the projector

Red River College's Student Newspaper
September 2, 2014

Celebrate your selfie

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All genders welcome

Red River College introduces more gender options on application forms.

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'Wicked' in Winnipeg

Breakthrough Broadway show dazzles Winnipeg audiences.

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WE NEED YOU!

JOB POSITIONS AND VOLUNTEER OPPORTUNITIES AVAILABLE ON CAMPUS STARTING SEPTEMBER 2014

CHECK OUT THE JOB DESCRIPTIONS INSIDE THE PROJECTOR OR ON THE SA WEBSITE WWW.RRCSA.CA
STOP BY THE SA OFFICES NDC - CM20 OR EDC - P110 AND SUBMIT A RESUME WITH APPLICATION FORM

FOOD BANK COORDINATOR-EDC // STUDENT ADVISORY BOARD // ELECTION VOLUNTEERS
CLASS REPS-NDC+EDC // PROJECTOR WRITERS // EVENTS COORDINATORS
OPERATIONS COORDINATOR-NDC INTRAMURAL HELPERS // OX + MERCANTILE STORE STAFF
CAREER FAIR HELP // EVENTS STAFF // MEDIA COORDINATOR-EDC

RED RIVER COLLEGE STUDENTS' ASSOCIATION

Red River Students' Association Food Bank

Exchange District Campus

Register in the RRCSA office, P-110, by Friday, Sept. 5 before 3 p.m.
First food bank date is Wedesnday, Sept. 10.

Notre Dame Campus

For information about the NDC Food Bank, consult the RRCSA offices at either the NDC or EDC campuses.
More information on the Notre Dame Campus Food Bank delay on page three.

CBC on campus

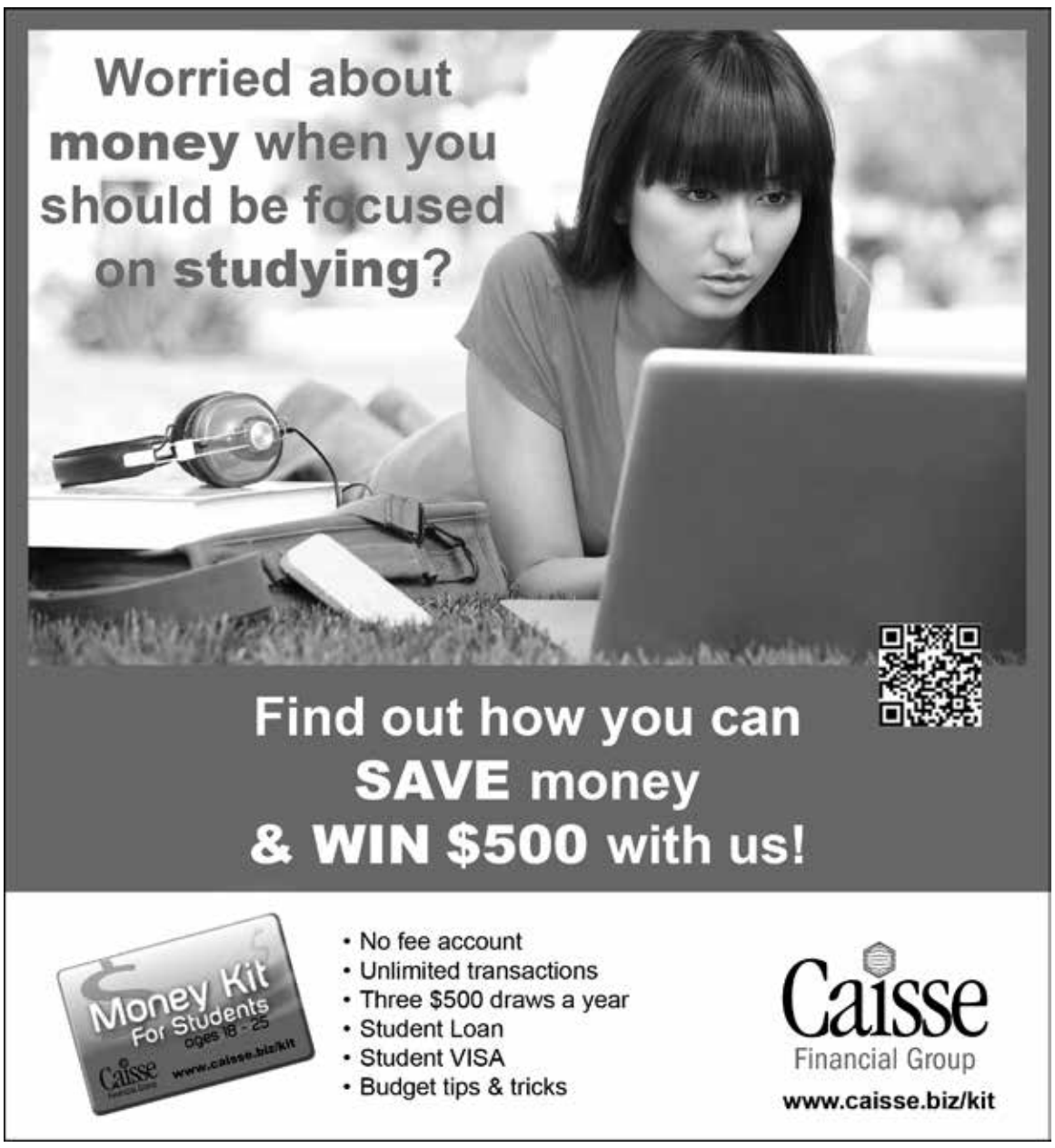
CBC Radio One will be broadcasting live at Red River College's Notre Dame Campus, the Exchange District Campus and the Paterson GlobalFoods Institute on Thursday, Sept. 4.

CBC will be looking to highlight the stories and experiences of Red River College students and will be giving out an iPad Mini. CBC will be using the hashtag #cbcinthepeg to share what they are up to during the event.

"I WAS GIVEN AN ALLOWANCE BUT I WASN'T DOING THE DUTY OF SEX, IT WAS SOMETHING I ENJOYED SHARING WITH MY PARTNER. HE WAS MY PARTNER AT THE TIME,"
– ANONYMOUS STUDENT FROM THE UNIVERSITY OF WINNIPEG.

Sugar daddies for RRC students

The Projector is working on a story about RRC students who use matchmaking websites to find sugar daddies or sugar mommies for financial support.
We are looking to talk to sugar daddies, sugar mommies and sugar babies anonymously.
If you want to talk to us for this story, message Amber McGuckin at news@theprojector.ca



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Taken by Eva Wasney

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WHO WE ARE
The Projector is the official newspaper of Red River College and is published by the Red River College Students' Association (RRCSA) every second Monday. Opinions expressed in The Projector do not necessarily reflect those of the students' association or Red River College. All material is herein copyrighted to The Projector, its contributors, and the RRCSA.

WRITE FOR US
Anyone can write for The Projector, and Red River College students are encouraged to contribute. Simply pitch or submit an article to the appropriate section editor or join our contributors' list. Though we will consider all submissions, due to space restrictions, The Projector cannot guarantee that all articles received will be published. 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 ensure your chances of being published, letters should strive to be around 150 to 200 words in length. 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 written and electronic formats. The Projector will not publish content that it deems to be racist, sexist, or otherwise prejudiced.

PROJECTOR ONLINE

Who's the best pitcher in baseball, Felix Hernandez or Clayton Kershaw?

Sports columnist Stephen Burns gives his opinion on our website, theprojector.ca.

PHOTOS BY ADRIANA MINGO

Hungry for a new building

New food bank trailer delayed at NDC

By Adriana Mingo, Beat Reporter

Red River College (RRC) is getting a new trailer to house its Notre Dame Campus (NDC) food bank—a year after the previous trailer failed to pass a safety inspection.

The trailer, located in the southeast parking lot at NDC, is used as one of two access points for students to collect food hampers every second week during the school year. It failed an inspection by the fire commissioner and was deemed unusable due to fire hazards.

"We were supposed to get rid of the trailer immediately, but we got an extension for one year, so that by the beginning of this school year, we had to have a new food bank trailer," said Red River College Students' Association (RRCSA) president, Lauren MacLean.

Kiana Jaymes, an RRC nursing student who volunteered at the food bank last year, thinks the new trailer is needed.

"The other trailer was in pretty rough shape. We were lucky to use it last year, as it was so out-of-date," said Jaymes, who cited out-of-order phone lines, leaks and structural issues as reasons the trailer needed to be replaced.

The RRCSA had ample time to replace the trailer, but the price tag didn't come cheap.

"This whole year, we've been working out of the old trailer and working towards getting our new trailer," said MacLean. "We've been doing lots of fundraising and different initiatives to get this new trailer in place."

The RRCSA reached out to local organizations for donations by using computer software that sought out donations from big businesses. This was successfully met with $10,000 from The Winnipeg Foundation.

After acquiring all needed funds, building was set to begin over the summer to be finished by Aug. 15, but was delayed.

The new food bank trailer will not be ready for the first week of school as originally intended, as they are currently waiting on building permits before they move forward.

During the 2013-14 school year, an average of 72 students registered to use the food bank, with 39 of those students using the one at NDC and 33 students using the food bank in the Massey Building at the Exchange District Campus. The two food banks handed out 857 hampers collectively.

Due to high demand, an alternate location like a classroom may be needed if the trailer gets delayed again.

Jaymes hopes the new trailer is spacious with more storage room. She also hopes that with the new trailer, more people will know about the project.

"I'd like more people to know about it and know that we're there or come by and volunteer," she said.

The project is now set to be completed by mid-September.

RED RIVER COLLEGE STUDENTS' ASSOCIATION

MESSAGE FROM THE EXECUTIVES

Welcome back to school! We are so excited to meet as many students as possible, and here are some great events to meet us and other students!

Tuesday Sept 2nd 11am – 1:30pm - Back to School BBQ at the concrete patio area (Bijou Park) located directly beside Paterson Global Foods Institute

- Free food, drinks and Fanta floats for students
- Feat. Musicians Mark Mills & The Vikings

Tuesday Sept 2nd Doors open at 1:30pm - Back to School BBQ Afterparty at Maw's Eatery and Beer Hall (291 Bannatyne Ave)

- Food and drink specials for students

Wednesday, September 3rd 11am – 1:30pm - Welcome Back BBQ place in the outdoor courtyard between buildings D,E,F at Notre Dame Campus

- Free food, drinks and Fanta floats for students
- Feat. Musicians Mark Mills & The Vikings

Monday, September 8th 12pm – 1pm - Wonderist Chris Funk magic performance in the Cave Lounge at Notre Dame Campus *Free for students*

Tuesday, September 9th 12pm – 1pm - Comedians Jordan Wellwood and Dan Glasswick stand-up performance in the Cave Lounge at Notre Dame Campus *Free for students*

Tuesday, September 9th starting at Sunset (approx. 8pm) - Outdoor movie in the outdoor courtyard between buildings D,E,F at Notre Dame Campus

- Free for students
- Bring some comfy warm clothes and a blanket or a chair

Wednesday, September 10th 12pm – 1pm - **Comedians Jordan Wellwood and Dan Glasswick** stand-up performance at Maw's Eatery and Beer Hall (291 Bannatyne Ave)

- Lunch and drink specials for the event
- Free show for students

Thursday, September 11th 12pm – 1pm - Minute to Win It! In the Cave Lounge at Notre Dame Campus

- Giving away $500 cash to students competing in 5 different challenges

Thursday, September 11th 3pm – 7pm - DisOrientation Week Kegger in the outdoor courtyard between buildings D,E,F at Notre Dame Campus

- Live music and DJ
- prizes being handed out to students
- Free for students, bring student I.D

Friday, September 12th Classic college movies being played all throughout the day in the Cave Lounge, with free popcorn and drinks!

Friday, September 12th DisOrientation Week Wrap Up 'I'm on a Boat' Party Cruise - Boat loads at 10:30pm at the Alexander Docks (Corner of Alexander Ave and Waterfront Dr) departs at 11pm sharp and returns at 2am tickets available at The Ox (NDC) and The Mercantile (Roblin Centre) for $15

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Gender bender

PHOTO SUPPLIED

RRC adds "other" gender option to application form

By Cella Lao Rousseau, Contributor

Red River College (RRC) added an "other" option to the gender section of the application form.
"This is a terrific way for the LGBTT* community to expose themselves, and get more comfortable with their identities," said Andy Pham, an RRC student studying hospitality and management who launched and runs an LGBTT* club on campus. "For me, it is meaningful because it is much more than being recognized as who you are. You have equal right to identify yourself. Be loved, and be proud."
With RRC's new policy, students are now able to select if they identify as male, female, another gender identity (this may include aboriginal two-spirit, transgender, etc.) or they may also choose to decline to answer altogether.
"I think that providing options is an important way to create a campus that is inclusive. I reckon even if people don't self identify, they'll still appreciate the gesture," said Sonya Ballantyne, a first year creative communications student at RRC. "I know I would!"
The college isn't alone. At The University of Winnipeg, there is a male, female or other option for applicants. At the University of Manitoba, it's just male or female, but the university is in the process of adding other options.
RRC's process started over the past year. Meetings were set up with Rainbow Resource Centre, Two-Spirited Manitoba, Manitoba Vital Statistics, as well as other services to determine the best way to create a more inclusive environment at RRC that worked for all students.
"The implementation of the LGBTT* Initiative at Red River College ... alerted us to the fact that it is important to provide more inclusive gender identity options in our college forms, including the full-time program application," said Nora Sobel, manager of diversity and intercultural services at RRC.
For many LGBTT* youth, discrimination is a common day-to-day thing. In a 2011 study, researchers at The University of Winnipeg and University of Manitoba surveyed high school students across Canada. According to the study, LGBTT* students and students with LGBTT* parents experience higher levels of discrimination, harassment and abuse than other students.
"The general consensus was that this option addresses the follow key issues: evolving language, inclusiveness, privacy and respect... the term gender identity recognizes the importance of self-identification, how individuals feel and identify in regards with their gender," said Sobel.

News Briefs

COMPILED BY AMBER MCGUCKIN

College President under performance review

Red River College (RRC) president Stephanie Forsyth's performance is under review.

The board of governors set up a performance review committee in May and is still evaluating her performance.
After a $2-million college budget gap came to light, the Manitoba Government and General Employees Union wanted a leadership review.

Each RRC president is hired under a five-year contract and Forsyth is nearing the end of her term since officially coming into her role in the fall of 2010. Before her role at RRC, she was the president for 10 years at the Northwest Community College in Terrace.

Welcome lunch

New students to Red River College (RRC) are invited to a welcome party at the Notre Dame Campus on Thursday, Sept. 4 from noon until 1 p.m.

There will be a free lunch and a show with comedian Don Burnstick.

The event is put on by RRC's Aboriginal Student Support and Community Relations team to give students a chance to take their minds off of school-related stress. The event will be in room F 209, the Aboriginal Support Centre.

Nailing down date rape drugs

Four American male students have developed a nail polish that will detect a date rape drug in a drink.

The nail polish, Undercover Colors, is not quite ready to hit the shelves, bars and clubs but describes itself as "the first fashion company empowering women to prevent sexual assault" on its Facebook page.

To sound the alarm, the polish changes colour when it's in contact with commonly used date-rape drugs like Rohypnol, GHB and Xanax. A woman must physically put her finger into the drink to detect the potential drug.

The masterminds, Ankesh Madan, Stephen Gray, Tasso Von Windheim and Tyler Confrey-Maloney, are studying Materials Science & Engineering. They won an entrepreneurship competition sponsored by North Carolina State University, and secured $100,000 from an investor interested in their product.

Campus safety 2.0

New security director talks campus safety

By Adriana Mingo, Beat Reporter

Red River College has a new director of security services.

Keith Walker, a retired superintendent of operational services with the Winnipeg Police Service, will manage security services at both the Notre Dame and Princess Campuses.

Walker retired from the WPS after 26 years of service, joined RRC this June.

"One of the things that I'm looking for with my new perspective is to have our security to be ambassadors of the college," said Walker, who wants his officers to be available to help students and facility with any needs they have.

Julie Lazo, a health care aide student, is also new to RRC. After coming from University of Manitoba (U of M), she has a few concerns about safety at the smaller Notre Dame Campus.

"At the U of M, there were some dead zones for cell service, so in case of an emergency, when you're there during late hours, you'd have to have a buddy system," said Lazo.

What Lazo needs, according to Walker, is to utilize the safe walk program.

"The safe walk program is still up and available at all campuses," said Walker. "And from my understanding, has been very successful in the past."

Walker said the college is very fortunate to have safe campuses, but students should always be aware of their surroundings. Lazo agrees.

"I think there are stats that have found people get really stressed out during exam time and it becomes a mental issue, and some people are east targets, especially if they're by themselves," said Lazo. "So, I wouldn't plan on trusting everybody, even if they're just trying to get an education."

During late hours at the college, Lazo thinks it's nice to have security walking around.

RRC campus security is staffed 24/7, so students are able to ask security for anything they need, even if it's just a walk to their car at night.

There's also the work alone program, in which a security guard routinely checks on students who are working alone in the evening.

To make all students feel safe, Walker said in addition to his own review of campus safety programs and protocols, he's very open to any suggestions from students and faculty on any changes they would like to see with campus security.

"I want to look in my tenure at our existing programs and see where were can enhance," said Walker. "One of the ways to do that is feedback from the faculty and students."

Walker is open to emails or calls if there are any suggestions or concerns. He can be reached at kewalker@rrc.ca or 204-632-2119.

PHOTOS BY ADRIANA MINGO

The world according to Karp

Pot for thought

MOLLY KARP,
NEWS COLUMNIST

What are the health implications of pot smoking over an extended period of time? If I smoke pot casually are there any risks? Is marijuana more harmful than alcohol? In recent weeks, it seems like the Canadian response to these hotly debated medical questions are more likely to come from a politician than a doctor.

Health Canada recently proposed a new anti-marijuana advertising campaign that targets young people. The campaign, which also seeks to address illegal prescription drug consumption, has received criticism from Liberal leader, Justin Trudeau for supposedly targeting his support for pot legalization in Canada.

Justin Trudeau feels that Health Canada, and by extension, the Conservative government is politicizing a health issue and using tax money to promote the Conservative's anti-pot stance.

The Canadian Medical Association, the College of Family Physicians of Canada and Royal College of Physicians and Surgeons of Canada agree. The three organizations, which represent Canada's 80,000 physicians, have collectively decided to distance themselves from Health Canada's campaign in an effort to keep science away from politics.

It's a scary thought—publically funded organizations using their power to promote political opinion. It's even scarier when that publically funded organization shapes Canadian's understanding of their health.

But Health Canada says its campaign has nothing to do with opposing political views on pot legality. It cites alarming statistics surrounding pot and prescription drug consumption by Canadian high school students as the reason behind the estimated $5 million project.

The fact that the advertising campaign also seems to lump the abuse of prescription drugs by Canada's youth with pot smoking is also concerning. It's important that information about drug use — illegal and otherwise — be as clear and specific as possible. Stealing pills from your dad's prescription of addictive painkillers is not the same thing as smoking a joint.

So what should Canadian consumers (of pot and everything else consumable) do to protect themselves from the politically charged messages of supposedly trustworthy medical watchdogs?

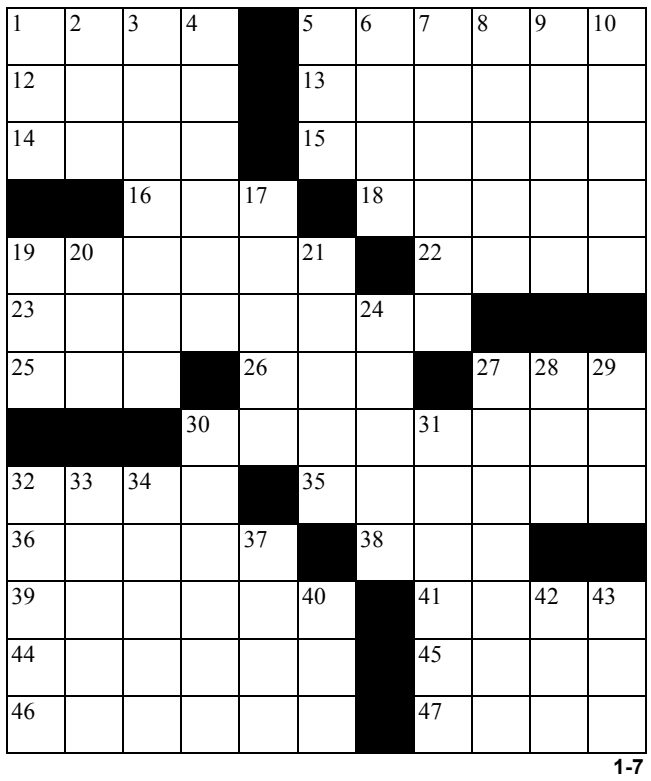
If our current government keeps using Health Canada to promote its political agenda then Canadians may be forced to turn to Wikipedia and other fun, friendly search engines that are, at the very least, honest about who their information is coming from.

• • •

Let me know your thoughts on my thoughts. I'm @mollylkarp on Twitter and you can visit my blog, mollylkarp@wordpress.com, and leave a comment.

Words, Crossed.

By Shane Gibson



1-7

Across

1. Relaxation sounds
5. Near
12. Tigger's buddy
13. Jann of Rolling Stone
14. Seeger of music
15. Breakfast order
16. Anti-__ hand soap
18. Cambodian cash
19. Three men __ (3 words)
22. Vitamin amts.
23. Lounging wear
25. Shade tree
26. Olympic org.
27. Lighter brand
30. Tub additive
32. Ecstasy pt.
35. "__ Skelter"
36. "The Cloister and the Hearth" author
38. "No kidding!"
39. Sculpting material
41. David Bowie's wife
44. Baltimore ballplayer
45. Walking aid
46. "For __ only (2 words)
47. Catchall abbrs.

Down

1. Smartphone download
2. Music's JP __
3. Soaking spot (2 words)
4. Sword holder
5. Response to a box full of puppies
6. Behind
7. Burning (2 words)
8. Hungry
9. Paton heroine
10. Type of code
17. Senate house in Ancient Rome
19. Tropical fruit tree
20. "If I Ruled the World" rapper
21. Diner seating choice
24. Sounded like a sheep
27. Spot to towel off
28. Seine sight
29. Basketball pos.
30. Rap label
31. Prospector's channel
32. Michael Keaton film
33. Sweetie pie
34. Madame Curie
37. Fashion magazine
40. Wide shoe widths
42. Mandela's org.
43. Nintendo's Super __

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PREVIOUS ANSWERS

Playing with Power

Festival celebrates female playwrights

By Eva Wasney

Female playwrights from across Canada will converge on Winnipeg to participate in the twelfth annual FemFest from Sept. 13-20. The festival's tagline "She's Got The Power" speaks to a theme that connects many of this year's productions.

"It was clear that several works we wanted to showcase explored power, but power in positive terms," said Hope McIntyre, artistic director of Sarasvati Productions. "We decided to take back the word power and truly look at how women can be powerful."

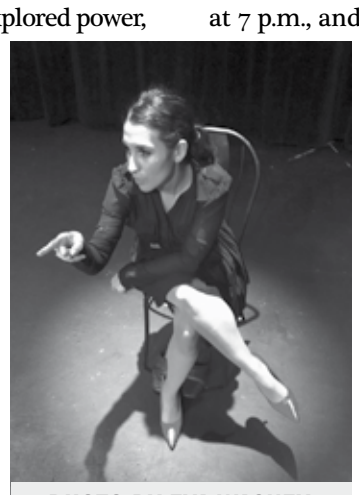

PHOTO BY EVA WASNEY

During its run, FemFest has created an arena for female playwrights to hone their craft and share their work — but there's still progress to be made.

"We're still having trouble getting female playwrights produced in this country, and Hope McIntyre and FemFest is one of the reasons we're starting to break through," said Cairn Moore, FemFest's associate artistic director.

Moore is also the coordinator and director of the popular Bake-Off workshop, which sees five contestants produce a scene from scratch in only two weeks. The catch is that all of the contestants must incorporate three ingredients into their work. The Bake-Off winner is chosen by the audience and given the chance to produce a full-length piece the following year.

"I don't know how they do it, but it's crazy and fun," said Moore. "Some of the contestants this year are not playwrights. It's a real mixed bag."

This year's Bake-Off is on Sept. 15 at 7 p.m., and two plays will be debuting that got their starts at previous Bake-Offs. *The Naked Woman* by Rebecca Gibson won last year, and Tyler White's play "*Launched*" was an excerpt in the Bake-Off two years ago.

"These are opportunities that the artists would not have otherwise and speaks to the reason we continue to produce the festival after 12 years," said McIntyre. "Plus the plays themselves are hilarious, heart-felt and inspiring."

The eight-day festival features excerpts from the FemFest short-list, readings, lectures, as well as opening and closing cabarets. It also features one workshop that can help you tap into your storytelling superhero, and another that will teach you the art of puppeteering.

All of the events will take place at the University of Winnipeg's Asper Centre for Theatre and Film, located at 400 Colony St.

Pop Culture Cornucopia

Last Week Tonight is the Summer Delight

BRETT MADILL, ARTS COLUMNIST

I'll be your pop culture preacher for the year, and in this sermon I will spare you the love that I have for *Guardians of the Galaxy*. Just know that it is threatening to burst from my very pores.

You probably didn't watch *Edge of Tomorrow* at the beginning of the summer, and if so, you missed out. The time-travel war movie has a lot of fun with its live-die-repeat premise, but its vague title makes it sound like it could just as easily be about Chloe Grace Moretz's coming of age, or Abe Vigoda helping old people give up on their dreams and submit to the sweet embrace of death. I'll admit that I have a bias in favour of Tom Cruise; I just can't seem to quit that loopy little guy.

American Ninja Warrior captured my attention by making a version of *Wipeout* that is filled with amusing people who describe themselves as parkour champions and amateur stuntmen, but *Ninja Warrior* isn't going to replace the NFL until the "ninjas" start firing shurikens and assassinating feudal lords.

Summer has evaporated, and with the workload of school, so have my marathon sessions of *Nathan For You* and *New Girl*. I'll be stuck on the second season of each for the foreseeable future. I predict that Nathan Fielder isn't going to make any new friends, but Nick and Jess end up together for a while (but it won't work out).

Despite my busy schedule, hopefully I'll be able to keep up with the world through the continued production of *Last Week Tonight with John Oliver*. The latest comedy-news kid on the block is a familiar face to long-time viewers of *The Daily Show*, but the HBO gig comes with some perks that the Viacom-owned property doesn't. The show has freedom from the breaking-news headline chasing of the 24-hour news networks. It also has freedom from advertisers and freedom from the pressure of producing four episodes per week like John Stewart or Stephen Colbert.

Oliver latches onto an issue, strips it of partisanship and PR, and shoves it under a spotlight with a smirk. He efficiently educates on just a couple issues per week, covering US and global news. Many of these issues are affect Winnipeg, and Oliver can help you understand just why those payday loan businesses make your skin crawl.

I hope that the rumours prove to be true and Oliver begins producing episodes more regularly soon. I'll make time for it if they do.

P.S. - Call me, Nathan. I'll be your friend.

• • •

Brett Madill hosts the comedy podcast *Medium Clever*, and can be found on Twitter @brettmad

CAMPUS JOBS

OPERATIONS COORDINATOR CASUAL- NOTRE DAME CAMPUS
SEPT. /2014 - MAY /15

THE SA NEEDS AN ENERGETIC STUDENT TO TAKE CARE OF OUR COMMON AREAS AT THE NOTRE DAME CAMPUS (LOCKERS, THE WORKSHOP, THE CAVE & J-BUILDING LOUNGE). WORK ON YOUR OWN TIME, MAKING SURE THESE SPACES ARE CLEAN, SETUP AND OPERATING PROPERLY-ON A WEEKLY BASIS (UP TO 5 HRS/WEEK).

WAGE: HONORARIUM

FOOD BANK COORDINATOR CASUAL - EDC ONLY
SEPT. /2014 - MAY /15

THE SA NEEDS ONE ENERGETIC STUDENTS TO RUN THE RRCSA FOOD BANK DOWNTOWN OUT OF EDC. THE CANDIDATE WOULD NEED TO BE AVAILABLE EVERY OTHER WEEK, MAINLY WEDNESDAY AFTERNOONS (1-5PM) TO MAKE SURE ALL ELIGIBLE STUDENTS RECEIVE THE FOOD BANK. THEY WILL PROMOTE AND COORDINATE FOOD DRIVES WORKING WITH WINNIPEG HARVEST. 10-20 HOURS PER MONTH

WAGE: HONORARIUM

EVENT STAFF - BARTENDERS/CASHIERS PART-TIME/CASUAL
SEPT. /2014 - MAY /15

THE SA IS LOOKING FOR A GROUP OF FUN AND RESPONSIBLE STUDENTS TO ASSIST WITH A VARIETY OF SOCIAL EVENTS THROUGHOUT THE YEAR. EXPERIENCE IN CUSTOMER SERVICE IS AN ASSET. TRAINING WILL BE PROVIDED. (ONLY APPLICATION FORM REQUIRED)

WAGE: $10.70

EVENTS COORDINATOR EDC + NDC - PART-TIME/REGULAR

GET PAID TO ORGANIZE AND MANAGE A VARIETY OF FUN EVENTS & ENTERTAINMENT FOR RRC STUDENTS. HELP PLAN, PROMOTE, IMPLEMENT AND EVALUATE ALL OF RRCSA'S SOCIAL, CULTURAL AND EDUCATIONAL EVENTS. (RESUME AND APPLICATION FORM REQUIRED)

WAGE: $11.20

MEDIA COORDINATOR CASUAL - NDC
SEPT. /2014 - MAY /15

THE SA NEEDS ONE ENERGETIC STUDENTS TO DELIVER THE PROJECTOR (OUR NEWSPAPER) AT OUR NOTRE DAME CAMPUS, YOU WILL ALSO MANAGE OUR BULLETIN BOARDS AROUND CAMPUS AND SET UP HALLWAY VENDOR TABLES AND HELP AROUND THE OFFICE AT NDC. (3-5 HRS/WEEK)

WAGE: HONORARIUM

MEDIA COORDINATOR CASUAL - EDC
SEPT. /2014 - MAY /15

THE SA NEEDS ONE ENERGETIC STUDENTS TO DELIVER THE PROJECTOR (OUR NEWSPAPER) AT THE EXCHANGE DISTRICT CAMPUS. YOU WILL ALSO MANAGE OUR BULLETIN BOARDS AROUND CAMPUS AND SET UP HALLWAY VENDOR TABLES AND HELP AROUND THE OFFICE AT EDC. (3-5 HRS/WEEK)

WAGE: HONORARIUM

RED RIVER COLLEGE
STUDENTS' ASSOCIATION

TO APPLY FOR ANY OF THE ABOVE POSITIONS PLEASE SUBMIT A RESUME WITH AN APPLICATION FORM INDICATING THE POSITION DESIRED, TO THE RRC STUDENTS' ASSOCIATION IN ROOM CM20 (NOTRE DAME CAMPUS) AND P110 (EXCHANGE DISTRICT CAMPUS). DETAILED JOB DESCRIPTIONS AVAILABLE UPON REQUEST.

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Loving yourself one selfie at a time

Women's Health Clinic art instillation promotes body love

By Eva Wasney, Beat Reporter

Black and white messages written in bubbly calligraphy cover the windows of the Women's Health Clinic (WHC), located at 419 Graham Ave. Stepping inside the whimsical display reveals a mirror and a difficult question –– "what do you love about your body?"

The #HEARTeveryBODY project is a collaboration between the WHC and local artist Kal Barteski, and it encourages passersby to snap a picture of themselves in the mirror and share their selfies, along with their body-positive thoughts, on social media.

"I think that selfies have a bad reputation," said Barkteski. "More important than a 'selfie' is the idea to include yourself in the [message] that this body is a good body. When you take a selfie [in the booth], you can angle yourself to get whatever thoughts and ideas speak loudly to you."

Amy Tuckett, communications specialist at the WHC, said the project is meant to promote body acceptance and health at every size.

"There's so much pressure put on physicality in the media today that everyone can use a bit of body love and body positivity," said Tuckett. "We didn't want to say, 'You have to love your body,' because we recognize that lots of people don't. But if they can get to the point where they can say one thing they like about their body that can be really empowering."

Public response has surpassed the WHC's expectations, and they are well on their way to reaching their 200-post target under the #HEARTeveryBODY hashtag. The outpouring on Instagram, Facebook and Twitter has seen men, women and families taking part and has created a positive conversation about the sensitive topic.

"Some of the posts have been so touching because a lot of the people who are coming to take pictures haven't always loved their body," said Tuckett. "It gets you thinking about what you like about yourself, and it's hard not to feel a bit overwhelmed by it."

Over the several days it took to complete the installation –– which required Barteski to write backwards so the messages read properly –– she confronted some of her own issues.

"Body image is such a loaded topic. I didn't think I had a body image issues until I started working on the installation," said Barteski. "I have three young kids, I have stretch marks and scars, and they're part of my story. Because of the experience with this art installation I put on bathing suits I wouldn't dare wear before."

The project will be on display until the end of October. To see more pictures of the project check out Barteski's Instagram account kalbarteski, or look up #HEARTeveryBODY.

PHOTOS BY EVA WASNEY

WINNIPEG SYMPHONY ORCHESTRA

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PHOTO CREDIT: BARRY PANAS

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My first time was Wicked

A review of the Tony Award-winning Broadway show

By Ashley Field, Arts Editor

It all started with *Glee*; I must admit I'm a huge fan. Ever since I found out Idina Menzel — Rachel Berry's mom on the show, and whose name John Travolta majorly screwed up at the 2014 Academy Awards — was the original Wicked Witch of the West in the Broadway show, I became a little obsessed.

I must also admit I have never been to a musical or Broadway show before, unless you count high school musicals, but for the sake of this review, let's not (as much as I loved my school's rendition of *Joseph and the Amazing Technicolor Dreamcoat*).

I fantasized about the day I would see my first show, and naturally, I wanted it to be *Wicked*. There will always be a place in my heart for the Land of Oz, and *Wicked: The Untold Story of the Witches of Oz* has been Broadway's highest grossing show for nine years in a row right here in North America.

The musical was written by Winnie Holzman, with music and lyrics by Stephen Schwartz, all of which was based on the 1995 novel by Gregory Maguire. If you've ever wondered why the Wicked Witch was so darn wicked, well, this musical explains it.

Thursday Aug. 21 was the night. The Centennial Concert Hall was packed with people, many eagerly waiting in line to purchase their new *Wicked* merchandise. Upon arriving, I was told that on this particular evening, the standby actress, Alyssa Fox, would be playing the lead role of Elphaba (a.k.a. the Wicked Witch of the West).

I took my seat and anxiously waited for the show to begin. A giant metal dragon sat perched overhead, and a curtain with a glowing green map of Oz hung in front of the stage. When the lights dimmed and the curtain went up, I was completely giddy.

The show started off where the classic 1939 film, *The Wizard of Oz*, left off. Glinda hovers above Munchkinland as a Munchkin below cries, "The wicked witch is dead!" This is also when another asks the good witch about Elphaba, and when Glinda recounts their tumultuous past, the show begins.

The two-and-a-half hour show definitely had its star performers and stand-out moments, but one thing I was not expecting was to be constantly laughing out loud. For such a sombre story, characters like Madame Morrible and Glinda had the audience guffawing — and loudly, might I add — throughout the entirety of the show. Kathy Fitzgerald seemed born to play the role of Madame Morrible, and Kara Lindsay shone as Glinda.

I was very pleased with Alyssa Fox as Elphaba, and at the end of the first half, when she ascended above the stage belting out "Defying Gravity," I most definitely shed a tear. Her voice was incredibly powerful, and after watching Menzel perform the same song time and time again on YouTube, I can say that I was certainly not let down.

What did let me down, however, were the male leads. Matt Shingledecker, who plays Fiyero, delivered a not-so-memorable performance, falling to the wayside and being overshadowed by his fellow leading actresses. And although Oz is a traditionally weak character, Gene Weygandt's performance left me wanting more.

However, all the good the show had to offer definitely outweighed the bad. The massive backdrops and sets rolled in and out seamlessly, the dancing was consistently synchronized and the costumes were impressive. Costume changes seemed almost effortless — although I'm sure they didn't seem that way for the actors — switching from munchkins to college kids in no time. The Emerald City citizens were my favourite: extravagant gowns and suits in various shades of green, which were all very Lady Gaga-esque.

Some other highlights included Glinda and Elphaba's dormitory scene, in which the audience got a good glimpse at Glinda's quirky personality; the flying monkeys (of course); and near the end, when the two witches sing "For Good." The duo had such good chemistry; it appeared as though they were actually two best friends up on stage together, which of course made me cry like my aunt does when she's watching *Dancing with the Stars*.

The curtain dropped, and just like that the show was over. I was no longer a musical virgin. A few moments passed and the curtain rose for the finale, where every audience member clapped and got out of their seats. The standing ovation was sweet, but not as sweet as seeing the huge smiles strewn across the faces of the cast members.

My first time was everything I had ever imagined it to be: I smiled, I cried and I laughed a whole heck of a lot. If you ever get the chance to see *Wicked* for real — instead of on YouTube like the old me — I highly recommend you do. Oz speed, my dear.

PHOTOS BY JOAN MARCUS

Centennial Concert Hall's Next Big Thing:

The Book of Mormon

By Riley McDonald

It seems Winnipeg will be getting the Broadway treatment yet again. T*he Book of Mormon*, a musical about a plucky missionary on a trip to Uganda, will be coming to Winnipeg's Centennial Concert Hall next spring, Mar. 17 – 22, 2015. The musical that swept the continent (and cleaned up at the Tony awards) is part of Broadway across Canada, the same company that brought us *Wicked*.

For those who missed the buzz about Mormon, it was written and produced by Trey Parker and Matt Stone (of the South Park fame), and it's been knocking critics out since its inception. The New York Times called it "the best musical of this century." Jon Stewart said it was "so good it makes me angry." And it's won a ton of awards. As a matter of fact, the show's accolades make quite the list: Tony Award for Best Musical, Tony Award for Best Book of a Musical, Tony Award for Best Original Score, New York Drama Critics' Circle Award for Best Musical, Outer Critics Circle Award for Outstanding New Broadway Musical, Drama Desk Award for Outstanding Musical, Grammy Award for Best Musical Theater Album, and the Laurence Oliver Award for Best New Musical.

Out of breath yet? If you're counting, that's eight awards since *Mormon*'s first Broadway run in 2011.

And although critics everywhere have lauded it as a masterpiece, you shouldn't expect family entertainment. True to their original form, Parker and Stone have kept it as vulgar as ever. Critics love it. Comics are jealous of it. It has awards to the ceiling. By most standards, *The Book of Mormon* will be something for everyone to look forward to — as long as you're not easily offended.

Winter wakeboarding

Pushing the limits of the traditionally summer sport

By Megan MacPherson

Revolution Wake is a 45-minute documentary about the wakeboarding community in Manitoba, which tries to promote the exciting sport to a province that only has four months of appropriate weather to enjoy it.

Friends Jesse Marr, a RRC business administration graduate , and Justin Lamoureux starred in, directed and edited Revolution Wake. The film is entirely local, filmed only in Manitoba, featuring all Manitoban wakeboarders, musicians, film crew and locations.

"We wanted do something no one else had done before," said Marr. "So we said, 'Let's go as far as we can.'"

Marr, Lamoureux, and their friend Daniel Clement ventured to Churchill, MB, where they set a goal for themselves to film the sport as close to the Ithaca as they could get (The Ithaca is an abandoned ship from the '60s that crashed on the Hudson Bay shoreline near town.)

The weather was only 8 C when they got to Churchill, and none of them wore wetsuits in the cold water. But this wasn't the first time they were submerged in water that cold, if you go to their website, revolutionwake.com, you can watch their April Slush Wakeboarding video, in which they wakeboard through snowy ditches on the side of the highway.

"After a long winter we just can't wait any longer!" said Marr.

According to Marr, the filming portion took two years, and about half a year for editing.

"It's so cool just having an idea and starting out small then having this final product to see after all the work we put in," said Marr.

The first screening of the film was at The Park Theatre on June 18, 2014, where they had a sold-out crowd. The two also entered their film into the Banff Mountain Film Festival, which will take place from Nov. 1–9.

If you want to see *Revolution Wake* for yourself, the film is available for purchase at Scam Skate, opening soon at 414 Graham Avenue.

Opportunity for the artsy

New initiative is great for local artisans

By Jade Markus, Beat Reporter

The Exchange Uporium, located at 264 McDermot Ave, is filled with mannequins wearing new and vintage clothing, shelves of jewelry and soaps, coffee mugs filled with handmade flowers and even an old rotary phone. It's a space for Manitoba artists, designers and curators to showcase their products.

The Exchange Uporium is run by Winnipeg's CentreVenture Development Corporation, and it is the first shop of a year-long pilot project called Winnipeg's PUSH (Winnipeg's Pop Up Shop Hop). PUSH was created to revitalize and reuse vacant downtown space, and give start-up retailers a chance to test their business models and products in the downtown market.

The Exchange District shop is managed by Patti Henderson and Eve Wowchuk, who were approached by CentreVenture and Ruth Smith of the Winnipeg Etsy Street Team. Henderson works as a film and television costume designer, and she travels all over North America to find vintage clothing for her ensembles.

"Last year I was in Toronto, Vancouver, New York, and when I wasn't working I'd go thrifting," said Henderson. "I was finding these pop-up stores. I thought, 'Why doesn't Winnipeg have something like that?'"

The Exchange Uporium is run as a non-profit organization, where vendors pay a monthly fee to cover the costs of running the shop, but they get to keep 100 per cent of their sales. This allows them to function as an independent artist or retailer within the space.

Angela Wells is one of 40 vendors working at the Exchange Uporium. Her jewelry line, Oui Bijoux, which she opened in February of this year, focuses on silver and natural gemstones. She said getting exposure through this project has been really great for business.

"The Exchange District is essentially known for its arts and culture and being a resource for artists, so it only makes sense that artists have a handmade shop in the middle of that beating heart. It's definitely an area in the city that gets a lot of foot traffic," says Wells.

The Exchange Uporium opened on May 15, and will continue operating with CentreVenture until Sept. 20. Henderson and Wowchuk have decided to take over the lease, so there will be a temporary hiatus until Oct. 1, and then they will continue operating until Dec. 26.

Arts Briefs

COMPILED BY
RILEY MCDONALD

Culture celebrations

Manitoba's annual Manito Ahbee Festival is back in Winnipeg from Sept. 10-14. The festival is all about the celebration of the Indigenous heritage, and it aims to encourage unification and education of the culture. This year's events include an Indigenous marketplace and trade show and an international competition powwow, both priced at $10 a ticket, as well as a square dancing and jigging competition. The Aboriginal Peoples Choice Music Awards, which will be held on Sept. 12 at the MTS Centre, will feature music in over a dozen categories, including folk, gospel, hip hop, pop, country and more.

Manny things to do at Manyfest

What do food trucks, music, movies, running, cycling and beer have in common? Manyfest, of course! From Sept. 5-7, enjoy downtown Winnipeg — from Broadway to The Exchange District — with an anticipated crowd of 40,000 other people. Manyfest includes all-weekend food truck wars, a Friday movie in Memorial Park, live music on Saturday and Sunday, an all-weekend wine and beer festival, a Sunday fun run and more! The range of entertainment, shows, food and markets will have something for the foodie, the hippie, or the newbie in everyone. For more information on prices, event schedules, or locations, visit manyfest.ca.

All about design

If you have any interest in art, architecture, planning or design, you should check out LAUNCH Winnipeg Design Festival this Sept. 17-22. This annual festival combines workshops, galleries, discussions and participatory art exhibits, all designed to get you thinking about…design. Ever wanted to know how to screen print on a T-shirt? There's a two-part workshop for that. Have you ever thought about contributing to a collaborative art piece? There's an event for that. There's even an event for people interested in virtual reality, with demos and photography from Electric Monk Media. For the full list of events, check out winnipegdesignfestival.net.

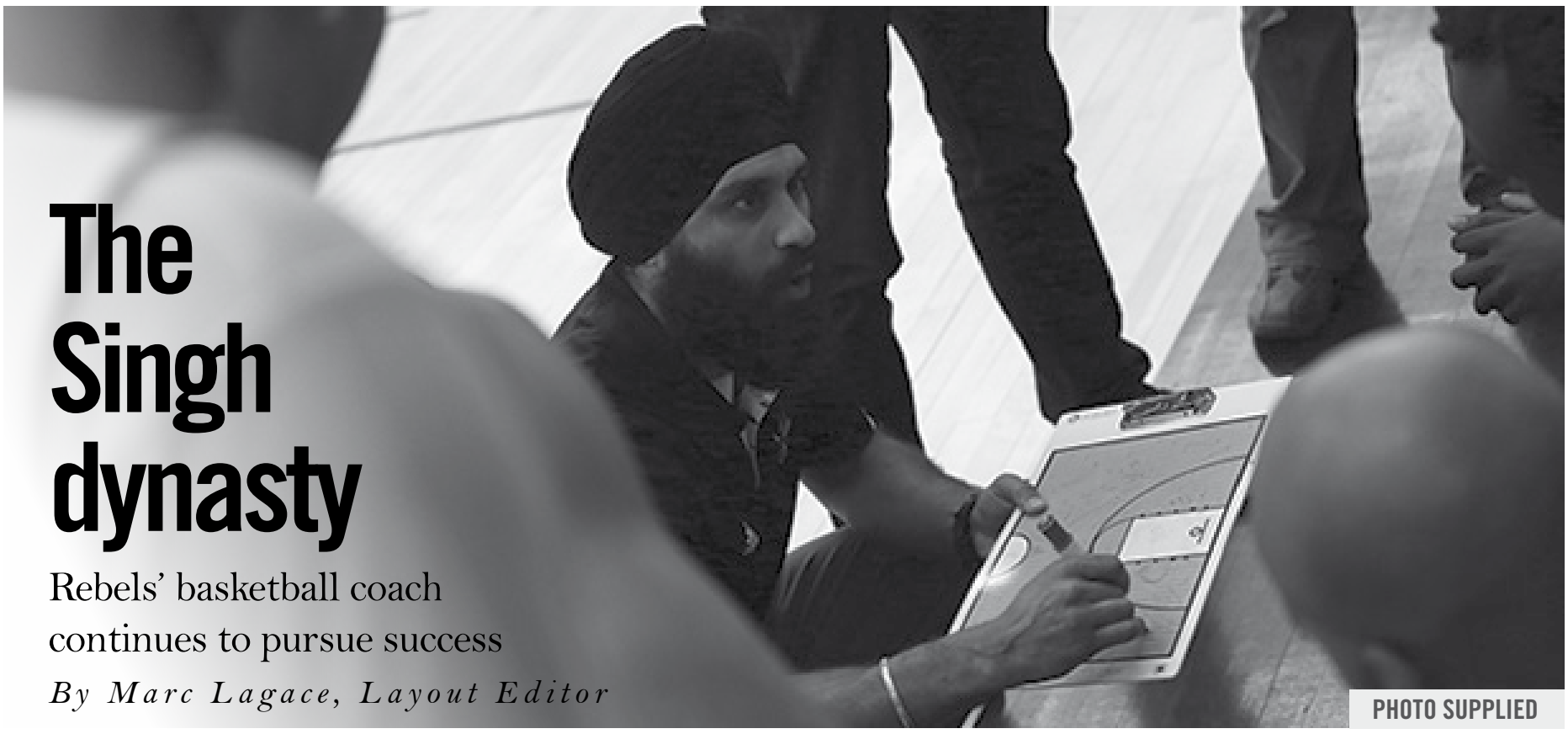


PHOTO SUPPLIED

The Singh dynasty

Rebels' basketball coach continues to pursue success

By Marc Lagace, Layout Editor

Red River College (RRC) Rebels men's basketball head coach Sukhvir Singh and women's head coach Jaenas Pangilinan were both named the Manitoba College Athletic Association (MCAC) coach of the year for their respective leagues. The awards recognize the success that both coaches had in leading their teams to MCAC championships last season. For Singh, it was his sixth straight championship win as the coach of the Rebels men's basketball program.

"As a program, I think we're very lucky that we have someone of Suk's ability, skills, and knowledge leading the program," said Shane Ray, the manager of athletics and recreation services at RRC.

"Obviously it's great for recruiting, and not only that, it's great for the athletes. They have a chance to learn from what I think is one of the best coaches in the province — not only at the college level, but across the board."

Over the past five seasons, Singh and the Rebels have a combined record of 50-12 in regular season play — or 60-12 if you include their post-season victories. It's an incredible accomplishment — even in a conference that fluctuates between four and five teams in any given year.

But as Singh admits, to stay after a string of back-to-back championships that would make LeBron James envious is tough.

"It is. It really shouldn't be, but it is," said Singh. "Admittedly last year I wasn't as motivated as I wanted to be at the start. This year, I feel that I'm motivated and ready to go."

Each season brings a new set of challenges for Singh and his coaching staff as they deal with the high turnover rate of student-athletes enrolled in RRC's two-year programs.

"We've lost a couple of guys to graduation, so it's going to be a different look this year. We're not going to have the same size that we did, but we'll have a lot of guards and we'll play a different style of basketball."

With a handful of returning players already confirmed, Singh is hoping to find a few new ballers to fill in the holes.

"I'm excited about this year, and excited to get things going here. I'm interested to see what we actually have and who shows up to tryouts."

Those interested in joining the Rebels on their quest for a seventh straight championship should attend the Rebels men's basketball open tryouts on Sept. 2 and 3 from 7 p.m. to 9 p.m. at the North Gym on the Notre Dame Campus.

What's the story, Dorie?

Insta-love

LINDSEY DORIE, LIFESTYLE COLUMNIST

It's true that social media has changed the way we communicate with people, and in turn, it has affected the relationships we have with others. We no longer know how to hash out our differences in person, no, no, we now do this over text messages with caps, exclamation points and emoticons. Friend requests and likes give us this euphoric high and a sense of acceptance in an online world where you have "friends" you don't even speak to offline.

I have this theory that you can tell how happy someone is in their relationship by looking through their social media — Instagram in particular. Facebook seems like it's dying, and Twitter is all about tweeting, and well, no one wants to read about how cute you think your BF's nose is. Instagram is where it's at right now. There's something so addicting about posting pictures of where you are, whom you're with, what you are eating, or your cat.

Regardless of what you post, there's usually a lot of thought that goes into an Instagram photo. WHICH FILTER?! And don't forget, no one likes an over poster, so you better keep it to one or two photos a day, and keep your selfies to a minimum while you're at it. People can get sick of couple photos too — "this is my #wcw" — queue the vomiting emoticon. But hey, at least they're sharing their significant other with the world.

I developed this theory based on my own personal experiences and the experiences of others. As a woman with a fear of commitment, posting an Instagram photo of/with a bf was like meeting the parents. It's a statement that says "hey, I like you and I want you to stick around for a while." As a person afraid of commitment, I can confidently say I have posted fewer than five pictures with a short-term BF, and the posts were more than likely alcohol induced.

By sharing a photo on Instagram, you are sharing with the tens, hundreds, thousands and — if you are reading this — definitely not millions, of people who follow you. When you share a photo of your significant other, you are telling these people "hey, I'm not single. I'm dating this beautiful person."

I've seen people whose Instagram posts are mostly about their significant other, but their significant other's posts are mostly about themselves. By posting shirtless pictures of yourself, you are seeking attention that you will probably get from followers who find you attractive. Nothing about someone's half naked Instagram account says: I have a BF/GF — at least that's not what it says to me.

But this is all a theory. I'm certainly not implying that your relationship is doomed if your partner isn't posting pictures of you. There are better ways to tell that: like if they won't let you look at their phone, or often don't come home at night, or have Tinder… but we will save that for another day.

• • •

Lindsey Dorie is opinionated and honest, and enjoys a good conversation about dating, sex and relationships. Let her know what you want to read about in her column on Twitter at @DorieLindsey.

Up to the catch

PHOTOS BY STEVE TAYLOR

Winnipeg rowers compete on the Red River

By Bronwyn Fenn, Contributor

Up to the catch. Ready to row? And row! These are the words a rowboat's bow calls out as the crew starts to row. They are called out many times in the mornings and evenings as boats take off along the Red River near the Winnipeg Rowing Club just west of The Forks.

Rowers train with the club year-round — on the river in the spring, summer and fall and indoors once the river is frozen.

According to head coach Steve Taylor, despite the city's long winters, club members do well in the competitions they enter. In fact, over the years the club has seen some of its members go on to compete at national, world and Olympic events.

"Rowing has sent more Manitobans to the Olympics than any other sports," said Taylor. "At the last Olympics and Paralympics, we had four Winnipeg rowing members in it, three in the Olympics and one in the Paralympics."

Even with the success of rowers from the club, not all members intend to compete competitively. There are events, like the Head of the Red Regatta on Sept. 27 at the Winnipeg Rowing Club, which both competitive and recreational rowers can race in.

Taylor says rowers from other northwest clubs, like Kenora, Thunder Bay, Minneapolis, Duluth and Saskatchewan will most likely attend the event.

Breanna Vitti, a library and information technology student at Red River College, has been rowing with the club for six years. She rows with the recreational program three evenings a week and signed up to race in the Head of the Red.

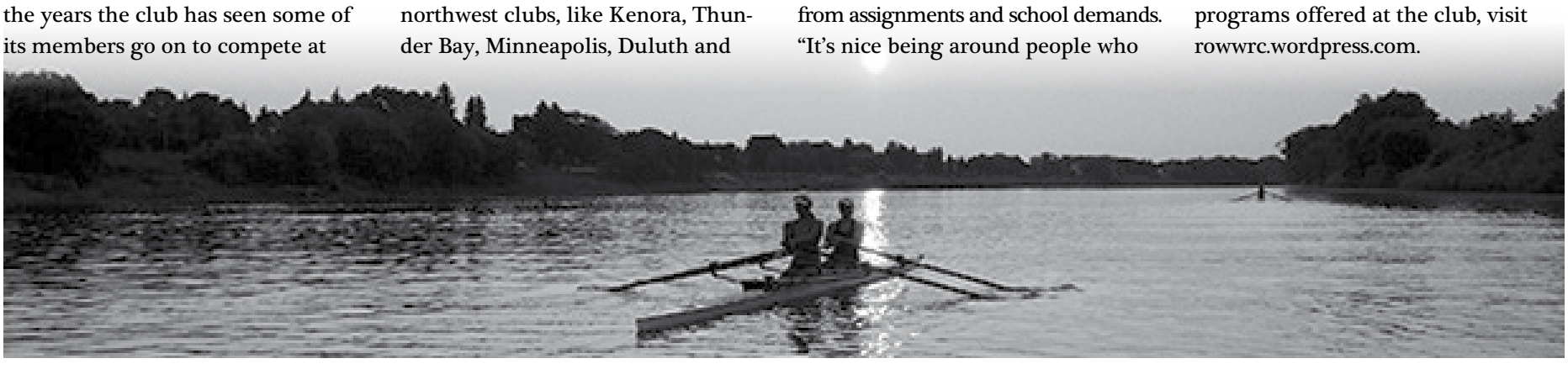
"I am not sure what I will be rowing in," said Vitti. "I suspect a quad, most likely bowing a lightweight women's team, and coxing an 8 boat."

Vitti trains year-round at the club, making use of the indoor training area. In the winter, rowing gives Vitti a break from assignments and school demands.

"It's nice being around people who aren't talking about school or asking if you have done any of the assignments yet," said Vitti. "Probably one of the most enjoyable aspects of rowing is that over the years the recreational program has become like a family to me."

If you are interested in trying rowing and are between 19-25 years old, you can join the fall boot camp where you will learn how to row and have the chance to compete in the Head of the Red. The boot camp will take place three evenings a week.

For more information about the boot camp, how to sign up, or other programs offered at the club, visit rowwrc.wordpress.com.



A buck a piece

The sport of deer hunting has a different goal this season

By Amy Jean MacLean, Beat Reporter

In most areas of the province, deer hunting season opened up Sept. 1, meaning the next several weeks will consist of hunters heading out into the fields for a shot at a white-tailed deer. And this year — unlike in the past — it will really be just "a" white-tailed deer.

"Three of the last four winters have not been good ones for white-tailed deer survivorship," said Ken Rebizant, Manitoba's big game manager. "Populations are quite a bit lower than they were five years ago, say, and this is largely because of the effects of winter conditions."

In response to the low numbers this year, hunters can only shoot one deer. It must be antlered deer, and in a party-hunting situation. Hunters can only work in groups of up to two people.

Adam Warkentin, 22, is a Red River College architectural/engineering technology student, and he's been hunting since he was 12.

"That makes it tougher, yeah," he said. "Honestly there's not many of those around, cause the numbers are so low, and all the hunters are going for [the bucks] too, so they get picked off."

If the winters continue to be as harsh as they've been, like last year, Rebizant said it is possible that they would look at closing the deer-hunting season altogether.

But with a more favourable winter this year, things could start to turn around.

"The one good thing about white-tailed deer is they have a pretty good reproductive rate, so with, you know, three good winters, and our deer population will likely recover to what we call normal status," Rebizant said.

So a less fruitful season for the hunters is for the sake of longevity of the species and sport.

PHOTO BY AMY-JEAN MACLEAN

"We've discussed our changes with many different hunting groups, and most have given us a positive response to the changes," Rebizant said. "Hunters want to participate to ensure that the population remains normal and recovers."

As one of these Manitoban hunters, Warkentin said he thought it was important to keep deer numbers up too.

"Just to make sure you keep a population for future years, future generations."

Looking at the present, it's not just this year Warkentin and his family will try to make the most of their deer-hunting profits.

They make sure every part of the deer is used. He said that his family sends the skin to a company that uses the skin and fur. The meat makes tasty dinners, and the bones?

"The bones and stuff, we just leave it out for crows and coyotes to eat."

The circle of life if you will.

For more information on the 2014 hunting regulations, visit www.gov.mb.ca/conservation, and look under the wildlife branch.

Move it or commute it

Finding a balance with living arrangements and student life

By Amy Jean MacLean, Beat Reporter

As a kid, back-to-school time meant new notebooks, loose-leaf and a fresh pack of yellow pencils. Getting older, that back-to-school list got more expensive with a fancy calculator or a new laptop. Now that college has rolled around, the costs include tuition and rent.

If you already live near to the campus where you'll attend, your choice of moving or commuting is made easy. For those who live a good distance from their school, they have a tougher decision to work through.

Artur Hoppe, graduated from Red River College's (RRC) business administration program this spring. For his first year in the program, he attended the Winkler Campus about 15 minutes away from where his parents live in Morden.

In his second year of school, Hoppe moved about an hour and an half away from home to complete his program at RRC's Notre Dame Campus in Winnipeg.

"I didn't mind it," Hoppe said about living in Winnipeg. "It just didn't feel comfortable, that's all."

This is partly to do with where he lived: on the corner of Portage Avenue and Furby Street.

"I had no idea what downtown was like, I was like, 'It's cheap places, right? So we're going downtown.'"

Hoppe says he didn't feel the area was as safe as he originally thought. He was mostly looking at rental costs when making his decision, and if he could do it over, he would've spent more time looking at the neighbourhoods.

"Financially, it's really important to be stable," he said. "If you can afford a better place… then you're looking for the area."

Brad Klassen, 20, is a RRC student who didn't worry about finding a place.

Instead, he spent two months this past spring driving back and forth from Morden to Winnipeg while working on his second level of motor vehicle mechanic training.

PHOTO BY AMY-JEAN MACLEAN

"It wasn't worth the hassle of finding an apartment," Klassen said from the driveway at his Morden home. "My friends are here, my house is here, so it was good to stay in town."

Klassen said if he had a longer program though, he might have thought about getting a place in Winnipeg.

"Even with a little car like mine with a four-cylinder motor, I had to fill up every other day, and it was costing me $55 every other day," Klassen said.

Another deciding factor in his situation, however, was that his gas was covered through his apprenticeship.

If you have to shell out the money for your rent or gas, it may come down to more than just money. If you live at home, maybe you'll have to cook less, but if you move out, you could be more independent. It's a personal preference, but as Hoppe learned, make sure to research your options before settling, and feel comfortable with your choice.

Nitsky's Notes

The NFL's Refusal to Move into the 21st Century

DUSTIN PERNITSKY, SPORTS COLUMNIST

According to Forbes's annual list of NFL team values, the average NFL franchise is worth $1.43 billion. That average value means that franchises are worth a ridiculous 23 per cent more than last year. Business is good, right?

Those numbers don't add up with the summer the NFL just had. If NFL Commissioner Roger Goodell and the rest of the NFL don't open their ears and eyes to the current social climate in America right now, they're going to be in trouble.

Let's take a look at the Ray Rice ordeal, which made an appearance in this space a few months ago. Rice was seen on video dragging his unconscious girlfriend (now wife) out of a casino elevator by her hair.

This came at a time when violence against women, and misogyny in general, was front and centre in public consciousness. After taking months to make a ruling, Goodell announced a suspension of only two games for Rice, for violation of the league's Personal Conduct Policy.

Two games doesn't sound like many, but let's provide some context for how short of a suspension it actually is.

The NFL has a mandatory four game suspension policy for players found to be in violation of the league's substance abuse policy. Suspensions of this length are common for players caught smoking marijuana. The NFL gave a one-year suspension to star receiver Josh Gordon from the Cleveland Browns for marijuana use.

This disconnect wasn't lost on the general public. We live in a world where domestic violence is not okay. We live in a world where it's increasingly OK to smoke marijuana. In fact, last year's two Super Bowl opponents, the Denver Broncos and the Seattle Seahawks, play in states where marijuana is now legal.

For a league that is so synonymous with America, some of its policies are incredibly tone-deaf. The disconnect between the league's values and its fan base's is visible in more than just the league's suspension habits.

The Michael Sam story was one of the feel good moments of the summer.

The St. Louis Rams drafted Sam in the seventh round. This was important, because Sam was the first ever openly gay player to be drafted into a major North American sports league.

The only problem is this, Sam fell further down the draft than you'd expect after his collegiate career. Early projections had Sam going in the third or the fourth round.

I can't say that teams passed on Sam because he was gay. Instead, I'll let Tony Dungy, one of the most respected men in football, say it.

"I wouldn't want to deal with all of it," Dungy told Ira Kaufman of the Tampa Tribune, about drafting Sam. "It's not going to be totally smooth ... things will happen."

I'm not writing this as a knock against Dungy. I don't believe him to be homophobic at all — he's merely saying that he would've passed on Sam because he would be a distraction to the club.

The Rams drafting Sam hasn't been a distraction. If anything, it's been a great piece of PR for the football club. The NFL's tone-deaf attitude potentially led to multiple teams passing on Sam, simply because they're not in tune with the fans who support them.

The Washington, D.C. football franchise has been named after a native American slur since 1937. They have a long and storied history under their current name. While they're hardly the only sports franchise to have potentially offensive names (a baseball team in Cleveland, Ohio and a football team in Edmonton, Alta. come to mind) the Washington, D.C. franchise is probably the worst.

Aboriginals have repeatedly voiced their opposition to the offensive name. Prominent broadcasters (including Dungy, who I mention above) have said they refuse to say the team's nickname on the air.

Still, the team's owner, Dan Snyder, refuses to bow to ever increasing pressure to change the name.

Snyder's reluctance makes it seem like he's stuck in 1937, along with the NFL's suspension policies and most teams' drafting habits when it comes to gay players.

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Dustin Pernitsky is the host of *Fantasy204*, a fantasy sports resource and community for Winnipeggers. Check it out at www.fantasy204.com or tweet him @DPernitsky

EDITOR'S NOTE: As of Aug 28, NFL commissioner Roger Goodell apologized for the league's handling of the Ray Rice suspension. New NFL policy includes a six-game suspension for a first offence, and a lifetime ban for repeat offenders. Players are eligible to petition for reinstatement after one year, with no presumption or assurance that the petition will be granted.

Sports & Lifestyle Briefs

COMPILED BY
ZACH PETERS

MCAC welcomes Bobcats to the pitch

The Brandon University (BU) Bobcats have added both men's and women's soccer teams to their varsity athletics program, and for the 2014-2015 season these teams will play in the Manitoba College Athletic Conference.

The addition of the BU teams to the league brings the total of men's teams to six and women's teams to five. Your Red River College (RRC) Rebels will face off against both Bobcats' teams for the first time on Sept. 21 at Norm Konowalchuk Field at RRC's Notre Dame Campus. The Rebels will then travel to Brandon for games at BU on Sunday, Oct. 12. The Rebels first open their seasons though with matchups against the Canadian Mennonite University Blazers on Sunday, Sept. 7 at the Winnipeg Soccer Complex.

Pro teams have summer to remember

Both the Winnipeg Goldeyes and Winnipeg Blue Bombers have given Manitobans a lot to cheer about this summer.

The Goldeyes have gone on a tear this season, and have for the 17th time in 21 seasons the team has reached the playoffs. The Goldeyes ended the regular season as the American Association North Division Champions and will play the first two games of the playoffs at Shaw Park on Sept. 3 and 4.

The Bombers have also made their faithful fans proud this summer as they began their season with three straight wins.

Rebels hold varsity tryouts

The Red River College (RRC) Rebels are holding tryouts during the first week of September for their men's basketball team, and their men's and women's volleyball teams. All tryouts are being held at the North Gym of RRC's Notre Dame Campus.

The men's basketball team's tryouts will be Sept. 2 and 3, with both sessions going at 7–9 p.m. The men's volleyball team will host their tryouts on Sept. 3 and 5, from 5–7 p.m. And the women's volleyball team will be testing out potential athletes on Sept. 4 from 7–9 p.m. and Sept. 6 from 10 a.m.–12 p.m.

If you are interested in being a part of the Rebels varsity program then recruit yourself at http://blogs.rrc.ca/rebels/online-recruiting-form/. All tryout sessions are open to any fulltime RRC students. `

VOLUNTEERS NEEDED

CAREER FAIR JANUARY 2015

THE SA PUTS ON A STUDENT CAREER FAIR AND REQUIRE STUDENTS TO HELP VOLUNTEER. FILL OUT A FORM AND BOOST YOUR RESUME WITH THIS EXPERIENCE. (BRING US YOUR RESUME)

UP TO 2 DAYS VOLUNTEERING — STOP BY THE SA OFFICES

PROJECTOR WRITERS

BIWEEKLY — SEPT. /2014 - MAY / 15

THE PROJECTOR (STUDENT NEWSPAPER) IS LOOKING FOR STUDENTS TO WRITE STORIES FOR OUR BI-WEEKLY NEWSPAPER. EMAIL THE EDITOR-IN-CHIEF AT EDITOR@THEPROJECTOR.CA, SIGN UP TO WRITE STORIES AND GET PUBLISHED.

DEADLINE: EVERY TWO WEEKS (MONDAYS)

FOODBANK HELPERS

VOLUNTARY - NDC + EDC — SEPT. /2014 - MAY / 15

THE SA REQUIRES HELP AT NDC AND EDC IN OUR STUDENT RUN FOOD BANK, ESPECIALLY THE FIRST WEEK OF DECEMBER FOR CHRISTMAS HAMPERS. IF YOU HAVE A PASSION AND LOVE TO HELP OUT FELLOW STUDENTS IN NEED, THIS IS FOR YOU. (ABOUT 3 HOURS EVERY TWO WEEKS)

VOLUNTARY - 3 HRS BY-WEEKLY — STOP BY THE SA OFFICES

SAB MEMBERS - VOLUNTARY

MONTHLY MEETINGS - NDC + EDC — SEPT. /2014 - MAY / 15

THE STUDENT ASSOCIATION BOARD (SAB) IS THE STUDENTS' ASSOCIATION GOVERNING BODY. WE REQUIRE STUDENT VOLUNTEERS TO HELP SET DIRECTION AND OVERSEE THE ASSOCIATION. GAIN EXPERIENCE AND BOOST YOUR RESUME IN A BOARD SETTING AND MAKE YOUR VOICE HEARD BY JOINING THE SAB.

ABOUT 5 HOURS PER MONTH — STOP BY THE SA OFFICES

CLASS REPS

MONTHLY MEETINGS - NDC + EDC — SEPT. /2014 - MAY / 15

THE STUDENTS' ASSOCIATION REQUIRE EVERY CLASS AND STUDENT TO BE REPRESENTED. THE SA HAS MONTHLY CLASS REP MEETINGS WHERE WE INFORM STUDENTS OF EVENTS AS WELL AS GET FEEDBACK ON ANY ISSUES.

ABOUT 1 HOUR PER MONTH — STOP BY THE SA OFFICES

ELECTION HELP

VOLUNTEER — MARCH/15

THE SA RUN STUDENT ELECTIONS EVERY YEAR IN MARCH...WE NEED YOU TO COME AND MAKE THIS A SUCCESS. IF YOU CAN SPARE SOME TIME AND GET INVOLVED, COME TO THE SA OFFICES AND FILL OUT A FORM TO BE ON A LIST TO BE CALLED FOR ELECTION RELATED EVENTS.

3-4 HOURS — STOP BY THE SA OFFICES

INTRAMURAL HELPERS

VOLUNTARY NDC - TWO DAYS PER MONTH — SEPT. /2014 - MAY /15

THE SA IS LOOKING FOR HELP TO RUN OUR MONTHLY INTRAMURAL PROGRAM. IF YOU HAVE A LOVE FOR SPORT AND WANT TO GET INVOLVED, COME TO THE SA OFFICE AND FILL OUT AN APPLICATION WE WANT TO HAVE A VARIETY OF SPORTING ACTIVITIES
SEE THE SA OFFICE FOR APPLICATION IF INTERESTED

STUDENTS' ASSOCIATION

TO APPLY FOR ANY OF THE ABOVE VOLUNTARY POSITIONS PLEASE SUBMIT A RESUME WITH AN APPLICATION FORM INDICATING THE POSITION DESIRED, TO THE RRC STUDENTS' ASSOCIATION IN ROOM CM20 (NOTRE DAME CAMPUS) AND P110 (EXCHANGE DISTRICT CAMPUS).

FLEXIBLE SCHEDULE // RRC STUDENTS ONLY, PLEASE // BOOST YOUR RESUME