

THE **U** NITER

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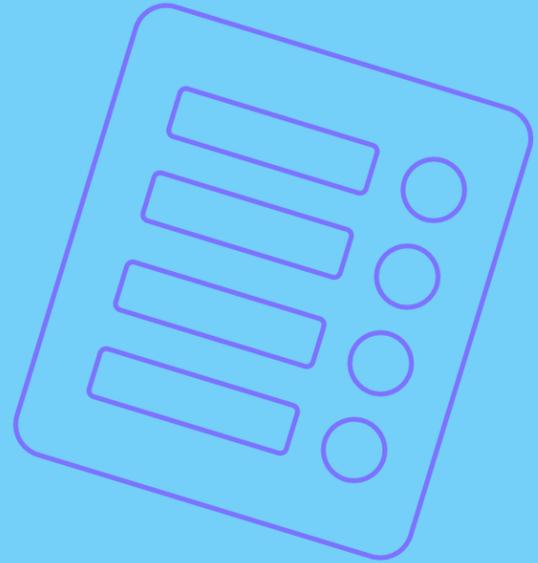
IS MODERN LIFE MAKING US ANXIOUS?

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DO YOU WANT TO REPRESENT THE UWSA?



Our board members and executive team represent and make decisions on behalf of students to the university and all levels of government.

You can join our governance team by running in our General Election.

THE GENERAL ELECTION CYCLE BEGINS FEB. 6!

February 6: Nomination Period Begins

February 16: Nomination Forms Due by 6:00 PM

February 27: UWSA General Election Campaigning Begins

March 6, 7, 8: Voting

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* ON THE COVER

Clinical psychologist Dr. Rehman Abdulrehman explains the difference between normal anxiety and clinical anxiety in the cover story, starting on page 9.

.....



Gloria Gregory (left) and Marie Gregory (right) take in an Ojibwe language class. Read more on page 16.

PHOTO BY KEELEY BRAUNSTEIN-BLACK

SHARING KNOWLEDGE

Learning is rarely a solitary practice, even though we've come to believe that it is.

Walking through campus, I see so many students buried in books or laptops, earbuds in their ears, absorbing facts and knowledge. Some groups do gather in the cafeteria and discuss school (or other things) in groups over fries and notes. But the course of higher learning, the idea of planning a degree that's yours and yours alone, can be very individualistic.

Our hope at *The Uniter* is that anyone who writes a piece with us can feel like part of a larger collaborative process. But we don't always get to meet writers face to face. A lot of our interactions happen via a computer screen, and those can sometimes feel dehumanizing or confusing.

Sometimes we need to reconnect and remember that we're all working towards the same goal: to learn and grow as writers and editors. We hone our skills so we can put them out into the world and share them. We revise and refine so that the stories we're telling come through clearly.

On Tuesday night, a group of staff and volunteers gathered in the Uniter office for a seminar on investigative journalism techniques. The point of this event was to collect and share knowledge, to inspire curiosity, to develop some tools to improve our work. But it was also a great occasion to meet more contributors and to talk about the finer points of our work.

We only have seven more issues left until we wrap up our weekly production. We're in the home stretch. But that doesn't mean we're done learning, and if you'd like to get involved, there's still time left to share in the experience. Email volunteer@uniter.ca or pop in to ORM14 on a Wednesday from 12:30 to 1:30 p.m.

- Anastasia Chipelski

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SUBMISSIONS OF ARTICLES, LETTERS, GRAPHICS AND PHOTOS are encouraged, however all new contributors (with the exception of letters to the editor) must attend a 45-minute volunteer orientation workshop to ensure that the volunteer understands all of the publication's basic guidelines. Volunteer workshops take place Wednesdays from 12:30-1:20 in room ORM14. Please email volunteer@uniter.ca for more details. Deadline for advertisements is noon Friday, six days prior to publication. *The Uniter* reserves the right to refuse to print material submitted by volunteers. *The Uniter* will not print submissions that are homophobic, misogynistic, racist or libellous. We also reserve the right to edit for length/style.

WHOSE

HOUSE?

AMANDA'S HOUSE



PHOTOS BY CALLIE MORRIS

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

For some, record collecting is merely an obsession that leads to shrinking wallets and disappearing apartment space. But for Amanda Stefaniuk, the host of UMFH's Mondo Hollywood, it's also led to years of radio experience.

The weekly show, which explores music from film and television, is now in its eighth year on the air. Stefaniuk says it all started with an obsession with records.

"I was selling records with my dad," Stefaniuk explains, "and (host of UMFH's Fascinating Rhythm) Ray Alexander was flipping through some of my jazz records. He noticed I had a lot of movie soundtracks and said, 'UMFH is looking for someone to do a soundtrack show. Would you be interested?'"

Stefaniuk's specific interest in movie soundtracks began with one song in particular.

"When I was 13, I watched the movie *School Ties*," she says. "I loved this song in the movie, 'Smokey Joe's Café' by The Coasters. I was going through my parents' records and saw one had a song called 'Hernando's Hideaway'. I thought, 'Is this the song from *School Ties*? It wasn't. It was from a movie musical called *The Pajama Game*.'"

Despite the error, Stefaniuk fell in love with the music from *The Pajama Game*, which kicked off her collection of movie soundtracks.

"After that, the first record I bought was *West Side Story*. And from then on, that was my life, buying soundtracks. I still have them to this day, and I'm still really excited about them."



1



2

1) AUTOGRAPHED SUSPIRIA SOUNDTRACK

"It's signed by (*Suspiria* director and cult Italian horror director) Dario Argento. I saw him in Toronto. He had food poisoning. I caught him in between barfings, and he signed my record."

2) SATURDAY NIGHT LIVE CAST AUTOGRAPHS

"I got this SNL bowl from Winnipeg Harvest. This was the last best cast, with Amy Poehler, Kristen Wiig, Bill Hader, Fred Armisen, Andy Samberg, Seth Meyers and Maya Rudolph."



3

3) FRIDAY THE 13TH MEMORABILIA

"The tombstone is a press kit for *Friday the 13th: The TV Series* that I bought in Nashville. I bought it at an antique store on my way to (Jack White's record store) Third Man Records. It came in a garbage bag. I was planning to walk there, but the person I bought it from offered me a ride. So I just sat in this stranger's car holding this big, heavy tombstone in a garbage bag."

4) CHANDU THE MAGICIAN NOVELIZATION

"I also collect novelizations (of movies). This is my oldest one. It's from 1935."



5

5) FERRIS BUELLER'S DAY OFF NOVELIZATION

"The thing about novelizations is they're adapted from scripts that weren't necessarily filmed. So this scene where Ferris plays guitar does not exist in the movie! There's also a strip club scene that doesn't actually exist."

6) IDA LUPINO PHOTO

"My parents met her and got her to autograph this. They used to own a video store, and every year they'd have this convention where you could go and meet celebrities. It's pretty amazing. She was one of the first women directors. Also, she's super cute, and I have a thing for fishnets."



6

MORE CHOICE FOR VARIED TASTE AT THE GOOD WILL

Have a Nice Day will maintain an inclusive atmosphere

MELANIE DAHLING

 @SUGARDAHLING

ARTS AND CULTURE REPORTER

The Good Will Social Club was once divided into the bar side and the pizza side. Have a Nice Day, the new eatery, promises to be a more cohesive space with options as diverse as its clientele.

It's a weekday afternoon. The restaurant is under construction, and people sit at The Good Will, chatting in booths. A row of regulars line the bar, which offers coffee and doughnuts during the day.

The Good Will has house rules that set a mandate for an inclusive atmosphere.

Brittney Ljungberg says she has two main reasons for coming to The Good Will so often: proximity to home and proximity to school.

"I'm in the science building next door quite a bit and I live in Wolseley, so it's a nice middle point. And, also, I just really like it here."

"I never feel like I'm over-dressed or under-dressed. It's always just whatever

I'm here doing is exactly what I need to be," Ljungberg says.

Max Frank, the manager of Have a Nice Day, says he wanted to keep that spirit in mind when designing the menu.

"What I love about The Good Will is that it has such a welcoming vibe. I find it a very eclectic place (with) patrons and staff from all walks of life. It creates a very lively environment," Frank says.

In diversifying the menu, that feeling of inclusion will extend to those who want more than just pizza.

Frank says many of his friends are excited to have other options, especially those who are students in the area.

"Pizza is delicious, but no one wants to eat it too often," he says.

Ljungberg says A Little Pizza Heaven's garlic crust was definitely something to look forward to when visiting The Good Will, but she will be glad to have choices



PHOTO BY MIKE SUDOMA

Have a Nice Day has replaced A Little Pizza Heaven and offers snacks for patrons of The Good Will Social Club.

for when she's in a different mood. As for the new menu, she has faith in Frank's abilities and isn't too picky.

"I'm not a big meat eater, so I'd like to see a lot of vegetable options. That's about it," she says.

The new menu, inspired by global street food, will cater to more patrons' palates.

"Our main goal was to appeal to the many different people who come to The Good Will," Frank says. "Having vegan, vegetarian, gluten-free and meaty options to cover the generous demographic that The Good Will attracts."

Frank seeks to be adaptable as well as inclusive. With the bar and restaurant

under the same ownership, they'll be able to create custom menus for events.

Some food ideas for an upcoming emo night have been thrown around and are mostly pun-based. Frank says you may be able to enjoy some Blink 180 stew or share a Taking Back Sundae.



Have a Nice Day is now open for business! Visit them in the Good Will Social Club at 625 Portage Ave.

ARTS AND CULTURE BRIEFS

MEG CRANE // ARTS AND CULTURE EDITOR

 @MEGCRANE

Greg Rekus' third album

Greg Rekus has released his latest album, *Sibling Cities*. Featuring 13 tracks, this is Rekus' third full-length album. The CD release party is happening on Feb. 10 at 9:30 p.m. at The Handsome Daughter. Also scheduled to play at the release are 2 Months, Stickaround, The Ugliers and Alex Guidry (Elder Abuse). Cover is \$10.

Indian City's new album

Winnipeg-based Indigenous band Indian City is releasing its third album, *Here and Now*, this month, but they have already released the title track as a single. The album explores the world today through both an artistic and musical lenses. Issues they touch on that are going on "here and now" include missing and murdered Indigenous women and treatment of the environment.

Folk Alliance International

Nine Manitoba musicians are teaming up with acts from across Western Canada to perform at the Folk Alliance International conference. From Feb. 15 to 19, Darwin Baker, Iskwé, JP Hoe, Kayla Luky, Leonard Podolak, Leonard Summer, the Roger Roger duo and William Prince will be in Kansas, Missouri for the event. Artists will have the chance to connect with more than 2,500 registrants.

Stages: Drawing the Current

Plug In Institute of Contemporary Art received \$200,000 from The Canada Council for the Arts through the New Chapters grant program. The money is going towards a public art presentation called Stages: Drawing the Current. For the project, artists from around the world will create sculptural stages for audiences to engage with physically and mentally.

Gender barriers in media

A Canadian Media Producers Association report - Women and Leadership: A study of Gender Parity and Diversity in Canada's Screen Industries - found that 87 per cent of women face gender-based career barriers in Canada's media production industry. To come to this conclusion, programs, policies and legislation were analyzed. Recommendations made were for practices to improve gender parity.

Nickelodeon Writing Program

The Nickelodeon Writing Program (NWP) is accepting entries from aspiring comedy television writers. The deadline to apply is Feb. 28, and the application process is free. Chosen writers will work with NWP program vice-president Karen Kirkland. They will get writing experience and develop their professional networks while launching their careers and honing their skills. Learn more at nickanimationstudio.com.

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CKUW TOP 30

January 30 - February 5, 2017

TW = This Week // LW = Last Week // ! = Local content // * = Canadian Content



TW	LW	C	ARTIST	ALBUM	LABEL
1	1	!	Duotang	New Occupation	Stomp
2	4	!	John K Samson	Winter Wheat	Anti
3	2	*	The Evaporators	Ogopogo Punk	Mint
4	5	!	Royal Canoe	Something Got Lost Between Here And The Orbit	Nevado
5	13	!	Kayla Luky	Back To Dirt	Self-Released
6	3	!	The Catamounts	St Nuomatac	Transistor 66
7	25	!	Monuments Galore	Colour Depth And Field	Self-Released
8	RE	*	Jerry Cans	Inuusiq/Life	Aakuluk
9	12	*	Loscil	Monument Builders	Kranky
10	8	!	Moon Tan	The Faceless Knight	Self-Released
11	11	*	Duchess Says	Sciences Nouvelles	Bonsound
12	RE	*	Metalwood	Twenty	Cellar Live
13	16	*	We Are Wolves	Wrong	Fantome
14	15	*	Aurochs	Another Helpful Medicine	All Set!
15	19	!	A La Mode	Perfection Salad	Self-Released
16	17	!	JD And The Sunshine Band	Soaking Up The Rays	Transistor 66
17	18	*	Tanya Tagaq	Retribution	Six Shooter
18	21	!	Lanikai	Lanikai	Hidden Pony
19	7		Drive By Truckers	American Band	ATO
20	NE	*	DJ Brace	China EP	Self-Released
21	NE	*	Kid Koala	Music To Draw To: Satellite	Arts & Crafts
22	NE	*	Austra	Future Politics	Pink Fizz
23	27	!	Greg Rekus	Sibling Cities	Self-Released
24	28		A Winged Victory For The Sullen	Iris	Erased Tapes
25	29		Foxygen	Hang	Jagjaguwar
26	NE		Sleater-Kinney	Live In Paris	Sub Pop
27	NE		Sampha	Process	Young Turks
28	NE		Wilco	Schmilco	Anti-
29	RE		Wolf People	Ruins	Jagjaguwar
30	14	*	Manitoba Hal Brolund	Live In Ghent	Self-Released



HAND TO GOD

THOMAS PASHKO

@THOMASPASHKO

FEATURES REPORTER

★☆☆☆☆

*Directed by Mitchell Cushman
Presented by Royal Manitoba
Theatre Centre*

The gimmick of raunchy puppets can only go so far. The novelty of a felt hand puppet saying or doing something vulgar doesn't go very far, either. Past works of art that have used this trope successfully did so by understanding that they need to do more than just have puppets swear and screw. *Avenue Q* and *Team America: World Police* used the medium to create subversive satire, for instance.

In the case of *Hand to God* – writer Robert Askins' play about a Christian puppet ministry in Texas that's forced to confront a demonically possessed hand puppet – it's remarkable how little satire, subversion or even shock value there is to be found.

Askins zeros in on obvious targets that, on a surface level, are culturally labelled provocative. American fundamentalist Christianity, teenage sexuality and demonic possession all have the potential for funny and interesting examination.

This is why it's so disappointing that Askins doesn't have much of anything to say about religion, sexuality, violence or any of the topics his play is ostensibly

about. What he is interested in is the plot, which involves a teen boy and his widowed mom (elements which, along with the Christian puppet ministry, are autobiographical details from Askins' own life). It's a plot that doesn't have much humour beyond the crude puppet jokes or much heart of any kind.

It's a shame because all of the hallmarks of Royal Manitoba Theatre Centre are still on full display here, and the company's typical high standards of production remain intact. The sets and costumes nail the look and atmosphere of a church basement.

The performers all pull their own weight. Tom Keenan pulls double-duty as both the teen protagonist Jason and his demonic puppet, convincingly having many arguments (and even a physical fight or two) with himself. The always great Cory Wojcik plays a pastor with romantic ulterior motives. Wojcik is a smart enough performer to know to root himself in the character rather than play for laughs.

Unfortunately, technical proficiency can only go so far in elevating lacklustre writing. Askins' script betrays the performers' instincts to let humour flow from character rather than jokes because he, as a writer, doesn't seem to have a sense of his characters as people. They function merely as vessels for laughs, except when they don't. Then they're vessels for emotional story beats. Askins doesn't realize his characters can't deliver on either if they aren't three-dimensional human beings.

What we're left with is a valiant effort on the part of the talented cast and crew to wring what little blood they can from this stone. Perhaps the greatest sin (pun not intended) that *Hand to God* commits is that it's not even so bad it's offensive. It's merely dull in its mediocrity.

If a play about demonic puppets can't be funny, it should at least be able to provoke a visceral reaction. Despite the clear talent onstage, Robert Askins can't hit that meagre softball.

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CKUW is a non-profit, volunteer-run organization. Since the early 60s CKUW has offered students and the community a unique chance to express ideas and be introduced to music heard nowhere else in Winnipeg.

CKUW stands to communicate the concerns, interests, and activities of the campus and academic environment to the general public. We provide individuals with an opportunity to share, develop, use and enhance their talents and skills in our radio environment.

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We believe our listeners would rather contribute to our continued operation, than have to listen to ads on the programs they enjoy. Anyone who cares to visit our offices and facilities will realize that we're not spending the station's budget on expensive knick-knacks.

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We can help at the U of W Toastmasters Club!

Mondays, room 3C29, 12:20 to 1:20 pm.

Contact Wayne at wstanton@shaw.ca to find out more!



Hand to God runs at Royal Manitoba Theatre Centre's Tom Hendry Warehouse until Feb. 11.

V-DAY ISN'T JUST FOR COUPLES

Single folks celebrate different types of love

RACHEL BARBER

VOLUNTEER STAFF

 @RACHELBAEB

Public service announcement: Valentine's Day isn't just for couples.

"I think it is uncool the bias that our society puts on romantic love and the social value that couples hold over single people. On Valentine's Day, we can celebrate all kinds of love," singer-songwriter Raine Hamilton says.

Journalist Rachel Bergen agrees. She says, in the past, she has used the day as an opportunity to be more intentional about showing the people in her life she loves them by making calls to long-distance family and hanging out with friends.

"I look at it from a positive perspective, that I have people in my life that I love and I want to spend time with them," Bergen says.



ILLUSTRATION BY GABRIELLE FUNK

On Valentine's Day, Hamilton says she plans to practice self-care. She says she will do something special for herself, like buying a gift and spending some quality time alone.

Sara Wray Enns has very different plans for Valentine's Day.

"At the U of W, there is the Women's Memorial March, and there will be speakers and then a presentation of the quilt for missing and murdered Indigenous women and girls. So we're going to that, and then I've invited my closest girlfriends over for pizza and wine," Enns says.

She says she loves Valentine's Day. Enns says she has many wonderful people in her life, and she puts energy into all of them instead of into one romantic partner.

For other singles, the celebrations can shift even further afield.

University of Winnipeg English student Thomas Epp says he has friends who celebrate their birthdays on Feb. 14, so that tends to take over the day.

"Valentine's Day has just never been a priority for me, even when I've been with someone," Epp says. "Spectacles in general are weird for me."

Artist Jonathan Dyck agrees, saying he usually forgets about it until it happens but recommends taking the day to explore a different part of love – one that is less sentimental and more political.

"If you're a dude, why don't you do something that works against bro culture? Maybe call out some misogynistic shit that you see, because you're probably going to be immersed in heteronormative spaces. Call it out. Talk about it," Dyck says.

Hamilton also recommends using Valentine's Day as a time to reevaluate status quo relationships.

"I really love the idea – though not the book – of the five love languages. The idea is that there are five main ways that people experience love: kind words, quality time, gifts, acts of service and touch," Hamilton says.

"If you know for yourself what is your best, most compatible love language, you can do that for yourself, and teach the people around you how to love you the best. That's a cool conversation to have."

Still too busy for all that?

"Pizza and wine never go amiss," Enns says.

CUTTING BACK ON REFINED SUGARS

Learning to live the naturally sweet life

MELANIE DAHLING

 @SUGARDAHLING

ARTS AND CULTURE REPORTER

Even those who prefer savoury treats may find sugar in their favourite pre-packaged snacks, but consumers are seeking out other ways to indulge cravings.

Angela Pringle, personal trainer and wellness consultant, says clients from all walks of life are starting to ask about sugar.

"A lot of it has to do with cravings and the psychology of it," she says.

Pringle works with her clients to figure out if their cravings are addiction-based, habitual or some combination.

The concern is not only about weight, as sugar consumption can also influence mood, Pringle says.

"They'll have really high highs when they have consumed the sugar, and then, very soon after, within five to 30 minutes, they'll feel almost depressed," she says. "It really tends to sort of play psychological games with individuals."

Anneen DuPlessis, who owns Boon Burger with her husband Tomas Sohlberg, says her family has been educating themselves about sugar content.

"It's definitely not a superfood, right? I have three kids, and we're all very aware,

especially (of) white processed sugar," she says.

"Everyone is addicted to it. It's in everything. It's everywhere. There's just a general unawareness, but I think there's also a general addictiveness to sugar."

Living her current lifestyle, DuPlessis feels confident about her level of health.

"I'm going to be 44, and I feel healthier now than I ever have," she says.

She credits this to going vegan, doing kundalini yoga and not being obsessive about what she eats.

"You will never ever find pop in our house, or candies," she says. "But, at the same time, if the kids go to the movies, they'll share a bag of Skittles."

Though they enjoy something sweet in moderation, DuPlessis says her kids also like staying away from refined sugars.

"It's funny how they have started checking things like pop cans," she says. Sometimes they will hold up a package and have other members of the family guess how much sugar is in it.

"It's kind of become a sweet fun game," she says.



PHOTO BY KEELEY BRAUNSTEIN-BLACK

Sugar consumption can influence mood, creating artificial highs and lows, Angela Pringle says.

Pringle says the first step to eliminating sugar is for her clients to be aware of how much they consume. Her program involves keeping a three-day food blog before they begin their first session.

After learning to eat more balanced meals, it becomes easier to avoid sugar, she says.

"The reality of what happens is if you are consuming what your body physiologically requires ... there's not any room

for that sugar consumption to happen. And from that point, it just becomes willpower," Pringle says.

Pringle says there are sweet alternatives to refined sugar. She recommends dried fruits, homemade ice cream and fruit smoothies.

DuPlessis says after a person adjusts their palate from processed sugar, they can enjoy the natural taste of food on a different level.

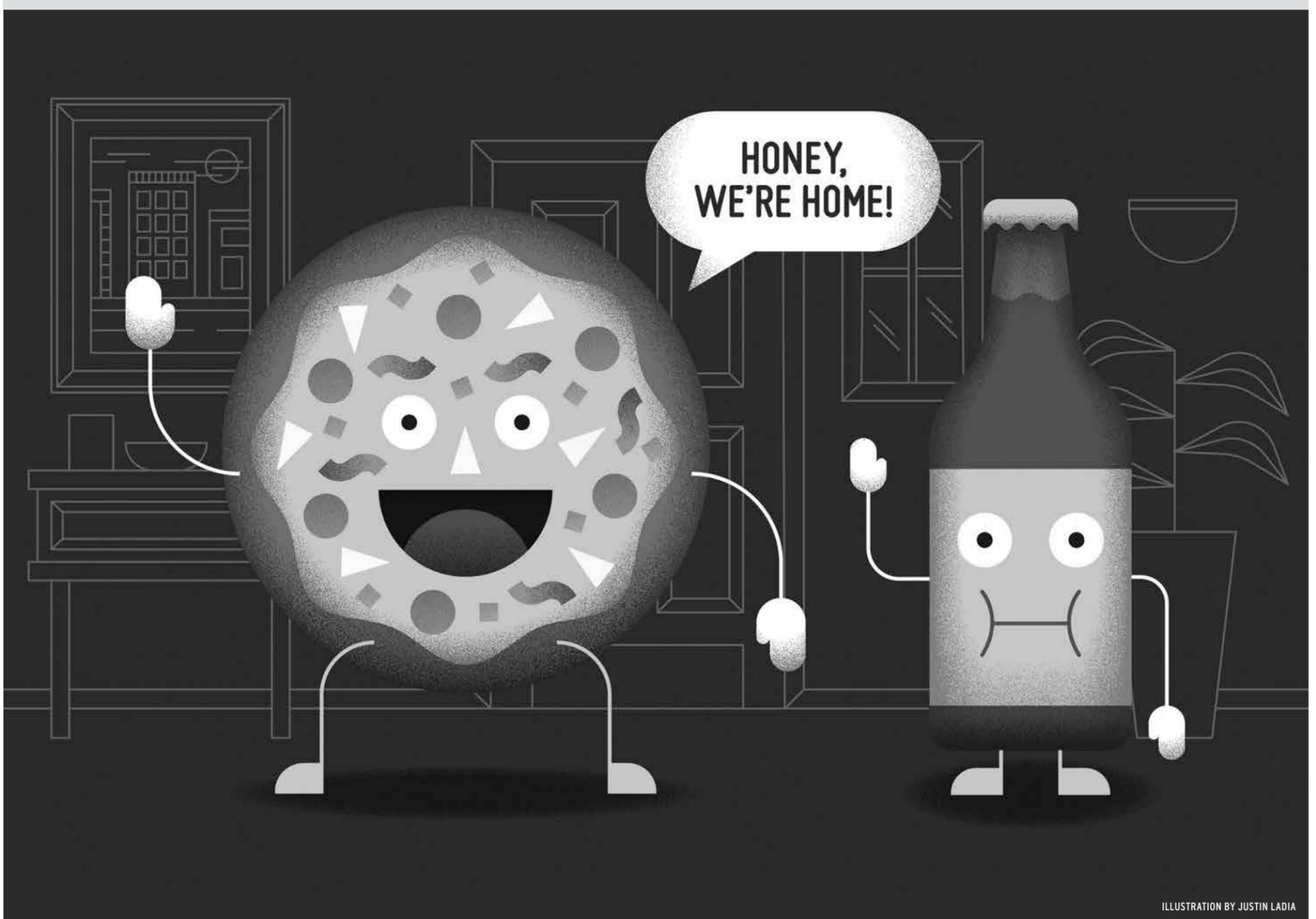


ILLUSTRATION BY JUSTIN LADIA

THE PROS AND CONS OF LOCAL ALCOHOL DELIVERY

Convenience, prestige and accessibility all factor in

TALULA SCHLEGEL

NEWS REPORTER  @TALULACORA

Shrugging Doctor Brewing Company, a new alcohol delivery service which launched Jan. 27, is hoping to reshape the way people in Winnipeg obtain their booze.

The company, owned by Willows Christopher and Zach Isaacs, currently only sells a sugar wine. They are planning to offer more of their originally home-brewed product which includes saskatoon wine, a sweet mead and apple cider.

"We (were) making really unique and innovative products that really weren't that popular in a North American marketplace," Christopher says. "We are working on products marketed to more premium

wine drinkers and people who appreciate quality when they're purchasing liquor."

Christopher says home delivery liquor is something that is already being enjoyed across America and larger Canadian cities. He hopes to bring Manitoba into the age of similar online purchasing and delivery services like Amazon and Uber.

"I've always been a fan of disrupting and innovating," Christopher says. "Our little tag for Shrugging Doctor is 'revolutionizing liquor,' because that's what we're really trying to do in Manitoba – bring the industry into 2017 ... when everything is right to your phone."

The pair are both 20 years old, which gives a bit of insight into their target market.

"The millennial market is the one I know how to market to. That's the one I see every day, I live with, I drink with," Christopher says.

Christopher hopes to eliminate barriers to purchasing alcohol, especially for those who use public transportation and don't want to buy expensive drinks at the bar. He hopes Shrugging Doctor will be able to better cater to house parties and larger at-home events.

"There's a lot of pride and prestige in showing how you can use your phone,"

PANKRATZ SAYS.

But when eliminating barriers to regulated substances such as alcohol, Curtis Pankratz, assistant professor of sociology at the University of Winnipeg, cautions against using these services so liberally and motivated by what he coins to be a technology coolness factor.

"Alcohol is a dangerous, dangerous drug, it can ... be very harmful to some people," Pankratz says. "There will always be someone who's hurt by increased access to an addictive drug, which is really what it ends up being, increased access to an addictive drug."

Pankratz says just because it can have bad consequences for some, doesn't mean it's a bad idea. It's just one that shouldn't be used as colloquially as its ordering service.

"Really, the coolness is the use of technology, but the uniqueness isn't the technology. It's not really delivery either. (It's) the branding that is unique."

Pankratz also explains what he says is a contradictory fact – stimulating a social market that is focused on staying at home, connected to the world only by a phone or a computer.

"I think in that generation, there's a lot of pride and prestige in showing how you can use your phone," Pankratz says.

Pankratz believes that Shrugging Doctor's branding – which is based on the notion of prestige and ease of ordering – will be the driving factor behind the brand's success.



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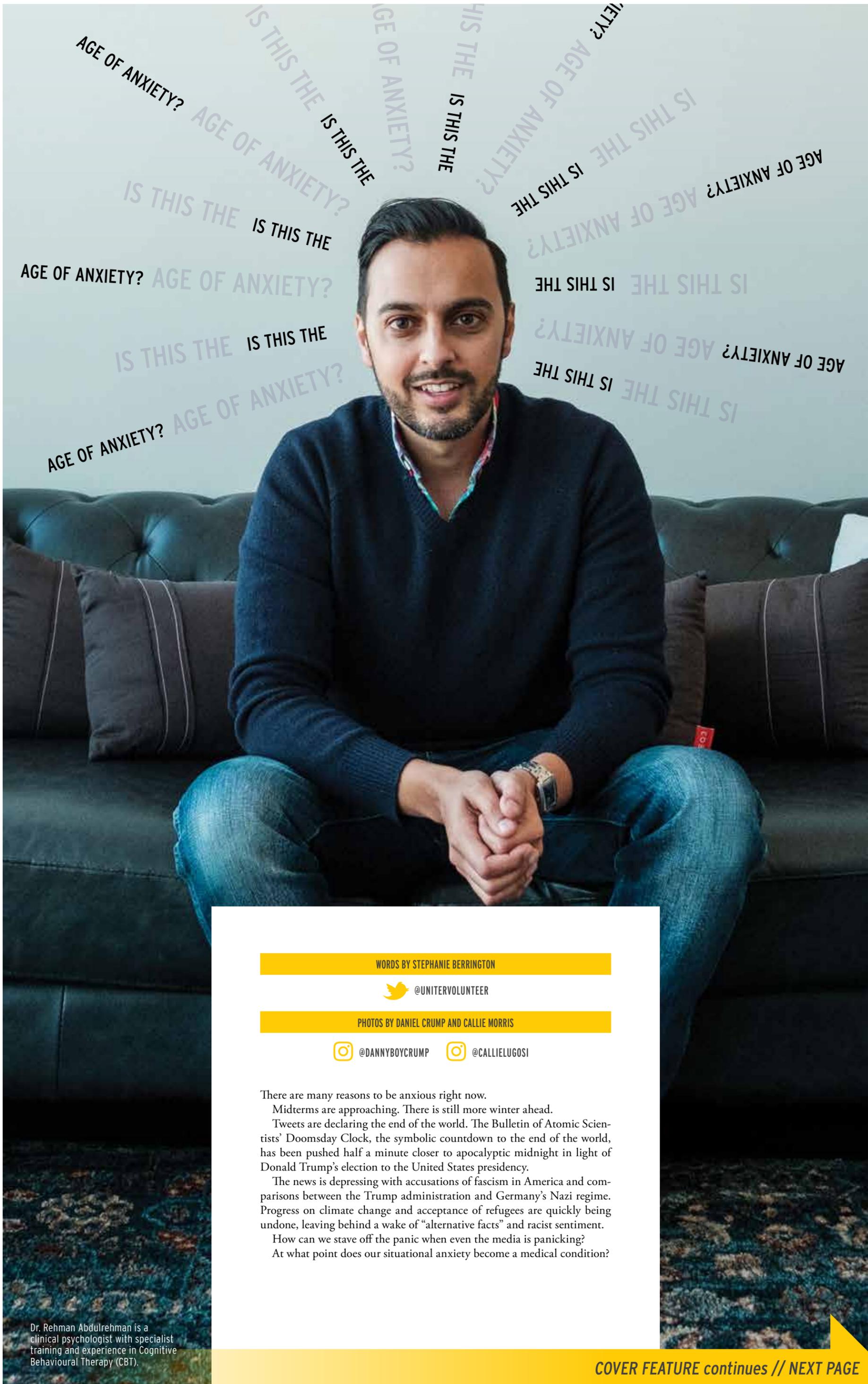
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There are many reasons to be anxious right now.

Midterms are approaching. There is still more winter ahead.

Tweets are declaring the end of the world. The Bulletin of Atomic Scientists' Doomsday Clock, the symbolic countdown to the end of the world, has been pushed half a minute closer to apocalyptic midnight in light of Donald Trump's election to the United States presidency.

The news is depressing with accusations of fascism in America and comparisons between the Trump administration and Germany's Nazi regime. Progress on climate change and acceptance of refugees are quickly being undone, leaving behind a wake of "alternative facts" and racist sentiment.

How can we stave off the panic when even the media is panicking?

At what point does our situational anxiety become a medical condition?

Dr. Rehman Abdulrehman is a clinical psychologist with specialist training and experience in Cognitive Behavioural Therapy (CBT).

COVER FEATURE continues // NEXT PAGE

Continued from previous page.

WHAT IS AN ANXIETY DISORDER?

According to Dr. Rehman Abdulrehman, director of Clinic Psychology Manitoba and the Public Mental Health Initiative, the difference between “normal” anxiety and an anxiety disorder lies in degree of debilitation.

“Anxiety is a common experience that everybody has,” he says. “An anxiety disorder is when that level of anxiety gets to be so problematic that it starts to interfere with somebody’s life and to interfere into their everyday, day-to-day living.”

Anxiety disorders affect 12 per cent of Canadians and will affect one in four people over their lifetime. Generalized anxiety disorder, social anxiety, phobias, panic disorder, obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD) all qualify as anxiety disorders.

“I guess (anxiety) is that tie that binds most of us together, and it is a common mental health disorder and, even though it is, most people don’t talk about it,” Abdulrehman says.

The Public Mental Health Initiative aims to change that through public education, community engagement and international program development.

“We’ve come a long way as a society when it comes to physical health that most people know what to do when they have a cold,” he says. “It’s not alarming. We know exactly what it is that we’re supposed to do, because we have good public education when it comes to physical health. The same can’t be said for mental health.”



PHOTO BY CALLIE MORRIS

Anxiety gets to be problematic when it gets in the way of day-to-day living.



Lara Coombs (left) is the accessibility coordinator at the U of W, and Christy Bell (right) is a counsellor at the Student Wellness Centre at the U of W.

WHERE TO ACCESS RESOURCES?

There are other organizations in the city promoting awareness of mental health problems and providing resources for those struggling with them, both online and in the classroom or peer support groups. The Canadian Mental Health Association (CMHA) - Winnipeg and Manitoba division and the Anxiety Disorders Association of Manitoba (ADAM) are two of them.

Public psychological treatment is offered by referral at the Anxiety Disorders Program at St. Boniface General Hospital, but the wait time for service is generally at least a year.

“There’s a real challenge in our system in that the resources to help people are limited, so, for example, (the Anxiety Disorders Program) is the specialized clinic to help people with anxiety in Manitoba, so it serves a population of a million people, and the staffing is two psychologists,” Dr. John Walker, former director of the Anxiety Disorders Program and current professor in the department of Clinical Health Psychology at the University of Manitoba, says.

University of Winnipeg (U of W) students have access to mental health care

WHO IS AFFECTED?

Up to 70 per cent of mental health difficulties start in childhood, with symptoms of anxiety beginning as early as three or four years of age. Anxiety is generally the first mental health problem to arise, while depression is rare until the teenage years.

“The peak age for anxiety problems, and depression problems for that matter, is between 15 and 25,” Walker says. “It disproportionately affects people at that age.”

Like Bell, Walker points to the instability in the lives of young people as contributing to this prevalence.

“There’s a lot of competitiveness for jobs. Really secure jobs that we used to have that would last 30 or 40 years are declining,” he says. “There’s certainly some unique stresses that young adults face.”

Besides age, genetics and gender factor significantly in anxiety rates. Traditionally, more women have sought treatment

SO, IS THIS THE AGE OF ANXIETY?

“There’s a tendency for every age that people live in that people see it as the most challenging age,” Walker says. “I’m not so sure we live in a more stressful time now. It’s very controversial about whether anxiety is on the rise. We didn’t have the same measurement techniques 20 or 50 years ago that we do now.”

Abdulrehman, too, is skeptical. “As public education increases about any topic, we find that people are more likely to acknowledge that they’ve had this difficulty and be able to talk about it more openly,” he says.

He does admit that factors like political unrest and economic recession can influence anxiety rates.

“There are times when certain things can have an increase on clinical levels of anxiety, but remember also there’s that normal level of anxiety,” he says. “If a society or country is in recession, that would have some impact on some normal levels of anxiety that might trigger more clinical problems down the road.”

Bell notes the impact of the current global political climate on student concerns, particularly the effects of the new Trump administration in the United States.

“It’s certainly come up with students around ideas of being disillusioned with

on campus, free of charge, at the Wellness Centre. Christy Bell is one of three full-time counsellors who work at the Wellness Centre alongside nurse practitioners, while a psychiatrist and addictions counsellor are there one day a week.

Bell says that 12 to 20 students access counselling services at the Wellness Centre on any given day, and wait time for an appointment is a maximum of two weeks.

“Anxiety is one of the No. 1 reasons why we see students,” Bell says, although she maintains that doesn’t necessarily mean all the students they see have anxiety disorders.

“There are certain stressors that university students are dealing with that other people are not having to deal with, and that certainly exacerbate anxiety. So when you’re talking about things like exam anxiety, presentations, managing a debt load, living away from home for the first time, trying to juggle multiple courses, all of those are factors that contribute to anxiety,” Bell says.

“(University) can be a very isolating experience for some students, and it can be very disappointing.”

for anxiety-related concerns than men.

“In many families, women face disproportionate workloads, disproportionate expectations compared to men and this could be a factor,” Walker says.

“Difficult experiences, things like sexual harassment, sexual assault, physical assaults – all of these things increase your risk of having an anxiety problem, and women face a heavier burden of these kinds of experiences than men.”

Abdulrehman suggests that the potential gender difference could amount to something as simple as comfort talking about one’s feelings.

“Contextually, men are not socialized to talk about their feelings,” he says. By extension, this would make them less likely to turn to mental health care, leaving them underrepresented statistically.

what’s happening on a global level, what that means particularly for students who are feeling oppressed in some way,” she says.

“We are definitely having conversations about what’s happening in the global community in counselling sessions and it does have an influence on students, for sure.”

Hilary Sain, Winnipeg bartender and poet, has had plans to spend several months in New York City since before Trump was elected. While she has not cancelled her upcoming trip, she admits to feeling high levels of anxiety about an extended stay in the United States under Trump and has recently benefitted from help from a counsellor.

“It’s so fucking stressful. I honestly feel that my anxiety blossomed and grew and turned into this beautiful creature that it is now reading about Donald Trump and the GOP and the alt-right, which is just another word for Nazi,” she says.

“Bigotry and racism and hate crimes and sexism is everybody’s problem,” she adds, reflecting on the destabilizing policy changes rapidly introduced by the Trump government and their potential effects on the mental health of an entire population.



Taylor Demetriooff, youth mental health promotion worker with the Canadian Mental Health Association.

WHAT HELPS?

The two most common treatment options for anxiety disorders are Cognitive Behavioural Therapy (CBT) and medications. CBT helps individuals identify negative or problematic thought patterns and trains them to replace the anxious thoughts with calm ones. It also targets unhealthy reactions to stressors and promotes relaxation techniques to help control physical responses.

“More and more I think people are preferring, and the research is supporting strongly, that cognitive behavioural therapy is the most effective treatment for anxiety disorders,” Abdulrehman says.

Because CBT is conducted by trained professionals, access to service is often less convenient than medication. “The easiest treatment for an anxiety problem is a medicine treatment, and it’s been shown to be effective,” Walker says, although he agrees that CBT is more effective at long-term, permanent improvement than medication.

The Student Wellness Centre focuses on talk therapy but also incorporates alternative forms of treatment, like art therapy.

“We do a lot of mindfulness discussions and sessions, as well including things like meditation in sessions, working on some artwork together in sessions, encouraging (students) to be doing some of that work outside of sessions as well,” Bell says.

Anxious students also have access to academic accommodations through accessibility services (AS). Lara Coombs, accessibility coordinator at the U of W, says “mental health is probably the largest growing segment of the student population that we work with.”

AS assists students in three areas: tests and exams, classroom accommodations and campus accommodations. The most common area that students need assistance in is tests and exams.

Coombs says AS helps combat exam anxiety in two main ways: extended time and a quieter, less crowded space to write in.

“(The students) come to us, we do an intake appointment, we would talk about what happens to (them), and then our services kind of can help lessen those

(anxiety-inducing) things,” Coombs says of the process. “I’m not going to say we magically make their exam anxiety go away, ‘cause we don’t, but we try to.”

Taylor Demetriooff, youth mental health promotion worker at the CMHA, advocates apps as good resources for those struggling with anxiety. He recommends MindShift, a free app by the Anxiety Disorders Association of British Columbia.

“It’s like a CBT program that they specifically designed for youth, so it will ask you questions like, “what are you struggling with?” So if I said “I’m struggling with class presentations” they’d ask you questions and build a CBT program for you. It has everything from thinking right to chill-out tools and action steps and inspirational quotes,” he says. “It’s a really, really cool app.”

Winnipeg’s Klinik Community Health also developed a free app for managing stress called Calm in the Storm. It provides users with check-ins to evaluate individual stress levels, information for identifying and managing your stress, recommended practices for relief and a safety plan for avoiding suicidal thoughts.

Demetriooff, Walker and Abdulrehman all vouch for ADAM as another valuable resource.

“Manitoba has an especially strong self-help movement so the Anxiety Disorders Association of Manitoba, which is located right downtown, not too far from U of W, has very good programs,” says Walker, referring to the peer support groups hosted by ADAM.

Ultimately, there is a lot of hope for those struggling with anxiety.

“Anxiety disorders are really treatable,” Abdulrehman says. “Most people think it’s a life sentence and they’re stuck that way, and it’s actually a really manageable thing, and a little bit of information can go a long way.”

Walker agrees.

“The earlier the better but anytime, even if the problem has been there for a long time, the problems respond very well to treatment,” he says.



More information about mental health resources in Winnipeg can be found here, including a questionnaire that screens for anxiety: mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/. For more resources on campus, visit uwinnipeg.ca/student-wellness/. An audio relaxation exercise can be found here: adam.mb.ca/audio-relaxation.

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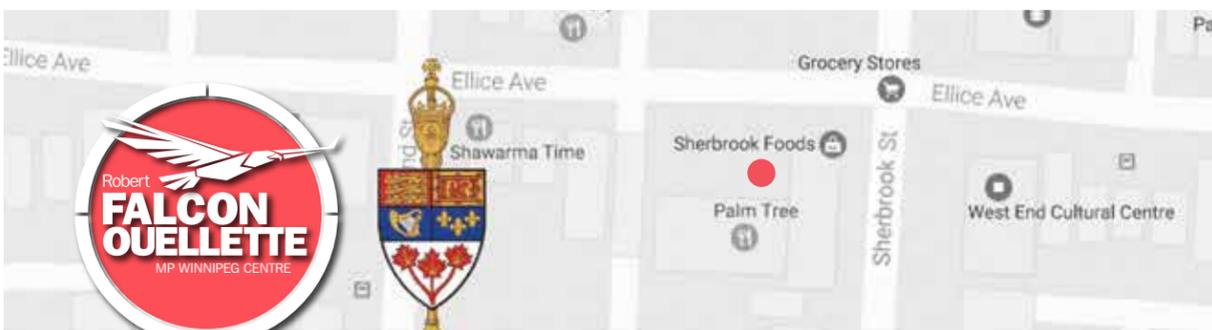
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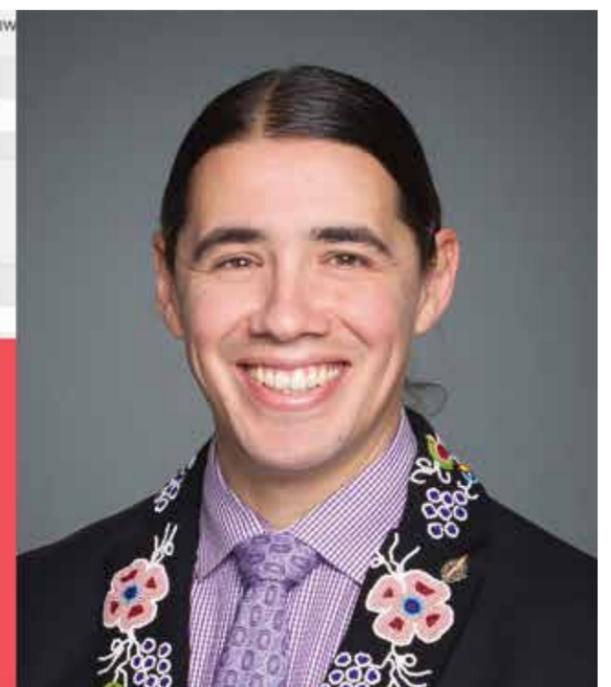


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MIDDLE OF NOWHERE

WITH TIM RUNTZ

@TIMRUNTZ

PUBLIC FACILITIES FOR PUBLIC HEALTH

I was probably eight or 10 when, having to pee, I ducked inside the Occidental Hotel, home to “more muggings, knifings, bar brawls and murders” than any other place in Western Canada, to relieve myself.

I was downtown to help clean up the neighbourhood (or at least pick up some garbage), and my ostensible caretaker saw it fit to make me worldly, or at least keep my pants dry.

For a naive kid from The Maples, it was an eye-opening experience. The grittiest public toilets I’d been to at that point were the ones in provincial parks, where the only bodily fluids on the walls were those of flattened mosquitos.

I learned then that clean and safe public facilities weren’t something to be taken for granted, and, in time, I’d realize that access to these spaces isn’t equal across the board.

It turns out that Winnipeg has a long history of such amenities. Jody Baltessen of the Winnipeg Archives told me about the outdoor pit toilets that spotted the city in its earliest years. They regularly flooded, causing outbreaks of “Red River Fever,” a public health crisis that eventually led to the construction of the Shoal Lake aquifer.

Locals were calling for public “comfort stations” as early as 1887. Forever at the bottom of a long list of expenditures, facilities were eventually built throughout the city, including one on Logan, right beside the Occidental Hotel.

The comfort stations were popular with the public, but belt tightening over the decades led to attrition. A Market Avenue comfort station was demolished with the old city hall in 1962, and the Logan facility was torn down in 1971 to make way for the Disraeli Freeway.

A provincially operated washroom at Osborne and Broadway closed in 2006. Today, some facilities remain, but like Assiniboine Park’s award-winning upcycled shipping containers, they tend to be a long way from downtown.

Otherwise, their hours are restricted, like those in Central Park and Vimy Ridge Park, which are only open during the summer, during splash pad hours.

Calls for public facilities sometimes come with a tinge of classism. As one *Winnipeg Free Press* column from 2007 scoffs about a proposed facility, “it’s true that it would be used mostly by the poor, but who besides the poor walks in Winnipeg anyway?”



ILLUSTRATION BY GABRIELLE FUNK

But there’s more to the issue than a perception of public sterility. As is the case with many public policy issues, it’s those who are already most disenfranchised who would have the most to gain from new infrastructure.

“The dearth of toilets and places to wash exacerbates health problems like body lice, skin infections, gastric illnesses, prostate and bowel issues, and the spread of communicable infections,” Stacey McKenna writes, citing a 2015 study.

At the turn of the century, Winnipeg women balked at the fact that men could at least relieve themselves in saloons, where

women weren’t admitted. And as a *Bus-tle.com* documentary from 2016 shows, homeless women still routinely face a crisis when they get their periods without access to clean spaces.

Winnipeg should do everything it can to create a more walkable downtown for residents and visitors alike. Even if it is true that public toilets would be used most by people who are poor and marginalized, providing access to such basic necessities shouldn’t even be a matter of debate.

Tim Runtz is the comments editor at The Uniter. His regular column, Middle of Nowhere, explores the culture and politics of places around Winnipeg.

NEWS BRIEFS

ALANA TRACHENKO // CITY EDITOR

@ALANA_WPG

211 Manitoba

United Way and Volunteer Manitoba are launching a new service meant to help Manitobans going through a crisis. Resources from over 5,000 agencies and programs will be available through 211 Manitoba. The service is meant to support those dealing with suicide, caregiving and homelessness and a variety of other issues. The program will be officially launched on Feb. 9 at United Way Winnipeg.

Divestment screening

The University of Winnipeg Faculty for Divestment invites anyone interested to a screening of *Standing Rock, Part 1* on Monday, Feb. 13 at 12:30 p.m. in 2M77. The film will look at water protectors’ stories through the lens of cinema. Guests are invited to stay afterwards for a discussion on current events in the environmental sector.

Panel discussion by Gallery 1C03

Gallery 1C03 is hosting a panel discussion titled *Unravelling the braids of colonialism, gender, and the body* on Thursday, Feb. 9 from 7 to 8:30 p.m. in Eckhardt-Gramatté Hall. The event complements the gallery’s *Moving Images* exhibition and looks at ways that artists deal with topics of gender, voice and stereotypes.

June graduation and Louis Riel Day

The deadline to apply for graduation in June is Wednesday, Feb. 15. Those who expect to finish their requisite classes in April have the option to apply for graduation. To do so, go to the ‘student planning’ section in WebAdvisor. The school will be closed on Monday, Feb. 20 for Louis Riel Day, which is also the beginning of reading week.

Cannabis and psychosis

A Canadian group of researchers released a statement on cannabis use for those under 21, advising that those younger than 21 shouldn’t have access to cannabis. They stated that those between 21 and 25 years old should have limited access to cannabis due to its ability to develop psychotic illness in those who are vulnerable. Their research has found that regular cannabis use in youth may have an effect on attention, memory, processing speed, visuospatial functioning and overall IQ.

Red River trail growing

The colder the winter, the longer the trail. The Forks recently announced that the Red River Mutual Trail now extends to the Hugo Docks on the Assiniboine River for the first time since 2014. The trail is currently 5.2 km long, though officials say it will continue to grow as weather allows. All trails are maintained daily but skaters are advised to keep up to date on the weather forecast for possibly hazardous conditions.

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UP FOR A WINTER CHALLENGE?

Jack Frost Challenge promotes staying active in the winter

TALULA SCHLEGEL

NEWS REPORTER



The Jack Frost Challenge (JFC) is a week-long event hoping to get its participants to skate, bike, ski, snowshoe, run or walk a total of 130 km over the week of Feb. 12 to 18.

The event invites participants to sign up solo or in groups of two to five people.

“(JFC) was born out of the annual Actif Epica event, a gruelling winter bike ride and run that takes place right here in Manitoba,” Elizabeth Shearer, Commuter Challenge coordinator for Green Action Centre (GAC), says.

Every year, the GAC organizes two of the largest commuting events in Canada: the JFC and the Commuter Challenge in June, which brings out over 20,000 Canadians to participate in greener commuting options.

The JFC includes kick-off (Feb. 12) and wrap-up (Feb. 18) events, where GAC offers some interactive snow creations, hot chocolate and community bonding, Shearer says.

“You’ll find us at our booth by the ‘snofas’ (snow sofas) taking pics and skating with friends,” Shearer says. “We’re looking forward to getting together with participants to enjoy a job well done with a refreshing adult beverage from the bar.”

Shearer encourages and applauds individuals who hope to tackle the challenge solo but says most participants are signing up in groups of three to five people.

“One of the reasons it’s hard to stay active over these cold winter months is because it can be harder to get together with friends,” Shearer says. “By signing up as a group, you’re committing to getting up to a bunch of fun outside together during winter.”

The challenge isn’t focused solely on encouraging healthy, communal, outdoor activity, but also hopes to get participants inspired by their wintry world.

“There are so many benefits to accepting the challenge that Jack Frost brings,” Shearer says. “From witnessing the beauty



SUPPLIED PHOTO

The Jack Frost Challenge encourages Winnipeggers to get active outside.

of sun dogs in the sky, snowflake patterns and the dusting of snow on treetops to the satisfaction creating your own microclimate underneath your jacket by working up a sweat and having icicles form on your eyelashes.”

“People are taking in great new winter experiences, so it’s not just about how far you go,” Shearer says. “Although ... the further you go with your team, the more likely you are to win sweet prizes.”

Jessie Klassen has participated in the JFC since its inception seven years ago.

“It’s been a fun way to challenge myself to take the time to get outside and get active every day,” Klassen says, “even if it’s just out for a quick walk in the evening or a longer skate at The Forks on the weekend.”

Klassen usually participates in a group and remembers previous years’ groups, including a workplace team and team of her and her family members.

“It’s nice to have a collective target to aim for and watch as your team’s numbers climb,” Klassen says.

“The mental health benefits of fresh air and exercise in winter are worth the extra effort of getting outside for the challenge. I’m always amazed how great it feels to be outside and active ... suddenly February isn’t just a month to get through. It can be enjoyable.”

Find out more at greenactioncentre.ca/featured/bougeons-en-hiver-jack-frost-challenge/

THE PROFILE - HOWARD CURLE

PROFESSOR IN THE FACULTY OF THEATRE AND FILM

ALANA TRACHENKO

CITY EDITOR



Howard Curle’s introduction to film course may be one of the most quintessentially University of Winnipeg (U of W) classes there are.

Curle has been at the U of W since 2006, but his passion for film and general expertise on cinema make it hard to imagine a time that Curle wasn’t working in the faculty of theatre and film.

Curle studied history and sociology in university but eventually realized that film played a big part in his life and focused his attention there. When he saw the opportunity to attend grad school in New York, Curle jumped at it.

“It was an adventure,” Curle recalls. “New York was a turning point ... I don’t know, something about the city makes you work hard.”

After finishing school, he returned to Winnipeg and taught at the University of Manitoba before settling into his current job.

“I love teaching,” he says. “Students are media-savvy ... They’re very attuned to it, more so than my generation was when I was their age, so I find they’re more skeptical and as a result, want more than just superficial information.”

Curle’s current research involves film exhibition — in other words, how and where movies are shown.

“When you do a course on film exhibition on a particular city, you end up doing the history of that city,” Curle says. He hopes to publish a book on the topic in the future.

WHAT WERE YOUR FAVOURITE MOVIES THIS YEAR?: *Manchester by the Sea*, and *Hell or High Water*. That’s a curious movie because ... it’s a crime story ... but also evokes the current economic straits that a lot of working class people are in. It sort of pertains to the political situation too because you can see why some folks were voting for Trump.

WHAT WAS YOUR WORST GRADE?: I failed a geography course ... I didn’t apply myself. That’s the phrase they used back then.

WHAT IS YOUR SUPERPOWER?: To increase everyone’s tolerance of others. Introducing other perspectives, other points of view. Getting students to see images of people wearing a different set of shoes.

WHAT IS THE LAST BOOK YOU READ?: A recent collection I liked is called *Known and Stranger Things ...* and *The Other Paris*. It’s an illustrated history of bohemian Paris.

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LEARN TO LOVE YOURSELF THIS VALENTINE'S DAY

University promotes body positivity and eating disorder awareness

JUSTIN LUSCHINSKI

CAMPUS REPORTER



With Valentine's Day around the corner, romantic love takes centre stage. However, self-love is just as important, especially when it comes to relationships with food.

It's Eating Disorders Awareness Week, and health and wellness peer educators are working with the University of Winnipeg (U of W) Jack.org chapter to promote it.

Danielle Sicotte is helping run the week's events. She says many students struggle with eating disorders and body positivity, and it's important to let everyone know that they're not alone.

"We did an event last year where we wrote body-positive quotes on the bathroom mirrors, and there was a huge response," Sicotte says. "(Students) were saying, 'Hey, that was a really nice quote I saw in the mirror today,' so we want to continue to promote that."

Throughout the week, there will be wellness and body positive events going on in Riddell Hall, including a "Love Your Body" photo booth and a Valentine's Day promotion where students can make valentines, whether they want to send them to someone or just keep them for themselves.

Sicotte says that although eating disorders can affect anyone, students are especially vulnerable to these issues.

"It's important to be able to talk about subjects that make people uncomfortable, specifically in high school, before they come to university," Sicotte says. "(It) is such a difficult and trying time for students, especially for students with anxiety and depression, or if you're living on your own, away from friends and family."

Lisa Naylor is a counsellor for the provincial eating disorder prevention and



ILLUSTRATION BY LUIS MAMANI ROJAS

recovery program at Women's Health Clinic. She says that in order to support someone dealing with an eating disorder, they need to seek out counselling if they feel the need to diet to curb their anxiety.

"If people notice that they have a lot of perfectionism tendencies, or anxiety or obsessive compulsive issues, it's important to get help for that," Naylor says. "The culture promises that if you just go on a diet or lose some weight you'll feel better ... Go and talk to a counsellor if you're feeling really anxious about how things are going in school."

According to Naylor, there are certain groups of people who are more susceptible to developing an eating disorder. If a student has a history of dieting, that is also a huge risk factor.

"Dieting distracts people from their body's natural cues for hunger and fullness ... People become physiologically hungry

whenever you're reducing your energy intake," Naylor says. "Your brain drives you to eat in order to meet that need."

According to Naylor, dieting often leads to people just regaining the weight they lost. Sometimes they gain even more than when they started. This leads to people going back on a diet, which then fails, and it's a constant cycle that can be potentially harmful.

Sicotte says it's important to love the body you have.

"I think there's a lot of struggle with this, especially from the media's standpoint ... We're really just trying to promote that loving your body can occur at any stage and any size."

If you struggle with an eating disorder, visit eatingdisordersmanitoba.ca

BIG TURNOUT FOR OJIBWE LANGUAGE COURSE

Language immersion course looks to keep the culture alive

JUSTIN LUSCHINSKI

CAMPUS REPORTER



The classroom is packed with mostly women. They all look in awe as a delivery person from Feast Bistro pulls out foil trays filled with steaming bison meatballs, fresh bannock and other First Nations delicacies.

The instructor, Darren Courchene, takes a few small helpings from each item of food and asks Gloria Gregory, from Rolling River First Nation, to say a prayer over the meal. The plate of food is passed to her, and she seems nervous at first. She makes a few jokes and the rest of the class laughs, but she struggles to remember how to start the prayer.

Courchene suggests a few phrases she could start with. Then Gloria runs with it, saying in Ojibwe that she acknowledges all of creation for the food and says that she hopes this food nourishes us, and sustains us.

Gloria Gregory and her sister Marie enrolled in the introduction and intermediate Ojibwe immersion courses to help keep the language alive on their reserve. Marie is looking to speak the language, while Gloria is trying to re-learn some of the trickier words.

"Ojibwe was my first language," Gloria says. "Me and my brother are the only ones in our family that know how to talk (in Ojibwe). My sister can ..."

"Understand," Marie says.

"Understand it, but can't talk it. I guess she could do it if she tried, but she claims that she sounds funny," Gloria goes on.

"Yeah, I put the emphasis on the wrong part of the word, which totally changes what you're trying to say," Maria says while laughing.

Courchene is the instructor for both the Ojibwe language courses. He says he didn't expect such a great response to the course.

"When I checked WebAdvisor on Tuesday, there were only about three students registered for the course. I was like 'oh, this will be interesting, three students,'" Courchene says. "When I saw that 35 people came today, I said 'wow.' I've never had that many students get into a language program."

If you wanted to greet someone in Ojibwe, you would say "Boozhoo" (pronounced: Bow zsh oh). This comes from



PHOTO BY KEELEY BRAUNSTEIN-BLACK

The turnout for the Ojibwe language class surprised the instructor, Darren Courchene.

the name of a central figure in Ojibwe spirituality, Nanabozho. Nanabozho has a storied history in Ojibwe lore, but he promises to return to earth when he is really needed. "Boozhoo" is a greeting that honours him, while also asking the person you are greeting if they are the reincarnation of Nanabozho.

According to Statistics Canada, out of the more than 60 Canadian Indigenous languages, only three will survive the passage of time: Ojibwe, Cree and Inuktitut. There are so few people left speaking languages like Mohawk and Southern Haida that they're at risk of dying out completely.

Marie and Gloria say that the Ojibwe language is in danger on their reserve. Some of them can understand the language, but they can't carry a conversation in it.

"(My children) understand because their grandmother, on their dad's side, didn't know how to speak English at all ... She'd talk to them (in Ojibwe) ... so they understand it a bit, but not to the point where they can talk it. I don't either, but I can if I have too," Marie says.

"My daughter understands a bit of it. They all know the swear words," Gloria says, laughing with Marie.

For more information, contact Sarra Deane at s.deane@uwinnipeg.ca

A VISION FOR AN ANNIVERSARY WORTH CELEBRATING

Budgets are about priorities. Let's review the university's.

JESSE BLACKMAN

VOLUNTEER STAFF @JSSBLCKMN

This year, The University of Winnipeg (U of W) will celebrate the 50 years since United College became the U of W. The milestone is a time for nostalgia and festivities, but it should also offer a chance to reflect.

The university has many plans in place to make the anniversary memorable. These plans include bringing back movers and shakers of the past five decades for social events and forums, commemorative posters and downtown banners, and Wesmen-themed Fort Garry beer.

Bi-centennial spending will certainly highlight many of the university's strengths while overlooking areas where it could improve. Of course, this is a central feature to most large fundraising campaigns.

Cost-cutting measures have kept lights on and programs running, but they left an unsteady game of Jenga to be dealt with. U of W suffers from chronic provincial underfunding, vacancy management has pruned back vital portions of the campus

ecosystem, and services for students have not expanded to keep pace with demands.

Focusing funds towards several internal projects, instead of boosterism, would give students much more to celebrate. As the university's mission statement states, "our primary responsibility is to our students."

Investing in education is paramount and can be done through hiring more faculty. Smaller class sizes allow more opportunities for students to build relationships with faculty. Increasing the number of permanent faculty would allow for a better balance between teaching, research and administrative duties.

U of W's new contract with markers, teaching assistants and research assistants is a step in the right direction toward paying academic support staff fairly. The elimination of two senior administrative positions at the end of January, saving the university more than \$250,000, is another step in this direction.



ILLUSTRATION BY LUIS MAMANI ROJAS

The mission statement goes on to say "we view both accessibility and excellence as important goals." Services on campus exist to allow students to overcome challenges and live up to their full potential.

Yet wait times for seeing an academic advisor or counsellor are representative of a wide issue of understaffing. Piecemeal tutoring programs exist across campus but are underfunded. More resources for accessibility services, the Aboriginal Student Services Centre and international student services would expand their ability to fulfill their functions.

As part of the university's commitment to access and excellence, there needs to be a concerted effort to give students the opportunities they need to get out the door and graduate. This is about equitable opportunities, not reducing educational expectations.

"Understanding the ethical problems facing our society" is a key resolution of the mission statement.

To avoid embarrassing hypocrisy, it is incumbent upon the administration to divest from fossil fuels, become a living wage employer and cement a plan to eliminate tuition fees for all students.

The university sells itself, in part, on Indigenization, but has roughly \$2.5 million invested in resource extraction. Despite encouraging ideals like critical thinking, democracy and community service, the university has contracts for security staff, for example, that pays workers less than a living wage while administrative salaries bloat. The university wants to be accessible, yet it increases tuition fees on an annual basis since 2008.

If for its 50th anniversary, the university wants to step up to its mission, then there might be something to celebrate. Until then, the pomp and pageantry will lack substance.

Jesse Blackman is a former vice-president with the University of Winnipeg Students' Association.

CANLIT AUTHORS MUST PUT VICTIMS FIRST

Fair trials needed for both the accusers and the accused

MEGAN LINTON

VOLUNTEER

Through November and December, 93 members of the CanLit elite signed a letter shaming the University of British Columbia (UBC) for their lack of due process in regards to the treatment of the Steven Galloway case.

Steven Galloway was the chair of the creative writing program at UBC who was released from his position after months of investigation and several reports of sexual harassment, bullying and assault.

The open letter titled "An Open Letter to UBC: Steven Galloway's Right to Due Process" was penned by Joseph Boyden and signed by writers such as acclaimed feminist Margaret Atwood, Carmen Aguirre and 90 other writers. The letter calls for "due process and fair treatment for all," while referring to the victims a meagre one time.

The letter continually asserts the rights for Galloway, a privileged cis male professor, to receive fair trial. Privileged white men are not historically wronged by the Canadian justice system. Although defenders of the letter say accusers deserve a fair trial as well, they do nothing to mention the misogyny in the Canadian

judicial system and the systemic patriarchal forces that silence victims.

The letter came under fire by *The Globe and Mail*, CBC, *The Huffington Post* and the vast majority of Canadian media outlets. In response to this, 28 of the authors penned statements, attached to their signatures on the letter, ranging from anger over the hurt survivors had felt from the letter to tender apologies over the effect of their name.

They apologized for the wounds they had caused. They used their words to scream at the university for its failures. They used their words to assert that signing the letter was a voluntary decision. And yet, while apologizing, while yelling, they refused to change their letter.

So many of them acknowledged that the letter hurt and silenced victims and other women, and yet they did nothing to change the narrative that they created. Women have long been silenced from the effects of victim blaming, and this letter added more victim blaming to the already over-saturated rhetoric society has created.



ILLUSTRATION BY GABRIELLE FUNK

The letter has long since been forgotten since the controversy surrounding its primary author, Joseph Boyden, has arisen. As such, the signatories found the perfect time to publish a second, more apologetic letter.

Entitled "Procedural Fairness for All," the second letter begins by acknowledging the social media backlash to the first letter and that it defamed many of the feminists who signed it. After acknowledging the hurt they felt about the angry tweets and unfavourable articles about them, they go on to acknowledge the rights of the accused.

They say they stated the rights of the accused all along. However, if they acknowledged the rights of accused all along, then why did 28 of the signatories write independent statements, why did they need to pen a second letter, and why did thousands of victims feel silenced by the letter?

They took seven paragraphs to assert that they were right all along, to show that the tweets hurt them, and they took three paragraphs to acknowledge the hurt they inflicted on victims, to acknowledge the consistently absent justice that victims receive.

The second letter did not dismantle the misogyny, victim blaming, and patriarchal violence that the first letter created. The second letter did little to repair the hurt of the first letter, the second letter was little more than a conscience-clearer for the CanLit elite.

The second letter can be a stepping stone to a third letter. A third letter that should see that the first two letters are deleted. The third letter should see even distribution of the importance of fair trials for both the accused and the accuser.

Megan Linton is a University of Winnipeg student, avid reader and women's rights activist.

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SOLUTION TO LAST ISSUE'S PUZZLE

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THE UNIVERSITY OF
WINNIPEG

Student Services

STUDENT SERVICES

The Student Services staff of The University of Winnipeg provides the student body with current information and opportunities. This information is updated weekly.

AWARDS AND FINANCIAL AID

T4A Tax Forms

If you received an award through The University of Winnipeg in the 2016 calendar year, a T4A income tax form will be mailed to you in February. T4A's must be submitted to Canada Revenue Agency. However, the award money only needs to be reported as income if:

- You are not eligible for the full-time or part-time education amount, then any awards above \$500 must be claimed;
- You are full-time and can claim the full-time education amount, then awards are not taxable up to the total amount required to support you in the program.
- You can claim the part-time education amount the scholarship exemption is up to the tuition fees and costs incurred for program-related materials.

This information was obtained through CRA website: www.cra-arc.gc.ca. Please visit their website or speak with an accountant or tax professional for more information.

Award Applications Currently Available:

Graduate and Professional Studies Expenses Bursary

For students in their final year of an undergraduate degree program applying for Graduate or Professional Studies. Deadline: Once funds have been exhausted.

To obtain application forms, go to www.uwinnipeg.ca -> Click "Student" -> Click "Awards and Financial Aid" -> Click "In-Course Awards (current students)"

STUDENT CENTRAL

June Graduation

Finishing your courses in April? Interested in graduating this June? The deadline to apply for spring graduation is Wednesday, February 15. Go to the "Student Planning/Registration" link on WebAdvisor. Click on the "Graduation" tab and apply to graduate.

Reading Week

Reading Week is February 21-25. The University is closed Monday, February 20th for Louis Riel Day, but will be open for the remainder of the week.

Feb 16 Closed - Louis Riel Day

Feb 17 8:15am - 4:00pm

Feb 18 8:15am - 8:00pm

Tax Receipts

T2202a tuition tax receipts for 2016 will be posted on WebAdvisor on February 28th.

Rent a locker today!

To rent a locker:

- choose a locker location & type - see below - or specify a couple of locker numbers
- choose a rental time frame - see below
- go in-person to Student Central, OR fill out the form online: www.uwinnipeg.ca/lockers

Locker Locations & Types Available (Student Central rents various sizes and types of lockers including full or half size, single or two-person):

- Riddell Hall Tunnel - full-size
- Lower level Manitoba Hall - full-size
- Third floor Richardson College for the Environment and Science - half-size

Locker Rental Time Frame: Winter Terms (now - April 21, 2017) - \$20.00/person

Locker Regulations:

- All locker assignments are FINAL and NON-REFUNDABLE. No switching permitted. Choose your preferred locker area(s) or number(s) before you request a locker.
- All full-sized lockers can be rented by up to two people. If you have a locker partner, they MUST pay the \$20.00 per student per term fee and register as your partner with Student Central. They will need to be able to tell us the locker number and location, as we cannot pair people up only by name.
- Locks are to be provided by students. We advise that you invest in a good-quality lock.

4. Unauthorized use of a locker will result in the lock and contents being removed.

5. Check your locker and contents as often as is practical.

6. Lockers must be emptied at the end of each rental period.

Unauthorized use of a locker will result in the lock and contents being removed.

STUDENT RECORDS

2017 Spring Term Registration

Look for your registration start date and time at the end of February. Check your UW Webmail email account, or log into WebAdvisor and click "View My Registration Time."

Your registration start date and time is the earliest you can register. Registration times are assigned based upon credits earned and GPA as of December 2016.

For more information please visit: uwinnipeg.ca/registration

PHONE: 204.779.8946

| EMAIL: studentcentral@uwinnipeg.ca



CALL FOR VOLUNTEERS

WRITERS, ILLUSTRATORS AND PHOTOGRAPHERS

Writers, contact the Volunteer Coordinator:

Stephanie Berrington >> volunteer@uniter.ca

You can also stop by The Uniter office (Room ORM14 in the Bulman Centre at the U of W) every Wednesday at 12:30 p.m. for a volunteer orientation. Orientations will resume Jan. 4. We'll cover the basics and give you more of an idea of what writing for The Uniter is all about, and after that you can get started anytime.

Illustrators, contact the Creative Director:

Bryce Creasy >> creative@uniter.ca

Volunteer illustrators are visual artists who provide some of the eye candy that goes along with many of our articles. We'll send you an outline of technical requirements and a weekly list of possible assignments to choose from.

Photographers, contact the Photo Editor:

Daniel Crump >> photoeditor@uniter.ca

If you're looking for variety, our volunteer photographers cover events as well as shooting fashion streeters, headshots and local landscapes. We'll send you the assignment list and help you connect with the subjects. Get ready to share your photos with the city!



Warm up & Chill out

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The COMMON

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The Uniter is the official newspaper of the University of Winnipeg and downtown's urban weekly. We publish every Thursday during the school year, distributing 4,000 copies around campus and to over 70 locations in Winnipeg's urban centre.

To book an ad, contact Charmagne de Veer at **204-786-9790** or businessmgr@uniter.ca.

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Congratulations to academic capacity workers on campus—including markers, teaching assistants, lab demonstrators, and tutors—on achieving a first collective agreement with significant gains!

Visit prairies.psic.com/uofw55600 to read the full collective agreement and to learn about the improvements to your wages and working conditions.

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