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Anti-Violence Rally Draws 500 Winnipeggers

Alan MacKenzie

BEAT REPORTER

candlelight vigil in remembrance of a suburban Winnipeg teen killed on Thanksgiving night doubled as a rally against violence last week.

According to security guards, over 500 people showed up at the Legislature grounds on Monday, Oct. 24 to support Isora Van Dreser, girlfriend of Phil Haiart, an innocent bystander who was shot on Oct. 10 in the city's West End. Van Dreser organized the Oct. 24 event with her mother, Susan.

An emotional Van Dreser announced that the date was chosen because it would have been Haiart's eighteenth birthday. She told the crowd that her loss helped her realize the pain others experience when they lose loved ones to violence.

"I'm sorry I did not understand and I am sincerely sorry for your losses," she said. "Why did it have to take the death of my boyfriend to get our attention? I don't know all the answers, but I do know it is too late for our loved ones. Now I will stand in solidarity and fight this fight with you."

Van Dresser said she called the rally to gather support from Winnipeggers to fight for stronger laws against violent crimes. She also pleaded for people to stop using drugs and soliciting prostitutes, as these acts support violent gangs.

Local musician Declan McGarry, an acquaintance of Haiart's, sang two songs near the end of the event - one called "On Time" he wrote specifically for the occasion. McGarry said he feels the killing has shocked so many people because Haiart was an innocent bystander when he was shot, and because he happened to be a suburbanite.

"That's their world," McGarry said of

"Now the violence has entered our world, and you realize the two worlds are not so different from each other." - Declan McGarry

residents of more violent core-areas of the city. "Now the violence has entered our world, and you realize the two worlds are not so different from each other."

Joe Hearn, a physically disabled core-area resident who attended the rally with his wife Louise, a director with the Independent Living Resource Centre, said he would like to see city streets "reclaimed."

"I don't think putting gang members in jail is the answer," he said. "I think it needs to be more social."

At one point, Van Dreser opened the microphone to attendees who lost friends and family members to violent crimes, and 29 people spoke, sometimes graphically, about the deaths of their loved ones. Among those who spoke were the families of Joseph "Beeper" Spence, who was fatally shot at the age of 13 in a gang-related incident in 1995, and Candace Derksen, also killed at age 13 in 1984; her killer was never caught.

Several city councilors and Mayor Sam Katz attended the rally, which was sponsored by local businesses including Staples, Long and McQuade and Q1 Technologies Inc. Justice Minister Gord Mackintosh was also there and spoke to the crowd, some of whom shouted that he and his policies are part of the problem.

"We come from different perspectives," he said, "but we all agree on one thing--that there must be new and stronger ways to conquer violence. Violence is not just another score in a video game, or a body count in a movie. It is horribly painful and can disable a family for generations."

Katz did not speak at the rally, but the next day he announced at a news conference that a special police unit, part of an effort dubbed Operation Clean Sweep will take to the streets in November to tackle gang violence.

Operation Clean Sweep, according to a Winnipeg Police media release, will add over 40 police officers to target gangs, drugs and prostitution in areas the police believe need the most help.

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COVER IMAGE

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Amy Dhillon, election comissioner; and Alon Weinberg oversee voting at last week's by-election

David EisBrenner

On the surface, not even last week's electoral candidates. Though there were six candidates at the beginning of the recent electoral race, there was a short time when only two people's names were slated to go on the ballot, lending to the appearance that voters weren't the only people not caring about the election.

Late in the race -- specifically the Friday before polls opened -- the deadline for candidates to hand in their expenditure forms from the campaign period passed with only two people fulfilling their obligations. Ben Wickström, the Chief Elections Commissioner for the University of Winnipeg Students Association, even extended the deadline from 12:30 until 5:30, but to no avail.

According to Wickström, the deadline

was "stated at the first meeting, which was October 7th" and it was something that he had made "very clear at the meetings" that the "deadline [was to be taken] very seriously because it's at the heart of the election being

In spite of this, four out of six candidates were disqualified due to a failure to hand in their paperwork. Two of those candidates, Shaguna Mathur and Catherine McLeod, were later reinstated after appealing Wickström's decision successfully. Both cited personal reasons for not being able to meet the deadline. Mike Law and Jennifer Claydon were both disqualified and did not successfully utilize the appeals process. Neither of them were available for comment.

The failure of Law and Claydon to stay in the running changed the face of the election quite dramatically. Law's disqualification left the position of Part Time/Mature Students' Director open until the next General Election while Claydon's changed the one contested position, that of Adaptive Services Director, to a Yes/No vote for McLeod, which she won.

The outcome of the election, both in turnout and candidate performance, would have been relatively easy to predict for someone in attendance at the candidate speeches. If you were one of the two students who showed up without being obligated to be there, you would have seen that only two of the six candidates showed up to give a speech and the none of the others exercised their right to send someone to speak on their behalf. The two who gave speeches happen to be the same candidates whose expenditure forms were turned in on time: Stephen Whitmore and Tanya McFadyen. They were elected Lesbian, Gay, Bisexual, Transgendered* Director and Vice President Internal, respectively.

With an estimated voter turnout of 2 percent over four days, it's easy to think that the student body doesn't care how the Students' Association is run. While that is true of some people, many students didn't even realize that an election was going on. In talking with students outside the room containing the candidate elections, comments such as "[the UWSA and candidates] should put up more posters... especially colour posters" were common as students talked about how they didn't feel informed about the election or the candidates. Shaguna Mathur, the newly elected Science Director, recognized a need for the UWSA to "spread the word around more" as it is "there to represent the students". She also pointed out that students need to take the time to vote "because this is affecting them

MuchMusic Madness Hits the U of W

"I think they're looking

for someone who

stands out, someone

who is extremely

unique." - Neena

Schrieber

WHITNEY LIGHT

BEAT REPORTER

ights, cameras, and the pumped-up enthusiasm of the MuchMusic VJ Search Team took over the Bulman Centre on Oct. 25, offering any who were willing the opportunity to strut their stuff in front of friends, fellow students, and ultimately a discerning panel of judges.

The event was part of the ongoing 2005 VJ Search, a tradition that the music station began in 1995 much to the delight of audiences and those seeking the "top spot" in Canadian TV stardom. For ten years, the coveted role of video-jockey has been decided by viewers of a TV elimination of ten finalists chosen from

thousands of mailed-in video-tape auditions. As host Aliya put it, "We are hiring for the temple of rock'n roll in Toronto!"

A slow but steady stream of hopefuls came out for the opportunity, many simply passing by and registering on a whim. Each audition was given two minutes in front of the camera - just enough

time to state one's name and flaunt a little personality, while the vibrant blue stage display provocatively challenged one with the words "expose yourself."

"Step it up," Aliya warned, "because at the end of the day we will be looking at 3000 entries." Various tactics were tried, from passionate pleas to comic entertainment.

"I think they're looking for someone who stands out, someone who is extremely unique," said Neena Schrieber, a second-year Science student.

Schrieber was second to take the stage. Despite admitting to some nervous feelings, she calmly pointed out, "What's the worst that can happen? I'll make a fool of myself in front of a bunch of strangers... and my friends - well, they already know that side of me." That light-hearted spirit persisted throughout most of the day, as contestants gave it their best shot without too many expectations for receiving a call-back.

The best auditions seemed be those done impromptu, ripping through a spontaneous, honest snap-shot of personal style. But being oneself while the clock's ticking and the film's rolling is no easy feat.

What made it difficult, said Andrew Ward, was "being on

the spot in this formal setting."

"I can be (funny) around a group of friends, but I [felt] alone on the stage. I [was] in

University of Winnipeg student Sean Spence and a Much Music host converse during the Much Music VJ search, held last Tuesday in the Bulman Centre at the University of Winnipeg

"Having your

freedom taken away

from you is the

most horrendous

experience."

-Michael Austin

the spotlight and couldn't see who I [was] talking to."

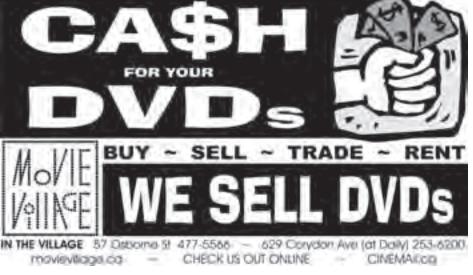
Interspersed with auditions, Aliya and co-host Jesse warmed up the crowd with a few "classic" MuchMusic games such as the Dance Off, in which participants boogie down anyway, anyhow to garner the winning noise-level of audience applause. The contests livened up the audience and offered promo-gear prizes to winners.

The MuchMusic VJ Search Team is touring across Canada to tape auditions in 21 cities. The tour winds up in November at the University of New Brunswick. Those who missed the taping on Tuesday can still mail in home-video audition tapes up until Dec. 19 at midnight.

At that point, Much staff will sift through the entries to come up with a list of 20 finalists. In an intense TV elimination round, the group will be whittled down to ten potential VJs.

In a new twist celebrating the 10th anniversary of the VJ search, the final selection will be made by viewers of a 10-episode reality TV series titled *MuchMusic VJ Search: The Series.* In a downtown Toronto penthouse, the ten will battle it out on candid camera 24/7 through "a variety of challenges in which they must prove their skills, style, personality, and character," according to the Much website.





Wrongfully Convicted Speak Out at Conference

RACHAEL BUCKINGHAM

"My lawyers said you can't be convicted of something you haven't done...they were wrong," were the words of Ronald Dalton that rang throughout the room at the Unlocking Innocence Conference, an international conference on avoiding wrongful conviction.

Dalton, a man who spent nine years in a Newfoundland prison after being wrongfully convicted of strangling his wife, was one of the highlighted speakers at the conference at the Fairmont on Oct. 20-22 Thirty-five other keynote speakers and over 400 registrants participated in the event.

An overriding theme of the conference was the emotional and psychological effect

that a wrongful conviction has on a victim, and consequently their families.

"There is a devastating effect on the family of the wrongfully accused," said Peter DeCarteret Cory, one of the organizers of the conference.

Joyce Milgaard, a woman who fought ruthlessly for 23 years to free her son David from prison for a crime he didn't commit, fully agrees.

"It wasn't going to be just David that was suffering," she said, further stating that "every time we wrongly convict someone, we sentence them and their families to injustice."

However, the most prominent effects of a wrongful conviction appear to be evident in the individuals themselves.

"Having your freedom taken away from you is the most horrendous experience,"

said Michael Austin. Austin is now a free man after spending 27 years in a Maryland prison following his being wrongly convicted of robbing a grocery store and shooting the

security guard on duty.

Dr. Adrian Grounds,
a senior lecturer in
Forensic Psychiatry at the

Forensic Psychiatry at the University of Cambridge, UK, devotes much of his study to the psychological after-effects of being wrongfully convicted.

"Most of the individuals are changed in personality," he said. "It's like when somebody

has a stroke, you have to be taught how to do things again."

Jennifer Thompson, a rape victim whose eyewitness testimony sent an innocent man to jail for 11 years, provided a different perspective. She described her initial reaction to the news of her error.

"What do you say? Everything that you think to be true isn't true," she said. "I've taken away 11 years of a man's life."

She also stresses the importance of identifying and acknowledging the growing

number of wrongful conviction cases.

"These men and women are not disposable. They are sons and daughters, husbands and wives, and mothers and

stated.

The organizers of the conference, Peter DeCarteret Cory and Bruce A. MacFarlane, had a similar view when they began plans for the conference a year and a half ago.

fathers," she firmly

"Talk is fine and wanting to identify

problems is fine, but you need action," MacFarlane stated in a media conference. By holding the international conference, they hope to raise awareness of the growing number of wrongful convictions taking place worldwide.

"In the small jurisdiction of Newfoundland there were three wrongful convictions in five years," Ronald Dalton said.

The blunt truth: study shows marijuana increases new brain cell growth

Research points to marijuana as possible antidepressant

By Juanita King

THE MUSE (MEMORIAL UNIVERSITY OF NEW-FOUNDLAND)

T. JOHN'S (CUP) -- Supporters of marijuana may finally have an excuse to smoke weed every day. A recent study in the Journal Of Clinical Investigation suggests that smoking pot can make the brain grow.

Though most drugs inhibit the growth of new brain cells, injections of as synthetic cannibinoid have had the opposite effect in mice in a study performed at the University of Saskatchewan. Research on how drugs affect the brain has been critical to addiction treatment, particularly research on the hippocampus.

The hippocampus is an area of the brain essential to memory formation. It is unusual because it grows new neurons over a person's lifetime. Researchers believe these new cells help to improve memory and fight depression and mood disorders.

Many drugs – heroin, cocaine, and the more common alcohol and nicotine – inhibit the growth of these new cells. It was thought that marijuana did the same thing, but this new research suggests otherwise

Neuropsychiatrist Xia Zhang and a team of researchers study how

marijuana-like drugs – known collectively as cannabinoids – act on the brain.

The team tested the effects of HU-210, a potent synthetic cannabinoid similar to a group of compounds found in marijuana. The synthetic version is about 100 times as powerful as THC, the high-inducing compound loved by recreational users.

The researchers found that rats treated with HU-210 on a regular basis showed neurogenesis – the growth of new brain cells in the hippocampus. A current hypothesis suggests depression may be triggered when the hippocampus grows insufficient numbers of new brain cells. If true, HU-210 could offer a treatment for such mood disorders by stimulating this growth.

Whether this is true for all cannabinoids remains unclear, as HU-210 is only one of many and the HU-210 in the study is highly purified.

"That does not mean that general use in healthy people is beneficial," said Memorial psychology professor William McKim. "We need to learn if this happens in humans, whether this is useful in healthy people, and whether THC causes it as well."

McKim warns that marijuana disrupts memory and cognition. "These effects can be long-lasting after heavy use," he said. "This makes it difficult to succeed academically if you use it excessively."

"Occasional light use probably does



not have very serious consequences. [But], there is some evidence that marijuana smoke might cause cancer."

Still, the positive aspects of marijuana are becoming more plentiful as further research is done. McKim says it's not surprising that THC and compounds like it could have medicinal effects.

"Many have been identified," he

said. "It stimulates appetite in people with AIDS, it is an analgesic and blocks nausea in cancer patients undergoing chemotherapy, and it treats the symptoms of glaucoma."

The research group's next studies will examine the more unpleasant side of the drug.

University Seeks Public Input in its Plan to Redevelop Spence Street Building Synergy Between the University and Downtown Top the Agenda

Vivian Belik

News Editor

etween 50 and 60 University staff, students, faculty, and community members gathered in Riddell Hall last Wednesday night to discuss the future direction of the proposed Spence Street redevelopment project.

Hundreds of people were invited to attend the forum to voice their opinions about what they would like to see in a redesigned version of Spence Street.

Attendants at the forum were first introduced to George Dark, urban designer for Prairie Architects Inc., the Winnipeg design firm that has been commissioned by the University of Winnipeg to sketch out the blueprint for the future of Spence Street.

Prairie Architects Inc. is responsible for the acclaimed environmentally friendly Mountain Equipment Co-op building in Winnipeg, and employs architects who have designed architectural plans for campuses across the continent.

The need to create synergy between the university and its downtown surroundings was most prominent in the presentation delivered by the designers from Prairie Architects Inc.

To demonstrate the importance of the university's location, Dark took attendants through a sleek computerized tour of campus renovations that have been carried out by two other downtown universities, namely the Universities of Ottawa and Toronto. Using these two universities as colourful



"Cities that have

universities

embedded into

them are very lucky."

George Dark

Students and community members discuss future plans for Spence Street at the Spence Street Redevelopment forum

examples, Dark explained how it is possible for downtown campuses to better integrate themselves into their urban surroundings.

"Cities that have universities embedded into them are very lucky,"

Dark illustrated how the University of Winnipeg could take better advantage of its surroundings and create stronger links with the community. Creating nearby housing for students, building a park that will act as a focal

point for all downtown residents, incorporating land on both sides of Portage Ave. and bringing in more student-oriented businesses were only a few of the ideas that Dark put forward.

Dark believes that the area surrounding the university is a real estate goldmine and that the university needs to take advantage

> of its proximity to such things as the CBC building and the Spence Neighbourhood community centre.

> He emphasized that whether students and staff acknowledge it, the university "affects the downtown" and that its influence has the ability to "lift the surrounding

area up."

Creating better linkages between the university and its downtown neighbours was

also on the minds of those in attendance. Following Dark's presentation, participants were invited to stay and talk about what they would like to see happening in the future at the University of Winnipeg.

International development student Natasha Hnywyuk believes that the university needs to focus on becoming more community-oriented.

"The university should be more accessible – more open to the community and the surrounding environment," said Hnywyuk.

Carlos Vialard, manager of settlement services at Welcome Place, an immigration council situated near the university, would like to see "more housing, proper green space and recreation opportunities" at the University of Winnipeg.

Vialard was also interested in creating summer programming for new immigrants to the city and to bridge the gap between the U of W and community organizations such as Welcome Place.

There was a diverse set of responses from participants, all of which were recorded and will be used by the university and Prairie Architects Inc. in creating a comprehensive plan for Spence Street. The university is planning to hold a similar forum in the coming months to gain further feedback from the community.

As of now the only telltale features that indicate that Spence is indeed undergoing any sort of renewal are a blockaded street, some planters, and a few vinyl banners. But if the forum was any indication of what is to come, students, staff, and community members will soon be witness to a complete makeover of Spence that will go beyond just creating physical changes to Spence Street.

Students tear-gassed while protesting for free tuition in Quebec

Hundreds protest in capital, hope to restart last year's student strike

By Jesse Rosenfeld and Blake Sifton THE McGILL DAILY (McGILL UNIVERSITY)

UEBEC CITY (CUP) -- Five hundred students from around the province converged on Quebec City yesterday to demand free education. They marched through the city, descending on the National Assembly to mark the one-year anniversary of l'Association pour une Solidarité Syndicale Étudiante's (ASSÉ) call for a general student strike.

Students, who came from as far away as Montreal, Sherbrooke, and Rimouski, carried the message that free education is a right, and that the agreement ending last year's student strike was not representative or adequate to the steps of the provincial legislature.

"I am here to win my right to free education," said Laurence, a student from CEGEP de Vieux-Montréal.

Jérôme Charaoui, the Information Secretary of ASSÉ, stressed the importance of continuing to demand free education, which was ASSÉ's central demand in last year's student strike.

"We're here on the one-year anniversary of ASSÉ's call for a general strike. We are reminding the government, the media, and the public that the demands of last winter's



strike weren't met," said Charaoui. "We are demanding free education and greater accessibility to [postsecondary] education."

On the way to the National Assembly, home to the provincial legislature, students shouted slogans claiming that the \$103million re-invested in education last year was not enough, and that the government must end social oppression. Many chanted "Parti Québécois, Parti Bourgeois! Parti Libéral, Parti Patronale!"

Some students tore down municipal election signs and spray painted "free education" and "free society" on government buildings, while others threw paint at several banks, a McDonald's, and a Burger King.

Upon reaching the National Assembly, students were confronted with barricades keeping them from the lawn of the legislature. Students tugged at the barricade, which had few police officers stationed behind it. As a large section of the barricade was breached, 30 riot police emerged from the building, filling the gap in the broken perimeter.

"This is not the first time students have organized protests. Riot police are expected, especially considering the government's position.... [The government] is absolutely not willing to improve education in Quebec and they would rather send police than negotiate," said Charaoui.

As the riot police reached the gap they were met with a volley of projectiles. A standoff ensued in which rocks, sticks, paint, and smoke bombs were lobbed at the line of riot police. The under-prepared police were left to hold their ground.

The stalemate continued for about 25 minutes until the crowd wrenched paving stones from the ground to throw at the police, who responded by hurling several tear gas canisters.

While recovering from a dousing of tear gas, demonsatrators stayed on message.

"When ASSÉ made demands, the first demand was free education. When FEUQ [la Fédération Étudiante Universaire du Québec] and FECQ [la Fédération Étudiante Collégiale du Québec] got their hands involved, the focus became the \$103million," said one student from the CEGEP Vieux-Montreal, referring to the more moderate provincial student lobby groups and their demand that the government reinstate money it had cut from student

After the tear-gassing, the crowd regrouped in front of the police line. But this time, instead of hurling more projectiles, they danced as a masked girl played a Quebecois folk song on the accordion.

Ward Churchill Speech Cancelled after Aboriginal Groups Voice Concern

"Bringing him here would

have caused a firestorm of

controversy and it's just not

worth the money." Andriy

MICHALCHYSHYN

Expenses for his accommodations won't be refunded to USWA

Leighton Klassen Senior Editor

Ward Churchill, a controversial advocate for indigenous peoples' rights, will not be coming to speak at the University of Winnipeg on Nov. 4 after several aboriginal groups throughout the city and across the country brought their concerns to the office of the UWSA.

The official decision came on Oct. 25 at a UWSA board meeting where members in attendance formally voted against him speaking.

"It was a decision at a board meeting to cancel his talk because of concerns by aboriginal groups and also from the Kelly family (family of Ward Churchill's deceased wife) because it would cast his credibility in a bad light," said UWSA vice president advocate of student services Andriy Michalchyshyn

Some of the groups in opposition were the Assembly of First Nations (AFN), Southern Chiefs organization (SCO), Assembly of Manitoba Chiefs (AMC), and the Ojibwas of Onigaming First Nation.

Robert Kelly, the Chief of the Onigaming First Nation - based out of Ontario - sent a letter to the UWSA, claiming that Churchill had written a book containing defamatory material regarding his deceased wife and her family, and that his presence would not be well received in the aboriginal community.

"As the leader of my community, I feel it is imperative that I provide some protection for the safety and well-being of my members, and further believe that Mr. Churchill should not be in a position to speak on behalf of First Nations peoples," the letter reads.

Wayne Nelson, the University of Winnipeg Aboriginal Student Council codirector can second the concern – he confirms the aboriginal community would have taken action if Churchill had spoken.

"I've talked about it with a lot of people, including my chief, and he even said they were planning action - there would have been some action against Ward," he said.

The UWSA wanted Churchill – Professor of Ethnic Studies and Coordinator of American Indian Studies at the University of Colorado to speak as part of the week's speaker series for a number of reasons, namely for his opinions on neo-colonialism and

neo-liberalism, were fully aware of his controversial reputation, UWSA president Kate Sjoberg says.

"Absolutely," Sjoberg says when asked if the UWSA was aware of his controversial nature. "Which is why we wanted

him to speak - to raise issues and create

Sjoberg says she did approach several community groups prior to the UWSA's official motion to invite Churchill to speak in late August, including the U of W Aboriginal Students Centre for their feedback - all of which she says supported his presence.

"We did float the idea around and the response was positive," she says. "Members (of the Aboriginal Students' Association) were (approached) and some were very supportive."

Although Nelson, and fellow codirector of the aboriginal student council, Angela Wandering Spirit, did not hold their current positions at the time the UWSA approved Churchill to speak, they say recent

conversation in council concluded there could have been more information presented to the organization by the UWSA on Churchill's history prior to the decision. They also both admit they didn't know about the controversy until aboriginal groups in the community brought it up only last week.

"The more we learned about it, I started to lean on the side of not inviting him," Mason

Sjoberg admits she expected some opposition, but not enough to call the gig off.

"Yeah, with some speakers some people are either not interested or disagree," she

When asked if she was surprised at the opposition, Sioberg responded affirmatively.

"In some ways, but we didn't receive any opposition until one person, Rhonda Kelly (sister of Ward

Churchill's deceased wife), came to us...Ward has ties to Winnipeg and it was made very clear that he would open up some of those old group wounds and we wanted to be careful of that," she said.

Michalchyshyn also didn't expect as much controversy and says there was no way of the UWSA knowing about the claims of defamation, abuse to women, and fraud, held against Churchill.

"Nobody knows about that," he said. "We didn't even get concerns until last week."

Protest action will no longer be a concern since Churchill will not be coming to town, but the repercussions reach the UWSA's budget. Approximately \$5000 used for Churchill's plane ticket and accommodations, among

other costs, will not be refunded to the

"It's not a small amount of money we could have done a lot with that," Sjoberg said.

Although Michalchyshyn says it's unfortunate the UWSA won't get the money back, he stands by the board's decision.

"Blowing a lot of money is bad, but bringing him here would have caused a firestorm of controversy and it's just not worth the money," he said. "Sometimes you have to take the moral high ground."

Reluctant to admit more background information could have been researched on Churchill prior to his booking, Sjoberg is confident similar situations won't happen.

"I think this is a very unique situation and it's not going to happen all the time," she says. "It's important to note that we voted on getting the speech and also voted to cancel it. As an organization we make a lot of decisions involving money that is in the budget and we have certain values. In this case the value is with the relationship with certain groups of people, which has caused the board to act in a certain way."

Mason says he can't say which way he would have voted if he were present at the board meeting in August because he didn't know what kind of background the UWSA provided to the members who were in attendance, but says the UWSA should approach aboriginal issues more cautiously.

"In a way there are concerns with aboriginal issues and we want to be more informed, and the aboriginal student president feels the same way," Mason said. "Sometimes we're the last ones to know."

Coming to terms with Canada's terrible environmental record

BY WILLIAM WOLFE-WYLIE
CUP ATLANTIC BUREAU CHIEF

ACKVILLE, N.B. (CUP) -- A report released by the David Suzuki Foundation and researched at Simon Fraser University in British Columbia, has found that Canada and the United States fail miserably when it comes to environmental responsibility.

Overall, Canada ranked a lowly twentyeight out of thirty industrialized countries worldwide.

While Canadians have long criticized over-consumption as a vice of our southern neighbours, the report shows that Canadians are simply pots calling the kettle black. Canada ranked in any one of the lowest four positions in a list of thirty countries which examined green house gas emissions, water consumption, sulphur dioxide pollution, nuclear waste, and carbon monoxide.

The environmental study also found that Canada has made little to no improvement since 1992. This should come as a major wake-up call for Canadians who have lulled themselves into a sense of non-responsibility, preferring instead to blame our neighbours to the south for over-consumption and consumerist economies.

Given this now-proven record of Canada's disregard for the environment, is it any surprise, then, that glaciers on Vancouver Island are retreating at a rate of up to twenty-five meters per year? That polar bears are having their hunting season cut short and can't store enough fat to survive the winter? Or that the Newfoundland Cod fishery has continued to decline despite a ban on commercial fishing of the species?

For years Canada has patted itself on the back for a multicultural policy not more than forty years old. We applaud our allowance of same-sex marriage when it was less than forty years ago that homosexuality ceased to be a criminal offense. And we have congratulated ourselves on our green countryside when it is fast disappearing beneath our feet.

In addition to those faults mentioned in the report, recent research has found that, in Canada alone, arctic glaciers have declined by approximately six per cent in the past twenty years, that some caribou herds in the North West Territories have shrunk by approximately three quarters, forcing hunters to reconsider their traditional practices.

Toronto and other major urban centers have recorded record numbers of smog advisory days with several days earning a "poor" or "very poor" rating, meaning that simply being outside is a health hazard on those days.

Deforestation in Quebec has also been linked to flooding in the southern areas of that province and a recent report has unveiled the likelihood of barrels upon barrels of the Vietnam-era defoliant "Agent Orange" buried under a New Brunswick military base.

It should not be forgotten that Alberta's growing popularity with the US and China is entirely due to its oil supplies. Nor should it be forgotten that much of Canada's international trade is based on the supply of raw materials such as softwood lumber, uranium, and fresh water.

While Canadians may be proud of their true North hinterland, strong and decisive action is required immediately if there is to be any hope of saving our once-prominent environmental resources.



From Both Sides of the Tracks

STEVE LOCKE

Н NORTH END GRANDMA'S HOUSE: My mom was the luckiest out of the whole of her side of the family. After Grandpa's heart attack and the expenses that came with it, mom, living in this very house, worked two jobs to earn enough money to go to university. She became a pharmacist, made way more money than the family ever dreamed of, and left

the North End to live in the suburbs. I was raised in St. Vital but spent a lot of time here, babysat by my grandmother. For the better part of three years now, I've been a resident of the North End. And I love it.

My family's history with poverty has made me so much more aware of the division there is between classes. When you're going north on Main, passing all those burned out hotels, it is easy to feel that you are in another world. You have crossed over to the bad side of the tracks, literally.

Most people I know in the suburbs roll up their windows before they hit Selkirk. I've been there too; trying to stay out of sight of those listless strangers hobbling up the sidewalk, hoping they don't wander up and ask for change. Sure, there are also all the news reports about trouble with gangs, drugs, prostitution, etc. It's easy to fear the North End and. well, justified. Grandma's had her share of scares, break-ins and what not. One time, some kids stole a van and ran it into her fence. My cousin was jumped last year and is waiting for surgery to fix his broken nose. Even I was mugged recently. It's definitely a rough neighbourhood.

Despite all the crime, the North End has lush greenery and an incredible natural beauty. Coming down the Rebchuk, the view is like a massive field of broccoli. Each street is like walking through a path in the forest. The sun is literally blocked out by the massive overhanging branches that reach across boulevards to touch those from across the way.

Despite all the crime, the people here are vibrant and sociable; sitting on bus stop benches, having a smoke, and shooting the breeze with complete strangers. Kids play barefoot in yards and playgrounds, and many a person can be seen riding their bike. Life has a certain charm. I can't remember my parents ever letting me



run around barefoot anywhere. Hell, where I grew up in St. Vital, no one ever talked to each other. My parents barely knew their neighbours and life was generally dull. Here in the city, things are *happening*.

I would recommend to anybody that they take a walk in West Kildonan Park along the river; that they bring their kids to play Frisbee or play at the brightly painted, clean playground. Bring your girlfriend to the flower garden with the cute little mushroom house. Have a round of golf in the links just off in the next field. Take a drive down Selkirk to see the building-sized murals and wonder for a second if that street could, with a little spic and span, become the main drag of another Osborne Village. It's been a long time since I've seen Selkirk prosper, and people forget how it once was – full of bakeries, meat shops and summer carnivals.

Despite middle and upper class

perceptions, 'the hood' is not that bad off. In fact, it's nothing compared to Vancouver's skid row or any place mentioned in rap songs. But it is run down and beat up. Outside the kitchen window, I see a boarded up house across the street. There's garbage everywhere, blowing up and getting stuck in the chain link fences. Sirens can be heard at all hours of the day, but it doesn't have to be like this. The people in this area, especially the alienated First Nations, deserve better, and all the building blocks of a

strong, vibrant community are there.

Winnipeg is now in a state of growth, creeping towards the population mark of one million, and the opportunity exists to restore the North End. These streets should no longer go unattended. Potholes the size of a small child go unattended for months, and the long grass beside the sidewalk continues to overflow until receding in the colder months.

And of course there are worse problems that need attention. From human rights to drug abuse issues, we do need to understand the plight of our neighbours better. We need to do this while remembering all the good things, all the potential, the North End holds. We need to tackle the problems without letting them make us afraid. We need to remember all the good people that are here too.





The Boom Box Bus

Daniel Blaikie

COMMENTS EDITOR

've complained to various friends of mine over the years about people who listen to their Walkman, MP3 players, etc. at high decibels on the bus. Excusing the tautology, responses have ranged from agreement, apathy, and disagreement. Members of the first two groups generally don't engage in the practice themselves, and so my concern is directed at those of the last.

The question was put to me recently: "What about people's right to listen to loud music if they want to?" This was in response to my suggesting that these listeners ought to have more respect for their fellow riders. The cute answer of course is to ask where it is written that people have an inalienable right to listen to loud music. This is the way to make a cheap point and precipitate a shouting match.

Extending the principle of charity to the argument in question, one notices that the questioner is in fact invoking the right to freedom of expression. Listening to music where, when and how one wants – I think the argument goes – is of a kind with having a right to wear what you want, when you want, where you want, and of being able to speak your mind.

[One might notice standards have nevertheless been developed such that we can speak of, and charge people for, indecent exposure. Perhaps an account of audio effrontery is not beyond our reach]

Parenthetical observations aside, we are often better positioned to assess an argument if we follow it to its logical conclusion. Imagine, if you please, and even if you don't, a bus whereon there is a lone person (A), enjoying the right to listen to loud music in public space. As it happens, A is a fan of Bach. It also happens that A does not have a pair of earphones, and has consequently had to employ a portable stereo in order to exercise his right. Some people on the bus are annoyed, but overall, classical music can to fade into the background, and A can enjoy his right with only a few dirty looks.

Enter (B), an avid MC Hammer fan with boom box straddling her shoulder. She too is aware of her right, and intent on exercising it. As 'The Hammer' elucidates his notion of depth, imploring his audience to "go deeper" – doubtless concerned listeners might not appreciate the profundity of his poetry – B becomes aware of another sound overtop her own. Bach had been turned up. A and B might have come to an understanding by moving to opposite ends of the bus, but when (C) and (D) embark, each with their own respective stereos, the situation is exacerbated beyond all hope of reconciliation.

Moreover, the bus has become a terrible place for the majority of riders who prefer to read, sleep, carry a conversation, or be alone with their thoughts on the bus [Is this a form of expression? Apparently not.] Suddenly, the price of gas doesn't seem so high. Their hands quiver, anticipating the next issue of Autotrader.

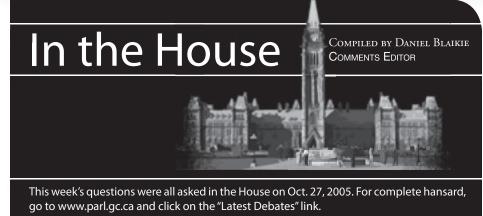
[Perhaps less loud music in public spaces could be incorporated into our Kyoto plan, when and if it comes.]

The distinction between portable stereos and personal audio devices is obvious. However, some people turn the volume up so high on their discman that they might as well have a stereo playing at low volume. When two or more of these people are on the bus, this becomes incredibly obnoxious. Unfortunately, there are enough people disposed to this behaviour that it is a frequent, recurring situation.

We might also imagine a situation wherein elevator music is played as a rule in our public transit vehicles, or a bus driver with an affinity for talk radio passes the shift listening to *Cross Country Checkup* or some such thing. This too would create a more oppressive atmosphere on the bus.

[When a gang takes over a park as a place to deal, it's still technically a public space, however unfriendly it may be to the public.]

We hear a lot about 'public space.' I would agree that it is something we need more of in our cities and communities. Public space as a place to gather, to chat, and to meet people, that is, not as a place where people can engage in, and subject others to, their private worlds simultaneously at high density and high decibels.



Conservative

Mr. Jim Prentice (Calgary Centre-North, CPC): Mr. Speaker, on Aug. 19 the people of Kashechewan met with the Minister of Indian Affairs and they begged for his help. He did nothing. For eight desperate, squalid weeks, these Canadians were poisoned by E. coli and hepatitis. This minister knew and he slept.

This minister cannot be trusted with the lives of those who cannot defend themselves, so on behalf of aboriginal Canadians in our society, who are the poorest of the poor, I ask this minister to resign.

The Speaker: I am not sure there is a question, but if the minister wishes to respond he may

Hon. Andy Scott (Minister of Indian Affairs and Northern Development and Federal Interlocutor for Métis and Non-Status Indians, Lib.): Mr. Speaker, I met with the people from Kashechewan in August. They gave me a proposal. We have been working on that proposal since August. It is a comprehensive solution for the people of that community and we will be presenting the proposal to the leadership of that community tonight.

BQ

Mr. Gilles Duceppe (Laurier—Sainte-Marie, BQ): Mr. Speaker, based on the polluterpay principle, rather than polluter-paid, the Quebec environment minister, who can hardly be described as sovereignist, or a PQ or Bloc supporter, has said, "Alberta will be cleaned up at taxpayers' expense." He went on, "I do not believe Mr. Klein needs Quebeckers' tax dollars to clean up his industry."

Are we to understand that not only does the government refuse to compensate Quebec for past efforts to reduce greenhouse gas emissions, but that it also wants Quebeckers to ante up twice?

Right Hon. Paul Martin (**Prime Minister, Lib.):** Mr. Speaker, I have just said that the Minister of the Environment is certainly prepared to sit down with his counterpart to discuss this, and intends to do so.

I would, moreover, like to take this opportunity to congratulate the Minister of the Environment on receiving the International Fund for Animal Welfare Animal Action Award yesterday. This is a Minister of the Environment who has the environment of Quebec and all of Canada at heart.

NDP

Hon. Jack Layton (Toronto—Danforth, NDP): Mr. Speaker, the degrading, dehumanizing and disgusting conditions in Kashechewan have appalled Canadians.

These people deserve respect. They deserve better than being told to bathe their babies in rancid water. They deserve better than constant flooding and third world conditions. They need a new community on high ground, as proposed by the First Nations originally before the federal government put their community in a sunken flood plain.

Will the Prime Minister commit today to rebuild the community on higher ground, and if not, why not?

Right Hon. Paul Martin (Prime Minister, Lib.): Mr. Speaker, as I have already stated in the House, our first priority is in fact the well-being of members of the community. We are very concerned about this totally unacceptable situation. It is for that reason that the Minister of Indian Affairs has already stood up in the House and said that he will be announcing, after he has had a chance to talk to the aboriginal leadership, the government's action plan.

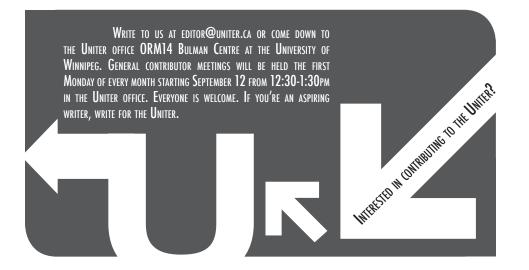


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THURSDAY, NOV 10th, 587 Ellice St

The UWSA presents

experts on tap

Sponsored by the Ellice St Calé and Theatre, Neighborhoods Alive!, and The University of Winnipeg

This week: Natural Cycle (naturalcycle.ca) and



Young Lungs Dance Collective

(younglungs.ca): uniting the Winnipeg Arts Community through collaborative artistic effort

Speakers begin at 7:00pm. Free for all to attend.





UNITED IEWISH PEOPLES' ORDER AND CANADIAN JEWISH OUTLOOK PRESENT

POST-GAZA REALITIES: is there a way out of the conflict?

a public meeting with JEFF HALPER

CO-ORDINATOR. ISRAELI COMMITTEE AGAINST HOUSE DEMOLITIONS



THURS, NOVEMBER 10 7:30PM PLANETARIUM AUDITORIUM 190 RUPERT AVE (AT MAIN ST.) ADMISSION: 15

Dr. Halper will also be speaking at the University of Winnipeg Room ILII 12:30pm, Wed. Nov 9







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Diversions

Fun Chokes

lain Ramsay



UP UNTIL THE TIME HE WAS SWARMED, HUEY NEVER TOOK HIS MOTHER'S WARNINGS ABOUT BED BUGS BITING SERIOUSLY.

BY: BEN SNAKEPIT



Diversions

Getting a grip: The delicate art of shaking hands

By Ian Scott

If you are self-conscious or have sweaty palms when you shake hands, you may be a victim of fish hands. It is a condition that can lead to chronic depression, hallucinations and scurvy. Sadly, there is no cure. People living with fish hands must resort to quick and painless high fives, fist bumping and head nods.

I contracted fish hands when I was 12 years old. Every time I met someone new, I left a horrible impression. I would stand there with my arm outstretched from my gaunt and emaciated body, oblivious to my quivering lips and the drool in the corner of my mouth.

There is no experience in handshaking that compares to when fish hand meets fish hand. Both people stand there, unable to attain sufficient firmness to perform the deed. As the limp hands rise to meet each other in mid-air, there is an atmosphere of staggering fear.

I intend to give people like myself, who suffer from this stigmatized problem, a voice. My own wrists are thickening and I'm growing my own knuckle hair that I trim periodically. Time will tell if I can survive.

Please call 1-888 FSH - HNDS for more details about how you can keep this debilitating problem in hand.

RECIPES ON A BUDGET

Cheese Ravioli-Asparagus Pie

2 large eggs

1 can cream of asparagus soup

1/4 tsp pepper

1 (18 oz) pkg frozen ravioli, cooked according to directions and drained well

1 cup chopped zucchini

1 cup drained, canned plum tomatoes, chopped

2 T basil

11/2 cup shredded mozzarella cheese

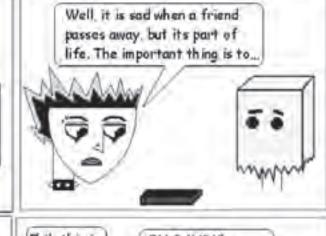
Heat oven to 375 degrees. Grease a 9" pie pan. In a medium bowl, lightly beat eggs with a fork. Stir in undiluted soup and pepper until blended. Cover bottom of prepared pie pan with a single layer of ravioli. Spoon 1/3 of soup mixture over ravioli. Top with half the zucchini, tomatoes, basil and mozzarella. Repeat layers then top with remaining 1/3 cup soup mixture. Bake 45 minutes or until set in centre and browned on top. Let stand 15 minutes before cutting into wedges. Makes 4 servings.

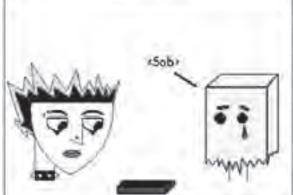
TalkInG HeAdS





The Uniter November 03, 2005







Almost A Thought By William @ Donnell sphunt keenspace.com*

I may not be the greatest baseball player, but this year I have a secret weapon; a revolver.

My bird ate my worm, my call ate my bird, my dog ate my cut. Well, the cards are on the table I have to eat my dog.

I know this guy that wrestles sharks...well. I used to know this guy that wrestled sharks.

Cross Campus | by Shane Gibson

31. Hid, like drugs

female drill

sergeant

42. 34 down star

46. ____ sapiens

33. Answer to

38. Taunted

Alan



Across

- 1. Ensnare 5. Walk stealthily
- 11. Employ
- 12. Command 13. Great serves
- 14. Settle comfortably
- 15. "Hello"; to
- Eminem 17. Like Leonardo and
- Michelangelo 22. Boxing day sign 26. Low tide
- occurring twice a month
- 27. Did a poker chore
- 28. Look fixedly at
- 29. Law man Wyatt 30. High on drugs

Down

- 1. Melt 2. Like "Ri¢hie" of the comics
- 3. Length times width
- 4. Troublesome insect
- 43. Not tied, like 5. Old teachers have this
- shoes 44. Don't leave 6. Bad at 45. "That's awful"
 - 7. Bed attire, briefly 8. Small child
 - 9. Texas T 10. Wind dir.
 - 16. Pepper's pal 18. Ran met by surprise
 - 19. Actor Penn 20. The weight of packaging
 - 21. Went 60 in a 50 zone
 - 22. Lyrical poems 23. ____ & tidy 24. Tegan &

25. High mountains

32. Laughing animal 34. T.V. show starring 42 across

28. Like A.I.D.S.

30. Like Pete

and others

Sampras

- 35. Choir voice 36. First man 37. Miracle Whip ex.
- 38. Boy king, briefly 39. Bubbly, bubbly
- antacid? 40. Fuss story: sympathetic

tale



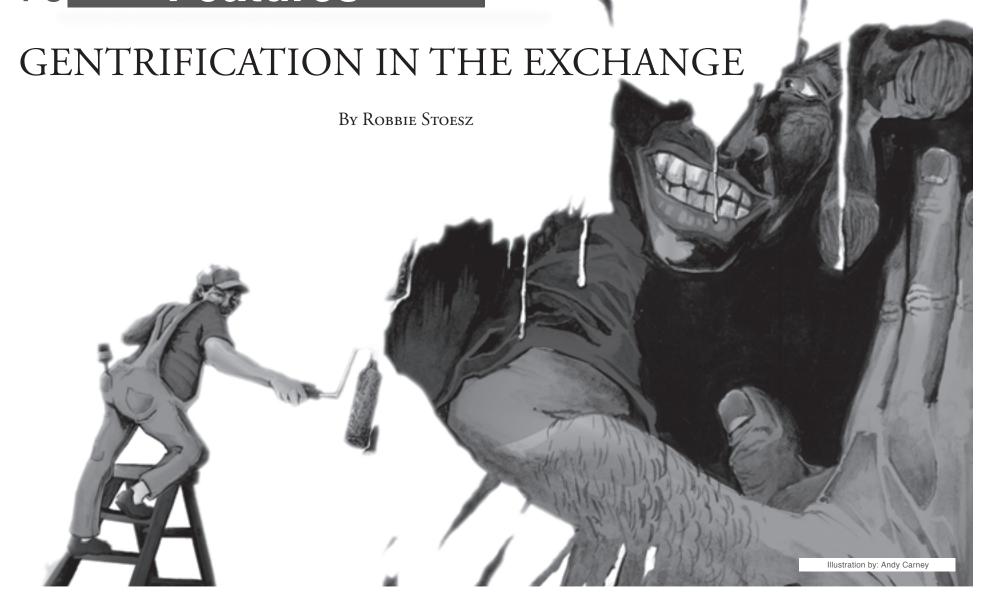








Features



he Exchange District has changed dramatically over the years. No longer the redlight district from years gone by, it has matured into a place where business meets art—and where business people eat their lunch. There are specialty arts and clothing stores, locally owned and operated coffee shops and organic restaurants. Changes to the Exchange have been fruitful. But the artists, and the poor who used to inhabit the once derelict buildings, might have a different story to tell. Once the Exchange became trendier, property owners saw an opportunity to raise the rent, and those who could no longer afford the payments moved elsewhere.

What I've just described here is part of a controversial subject called gentrification. Its definition is unclear and most people have different opinions on how to recognize it. To developers its definition is simple: urban revitalization, or, the rehabilitation of a community. However, if you look closer at the impacts it has on a community's residents and the surrounding area, you soon realize there is no simple definition. Gentrification is a complex process of events with significant and legitimate socio-economic impacts on a community's residents (past, present, and future). Ruth Glass, a sociologist from London, coined the term in 1964. She pointed to three indicators that gentrification has taken place: displacement of original residents, physical upgrading of the neighbourhood (particularly of housing stock), and change in the character of the neighbourhood.

The important thing to remember about gentrification is that it is a *process*. How quickly the stages of the process develop,

and what the change is driven by is different in each area and city. Some authorities in Winnipeg do not agree that gentrification has already taken place in other areas or that it is happening to the Exchange. When I asked Jino Distasio, the acting director at the Institute of Urban Studies at the University of Winnipeg, what the definition of gentrification is, his reply was that he usually "relies on the textbook definition: the large scale displacement of lowerincome people with higher-income people in a given community." He added that the process is driven by market-based capitalism and that renters were included in that process. When asked if he thought the Exchange District had been or is being gentrified, his reply was no. He added, "The term gentrification is often misunderstood. It generally happen! s only in residential areas, like Wolseley."

To get an idea of how the process starts here in Winnipeg, I spoke to John McNairnay of the City of Winnipeg Planning Department, "In Winnipeg, the process begins when someone is willing to invest in either renovating a heritage building [in the case of the Exchange] or developing a new one in the said area. The property value automatically increases, as do the taxes." As zoning is approved, renovation or development plans quickly become a reality. Rents go up to pay for the renovations and increased taxes; lower-income inhabitants feel the pinch of rent increases and are squeezed out by the landlords. Higher-income tenants move in and, while the aesthetics of the community are improved, the previous tenants are out, sometimes literally, on the street.

In this process there are winners and there are losers. A good illustration that demonstrates the start of gentrification in the Exchange is Albert Street, where

once high-priced prostitutes walked. Cake Clothing now displays their wares in the street-front windows. All the while, outside on the steps of the surrounding businesses, homeless people are still begging for money around the corner from the empty buildings that they can no longer enter; these doors are now locked. Although the changes have not been intended to further burden the homeless, their basic needs have been ignored. While this illustration is not meant to oversimplify the issue, the fact remains that the Exchange has changed dramatically over the last 10 years. It has improved for the betterment of some, and has disadvantaged others.

Artists are usually familiar

with gentrification because it has a direct impact on them. Jeff Erbach, a Winnipeg filmmaker working in the Exchange district for the last few years, has noticed the change. He sees a lack of socially conscious behaviour on the part of the city and developers in regard to the Exchange. "The city refuses to 'grandfather' in support, be it monetary or in the form of zoning laws and rent controls, in order to make the change more positive. There is no incentive for developers to take a heritage building in the Exchange and turn it into affordable housing. To renovate these protected buildings costs a 'gazillion' dollars, and once that's done they have to worry about the increased taxes. Where do you think they're going to make up those costs from? It's the new tenants that pay for it." Indeed, the new condos that have been developed in the Exchange cater to wealthier indiv! iduals. There is not much of a range in prices for a condo in the

I spoke with Lori Milan and Shawna Dempsey, two locally established artists, about their thoughts on the subject. "Gentrification affects a community's members, who are mostly poor,

socially challenged 'fringe dwellers' of society, a profile that is often associated with poor artists, and other economically challenged individuals." Lori lives in South Point Douglas close to Graffiti Gallery. Both her and Shawna's art studio is in the Exchange. They agree that the community members in the Exchange and North Main need affordable housing if they are to survive and not be out on the street. Artists also need affordable artist's space, like studios, to thrive as artists. Shawna noted that "[the Exchange] has no services which benefit the poor." When talking about some of the developments on North Main however, they are hopeful that the developments going on there (i.e. Graffiti Gallery, The Edge, an! d changes to the Occidental) will bring about more positive change, than just add more burdens to the disadvantaged. Both artists also agree that gentrification does not necessarily need to have negative impacts. To do this requires a socially responsible attitude towards change. Support from local governments can help in this regard.

There are several questions that arise from this discussion: What does "the rehabilitation of a community" really mean? Who should be taking an active role in ensuring the changes are made from a socially responsible position? We can look to recent North Main developments for some answers. As with other cities, New York for example, gentrification starts in one area, then moves on to the next. As popular culture realized that Manhattan, a once poor neighbourhood, drew artists in, it became trendy. Demand for property and businesses that catered to the affluent grew, causing the artists to then move to Chelsea, and finally the West-Side. gentrification continues to occur in the Exchange, there is speculation that North Main may be next. The Occidental Hotel, called one of the

most dangerous bars in Canada, is now alcohol and VLT free. Richard Walls has bought the old landmark hotel and is turning it into a rooming house called The Red Road Lodge!

. The bar area is now a common room where its residents are able to find healthy living options instead of a bar brawl. Walls' dream is not yet fully realized, but he hopes to have staff and volunteers that help him bring dignity back to the North Main residents. He says, "...they need a sense of self-worth and that starts with peer acknowledgement." Walls has created a not-for-profit corporation, and he wants to have board members from the community. So far his project is gaining support from the arts community but has not received interest from the city. He hopes that the city will realize investing in "social capital" is the right thing to do for North Main. As part of a solution to the negative impacts of gentrification, Walls thinks that the city could help by reducing property taxes in areas like North Main and the Exchange once they're fixed up. He thinks that funding from all three levels of government wo! uld be ideal, and that the "process shouldn't take so long, like it did in the Exchange."

If there is one thing these artists agree on it would likely be that, if gentrification happens to North Main, the preservation of diversity should be a top priority. "Diversity should supercede developments in these areas," says Erbach. "Cultural diversity is essential to the arts culture." Milan says that right now "...developers are driving development in the inner city, not the public." She thinks it should be the other way around. Although Winnipeg needs economic development, the city's plan should be mindful that there is a need for a range of housing options, a variety of services, and an eye towards fixing social problems, not just putting flower pots on the meridians.

of the modern school, was coming

to Winnipeg, I've been reading

up on his ideas. I've also talked

to some home-schooling families.

And here I am, ready to experience

and relate to Gatto off the page.

I'm surprised at his grandfatherly

appearance. He jokes about the

whistle from his new teeth, and

warns us that he is still getting

over the flu. He explains that he

has a script, because it's not a

good idea to let an Italian ad lib.

"You're the new world order

that George Bush only wishes

he knew about," he tells us.

In the hours that follow, I don't

notice a whistle or a lingering illness.

All I experience is the incredible

quickness with which he bounces

from idea to idea, a passion for

experience, a curiosity that takes

in everything and everyone, and

colour and wit that sparkles even

as he digs into dark subject matter.

Before this session, I have gone

through the beginning of The

Underground History of American

Education, which you can access for

free at http://www.johntaylorgatto.

com. Still, his ideas are startling

exploration - because they question

cherished assumptions about the

view of childhood, adulthood,

A 12 or 13-year-old is a young adult, not a child, he tells us. Adolescence

was invented by the psychologist G.

Stanley Hall around 1906. Modern

schooling is a "radical experiment

in social engineering" designed to

lengthen childhood by at least ten

years in order to serve the needs of

a hierarchical industrial economy.

Gatto characterizes America before

the twentieth century as a society

of independence. He believes in the

entrepreneurial spirit. Yet literacy

was universal in New England

and the Middle Atlantic Colonies,

while many schools would not

accept students who didn't know

how to read and count, because

schoolmasters did not want to waste

time teaching what they thought

was so easily learned. Most people

personal

entrenched in

suggestive of further

development

our society.

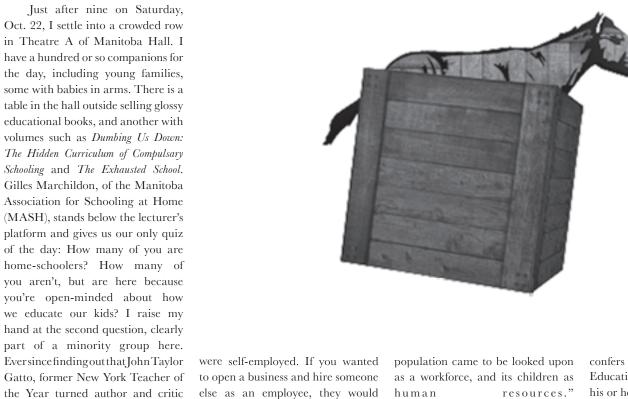
front of the Metropolitan Museum?

Or, what about hearing that a person

can make \$1000 selling umbrellas

"YOU CAN'T RAISE A HORSE IN A BOX": JOHN TAYLOR GATTO ON SCHOOL

By Sara Arenson



stration by: David T

else as an employee, they would probably just learn what you knew, leave and start their own business, possibly stealing your business. Admiral Farragut commanded his first Navy ship at the age of 12. George Washington studied geometry, trigonometry and surveying at the age of 11 at his first school, later landing a job as an official surveyor - in other words, he wasn't studying a "kiddie" version of these subjects. Away from any sort of school, he took up dance, horseback riding, astronomy, geography, and classics like Seneca's Morals, Julius Caesar's Commentaries, and other writings of major Roman generals. From 12 or 13 onward, and not in a school, he studied bills of exchange, tobacco receipts, leases, patents, and other frequently used legal forms. By 16, he was writing memos to himself about clothing design, and in his twenties he was experimenting with domestic textile industries. By his contemporaries, Washington was considered average, no particular genius. Nor was he wealthy the way we might assume - he lost his father when he was 11, and not being the first son, fell victim to the law of primogeniture. So why the modern emphasis on standardized curricula and being in a classroom until 17 or older? Overproduction can lead to economic collapse, as only so much demand exists for a given product or service. This was one of the factors contributing to the collapse of the Asian economies in the late 1990s.

Mass schooling, says Gatto, was the dream of an elite who wished to control the new factories of industrial America. "To make people less than they could be is absolutely essential for this type of economy to survive." By 1915, Andrew Carnegie and John D. Rockefeller had spent more on education than the US government. The system that they invested in was imported by Horace from Europe. "In the German state of Prussia, after a long and bitter national debate, in 1819 compulsion-schooling succeeded. There, for a variety of 'practical' reasons, the common

resources." human Gatto characterizes this school system, which had its origins in militaristic Sparta, as a means of "colonizing the mind", creating "incomplete people" who would be passive, obedient, unquestioning, dependent on others' guidance - in other words, easily managed. They would be "unable to generate meanings narratives for their own lives." "Erich Remarque, the great German writer (All Quiet on the Western Front, etc.) called WWI the direct product of Prussian schooling, and Dietrich Bonhoeffer, the great Protestant theologian, called WWII the 'inevitable' result of the same thing." Schooling has been designed with the principles of animal and military training in mind. Gatto was once receiving an award, and a fellow recipient was an 11-year-old named Andrew who had won a science fair for sequencing a flea gene. Gatto, a long-time flea enthusiast, asked the boy how on earth he was sequencing their genes - if you put them in a petri dish, they'll just jump out, Not if you put the lid on long enough, it turns out. They'll jump for a while, hit their heads against the glass over and over again, and then they'll give up. Forever. Even when the lid is taken off. This inhibition of natural instincts produces fleas ready to be t r a i n e d There's also the adage that you can't raise a horse in a box. If you keep a horse idle and away from the rest of the herd, he or she will become timid, crazy, avoidant, bucking, shying, and undependable. School cuts young people off from primary experience, and steeps them in a world of fantasy and illusion, through confinement and immersion in abstractions. Could this explain why teachers meet students who don't seem to want to do anything, and why schools are so often environments of violence like bullying? As opposed to school, "education is generated from within, it is a complex act of taking from the larger world and compounding from these takings

a new and personal synthesis which

confers power and understanding." Education allows a person to create his or her own life, as a kind of work of art, not a role played in a drama orchestrated by corporate controllers. Without "connecting the dots" on one's own, a process that requires uninterrupted time to reflect, and control over the direction of one's own attention, even the A+ students produce a mimicry of someone else's framework, says Gatto, or a concoction that merely gives the surface appearance of connection. He suggests that "the gentleman's C" - earned by both John Kerry and George Bush - shows that you're not the kind of person who wastes time on the trivia of school, memorizing disconnected facts and trying to please the teacher - and that short answer testing is fraudulent because it destroys the critical mind. He suggests that a couple of people could put an end to standardized testing by reaching students everywhere with an e-mail message: when the time comes to take the test, don't pick up your pencil, and simply say, quietly, "I'd prefer not to." Gatto has studied the education of the children of the elite worldwide and found common patterns which do not require the investment of any extra money - nothing but imagination and a public library. Some of the central stresses of elite boarding schools are: developing strong competency in public speaking and writing - in other words, the "active literacies"; independent work, a model of human nature developed through studying philosophy, history, theology, literature, and one's surroundings; challenges that involve real risk and reward, even limb and life, rather than the artificial mechanisms of grades, teacher disapproval, and honour rolls; and, most intriguing, what he calls "a complete theory of access", or "how to do battle in the marketplaces of society." He describes sending his students out to stand by hot dog vendors in New York City, counting the number of sales in a day, later researching the price of inputs, and calculating the vendors' earnings. Isn't it illuminating to learn of a \$1 million bid for the right to sell hot dogs in

on the street on a rainy day? My teachers never said anything about this. We spoke about "professions" or "trades". We did interest inventories - multiple choice tests that traffic in words, asking what you feel you'd like to do even if you've never tried most of the things on the list - and never went out in the world and explored different options. A student was drawing comics in class, so Gatto told him to take time away from school, go to the graphic art section in the public library, learn what he needed to learn to make his drawing better, and come up with a new comic strip that wasn't an imitation of anyone else's style. The teacher happened to know the guys who made the Spiderman comic strip, and where they hung out. He gave the student money to buy them pizza if they would let him show them his stuff. This led to a one-day-a-week apprenticeship at their loft, access to parties with other folks in the industry, and so he made his way into that world. At this point the lecture has turned from history to some kind of motivational entrepreneurship session, and despite past reservations I really want to set up shop somewhere - my own private shop, selling something I believe in, not selling out... And I perk up more when I hear him say that schools fill young people's heads with "misdirected goals", and feel embarrassed about my high grades even though I think I have been trying to work for myself in terms of connecting my dots hard work. Do I need to be credentialed if my dot-connections make enough sense for me, and are helpful to others as well? Because a credential is, essentially, what universities and colleges provide, says Gatto. He claims that the elites managing the economy had to create a situation of "artificial competition" to replace the real competition they wanted to squelch. They did not want a youth rebellion as the next generation became aware of the concentration of power and capital. So young people are trained to "compete" for "good jobs", and never consider that they could make an independent life for themselves. Is this a quiet rebellion, this moment? Am I the new world order that 'Dubya' only wishes he knew about? Hymie Escalante, the teacher who taught his inner-city students Advanced Placement Calculus (the basis for the movie Stand and Deliver) used a Saxon method of math instruction, an incredibly successful system that was invented by a man who failed calculus several times before realizing that his problem was that he'd simply been taught in the wrong way. The Saxon method is brilliantly successful, but only a tiny number of school divisions use it. What would you do with "52 million

Continued

Continued from p.11



people who were crackerjacks at calculus"? What about the people who are "supposed to whizzes? math

What sort of people decide to forgo our society's standard mode of childhood education? What are their reasons? What are

values? What about Ginette Lemoullec, a mother of five, who shared her reflections from the first time she met home-schooled children? "We were so, so impressed with them. They were so at ease to talk with adults, so nice to talk with children - our children right away gravitated toward the ones who were a bit older. Things were just smooth, and friendly, and respectful. You couldn't put words to it exactly, but I remember thinking: I'm raising children. If I know that this is possible, to raise someone like this, I want this. This is what I want, I want young people who have this attitude... To feel that we were really communicating as equals... They were happy, and had a very rich life. The family was close, and happy together, and they welcomed us." Life in Ginette's home was based around what was happening each day, learning in an unstructured way. The children followed their own passions. The second eldest, Helene, now 24, has said she does not know where she would be without having had that freedom. She was always "the dancer", working during the day to afford to pay for extra classes at night; her older sister "the scientist" went to astronomy courses with her dad when she was 10. Helene has graduated from the Senior Professional Program at the Winnipeg School for Contemporary Dancers. In order to be admitted to the program, an Honours BA in conjunction with the University of Winnipeg, she needed her GED, which meant one long exam instead of a lifetime of them. Others came to home-schooling after some time in the regular system. Carly Farmer's mother, Lisa, pulled her out before grade 4 because her needs weren't being met. "Because Carly was such a quiet child, it was me that pointed out that she didn't understand anything that was going on." Lisa believed she would have just been "pushed through the system". Carly, now 12, doesn't seem shy at all to me. She was the first to greet me the day I met the family. I remember sitting around a table at Tim Hortons with a small society of girls - Carly and her younger sisters Emma, Grace and Abby - who spoke with confidence and interest in the world. Each had a style all her own, from a shiny pink stole to baggy pants and toques. Each, I noticed, made her own choices at the counter. "They'd ask me rather than asking her," said Lisa of people who talk down to children. "I'd always refer this to her. I don't know, Carly, would you like to do that? What kind of juice?" With all their choices, these kids and their friends, when they get together, like to play

"Well, I used to be the teacher, and we and our friends wanted it to be a really, really strict school. So, these rules must be followed. We tried to follow them perfectly, but Emma was like, no, I don't want to follow them."

If you're stuck in school, says John Gatto in response to a question from the audience, pretend you're an anthropologist. Pretend to study the blackboard, but really study the whole situation. Are Lisa's children "tourists" now? I wonder.

Art That's In Your Face!

By Whitney Light

here's more to taking a good picture than point and shoot. But with the leaps in technology these days, just about anyone can get behind the lens. Image production is on the rise, and the life of the professional photographer is harder than ever.

A skillful hand and a refreshing perspective - these are the qualities of the artist revealed by In Your Face!, a three-dimensional photography exhibit by Kate Williams on show now at Fleet Gallery.

The exhibit shows ten squareformat portraits, mostly of Williams' friends who have struck a pose guided by her vision for something more than the conventional mug shot. In each, the personality comes through - some of them solemn, some of them sexy, some of them just plain quirky.

In a black and white image, a young man plays a cowboy; he holds a gun to his head. It's not a pose, however, to be taken too seriously - more a striking spin on a Western film still than brooding social commentary. Next to this image is a red-headed young man set in an average home kitchen. He lunges at a box of Cracker Jack armed with a Samurai-style sword. With the exceptions of style and impact, there are no rules in Williams' fanciful, hyperreal

Williams has a designer's eye for composition, angle, and lighting, and the portraits are as varied as the individuals in front of the camera. While it is clear the actions are staged, the vibrant colour and striking set-up of each shot do not fail to impress.

Having trained at Langara College in Vancouver in an intense photoimaging program, Williams has her eye on a commercial career and hesitates to label herself an "artist", though any who view her work would be loathe to say otherwise. But in the spirit of accessibility, it seemed appropriate that her work should be mounted in this space that doubles as a cafeteria for diners of Albert Street Burgers. Walking into the gallery space on a Friday at noon, I was surprised to be greeted by the overwhelming smell of burgers and fries and the busy chatter of diners waiting for their lunch. Trying to get my first glimpse of the photographs amidst the bustling crowd of diners and waiters was a bit of a challenge.

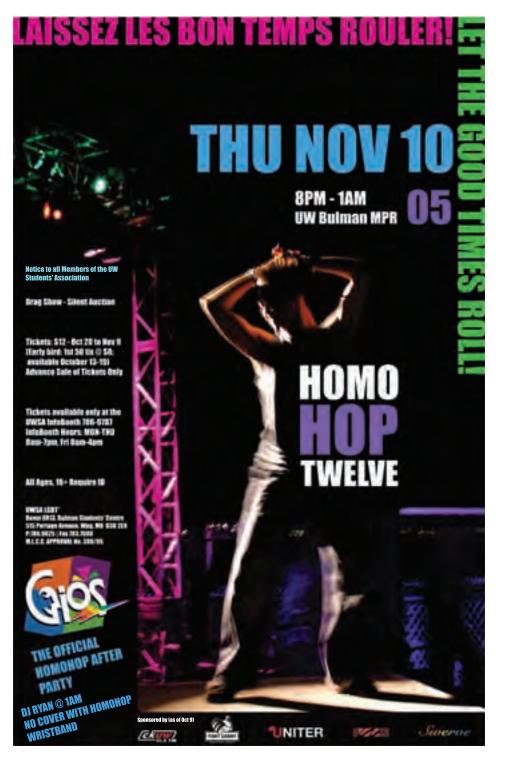
But the biggest thing to get past is that in order to appreciate the photos one must don the goofy-looking, twocolour anaglyph eyeglasses. Disorienting and alienating, the glasses create an interactive experience, recalling the days-gone-by novelty of viewing 3D comic books. In fact, people have enjoyed 3D images for over a hundred years; the earliest stereoscopic cards and viewers (devices for combining two side-by-side images into one 3D image) of the mid-19th century were shown to the masses via coin operated arcade games. Williams employs only a slightly more sophisticated technique called anaglyph. Two images are slightly offset, one coloured to be seen by the left eye through a red filter, the other to be seen by the left eye through the



Kate Williams poses with one of her 3D photos at the Fleet Gallery

cyan filter. Simply a few clicks of the button in Photoshop manipulate images captured on conventional celluloid film into the appropriate format for 3D viewing.

The works are down to earth and unequivocally beautiful. Highly realistic, boldly coloured, and delightfully entertaining, they are without artistic pretension. Sprung from the encouragement of friends, In Your Face! is a collection of works from what Williams terms a "spare time project", done purely for personal satisfaction. It's that honest sentiment that shines through and gives the show its charm.



Arts & Culture 13

THE WORLD'S FAVOURITE OPERA

La Boheme tells the story of love, poverty, life, and death

By Jo Snyder

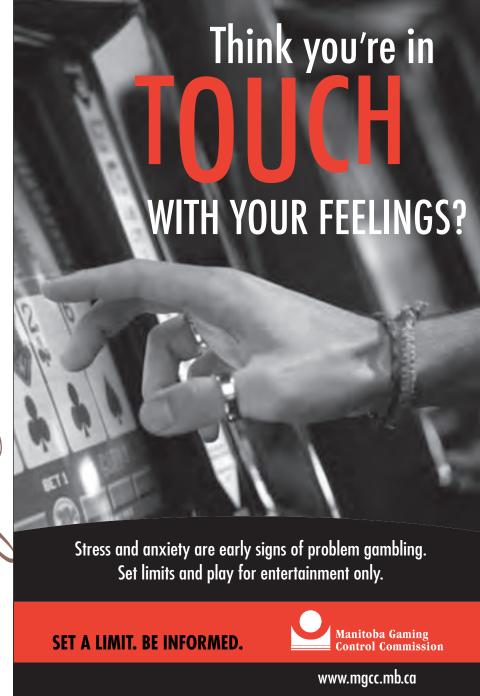
La Boheme is an opera to which many of us can relate. It is a story about poverty, love, life, and death. The main characters, the poet Rodolfo, the painter Marcello, the philosopher Colline, and Schuanard the musician are an energetic group of friends. The opening act begins with their adolescent camaraderie, and their scheming of ways to get out of paying rent so they can spend a night drinking. The four men are charming, but their domination of the stage is pleasantly interrupted by the presence of Mimi, played by soprano Janinah Burnett in her Manitoba opera debut. Her voice is clear as glass; it pierces any comfort the audience sunk into during the men's chorus. Mimi and Rodolfo then begin a relationship which becomes the main story of the opera. Their voices tug and pull at each other, first in love, then not, then again in love.

As the scenes unfold, the remarkable sets easily transform the concert hall into Paris 1830. The costumes are stunning, the singing is exceptional, and the orchestra pit is not to be overlooked. However, the story loses momentum half way through; the spark dies as the two lovers part over jealousy. They sing about the loneliness of winter and the desire to have better lives; the problem is not their despair but rather the lack of intense chemistry between Rodolfo and Mimi. Though each singer is stunning in their own right, the passion characters feel somehow is

lost in translation. However, with the fourth act, we see Mimi with an incurable cough. Understanding the imminence of her death, she abandons her new life to return to her true love, Rodolfo. This scene, with Mimi bed-ridden and Rodolfo kneeling at her side, is the most gripping. The immediate cast gathers around the deathbed and waits patiently. They behave like a family, and the opera all of a sudden turns from the bickering of broken relationships, to a tenderness not yet seen throughout the performance. It is refreshing to feel the weight of these last few dramatic moments.

La Boheme is considered one of the world's favourite operas, it may be because of the simplicity of the plot, and how the characters are so recognizable – its most human quality is that of the confusion and frustration of love, and the unbearable pain of premature death.

La Boheme will have its final showing Friday Nov. 4 (8 p.m.) at the Centennial Concert Hall



Get Involved at Your U!

Lectures, workshops, conferences, and events take place all over the campus from dawn to dusk.

HERE ARE JUST A FEW (VISIT THE EVENTS CALENDAR AT UWINNIPEG.CA FOR MORE!):

ET TO VE

NOVEMBER 3 CHUMIR FOUNDATION FORUM: "ETHICS IN THE PHARMACEUTICAL INDUSTRY"

ECKHARDT-GRAMATTÉ HALL 7:30 P.M. (3RD FLOOR, CENTENNIAL HALL, 515 PORTAGE AVENUE) For more information, contact **204.789.1449**.

NOVEMBER 3 & 4 CONFERENCE: "WOMEN IN SCIENCE"

Featuring Dr Roberta Bondar, student research presentations, and a host of guest speakers. This event is open to the public. Visit http://www.uwinnipeg.ca/index/women-in-science

NOVEMBER 7

Students, Faculty & Staff are invited to attend a

University Town Hall ECKHARDT-GRAMATTÉ HALL 12:30 P.M. - 1:20 P.M. Updates will be provided on a number of University-related events and projects.

WHAT TO DO WHEN BAD WEATHER HITS UNIVERSITY EMERGENCY CLOSURE INFORMATION

In the event of a closure, the University's Communications department will work with local media to ensure that the University and extended community are made aware the closure of the University.

- Local radio and television stations will run closure announcements by 7:30 a.m. (if possible). Key stations will include: CBC 990, CJOB, and CKUW.
- The University of Winnipeg website homepage will have information on the situation.
- The University's main telephone line, 786.7811, will have information on the situation. Members of the University community are encouraged to continue checking the above listed radio and television stations, phone line, and website for updates throughout the day.

Please remember that the University's technology and telecommunications systems may not be working depending on the nature of the emergency situation.



14 Arts & Culture



By Erin McIntyre

ram Stoker's *Dracula* has an unmistakable appeal. The novel itself has been entrancing imaginations for over a century and it stems from vampire folklore dating back to the fourteenth century. That kind of immortalization doesn't come easily. Dracula has infiltrated every facet of pop culture, from Count Chocula cereal and the Count on Sesame Street, to 18 movie interpretations, and a ballet. The fact that modern society is still interested in Dracula is undeniable, but why, after 100 years of knowing how

it ends, are we still so captivated by the story?

Dr. Elizabeth Miller, aka "Baroness of the House Dracula", is an esteemed Dracula scholar, professor, and author of six books on Dracula. I sat down with Dr. Miller, a sixty-something woman wearing a Dracula paper-boy hat, bat earrings, bat necklace, and a bat ring, coupled nicely with a burgundy turtleneck and floral cord skirt to discuss Dracula's persistence. Miller attributes Dracula's lasting, if not increasing, relevance to his ability to both "repel and attract us...he is an enigma." Miller believes this duality

developed from one of Dracula's most prominent personifications: uninhibited sexuality. In its original context, Dracula was meant to manipulate the fears of Victorian society surrounding sexuality, especially in women. Miller remarked that Dracula acts as a cautionary tale for what happens when a woman becomes sexually aggressive; the perverted Count is the "agent" by which "pure, virginal women (become) sexually ravenous beasts." Needless to say, most of modern North American society is not quite as fearful of female

sexuality as a Victorian reader would have been, which is why Miller says when we read Dracula "we're reading the same words, but a different book." Modern-day biases change the novel from its original context, and as a result, so changes Dracula. Miller even criticizes North American society for romanticizing and trivializing Dracula into a caped-crusader with a bad accent, and an ever-popular costume choice for campy Halloween parties, from what is a strong literary character. Miller says modern society has become "sympathetic" to Dracula, something that would not have happened with the

Victorian audience.

Dr. Miller was in town for the Royal Winnipeg Ballet's opener this season, *Dracula*, which Miller has personally seen 17 times. Miller gave 40-minute talks before each performance, giving audience members a chance to better understand the show they were about to see. The ballet itself debuted in 1998 as the brain-child of Mark Godden featuring the music of Gustav Mahler, and has since gone on to win international acclaim, both in its original stage-form as well as in Guy Maddin's film version of the

ballet. Maddin's film won an International Emmy for Best Arts Programming, a Gemini nod for Tara Birtwhistle as "Lucy", two Junos and the top prize at Sitges International Festival in Spain.

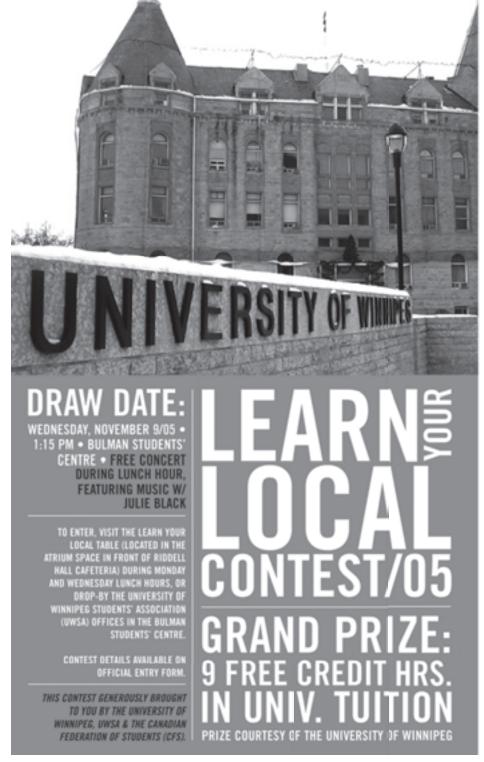
The ballet was gorgeous, filled with very dramatic and extreme movements which worked together to create the creepy atmosphere which haunted the audience throughout the show. Tara Birtwhistle fantastically captured Lucy's schizophrenic descent into madness, switching from flirty and playful

to vengeful and seductive with only a step. Cindy Marie Small perfectly exemplified Mina's naive curiosity of Dracula and her own subsequent dark side and Jaime Vargas shone as the dark count. Vargas's movements were so fluid you forgot it was choreographed. The show opened with Lucy alone on a

black stage, Dracula sweeping up behind her, biting her, hiding her wounded neck with a scarf and disappearing. The sets then emerged from behind curtains. The sets were elaborate and ingenious in their functionality. For example, Lucy's four-post bed, drenched in lace, easily transformed into her tomb. The costumes were stunning and helped to completely transplant the audience to 1897. Both set and costume design were headed by Paul Daigle, with lighting by David Morrison.

The RWB took great pains to ensure the audience was aware of the story line and was following it easily, including a synopsis in the program, Dr. Miller's talks, and pieces worked into the ballet itself: a screen at the beginning of the show which provided ample background information, and a pantomime with narrative after intermission which told the story from beginning to end in about five minutes. Though short, the sketch offered a welcome break from the intensity of the first act, juxtaposing itself from the dark and foreboding ambiance of the rest of the ballet with humour, speed, and narrative. This is the perfect ballet for someone who has difficulty keeping up with storylines through dance alone. After the pantomime, the ballet took a more symbolic route, making its own assertions about what Dracula represents. Dracula (as performed by Dmitri Dovgoselets) appeared on stage in a wolf costume, accompanied by several male dancers in different variations of red underwear, from long johns to S&M, and several female dancers in their own variations of provocative red outfits. Dracula danced with one of the women (Sarah Murphy-Dyson) in particular, using extremely suggestive movements. Dovgoselets encapsulated the animalistic representation of Dracula with deep intensity, and Dyson executed some of the most difficult choreography of the show with seeming ease and seductive undertones. While it loses something when described on paper, it clearly represented Dracula as the animalistic, carnal side, present in all humanity. While Dracula terrifies in many ways, going against

religion, the laws of nature, and societal expectations around sexuality and behaviour, what makes him continually relevant and consistently disturbing is that we recognize him in ourselves. He is representative of everything in humanity which is less than acceptable and socially banned and yet present in all people. That's why, 100 years later, we're still fascinated by him, why we still want to see the ballet or watch the movies; because Dracula is part of us. *Dracula*, like every good story, will continue to evolve over time, assume new identities and representations, but his personification of what lies beneath will continue to haunt for years to come.



Or: Ineffectively Detailing One's Cultural Consumption for the Uncaring

Installment #7

By Ben MacPhee-Sigurdson

Read (first half): Warren Kinsella, Fury's Hour: A (sort of) Punk Manifesto (Random House, 2005)

Watched: The Filth and the Fury (2000, Dir. Julien Temple)

Revisited: NHL Hockey, 2005-2006 Regular Season

Last week's installment was a book report – sorry if readers found that tedious. Well, if this week's column isn't a bit of a sweaty, male-dominated one, I don't know what is. Consider the writer quite conscious of the gender imbalance that has, to date, dominated this column, and accept his humblest of apologies if there are any out there who feel this column has mis/underrepresented them in any way. To be rectified, undoubtedly.

I think the daunting age of 30 looming ever-closer on the horizon has sent me cowering back to the comforts of my formative years: punk rock and hockey. Why run back to sweaty, brutish thugs who thrash each other for the love of their respective sports? Perhaps it rekindles memories of once-agile muscle and bone that thrived in my decaying body.

I won't dwell too much on Kinsella's book, as I'm only halffinished, but please allow me to briefly detail his interesting past (see www.warrenkinsella.com for more). In the late 1970s and early '80s Warren Kinsella played bass and sang in a punk band called the Hot Nasties. He went to Ottawa to study, got tangled up in politics, and years later found himself as special assistant to Prime Minister Jean Chretien. He's written books on Canadian politics and right-wing extremism in Canada, among others. Fury's Hour is his take on the history of punk and in the ways it has affected his life.

Kinsella interviews a great cross-section of punk legends, new and old, as well as detailing his (hilarious) failed attempt to interview Johnny Rotten. Topics are organized via overarching themes: the origins of punk (of which so many have been claimed), the do-it-yourself(D.I.Y.) ethos of punk, punk and politics, the fascist/skinhead movement, etc. While the chronology skips back and forth from present-day Canada to the '80s D.C. scene to England in the '60s and '70s, Kinsella's outspoken (profanity laced) narrative voice threads it all together. To be continued!

Quite a different animal is Julien Temple's The Filth and the Fury. While its subject is the shortlived but massively influential Sex Pistols, punk's progenitors, the fashion in which the film has been made is, in and of itself, a postmodern punk style. The living Sex Pistols (who are filmed like those sources-whose-identitieswere-hidden-to-protect-theinnocent, strangely) take turns narrating their fierce explosion and equally rabid implosion. Throughout the film, however, are flashes of chaos and poverty on London's streets in the 1960s and 1970s, television ads, news reports, and (most strikingly) spliced-in segments of a stage production of Shakespeare's Richard III.

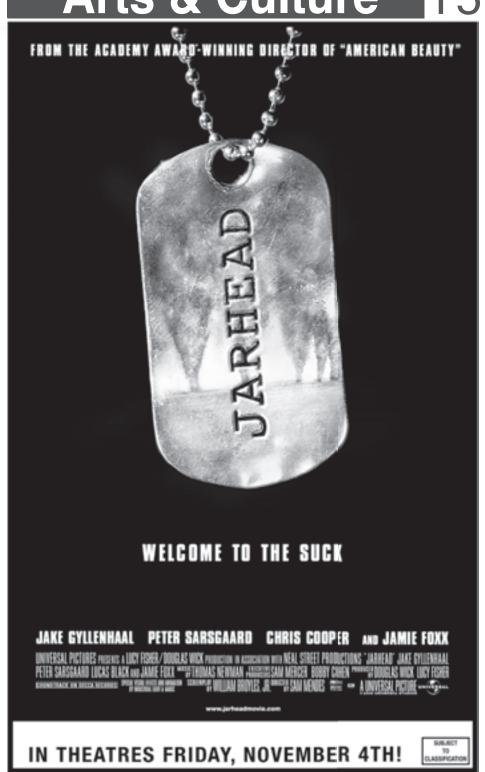
The only thing the Pistols can seem to agree on is their disdain for former manager Malcolm McLaren; in most other areas their stories vary, but, like Kinsella, the Pistols are quick to flex their sewer $mouths.\,Do\,their mothers\,know$ they talk like that? Temple does a great job of weaving the story of the band together with the Bard's timeless tragedy; The Filth and the Fury is a documentary that digs at the truth without having to sacrifice the art of making a film and of telling a story.

At the outset of every prior NHL season, I am casually interested, usually falling away after a couple weeks and watching the odd game on a Saturday night via state television. This year, however, I find myself ravenous for hockey—what I figure must be some combination of last year's lockout and this year's new rules. The game is faster and FAR more interesting, largely in part due to the addition of post-overtime shootouts, the allowance of longer passes, and the crackdown on excessive interference, etc.

Oh, and the salary capthe rollbacks suffered by the players when they held out a bit too long and were steamrolled by the owners-hasn't hurt the game, in this viewer's eyes. In fact, all the shuffling of superstars that teams had to do in order to stay under the salary cap has knocked some of the big teams down a notch while propping the small/ weak-market teams up a touch. The NHL Network has a free preview that expired on the 31st, and I'm doing everything in my power to resist ordering the damn channel.

Two minutes for being so tedious: tediousminutiae@gmail.com

Arts & Culture 15





WRITE TO US AT EDITOR@UNITER.CA OR COME DOWN TO THE UNITER

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CONTRIBUTOR MEETINGS WILL BE HELD THE FIRST MONDAY OF EVERY MONTH STARTING

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If you're an aspiring writer, write for the Uniter.

By Mike Lewis

t says everything that you can not. When words fail, it reveals your inner-most thoughts and desires with an unfailing, sequenced perfection. It can say a million different things or it can say one thing a million times over. The mix-tape is quite possibly the most underrated and essential part of human interaction of the last quarter century. It can tell that certain someone how much you love them or how much they break your heart. It can take you away, through time, or around the world. It can reveal you, naked within the personal confines of a pair of headphones. So, how does a mix-tape come together?

Beginning with the advent of blank tapes in the '80s, all you needed was a couple of hours and either two cassette decks or one of those fancy dual-cassette ghetto blasters. Be the envy of every kid on the block. Oh, and no high-speed dubbing for me thank you, I want to maintain the fidelity of the original record as much I can in spite of analog degradation. Over the last decade or so, the mix-tape has progressed beyond its namesake and become the mix-CD or even the mp3 playlist. Either way, the idea is the same - a sequence of music that says what you need it to. Whether for your personal use as background noise on the bus, or as a backdrop for a road trip, or to be heard quietly from the other room as you sit on a balcony one evening, spliff in hand, watching the city go by.

Technology aside, the toughest part is picking the right music. I know many people who fancy themselves D.J.s. They think they know music just because they own several hundred albums. What they fail to realize is misconception among the uninitiated: that quantity will see them through lack of quality. This is not true. You

can own several hundred albums, but not one of them will do you a damn bit of good unless you understand the timeless art of Flow. Flow is what makes or breaks a mix - the essential ingredient. An atmosphere or mood must be set, and the songs must segue into one another based on that. Beats Per Minute is for amateurs. Beat Matching won't get your point across. It's all about mood, and thus, the songs must hold each other, an embrace between long-lost lovers, supporting one another across the medium. So, why am I an authority on this? I spend far too much time doing this, but I'm not ashamed to admit it, as I lost the ability to feel shame years ago.

All that being said, having 'Flow' itself only sets up another series of questions. What do I need this tape to say? Am I in love but too shy to say it? Am I sad, but not enough to jump? Am I feeling nostalgic for a time when I wasn't stuck in a dead-end job and the horizon was limitless? Until you've answered this question, there's no point in rifling through countless albums; you'd just be wasting your time. A mix-tape without a reason is like sex without the orgasm - it's a decent way to kill a few minutes, but is ultimately pointless. Once you know what you want, you can proceed. I'll show you an example and you can follow along at home!

Nowadays, I sift through my stacks of CDs and decide on possible candidates for the theme of my mix-tape. Because I'm such a sentimental guy, let's base our mix-tape on the age-old premise of "there's a girl (or guy) that I'm really in to, but I'm hopelessly awkward, so I need some way to tell her (or him) how I feel." Kids and young adults (hell, even old adults) have been doing this for years. Once I've gone through and picked out say 200 possible songs, I take the stacks to my computer. I have everything on there in mp3 format, but I find that having the album in hand helps to ground me in my selection process. Otherwise I'm sifting that they're all techno albums. Or through 11,000+ song titles and my eyes opera. They fall prey to a common start to bleed. Once I am comfortably seated, the stack of CDs within easy reach, suitable lighting has been turned on (or off as the case may be), and I begin

to drop my selections into my jukebox program (in this case - Musicmatch Jukebox). Looking at my 200 candidates, I begin to narrow down the list.

Narrowing the field is a necessary though painful process. Let's face it, when it comes to bumbling teenage love (or, in your case, late 20s or 30s love) there's more material than can be explored in a reasonable amount of time. I immediately remove any songs that I know she (or he) won't like (you should be cognizant of your target audience's tastes before you begin). That should get rid of half. Out of the remaining 100 songs, I pick the "absolutely must go in the mix" songs. I place these at the top of the list and eliminate the "maybes". This should bring you down to about 40 or so. Now, as fun as it is for me to listen to 40 songs, I know that not many share my perverse love of song, or my seemingly boundless patience (actually, it's my short attention span - I forget that I've listened to 30 songs already, so another ten doesn't seem that big a deal). Working within the confines of the 79min and 59sec compact disc helps to keep me focused on the task at hand. Many a mix tape have been destroyed by going off on a tangent; it is a rare D.J. that can bring a mix back from the brink of disaster (I once segued from Pantera into Fionna Apple successfully, but had a small breakdown in trying to think how I'd do it).

The final selection process should leave you with about 15 songs or so. It's a good idea to leave five of the last cut songs on hand just in case something doesn't fit properly. It is within these 15 songs that you have to convey the inner workings of your soul (so I hope you picked wisely). This isn't something to be taken lightly. The edges of a CD can cut deep if thrown properly and if your mix isn't perfect, the recipient may just decide you're only cute as a target. This takes us and our lists to the "sequencing stage."

important step in the whole mix-tape process. Look at it this way, when Darwin (or God) was designing our digestive system, he had to think very carefully about the order in which to put things. If he'd just tossed everything into to the

abdominal cavity without forethought, we would all be much more unpleasant as a species. So, don't take this step lightly. This is where Flow comes into play.

Now, before I get too far ahead, I must address another common problem in mix-tape assembly (usually found in males) and that is "blowing your load." You can't put the loudest/longest/most emotionally taxing song at the beginning. It would be like starting Star Wars with the destruction of the Death Star and then going on to see Luke fix moisture vaporators on the south-ridge at midday on Tatooine. That said, you've got to grab the listener's attention with something akin to a brief but exciting battle between a Corellian Corvette and an Imperial Star Destroyer (are we sensing a pattern here?). In today's exercise, let's pick Projektor's "From Steel" because, while it is certainly a solid rock song, it doesn't come screaming out of the speakers right off the bat. Also, it's got that almost-alove-song kind of thing going on so it fits within our "you're in love!" theme.

For track two you have to knock it up a notch - Devin Townsend's "Material" from his Physicist album. It'll let the intended listener know that you're a bit of a freak, but that you don't care. The song is pretty much made for screaming your love from the rooftops. At this point you should have the undivided attention of the listener. This is when you bring it down, but only slightly. I'm using Type O Negative's "Love You To Death". While the opening is a little empty, especially after "Material", it gives the listener a chance to catch her (or his) breath before the song kicks in completely. Also, I defy anyone to find a more beautiful chorus.

Around the fourth song it's a good idea to start slowing things down gradually. Think of it as the "getting to know you" stage after the grand entrance. Your audience is sticking around. You've impressed her (or him) enough that Sequencing the tracks is THE most they're curious as to what else you might have to offer. So, you relax, sit back, and begin to tell her (or him) about yourself. "Dear Prudence" by the Beatles followed by "Preaching the End of the World" by Chris Cornell will say you're a sensitive guy (or girl). Follow up with something

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her (or him). The next step is to somehow be unabashedly cute without being cheesy or lame. This is extremely difficult. This is where you tell her (or him) that you like them. But please, try to be eloquent. "Uh, I think you're neat" simply will not cover it. Something by Bjork will work here. Let's use "Violently Happy" if the listener is a girl, or "Venus as a Boy" if the listener is a guy. You may want to gauge the girl's previous reactions before using "Violently Happy" as you run the risk of being misinterpreted as a misogynist. That said, it may also get you further than you think.

Tears For Fears' "Head Over Heels". If

these don't make her (or him) smile, then there is something seriously wrong with

Now that you've stormed the beaches of deep, meaningful feelings, and successfully acquired a toehold on lover's territory, it is time to start getting serious. This means Love Songs. Yep. Songs about Love. Love is a tricky thing. Unless it is delivered in precisely the right way, the Love Song section is where the mix-tape can shatter like the glass case of emotion in which it finds itself. So tread carefully. Like all love (except maybe dirty love), you've got to start slowly, otherwise you'll scare her (or him) away. In this section, I've picked "Protection" by Massive Attack, followed by "Watching the Skies" by Euphoria and "Milk" by Garbage.

Now that you've gently approached the subject of Love, you can start to get a little bit heavier. A good choice for this - "Soma" by Smashing Pumpkins. The slow start transitions nicely from the previous set into a more emotional set. Another good song for this is "Chloe Dancer/Crown of Thorns" by Mother Love Bone from the Singles Soundtrack, or possibly even "Gorecki" by Lamb. All three do effectively the same thing. From there you could go to Dave Matthews Band's "Crash Into Me". Or, if you don't

however, it's borders on begging, so be careful in how you choose to bookend

We've now reached the final three. This is where it gets tricky. You've let the listener into your world, they've gotten to know you, and you've told them how you feel. But where do you go from there? Well, these three songs should sum up everything that is you. The final song is the hardest to pick. It has to cap off the previous two, as well as tie up the rest of the mix-tape. If you look at the mix-tape as the soundtrack to a first date, the last song should be the first kiss before you say goodnight. Your whole body tenses in anticipation, and you shiver in delight at the warmth found in your new love's embrace. I can list off hundreds off good "ending songs" but you have to pick the right ones for you. For today's exercise, I'm going to go with "Fake Plastic Trees" by Radiohead, followed by "Pale September" by Fiona Apple, and capped off by "Fated!" by Matthew

And there you have it. It's just that easy. All it requires is an intimate knowledge of whatever music you have on hand, of exactly what you want to say, and the courage to face the razor sharp edge of an oncoming compact disc. Go home and give it a try. One thing to note: if you put all these songs into a program like Wavelab or some equivalent, you can then mix all these tracks into one piece. This is good because it means the intended audience actually has to listen to the whole mix and also saves space allowing you to fit more songs onto the

In future, I may include playlists for other events such as break-ups, lazy Sundays on the couch, or getting ready to tell your parents that you've spent the last three years in jail. Well, maybe not that last one. If anyone cares to compare notes, send your playlists to arts@uniter.

Enjoy.



Want to submit your listing to Uniter Listings? Email your listings to listings@uniter. ca. **Deadline for submissions** is Wednesday, eight days before the issue you'd like your listing to first appear in. The Uniter publishes on Thursdays, 25 times a year.

Listings@uniter.ca

For November 3rd onwards.

ON CAMPUS ONGOING

THE UNITER will hold General Contributor Meetings the first Monday of every month. These meetings will be for those who are interested in contributing to the paper and need some direction, or want to write for several different sections. It is also an opportunity to meet Uniter staff and other Uniter contributors. Meetings are held in the Uniter office, located on the mezzanine level of the Bulman Centre, ORM14. Everyone is welcome to attend.

ENGLISH LANGUAGE PARTNERS needed in the English Language program, U of W Continuing Education Massey Building, 294 William Avenue. Language partners are native (or fluent) English speaking volunteers who give ESL (English as a Second Language) students an opportunity to practice English outside of the classroom and to learn more about the Canadian way of life. The day and time partners meet is decided by the student and the Language partner. Time commitment 1-2 hrs/week. A letter of reference is available after completion of the program. Contact Rina Monchka, 982-1151, email r.monchka@uwinnipeq.ca

DO YOU SPEAK ENGLISH? Are you taking even a single course through the English department? If you answered yes to either of the above questions, then the English Students Association wants you! Speak English with like-minded people, consult our semi-professional paper-editors, party like a poet. The ESA meets every Wednesday during the free period in 2A47, the English studies common room. Join us there or e-mail our simply amazing president, Susie Taylor, at uofw.esa@gmail.com for more details.

JUICE, THE U OF W CREATIVE WRITING JOURNAL VOLUME 6 SUBMISSIONS are due January 1, 2006 Juice accepts fiction, drama, creative non-fiction and poetry submissions from current \boldsymbol{U} of \boldsymbol{W} and Collegiate students and recent alumni. 10 page max for prose, 6 poem max for poetry. All submissions should be double-spaced, on 8 1/2 X 11 paper and must include a digital copy (disk, cd, email) in MS-Word [.doc], Rich Text [.rtf] or Plain Text [.txt] format. All pages should be numbered and include the author's name. A separate sheet should be sent that includes the author's name, student number, complete mailing address, phone number and email address. Submissions can be dropped off at the drop-boxes located at the UWSA Info Booth, UWSA Bulman Centre Office, or the Writer's Collective (5th Floor archives). Email submissions to juice.journal@gmail.com. See submission guidelines on our website http://juice.

EVENTS

VIRTUOSI CONCERTS Virtuosi Internationale presents Alexander Tselyakov, piano & the Penderecki String Quartet November 12th, 8pm. Concert Preview with Andrew Thompson at 7:15PM. Eckhardt-Gramatté Hall. 538 adults/\$36 senior/\$26 students. Yegor Dyachkov, cello and Jean Saulnier, piano with special guest artist Gwen Hoebig, violin. Sunday, November 27th, 8pm Eckhardt-Gramatté Hall, University of Winnipeg. Tickets \$28 adults/\$26 seniors/\$16 students. Call 786-9000 or visit www.virtuosi.mb.ca.

PUBLIC LECTURE Chumir Foundation Forum —
"Ethics in the Pharmaceutical Industry". November
3rd, 7pm, Eckhardt-Gramatté Hall. For more info
call 786-1449.

WOMEN IN SCIENCE CONFERENCE November 3rd & 4th With Roberta Bondar, Student Research Presentations and other guest speakers. Various locations, watch for more details.

THE UWSA PRESENTS FTAA AWARENESS WEEK featuring Ward Churchill. Ward Churchill (Keetoowah Band Cherokee) is one of the most outspoken of Native American activists and scholars in North America and a leading analyst of indigenous issues. He is a Professor of Ethnic Studies and Coordinator of American Indian Studies at the University of Colorado. Ward Churchill will be speaking on November 4th, at 12:30pm.

READING CULTURES SPEAKER SERIES A Literary and Cultural Studies Faculty Colloquium presented by the Department of English. November 4th – "The Humanities are Dead! Long Live Cultural Studies!" by Peter Kulchyski, University of Manitoba Native Studies Department. 12:30pm-2pm in room 3M63. Everyone welcome to attend.

GLOBAL JUSTICE FILM FESTIVAL November 4th & 5th The festival will include films on a variety of social issues of local, national, and international importance. The films explore many aspects of the human condition and the struggle for peace and justice. We hope to engage people in dialogue and the sharing of information. A better world is possible and we hope to inspire people to make it so. The programme, ticket information, and

other useful details are available online at http://ca.geocities.com/winnipegevents/filmfestival.html. For more information check out the Film section of the Listings.

POST GAZA REALITIES: Is There A Way Out of the Conflict? Jeff Halper, Coordinator of the Israeli Committee Against House Demolitions, is one of the leading Israeli critics of his country's policies towards Palestinians within and outside Israel. In this public lecture, he assesses the present and future state of Israeli-Palestinian relations. November 9th, 12:30 pm -1:30 pm, Room 1L11, University of Winnipeg. Free event.

PHILOSOPHY DEPARTMENT COLLOQUIUM SERIES is proud to present, "The Secret Teachings of the Early Christian Aristotelians: Part I." By Dr Jeff Mitscherling of Guelph University. November 9th, 12:30-1:30pm in room 1L12. Everyone is welcome! Bring your lunch!

The UWSA LGBT* CENTRE PRESENTS: Homohop 12 - November 10th in the Bulman Student Centre.

THE UNITER WORKSHOP SERIES November 12th Robert Byrnes will speak on "The New Journalism". 5:30-6:30pm in Room 4M31. November 30th Donald Benham will speak on "Government and Media, how to deal with spin." 5:30-6:30 All welcome to attend.

MARGARET LAURENCE WOMEN'S STUDIES CENTRE FEMINISMS REVEALED SPEAKER SERIES All Welcome. Bring your lunch. All Sessions from 12:30 -1:30 University of Winnipeg, Room 2M67 (except Nov 28th in Room 2M77). November 9th "The NaWNing of a Global Feminist Discourse" Dr. Peggy Antrobus, Esau, Distinguished Visiting Professor, Menno-Simons College, University of Winnipeg.

DEPARTMENT OF ENGLISH PRESENTS "Transnational Border Shopping: Virtual Purchases, Body and Nation" a guest lecture by Ashok Mathur, Canada Research Chair in Cultural and ArtisticInquiry, Thompson Rivers University. Ashok Mathur is a critic, teacher, novelist, and cultural organizer. He is one of the founders of the IntraNation Project: Struggles, Negotiations, Conflicts in the Arts and coordinated the 2004 IntraNations Residency at the Banff Centre. At Thompson Rivers University he is coordinating the Centre for Innovation in Culture and the Arts in Canada, a virtual space and research lab that will foster the development of cultural networks across Canada and internationally. Wednesday November 9th 12:30-2:00pm in room 3M63. Everyone welcome. For more information contact Candida Rifkind at 786-9954.

EXPERTS ON TAP with Young Lungs Dance company and Natural Cycle. Presented by the UWSA.

November 12th, Ellice Theatre & Cafe, 587 Ellice

WAS EINSTEIN RIGHT? How has the most celebrated scientific theory of the 20th century held up under the exacting scrutiny of planetary probes, radio telescopes, and atomic clocks? After 100 years, was Einstein right? In this lecture, celebrating the 100th anniversary of Einstein's "Miracle Year" and the World Year of Physics, we relate the story of testing relativity, from the 1919 measurements of the bending of light to the 1980s measurements of a decaying double-neutron-star system that reveal the action of gravity waves, to a 2004 space experiment to test whether spacetime "does the twist." We will show how a revolution in astronomy and technology led to a renaissance of general relativity and how it plays an important role in daily life. Prior to the lecture The Borealis String Quartet will perform some selected pieces, including "Water to Ice," a specially commissioned composition written by Aaron Hryciw, a PhD physics student at the University of Alberta, in recognition of 2005 as the World Year of Physics. Guest Speaker: Professor Clifford Will, November 14th, 7pm - 9:30pm, Winnipeg Art Gallery. This event is free and all are welcome to attend.

THE UWSA PRESENTS MOVIES ON CAMPUS: November 15th: Born into Brothels. This documentary features the experiences of prostitutes in Calcutta's red-light district, provides them with a chance to record images from their own lives 2-30nm. Bulman Student Centre

WORKSHOPS & SEMINARS

MATH PROBLEM-SOLVING SEMINARS w/ Professor Visentin. For students planning to try either of the upcoming math contests or for students simply interested in learning some techniques for solving interesting math problems. Mondays 12:30pm-1:20pm in room 3M61.

COUNSELLING AND CAREER SERVICES will be offering a workshop on Managing Exam Anxiety on Wednesday, November 16th from 12:30-1:20pm in room 3M59. Interested students may register in person at the Counselling Office OGM06 or by calling 786-9231.

CAREER RESOURCE CENTRE
Need some help with your resume? Wondering
how to mine the hidden job market? The Career
Resource Centre will be offering the following free
workshops for students:
Resume:

Tues., Nov. 22, 11:30 - 12:30 Room 2C15

Job Search: Mon., Nov. 14, 12:30 - 1:30 Room 3M65

Interview Preparation: Wed., Nov. 16, 12:30 - 1:30 Room 3M65 Thurs., Nov. 24, 2:30 - 3:30 Room 2C15

To register, please call 786-9231 or email careerresource@uwinnipeg.ca.

UNIVERSITY OF WINNIPEG DIVISION OF CONTINUING EDUCATION
Registration or Information: 982-6633

Program: Arts And Cultural Management

Title: Event Management
Instructor: L. Bowering
Date: Nov 8-Nov 22/2005
Time: 3 Tuesdays, 9:00-3:00pm
Cost; \$350.00
Location: 294 William Ave.
Registration or Information: 982-6633

Title: Cultural Career Management for the Self-Employed

Instructor: J. Slivinski
Date: Nov 19-Nov 26/2005
Time: 2 Saturdays, 9:00-12:30pm
Cost: \$175.00
Location: 294 William Ave.
Registration or Information: 982-6633

ANNOUNCEMENTS

DO YOU LIKE WORKING WITH NEWCOMER
CHILDREN? Do you believe you can change our
community? If you said Yes, you are invited our
Programs as a volunteer! The Citizenship Council
of Manitoba Inc. International Centre is looking for
student volunteers to help new arrivals to Canada
learn English and feel welcome in our country.
Opportunities exist for volunteers to give their time
and support to the Centre's Immigrant Children
and Youth Programs including Sports Activities for
Newcomer Kids, Empowerment for Newcomer Kids
and Newcomer Kids Welcome Program. If you'd
like to help out, contact Si-il Park at 943-9158 or at
sisocanada@hotmail.com.

INFO SESSION: MASTER OF OCCUPATIONAL THERAPY November 9th 12:30-1:30pm in room 3M69. Lisa Mendez, BMR (OT), OTM, Outreach Developer and Instructor in the Department of Occupational Therapy, will be making a presentation on the Master of Occupational Therapy program offered at the University of Manitoba. Lisa will provide an overview of the profession of Occupational Therapy including the variety of options and opportunities within the career as well as current job trends.

WINNIPEG FREE PRESS AND WRITERS' COLLECTIVE ANNUAL NON-FICTION CONTEST In association with the Winnipeg Free Press, the Writers' Collective is pleased to announce their annual non-fiction contest, with a total of \$900 to be won and a newly increased first prize of \$500. All entries in this year's contest must be written on the theme of "a memorable journey." Whether it's a trip down the aisle or across the continent, the journey in question is up to the writers. Maybe it's a voyage of recovery - from a serious illness, or a devastating break-up. Or perhaps it's a journey of self-discovery - moving into that first apartment, or volunteering overseas. The contest will have no open category this year. Prizes are \$500 for first place. \$300 for second and \$100 for third. Fee is \$5 for Writers' Collective members, \$10 for non-members. The deadline is Nov! ember 1, 2005. All entries MUST be sent with an entry form, available by calling (204) 786-9468, or emailing writerscollective@ uwinnipeg.ca. For more information email or visit www.writerscollective.ca.

CALL FOR ENGLISH PAPERS Are you an undergraduate? Proud of a paper you've written or interested in writing something new and having it published? The Undergrad, the University of Winnipeg's undergraduate English journal, invites your submissions. 500-3000 words on some topic ranging from literature to linguistics. Drop hard copies off at the English department office (2nd floor Ashdown) or email RTF documents to a_nod@shaw.ca. Be sure to include contact information with your work. Deadline for the first issue is November 18th.

AROUND TOWN CONCERTS

PARIS TO KYIV Nov 4th West End Cultural Centre 8pm. Tickets \$17 at WECC or through Ticketmaster.

CANADIAN JAZZ CONCERT SERIES Nov 4th Steve Armault Trio. Franco-Manitoban Cultural Centre 8pm. Tickets are \$22.50 in advance (\$25 at the door) for adults, \$15 for students and seniors. For tickets call 233-8972 or visit the Franco-Manitoban Cultural Centre box office at 340 Provencher.

POWER BALL Nov 4th MTS Centre 7 :30pm. With

Our Lady Peace, Danko Jones, Stripper's Union, Crystal Pistol. Tickets \$19.97 through Ticketmaster.

HURTING UNIT, FOURTH STREET, DV8, SERVANTS OF SOCIETY Nov 5th Ellice Theatre (585 Ellice Ave at Sherbrook Street) 9pm. All Ages. Tickets \$7.00 at the door

2nd BLUES FUNDRAISING SOCIAL FEATURING THE RONNIE BAKER BROOKS BAND live from Chicago. Nov 5th Riverview Community Club (90 Ashland) 8pm. Tickets 518 until October 15th, \$20 after. Call 801-9441 for more info

PLANETARIUM AT NIGHT Nov 5th Audiochrome. First Saturday of the month at 9pm. Each week, a brand new show mixing topical cosmic news mixed with live (LOUD!) music. Show includes free admission to the Science Gallery. \$7.50 or \$10 to take in the 8 o'clock show as well. 943-3139 or go to: www.manitobamuseum. ca/planetariumatnight.

HEAVY TRASH Nov 5th Pyramid Cabaret w/ The Sadies, Fiftymen 10pm. Tickets \$24 at Kustom Kulture, Savin Daves, Into The Music.

CAFE JAZZ COFFEE HOUSE Nov 6th Conservatory Jazz Institute (211 Bannatyne Ave) 3-5pm. Conservatory Jazz Institute faculty host this jam session for jazz musicians at any level, particularly those with less experience. All welcome! \$6 adults/\$4 students. Call 943-6090 for more info.

BAD RELIGION/ ANTI-FLAG Nov 7th Burton Cummings Theatre 7 :30pm. Tickets \$34.50/\$30 through Ticketmaster.

LET PEACE REIGN AND MUSIC THUNDER Nov 8th Centennial Concert Hall 7:30pm. Tickets \$17.50/\$8.50 students through Ticketmaster.

PIETA BROWN No 9th West End Cultural Centre 8pm. Tickets \$17 at WECC or through Ticketmaster.

LABEL GALLERY SHOW (510 Portage) Nov 10th Far From Ruin, Ramirez, Nikola Tesla, The Abbot Prison blues, 7pm. \$7 at the door. All ages.

NEILFEST November 10th-12th Times Change(d)
High & Lonesome Club. Featuring The Scott Nolan
Band, The D.Rangers, The Turnstiles, Jason Nowicki
(Perpetrators), Ryan Menard (Perpetrators), Chris
Carmichael and more celebrate Neil Young's 60th
birthday by playing complete live versions of some
of Young's cult-classic albums including "Everybody
Knows This Is Nowhere," "Zuma," "American Stars
and Bars," and more. Film and video will also be
featured throughout the weekend. The entire event
will be recorded for a future tribute album. Three
day pass: \$20 or \$8.00 single night admission.

VANCE GILBERT Nov 12th West End Cultural Centre 8pm. Tickets \$20 at WECC or through Ticketmaster.

NINE INCH NAILS Nov 14th MTS Centre 8pm. With Death From Above 1979 and Queens of the Stone Age. Tickets \$39.50-\$59.50 through Ticketmaster.

SARAH SLEAN Nov 15th Westminster United Church (745 Westminster at Maryland) 8pm. Presented by the West End Cultural Centre. Tickets \$17 in advance at WECC and through Ticketmaster.

GWEN STEFANI Nov 16th MTS Centre 7:30pm. Tickets \$49.50/\$65.5-/\$79.50 through Ticketmaster.

BEDOUIN SOUNDCLASH Nov 17th West End Cultural Centre 8pm. Tickets \$17.50 through Ticketmaster.

WINNIPEG CLASSICAL GUITAR SOCIETY presents Similia Duo (a flute and guitar recital from Montreal) Nov 19th The Planetarium Auditorium (190 Rupert Ave) 8pm. Advance tickets \$15 adults\\$10 WCGS members and students\\$5 WCGS students by calling 775-0809.

OSCAR LOPEZ Nov 18th West End Cultural Centre 8pm. Tickets \$25 at WECC and through Ticketmaster.

ALANA LEVANDOSKI Nov 19th West End Cultural Centre 8pm. Tickets \$10 at WECC and through Ticketmaster

BROKEN SOCIAL SCENE Nov 19th Le Rendez-Vous 8pm. Tickets \$20 at Into the Music, Ticketmaster. All ages.

WIDE MOUTH MASON Nov 19th The Zoo. Tickets \$20 in advance at the Osborne Village Inn front desk.

IZZY ASPER JAZZ PERFORMANCE SERIES On November 26th we're turning up the temperature with a double header featuring two of the most exciting jazz artists on the scene today, vibraphonist Stefon Harris and pianist Mulgrew Miller and two local musicians. The Berney Theatre, Asper Jewish Community Campus, 123 Doncaster St. Tickets for all five concerts are \$130, or \$30 plus taxes each at Ticketmaster, by calling 477-7510, or visiting www.radyicc.com.

COMEDY

Nov 5th presented by the Gas Station Theatre.
 This year's highlights will include: Awesome players from The United States including "Dad's

WINNIPEG 6th ANNUAL IMPROV FESTIVAL Oct 30th

Garage" Atlanta, Georgia; "The Brody Theatre' Portland, Oregon; "The Blue Door Theatre" Spokane Washington. Awesome players from Canada "Rapid Fire Theatre" Edmonton: "General Fools" Regina:"Iron Cobra"Toronto: "Catch23"Toronto: Canadian Comedy Awards nominees: Becky Johnson (Best Female Improviser) and "Iron Cobra" (Best Improv Troupe). A Theatresports type improv challenge that will have former improv World Champions competing against each other (CRUMBS won in 2004, Rapid Fire Theatre won in 2003 and Dad's Garage won in 2005). A live improvised cartoon all the way from Atlanta, Georgia (care of Dad's Garage) A wonderful night of local showcase including: CRUMBS, Outside Joke, Jack'Um & Attack! te Em Improv. Performances at the Gas Station Theatre \$8-\$10 for students; \$5 for shows at The Park Theatre and The Pulford Palace (109 $\,$ Pulford), Call 284-9477 for more details.

JUST FOR LAUGHS Nov 11th Centennial Concert Hall 7pm. Starring Shaun Majumder, Rocky Laporte, Rod "Rodman"Thompson, Scott Faulconbridge, Carl Barron & Ryan Bellevile. Tickets \$29.50/\$39.50 through Ticketmaster.

RUMOR'S COMEDY CLUB 2025 Corydon Ave Until November 12th: Juggling, high wire and comedy with Todd Paul. Nov 15th — 26th: The return of Vanessa Hollingshead.

IMPROV SUPPER CLUB Mondays, Toad in the Hole Pub & Eatery, 8, 9, 10, 11pm.

JACK'UM AND ATTACK'EM IMPROV featuring Ron Moore. Tuesdays, The Park Theatre & Movie Café, 8pm. \$4.99.

FILM

CINFMATHEOLIE 100 Arthur St Nov 5th 1pm: Cinemental Festival of French Cinema - Short Film Competition. Nov 5th - 10th 7pm (2pm on Nov 6th): Sundance Film Festival Audience Award winner 'Brothers' by Suzanne Bier. Nov $4^{th}-10^{th}$ 9pm: 'Sabah' by Rubba Nadda. An inter-religious love story of a Muslim woman falling in love with a non-Muslim man. Nov 11th - 13th 8:30pm: Documentary on the Newport Folk Festival, 1967s 'Festival' by Murray Lerner features interviews and performances by Son House, Johnny Cash, Pete Seeger, Buffy Saint-Marie and Odetta, Nov 11th - 17th 7pm (2pm on Nov 13th); Nov 18th - 25th 7pm and 9pm: The true story of a San Francisco street musician who befriends a flock of wild parrots - Judy Irving's 'The Wild Parrots of Telegraph Hill'. Nov 14th & 15th 9pm: Canadian premiere of 'Dream on Silly Dreamer' by Tony West. Nov 16th & 17th 9pm: 'Made In Secret: The Story of the East Van Porn Collective'. Nov 20th 2pm: Wendy Mersh Memorial Lecture: Women's Photography by Susan Close. Free admission.

PARK THEATRE 698 Osborne St Daily U-Pick Matinees at 1pm and 4pm. 52. Mondays — Family Friendly; Tuesdays — Improv; Wednesdays — Foreign Films; Thursdays — Random movies; Fridays — Retro films; Saturdays — Laughs and Screams; Sundays — Classic films

MANITORA'S 14th FRENCH-LANGUAGE FILM

FESTIVAL From November 2nd to 6th, come and enjoy some of the best French-language movies from Québec and France, as well as a documentary produced in Manitoba and the best French-Canadian short films of the year. Nine of the 12 movies are subtitled in English. Tickets available at the Franco-Manitoban Cultural Centre, 340 Provencher Boulevard. Adults: \$7 for all movies; Children (12 years and under): \$ 5 for the two family movies, Malabar Princess and Pinocchio 3000. Free admission to the short film competition on Saturday at the Cinemathegue, Tickets for all films will be on sale at every showing. For more information about the festival, contact our partners at the Centre d'information 233-ALLÔ or call tollfree 1-800-665-4443 or consult our website at www.cinemental.com

GLOBAL JUSTICE 3rd ANNUAL FILM FESTIVAL Nov 4th & 5th. "Making Poverty History" featuring films from the Travelling World Community Film Festival. Nov 4th Bulman Student Centre, U of W: No Place Called Home with discussion panel and questions afterwards. Nov 5th: Various films throughout the day around the University of Winnipeg. Register by calling 284-9113 or 254-8268, email jgkt@shaw.ca or gtloewen@shaw.ca, or visit http://ca.geocities.come/winnipegevents/filmfestival.html.

REELPRIDE FILM FESTIVAL November 15th - 20th IMAX Theatre, Portage Place Shopping Centre (except Saturday, Nov 19th - at the Platform Gallery in the Artspace building in the Exchange District. 12 screenings, over 30 films! Tickets are \$5 per show or \$30 for any five shows. For more information and a complete list of films being screened, visit http://www.reelpride.org/.

ABORIGINAL FILM AND VIDEO FESTIVAL November 17th — 19th at the Globe Cinema. Three days of workshops and original film screenings by Aboriginal directors about Aboriginal issues. All screenings are free. For more information visit www.aboriginalfilmfest.mb.ca.

THEATRE, DANCE & PERFORMANCE

THE GRIND Every second Thursday at Ellice Café & Theatre (585 Ellice Ave) The Grind, a venue to encourage and develop performers and their ideas through the presentation of scenes, sketches, monologues, spoken word, short film, stand-up and music in front of a live audience. 7pm, \$4 per person. Next shows Nov 1st, Nov 17th.

THE CERCLE MOLIERE THEATRE SEASON Nov 18th – Dec 10th: "Grace et Gloria" by Tom Ziegler. Theatre de la Chapelle 825 Rue St Joseph. Tickets \$11-29.50. Call 233-8053 or email reception@cerclemoliere...com.

MANITOBA THEATRE CENTRE Regina Taylor's "Crowns". Runs to November 5th. The classic 'A Christmas Tale' adapted from Dickens' novel by Bruce McManus. Tickets available at 942-6537.

MANITOBA THEATRE CENTRE WAREHOUSE Nov 9th – 26th: "Cul-De-Sac" written by Daniel Maclvor. Tickets available by calling 942-6537.

PRAIRIETHEATRE EXCHANGE From Nov 16th – Dec 4th: 'Dogbarked' by James O'Shea. A comedy about life on the prairies. Season tickets available from \$85 - \$130. Call 942-5483 or visit www.pte.mb.ca.

MANITOBA OPERA Nov 4th "La Boheme" a story of young love and tragic loss. Season subscriptions available, individual tickets \$29-\$84, call 253-2787 or through Ticketmaster.

YOUNG LUNGS DANCE EXCHANGE presents 40,000 Ft. November 4th at 8pm. An evening of improvised dance and live music. WCD studio theatre, 204-211 Bannatyne Ave. Tickets \$10 at the door.

WINNIPEG SYMPHONY ORCHESTRA Nov 5th. "Spirit of the Wind" featuring Buffy-Sainte Marie. Tickets \$31-\$65. Call 949-3999 or email boxoffice@wso. mb.ca. Nov 10th, 12th, 13th: WSO Pops – "We Shall Not Forget: A Salute to our Veterans" 8pm Thursday and Saturday, 2pm Sunday. Nov. 18th: Choral Series. Nov 19th: City Classics. Nov 20th: Great West Life Sundays with the Family: Franklin the Turtle's Symphony Zoo. Nov 24th: Musically Speaking: Romantic Vienna. Nov 25th: WSO Special: The Music of Freddie Mercury and Queen.

WINNIPEG PHILHARMONIC CHOIR Nov 6th with a performance of Cherubini's "Requiem". 3 pm at Knox United Church, 400 Edmonton St. Contact 896-7445 or email philharm@mts.net for tickets and more info.

MANITOBA CHAMBER ORCHESTRA Presents Daniel Taylor, Countertenor with Robert King conduction November 9th at Westminster United Church, 745 Westminster Ave 7:30pm. Tickets \$23 for adults, \$21 for seniors and \$7 for students, plus GST. Call MCO at 783-7377 or pick up tickets at McNally Robinson or Ticketmaster. Nov 29th: Yegor Dyachkov, cellist at Westminster United Church.

WINNIPEG CONTEMPORARY DANCERS Presents "Home" a home-grown performance spectacle. Nov 10th – 12th 8pm WCD Studio, 211 Bannatyne. Tickets \$22 adults/\$18 seniors/ \$12 students. Call 452-0229 for more info.

GROUNDSWELL CONCERT SERIES Presents 85
Candles: Celebrating the Life and Music of
Robert Turner, Winnipeg teacher, composer and
broadcaster. November 21st Eckhardt-Grammate
Hall, University of Winnipeg 8pm. Tickets \$19
adults / \$17 seniors / \$9 students and available at
both McNally Robinson Booksellers locations, by
calling 943-5770 or emailing gswell@mts.net.

ISRAELI CONCERT SERIES Classical pianist Einav Yarden will perform a program featuring works by Schumann, Kurtag, and Haydn, as well as an Israeli sonata by one of Israel's most celebrated composers, Joseph Bardanashvili.

8pm at the Rady Jewish Community Centre 8100-123 Doncaster St. Tickets \$27 adults/\$16 students.

Call 477-7510 or visit www.radvicc.com.

LITERARY

McNALLY ROBINSON BOOKSELLERS (GRANT PARK) Nov 3rd: Caroline Shepard will be reading & signing 'Off Centre,' her new book of short stories, 7:30pm. Nov 4th: Best-selling author Thomas King will be reading & signing 'A Short History of Indians in Canada.'8pm. Nov 5th: Slide show & signing of 'A Soldier's View: The Personal Photographs of Canadians at War 1939-1945,' Blake Heathcote opens his extensive archive of photos, rarely before published or seen, to share with us the face of the Second World War as it was witnessed by those who fought it. 7pm. Barbara Sapergia and Terrence Heath eading & signing 'Dry' & 'Casualties.' 8pm. Nov 8th: This is a fundraiser for Canada's oldest literacy organization, Frontier College. Join us for a fabulous Giller Night celebration. Watch for more details. Tickets are \$25.00 each and are on sale now in the bookstore 8pm Nov 9th: Presenting & autographing 'Solutions for Health: How to Do More of What Works' will be Ph! yllis Reid-Jarvis. 7:30pm. Nov 9th: Kevin Chong will be reading & signing 'Neil Young Nation: A Quest, An Obsession (and A True Story), Neil Young is one of the most popular musicians of our time

continued >>>

His brilliant, gnomic, lyrical music has earned him fans of all ages and persuasions. In his first nonfiction title, Kevin Chong counts himself among them and sets out on a road trip in search of a North American icon. 8pm. Nov 10th: Discussion with audience participation of Steven D. Levitt's and Stephen J. Dubner's Freakonomics: A Roque Economist Explores the Hidden Side of Everything The moderator will be Terry MacLeod of CBC Radio One. Discussion leaders will be lan Hudson, faculty member Dept. Economics, U of M AND Susan Prentice, faculty member Dept. Sociology, U of M. This series is presented by the University of Manitoba Institute for the Humanities. 7:30pm. Nov 10th: Mark Munger will be reading & signing 'Suomalaiset: People of the Marsh.' 8pm

LISTINGS COORDINATOR: NICK WEIGELDT

E-MAIL: LISTINGS@UNITER.CA PHONE: 786-9497 Fax: 783-7080

McNALLY ROBINSON BOOKSELLERS (PORTAGE PLACE) Nov 11th: Mark Munger will sign copies of his novel 'Suomalaiset: People of the Marsh. 1-2pm. Nov 17th: Roby Donner of the Jane Austen Society of North America discusses 'Health in Jane Austen's Novels and Times.' 7:30pm.

SPEAKING CROW OPEN-MIC POETRY First Tuesday of the month at Academy Bar & Eatery. 8pm. Free

AQUA BOOKS 89 Princess St The Stone Soup Storytellers' Circle, veteran Winnipeg storytellers, meets for storytelling once a month on Saturdays at 7:30pm. All are welcome. Next meeting is November 12th. Aqua Books Conversation Series, in conjunction with St. Benedict's Table, is pleased to present a monthly conversation series dealing with issues of faith, life, theology and pop culture November 19th: "Sheep to the Slaughter and Soldiers of God: A Reassessment of the Christian Just War Theory" by U of Manitoba student Rob

STORY TELLING/STORY THEATRE at Bread & Circuses 238 Lilac St. Audience participation in creating characters, finding costumes and getting involved in the action. 6:30pm Friday evenings. Next

OUT LOUD is an open mic opportunity for you to give your words voice. Every two weeks a special guest will kick off the evening after which the mic is open for your words of any genre in five minutes or less. Begins November 10th and runs every second Tuesday at the new Millenium Library after that. Sign up is at 7pm. Free.

AD LIB is an evening of improv style word games. Every night is guaranteed to be different and full of laughs. From round stories to fridge magnet poetry, from opening lines to creating new endings, there's no limit to the places these games – or your writing – can go. Begins November 17th and runs every second Tuesday, alternating with Out Loud. 7:30pm. Free.

SHELDON OBERMAN EMERGING WRITERS' MENTOR PROGRAM pairs emerging writers with established writers. Over the course of five months, the pair work together with the goal of helping the emerging writer further develop his or her craft For the 2006 season, the Manitoba Writers' Guild is accepting applications from both Established Writers who wish to pursue the role of mentor and Emerging Writers who wish to be mentored. Applications can be submitted through an online form or via regular mail. Applications are available by visiting www.mbwriter.mb.ca or calling 942-6134. Deadline for applications is 5pm on Monday. November 14th 2005.

GALLERIES & EXHIBITIONS

ACE ART INC. 290 McDermot St 944-9763 Tues-Sat 12-5. Until Nov 12th: As part of the Send + Receive Festival, 'Between Sounds and Abstractions' by artists Catherine Bechard and Sabin Hudon. Nov 25th – Dec 9th: 'Winter Warmer' an acearting. member show.

THE ANNEX GALLERY 594 Main St 284-0673 Tues-Sat 12-5. Contemporary art. First exhibition in the Main Street Gallery will be "Sugar" by Karen Cornelius. November 10th – December 3rd. Opening Thursday, November 10th at 5pm.

ART CITY 616 Broadway Ave 775-9856 Mon 5-8 .Tues-Fri 4-8, Sat 12-4, Featuring high quality artistic programming for kids and adults.

ART FROM THE HEART - ANNUAL EXHIBITION aiming to provide Manitoba artists living on low-income artists an opportunity to show and sell their work. November 18th & 19th at Magnus Eliason Recreation Centre, 430 Langside St. For general Information contact: artfromtheheart@

CREAM GALLERY 944 Portage Ave 957-7367 Tues-Fri 10-5, Sat 11-5. Until Nov 23rd: Paul Butler's

GALLERY 1C03 Centennial Hall, University of Winnipeg 515 Portage Ave 786-9253 Mon-Fri 12-4, Sat 1-4. Non-profit public gallery providing everyone opportunities to learn about visual art. On now: Manitoba artist Nancy Hall transforms cast-off woolen and blankets garments into



hooked rugs that feature images and texts drawn from her life experiences. Her colourful and whimsical designs are created using traditional techniques that the artist learned in Atlantic Canada. The artist lives near the west shore of Lake Winnipeg and she brings images into her rugs from farming, fishing and summer recreation--the local industries and life styles. Intensely personal experiences are the basis for other works. No matter the source of inspiration, Hall is clear that ultimately these objects are functional. They are intended to be placed on the floor, to be walked upon by people and their pets.

GALLERY LACOSSE 169 Lilac St 284-0726 Tues-Fri 10-6, Sat 10-5. Until Nov 9th: 'Colourscapes' – Janice

GALLERY ONE ONE ONE Main Floor Fitzgerald Building, School of Art U of Manitoba 474-9322 Nov 10th – Jan 27th: An exhibition of the 1970s work of Gordon Lebredt. Reception: Thursday, 10 November, 3-6 PM. This exhibition will include $paintings, drawings, prints \ and \ three-dimensional$ pieces borrowed from the artist, the Canada Council Art Bank, the Winnipeg Art Gallery and the collection of Gallery One One One that were produced in the 1970s, and will be the first critical examination of Lebredt's early attempts to deconstruct the grammar and syntax of the

GRAFFITI GALLERY 109 Higgins Ave 667-9960 A not-for-profit community youth art center, using art as a tool for community, social, economic and individual growth.

KEN SEGAL GALLERY 4-433 River Ave 477-4527 Tues-Fri 10-6, Sat 10-5, Showcase of original contemporary art. Until Nov 3rd: 'Geometric Concretism' - Robert Pasternak.

LA GALERIE at the FRANCO-MANITORAN CULTURAL CENTRE 340 Provencher Blvd 233-8972 Mon-Fri 8am-10pm, Sat-Sun 12pm-10pm. Until Nov 20th: 'The Shield' - An exhibition of paintings and poetry inspired by many canoe trips on the lakes and rivers of the Canadien Shield in Manitoba. Featuring work by David MacNair, Dave Maddocks, Barry Bonham, James Alexander.

LABEL GALLERY 510 Portage Ave 772-5165 Tues-Sat 12-5. Currently: BUGS, featuring 18 artists with major gallery experience, all of whom have worked as tree planters in Canada's northern forests.

THE LION AND THE ROSE GALLERY 2nd Floor 70 Albert St 452-5350 Mon-Fri 11-5. Until Nov 9th: 'Fantasia' - Paintings by John Doole and Sculpture by Angus Braid. Funky, fun and lyrical! Paintings and sculpture that celebrate everything from music

MANITOBA CRAFTS COUNCIL EXHIBITION GALLERY 214 McDermot Ave 487-6114 Tues-Fri 11-5, Sat 11-4 Nov 10th - Dec 23rd: 'Holiday Salon' featuring

MARTHA STREET STUDIO 11 Martha St 772-6253 Mon-Fri 10-5. Showcasing the fine art of

MEDEA GALLERY 132 Osborne St 453-1115 Mon-Sat 10:30-5. Sun 1-4. Oct 30th - Nov 17th: 'Morning Light – Jack Gantzel. Nov 19th – Dec 31st: 'Mosaic' by a variety of gallery artists.

OSBORNE VILLAGE CULTURAL CENTRE 445 River @ Osborne St 284-9477 Currently showing Jane Clark and Taras Clark 'Mother & Son'

OUTWORKS GALLERY 3rd Floor 290 McDermot Ave 949-0274 Artist-run studio and exhibition space in the Exchange. Opening Nov 4th: 'Through the Cracks' an exhibition featuring various artists from the Outworks collective

PLATFORM (CENTRE FOR PHOTOGRAPHIC AND DIGITAL ARTS) 121-100 Arthur St 942-8183 Tues-Sat 12-5. Saturday, November 19th: Darkroom in a Day Workshop – Get back to basics of the darkroom with this intensive refresher course. Very limited space, enroll by calling the gallery at 942-8183 or email info@platform.org.

PLUG-IN ICA 286 McDermot Ave 942-1043 Nov 18th, 7pm.'VOLCANA Icelandic Panorama' Drawing upon his frequent travels in Iceland and the relationships he has cultivated here, guest curator Kevin Kelly explores lingering traces of this mysterious land in the work of five female artists dividing their lives between Reykjavik and New York.

<SITE> GALLERY 2nd Floor 55 Arthur St 942-1618 Tues-Sat 10-4. Until December 3rd in Gallery One: 'TEN', a celebration of SITE GALLERY'S tenth year in Winnipeg. Featuring works by Wanda Koop, Aganetha Dick, Tom Lovatt, Don Reichert, Diane Whitehouse, Diana Thorneycroft. Unitl Oct 29th in Gallery Two will be a showcase of new prints and paintings by Ewa Tarsia and Milos Millidrang. Starting in November, new prints by Ted Howorth

URBAN SHAMAN 203-290 McDermot Ave 942-2674 Until Nov 18th: '50 to 500' - Annual Members' Show and Sale. Pieces will range from 50 cents to 500 dollars with all proceeds going to the artist. Nov 25th — January 13th: 'Land as History, Land as Power', a photographic exhibition exploring the unique landscape and history of the Prairies. Arthur Renwick

VIDEO POOL MEDIA ARTS CENTRE 300-100 Arthur St 949-9134 Contemporary media art.

WAH-SA GALLERY 302 Fort St 942-5121 Until Nov 12th: Maxine Noel. Nov 24th - Fifth Annual "Miniatures and Almost."

WINNIPEG ART GALLERY 300 Memorial Blvd 786-6641 Until Jan 2006: 'Landmarks, Beavers, and Maple Leaves': The Canadiana Ceramic Collection at The Winnipeg Art Gallery. Until Dec 11th: 'Back/ Flash' - an examination of Aboriginal media art from a First Nations perspective. Until Jan 8th: 'Bug City': Insects are playing an increasingly important role in contemporary art. This exhibition explores themes of civic identity, technological innovations from computer programs to robotics, and perilous change in a world of intermingling species and machines. Until Mar 5th: Selected Works 1980-2004 of Nancy Edell, including rug-hooking, paintings

BARS, CAFES & VENUES

ACADEMY BAR & EATERY 414 Academy Rd Sundays: Tim Butler Jam night. Mondays: Open mic. First Tuesday of the month: Speaking Crow poetry night.

BELLA VISTA 53 Maryland St Wednesdays: Scott

RILLARONG ALISTRALIAN BAR & BISTRO D-121 Osborne St. First Monday of the month: Open Mic

COLLECTIVE CABARET 108 Osborne St Thursdays: '80s and '90s Night. Nov 4th: Swayback CD Release with The Reception, Domenica, and the Singletons. \$5, 9pm. Nov 5th: A Legend Falls, Cunt Punisher, Igor and the Skindiggers. Nov 9th: The Black Dahlia Murder, Three Inches of Blood, The End, A Life Once Lost. All ages welcome. Tickets \$17 in advance at Into The Music and Sk8.

DIE MASCHINE 108 Osborne St Thursdays: '80s and '90s Night, Fridays: Goth/Industrial, Saturdays: WinnipegJungle.com presents the finer sounds of Drum & Bass/Jungle and Breakbeat Music every Saturday night. DJs Dexx, Krisco, Gumby and guests. On the 2nd Floor.

DYLAN O'CONNOR IRISH PUB 2609 Portage Ave Mondays: Open mic night w/ The St John's Jammers. Tuesdays: Patrick Alexandre Wednesdays: Guity Pleasures.

ELEPHANT & CASTLE PUB 350 St Mary Ave Sundays: Student Night: Nov 13th: Sean Buchaner

FINN'S PUB 210-25 Forks Market Rd Johnson Terminal Tuesdays: Ego Spank — Jazz w/ Murray Pulver, Marc Arnould, Gilles Fournier, Daniel Roy. 12:30pm. Wednesdays: Open Mic w/ Guy Abraham.

FRANCO-MANITOBAN CULTURAL CENTRE 340 Provencher Blvd Mardi Jazz, Tuesdays in Salle Antoine Gaborieau (2nd Floor) at 8:30pm. Free admission. Upcoming shows: Nov 15th: Janice

GIO'S 155 Smith St Mondays: Student Night. Wednesdays: Karaoke. Thursdays: Retro Thursday. Fridays: DJ daNNo. 1st Saturday of each month Womyn's Night. 2nd Saturday of each month: live lounge music. 2nd Sunday each month: Prime Pages book club, 5pm.

HEMP ROCK CAFÉ 302 Notre Dame Ave Nov 4th: Our Streets and guests. Nov 5th: Fascist Fetus and guests.

HOOLIGAN'S NEIGHBOURHOOD PUB 61 Sherbrook St Mondays, Tuesdays, Fridays: Karaoke. Wednesdays: The Perpetrators.

INN AT THE FORKS — THE CURRENT LOUNGE 1 Forks Market Road Thursdays-Saturdays: Jazz concerts.

KING'S HEAD PUB 100 King St Sundays: All The King's Men. Wednesdays: Latin Jazz Night. Nov 4th: Stony Point. Nov 5th: The Wedgewoods. Nov 10th: Men In Kilts. Nov 11th: JP Hoe and the Truly Richards with Quinzy. Nov 12th: The Attics. Nov 18th: Scott Nolan

McNALLY ROBINSON BOOKSELLERS — PRAIRIE INK RESTAURANT: Portage Place Nov 4th: Blues and jazz with A Taste of New Orleans, 6:30pm. Nov 11th Instrumental Latin Jazz with Tim Butler, 6:30pm. Nov 18th: Café Charanga plays Afro-Cuban music, 6:30pm. Grant Park: Nov 4th: Mira Black with some Jazz, 8pm. Nov 5th: Jazz with The Burton Trio, 8pm. Nov 11th: Classical rock with T-3, 8pm. Nov 12th: A Taste of New Orleans, 8pm.

OSBORNE FREEHOUSE 437 Osborne St Mondays: Jazz Hang Nights with Steve & Anna Lisa Kirby and

PYRAMID CABARET 176 Fort St Thursdays: The Mod Club w/ DJ Sean Allum and the Invisible Man, doors at 8pm. Nov 3rd: Alverstone. Nov 5th: Heavy Trash, The Sadies, Fiftymen. See Concerts for more details. Nov 6th: Gwar. See Concerts for more details. Nov 9th: Juliet and the Licks. Nov 10th: The High Dials. Nov 11th: DJs Co-op and Hunnicut. Nov 12th: Grooveport, Zeroscape, Honey Eyes. Nov 16th:

REGAL BEAGLE 331 Smith St Tuesdays: Hatfield McCoy. Wednesdays: Open Mic Nights.

ROYAL ALBERT ARMS 48 Albert St Mondays: Karaoke. Saturday Afternoons: Blues Jam, 4-7. Nov 6th: Exhumed with Putrescence and Electro Quarterstaff, 7pm. Nov 11th: Vader, Decapitated, Dewscented, No 14th: Sidelined Productions presents Thirty Nights of Violence (Edmonton) and Day One.

SHANNON'S IRISH PUB 175 Carlton St Thursdays: Irish Stew w/ DJ Co-Op. Nov 4th-5th: The Dust Rhinos. Nov 10th: Todd Hunter Band.

TIMES CHANGE(D) HIGH AND LONESOME CLUB Main St @ St. Mary Ave Sundays 9:30pm: Jam with Big Dave McLean. Nov 3rd: A benefit for The Maple Leaf Bar in New Orleans. This little club has much in common with Times Change(d), and we figure that by focusing on helping it out a little bit, we can make a genuine difference in the rebuilding of New Orleans. Performers to be confirmed include Rudimental. Nov 4th: Lil' Miss Higgins w/ Romi Mayes. Nov 12th-12th: "NeilFest" See Concerts for

TOAD IN THE HOLE 108 Osborne St Sundays: Vinyl Drip. Mondays: Improv Supper Club. Tuesdays: Trivia. Last Sunday of the month: Dust Rhinos.

WEST END CULTURAL CENTRE Ellice Ave @ Sherbrook St Nov 4th: Paris to Kyiv. See Concerts for more details. Nov 7th: Restorative Theatre Productions, Inc. and the John Howard Society of Manitoba present Victims' Voices. Tickets available by calling 786-3120. 7pm. Nov 9th: Pieta Brown. See Concerts for more details. Nov 11th: Horse The Band w/ Go Bananas and Krull. Tix \$8 in advance at Into the Music and Sk8, 8pm, Nov 12th: Vance Gilbert. See Concerts for more details. Nov 17th: Bedouin Soundclash. See Concerts for more details. Nov 18th: Oscar Lopez. See Concerts for more details. Nov 19th: Alana Levandoski. See Concerts for more details.

WINDSOR HOTEL 187 Garry St Mondays: Jams with Tim Butler. Tuesdays: Latin Jazz Night featuring Jeff Presslaff, Rodrigo Muñoz, Julian Bradford, 10pm. Wednesdays: Jams with Big Dave McLean. Nov 3rd – 5th: Lou Pride. Nov 10th: Manitoba Blues Society Birthday Bash with MBS Jammers, Ragdoll Blues, The Slidin' Clyde Roulette Band. Tickets \$8members / \$12 non-members, 8pm.

THE ZOO / OSBORNE VILLAGE INN 160 Osborne St Tuesdays: Heavy Metal & Draft NightNov 4th: Anthem Red, Sophomore, Jynx & At Sea. Nov 5th: Power 97 presents Crystal Pistol w/Tele after concert party. Tix \$4.99. Nov 10th: The Harlots w/ special guests. Advance tix \$7. Nov 12th: AMF w/ 100 Fold, Lynchpin and Jaw. Nov 19th: Wide Mouth Mason. See Concerts for more details.

COMMUNITY **EVENTS**

HOSTELLING 101 Seminars presented by Hostelling International are held on the first Thursday of the month at Mountain Equipment Co-op, third Thursday of the month at McNally Robinson Booksellers, Portage Place.

ALCOHOLICS ANONYMOUS MANITORA KEYSTONE CONFERENCE November 4th - 6th at the Ramada Marlborough Hotel 331 Smith St. To celebrate 61 years of AA in Manitoba. The conference ticket price is \$20 and includes a dance on Saturday night. Registration begins at 6pm on Friday Nov 4^{th} , with the first meeting at 8pm that evening. This year's theme is "The Road of Happy Destiny". Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing

Classifieds

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MANITOBA NATURALISTS'SOCIETY Indoor Program November 7th, "Hiking the Chilkoot Trail in Alaska" by MMS member Loretta Humeniuk. Follow visually the 53 km Chilkoot Trail or the Klondike Gold Rush Trail of 1896. This trail is known as Canada's outdoor museum due to the many artefacts left along the route as it stretches from the Pacific tidal waters of the Lynn Canal at Dyea (Alaska), over the coastal mountains through to Lake Bennett (B.C.) and the headwaters of the Yukon River. Pauline Boutal Theatre, Franco-Manitoban Cultural Centre, 340 Provencher Blvd. Program starts at Centre, 340 Provencher Blvd. Program starts at Centre, Admission \$2 for members and \$6 for non-members. For more information call the MNS office at 943-9029.

THE BELEAGUERED JOURNALIST: Why does everyone think we're sleazy? Guest speaker: Winnipeg Free Press columnist Gordon Sinclair. November 7th, 12:30-1:30pm Concourse Lounge, University of Manitoba. Refreshments served. Free admission.

HOSTELLING INTERNATIONAL presents monthly "Travel Nights": November 8th — "The Changing Face of China" 6-9pm. \$20 (\$24 at the door) price includes a full Chinese dinner at Grand Garden Restaurant, 268 King St, 2nd Floor. For more information, contact 784-1131.

JOURNALISTIC ETHICS: HA HA HA Guest speaker: Lesley Hughes, journalist, columnist, broadcaster. November 9th, 12:30–1:30pm Concourse Lounge, University of Manitoba. Refreshments served. Free admission.

CAREER DEVELOPMENT OPPORTUNITIES
Wednesday, November 9th, 2005 12-1pm, Room
2M70. Presented by: Chris Dobbs, Service Canada,
Bev Stuart, Manitoba, Food Processors Association,
Lee Anderson, MB Youth Volunteer Opportunities
Project. Our speakers are teaming up so you can
find out a quick and easy way to click through
the web to develop your career plans, get a job,
volunteer or kick up your resume a notch. All
this by using quality on-line information! Free
resources and prize draws. Free event, no advance
registration required.

AMNESTY INTERNATIONAL is holding a public meeting entitled "Momen and Armed Conflict" on November 10th from 7-9pm at the Welcome Place, 397 Cartton St. Free admission, all welcome. For more info, call 475-4565.

ORGANIC MATTERS ON THE PRAIRIE CONFERENCE
This one-day conference and trade show is for new
and experienced organic farmers and consumers.

* How to enhance fertility and yields by
understanding and working with the soil's natural
biological organisms.

- * Biotechnology, its impact on organic agriculture
- and plant breeder's rights.

 * "Can Organic Feed the World?"

*"Nourishing Ourselves with Organic"
There will be practical sessions on farm-scale composting, low-till organic farming, organic poultry, food security, herbs and health. Seasoned organic farmers will share their wisdom on organic production in an informal session.
November 12th. Registration Fee: \$75.00/person, includes breakfast, lunch & 2 coffee breaks. For more information, contact 299-6614 or info@ organicmatters.ca or visit www.organicmatters.ca (registration forms are available on website).

CAJ MANITOBA Maggie Siggins, a leading Western Canadian writer, will give an all-day writing clinic for journalists in Winnipeg, Saturday, November 12th. The event will take place at Aboriginal People Television Network (APTN), 5th Floor boardroom, 339 Portage Avenue, Start time is 9 a.m. A short CAJ business meeting will precede the workshop. Registration is \$15 for CAJ members, \$20 for non-members. Lunch and coffee are included and provided. This will be a wide-ranging, hands-on workshop primarily for print journalists, although broadcast journalists will also profit from Maggie's extensive experience in writing for various media. Topics to be covered include: practical writing skills, how to tell the story better, finding story ideas where you are and developing them, writing for different media. Advance registration is nec! essary so we know how many people for whom to order lunch. Pay at the door. Contact Ron Friesen at 954-1413 or email ronfriesen@mts.net.

PADDLE MANITOBA members Sara Jane and Rick Schmidt, Colin Marlow, and Jan Glenwright will entertain and enlighten us with their story of travel on the Berens River during one of the province's highest water years. Learn about the advantages of Internet "partnering", near misses with forest fires, and the ins and outs of paddling one of Manitoba's better know, but less travelled, rivers. November 12", 6:30pm at Fort Whyte Centre. Admission is free. Members of the public are welcome. Coffee and beer will be served. Snacks are appreciated. Check out http://www.paddle.mb.ca/.

TRANSFORMATIVE JUSTICE CONFERENCE
The conference will consist of presentations
demonstrating transformative justice techniques.
November 12th, 8:30am - 2:30pm, Room 2M70,
University of Winnipeg. Please join us for what
promises to be a very interesting and informative
event. And bring along your questions for our well
informed, knowledgeable presenters to answer.
Free Admission.

DO WOMEN GET THE BIG PICTURE? Guest Speaker: Cindy Donatelli, Women's Studies, U of M. November 14th, 2:45pm, 409 Tier Building, University of Manitoba. Free Admission.

THE JEWISH HERITAGE CENTRE OF WESTERN CANADA invites you to a lecture entitled 'The

Transfer Agreement: The compelling story of a little known transaction between the Jews of Palestine and the Third Reich in 1933' by Harold Buchwald. November 14th, Berney Theatre, Asper Jewish Community Campus 123 Doncaster. Admission \$10 / Students and Seniors \$5. 7:30pm. For more information contact 477-7467.

RESOLVE MANITOBA will be hosting a Research Day at the University of Manitoba on November 18th. The Research Day will showcase and celebrate a variety of innovative programs and research projects that address the issue of violence and abuse and suggest better forms of prevention and intervention. Therefore, we welcome community organizations and researchers to share their innovative approaches and/or initiatives. For more information, contact RESOLVE Manitoba at resolve@umanitoba.ca or call 474-8965.

OBSTACLES ON THE ROAD TO PEACE AND JUSTICE: The Role Of Civilian Police. Dr. Rick Linden (Dept. of Sociology, University of Manitoba) will examine the experience of civilian police in UN peacekeeping operations and how this raises both policing and global governance issues. He will explore some of the major issues and problems concerning this type of transnational policing and will look at the case study of Haiti to illustrate why many of these operations result in failure. Implications for the current situation in Iraq will also be discussed. November 18th, 3-4pm Room P412 Duff Roblin Building, University of Manitoba. Refreshments served at 2:30pm. Free admission.

NAHANNI RIVER – A CPAWS EVENT James
Keelaghan and other special guests will appear at
a spectacular event hosted by CPAWS Manitoba
at the Winnipeg Art Gallery on November 18th, to
support expansion of the NWT's Nahanni National
Park Reserve, one of Canada's boreal wilderness
jewels. People attending this evening of dramatic
images and fascinating scientific and cultural
insights will be eligible to win a trip down the
spectacular South Nahanni River. Tickets are \$15
and available at Mountain Equipment Co-op
and McNally Robinson Booksellers. For more
information, visit www.cpaws.org http://www.
cpaws.org/ or call 949-0782.

CHALLENGES AND CHOICES FORUM presented by the Immigrant Women's Association of Manitoba,

It will provide adults and young students with a place to listen to first and second generation immigrant/refugee mentors identify and address such issues as: experiences of childhood: experiences learning English, school and extracurricular activities; parental expectations and cultural baggage; experiences or discrimination, if any, in the workplace or social circuit at school; advantages of being an immigrant as well as having immigrant parents; the future of society which is moving into an increasing number of inter-racial unions and inter-racial children; and the immense potential and opportunities that wait to be tapped into as immigrants strike roots in Canada. Nov 18th Bulman Centre, University of Winnipeg 1-3pm. Registration at 12 noon. RSVP by

6th ANNUAL TOY STORE INSPECTIONS Get ready for Christmas by inspecting Winnipeg's toy and department stores. Learn which stores are reducing the degree of violence in the toys they sell and speak with managers about your concerns.

Meet November 19th at 9:30 am at the Project Peacemakers' Office, Westminster Church (corner of Westminster & Maryland). For more information, please call 775-8178.

PROJECT PEACEMAKERS Annual Sing for Peace Concert November 20th Crescent Fort Rouge United Church. Featuring excellent choirs from Gordon Bell High School, Pembina Trails School Division, Westgate Mennonite Collegiate, and the Winnipeg Boys Choir. Don't miss this opportunity for great music, reflections on peace, and a chance to raise funds for Project Peacemakers' important work. Crescent Fort Rouge United Church is at the corner of Wardlaw Ave and Nassau St North in Osborne Village. Tickets are available at the Project Peacemakers office (745 Westminster 775-8178) and are only \$10. Children 12 and under are free.

November 21st: 'The MNS and the Canoe - A Perfect Match' Roger Turenne (MNS Member). The canoe has always been the vehicle of choice for MNS members wanting to experience nature. Look back on twenty years of canoeing adventures by MNS members traveling with canoe devotee and guide, Roger Turenne. The destinations have ranged from Arkansas to the Yukon, from the Green River in Utah to the north shore of the Superior, without forgetting our prairie rivers and boreal forest closer to home. It's not only nostalgia; you could pick up some ideas for future trips.

ANNOUNCEMENTS & OPPORTUNITIES

BECOME A MENTOR at the Immigrant Women's Association of Manitoba. Being a Mentor will entail speaking to a variety of audiences on how being a first or second-generation immigrant has impacted your life, along with your personal challenges and choices. Advantages of being an IWAM Mentor include receiving a generous honorarium, learning new skills, making new contacts and meeting interesting people. Please call the Immigrant Women's Association of Manitoba's office at 989-5800 or email iwam@uwinnipea.ca.

VOLUNTEER OPPORTUNITY Manitoba Artists in Healthcare is looking for musicians willing to volunteer to play in hospitals. For details please call Shirley Grierson at 475-8085 between the hours of noon and 6pm.

WINNIPEG HARVEST has an immediate need for up to 10 volunteer drivers to pick up and deliver food from our Winnipeg Avenue warehouse to community food banks throughout the city. Volunteers must have a valid Manitoba drivers license and be willing to work at least one shift per week. Shifts are Monday to Friday, 9am to 2pm. Drivers will be assigned to a van, two-ton cube truck or 5 ton truck. Reliability is essential Please contact our Volunteer Coordinator at 982-3678.

FRONTIER COLLEGE There are one-hundred and sixty-eight hours in a week. We are asking for one! Frontier College is a non-profit literacy organization that recruits volunteers to act as tutors to work with children, youth and adults who want to improve their literacy skills. Frontier College aims to strengthen communities by enhancing the pride, self-esteem, and confidence in individuals and their families. We run a variety of fun literacy programs in various Winnipeg neighbourhoods and schools. Programs are one hour once a week and run from October through to December and January through to April. Training and on-site support are provided. For more information please visit our website at www.frontiercollege.ca or contact us at 253-7993 or wpgcoordinator@hotmail.com.

BHAKTI YOGA: Kirtan and Karma-Free Feast: Sundays at 5:30, 11 Alloway Avenue. For more information phone Vrinda at 947-0289 or email iskconlive@mts.net.

CALLING ALL SILVER HEIGHTS COLLEGIATE GRADS! 50th Reunion is being planned for September 2007. Send your contact info, including email address, mailing address, and if applicable, married/maiden names, to silver.heights@hotmail.com.

THE LIVING EARTH CULTURAL VILLAGE at St. Norbert Arts Centre is seeking winter residencies. The Living Earth Culture Village is a co-operative residency environment for sharing cultural learning and practical experience in living peacefully and ethically on the earth. Winter residencies are self-directed and personal projects may be proposed which fit into the general thematic of the Living Earth Culture. Community living is equally integral to the program in sharing circles, celebrations, chores and public awareness. Individual and collective personal creative expression is highly encouraged. Collective learning and mentorship models are encouraged. Apply for January 1st - April 30th by November 1st. For more info, visit www.snac.mb.ca/participate/

PARLIAMENTARY GUIDES for summer 2006. From Victoria Day to Labour Day, the Parliamentary Guides in Ottawa welcome hundreds of thousands of visitors from around the world, helping them understand and appreciate our country's national legislature. You could have the opportunity to learn about Parliament first-hand, to enhance your public speaking and to improve your second official language. Guides are hired from all across Canada and from every academic discipline. You can find out more about the Parliamentary Guide Program at the campus student placement centre, by calling the Library of Parliament's Information Service at 1-866-599-4999 or on the internet at www.parl.gc.ca. The deadline to apply is Monday, November 14th, 2005. For more info contact (613) 947-2182 or guides@parl.gc.ca.

YOUNG UNITED CHURCH ART AUCTION AND FASHION THEATRE - Call for Volunteer Models. 7:00 PM, November 12th Young United Church is looking for nine (9) female students at least five foot eight inches or taller to volunteer to model never-seen-before original designs by Halia Stolar. Volunteers would need to be able to make a fitting appointment on November $7^{\text{th}}.\,$ Ms. Stolar would arrange the specific appointments for that day. Models would also need to attend a practice and rehearsal session prior to the evening of November 12th. We have arranged for Hair on Broadway to do hairdressing for the models during the afternoon of Saturday, November 12th. Participating students would need to be at least eighteen years old. Models are invited to stay for the remainder of the evening. The event is catered. If you would be willing to participate in this event, please communicate with Ms. Olya Marko, the comm! ittee co-chair, at telephon number 786-6427, fax 783-9908 or email at olya. marko@google.com

marko@google.com.
Call for Volunteer Serving Personal 7:00 PM,
November 12th Young United Church is looking for
three persons to serve hors d'oeuvres and desserts
during the Art Auction and Fashion Show, 6:30 to
9:00pm, November 12th 2005. The dress for the
event is white shirt and dark pants. If you would
be willing to participate in this event, please
communicate with Olya Marko, the committee
co-chair, at telephone number 786-6427, fax 7839908 or email at olya.marko@google.com.

SHELDON OBERMAN EMERGING WRITERS'
MENTOR PROGRAM pairs emerging writers with
established writers. Over the course of five
months, the pair work together with the goal of
helping the emerging writer further develop his
or her craft. For the 2006 season, the Manitoba
Writers' Guild is accepting applications from both
Established Writers who wish to pursue the role
of mentor and Emerging Writers who wish to be
mentored. Applications can be submitted through
an online form or via regular mail. Applications
are available by visiting www.mbwriter.mb.ca or
calling 942-6134. Deadline for applications is 5pm
on Monday, November 14th 2005.

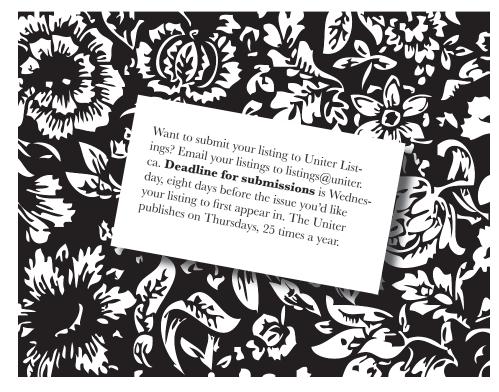
ACEARTINC. Call to artists. 'textinart' aceartinc, is looking for artists who incorporate text as an integral part of their art to propose work for the annual PaperWait artisty' pages. This call is for works that look at the relationship between art

and text, and the selected artists will be profiled in aceartinc.'s annual PaperWait, Volume 7. The selection panel will be looking for works that can be either adapted for the page or that have been created for the page. Each page is approximately 7"x8" and full (4) colour. Each selected artist will be given two pages for their use and can use the combined double page or two separate pages. This competition is open to all artists. Please contact Theo Sims, program@aceart.org or (204) 944-9763 for more information. Each selected artist will be paid \$300.00. Each selected artist will receive

ten copies of PaperWait, Volume 7. Submission deadline: November $15^{\rm th}$.

ACEARTINC. Winter Warmer call to all members! Replacing X3, the Winter Warmer is an all member show (email gallery@aceart.org for info about becoming a member), where we will exhibit one of your works of any medium. Please contact the gallery if your work is larger than 3 feet in its dimensions and not gallery ready. Please make arrangements with the gallery if you require equipment for the presentation of your work.

Artists will have the option to sell their work and 100% of the proceeds go to the artist. The Winter Warmer hopes to continue the good times that X3 has brought in the past, but looks to the future of encouraging the community to buy their work at a fair price for all. Works will be accepted for the show between 1st-18th November. NO WORK ACCEPTED AFTER THE 18th. The exhibition will open on November 25th at 7 pm-late and runs til December 9th, 2005. Artists should include a name, title, date, and sale price with their work.







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 de marine

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Canadä



AWARDS & FINANCIAL AID: INFORMATION

AWARDS & FINANCIAL AID: INFORMATION UPDATED WEEKLY

UNIVERSITY **OF WINNIPEG INTERNAL AWARDS:**

University of Winnipeg Bursary Applications:

Application forms are now available in student services located in Graham Hall, and at the Student Central Kiosk located in Centennial Hall. Bursaries are small, supplementary financial assistance awards, normally \$300 - \$750 in value. In order to be considered, you must prove financial need and you must be making satisfactory academic progress (i.e. maintaining a "C" average). Because funds are limited, not everyone who qualifies will receive a bursary. Many of our University of Winnipeg bursaries are available to our students in any year of their program. Return completed applications to the Awards office in Graham Hall. Deadline date: January 31 2006.

Mr.& Mrs. ONG HOO HONG **MEMORIAL BURSARY IN RELIGIOUS STUDIES:**

Established in 2003 by Gim Ong,

this bursary fund will provide help to students who meet the following criteria. 1) a student whose GPA is a minimum of 2.5 2) a student who is facing unique financial hardships, such as students with dependents or students with a disability. 3) a student who is enrolled in a **University of Winnipeg biblical** studies course during the 2005-2006 academic vear. 4) a student who has documented financial need; CSL/ MSL or a Student Line of Credit. Proof is required. Applications are available in the Awards and Financial Aid office, located on the first floor of Graham Hall. The value of the

ANTHONY J. BESARABOWICZ BURSARY:

up to \$1000.00.

bursary is variable, but normally

This annual award of \$1000 will be awarded to a certified teacher who has taught for at least one year and who registers at the University of Winnipeg in a degree, diploma or certificate program leading to further qualifications, not necessarily in the field of education. The applicant must be planning to return to teaching in Manitoba. Preference will be given to a student in need of financial assistance. You will need to supply information about your previous teaching experience, your current program of studies, your future plans for employment in the field of education, and your need of financial assistance. Applications are available from the Awards and Financial Aid office, located in Graham Hall. Deadline: January 6 2006.

GRACE THOMSON MEMORIAL

This bursary is presented in memory of Grace Thomson. It is awarded to an aboriginal woman who is registered currently in any year of the B.Ed program at the Winnipeg Education Centre. The value of the award is \$1000. Applications are available at WEC from Kevin Lamoureux. or the Awards and Financial Office, located on the main floor of Graham hall on the U of W campus.

Deadline: January 6 2006.

WINIFRED GAMBLE BURSARY:

This bursary is presented in honour of Winifred Gamble, a longtime member of the University of Women's Club and a former chair of the University Women's Club Scholarship Committee. It is awarded to an aboriginal student who has completed 30 credit hours and is registered currently in the second year of the B.Ed program at the Winnipeg Education Centre. The value of the award is \$600. Applications are available at WEC from Kevin Lamoureux, or the Awards and Financial Aid Office, located on the main floor of Graham Hall on the U of W campus. Deadline: January 6

GRADUATE & PROFESSIONAL STUDIES APPLICATION **EXPENSES BURSARY: This** bursary assists students with respect to the high costs associated with applying to **Graduate and Professional** Schools. Applicants must meet the following criteria: 1) Have a minimum GPA of 3.55 in the previous academic year. 2) be registered in the final year of an honours or four year degree program in Arts or Science, or in the final year of the Integrated B.Ed program.

3) Have documented financial need: a Canada Student Loan/ Provincial Loan or a Student line of credit at a banking institution. 4) Both full-time and part-time students may apply.

Applications are available in the Awards office located in Student Services and will be accepted beginning October 15, 2005. Students may apply any time during the Fall/Winter academic year, providing that funding is available for this bursary. Applications will be evaluated on a first come, first serve basis.

EXTERNAL AWARDS:

THE CANADIAN BUREAU FOR INTERNATIONAL EDUCATION: On behalf of the Canadian International Development Agency (CIDA), CBIE administers an Emergency Fund for students from developing countries that are in financial difficulty due to unforeseen circumstances. The Fund is open to students in their final academic year of a Bachelor's degree or diploma program at a Canadian postsecondary institution. Please note that the total annual funding available in 2005 is \$40,000. In order to extend assistance to a broad range of students, each institution is limited to 3 applications per six-month period. The six-month periods run between April 1 and September 30 and between October 1 and March 31.

CBIE relies greatly on the information and recommendations made by International Student Advisers since they are the persons who know the students. Application forms are available in the Awards & Financial Aid office located in **Graham Hall. Return completed** applications to the Awards office. Deadline Date: beginning Oct 1/05 – March 1/06

ACTION INSTITUTE ESSAY COMPETITION:

The Acton Essay Competition encourages scholarly reflection on the role of religion in promoting and securing a society of free and responsible persons. Entrants are asked to write a 1,000-1,500 word critical response evaluating man's creation in the image of God in

the context of three required corresponding articles. All seminarians, undergraduate, graduate, and post-graduate students studying religion, theology, philosophy, or related fields are encouraged to apply. Previously published work may not be entered.

Apply on line at www.acton. org For citations, guidelines, and requirements please visit the website above or phone 1-800-345-2286 for more information. Award values are as follows: 1st-\$2,000 2nd - \$1,000 3rd-\$500

Deadline: November 15 2005

COMMONWEALTH **SCHOLARSHIP PLAN: Country** - New Zealand

Awards are available for graduate studies or research in New Zealand. Canadian citizens only are eligible to apply. Applicants should have at least an A- average. This program is highly competitive. Preference is given to applicants who have obtained a university degree within the last five years. Applly on-line at website, www. scholarships.gc.ca Deadline: December 23, 2005 for awards beginning March 2007

THE DATATEL SCHOLARS **FOUNDATION SCHOLARSHIPS:** The University of Winnipeg is a new Datatel client institution and as such, Datatel is offering four unique scholarships, ranging in value from \$1,000 to \$2500 to students from our institution.

- Angelfire scholarships honor military personnel soldiers who have served in the United States military during periods of combat. The Angelfire scholarship is presented to outstanding students who served in the Asian theater (Vietnam, Laos, and/or Cambodia) between 1964 and 1975. Spouses and children of Vietnam veterans and refugees of Cambodia, Laos, and Vietnam are also eligible. In addition, scholarships are awarded to military personnel who have served in Operation **Desert Storm, Operation** Enduring Freedom, and/or Operation Iraqi Freedom.
- Returning Student scholarships assist current outstanding students who have returned to higher education after an absence of five years or more.
- Nancy Goodhue Lynch scholarships are awarded to outstanding undergraduate students majoring in information technology related curriculum

Application Process: The Datatel Scholars Foundation online scholarship application process is as follows. 1. A student attending an eligible **Datatel client institution may** apply via the online application form between September 1, 2005 and January 31, 2006, (NOTE: applicants must complete and submit an application in order to be considered for nomination.) 2. The scholarship administrator from each participating Datatel

client institution reviews, evaluates, and nominates applicants between Feb. 1, 2006 & Feb. 15, 2006. 3. Nominated student applications are forwarded to the Datatel Scholars Foundation review committee for final evaluation and award determination in the spring. **DEADLINE: submit online** at www.datatel.com/dsf by January 31 2006.

Applications are available after September 1, 2005 and due by January 31, 2006. For more information go to the website or email scholars@datatel.

Surfing for more Dollars? Try these websites for more possibilities! These two sites will lead you through Canadian based scholarship searches.

www.studentawards.com www.scholarshipscanada.com

FINANCIAL ASSISTANCE:

MANITOBA STUDENT AID: Manitoba Student Aid Online applications for the 2005-2006 Academic Year are still available. Go to www studentaid.gov.mb.ca if you wish to submit an application on-line. The MSAP office will send you a "Notice of Assistance" in approximately two weeks time. If you have questions, you may wish to phone the MSAP office at 204-945-6321 or surf their website for answers to common questions. The office is located at 1181 Portage Avenue on the 4th floor of the Robert Fletcher building. (Portage and Wall

DID YOU KNOW..... you can check the status of your student aid application, find out what documentation is still outstanding, update your address information and much more on line? Go to MySAO to log into your existing account. Scroll down to reach a link to the Manitoba Student Aid website.

DID YOU KNOW.... Manitoba Student Aid staff is on campus regularly on Fridays 1 - 4p.m. To meet with them, you need to set up an appointment time. Come to student services and book an appointment, or phone Tanis at 786-9984 to book an appointment by phone.

The Awards and Financial Aid staff at the University of Winnipeg will continue to keep you informed of available awards, scholarships and bursary opportunities. Please direct your questions regarding awards and scholarships to Tanis Kolisnyk. t.kolisnyk@ uwinnipeg.ca

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t.kolisnyk@uwinnipeg.ca

Love & Basketball

I Love This Game

Every third week, **Patrick Faucher** brings you Love & Basketball, a breakdown of all that is NBA. E-mail him (love or hate) at pfauch@hotmail.com

hey're ba-ack. Canadian basketball fans had a glorious year while the NHL was KO'd and put off ice last winter. But now even Bertuzzi's back and Canada's sport giant is thriving, which means there will be less hard-court action on the boob tube. Last year you could walk into a restaurant and catch an NBA game on almost any day of the week.

I just took a look at nba.ca's Canadian broadcast schedule for this year. It lists well over 150 games. Unfortunately, 80 percent of them are reserved for RNBATV subscribers. Luckily, someone at The Score has a heart. They've agreed to air 31 games this year. Add that to American broadcasts and NBA fans might just make it through the winter.

CBA SIGNED- The collective bargaining agreement signed by the Player's Association features a 2005/06 salary cap of \$49.5 million USD (and unlike the NHL, they didn't waste a year getting around to signing it). The minimum player age has been boosted a year to 19. Players will be subject to four random drug tests per year. And finally, perhaps most important to the Pacers now that much-maligned Ron Artest is back, is the clause stating that a player suspended for more than 12 games for on-court misconduct will now be able to challenge the suspension in front of a neutral arbitrator.

ROUGH BREAK- Part of the league's new CBA allowed each team to dump one player's salary from counting against their cap. The Dallas Mavericks chose to abandon Michael Finley's 51.8 million USD whopper. They still have to pay him, but they won't have to pay the luxury tax associated with it, which will save the Mavs a tremendous amount of money. Too bad Finley decided to sign with their state rival, the San Antonio Spurs.

24-second drill: Sleeveless shirts. Shorts. T-shirts. Visible chains, pendants, and medallions. Sunglasses while indoors. Headphones. Jerseys. Baseball caps. What do all these have in common? They're all now banned by the NBA, thanks to David Stern's new dress code. I understand the NBA is trying hard to attract the mighty corporate dollar (take a look at last year's All-Star game entertainment, for example), but this is going too far. They've banned injured players from wearing the very shoes they have multi-million dollar contracts to endorse. If you think that's stupid, some players are crying out for a clothing allowance. Because, you know, multi-million dollar contracts don't quite provide the disposable income required for a complete wardrobe. Remember, Latrell Sprewell has a family to feed.

Quote of the Week: "I wore all my jewellery today to let it be known that I'm upset with it. It's one thing to have a dress code and it's another thing if you're attacking cultures." – Pacer guard Stephen Jackson commenting on the NBA's new dress

Game of the Week: November 9 @ 7:00 on The Score. The Pacers take on the Heat in a potential preview of the Eastern Conference Finals (barring another brawl).

22

Sports



A Look at Marlee Bragg

Women's volleyball player looks to make mark By Brook Jones

Marlee Bragg is serious when it comes to volleyball.

The first-year University of Winnipeg student has been involved in volleyball for the past seven years. Ranked sixth out of the top ten high school volleyball players in the province this past year by the Winnipeg Sun, Bragg plays an average of two games a week and trains on the other days of the week.

"The university game is very disciplined and controlled," Bragg

When Bragg started looking at her post-secondary education and furthering her athletic career, the University of Winnipeg came out on top as an easy first choice. The fact that Bragg is able to pursue both her athletic and academic goals at a university close to her family and friends is a definite advantage.

"The atmosphere on the Wesmen team is really good and we're all close," she says.

Not only does the 18-year-old bring heart and encouragement to the Wesmen Volleyball Team, but also a powerful left side attack on the court.

The Selkirk Royal graduate couldn't have asked for a better finish to her high school volleyball career – she was named the 2004-2005 Jostens Female High School Athlete of the Year. Bragg admits that she was surprised when she received this prestigious high school award.

"I didn't know that it was coming but I was happy to get the award," Bragg says.

Not only was Bragg honoured as the Manitoba High Schools' Athlete of the Year, but she also claimed the title of Lord Selkirk Regional Secondary High School Athlete of the Year. Bragg was also Athlete of the Year in grades eight, nine, and ten.

Bragg was not only successful in the sport of volleyball in high school but also in track and field, where she excelled in the discipline of high jump. The McDonalds High School Track and Field high jump champion lead the Lord Selkirk Royals to a provincial volleyball title in her final year of high school. Bragg has also tasted national success when she was crowed with a silver medal at the 2005 Canada Summer Games held in Regina, Saskatchewan.

Despite winning many laurels in the sport of track and field, Bragg has committed herself to the sport of volleyball at the university level.

"I get a bigger thrill out of spiking a ball than jumping over a bar in high jump," she says.

The former 2004 University of Winnipeg and St. Vital High School Volleyball Tournament's Most Valuable Player says that she still has work to do on the court.

"I need to become more consistent all around and I still have lots of learning to do," said Bragg.

It is evident that Bragg is committed to excellence and achievement not only on the court but also in the classroom, as she maintains a boastful academic average of 87 per cent.

Bragg says that her family has been really supportive over the years.

"My parents and grandparents come out a lot," Bragg says. "I have a love for the game."

Disrespected

Charlie Villanueva out to prove his doubters wrong By Mike Pyl

"That pick makes no sense whatsoever . . . when you think about the fact this team got hoodwinked when they traded away Vince Carter virtually for nothing, we sit here today wondering what on earth Rob Babcock is thinking. What is he doing?"

The day Charles Alexander Villanueva had waited for his entire life had finally come. We can only assume he didn't dream of it unfolding like this.

With the number seven overall pick in the 2005 NBA Draft and coming off a disappointing 33-49 season, analysts insisted a strong draft by the Toronto Raptors was critical in reestablishing a franchise in disarray. A year prior, they had chosen Brazilian centre Rafael Araujo with the number eight selection, a player that yielded little in return value. Midway through the season, they had traded away their best, yet underachieving, player in Vince Carter for three reserve forwards, one of which refused to report and was released, and two draft picks.

Needless to say, the seat of general manager Rob Babcock was more than a little warm.

Many had pegged the Raptors to select New Mexico Lobos star Danny Granger or high schooler Gerald Green, both small forwards. Toronto had used its previous two firstround picks in 2003 and '04 on posts, and it was assumed the team would begin to address other pressing needs.

The decision to opt for 6'11" Connecticut Husky Charlie Villanueva, a four (power forward) or a five (centre) in his two-year college career, who mock drafts had going no higher than ten, certainly proved costly in the public relations department. After all, Toronto already had a similar player in the face of the franchise, power forward Chris Bosh. ESPN analyst Stephen A. Smith had gotten the ball rolling live on air with his now-infamous pantomime that effectively called to question Babcock's sanity. Message boards, blogs, and websites were set ablaze by the controversy. Even college basketball analyst Dick Vitale, possibly the most optimistic and excitable voice in the sporting biz, questioned the decision. "I'm absolutely shocked," said Vitale at the time. "I can't believe he went that high." Babcock was under siege for the second year in a row. He was immediately thrust on the defensive in justifying his

"We did a lot of homework on all the players in the draft," said the embattled GM. "Our staff saw more than 800 games in person last year and we saw much more than that on tape.

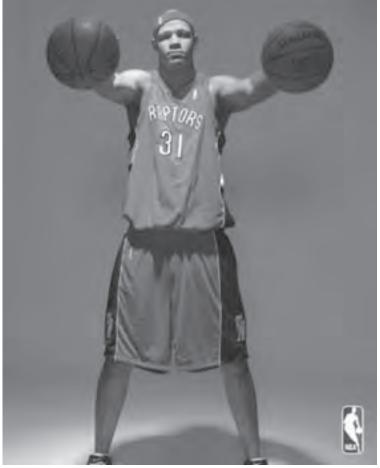


Photo from: www.nba.com

We did all the background work on Charlie and saw all the things we were looking for. He was a guy that made the players around him better. He's a versatile player that can do a lot of different things. He's a very good rebounder, was from a winning program, and had quality character."

At the centre of such criticism, Villanueva said all the right things. It was still the best day of his life. His dream had come true. He was looking forward to just getting on the court and playing basketball. Several months have passed, and with them, so have a summer league and an exhibition season. So far his performance has quieted most of the detractors that had originally dogged him. Undoubtedly, though, the criticism still stings.

"It was a little bit disrespectful," said Villanueva, carefully choosing his words. "I put in the time. I worked so hard to get in this position. I felt disrespected that nobody appreciated my hard work, but I will answer all my critics."

When asked why he felt the Toronto Raptors organization had been so condemned for choosing him, Villanueva believes it was only a matter of Smith's opinion shaping those of others.

"I guess people just went along with what the ESPN guys said. I think people just caught on to it (the bandwagon). Nobody really knew what type of player I am or what type of person I was."

While Charlie scoffed at the notion, clearly much of the hate was derived from a perspective of team need. Chris Bosh had already begun to establish himself as the team's go-to guy in the frontcourt; it was widely assumed the backcourt would be next on the list of areas to improve. But with the most highly touted guards already off the board, Babcock deemed it necessary to go with the best player available, regardless of who was already at the position.

"When they've been on the court they play very well together," said Babcock of the crowded frontcourt of Bosh and Villanueva. "They're both versatile; both can play different positions. You can use them in a lot of different ways."

In explaining his vision, the GM invoked a Hall of Fame comparison.

"Kevin McHale, Robert Parish, and Larry Bird (referring to the championship Boston Celtic teams of the 1980s) were all 6'10" or bigger," Babcock explained. "All three often played together at the same time and they made it work. Why? Because they're all good players. If you put five all-around good basketball players on the court, you're going to win a lot of games."

"There will be no problems, not at all," concurred Villanueva, who says he models his game after versatile Laker forward Lamar Odom. "People were saying that when I was drafted, but I think Chris and I will complement each other real well. Chris and I are similar, but are different in so many ways."

It is generally believed Villanueva, who has averaged 16 ppg this exhibition season, good for 16th in the league and tops among both the Raptors and his rookie class, will bring a refreshing burst of offensive explosion to the team. Defensively, however, he may initially be a liability.

"One of my strengths is my offensive game, basically putting the ball in the basket," he said. "That's one thing I feel capable of doing. I think my weakness is defense, especially guarding 3s (small forwards). I've got to work on my lateral movement."

"The biggest thing he needs to work on is getting stronger," said 6'9" veteran Aaron Williams. "The big guys, we bang him around a little bit, just showing him that guys up here are a little bigger and stronger. But he's been playing great."

Charlie Villanueva is still a rookie. He, along with fellow first-years Joey Graham and Jose Calderon, will still be buying the team dinner. He will still be carrying the vets' bags on road trips. Nevertheless, on a rebuilding Raptor squad that is among the league's youngest, he will be expected to carry a significant load, a responsibility he is willing to burden.

"I'm a winner," he said. "I want to win some games and bring this team to the playoffs."

Sports

Basketball teams sweep the Herd in home opener

Wesmen Withstand Bison Barrage

By Daniel Falloon

oach Dave Crook summed up the collective feelings of the Wesmen faithful after a wild 69-67 win over the rival University of Manitoba Bisons.

"It's always better to win than lose," he said.

Staked to an 18-point lead with eight minutes remaining, any idea of a Wesmen loss seemed to have exited the building. However, the resilient Bisons – sparked by centre Brian Crowe (15 points) and forward Jon Lundgren (16 points) – went on a 17-1 run to pull within two with 17 seconds remaining.

The Wesmen had a chance to put some distance with 16 seconds remaining, when guard Erfan Nasajpour was given a free throw, which he missed. The win was sealed with less than a second remaining, when the ball went out of bounds off a Bison player, giving the Wesmen possession, and a victory in their first regular season game of the 2005-2006 season.

In the early going, the Wesmen were paced to an 8-0 run, spotting them an 8-2 lead, by guard Ryan Roper, who scored eight of the Wesmen's first 11 points. On both sides, the nerves seemed to set in with the Wesmen leading 22-12. For a stretch in the first half, the home squad missed initial shots, as well as one or two rebounds, on three straight attacks. Their opposition fared no better, highlighted by guard Tarik Tokar missing two straight free throws.

The Bisons broke out of their struggles first, closing the gap to 24-18. The Wesmen were scoreless for several minutes until guard Matt Opalko hit a long jumper from just inside the three-point line to rejuvenate the Wesmen, who led by a slim 36-34 margin at the half. Fan favourite Dwhyte Brissett (13 points) was a force to be reckoned with down low, using

his size to get position around the basket. Also playing well was Opalko, who poured in 11

"That's the best I've ever seen him play," said Crook. "He gave us great minutes."

Guard Tyler Kohut also stood out to the coach, saying he made the most of his brief playing time. "He kept the ball alive a couple times, and gave us some energy," Crook said.

Nasajpour (19 points, 10 rebounds) went on a tear in the second half, faking out a Bison defender and laying in two, and then proceeding to steal the ball and putting two more points away.

"Erfan at times played very well," said Crook. At times he struggled, but put up great numbers "for a mere mortal."

Crook sees the game as a lesson for when the two teams meet again in February.

"It's a lesson in terms of that we need a cleaner game," he said, adding the Wesmen are more of a finesse team, and were unsuccessful only when the flow of the game was diverted from that. "We allowed the game to get

In the earlier game, the Wesmen women knocked off the number-four ranked Bisons 80-70. After leading 38-26 at the half, the home team allowed the Herd to gain some momentum by giving up a 7-2 run, cutting their lead to 40-33. The Bisons would later cut the lead to 53-48, paced by the strong play of post/ forward Sarah Holder. However, the Wesmen would allow the Bisons to come no closer in the half, with a dominating performance from forward Stefanie Timmersman (13 points, 11 assists, 10 rebounds), who was often able to wrestle the ball from defenders in the key, and lay in two points. Guards Uzo Asagwara, with 23 points, and Jenny Ezirim, 11 points, all in the first half, also supplied impressive performances. Before the half was five minutes old, Asagwara twice stole the Bison ball, and broke away, laying up key points to help keep the Wesmen in the lead.

Wesmen Even Record against Huskies

By Josh Boulding

he Wesmen men's volleyball team came out with an even 1-1 record during their weekend games against the University of Saskatchewan Huskies.

After losing a close game to their Prairie Conference rivals, 15-13 in the final set of what was a 3-2 match loss Friday night, the Wesmen rallied a 3-0 sweep of the Huskies the following night.

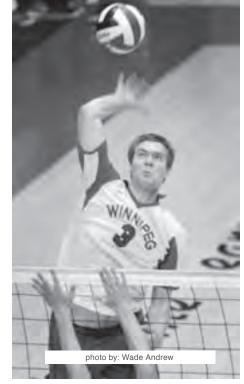
Leading the Wesmen was Ben Schellenberg, with a total of 17 kills, overall dominating the court. Ryan DeBruyn, Marc De Spiegelaere and Dustin Addison-Schneider all created excitement with service aces and plenty of blocks.

"It's the nature of his position," said Wesmen head coach Larry McKay.

The Wesmen led the first set for a majority of the time and held on to take it 25-23. The Huskies battled for the lead during the second set, however the Wesmen took a huge lead of 23-18 late and ended the set at 25-19. The Huskies could not battle back as the Wesmen rallied for one final set (25-16) to win the match, bringing them to a 1-1 record for the season.

Aside from Schellenberg dominating the point category, Trevor Shaw has also noticeably adapted well to his new position.

"He's a very intelligent and adaptable person," McKay said of Shaw and his performance over the last two games. Shaw had 9 digs over the game and had played a



starting role both Friday and Saturday.

"We're going with best man," said McKay, on whether Shaw would return to an offensive position and De Spiegelaere.

When asked about the team's expectations, McKay held off on placing too much pressure on the team.

"We're just trying to get better and

improve," he said. The Wesmen Men's Volleyball team will

travel to Brandon next weekend and will return to Duckworth Dec. 2 and 3 to face the



Each week the Uniter Sports team will attempt to disseminate and scrutinize five of the upcoming week's most intriguing National Football League's matchups for ours and yours, the reader's, leisure. The parity of the NFL consistently embarrasses even the most knowledgeable of analysts. Why not let it embarrass us too?

Game #1: Carolina @ Tampa Bay

"Tampa Bay vs. Carolina is traditionally a clash of defensive juggernauts. However, on this day, it will be a clash of over and under achievers. Many picked the Panthers to be Super Bowl contenders this year, while few predicted the Bucs would start the season going 5-2. Part of the reason for Tampa's modest success is the play of castoff QB Brian Griese and stud rookie back Cadillac Williams, neither of which is healthy. On the back of a broken down Cadillac and by the arm of either Chris Simms or Tim Rattay (doesn't really matter), the Buccaneers will surely lose. I take Carolina and then some." Kalen Qually

> Thomas Asselin says: Carolina Mike Pyl says: Carolina Kalen Qually says: Carolina Jon Symons says: Carolina Dan Verville says: Tampa Bay

Game #2: Chicago @ New Orleans

"I've always found this confounding. Of all the rookie quarterbacks who are among the first few pivots to be drafted in any given year, almost all require a year or two of apprenticeship before succeeding. It happened with the Manning brothers, with Carson Palmer, Byron Leftwich, among the more contemporary examples. Yet, those OBs that are drafted in later rounds, given little afterthought, are often in the position best for immediate success. The Bears' Kyle Orton is of this mold. While most rookie signal-callers are constantly shooting themselves in the foot, Orton has excelled in playing mistake-free football. With an improving defense, that could be enough to take the sorry NFC North, or, at least, the Saints." - Mike Pyl

> Thomas Asselin says: New Orleans Mike Pyl says: Chicago Kalen Qually says: Chicago Jon Symons says: New Orleans Dan Verville says: Chicago

Game #3: Detroit @ Minnesota

"Rewind to 1998. Quarterback Brad Johnson was the director of one of the most prolific offenses in NFL history. The Minnesota Vikings of that year finished 15-1 and, while they would eventually lose to the Atlanta Falcons in the NFC Championship Game, they are still regarded as one of the best teams

of that decade. Fast-forward to 2005. Brad Johnson is back, as starter Daunte Culpepper is presumed out for the year. Can lightning strike twice?...... I'm joking, the Vikes stink."

> Thomas Asselin says: Detroit Mike Pyl says: Detroit Kalen Qually says: Detroit Jon Symons says: Detroit Dan Verville says: Minnesota

Game #4: Philadelphia @ Washington

"Both Philly and Washington were humiliated this week, losing badly to Denver and New York (Giants) respectively. With both teams in the surprisingly strong NFC East... and already behind the Cowboys and Giants in the standings, the Eagles and Redskins need to win to keep up with the others in what is turning out to be a very exciting race to the playoffs. The team that can rebound the best from their disheartening loss will take it this week, and the Eagles are a much more established team who should rebound." Thomas Asselin

> Thomas Asselin says: Philadelphia Mike Pyl says: Washington Kalen Qually says: Philadelphia Jon Symons says: Philadelphia Dan Verville says: Philadelphia

Game #5: Oakland @ Kansas City

"After starting the season quite slowly, the Oakland Raiders have quietly put together a nice string of victories, winners of three of their last four. I suppose the offense, having to integrate several new faces such as RB LaMont Jordan and WR Randy Moss, just needed a little time to develop some cohesiveness. That being said, last week's win over Tennessee was just their third road win in the last 19. Kansas City's Arrowhead Stadium, featuring a much more imposing opponent than the Titans, is one of the toughest places to play." – Mike Pyl

> Thomas Asselin says: Kansas City Justin Geisheimer says: Sheri Lamb says: Mike Pyl says: Kansas City Kalen Qually says: Kansas City Jon Symons says: Kansas City Dan Verville says: Kansas City

Standings

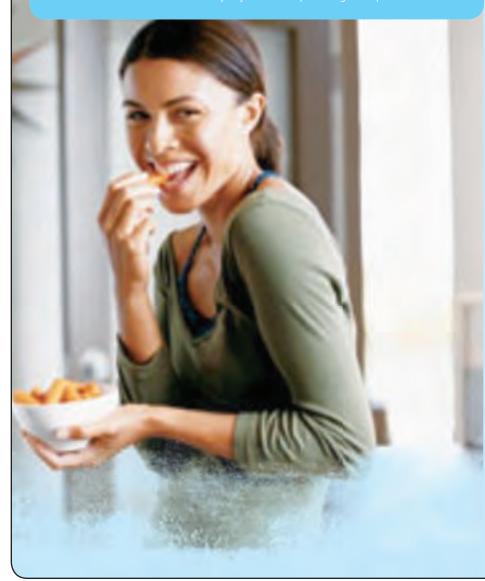
Qually	21-14	.600
Pyl	20-15	.571
Verville	13-12	.520
Asselin	18-17	.514
Symons	12-13	.480
Geisheimer	7-8	.467
Lamb	16-19	.457

24 Sports

Fact & Fitness

BY SARAH HAUCH

Are you frustrated by the astronomical amount ot "get in shape" slogans out there? Don't know what to believe or where to start? Well, I'm here to let you know the truth about the myths and facts of fitness. As a third year student in the faculty of Physical Activity and Sports Studies, I have the inside info and want to show you just how simple 'being in shape' can be.



Week 2

So now that we've started thinking about the changes that we would like to make, let's start at it right away. The first thing to do before making a change is to write it down on paper. Record your goal(s), your outcomes, and any barriers that may prevent you from succeeding. Once you've established barriers, come up with a strategy to overcome them.

For example: Your barrier might be that you don't have enough time to fit in a 30 minute cardio...BUT...you also never miss an episode of the Simpsons at 5:00. Your strategy might be to buy a used stationary bike and cycle for 30 minutes while you watch TV.

Or: You may feel guilty about taking time away from your spouse and/or kids to exercise. In this case, plan family outings like a family walk, bike ride or basketball game.

It's important to think of all the barriers you can and be creative about how to conquer them. I find it helpful to put the list in as many places as you can. The more you are reminded of what you want to achieve, the more motivated you are to do it. So put one list next to your computer, one on the fridge and one on your bedroom door.

Secondly, plan to reward yourself. Promise yourself something special each time you achieve a goal (say, for the past two weeks you walked the dog for 45 minutes three times a week). Make it something you'll really strive for and enjoy, like a facial, a week-

end shopping road trip or a night at a hotel with that special someone.

I'd also suggest purchasing a journal to record your achievements. So often we get caught up in everything that we don't do and forget everything that we accomplish. Maybe you did order the cheeseburger for dinner BUT you opted to not have the chocolate cake (even though you had been craving it all day). If you write down all the positive things you're doing, you'll find that it keeps you much more motivated. Every time you engage in a healthy behaviour, like including a little extra exercise into your day, write it down; maybe you parked further away, took the stairs, reduced your number of cigarettes, chose brown bread, whatever.

Making big changes, like "becoming healthy", is tough and really a big job. By showing yourself that you're taking steps in the right direction, 'getting fit' seems much more realistic and within reach.

I hope that this week's tips help you on your path to health. Next week: planning healthy meals.

If you would like to ask a fitness question, or comment on anything related to fitness and getting into shape, email Sarah Hauch at sar_endipity@hotmail.com, or leave a message at 786-9497



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