of being published, letters should be around 150 to 200 words long. The Projector reserves the right to edit all submissions for length, as well as stylistic, grammatical and legal guidelines. The Projector also reserves the right to reprint submissions at any time in both print and online formats. The Projector will not publish content that it deems to be racist, sexist or otherwise prejudiced.

ABOUT US

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Working for women

RRC elder awarded for work with indigenous women

Elder Mae Louise Campbell was the only manitoban to win an Indspire Award this year. SUPPLIED

EVAN
MATTHEWS
BEAT REPORTER

Elder Mae Louise Campbell just won an Indspire Award, but advocating for Aboriginal rights is nothing new to her.

"At first I couldn't believe it. I wondered why me?" Campbell said. "They told me my application was different in that most of the work I do is geared toward women and the healing of our women."

The Indspire Awards are a national honour that recognizes indigenous youth and professionals who have shown great career achievement.

Campbell — the only Manitoban on the recipient list — will go to the award gala in February to receive a Culture, Heritage and Spirituality award. The elder was also named to the Mayor's Indigenous Advisory Circle earlier this fall.

But before the awards starting coming in, Campbell began her tenth year as an RRC elder in September.

This is the first year Indspire chose an elder whose work is mostly about healing indigenous women, according to Campbell. The journey to helping indigenous women discover who they are started with her own, she said.

"I knew focusing on women's healing was crucial because I was also seeking my own healing," said Campbell.

Growing up on Kississing Lake, Campbell's mother was a midwife while her father, sisters and brothers all trapped and fished for a living.

"You're surrounded by water, by forest — it was a very small but beautiful community," Campbell said. "You have to remember in those years, our people were afraid to speak about their culture. They could have been charged for it."

> "I KNEW FOCUSING ON WOMEN'S HEALING WAS CRUCIAL BECAUSE I WAS ALSO SEEKING MY OWN HEALING
>
> *— ELDER MAE LOUISE CAMPBELL, Indspire Award winner*

Because of this fear, Campbell found it hard to learn about her family and what they did.

"My mother was very silent. She wouldn't talk about any medicines she used because she was afraid to. I didn't learn anything except my people were a land-based people," said Campbell.

This lack of cultural identity caused Campbell to look for answers as she grew older.

"Thirty years back when I tried to search for elders, search for ceremonies, there was nothing out there because our people were still hiding," she said. "You couldn't be a part of it unless the people knew and trusted."

"It was through my own need to follow my spirit, and listen to what was happening inside of me that I knew inside me is an indigenous woman."

In strongly knowing who she is, Campbell is able to work with women in the community, to help them find themselves as she did.

"I work with women because I firmly believe things will never change until our women are healed," said Campbell. "The abuse has to stop and our women must take their rightful place in our community. There is no other way."

Campbell does a lot of cultural identity work within the college, too. She works to bring cultural and traditional teachings to all students.

"This afternoon I will be sitting in on a nursing group. I will be teaching them our culture," she said. "We teach them about the true nature of the indigenous way of being, of seeing the world and all those beautiful ways our people had at one time."

News Briefs

COMPILED BY
ERIN
DEBOOY

A contest worth bookmarking

Calling all creative students — RRC's libraries need you.

In honour of Canadian Library Month, the library is holding a contest to create a poster or bookmark for promotional use. Each entry should represent at least one of the many services the library provides, like reference help or assistance with databases.

Entries can be as simple as a drawing with pencil crayons or as advanced as a digital masterpiece, as long as all the drawings or pictures included are your own. Please visit the library for contest rules and information. The final date for submissions is Friday, Oct.30.

GenNext's newest council chair

The United Way of Winnipeg's GenNext Council has elected an RRC student as their next chair.

Adam Smoluk, a human resource management and management development student, has been elected after serving on the council since 2010. The GenNext program was developed in 2007 as a way to provide Winnipeg's future leaders with the opportunity to become engaged in their community, while at the same time being able to network with like-minded individuals.

Smoluk is adding GenNext to a long list of positions. He currently works as a program manager for Film Training Manitoba, serves on the Board of Directors for Youth Employment Services, and is the vice-chair of Essential Skills Manitoba.

Traditional Teachings

The Aboriginal Student Support & Community Relations is in the middle of a seven-week series, Traditional Teachings, with Elder Jules Lavallee. Since Oct.1, the teachings have covered smudging, holistic healing and the medicine wheel. There are four more workshops coming up.

Oct. 22 will introduce the teaching methods of elders, Oct. 29 will discuss establishing and maintaining contact with Elders, Nov. 5 will cover the sacred pipe and Nov. 12 will educate on the seven sources of healing. All staff and students are welcome to the sessions, which are from 3 p.m. to 4 p.m. in the Aboriginal Support Centre at the NDC campus, room F209.

RED RIVER COLLEGE
STUDENTS' ASSOCIATION

MESSAGE FROM THE EXECUTIVES

Mental Health Week Success

October 5th-9th marked Mental Health Week here at Red River College. The Students' Association held several events during the week at multiple campuses. The events were our attempt to reduce the stigma that is attacthed to mental illness, but to promote mental health as a part of an individuals overall health strategy.

Thesestrategies inculed how to deal with anxiety or depression, stress management, access to and awarness of services here at the college for students, and more.

This years events included guest speakers, yoga in the Cave, a movie day, and colouring in the hallways. We also had students write down their stresses on postcards that they could "send away your stress". Those cards were collected and displayed, with others incouraged to send back positive messages, all done anonomously, as a way to show support .

As a continuation, the Students' Association is awarding two students each with a $250 award for completing a mental health essay. The details can be found on our website, www.rrcsa.ca/essay. Due date is October 28th. Let us know your thoughts on Mental Health.

And then there's Halloween

So as a nice change from the seriousness of school and anxiety, the students' Association wants to have some fun this month.

We are going to be hosting a full set of events during the week of Halloween. From costume contests to pumpking carving to movie marathons. And in that spirit (nice pun!) we have compiled a list of Recommened Must See Movies as compiled by the RRCSA executives.

Check out our list and let us know which of these you like the most by answering our survey question, and we will make sure that movie gets screened during the marathon.

Our choices in no particular order:

1. **Hocus Pocus**
2. **Addams Family**
3. **The Ring**
4. **The Awakening**
5. **Haunting in Conneticut**
6. **The Woman in Black**
7. **Halloween**
8. **Scream**
9. **28 Days Later**
10. **Cabin in the Woods**

And the bonus:

The Brave Little Toaster

Survey Question:
What is your favorite Halloween Movie from the list? Tell us and we will play it during Halloween Movie Marathon.

Send your answers to sa_president@rrc.ca for a chance to win lunch on the SA.
Look for a new question each issue. Good Luck.

Contact Us!

How are we doing? What would you like to see from your Students' Association? What questions do you have?

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Dabbing for treats

Halloween bingo event to give away sexy prizes, education

The RRCSA is holding Sexy Bingo Night to see how students react to talking about sex. THE PROJECTOR/Emily Enns

SAMANTHA SAMSON
EDITOR-IN-CHIEF

Candy won't be the only thing giving students a buzz this Halloween.

To gauge how willing students are to talk about sex, the RRC Students' Association (RRCSA) is setting up Sexy Bingo Night.

"It's more of a light-hearted event. You might get a shot glass that's in the shape of a penis," said RRCSA president Benjamin McDonald. "It's designed to be a funny thing."

And an informative one.

The idea came up when the RRCSA was planning their events in July, McDonald said. They decided on the themed night after they heard other post-secondary schools have tried it. They also took student survey results into account.

The RRCSA has asked students over the years what events they would like to see that they haven't yet. The Projector was only given a portion of the survey results, which revealed a slight increase of students asking for awareness events about sex or drugs.

"Not in terms of high school for practicing safe sex or being ready, but to take it to that next level where we know you're already doing things," McDonald said. "We looked at things like risky behaviours that people get into or making sure that people aren't being victimized. We want to make sure there's awareness out there so people know."

Sexy Bingo Night is new to RRC and doesn't involve sexy Halloween costumes. According to RRCSA programming, the event is near Halloween simply because it was a free date in the schedule.

"We know that people are having sex, so we're looking at opening up a dialogue and seeing what people are comfortable with," said McDonald. "Is it something that we want to fully engage in and make an awareness week, or is it something that people want to keep as private, something they don't want to discuss at all?"

Students are discussing it, according to RRC counsellor Chad Smith. He said students chat with him and other counsellors about their sexual identities, feeling pressured to have sex and trying to define sexual assault when it happens to them. If Sexy Bingo Night can do anything, he said, it's bring the topic out in the open.

"Depending on how it's structured and how it's done, it can be a great way to provide some education, to provide some knowledge in a fun way," said Smith. "With the toys, it allows people to have some fun, to stretch their comfort level."

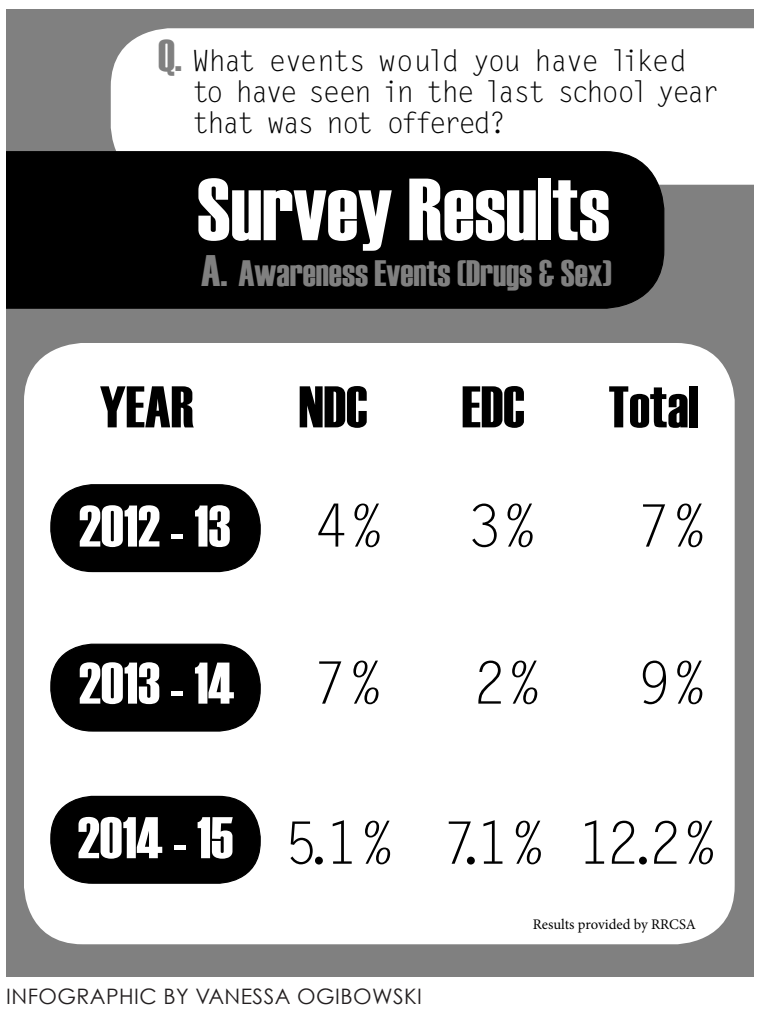
But both Sexy Bingo Night and the campaign will have to be done in the right way.

"Are we making sure the questions are inclusive? Are we including all sexualities, all gender identities?" asked Smith. "Or is it done with a mainstream, heterosexual lens? In which case, I'd probably say it's done wrong."

According to the RRCSA, the night will be focused around information on sexual consent, STDs, breast and prostate cancer awareness and LGBTTQ inclusivity. The event is on Oct. 28 in The Cave and will be from 4 to 6 p.m.

An emcee will be hosting the event and prizes include "sexy toys" and coupons to sex shops according to McDonald.

The RRCSA will also be giving out leftover gift bags from the first week of school that include condoms and KY jelly.



INFOGRAPHIC BY VANESSA OGIBOWSKI

Students say...

CORINNA BOLLEGRAF,
EDUCATIONAL ASSISTANT

It's a weird name for it. And what's sexy about bingo? I'd play bingo for candy, maybe.

NICOLE EPP,
EDUCATIONAL ASSISTANT

When I hear bingo, I think of old people, not sexiness. If I saw the sign, I wouldn't say 'count me in.'

MARK VARGAS,
DIGITAL MEDIA DESIGN

If there were costumes, it's relevant to Halloween. Maybe I'd go to it but it seems like something weird to go alone to.

Swiping goodies at the store

Thefts force on-campus businesses to adapt

Stores on campus are taking more precautions when it comes to theft. THE PROJECTOR/Emily Enns

ERIN
DEBOOY
NEWS EDITOR

A rise in thefts is causing some campus outlets to re-think how they do business.

The student store at RRC's Exchange District Campus, The Mercantile, was forced to put up signs earlier this year asking people not to steal from the store. The signs came after an influx of sticky fingers, according to management.

"There was an instance over the summer where someone stole something right off the counter when the gentleman's back was turned," said Selina Anderson, supervisor at The Mercantile. "People are taking advantage of the store being busy, and it's really frustrating in that regard."

Because the store is run by the RRC Students' Association, Anderson said theft logically doesn't make sense.

"It's kind of sad. You're stealing from the students. You're stealing from yourself in a way," Anderson said.

Anderson hopes the signs created awareness of the issue and added an extra set of eyes and ears when the store gets busy.

"When bus passes come out, the store gets filled. We can't watch 30 people at once," said Anderson. "Hopefully there are some good Samaritans out there who, if they see something, can bring it to our attention."

Casey Meijer, supervisor at The OX, said theft in the store is pretty much the same as previous years.

"I know a pack of beef jerky was stolen, a couple of chocolate bars, small things that people can easily hide," Meijer said.

So far no one has been reprimanded, said Meijer, since the thefts are usually reported to staff after the fact.

"We haven't been able to find anyone on the security cameras yet, but we look at the security cameras, to see if we can pinpoint who it was," she said. "If they come back, we talk to them."

And it's not just stores that are having an issue.

The Culinary Exchange at Patterson GlobalFoods Institute (PGI) had to change their ordering process due to a high number of walkouts.

"I don't want to say outright that people are dining and dashing. There could be a number of reasons this is happening," said Michael Blahuta, restaurant manager at PGI. "It has been a bit of an issue though, so we are trying something a little bit different to prevent that from happening."

The process before was patrons placed their order, waited, collected their food, then paid. Now, because management noticed more walkouts, visitors are encouraged to pay for their meal while they wait. Twhe kitchen will only give food to those receipts marked as paid.

"It seems to be working so far," Blahuta said. "It's just a matter of getting the information out to our guests that this is the process we are going to follow now."

Blahuta said signs explaining the new process will go up for new and returning diners.

"We get a lot of regulars who know the process, so I'd like to think it's an honest mistake," said Blahuta. " You know, they're talking with their friends, went and sat down when they got their food, and just forgot to pay."

The low-down on lockdowns

RRC holds drills, info sessions for students and staff

ERIN DEBOOY
NEWS EDITOR

SAMANTHA SAMSON
EDITOR-IN-CHIEF

David Clarke, RRC's emergency preparedness coordinator, gives a lockdown info session on Oct. 13THE PROJECTOR/Erin DeBooy

The noise is loud, the message is clear, but RRC students have not been listening to lockdown drills.

"I get a lot of reports of people continuing to congregate in the hallways," said David Clarke, RRC's emergency preparedness coordinator. "Sometimes classroom doors are wide open and people are laughing."

To help students recognize what to do when there's a lockdown, Clarke has set up information sessions open to staff and students throughout October.

The most recent, lethal school shooting in the news happened at Umpqua Community College in Oregon on Oct. 1. Recent publicity has put danger in schools in the spotlight so Clarke stresses the importance of being prepared.

"We are not immune. The chances of it happening [at RRC] are probably not high, but should the unthinkable happen, it's really important we have our students and staff knowing what to do to protect themselves."

RRC is committed to doing two lockdown drills a year. Although the province created mandatory lockdown drills in schools in 2013, Clarke said RRC is the only post-secondary school to continue the practice after highschool.

"We basically observe how well people participate. That's our emphasis," Clarke said. "We want to develop that sort of muscle memory. When you hear it, you just know what to do. It's quick and reactive."

Despite efforts, participation in lockdown drills has been underwhelming, with less than a 50 per cent participation rate.

"Unfortunately, we're doing this to try and enhance people's safety, so we want people to be aware that this is important."

Clarke is hoping to gain more awareness on lockdowns with the information sessions at all the campuses during the last two weeks of October.

The sessions run about 45 minutes and go over what a lockdown is and how students will be alerted. Clarke also shows two videos demonstrating the safest way to hide, evacuate or, if necessary, fight off a shooter.

Students and staff also have the opportunity to ask questions about RRC's lockdown protocol or lockdown situations in general.

"I thought it was really informative," said occupational health and safety student Jamie Kellner, who attended the Oct. 13 session at the Notre Dame Campus (NDC). "It's scary, but we need to know what we should do in case it happens."

When it comes to lockdowns, Kellner said she never thought about the option to work as a team and fight off an attacker. Fellow student Krisanne Campbell agreed.

"They tell you to run and hide, but it makes perfect sense to scrap it out if you're behind a door that doesn't lock," Campbell said.

RRC does one lockdown drill in the fall semester and one in the spring. A warning precedes the drills in order to not panic students or staff who might be suffering from post-traumatic stress disorder, Clarke said.

The last lockdown information sessions will be held at NDC and the Exchange District campus.

To the point

Upcoming lockdown information sessions:

- NDC: (Green Lecture Theatre) Tuesday, Oct. 20 from noon to 12:45 p.m.
- EDC: (A104 Lecture Theatre)

Upcoming lockdown drills:

- NDC — Oct. 27
- EDC — Oct. 27
- PGI — Oct. 28
- Stevenson Campus — Oct. 28

On the record

Putin's power play in Syria

DAVID KOROMA
NEWS COLUMNIST

After the world witnessed a dead 3-year-old boy wash up onto the shores of a Turkish beach, Syria was back in the spotlight.

For a moment, we stopped and asked ourselves if Canada is doing enough to address the largest refugee crisis since the Second World War.

Syria is back in our minds again as a geopolitical shift has recently happened in the region.

Russia's ties to Bashar al-Assad (Syria's long-time dictator) are well documented. Since the rise of the Islamic State, Russia has been taking a backseat to the Western coalition who are fighting ISIS in Syria and Iraq through sustained air attacks and tactically supporting regional forces.

That changed this month.

On Oct. 1, Putin launched Russia's first offensive against what he claims were ISIS forces in Syria. However, sources in Damascus told news agency Reuters that these targets were in fact U.S.-backed rebels with no known links to ISIS and a history of fighting the dictator Assad.

Putin is on the record questioning the existence of what the White House labels "moderate opposition" to the Syrian leader. This complicates matters. While the American-led coalition has a clear narrow goal to annihilate the Islamic State, Russia has embarked on a broader mission while claiming to have the same goal.

Now that Russia has taken its own initiative, Iran and the Iranian-backed Hizbollah are supporting Russia's offensive, coordinating attacks against any and all "extremists" fighting against Bashar al-Assad's regime in Syria.

Roughly 250,000 people have died as a result of Syria's civil war, including women and children who have been victims of chemical weapons. The crimes against humanity overseen by Assad are almost as bad as that of ISIS.

A real power struggle is emerging. Western and Arab powers that have been trying in vain to decimate ISIS now have to work around Russia's military. And that complicates everything.

Meanwhile, the historic refugee crisis continues to escalate. And the main response from Canada and western allies is to keep dropping bombs on ISIS while staying largely mute on the topic of what to do about Assad — the person who lies at the root of this entire ordeal.

At least Putin has a clear end game. How does the West plan to destroy ISIS and replace Assad? The truth is we have no immediate answer, and this reality has President Obama's stature on the world stage — especially in the Middle East — diminishing by the day. It looks like this is a win-win for Russia.

David Koroma has experience working in government and political communications. He is interested in the role citizens play in creating positive change on the Canadian stage. Follow David on Twitter @D_A_Koroma.

Arts Briefs

COMPILED BY
ESHAN
KANWAR

Howdy 'Park'ner

The Manitoba Country Music Awards is making its comeback this November. After a hiatus, the Manitoba Country Music Association decided to bring back the awards to showcase the wealth of country music talent in Manitoba.
The awards show will be at The Park Theatre on Nov. 10. QX104 FM's Leanne Cater will host the evening, which will feature performances and guest appearances by local country talent. Along with 14 awards, the MCMA will give out three new awards: the Manitoba Talent Development Award, the Impact Award and the Hall of Fame Inductee award. There are many nominees including Don Amero, The Bros. Landreth and Doc Walker.

BOGO at the WAG

The Winnipeg Art Gallery is offering buy-one-get-one-free pricing every Friday night until Nov. 27. Every Friday from 5 to 9 p.m. visitors can access the galleries at this special rate. To add to the special pricing, the WAG will have a cash bar set up for those who wish to sip and see at the same time.
Some of the galleries on display right now are the Greek and Roman exhibit Olympus: The Greco-Roman Collections of Berlin, a feature of landscape paintings by Tom Thomson and the Group of Seven and a showcase of Inuit art called The George & Tannis Richardson Collection of Inuit Sculpture.

Shopping centre gets a facelift

Portage Place Shopping Centre has gotten an artistic facelift. The nine pieces of local art set up along Portage Avenue are a part Urban Art Gallery, a competition that aims to bring art to downtown storefronts. Downtown Winnipeg BIZ and Portage Place worked together to install the works. The theme has "home," and artists used mediums like poetry, photographs and visual art to show their interpretations.

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Campus MANITOBA

Art Battle draws first blood

12 artists duke it out in live painting competition

RACHEL
CARLSON
BEAT REPORTER

Picture an epic battle where paint replaces blood and art stands in for wounds, and you've got Winnipeg's Art Battle 313.

Art Battle 313 brought 12 artists to the Centennial Concert Hall for a live painting competition on Oct. 9. They fought through three rounds of art-making mayhem to earn a spot in the citywide competition in spring 2016. The winner of the spring event will go on to compete in a national championship.

But these warrior artists earn much more than just another tier of competition, according to artist and event organizer Kristi-Marie Chech.

"It's a huge door for artists to walk through to promote themselves, to network and to bring people out," said Chech. "I've seen great relationships built between the artists and they're aimed at helping each other."

Artists also score commissions from the event with 50 per cent of all sales from the evening going directly into their pockets. This is important for artists to move from starving to surviving, said Chech.

"I just found it was a struggle to be an artist and I just thought 'there has to be more than this,'" she said. "Winnipeg is great to start your art career, but it's hard to survive."

Artists have an average income of $26,800 in Manitoba—that's 37 per cent less than the national average of the overall labour force, according to a 2014 Hill Strategies Research called Artists and Cultural Workers in Canada's Provinces and Territories.

Another study from the organization called A Statistical Profile of Artists and Cultural Workers in Canada revealed 11 per cent of artists also work multiple jobs. That's compared to just five per cent of the Canadian workforce.

"Art Battle is about promoting local and buying local art," said Chech. "I don't want people to buy their art at IKEA. I want them to support a home-grown artist, or a Manitoba artist or a Canadian artist. You're getting an original, one-of-a-kind work and from that a relationship can grow."

Artist Karri Starr said she takes between a few weeks to a few months to complete a painting. This timed event, she said, offered her a new experience.

"It's something different than I normally do. I usually do portraits or sugar skulls," she said. "I was nervous and freaking out beforehand, but I decided that it's best to laugh at yourself and be messy as opposed to how I usually work, which is really slow."

Her piece featured a sinister nun inspired by her experiences attending church with her father and boyfriend after they got sober.

"I've just been reading the Bible and trying to find the role of women," she said. "Nuns are women and I'm a woman, so I wanted to bring out a woman's perspective. This one was a little dark, but the ones I do at home are very feminine."

Taisa Matthews started painting a year ago and this Art Battle inspired her to carry on with her work.

'This was my tester to see if I could do it," said Mathews. "I haven't got my name out there and I haven't done anything. I said I'm going to do this Art Battle and if I don't do so well, art will be my hobby. But if I do well and people like my art, then I'll start commissioning it."

Matthews made it to the second round.

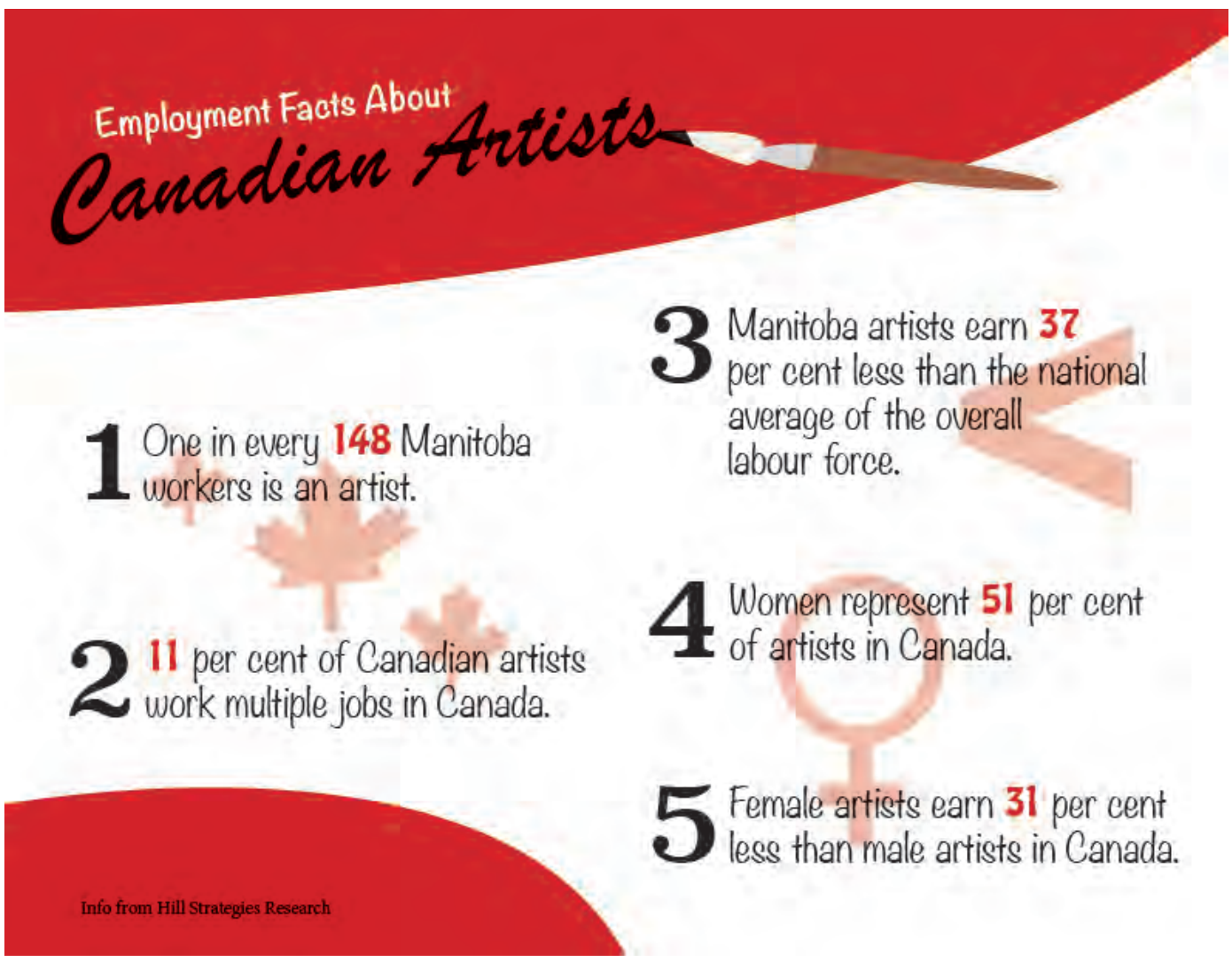
First-time competitor Jola Liebzeit took the top prize with her final piece about looking into the past and finding hope in the future.

"It's surprising and great," said Liebzeit. "I just came in to make really great pieces that people could love and walk away with. I made two pieces that people will love, so I was really stoked about that."

After last year's season, there were about 1,200 artists involved and 2,500 paintings sold with each piece ranging from about $25 to $200 each, according to organizers. 2015 marked Art Battle's seventh season, and this was Winnipeg's second year of competing.

Winnipeg's Art Battle 313 takes over the lobby of the Centennial Concert Hall. Attendees watch 12 artists speed paint through three rounds before one person is declared the winner. THE PROJECTOR/Rachel Carlson

Battle stations ready. Round two artists prepare for competition. THE PROJECTOR/Rachel Carlson



INFOGRAPHIC BY VANESSA OGIBOWSKI

Time-warping Winnipeggers

Rock horror musicals take over Halloween

DIANA CHABAI
CONTRIBUTOR

Move over clowns and zombies — some Winnipeggers go deep into cult-mode with their Halloween costumes.
Every year, people in the 'Peg search for costumes to replicate characters from popular rock musicals. This year, Phantom of the Paradise and The Rocky Horror Picture Show will take over The Met and The Park Theatre respectively for nights of debauchery. These 70s classics are full of sex, murder and aliens. They deal with the devil, cross-dressing — and Winnipeggers can't seem to get enough.
Kalen Craig, 32, first saw Phantom of the Paradise when he was 14.
"It's such a ridiculously out-there film that it caught my eye right away," he said.
Phantom was first released on Oct. 30, 1974. Although it was a flop everywhere else, Winnipeg gave it a home at The Garrick Centre. It ran for four months from Boxing Day to May 1, 1975.
The popularity of Phantom in Winnipeg still puzzles people, but Craig said he thinks the success is all due to the city's mystery.
"It's because Winnipeg is one of those off-the-map places," he said. "You didn't hear about Winnipeg too much back in the day. People took pride in it and people maybe identified with it."

Kalen Craig shops for the perfect costume for the Phantom of the Paradise event at The Met on Oct. 30. THE PROJECTOR/Diana Chabai

Winnipeggers also seem to identify with the 1975 cult classic, The Rocky Horror Picture Show. Wasteland Productions is mostly made up of Winnipeggers, and they're putting on a version of the musical starting Oct. 22.
Quinn Greene is a co-producer at Wasteland Productions. He said they put on a sold-out run of Evil Dead: The Musical last Halloween. This year, the company decided to put on Rocky Horror because it "fits all of the aesthetics" Wasteland wants to be known for, said Greene.
"Winnipeg is progressive. We love things that have a cult sensibility,"he said. "We're proud of us. We're thrifty, quirky and that's who we are."
According to Greene, the underlying message of Rocky Horror is what gives the show its staying power.
"No matter who you are, no matter who you love, be proud. That message will never go away."

Profiting from pendants

RRC student creates custom healing jewelry

DANELLE GRANGER
CONTRIBUTOR

Ali Manaigre could be making your next statement piece.
The animal health technology student started Blue Lotus, her jewellery line, in August. Her business has already caught the attention of her classmates.
"Ali messaged a group of us while she was shopping for crystals and asked if we wanted her to make us anything," said Erin Cornelius, another animal health technology student. "I asked if she could make me something from the bones of my enemies and she actually found some snake vertebrae."
Cornelius said she's always had an interest in animal anatomy, and that's what makes Manaigre's custom-made piece great. She said she's already looking into another piece from Manaigre — a pair of earrings made out of the gemstone Citrine.
For the last four years, Manaigre has used crystals and naturopathy as a form of healing. She began incorporating her alternative healing into her jewellery hobby, making necklaces, rings, earrings and car charms. What began as something to pass time is now helping her fund her second year at RRC.
She uses a variety of crystals found at local shops to make her pieces. Her favourite pieces so far are the most recent ones she's made from bullets.
"I call them 'shooting energy' necklaces, said Manaigre. "It gives people a different option than just getting one made with string."
She said making the pieces is a way for her to relax. The pieces range from $15 to $20, prices Manaigre said are accessible to those wanting quality work for less cash.
Manaigre's pieces are featured on Blue Lotus's Instagram page. She said she's in the process of setting up a Facebook page, but won't be setting up a website since she wants to keep her business local. Her next goal is to hit up a famers' market next summer, but nothing bigger than that.

The "shooting energy" necklaces from Blue Lotus are made from bullets. Other pieces are made from crystals and healing stones. THE PROJECTOR/Danelle Granger

Ali Manaigre wearing her most recent and favourite pieces of jewellery from her line, Blue Lotus. THE PROJECTOR/Danelle Granger

Choosing to pause

Project Semicolon raises money, awareness for mental health

DANELLE GRANGER
CONTRIBUTOR

One grammatical symbol is getting people talking.

Della Steinke has a semicolon tattoo on her left wrist. The punctuation, she said, represents getting through the time when her son was badly hurt in a head-on car crash. Though she's seen it in writing, Steinke said she first thought to get the symbol tattooed after hearing about Project Semicolon.

Project Semicolon started when a U.S. woman got the tattoo after her father committed suicide. The punctuation mark is used in writing when one could end the sentence, but chooses not to, according to the project's website.

As a physical metaphor for choosing to live, Steinke said the idea left her inspired.

"The semicolon means something different for everyone," she said. "Take it as a suicide thing or just not giving up and continuing to go on. It means your story never ends."

Steinke teamed up with Dead Man's Hand Tattoo Shop in July to create designated days for Project Semicolon. The shop was only expecting between 50 to 75 people but ended up having 325 people come through for the tattoo.

Because of the event's success, the tattoo shop wanted to re-create a safe space for people to open up about mental health. The second round of Project Semicolon days was in conjunction with Mental Illness Awareness week from Oct. 5 to 16.

During both events, one third of the proceeds were donated to the Canadian Mental Health Association.

Courtney Frenette is a second-year student in RRC's animal health technology program. She said she thinks the project sounds great but gets a little too physical for her liking.

"It's a good way to raise awareness, but I don't think I would get it because I wouldn't want to display my mental health on my body that way," said Frenette. "I don't have a problem talking about it, but I wouldn't want it to be a permanent display."

Evan Durance, a second-year student at the University of Winnipeg, doesn't have any tattoos but said Project Semicolon is a great way to support individual mental health.

"If I were to get a tattoo, I would need to feel a connection to it, aesthetically and meaning-wise," he said. "If I were to get a semicolon, I would make it more personalized so it felt true to me."

Steinke said the semicolon isn't just for people dealing with a mental illness but also for those who want to show support. She said she wants people to be more open about their mental health concerns.

"Don't feel like you have to deal with it on our own, deal with it alone or feel embarrassed. Don't feel different than anyone else."

Della Steinke shows off her semicolon tattoo. Steinke is teaming up with Dead Man's Hand Tattoo to bring Project Semicolon to Winnipeg.
THE PROJECTOR/Danelle Granger

One third of all proceeds from both Project Semicolon events in Winnipeg went to the Canadian Mental Health Association. THE PROJECTOR/Danelle Granger

The status update

Screwing up on the small screen

RILEY CHERVINSKI
ARTS COLUMNIST

Growing up with my sister meant listening to her practice her Big Brother Canada (BBC) audition tape She practiced over and over again, and I got the pleasure of hearing it through the thin wall between our bedrooms. She was certain she would be chosen to compete in the next season of BBC, but her star quality and cunning game strategy didn't make it to air.

This month, Winnipeggers got the chance to brag about their skills in-person at the BBC casting call. The line at Polo Park Shopping Centre apparently stretched halfway across the mall.

It's clear our society has a serious obsession with reality TV and a dire need to be famous on 7 p.m. cable shows: Survivor, The Amazing Race, The Real World, Wipeout. You name it, and we all know a friend of a friend who was on season 12.

The draw of these shows is easy to understand. Those 35 minutes of fame (not including commercials) will provide you with enough material for dinner parties and first dates for the next ten years. The cash prizes usually aren't too shabby either.

BBC contestants compete for a $100,000 prize. The lengthy filming schedule means an extended vacation from your real life. Most of the shows mean traveling to a trendy destination and staying somewhere nicer than your bachelor pad in Osborne Village.

Okay, minus Survivor. A dirt floor with scorpions is probably worse.

But in the midst of all this, there are a few unfavorable factors to being the next reality star a la Carrie Underwood.

The series will haunt you for a long time thanks to this age of YouTube. That scene where you fall on the steps on your way to collect the rose from Matt or Steve or John (insert any generic name here) is only a click away. And it had over a million views after just three hours.

Or imagine your future husband doing a casual Google peruse of your name. The first thing to pop up is the night-cam footage from The Real World house. You know, that time when the nation watched you hook up with the Toronto business grad with a six-pack and a start-up Internet marketing company. That's one drunken mistake you won't be able to forget about.

The bottom line is being a reality show contestant is an undeniably cool experience. But whatever you did and whomever you were as a 22-year-old Winnipegger will stay with you forever. Yes, even the terrible bangs.

Riley Chervinski is a journalism student, soccer player and reader of cringe-worthy chick-lit. You can usually find her scrolling through Tumblr, scoping out recipe blogs or laughing at her own jokes @rileychervinski.

Sports Briefs

COMPILED BY DANIELLE DOIRON

Camps for kids

RRC is bringing back Rebels Inservice Sports Camps for the fall and winter semesters.

On school inservice days, kids of RRC students, faculty and staff can play sports and be active while their parents study and work. This year, camps are offered from 9 a.m. to 4 p.m. on Oct. 23, Feb. 5 and March 18.

Kids can try curling, basketball, ultimate and a session with Jordan Goetting, the head coach for the Rebels men's soccer team. Each camp costs $35 per child. Campers must be between six and 11-years-old as of Dec. 31, 2015 and should bring their own peanut-free lunches and snacks. Registration forms are available online at blogs.rrc.ca.

Racing by the Red

Cyclocross is circling its way to Winnipeg.

From Oct. 23 to 25, competitors will scale hills, push through sand and brave tough grass stretches in the 2015 Canadian Cyclocross Championships. The three-day event is held at The Forks and will include cyclocross clinics, equipment displays and question sessions with experienced racers, as well as a public after party. Spectators can watch the races for free, and fans are encouraged to come cheer on experienced and amateur racers as they compete for the chance to represent Canada at the 2016 World Championships in Belgium.

Sprinting out of summer

Winter is coming and Mountain Equipment Co-op (MEC) wants to send the summer out in style.

MEC will host their last race of the season on Sunday, Oct. 25 at Assiniboine Park. Races begin at 9 a.m., and runners can take part in either a 5 km or 10 km event. The top runner at each distance and the top runners under 18 years old will receive custom medals.

Registration is online at mec.ca until Oct. 22 or in-store until Oct. 24 for $15. Same-day registration is $20. Race bibs will be available at MEC Winnipeg on Oct. 23 and 24. Runners with bibs can receive 10 per cent of their purchases at MEC over the race weekend.

Behind enemy lines

IGF hosts more than Bomber fans

LAURA HAYWARD
CONTRIBUTOR

His green and gold might look out of place at Investors Group Field (IGF), but Jim Giesbrednt feels right at home.

Giesbrednt was one of the first few fans to arrive at IGF before the Winnipeg Blue Bombers took on the Edmonton Eskimos on Oct. 3. Though he's not a Winnipeg fan, Giesbrednt didn't have to travel far to see his favourite team play. The die-hard fan lives in Winnipeg and has cheered on the Eskimos since 1950.

Giesbrednt began following the team at six years old when he first watched Jackie Parker play quarterback, halfback and defensive back for Edmonton. Now, Giesbrednt said he follows the Eskimos across Canada whenever he has the chance. So far, he's traveled to Regina, Hamilton and Edmonton to back his team.

When asked why he cheers against his city's team, the Winnipegger chuckled. "I hate the Bombers," he said. "I tried out [for the Bombers] at 19-years-old and got cut."

Giesbrednt said he hopes his family will adopt his Eskimos fandom. He's already converted his son and said he brought his grandson Bradley to the Oct. 3 game to continue the family tradition.

After Edmonton won the game 24-23, Giesbrednt said he hopes to see his team in the Grey Cup final, which will be held at IGF on Nov. 29.

"If Edmonton makes it to the Grey Cup, then I'll be attending for sure," he said.

Giesbrednt isn't the only anti-Blue Bombers fan who's coming to Winnipeg in November.

The Steele family traveled to Winnipeg on Oct. 3 to watch their son Eddie Steele play defensive tackle for Edmonton. Everyone in the family wore Steele's number 97 jersey, green and gold hats and beaded necklaces.

The family said they travel to as many Eskimos games as they can, but they love watching football even when their favourite player isn't on the field.

"We already have our Grey Cup tickets purchased," said Leroy Steele, who said the family will go regardless of which teams make the final.

It seems plenty of fans across the CFL don't mind traveling for the love of the game.

Saskatchewan Roughrider supporters filled IGF and counted for a substantial part of the 35,156 fans at this year's Banjo Bowl. And when the Bombers take on Ottawa in Winnipeg's last home game of the 2015 season on Oct. 24, there will likely be a few Redblacks fans in the crowd.

This article is one of a two-part series from The Projector. We've sent two first-year Creative Communications students to Winnipeg Blue Bomber games before the Grey Cup final comes to Winnipeg this November. Watch for next week's issue when Matt Alcock writes about his IGF experience.

Fans from Winnipeg and Edmonton cheer on the Eskimos during the Oct. 3 game between the two clubs. THE PROJECTOR/Laura Hayward

Eddie Steele's family and biggest fans travel across Canada to watch him play for the Edmonton Eskimos. Left to right: Raia Steele, Leroy Steele, Draydon Steele. THE PROJECTOR/Laura Hayward

Eddie Steele sits on the sidelines with his Edmonton Eskimos teammates during the Oct. 3 game against the Winnipeg Blue Bombers at Investors Group Field.THE PROJECTOR/Laura Hayward

Rubber league cuts softies

Athletes forming new Winnipeg dodgeball league

MATT
ABRA
CONTRIBUTOR

This isn't your seventh grade gym class. For years, the Winnipeg Rec League (WRL) has been the only option for local recreational and competitive dodgeball players, but that's about to change. In the next few months, at least one new dodgeball league will launch in the city with the goal of promoting the sport and developing players' skills.

"Dodgeball is ready to shake off the reputation that it is a fad sport," said Mat Klachefsky, the newly appointed Manitoba representative for the Canadian Dodgeball Association (CDA).

This past March, Klachefsky captained The Manitoba Triumph, a provincial dodgeball team that travelled to Barrie, Ont. to compete in the National Dodgeball Festival. Klachefsky said the CDA hopes to organize similar provincial tournaments across the country. Winners of these tournaments would compete in Canadian championships every March, with the winner representing Canada at the World Dodgeball Championships in August.

Klachefsky said he thinks Manitoba is ready to compete for the top prize, and new leagues are the first step toward going for gold.

Klachefsky was planning to launch the new Winnipeg Dodgeball League in January 2016 , but then heard about another emerging league, Dodgeball Winnipeg.

Stacy Huen, organizer of Dodgeball Winnipeg, said she thinks a collaboration would acieve the ultimate dodgeball goal.

"The last thing I want to do is compete with people who are trying to accomplish the same thing," she said.

Huen and Klachefsky are now collaborating to try and create a larger, inclusive league by introducing international dodgeball rules to Winnipeg.

For example, the WRL uses eight-inch diameter balls, which Huen said are hard to throw unless you have "giant hands."

Huen and Klachefsky want to implement rules similar to those of the World Dodgeball Federation (WDBF). The WDBF, for instance, allows players to hold balls for as long as they wish while the WRL has a 10-second rule. The WDBF allows a player to hold as many balls as they want at a given time, while the WRL allows a player to hold one.

And while these may seem like small technicalities, Klachefsky said WDBF rules completely change the dynamic of the game into a more strategy-based system.

"It's like baseball before it became so clinical, a scrappy sport that is just in the midst of figuring itself out," he said. "Winnipeg is ready to take the sport a little more seriously with rules that allow for this sort of experimentation and team play. A new league is the only way to do it."

Other players agree. Some said they're frustrated with the WRL for neglecting player growth and development.

"I just want to be a part of a league where they care about your growth and the sport's growth in general," said Guylaine San Filipo, a member of The Manitoba Triumph.

The first of these new player-focused leagues is the Dodgeball Winnipeg Draft Leagues, which will start on Nov. 1. Players can register at dodgeballwinnipeg.com and participants will be assigned a team before the season starts. The league will keep track of stats and will dissolve all teams and re-distribute players based on performance after each season. The Draft League will play at the Norberry-Glenlee Community Centre.

"I want to be a part of the new league because this is the only league that gives you the chance to grow as a dodgeball player," San Filipo said.

The Winnipeg Rec League's Never Nudes line up before the start of a match at Our Lady of Victory School. THE PROJECTOR/Matt Abra

Hassles and beaks

Brushing it off

JORDAN
HASLBECK
SPORTS COLUMNIST

Things have been a bit too serious lately. Writing about drug policies, head injuries and coaches getting axed has been a little intense for me. This week, we're talking about hair.

Why write about hair? Well, after the Florida Panthers' Jaromir Jagr announced he plans to grow back his mullet, I have to.

Jagr's hair is so iconic I can't picture him without it, despite the fact he's had short hair for over a decade.

I've been reading plenty of articles about Jagr's hair potentially increasing ticket sales for the Panthers as fans flock to see the magnificent mullet in all its glory.

Will Jagr's hair actually increase ticket sales? I know I would be 100 per cent more interested in seeing a Panthers game that included the hair that helped Jagr reach 62 goals in the '96 season. However, I'm not sure Floridian hockey fans know as much about hockey hair history as I do.

Hair is prominent in sports. Don't believe me? Troy Polamalu had a million-dollar insurance policy on his hair. You don't get an insurance policy of that magnitude just because you love your luscious locks. Polamalu and his hair even starred in a series of commercials for Head & Shoulders. Maybe you've seen them?

At first, I thought a million dollar hair protection plan was ridiculous. Then I watched an old clip on YouTube of the Kansas City Chief's Larry Johnson tackling Polamalu. As Polamalu sprints by, Johnson reaches out and grabs a handful of Polamalu's mane. He yanks Polamalu to the ground and pulls him up by his hair.

The NFL fined Johnson, not for tackling Polamalu by his hair, but for pulling him back up with it. In football, it's completely legal to tackle someone by his hair, according to a regulation nicknamed the "Ricky Williams Rule."

Williams' famous dreadlocks have been yanked on a run or two, and he's far from the only running back to have his dreads tugged on.

The Jacksonville Jaguars' Jason Babin tackled the Arizona Cardinals' Andre Ellington by his hair during a 2013 game. After the play, Babin showed off a couple of dreads he pulled right out of Ellington's head. But don't worry – Ellington got his hair back in a plastic baggy.

I've always admired the awesome hair so many athletes have, but if I had the choice between a sick flow that got pulled on or a boring 'do everyone left alone, I think I would pick the latter.

Jordan Haslbeck is a reporter for Bison Sports and a mediocre beer-league hockey defenseman. He co-hosts Not Even the Press Box, a weekly radio show about the Winnipeg Jets at radio.rrc.ca.

Double up your reps

Students paying twice for gym services

DANIELLE
DOIRON
SPORTS & LIFESTYLE EDITOR

RRC business administration student Nick Mykietowich works out at the Exchange District Campus. File photo. THE PROJECTOR/ Danielle Doiron

RRC's fitness centres may soon see some upgrades, and students are picking up the tab.

At the start of this semester, full-time RRC students paid an extra $10 at registration as part of a new recreation fee. The money to help the Athletic and Recreation Services Department become self-sufficient and pay for repairs and new equipment.

But many students don't know they're paying anything at all.

"I didn't hear about it," said Nick Mykietowich, a second-year business administration student.

Mykietowich said he uses the EDC gym often, and after learning about the fee said he doesn't mind paying.

"Gyms charge $30 or more per month, so $10 a semester is a steal."

Shane Ray, RRC's Athletic and Recreation Services manager, agrees.

"For a full-time student, this works out to $2.50 a month and provides them with access to the gyms at Notre Dame and The Roblin Centre," he said. "It's extremely affordable when you consider the other options that are available outside of the college."

Ray said most other colleges and universities in Manitoba charge between $80 and $150 for gym memberships over two terms, but $10 per student will likely be enough to help both gyms purchase or rent new equipment.

He said the college has already invested $5,000 into new equipment, compared to the $1,500 budgeted in previous years.

"The main idea behind it is to maintain our gyms," said Benjamin McDonald, president of the RRCSA, which also helps fund the college gyms.

Currently, the RRCSA allocates $40,000 of its operating budget to gym staffing and maintenance. A large portion of this money comes from general student fees, meaning students essentially paid twice for the same service earlier this year.

McDonald said the $10 per student fee is "just an estimate" of the amount needed to cover gym maintenance costs. He said the college will examine this amount at a Board of Governors meeting on Oct. 28.

"We' re discussing with them to figure out how we want to continue those arrangements. If the gym fee is enough and it covers everything, then the Students' Association can re-invest that money into other things," he said.

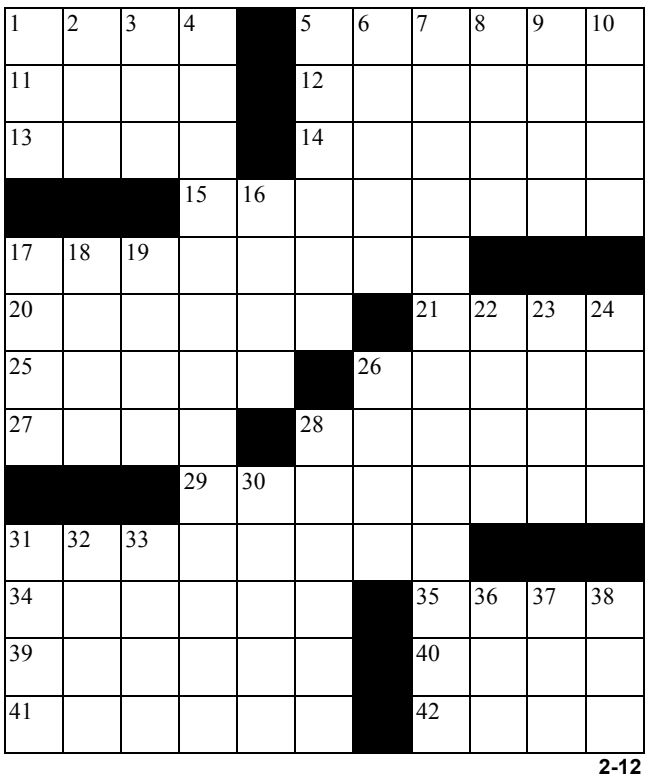
"Student wellness is a big thing for us. We will continue our discussions with the college to find out that that fee is the right fee. We don't want to have to take away those services or cut hours or things like that. If we need to make that donation, that's what we're going to do."

McDonald said he uses the gym himself and encourages all RRC students to take advantage of this gym membership, which is "one of the cheapest in Canada."

"Save money where you can," he said. "Some students don't know this, but you are a Red River College student, regardless of where you go. If NDC is closer to you, use the gym there. If you live downtown, use it downtown. It doesn't matter where you go to school. Take advantage of it."

Words, Crossed.

By Shane Gibson (@tsgibson)



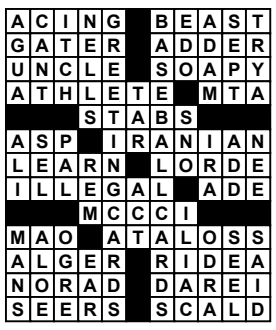
2-12

Across

1. Big name in jeans
5. Cast ___ (bewitch)
11. Nordic name
12. And others, in Latin
13. Bug repelling compound
14. Comic Charles Nelson ___
15. Cafeteria worker needs
17. Open-minded
20. Kettledrum
21. Nickname for Streisand
25. Baton-passing race
26. Normand of silent films
27. Fall birthstone
28. Swank of movies
29. Daily Planet reporter
31. Children's jumping game
34. "Peel me ___" line from Mae West
35. Hard on the eyes
39. King classic
40. Must have
41. Some rattle
42. Avg. levels

Down

1. A hallucinogen
2. Night before
3. Neckline shape
4. Getting very close
5. Reception aid
6. Howard of satellite radio
7. T-shirt ruining projectile firers
8. Fashion magazine
9. Cheerful tune
10. Chip brand
16. Have ___ of hope
17. Paddy product
18. L.A. heavy metal band
19. Fa followers
22. Simple rhyme scheme
23. Swiss capital
24. Roy Rogers' real last name
26. Japanese soup
28. Ones newly added to the payroll
30. "Have another slice ___"
31. French bodies of water
32. Richard of "A Summer Place"
33. Pianist Claudio
36. Understand
37. Showed the way
38. Gridiron gains, for short



PREVIOUS ANSWERS

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For information about saving up to $25,000 on your Manitoba income tax, visit manitoba.ca/tuition

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Find out how you can receive a tax rebate for up to 60% of your tuition, as much as $2,500 a year. That extra cash will go a long way to paying back your student loans, saving for a house, or maybe even starting a family.

Getting ahead with Hedley

Halloween isn't a free-for-all

RAEGAN HEDLEY
LIFESTYLE COLUMNIST

Halloween goes hand-in-hand with candy, decorations and — apparently— offensive costumes.

It seems like there's a new way to offend someone with a Halloween costume every October. It's usually around this time I start questioning why people assume it doesn't really matter what they wear for just one day.

In 2011, Ohio University launched their "We're a Culture, Not a Costume" campaign to raise awareness about cultural and ethnic appropriation in Halloween costumes.

While the campaign received widespread praise, the Internet took hold and parodied it relentlessly for being "hypersensitive."

This is just one example of the kind of flippant rhetoric surrounding Halloween, and it's not hard to see the connection to professionalism.

Professional people aren't insensitive and ignorant. It doesn't matter where you're working or what you want to do in the future — wearing these costumes hurts your image and trivializes important issues.

Still think you get a free pass because it's Halloween? The Internet definitely doesn't.

Last year, my brother's friend dressed up like Ray Rice dragging a blowup doll. Unfortunately, he wasn't alone in the trend and his Instagram photo ended up in a Gawker article about the inappropriate costume.

Don't run the risk of going viral for the wrong reasons. The rule about imagining your tweets on the cover of the New York Times also applies to your Halloween costume.

If you're still confused, I often find listicles help. Here's quick overview of what's offensive and insensitive, according to The Huffington Post:

1. Any costumes that portray you as a race, culture or ethnicity you are not a member of.
Example: anything with blackface, Sexy Geisha or 'Pocahottie'
2. Anything that objectifies a serious career.
Example: sexy cop, sexy nurse/doctor or sexy solider
3. Anything that objectifies someone's body.
Example: a "fat _____" (usually an inflatable costume) or a Caitlyn Jenner costume
4. Anything that personifies mental disorders or illnesses.
Examples: 'Anna Rexia' costumes or mental patient costumes with straight jackets
5. Anything that portrays a marginalized group.
Example: dressing up as a homeless person.

Everything you do contributes to your image or personal brand, which is why Halloween isn't a free-for-all. Instead, treat it like a creative opportunity to try something new while staying "on-brand". You don't want to alienate your audience.

Raegan Hedley is a sassy millennial who aspires to someday become a kick-ass business professional. In the meantime, she writes on her blog at raegjules.com and tweets way too much (@raegjules).

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