

Stony Mountain Blues Ex-gang member scares kids straight with classroom presentation NEWS \Rightarrow page 3 Lifestyles of the rich and the gracious Local activist moves into McFeetors Hall CAMPUS NEWS \Rightarrow page 7 Graffiti treat Diverse collection of local art makes up Legends, Heroes, Myths and Such ARTS & CULTURE \Rightarrow page 17

"It's hard to decide which is more offensive: The ignorance of the statement or the evident lack of true commitment to the north, 'healthy living' and children."

MMILF

Someone beat these Vancouver rockers with the sexy stick

LOOKING FOR LISTINGS?

country," said John Thorpe, com-

munications co-ordinator for the

of traffic on the Trans-Canada Highway ... east and west," he

said, adding that all Manitoba gas

tax revenue is put back into the

Rapid transit advocate Kaj

"No one except fringe, right-

Hasselriis opposes the idea. He

believes the money can be better

wing think tanks are advocating

for this," said Hasselriis. "We've

got a perfectly good Trans-Canada

highway. Commerce takes place

in Canada at pretty good speeds

highway systems pay huge dividends and says the Trans-

Canada Highway is not up to par

with first-world transportation

oped nation that does not have

an advanced freeway system,"

why urban sprawl and Walmart are

"Canada is the largest devel-

Cox argues that advanced

transportation system.

spent elsewhere.

every day."

standards.

"We've done numerous significant projects to improve the flow

province.

COVER IMAGE

"Basquiat" by Nereo Eugenio, Acrylic. See story on page 17.

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News

Canada needs an autobahn, organization argues

Economy suffers because of inefficient highway system

SAMUEL SWANSON **BEAT REPORTER**

A recent report published by the Frontier Centre for Public Policy proposes that Canada should change its national motorways to a system more similar to the European Autobahn. The report argues this would provide economic benefits that would ultimately outweigh the multi-billion dollar construction costs.

Wendell Cox, a transportation policy consultant who wrote the report, believes some parts of the Trans-Canada highway are inefficient and others outright neglect certain regions of Canada.

The study singles out Manitoba and Ontario as particularly troubled areas because of the "long, crowded, slow, two-lane stretch of roadway."

The study also says that "Canada pays an economic price for this lack of a world-class highway system."

Cox said our motorway system is so inefficient that it's often faster to cross the border and use the U.S.

STREETER

"Canada is the largest developed nation that does not have an advanced freeway system."

-WENDELL COX,



system to get from Canadian point A to Canadian point B.

'If you're to drive to Toronto, you'll save time driving through the U.S. from Winnipeg," Cox said.

Though not commenting on Cox's specific proposal, the Manitoba department of infrastructure and transportation agrees the country's highways are in need of improvement.

supports an enhanced national highway system initiative for the

"The Province of Manitoba

Cox said. Hasselriis said Cox has a selfserving agenda and that the public ought to consider the source of

in the best and th

the research. '[Cox] is a transportation consultant who counts on big business to prop up his research. This is a guy who has written books on

good.'



Mahfuz al-Mamun engineer 'For sure, it's some-

thing Canada should consider. What is the accident rate because of the [low] speed limit? If people can be educated, then Canada should consider it."



BY CAMERON MACLEAN Q: DOES CANADA NEED A SUPER-HIGHWAY SYSTEM LIKE THE GERMAN AUTOBAHN?

Georges Kalambayi unemployed "Yeah, we need it. How many accidents happen because we only have two lanes? Cars are squeezed. If we had the wide streets we wouldn't hit them."



Katherine Toms retired nurse "We have to maintain what we have. Everything is so expensive in Canada.'

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Mason Wong first-year psychology "Yes. It's too long. The speed limit is too low."



Terry Zhang first-year business "It can bring convenience to people."



Lea Riddell second-year biology/ psychology "I think so. Then people wouldn't have to travel so far; they could experience it closer to home."

WWW.UNITER.CA NOVEMBER 19, 2009 THE UNITER

Ex-gang member scares kids straight

Things changed for James Lathlin as he lay in a prison hospital bed, shot by a rival gang

SAMUEL SWANSON

BEAT REPORTER

James Lathlin's story is enough to frighten just about anyone.

He moved from the Opaskwayak Cree Nation reserve in The Pas to Winnipeg when he was a young child. While his mother pursued an education as a nurse's aid, Lathlin had to take on the parenting role for his younger sister.

"I had to be like a father to [her]," he said.

This parental role directed Lathlin's focus away from school. Lathlin began dealing marijuana small-time until the demand became larger.

"You get money hungry when you're pushing a pound a week," Lathlin said. "I had all the right things, I had all the right hook ups."

That's when the gangs began to take interest.

"It was basically like 'OK, you're gonna work for this guy now.'"

Lathlin was caught up in the gang culture

all the way from the drug sales to the armed robberies, until a rival gang shot him, landing him in the Stony Mountain Penitentiary hospital. Lathlin spent two years in jail for his gang activity.

"I began writing a journal and that journal became my life," he said.

After his stint in jail, Lathlin realized how his gang life had affected his home life.

"My family didn't like me. No one liked me. I was too dangerous."

Lathlin took courses at Red River Community College and began taking his message to the community.

"I beat it with education," Lathlin said.

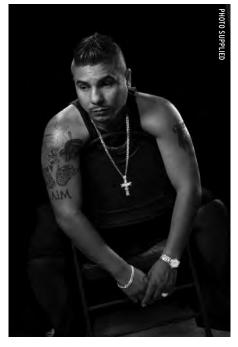
Scared Straight is the name of Lathlin's program. He presents it in schools, using his life story to scare kids away from gangs. He does so through his stories and his scars from being shot and stabbed.

"If I could beat it with education, they can beat it with education," he said. "I went from being cracked out on the streets to speaking to these kids."

Dakota House is an aboriginal actor and founder of Going Miles, a non-profit organization that uses the arts to inspire aboriginal youth.

"He's a brother from another mother," House said of Lathlin. "The work that James does is outstanding and stand up."

Lathlin and House's programs serve two purposes when they collaborate. Scared Straight shows the consequences of gang activity and Going Miles gives the kids a creative outlet and a reason to avoid gangs.



The work James Lathlin does sharing his life story has been described as outstanding.

"It's so important that James is doing what he's doing," said House. "He shows you his scars and tells you straight-up how it is."

James Lathlin can be contacted for a Scared Straight workshop via Facebook or MySpace at http://www.myspace.com/jameslathlin.

Will *Prairie Fire* go up in smoke?



The Artspace building in the Exchange District is home to Prairie Fire, a literary magazine that caters to a niche readership.



LESSENING WINNIPEG'S LANDFILL IMPACT Winnipeg's water and waste department will seek proposals on landfill gas capture and resource reuse at the Brady Road Landfill. Reusing landfill gas emissions and recovering compost, wood waste and other recyclables is the city's most effective option in combating climate change, stated the department's request for proposal report. Up to 97,000 tonnes of the city's greenhouse gas emissions could be reduced by a welldesigned landfill gas recovery project. The report will be submitted to city council for review after it has been approved by the executive policy committee.

CITIZEN INPUT SOUGHT ON ROUTE 90 OPTIONS

The city's public works department is seeking citizens' input on the widening of Route 90. Three options will be presented at the open house, which takes place on Thursday, Nov. 19 from 4 p.m. to 8 p.m. in the Winnipeg Sun Centre at the Canad Inns Stadium. One option is to widen Route 90 alternating to the east, north of Tuxedo, and west, south of Tuxedo. Another is to widen only on the west side. The third is changing Kenaston Boulevard into a one-way southbound road and building a new one-way northbound road on the old rail line. Public feedback will help inform the city's final decision on the best option for Route 90 improvements.

CAB-JACKING SPARKS CALL FOR 'PANIC' BUTTONS

Concerned for their safety after a recent cab-jacking, Winnipeg taxi drivers are calling on the province and the city to help pay for panic alarms. This request comes in the wake of the alleged assault of a driver by a 29-year-old woman on Monday, Nov. 9. After she crashed into two other vehicles, police say the woman rolled the taxi into a ditch outside the city. Even though crimes against cab drivers have fallen by 70 per cent since cameras and plexiglass were installed in 2001, drivers are still concerned for their safety in some sections of the city. Installation of panic buttons would allow drivers to notify police while the incident is occurring, thus increasing the chance of more immediate police intervention.

STREET RENAMED AFTER WINNIPEG'S "JAMES BOND"

Water Avenue was recently renamed to William Stephenson Way in honour of the man who inspired the character James Bond. Stephenson was a flying ace in the First World War and the mastermind behind Britain's intelligence in the Second World War. This, combined with Stephenson's involvement in founding America's Central Intelligence Agency, led author Ian Fleming to loosely base James Bond on Stephenson. Stephenson was also a successful businessman and creator of the technology behind the fax machine.

Changes to federal arts funding leaves small publications hanging

CAITLIN LAIRD BEAT REPORTER

Changes made by the Harper government that affect which magazines qualify for arts funding have left some longstanding arts publications anxious about their future.

The existing Canada Magazine Fund will be changed to the Canada Periodical Fund, expanding the potential for funding to non-magazine publications like small rural newspapers, without a subsequent funding increase.

This makes it difficult for small circulation magazines like local literary magazine *Prairie Fire* – which caters to a niche readership – to get funding unless they increase their circulation. Magazines with a circulation under 5,000 may no longer be eligible.

"It's terrible. It affects all literary and arts magazines," said Andris Taskans, editor-incheif of *Prairie Fire*. Taskans has been with the magazine for 30 years.

Taskans said the rules are being rewritten and an ideological shift is occurring.

"What is happening is part of the Harper government's anti-arts philosophy."

-ANDRIS TASKANS, EDITOR-IN-CHIEF OF *PRAIRIE FIRE*

If the changes go through, it could end up costing *Paririe Fire* \$20,000. Other magazines may not survive at all.

One such magazine is *The Malahat Review*. It's been published in British Columbia since

1967, where provincial arts funding has been cut by \$20 million. Taskans said that B.C.'S arts funding is now somewhere around \$2 million.

"What is happening is part of the Harper government's anti-arts philosophy," said Taskans. "The [Publication Assistance Program] used to provide subsidies for postage to small publications. This was something that was offered since our Confederation and now that is being cut back."

"We haven't been affected so much on a provincial level [in terms of funding]", said Heidi Harms, also an editor at *Prairie Fire*. "We are more concerned with how the federal winds are blowing."

"*Prairie Fire* caters to small market," said Taskans, "but its role is more important than circulation numbers. It's how promising writers get their start. I came across a story that was written by a 16-year-old Margaret Atwood in a similar publication from years and years ago. This is a slap in the face to all of us in the field."

AGING SEWAGE TANK THREATENS LAKE OF THE WOODS

An aging sewage tank south of the border threatens to contaminate Lake of the Woods, an outdoor playground for Manitoba, Ontario and Minnesota. If the tank in the small town of Williams, Minnesota breaks, 55,000 gallons or roughly 208,000 litres of raw sewage could end up in the groundwater, said Williams' mayor, Nancy Jewell. With only 200 inhabitants, the town of Williams cannot afford the \$1.6 million required to fix the sewage tank. Jewell hopes to get state and federal support and plans to meet with U.S. environmental officials in December. U.S. officials have been aware of the aging tank for three years and Canadian officials trust it will be fixed before it leaks.

International News Briefs

Compiled by Brooke Dmytriw

THIEVES UNAWARE THEY STOLE LION

WUPPERTAL, Germany: A circus lion was found in satisfactory condition after the van carrying him was stolen and smashed into a road sign. Thieves stole a cargo van from a Circus Probst that was used to transport Caesar, the lion. They went on a nighttime tour, crashing the vehicle and abandoning it. According to *BBC News*, police towed the van, unaware of its live contents. It appears the robbers did not know of Caesar's presence either. Caesar's lion tamer collected the animal from the police after the van was found.

SEARCHING FOR CINDERELLA IN SHENZHEN

HONG KONG, China: Matchmaking website www.jiayuan.com is hosting a Cinderella-type ball in an effort to match some Chinese women with their Prince Charmings. Thousands of women have submitted their profiles to vie for 40 available positions at the ball in Shenzhen. The ball will take place Friday, Nov. 20 and Saturday, Nov. 21. The website is also seeking millionaire men to register for the ball. They have received 10 applicants so far, Reuters reported. To qualify, the men should be worth more than 50 million yuan (\$7 million). The 7,000-plus women applicants have been rigorously screened based on looks, intellect and physique. Therapists judge if they are kind, gentle and tasteful. The website hosted a similar event last year and had 10 successful matches in which the couples are still dating today. It is reported that China now has more known billionaires than any country except the United States.

SCHOOL SELLING BONUS POINTS TO STUDENTS TO RAISE THEIR GRADES

RALEIGH, North Carolina: Rosewood Middle School has devised a fundraising initiative after last year's chocolate sale failed: it will sell its students additional points on tests. Rosewood will sell 20 test points for \$20. Students can divide 10 bonus points across two tests. The Associated Press reported that principal Susie Shepherd said the additional marks do not make enough of an impact to alter students' grades. However, the extra results could raise a student from a B to an A or bring them up from failing to passing. The Department of Public Instruction commented that the sale of grades is not a beneficial part of middle school curriculum.

CHRISTIANITY NOT ALLOWED

Let them eat Cheez Whiz

Minister's milk remarks need further apology, aboriginal leaders say

ETHAN CABEL BEAT REPORTER

Members of Manitoba's aboriginal communities are still calling for an apology from the culture minister over remarks suggesting northern residents could substitute Cheez Whiz for milk.

Minister of Culture, Heritage and Tourism Flor Marcelino made the statements during a debate in 2008 over a bill that would see a fixed price of milk across the province. She claimed that Cheez Whiz could be an adequate substitute for milk in the north, where residents must pay up to \$15 for a four-litre carton.

One litre of whole milk contains several vitamins, along with 30 per cent calcium and low amounts of sodium. Cheez Whiz, categorized as a processed cheese spread, contains virtually no vitamin content and is made up of 20 per cent sodium.

Marcelino's statements resurfaced this month when Joan Hay, a commissioner on the Manitoba Human Rights Commission, decried her remarks as offensive and unfitting for a Cabinet minister.

Spokespeople for Marcelino stated that the minister has given an adequate apology to Hay and has nothing further to add on the issue.

"I think that the statement shows a bit of ignorance," said Hay. "[But] I realize now that she made the remark when she was uninformed ... Let's give her a chance."

There are some, however, who are calling for a more public apology.

"Her statements show a disregard for Manitoban children – that's not just of aboriginal people but all Manitobans," said Raven Thundersky, chairperson for the Winnipeg chapter of Sisters in Spirit, an advo-



cacy group for aboriginal women in Canada. "She should apologize to all Manitobans."

The Milk Prices Review Amendment Act was a private member's bill tabled to benefit Northern communities in particular. It did not pass the required first reading to be submitted for committee review.

Kevin Lamoureux, Liberal MLA for Inkster, drafted the bill.

"I've always believed that the government should send a basic message about nutritious foods," Lamoureux said. "If [the NDP] did let it go to committee they would see it's a practical bill."

As of August 2008, the price of four litres of milk in Churchill was over \$8 compared to just over \$4 in Winnipeg.

The Milk Prices Review Commission is responsible for establishing the price of milk

Liberal MLA Kevin Lamoureux sets the record straight.

in Manitoba, based on the criteria spelled out in the Milk Prices Review Act. In 2003, the commission resolved to create a "monitored and controlled cost of retail milk prices in Northern Manitoba." But according to a 2008 CBC report, the price of milk in Churchill was largely contingent on the price of gasoline for transportation.

"It's hard to decide which is more offensive," said Marty Gold, host of *The Great Canadian Talk Show*, a radio show that first reported on Marcelino's remarks. "The ignorance of the statement or the evident lack of true commitment to the north, 'healthy living' and children."

To read the rest of the interview with DJ and host Marty Gold, go to Ethan Cabel's blog at www.uniter.ca/blogs.

Long-gun bill in for a 'rough ride' in committee



even want to go through the hoops."

Among the major criticisms of a registry system is that gun owners who do not register their firearms are pinned down with a criminal record. Also, older guns are difficult to register because the serial numbers are often unavailable or not evident.

"For us, it just gets crammed down our throats and that's the way it is," said Wolfe. "But to my father's generation, it was more of a right than a privilege ... and that attitude persists."

The bill is being split along rural and urban lines because it was given the free vote granted private members' bills in the Commons, which gave MPs the ability to break with party discipline. The bill passed its second reading through Parliament by a vote of 164 to 137 and will now go to committee. From committee, it will have to go through Parliament on third reading and, if passed, make its way to the Liberal-dominated Senate. 'The bill will potentially have a rough ride through committee," said Jim Maloway, MP for Elmwood-Transcona. "And the chances of it making its way through the Senate are very poor." Maloway was one of 18 opposition MPs that voted for the Conservative bill. "The federal NDP has been on record as against the registry," he said. "Urban [NDP] members are generally more supportive of the registry because it is sold as a gun-control measure when it really isn't." The registry was passed in 1995 as a response to the 1989 Montreal massacre at École Polytechnique, where student Marc Lepine killed 14 women using a legally obtained semi-automatic rifle.

ON LICENCE PLATES

COLUMBIA, South Carolina: Although the state legislature allowed a licence plate to display a cross, stained glass window and the words "I believe," a court ruled the plate violated the First Amendment which outlines the separation of church from state. District Judge Cameron Currie determined the plate endorsed not only religion but promoted a specific sect as well. Lieutenant Governor Andre Bauer passed the bill allowing the licence plates to set a precedent. A similar bill failed in Florida. According to the Telegraph, the judge wrote that Bauer was trying to push a personal agenda, getting the state legislature to approve specialty plates promoting a majority religion, Christianity. The initial case was filed by Americans United for Separation of Church and State on behalf of individual citizens, Hindu and American-Arab groups.

The federal government has its sights set on eliminating the registry for rifles and shotguns.

Gun owners praise first reading passage

ETHAN CABEL

BEAT REPORTER

A private member's bill that would potentially abolish the national long-gun registry is slowly making its way through Parliament, opening up a volatile Canadian debate.

The bill, tabled by Portage-Lisgar MP Candice Hoeppner, would eliminate the registry for rifles and shotguns. The registry requires gun owners to submit the serial numbers for firearms into a national database.

Many have claimed that the long-gun portion of the registry, which costs over \$3 million a year, is a needless hassle for law-abiding hunters and farmers and an excessive federal expense.

Jay Wolfe runs a Winnipeg drywall company and is an avid hunter of deer and game birds. Many of Wolfe's friends decided to give up on hunting because of the registry, he said.

"They haven't proven to me that the registry is effective for anything other than giving jobs to bureaucrats," said Wolfe. "The way it is now, you need to be an avid sportsman to

Online Facebook scams need a "dislike" option

Sneaky subscription charges, pop-up ads just some ways scammers are using social media

NAOMI SIMIYU Volunteer staff

Online scams have taken on a new face and penetrated popular social networking sites. Facebook is quickly becoming a popular tool for scammers. The company has come under fire for not protecting its users from bogus ads, virtual games and hackers.

The ads use software that is able to access your personal information and input your friends' names into the pop-up ad, misleading users into thinking the ad is from Facebook.

Chelsa Jordan, a University of Manitoba student, enjoys playing the online game Farmville but considers it a scam as the user is charged while playing, something users aren't told when they subscribe.

Facebook currently is facing a lawsuit for running online game ads that are not clear on required subscription charges.

More recently, scammers have begun to pose as Facebook friends in need of money.



Usocial claims that, for a fee, it can get advertisers millions of views on YouTube, around 1,000 to 10,000 fans on Facebook in just a week as well as votes on Digg.

Users are willing to accept strangers as friends and disclose personal information such as social security numbers and credit card numbers even though they might not know them, making it difficult to curb the problem.

Amaro Silva, executive director of the Better Business Bureau, hasn't heard any complaints about Facebook but is aware problems exist. Although people are more informed about online scams, "the fastest growing area in crime is in identity theft," usually facilitated by information disclosed online, said Silva.

Facebook, on the other hand, along with social media sites Twitter and Digg, have reportedly made separate attempts to shut down online marketing firm Usocial.

Usocial offers unlimited press release distribution services and guaranteed front page space on the web's major websites. For a fee the company claims it can get advertisers millions of views on YouTube, around 1,000 to 10,000 fans on Facebook in just a week and votes on Digg.

Buying fans and Tweets doesn't necessarily guarantee increased profits as the fans or Tweets could be irrelevant to one's business.

"What USocial is doing is not illegal; it's just that the social bookmarking sites don't like it," USocial founder Leon Hill stated in a press release.

According to Silva, online users should be aware of the privacy policies and encryption of the sites they visit so as to avoid being scammed due to misinformation, as some of the sites could be legal.

According to Usocial.net, the company targets users that may be interested in a client's product and hence its YouTube views are real people. So far, the company has managed to succeed in buying Tweets, votes and fans, however not much could be said as to whether the company succeeds in increasing advertisers' market power.

To learn more on how to protect yourself from scams and identity theft visit www.bbb.org.

Neutral Internet vital to innovation

New CRTC rules allow ISPs to slow down surfing for Internet hogs

JOSHUA BROWN

THE DALHOUSIE GAZETTE (DALHOUSIE UNIVERSITY)

HALIFAX (CUP) – It is absolutely critical that Canadians get behind open and neutral networks that don't place restrictions on content, access or speed, according to Terry Dalton, Chair of the Atlantic Canada Organization of Research Networks in Nova Scotia.

"We were seeing more and more influences on some of the Internet service providers in directing traffic, limiting traffic," said Dalton, who spoke at Dalhousie University in Halifax on Oct. 26. "Large advertisers come in and have an agreement so you would see more of their advertising."

Dalton was part of a panel discussion that focused on a recent Canadian Radio and Television Commission (CRTC) ruling. On Oct. 21 the CRTC set new rules for how Canadians can use the Internet, and how the Internet companies can use users.

Internet activities such as peer-to-peer file sharing and streaming video suck up a lot more bandwidth than e-mail or browsing the Internet. Internet service providers say they need to be allowed to throttle service in some cases, to prevent a small minority of heavy users from clogging up their networks, illegally downloading copyright material and slowing service for other Internet users. Media companies, who have seen the loss of revenue to illegal downloading, backed up the Internet service providers like Bell and Rogers at the CRTC hearings. In the ruling, the CRTC gave Canada's telecoms a green light to slow access to the Internet for bandwidth hogs, but laid down specific guidelines for doing so. New rules were created affecting the way Internet service providers use the information that travels over their networks. The commission specified standards of reasonable traffic management and banned the use of personal information for with the exception of for traffic management purposes. Service providers now have to describe their traffic managing practices, and justify them any time a consumer complains.

further future discussion amongst politicians and amongst some of the open access groups who want to see a broader level of net neutrality," said Dalton.

"We're going to see the ISPs hands-off with regards to any traffic flow and we're going to see a lot of discussion coming forward."

Dalton spoke alongside Darren Abramson, an assistant professor with Dalhousie's department of philosophy who specializes in logic and the philosophy of computer science.

The professor said relaxing users' rights over copyrighted materials could create economic activity.

While throttling can put the brakes on illegal downloads of copyright material, Abramson says new revenue streams are available from sharing copyrighted works.

"There is a whole new class of musical interaction, such as *Rock Band* and *Guitar Hero*, that create brand new revenue streams."

Media companies have argued for throttling, saying opposition to illegal downloading and greater protection for copyright material is needed to promote future content creation.

But Abramson doesn't see it that way.

"The interaction has drastically reduced the costs of content creation and distribution," Abramson said. "All kinds of creative work is made possible by this."

Timothy Reese, an independent musician,

Is Buy Nothing Day just Do Nothing Day?

Shoppers, activist question effectiveness of anti-shopping holiday

CAITLIN LAIRD

BEAT REPORTER

Celebrated the Friday following American Thanksgiving – also known as "Black Friday", one of the busiest shopping days of the year – Buy Nothing Day has gained international recognition.

More than simply a gesture opposed to anti-consumerism, it is consumption itself that is meant to be slowed. This includes the use of utilities within the home, gasoline and just about anything else required for life on planet Earth.

But is this heavily hyped "social statement" effective or relevant nearly 20 years after its inception?

"It seems like somewhat of an empty gesture," said 23-year-old avid spender and self-



Some activists encourage people to save their dollars on Buy Nothing Day.

"[The CRTC] ruling is going to stimulate m

agrees with Abramson. According to him, the Internet is a vital tool for musicians like himself, without access to big distribution networks.

"It doesn't really bode well for us to charge for our music. I'd rather people just listen," says Reese, whose music is available online for free.

"Using broadband legislation to prevent very specific problems is like requiring permission to drive from town to town, to stop people from speeding or stealing cars."

Restrictions on throttling keep Internet service providers from acting as the middleman between content creators and content consumers.

The CRTC's decision keeps service providers from having control over the pipes, saying who can have access to what and how fast, said Dalton.

"When you give creative minds the open ability to innovate and explore great things will come out of it," Dalton said.

"If we restrict the flow of information, we're going to be restricting innovation, our curiosity, our ability to explore in a creative manner." confessed shopaholic Samantha Curtis. "Why would you choose a day to be aware of these things? Why wouldn't you perform this way everyday, if that was your goal?"

Created by artist and social activist Ted Dave and first "celebrated" in 1992 in Vancouver, Dave explained the initial purpose of Buy Nothing Day in an interview with Robin Laurence over 10 years ago.

"It means to participate by not participating. It is designed to remind the consumer and the retailer of the true power of the buying public."

There is even a Buy Nothing Day album available at www.teddave.com.

Hard data that show Buy Nothing Day adversely impacts sellers is difficult to find.

Adbusters magazine – Buy Nothing Day's major promoter – suggests several symbolic and performance-art gestures to celebrate the

day. These include a conga line of shoppers who purchase nothing and setting up a credit card cut-up stand at your local mall.

While such shenanigans may appeal to only the most ardent participants, *Adbusters* stresses that Buy Nothing Day symbolizes that which should be adopted as a lifestyle and not merely for a day. It is questionable how lasting such a change would be in the lives of those participating, however, when several web-based forums advocate stocking up on goods the day before the "holiday."

This sentiment is not lost on photographer and culture aficionado Robyn Carleton.

"In our capitalist society, what does one day do? A day like Buy Nothing Day can show what not buying things will do, but we should be starting a real revolution. One that will actually see that corporations have less power."

What do you think?

Send your letters to editor.ca, or contact comments@uniter.ca to write for our comment section.

Royal visit aimed to reconnect Canadians with monarchy

Charles and Camilla visit Memorial University, SFU during trip to Canada

EMMA GODMERE

CUP OTTAWA BUREAU CHIEF

OTTAWA (CUP) – Canadians were given some royal treatment as Prince Charles and his wife Camilla, the Duchess of Cornwall, wrapped up an 11-day, four-province tour of Canada this week.

The royal couple visited 12 cities and communities across Newfoundland, British Columbia, Ontario, and Quebec, and even included several university stops on their tour: the prince visited Memorial University in St. John's, Nfld., where he toured their Marine Institute, and Simon Fraser University in Burnaby, B.C., where he participated in a seminar on sustainable urban business.

"We hope our visit will be a real celebration of the vibrant diversity which defines modern Canada, from her ancient traditions to the world-class brilliance of her contemporary culture," read a statement from the prince on the government's official royal visit website.

Days before the royal couple touched down in Canada, CBC published results from a Navigator survey conducted in August that suggested a majority of Canadians were disillusioned with the Prince of Wales. According to the Torontobased communication firm's findings, 60 per cent believed that the monarchy is outdated.

Eugene Berezovsky, media spokesperson for the Monarchist League of Canada, suggested that the apparent Canadian apathy is largely derived from the fact that members of the royal family – Prince Charles in particular – have not taken the opportunity to visit the country in several years.

"Prince Charles had been long out of the country, and exposure and popularity tend to go handin-hand," he noted. "People have forgotten about him, and the thing is his life [has] changed so dramatically, his sons having grown up, his personal life much more subtle . . . and so he's different from the image Canadians remember him [by].

"There was a great deal of re-acquaintance that had to go on, and in that context, I think the poll is understandable," he continued.

This was Prince Charles' first visit to Canada since 2001, and Camilla's first ever visit to the country.

The royal couple encountered some resistance during the Quebec portion of the trip. In Montreal, a crowd of over 100 Quebec nationalists carried signs, chanted slogans, and at one point even threw eggs, opposing the visit. Three demonstrators were arrested and later released, having only been charged with blocking traffic.

"I fear there was a little local disturbance," the prince remarked

in his speech to the Black Watch (Royal Highland Regiment) of Canada, at their headquarters in Montreal.

Despite the conflicted reception in Montreal, Berezovksy felt the rest of the trip went "overwhelmingly well."

The couple's travels wrapped up in Ottawa, where they took part in the capital's Remembrance Day ceremonies at the National War Memorial on Nov. 11. Thousands gathered to watch motorcades deliver Prime Minister Stephen Harper and his wife and children, Gov. Gen. Michaëlle Jean and her husband and daughter, and finally the royal couple to the monument, shortly before 11 a.m. Crowds lined the streets past several blocks in the downtown core, and offered generous applause upon the dignitaries' arrival.

"[The trip] was more about reintroduction and getting reacquainted," Berezovsky emphasized. "You can't fix eight years of absence with an II-day tour, so he's going to have to come back periodically and reinforce that image, [and] meet more Canadians when he travels to more cities; but I think he certainly made a good attempt towards reaching that goal."

The tour was Prince Charles' 15th visit to the country, and the Duchess of Cornwall's first. Another royal visit is planned for 2010, when the Queen and Prince Philip, her husband, will visit Canada in the spring.

Female business grads make more than male classmates

KIRSTEN GORUK

THE GATEWAY (UNIVERSITY OF ALBERTA)

EDMONTON (CUP) – An annual survey filled out by University of Alberta business graduates has revealed an unexpected shift in salaries – with female employees exceeding their male counterparts.

The voluntary online survey is sent out every August to the school's bachelor of commerce graduates of the past year. Dale McNeely, director of business career services at U of A, said that this is the first year that the survey found women earned a greater average salary than men.

"It's always been the other way around, but it's varied between significant to not very significant," said McNeely.

The information gathered by the survey each year is used to paint a better picture of how the students fare upon entering the working world.

Despite the change in this year's results, with women earning an average of \$43,077 per year compared to men at \$41,214, the survey is only a glimpse at one year of graduates. As such, McNeely is hesitant to speculate about the reasons for what could become a trend in salary gaps.

"[We need] to look at this over the long term. Is there a levelling of the playing field? That's certainly what we're hoping for . . . The degree that we're providing the students here – the training, the academics, the work experience – is really creating equal opportunities for whoever enters the school of business," he said.

Of the 603 graduates who were contacted, the faculty received 325 responses, or about 54 per cent. The ratio of male to female respondents was close, sitting at 56 per cent and 44 per cent, respectively.

Despite the precarious nature of the economy, McNeely said that the majority of the results were consistent with previous years. Although salaries in general for both genders have seen a slight dip, the U of A graduates were found to be employed by a range of businesses, in everything from multinational corporations to smaller independent businesses.

As for the current female population at U of A's school of business, McNeely said that he believes that without putting too much stock in the numbers, the news is still good.

"It's got to give them confidence for the future, that [women] are going to be perceived in the business world as an equal commodity to everyone else."

EMPLOYMENT OPPORTUNITY

The University of Winnipeg's weekly urban journal is looking for a hardworking individual who possesses superior writing and interviewing skills to take the position of beat reporter

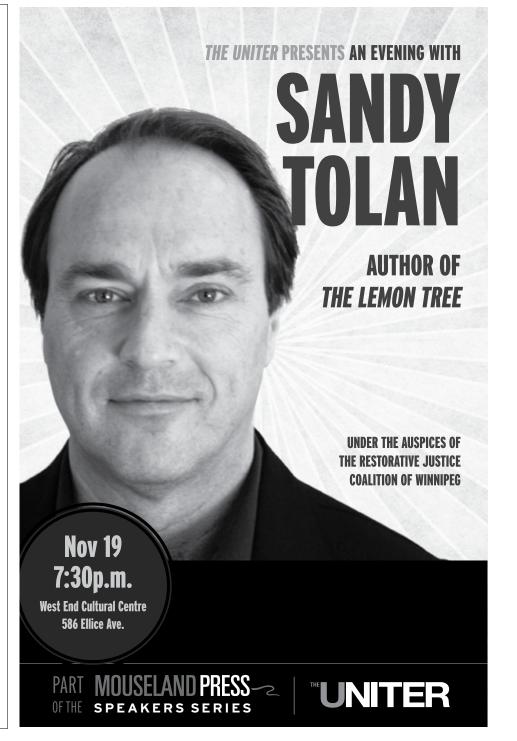
The beat reporter will work closely with the news team to write two assigned stories per week and arrange for corresponding visual content. They must also regularly write blog entries on *The Uniter*'s website. The chosen candidate will demonstrate a critical eye for news content and work well under the pressure of deadlines. Beat reporters must be able to work in collaboration with others as well For further information, call 786-9790 or e-mail editor@uniter.ca. References and at least three writing samples must be attached to resumes. Mail, or deliver resumes in person, to:

The Uniter

ORM14 Bulman Centre

515 Portage Avenue

Winnipeg, MB R3B 2E9



Cracks in the glass ceiling

as independently.

Staff members are expected to attend weekly staff meetings and actively engage in the development of their position throughout the course of their employment.

This position is based on a 13-week term running Jan. 4, 2010 to Apr. 2, 2010. Payment is \$60 per week. Or e-mail your application package to editor@uniter.ca.

Only those applicants selected for interviews will be contacted. Applications are encouraged from *all* interested parties.

Application deadline for this position is Friday, Dec. 4 at 12 p.m. Interviews will take place during the week of Dec. 7.



Campus News

U of W welcomes Ternette home

University officials bring beloved activist back to campus

COURTNEY SCHWEGEL CAMPUS BEAT REPORTER

Community activist and University of Winnipeg alumnus Nick Ternette has returned to campus. After spending three-anda-half months in hospital where he lost his legs to a flesh-eating disease, Ternette and his wife Emily recently moved into their new home in McFeetors Hall.

The U of W alumni affairs office offered the two-bedroom suite to the Ternettes when they heard they would be unable to return to their two-storey home in Wolseley due to its wheelchair inaccessibility.

Ternette said their suite at McFeetors is well suited to his needs, as well as his wife's. Both are in wheelchairs.

"The way it is laid out is extremely accessible," said Ternette, adding that the wide hallways and low counters make it easy for him and his wife to get around.

Although the Ternettes are happy with their new home, they miss their old home where they lived for 16 years. But Ternette said that in time they will adjust.



Emily and Nick Ternette moved into McFeetors Hall because of the wheelchair inaccessibility of the two-storey Wolselev home they were living in prior to Nick's medical ordeal.

"Circumstances require you to make changes," he said.

Helen Cholakis, director of alumni affairs, said the idea to offer the suite to the Ternettes came from alumnus Frank Liebzeit, U of W co-ordinator for the Winnipeg General Strike tours. Cholakis investigated the idea and it was approved by the president's office. Liebzeit said it seemed obvious to offer the

suite to the Ternettes.

"It seemed like a perfect match for [Nick] because he has had so much history with the university," he said.

Ternette graduated from the U of W in 1967 with a degree in sociology and political science. Since then he has remained active in the university community through the alumni association and as a visiting lecturer for the departments of sociology and education.

"The U of W has been good to me. They gave me a good education, so I am happy to give back."

-NICK TERNETTE. COMMUNITY ACTIVIST

Cholakis said Ternette's presence on campus will be beneficial for U of W students.

'We could just sort of imagine Nick fitting in really well with the student community at McFeetors Hall and we thought ... what a great experience it would be for the students to get to know him," Cholakis said.

Although Ternette has no official plans yet, he is eager to contribute to the university community.

"I am quite open to doing whatever ... the university wants me to," he said, adding that he would be willing to mentor or lecture.

Ternette said it is important to him to show his appreciation for the U of W.

"You give back what you have gotten," he said. "The U of W has been good to me. They gave me a good education, so I am happy to give back.'

UWSA byelections will see some contested positions

Many students unaware election is happening

COURTNEY SCHWEGEL CAMPUS BEAT REPORTER

The upcoming University of Winnipeg Students' Association byelections are expected to get a little heated.

Chief elections commissioner Jennifer Myles expects that more than a few of the 10 available director positions will be contested. Myles said student interest in the positions is greater compared to last year's byelections, in which six director positions were unfilled. She thinks this increased interest will result in better voter turnout.

UWSA president Jason Syvixay said having contested positions makes things more interesting for students.

"You see a greater increase in votes and



UWSA 2009 BYELECTIONS CANDIDATES

International Students Director Olu Lloyd-Kuyiny

Women's Director Joan Medland

Recreation and Athletics Director Reid Olnick

Lesbian, Gay, Bisexual, Transgendered and * Students' Director Chris Guenther

Arts Director (Co-Directorship) Janna and Kaitlin Young

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voter turnouts when there are more candidates running for a position," Syvixay said.

While some students may be more politically engaged with the UWSA this year, many students were unaware the byelections were taking place.

"I didn't even know they were happening," said Laura Kunzelman, a third-year U of W creative communications student. She believes the reason why so many students don't vote is due to indifference. "I think a lot of it comes down to student-voter apathy."

There is no mention of the byelections anywhere on the UWSA website.

Even with the increased interest in the director positions, there is still a possibility that some of the positions won't be filled.

Myles suspects that if any positions were left empty after the byelections, they would likely be the Canadian Federation of Students (CFS) liaison director and the graduate student director positions.

"I don't know if people are aware what CFS actually is," she said, adding that the graduate student director position is new this year.

Syvixay said it is crucial to the board and to the student body that all 10 positions are filled to create a fully functioning board of 20 directors.

"Just to be able to conduct business we need the attendance from a certain amount of directors and ... then we will be able to fully represent all the students on campus," he said. "[By] having those directors in place, you can make sure that the UWSA is doing their job, and that is to provide services for students.'

Voting will take place from 9 a.m. to 6 p.m., Monday Nov. 23 to Thursday Nov. 26. Results of the byelection will be posted the morning of Friday, Nov. 27.

Liaison Director Hanife Masoomifar Carly Sloshower

Education Director Fabien Suarez-Amaya

Director of Student Living Bradley Miller

Part-Time/Mature Students Director Graham Smith-Peloguin

No candidate can be acclaimed. All candidates running uncontested must be elected in a Yes/No ballot.

Creative writing practicum to open doors

New course would give students experience in publishing world

SAMUEL SWANSON BEAT REPORTER

University of Winnipeg creative writing professors Margaret Sweatman and Catherine Hunter are in the preliminary stages of preparing a one credit-hour practicum course that would give creative writing students an experience that goes beyond simply handing in work for grading.

The practicum course is intended to take students beyond writing and into the realms of editing, publishing and the business end of the literary world.

"[The students] will be learning about arts administration, how writers manage to make ends meet and how they manage their time and their life," said Sweatman.

Hunter, who is also the chair of the English department, wants the practicum course to produce a well-rounded class of creative writing graduates.

"It will give our students a sense of reality, show them what's really behind the scenes," said Hunter.

Sweatman and Hunter have been approaching local small press book publishers and poetry, fiction and children's literature journals. They have found interest in the course from publishers and independent writers in the community, but no commitments have been made yet.



The goal of a proposed one credit-hour practicum course in creative writing is to teach students about arts administration, how writers manage to make ends meet and how they manage their time and their life.

"Everyone is struggling right now, so if places turn down our offer, I can understand that," Sweatman said.

The practicum would essentially be a 12hour internship at a publishing house or similar literary business.

"The way I'm going to sell it to the businesses is that for two hours of instruction [for the students] you'll get 10 hours of labour," explained Sweatman.

Writing student Justin Van Damme said he would consider the course for its ability to teach creative writing outside the classroom.

"It's beneficial to have the mentorship of the creative community," Van Damme said. "I've built up a decent portfolio but [the next step is] the experience in mentorship of a publisher in the city."

Since the course is still in development, Sweatman is hoping to have students e-mail her names of people in the writing community with whom they would like to connect.

Campus News Briefs Compiled by Courtney Schwegel

U OF W WEBSITE ONE OF CANADA'S BEST

The University of Winnipeg website, www. uwinnipeg.ca, has been recognized by www. web50.ca as one of Canada's top-50 websites. The websites are judged according to several design criteria, including colour scheme, photos, written content, organization and user-friendliness. The new U of W site, which launched this past April, was created by university webmaster Marnie Loewen, Simian Systems programmers, Elemental Motion Media designers and Daemon Defense hosting solutions. Websites for The Tragically Hip, Much Music and National Post also made the list.

Visit http://web50.ca/ to see the complete top-50 list.

U OF W PRESIDENT AND DEAN OF GRAD STUDIES CHOSEN AS TORCHBEARERS

University of Winnipeg president and vicechancellor Lloyd Axworthy and dean of graduate studies Sandra Kirby will both carry the Olympic torch along its path to Vancouver. Kirby will carry the torch through Pointe-au-Père, Que. on Nov. 30. Kirby competed in rowing in the 1976 summer Olympics in Montreal. Axworthy will carry the torch Jan. 5 in a location between Kenora and Winnipeg that is yet to be determined. Kirby and Axworthy are two of roughly 1,200 torchbearers, many of whom are selected through community programs.

AXWORTHY FOR SUSTAINABLE FREIGHT

University of Winnipeg president and vicechancellor Lloyd Axworthy will chair an advisory group looking at sustainable freight transportation in North America. The transportation sector contributes 26 per cent of greenhouse gas emissions, and at least a quarter of that is from transporting freight, according to a press release from the university. The group, assembled by the Commission for Environmental Cooperation, is comprised of members from nongovernmental organizations, government agencies and transportation industries.

ROUND UP YOUR RUBBER DUCKIES!

The Jewish Students Association (JSA) will be supporting local women in need and raising public awareness of women's issues through the Bathtub Project. The students will set up stations at the University of Winnipeg and the University of Manitoba where they will be collecting new and gently-used clothing, toiletries, shoes, books and toys. The collected goods will be donated to Osborne House, a local women's shelter. Donations can be made at the U of M's University Centre on Wednesday, Nov. 25 and at the U of W near the Info Booth on Wednesday, Dec. 2.

University of Winnipeg Collegiate varsity girls volleyball team earns spot in provincials

SAMUEL SWANSON BEAT REPORTER

The University of Winnipeg Collegiate Wesmen varsity girls volleyball team defeated the Calvin Christian Eagles on Monday, Nov. 16 for a birth into the AAA provincials. The Wesmen girls varsity team is comprised entirely of Grade 10 and Grade 11 students, making their victory all the more impressive.

The first set ended 25-13 for the Eagles. Then the competition began.

The girls played a close, competitive second set with an end score of 25-22 for the Wesmen, tying the game at one-set each.

The Wesmen's momentum and confidence was evident by the third set. Much of the energy came from the chemistry between hitter Ozana Nikolic, who had by far the most intimidating spike on the court, and the excellent court sense of setter Veronica Izydorczyk.

Wesmen defense was at its strongest when Nikolic and Pam Drawbridge stood side-byside as a wall, impenetrable to Eagles hitters. Early in the final set, Eagles hitter Andrea Tiel put two consecutive serves directly into the net, hurting Eagles confidence. The fourth set was all Wesmen for a while and saw as much as a 10-point disparity between the Wesmen and the Eagles. The Eagles battled back, due to Tiel's hustle and height. Eagles closed the gap and won the fourth set 23-25. Again, tied game, two sets each. The even matching between the teams built tension in the Duckworth Centre. Tempers flared on the Wesmen side over some calls by the referees. The referee on the spectator side of the arena was called out multiple times, which led to a brief intermission while he audibly kicked a family out of the gym. The fifth set and game concluded with 15-10 for the Wesmen. The set and much of the game came courtesy of the Wesmen's ability to read, yell and act according to close out-of-bounds hits by the Eagles.



There are no Grade 12 students on the University of Winnipeg Collegiate Wesmen varsity girls volleyball team, making their win over the Calvin Christian Eagles all the more impressive.

"They know how to win," said coach Mike Lodewyks. "I've seen them down [in the game] and get back up and win." Come provincial time, Lodewyks is

confident.

"They're right up there with the rest of them."

U OF T PREPARES FOR PANAM GAMES

The University of Toronto will be seeing some major developments to their already extensive sport and recreation facilities, faculty and staff newspaper *The Bulletin* reported last week. The university will play host to several of the events for the 2015 Pan/Parapan American Games, which will be held in Toronto. The largest development will be a \$170 million sporting complex that will include a multi-sport field house, two Olympic-size swimming pools and a diving tank. The complex will be a joint project between the City of Toronto and the University of Toronto Scarborough.

COMMUNITY EVENTS

GIVE VOICE, OPEN YOUR EARS and head down to the Winnipeg Contemporary Dancers Studio on Wednesday, Nov. 25 to hear untold stories from the community and around the world. With musical guests FLO, NOMA SIBANDA and members of SUBCITY DWELLERS. 6:30 p.m.

WRAP ME UP CRAFT SALE at the Costume Museum of Canada runs from Friday, Nov. 27 to Sunday, Nov. 29.

In honour of Domestic Violence Prevention Month join the Fort Garry Women's Resource Centre in a workshop on domestic violence on Thursday, Nov. 19 at 6 p.m.

There will be a Craft Sale at the Folk Exchange on Saturday, Nov. 21 from 11 a.m. to 5 p.m.

Young Canadians are invited to participate in the MATHIEU DA COSTA CHALLENGE, a national writing and artwork contest that promotes a greater understanding of Canadian history and diversity. For more information visit www.mathieudacosta.gc.ca.

The Manitoba Crafts Museum will have a CHRISTMAS ORNAMENT SALE on Saturday, Nov. 21 from 10 a.m. to 2 p.m.

THE FABULOUS CLOTHING SWAP is at the Costume Museum of Canada on Thursday, Nov. 26 at 7 p.m. Tickets are \$10 and can be purchased with the donation of a bag of gently-used, washed clothing.

FREE INTERNATIONAL STUDENTS CLASS. An opportunity to meet with other students and Canadian friends while learning English and the Bible. Takes place on Sundays from noon until 1:30 p.m. at Elim Chapel, 546 Portage Ave. For more information call Val and Veda Chacko at 257-1670.

ON CAMPUS

The annual HOLIDAY FAIR TRADE SALE put on by the World University Service of Canada will run Monday, Nov. 23 until Friday, Nov. 27 on the second and third floors of Centennial Hall.

There is a panel discussion on PRISONERS' RIGHTS TO HIV PREVENTION, TREATMENT AND CARE on Monday, Nov. 23 in Eckhardt-Gramatté Hall. 6:30 p.m.

Come support climate change awareness on Tuesday, Nov. 24 in front of Riddell Hall during the lunch hour.

Students who are on wait lists for winter term courses should regularly check their e-mail in order to claim their seat. After three days your seat will be offered to the next student in line.

SMART START, a study skills workshop series, helps students improve their study skills and succeed in university-level courses. Mondays and Wednesdays, 12:30 to 1:20 p.m. in room 1L04. Register in advance by calling 786-9863 or e-mailing a.weir@uwinnipeg.ca.

The UWSA SAFEWALK PROGRAM is looking for volunteers to walk students, faculty and staff to their cars, bus stops or residences within a reasonable distance. Each four-hour shift will receive an \$18 honorarium.

Every Wednesday from 12:30 to 1 p.m. there is an interfaith university chapel service in the Carl Ridd Sanctuary in Bryce Hall. All are welcome.

Every Thursday evening until Nov. 26 you can attend the NEUROSCIENCE LECTURE SERIES where experts discuss their work in the field of neuroscience. Register with n.stokes@uwinnipeg.ca.

VOLUNTEER OPPORTUNITIES

Winnipeg Children's Access Agency is looking for vol-

PLAYER PROFILE

Wesmen veteran happy team is back to full strength



The Wesmen rely heavily on fourth-year Peter Lomuro.

PHOTO COURTESY OF KELLY MORTON PHOTOGRAPHY

SARAH REILLY Volunteer Staff

Peter Lomuro, a fourth-year forward for the Wesmen men's basketball team, is looking forward to having the whole team injury free and healthy in their upcoming games.

Injuries have plagued the Wesmen men's basketball team this season. The Wesmen are looking to dress a full roster for the first time this season in their game this Friday, Nov. 20, against the University of Brandon Bobcats.

The Wesmen had to play without Ben Kingdom and Eric Zimmerman during pre-season, and now the team is struggling with new injuries. However, Lomuro said he is looking forward to having fellow veterans Mike James and James Horaska healthy and back on the court together against Brandon.

Horaska has been playing but battling injuries, while James has been out with a fractured hand for over four weeks. The three veterans have been playing together in the Wesmen program, along with Nick Lother, for four years now.

When he graduated from Fort Richmond Collegiate in 2006, Lomuro decided to join the Wesmen program, in large part because he wanted to stay in Winnipeg.

The team he joined in September 2006 is very different from the team he plays with today. The Wesmen in 2006 were led by CIS All-Star guard Erfan Nasajpour, who dominated on the court, often scoring over 25 points per game.

^aIt was a privilege to play with Erfan for my first two years. I learned a lot from him," said Lomuro.

Now, Lomuro is one of the veterans and responsible for leading the Wesmen team this season. The team relies on him heavily for rebounding and scoring, and he will be a key component to the men's 2009-2010 team, as they work towards making the playoffs next semester.

Wesmen volleyball teams struggle against Bisons

ETHAN CABEL BEAT REPORTER

A long-standing rivalry was alive and well over the weekend as the men's and women's Wesmen volleyball teams struggled at home against the University of Manitoba Bisons.

The men's Wesmen won the second set of the match but were unable to hold the game, losing 3-1 to Manitoba.

"We know these guys play well, we played with them in high school," said Steve Goertzen, the Bison's middle. "There's definitely a huge rivalry and it's nice to get a win."

The second set saw the Wesmen shine with middle Maurice Williams helping the team reach an 8-5 lead at the first technical time-out, and eventually winning the set 25-23.

Although the Wesmen kept the match close throughout, the team looked worn by the fourth set with the Bison's hitting an early stride at 13-4, which saw several substitutions on the Wesmen side and a final score in the fourth set of 25-15 in Manitoba's favor.

"We didn't play well enough and that was

a collective team effort," said Larry McKay, Wesmen head coach. "We don't just have a rivalry with that team [the Bisons], we have a rivalry with any team we play."

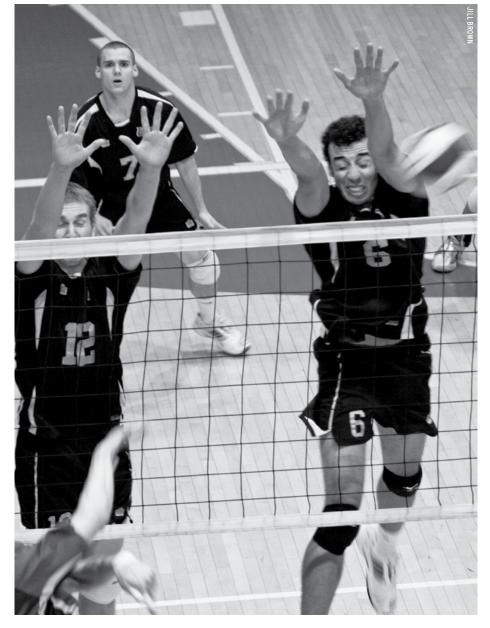
The Wesmen women fared worse without their first setter Danica Hughes, losing the match by 3-0. Hughes came down with the flu an hour before the match and was replaced by first-year setter Rhea White.

"There's been a rivalry since the beginning," said Diane Scott, Wesmen women's head coach. "We should have and could have won the first two sets."

The first two sets were hotly contested. Manitoba defeated the Wesmen 26-24 in the first set and, after a tense and dramatic exchange of points, the Bison's took the second set 29-27.

Although the Wesmen remained determined in the third set, trailing by a single point at 16-15 during the second technical time-out, Manitoba took the third and final set 25-20.

Both Wesmen teams have lost more games then they've won this season, something they hope to turn around when the two teams face the Brandon University Bobcats in Brandon this weekend, Nov. 20-21.



unteers to act as visitation monitors to facilitate visits in a supervisory role three to four times a month. Training begins in January 2010. Centrally located in Osborne Village. For information visit www.wcaa.ca or contact Donna at 284-4170.

The Community Education Development Association is looking for volunteer tutors for their Youth Opportunity Programs in St. John's High School and Children of the Earth High School. For more information please contact Ashley at 589-4374 ext. 257 or ashley@cedawpg.org.

Help inner-city school children through CHOICES YOUTH PROGRAM. Just call Kasia Buchman at 470-5651.

The Daniel McIntyre / St. Matthew's Community Association is looking for volunteers to provide recreational opportunities for kids six to 18 at the Valour Community Centre - Orioles Site.

The Canadian Red Cross is looking for volunteers in their Humanitarian Issues Program to organize events and facilitate workshops. For more information contact Jennifer at 982-6737 or jennifer.montebruno@ redcross.ca. Might as well jump: Wesmen Devin Schmidt (#12) and Justin Duff (#6) defend against the Bisons as Dan Lother (#7) looks on.

Wesmen trampled by U of M Bisons

Women's team struggles without starting guard Gooch

ETHAN CABEL Beat reporter

It was a bad weekend for the Wesmen, with both the men's and women's basketball teams losing handily to the University of Manitoba Bison's Saturday night.

The Wesmen women's team struggled without their starting guard, Catie Gooch, who was sick with the flu.

"It was tough playing without Catie, she is



our point guard and leading scorer. We struggled as a team this game," said Tanya McKay, head coach of the Wesmen.

The women still managed to keep the game close, however, at one point tying the game at 35-35. But the Bisons broke through in the late third and early fourth quarter of

play. The final score was 67-57 in the Bison's favor.

The Wesmen men's team fared worse than the women, with a final score of 92-79 for the Bison's.

Although functioning with a full line-up and getting within six points of the lead during the beginning minutes of the third quarter, the men just couldn't stand up under pressure. Manitoba extended their lead to double digits in the fourth quarter after repeatedly ensuring that the Wesmen did not hold the upper hand.

The weekend's loss puts the Wesmen record at 0-5 as they prepare to face the Brandon Bobcats at home this Friday, Nov. 20 and Saturday, Nov. 21 at the Duckworth Centre.

UWSA BY-ELECTION

The polling station will be open 9a.m. Monday, November 23 and will close at 6p.m. on Thursday, November 26.

CFS Liason 🛷 Carly Sloshower

After this term, I will have my BA in Politics and International Development Studies. I would like to stay involved on campus by becoming CFS Liaison Director. I have been active with many student groups throughout my three years at the University of Winnipeg, including the World University Service of Canada, The Jewish Students Association and Walk 4 Darfur. Through these groups I have been able to express my dedication to various social justice causes. My roles involve networking in order to broaden reach and collaborate on campaigns and events. Through my practicum with the Canadian Centre for Policy Alternatives, which shares an office and often collaborates with CFS, I have become more familiar with CFS at the provincial level. If elected, I will build on the Target Poverty, Aboriginal Access, International Students and Students for Sustainability campaigns by incorporating more student voices to ensure they are represented by CFS.

LGBT - Kip Guenther

I'm Kip Guenther and I'm running for the position of LGBT* Director for the UWSA. This is my first year at the University of Winnipeg, and I have been humbled by the amount of support I have gotten from so many students. Coming to the Uof W has been one of the best decisions I've made and cannot wait to get more involved and become an active member of the entire university community. I'm choosing to run for LGBT* students Director because I would like to be a voice for every single student on campus who feels that they may not have one. I would like to bring together all students and cultivate a better understanding of everyone who attends our school, so that we can continue to be a university of acceptance that makes us all proud to be students at University of Winnipeg.

Mature Students 🛷 Graham Smith-Peloquin

I want the university to acknowledge and represent part-time/mature students. As a 2nd year university sociology student, I plan to pursue law school, once obtaining a well-rounded education on campus – included: honors completion and meaningful interaction with students and the broader community. I've lived in the west broadway area, an area that is highly populated with working students and individuals who are struggling to make their way back into higher learning because of employment, lack of student aid, schedule conflicts, and children. With that said, I can represent this diverse and often ignored group, because of my shared experiences. To my knowledge, this position was vacant last year, which I consider to be a shame. I intend to hold the UWSA accountable to meet the needs of PTM students and plan to be accessible so that I can voice your concerns. PTM students? Full time voice! Email me at ptmstudents@gmail.com!

Women's Director 🛷 Joan Medland

Women's issues are extremely dear to my heart. From my own life experiences, I know all too well some of the challenges that face women today. Through my education, work experience and travels, I ache for the scary realities many women face with strength every day. I feel compelled to make a positive difference in the lives of women, which is why I chose to continue my education next year in Law. I plan to develop awareness for the Women's Center, and create a welcoming environment for all! I propose to implement a mentorship system, where new students can confide and seek advice from upper year students, organize volunteer groups to work with women's issues hands on, as well as organize inspirational speakers, and I want to petition the lack of commemoration of Nellie McClung in Winnipeg, a woman who was so vital to the Women's Director demands. Through a combination of positivity and activism it would be my honour to, in the words of the Great Nellie McClung: get things done and let them howl.

International Students 🛷 Olu

Hi my name is Oluwaseun Lloyd Kuyinu an International Student at the University of Winnipeg and I am

looking to run for International Student Director. I have found it important to run because I see that there is a lack of communication between the university and international students. For example the 100 to 230 percent more that international students are paying in school fees over our Canadian counterparts and the inequality in health care coverage. Issues like these lack proper representation by international students who are affected. Coming from Nigeria, I represent diversity and hope to show that we are all equal and beautiful. I want to encourage international students and domestic students by showing more of our community and making it part of the culture of the university. I want to be involved with the orientation process for new students. I remember the culture shock I received when I moved here and came to school for the first time and I would not want another student to experience the same.

Thank you.

Athletics and Recreation 🛷 Reid Olnick

My name is Reid Olnick and I am running for the Directorship of Athletics and Recreation. I am a second year business student who has spent a lot of time in the Duckworth and fitness facility. Being a part of the UWSA would be a great honour and privilege for me and would satisfy being more involved in events and pursuits of my university. I think I am the best candidate because of my ability to be approachable and communicate to other students. I look forward to representing student interests in the UWSA for the following academic year.

Education Director 🛹 Fabian Suarez-Amaya

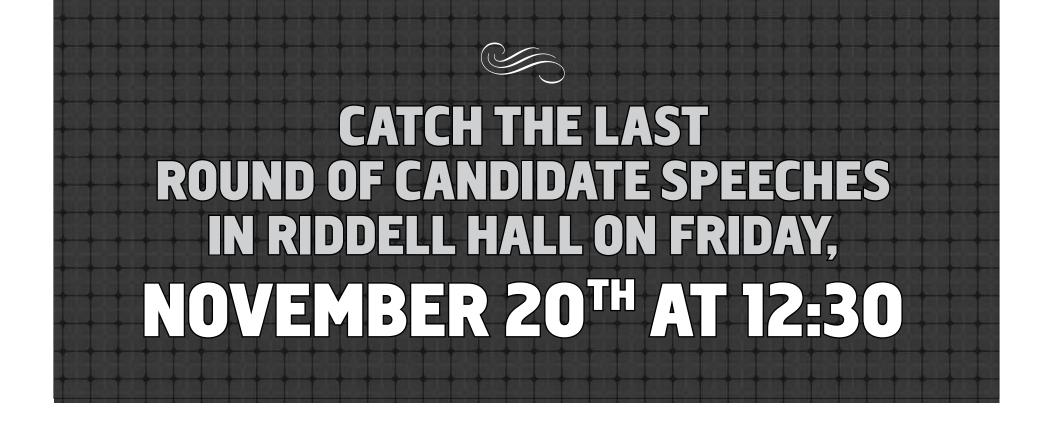
I am interested in becoming the Education Director because I think it'll be a great personal experience and teach me a lot of new things about Education in general, but mostly I just to want brag about it at parties. I feel qualified because it's my area of study (I'm a third-year Education student), I think I will be effective at establishing rapport with Education students, and I have plenty of experience in working with different educational initiatives and programs. I currently work as an Instructor at CareerTrek, I volunteer at the Bright Futures program, and am in the middle of my practicum. I think my open and chatty nature will be my biggest asset. I'll talk to anybody, really. I'm out of words. Questions? Come talk. 4th floor. Vote for me.

Director of Student Living 🖉 Bradley Muller

Hello U of W students! My name is Bradley Muller and I will be running for the Director of Student Living in this month's by-election. This is my first year at U of W and addition to the stress of school, like many other students, I have to worry about my living situation. Well, I want to be your voice. Open to all your issues and sensitive to your needs. Let me help you keep your education, not your housing, at the top of your concerns.

Co-Art Directors 🛷 Janna and Kaitlin Young

Janna and I are running for co-art directors in the upcoming UWSA by-election. Janna is completing her honors degree in Criminal Justice and I am completing my degree in Environmental Studies and Geography. Janna and I have been students at the University of Winnipeg for over 8 years cumulatively and have been well exposed to campus issues for numerous years as a result of being daughters of a University of Winnipeg professor. We feel that the arts students in our respective fields are under-represented in the UWSA and will work to diminish this gap. As co-art directors we hope to encourage more participation from the art students. We want to be active figures in holding the UWSA accountable for implementing new activities for art students. The University of Winnipeg provides students with a unique post secondary education and we want to better the campus experience and programs for arts students.



Comments

Lest we forget

When we speak of Iran, let us remember the persecution of the Kurds

SHORSH K. PALANI

VOLUNTEER

On Nov. II, Canadians gathered to remember those who have fallen for their country. On the very same day, Kurds in Iran remembered a young political activist whose three-month strike ended when he was hanged without any regard to the due process of law at the death gallows of Sanandaj central prison in the province of Kurdistan in Iran.

Éhsan Fattahian was arrested last summer by security agents for having been affiliated with a Kurdish political party. He was sentenced to 10 years in prison by a revolutionary court in Sanandaj. His verdict was later altered to death by hanging by the same court. There are currently 13 Kurdish political, human rights and social activists on death row in Iranian prisons.

According to Amnesty International, Fattahian was given opportunity by the regime to go on television and renounce his beliefs and confess to his crime. This would have saved his life. He didn't accept such humiliation.

Fattahian was sentenced to vaguely worded crimes like "enmity with God" and "attempting to overthrow the regime." His new verdict was never subject to appeal, which is contrary to international law.

A letter sent to his family told of the torture he endured in prison.

This is not new to Kurds in Iran. Kurdish history is shaped by events of ethnic cleansing and forceful assimilation. They have attempted to raise awareness of their struggle in various ways, both within and outside of their land in Iran, but their active political opposition campaigns remain relatively unknown outside of Iran compared to other Iranian opposition groups.

During the 1979 Iranian Revolution, Kurds actively joined the masses to oust the regime of Shah in the hopes of peace and justice for their cause. After the theocratic regime took power, Kurds were brutally subjected to military campaigns as their towns and villages became scenes of carnage. Kurdistan became a military landscape as thousands of Kurdish political prisoners were executed in speedy trials between 1988 and 1990.

The current Iranian government of Mahmoud Ahmadinejad has made arbitrary detentions, shootings, public humiliation and intimidation the norm for the country is forgotten.

Whenever Ahmadinejad visits the United States, North American pundits and analysts, acting on urges of sensationalism and exaggeration, become obsessed with Iranian nuclear ambitions, the Holocaust and Israel. Very rarely do Western governments or the media show concern about the massive human rights violations and the plight of ethnic groups in Iran.

This harkens back to the days before the Iraq war and occupation, when chemical attacks on Kurds by Saddam Hussein were ignored by the international media until years later when his crimes were used as justification for his death.

With the tendency of both Iran's neighbours and Iran's critics in the governments of the West to forget about the Kurds and their predicament, it is no wonder that a common saying amongst Kurds is that they do not have friends but instead mountains.

Shorsh K. Palani is a politics student at the University of Winnipeg.



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Kurdish political opposition members.

Kurds face multiple threats in Iran. They are persecuted not only because they are opposing the regime and demanding legitimate rights, but also because of their ethnic and religious identity. This criminalization of Kurdish ethnicity is sadly witnessed by neighbouring Muslim countries in the region without the slightest backlash.

The politics of difference is defined by irony in the Middle East. In Iran, the regime continues to deprive the rights of Kurds with total impunity. Muslim countries have failed to question the massive human rights violations and the dark records of abuse and ethnic cleansing in their own backyards, but many – including Iran – continually and adamantly condemn Israel for massacring Palestinians.

However, ignoring the abuse of the Kurds in Iran is not limited to the Middle East. The West is also guilty of this. Continually, over-emphasis is placed on Iran's threat to Western states, while the daily persecution of ethnic groups within



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Military priorities

New citizenship guide emphasizes war, barely mentions arts or culture

ROB HOLT Volunteer staff

"Conservatives don't give a shit about you until you reach military age. Then they think you are just fine. Just what they've been looking for. Conservatives want live babies so they can raise them to be dead soldiers." - George Carlin

As I was going through the newsfeed last week, I came across a government press release announcing that the federal Conservatives have released a brand new study guide for the citizenship exam, which must be passed by newcomers to Canada. The press release celebrates the expanded scope and content of this new study guide, which apparently had not changed much since 1995.

"At last, Canada has a guide for prospective citizens that is not an embarrassment," it quotes Jack Granatstein.

For those who are curious,



Granatstein is a Canadian historian and author, an open supporter of the Iraq War, a harsh critic of Lloyd Axworthy's work as Minister of Foreign Affairs and has also expressed serious objections to multiculturalism.

Indeed, Granatstein is at least correct that the study guide has been changed dramatically. A new emphasis has been placed on the wartime history of Canada. Information on the battles between Upper and Lower Canada are included, along with the details on the War of 1812, the Red River Rebellion, Canada's involvement in the First and Second World Wars and the Korean War, as well as United Nations peacekeeping missions in Egypt, Cyprus, Haiti, Yugoslavia and Afghanistan. They're all in there. Of roughly 50 pages, five or six in the new edition are dedicated solely to discussing the bloodier side of Canada's heritage.

In contrast, the arts and culture section of the new guide clocks in at two-and-a-half pages, including one page of Canadian inventions and discoveries and one for sports. The remaining half-page makes no reference to specific Canadian television shows, radio programs, musicians, singers, poets, novelists or films.

The culture section provides other useful information, such as, "Canadian football ... differs in a number of ways from American football." Unfortunately, it does not go on to elaborate how.

The federal government plans to make this guide available to Canadian schools and to hopeful immigrants.

What then are we to make of it, if it just barely pays lip service to Canadian arts and culture, yet contains an over-emphasis on Canada's military history? What does this guide say about how this government wishes to present our nation to its newest and youngest citizens?

Just as I was pondering the question, the answer was revealed to me.

Page nine, printed above the warm and smiling faces of uniformed men and women, notes, "Serving in the regular Canadian Forces ... is a noble way to contribute to Canada and an excellent career choice ... young people can learn discipline, responsibility and skills by getting involved in the cadets."

Man, I thought. Carlin could not have said it any better.

Rob Holt is glad he is already a Canadian citizen.

Not just another number

If you join a political party, don't think you'll be able to keep your membership under the radar

MATT RYGIEL Volunteer Staff

I hastily joined the provincial NDP

party last spring without realizing the level of committment they were expecting from me. I thought I was signing up to be just another numthing locally relevant. My expectations of minimal committment were being realized. Everything was flowing nice and easy for me as a new member until Gary Doer resigned as the premier of Manitoba.

When the election race for a new premier began, I soon found out that I had been automatically enrolled in the Manitoba Young New Democrats (MYND) when I had signed up in the spring since I'm within the age range.

Suddenly, the bombardment of phone calls began, asking for donations and seeing if I wanted to be a delegate for the convention. Whether I was in the midst of writing an essay for a class or heading out the door to the movies, it didn't seem to matter. To the NDP, I was more than just a number. Instead, I was someone to be hounded for things that deserved much more time and attention than I thought I would be able to give. I received three phone calls in one day regarding an event happening at the University of Winnipeg, in order to vote with the MYND. At the time of the incessant phone calls I wasn't planning on going, but as it turned out, I was studying late one evening in the Bulman Centre right before the event was happening so I decided to stay and watch the festivities. Little did I know that my dreams of being a political party slacker were mistaken. At the MYND meeting I was able to meet some like-minded people. I even met Greg Selinger before he spoke to a Bulman Centre filled with young New Democrats.

It was an unexpected delight to see a crowd of students cheering for a politician like he was a rock star.

Now that the new premier has been determined and provincial politics are returning to businessas-usual, the daily phone calls have turned into bi-weekly updates. I don't regret joining a political party because the involvement, however big or small, increases my interest and awareness of political issues which I would otherwise not pay any attention to or at least not understand as well.

However, the frustrating thing about signing up with a political party is their assumption that members will be able to become deeply involved at a moment's notice, even when something as unexpected as the resignation of a party leader occurs.

Matt Rygiel is an English student at the University of Winnipeg.



aspiring sports writers to provide our readers with the Wesmen coverage that is crucial to our campus news section.

So if you like stringing together sentences about basketball and volleyball, get in on the action and get in touch with us.

ber in their records; another name to add to their sizable roster.

There is minimal responsibility in being a cog in the wheel of provincial party politics. At least, that's what I was hoping for. As it turned out, my particular constituency didn't have many university students on the books, making my membership both rare and noticeable.

I signed up because my MLA, whom I met outside of a political setting, asked me to become a member of his party. I agreed because he impressed me. Truthfully, I thought I could learn much from him.

At first being a member of the party was fun: I was exposed to a new group of intriguing people within my community and it felt good to become involved in some-



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Free speech on campus

Don't let it slip away by trying to ban ideas you don't like

ANDREW TOD

COMMENTS EDITOR

If we don't believe in freedom of expression for people we despise, we don't believe in it at all.

-Noam Chomsky

I can still recall the first protest I witnessed on campus. During my first year at the University of Winnipeg, a wild-looking group of Jesus freaks walked along the bike racks yelling that the Lord was coming, and we sinners were about to pay for our wickedness (that is, unless, we joined their church, but that's another matter). Between summoning Jesus and yelling in the "gay marriage equals the devil"- style of Christian worship, this rabid band of devotees to the almighty seemed not to care that the students around them were outraged.

They were yelling that the church members had no right to say such things. This protest is still etched into my memory mainly for this reason. The fact that the students of a university were telling a group - albeit a controversial one – that they had no right to speak on campus was a sad point in my initiation to higher education.

Was this call to the erosion of free expression just a temporary religious-based thing, or are students starting to disvalue its importance altogether?

My assumption was that free speech was still alive and well on campus - here and across Canada - but two recent events have me thinking otherwise.

The first involved an event at McGill University, put on by that campus' pro-life student group. During the speech by the "Choose Life" group, students are said to have shouted down the speaker for venturing their opinion that abortion is wrong. The deputy provost of McGill was so outraged by the blatant lack of regard for free expression that he wrote a commentary on the subject in McGill Daily.

The second occurrence hits closer to home. Two weeks ago, Tom Flanagan, professor of political science at the University of Calgary and former campaign advisor to Stephen Harper, came to the University of Manitoba to deliver two lectures. Without thinking about the essence of a university, a number of U of M students circulated a petition through Facebook, demanding that



Flanagan be banned from speaking at the university due to his controversial views regarding First Nations people, and his penchant for Conservative dogma in general. Yes, you read that correctly: Students wanted a professor to be banned from speaking at a university.

These are but three examples in recent memory which point to a weakening in the importance and understanding of free speech on campus, by some of the very students who should be benefitting from having access to ideas that can be aired without fear or threat. The best way to counteract thoughts which you think are dangerous has always been to make a better argument, not attempt to censor or drive controversy underground. It is always better to let the lunatics speak and harm their reputation themselves, rather than give

power and allure to them by stifling their voice.

If U of W students needed a reminder of the force of free speech in repressive environments, they were certainly given one on November 16, when Malalai Joya, a female Member of Parliament of Afghanistan who has been driven from her country by the misogynistic warlords and theocratic fascists who rule there, spoke to an overcrowded Convocation Hall. Throughout her talk, Joya made mention of the power that her words of denunciation had upon those who have tried to ban her voice.

It would be a mistake, however, to think that free speech is more important in repressive countries such as Afghanistan. Free speech is equally important everywhere and its violation is equally dangerous everywhere. By making mention of examples from McGill, the U of M and here at the U of W, I mean not to compare, nor to chastise. I merely mean to notice that it seems like free speech is becoming less valued by students on campuses across Canada.

For this, we should all be concerned.

Andrew Tod would like to remind you that free speech is alive and well within the comments section of The Uniter. Email submissions to comments@uniter.ca

Enhanced interrogation is not torture

Placing the modern torture debate in the historical context

SAM REYNOLDS

THE PEAK (SIMON FRASER UNIVERSITY)

BURNABY, B.C. (CUP) - One of Barack Obama's campaign promises was to close the Guantanamo Bay detention facility one year after he took office. The closing date is tentatively planned for January 2010. Just recently, the American senate voted on a bill that would allow current detainees to be moved from Gitmo to be tried in the United States.

The impetus to close America's most notorious prison comes from the allegations of torture being used there.

But was it really torture?

In a historical context, torture was used quite freely during the medieval age in Europe.

Europeans came up with all kinds of ghoulish devices to lethally extract information from those unfortunate enough to be on the receiving end. There was the Rack, which involved some poor sod having his hands and legs attached to ropes, and then having the ropes tightened, pulling the arms away from the legs. Extreme stretching and tearing of muscle fibres came first, then dislocation, finishing with the eventual separation of joints. What is especially important to note about the historical use of torture is how imprecise and unscientific it was. Little regard was given to "how much was too much," how much force could be applied without damaging or lethal effects. Canadian author, activist and symbol of the far left, Naomi Klein, examined the modern scientific research into the field of torture in the first section of her 2007 book. The Shock Doctrine. The first part of the book gives a narrative of research that was conducted at Montreal's McGill University in psychiatric shock therapy. This research determined how to inflict temporary anguish and pain in order to extract information from a subject.

Note that operative word: temporary. The effects of modern enhanced interrogation techniques don't leave any permanent damage. Instead the point is to give the interrogated person the idea that if they do not give up the requisite information they will be permanently injured or perhaps die at the hands of their interrogators.

In an August 2008 article for Vanity Fair, journalist Christopher Hitchens underwent the procedure known as waterboarding, which simulates drowning. In the article, entitled "Believe Me, It's Torture," he gives a graphic account of the procedure, describing the experience as being "flooded with sheer panic." This certainly sounds unpleasant, but does it belong in the same category as instruments like the Rack?

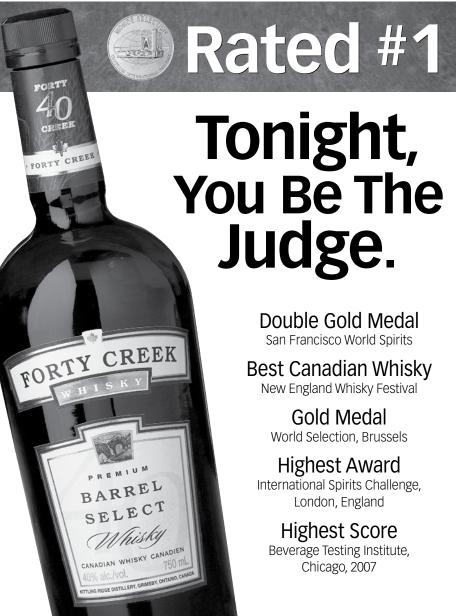
Definitely not. After all, Hitchens is alive and well today – with the experience having little ill effect at all.

Despite the fact that these well-honed methods are at the disposal of interrogators doesn't mean they should be applied indiscriminately. There are certain circumstances when the use of enhanced interrogation techniques is justified, and these methods

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should be reserved for such times.

Of course, these methods are unpleasant and undignified for the recipient, but in this Long War we face an enemy for whom their use may be appropriate.

Don't advertise it as torture; that hardly fits the bill.

The methods used are precise and scientific. A Guantanamo interrogation of an enemy combatant is a far cry from an interrogation in the medieval era, or one which would take place under many of modern despots.

In fact, Guantanamo Bay isn't such a bad place at all. Many of the inmates actually gained weight there, their imprisonment being the first time in years that they were properly fed. The waterboard is a far safer alternative for interrogation than modern methods used in, say, China or Iran, such as electrocution.

On the topic of the waterboard controversy, FOX News host Greg Gutfeld said it best: "People have done kinkier things in their bedrooms."

FortyCreekWhisky.com

Arts & Culture

A sublime and smouldering package

Winnipeg Latin/jazz musician Amber Epp excitedly prepares to release her debut

LEE REPKO **VOLUNTEER STAFF**

Amber Epp, Winnipeg jazz scene's "next big thing," will be releas-ing her debut CD with Latininfluenced jazz combo Trio Bembe this Monday, Nov. 23 at the West End Cultural Centre.

Epp, who plays weekly with the Papa Mambo Trio at Hermanos, the new Exchange District hotspot for Latin American food and music, recently graduated from the University of Manitoba's Music School and has a burning passion to contribute as well as perform.

"How can I improvise on these jazz gems and not write for myself?" asked Epp at Hermanos last weekend.

Epp may have a Mennonite name, but her influences come from all over the Latin American map: from Chile, Argentina, Brazil, Colombia, Peru and even Spain.

Growing up in Steinbach may not seem the ideal place for a lover of the hot and loose sounds of the



Vocalist, pianist and percussionist Amber Epp is releasing her first CD.

"How can I improvise on these jazz gems and not write for myself?"

-AMBER EPP, MUSICIAN

southern hemisphere, but Epp continues to defy skeptics with her passion for the culture, even to the point of learning Spanish and Portuguese, maintaining a great sensitivity to the phrasing, and conveying an understanding in languages not her own.

'I started with intro Spanish classes at university and am continuing today to learn the language. I still don't write [in Spanish]," Epp said.

Three of the album's 13 pieces are hers, along with her appropriate interpretation of celebrated Argentinian novelist and poet Jorge Luis Borges.

"Instantes from the record was a poem I read in one of my classes by Borges and I knew I had to put it to music."

Epp's passion for this music is relatively new for her, first meeting Rodrigo Hernan Muñoz (of Papa Mambo) at the weekly jazz jam "Cool Monday Night Hang" at the Orbit Room only four years ago.

"This was the first place I heard

live jazz. The more I heard the Latin flavour, the more I knew I had to learn this," Epp explained.

Learn she did, eventually joining the award-winning Papa Mambo band as well as earning her chops with other students culminating in the Amber Epp Quartet.

"It was tough at first, a new language and I had to sing and dance, and then add in with percussion. Percussion is essential to Latin music; it's all about the rhythm," Epp said.

The ever-passionate and apt pupil of local jazz and Latin legends is excitedly anticipating her CD release.

This music is fun, uplifting and upbeat. This isn't just jazz, this is the folk music of the people and Winnipeg should take this rare opportunity to hear this music."

Trio Bembe plans to tour this release, taking this incredibly sublime and smouldering package as far as they can.

"Better catch us now before we're gone!" Epp warned, jokingly.

⇒ See Amber Epp perform with Will Bonness on Monday, Nov. 23 at the West End Cultural Centre (586 Ellice Ave.) ⇒ Tickets \$15/ \$10 for students at WECC (952-4834) or at the door ⇒ Visit www.mvspace.com/ ambereppjazz

Easy on the eyes and a treat for the ears

Vancouver's Mother Mother has its sights set on platinum records, money and dance music

COURTNEY BRECHT VOLUNTEER STAFF

Steven Tyler impregnated a Playmate of the Month, Gene Simmons boasts that he's been with over 4,600 women and even Lyle Lovett got to marry Julia Roberts. The occasionally-proven music industry myth that ugly dudes can make themselves infinitely more attractive with a little musical talent has resulted in a nation of less-thanremarkable-looking guys endlessly practicing Stairway to Heaven in their bedrooms. This reasoning was likely not the case when Vancouver guitarist/vocalist Ryan Guldemond decided to form Mother Mother five years ago. The band is attractive, and the rest of Canada seems to agree, as Ryan's sister, Mother Mother's vocalist Molly Guldemond, was recently nominated "Sexiest Musician" for CBC Radio 3's Bucky Awards. Aside from being easy on the eyes, Mother Mother is a real treat for the ears. The standout boy-girl harmonies and upbeat rhythms that spatter their 2007 debut Touch Up and its 2008 follow-up O My Heart have won the acclaim of critics and fans alike. The latter release earned a spot in the top five on iTunes' 2008





Outstanding in their field: Vancouver's Mother Mother have released two CDs - 2007's Touch Up and 2008's O My Heart.

Albums of the Year chart.

Ryan Guldemond expressed his intent to keep the momentum going as Mother Mother embarked on a Canada-wide tour opening for Matthew Good last week.

'We want platinum records so that we know that our music has touched a lot of people, and money in order to be comfortable and to, you know, eat, but it's all to fuel the love of music," Guldemond said by phone from the road.

With the anticipation for a third Mother Mother offering mounting, Guldemond has been frantically trying to find a balance between writing, recording and touring, and is optimistic that they

will reach their goal for a summer 2010 release.

Guldemond explained that the basic framework of Mother Mother's sound will remain consistent on their third release, but the way the band interprets the songs has been changing. He's ultimately hoping to attain an edgier, dancier sound.

"[Our] sound is very organic and we're drawing on other sources for inspiration," Guldemond said.

He lists influences like the Pixies, Radiohead, Talking Heads and "all those other head bands," as well as the late Michael Jackson's Billie Jean for the drumbeat on their hit single Body of Years.

Mother Mother are standing on the shoulders of some pretty big giants. But, they believe that their music speaks for itself and keep their live performances free of pyrotechnics and lasers - which is more than can be said for Mr. Simmons or Mr. Tyler.

⇒ See Mother Mother open for Matthew Good on Saturday. Nov. 21 at the Burton Cummings Theatre (364 Smith St.) ⇒ Tickets \$39.50 / \$25 at Ticketmaster ⇒ Visit www.myspace.com/ mothermotherspace

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MUSIC LISTINGS

The Debut of the Manitoba Folk Orchestra

Aimee Lane wanted to get a few of her musician friends together to back her up for one show, but after meeting they realized that they could do much more. "A few of us first met in this band, but have since become super tight friends," says Ben Hadaller who along with Lane, Scotty Malcomson, Moe Yusim, Carly Dow, Callandra-May Hart, Daniel Axelsson and Janna Barkman make up the MANITOBA FOLK ORCHESTRA. Since six members are songwriters, there are a lot of ideas floating around. In order to stay focused they start writing in groups of two or three and then bring their songs to everyone. "Even if we're not drinking it seems like we are partying because there are so many great friends around in our jam sessions," says Hadaller. Starting only a few months ago, the group has already made plans to record and wants to go on the road, but most shocking is the fact that they still want to add a few more members. Join the party on Thursday, Nov. 19 when they make their debut at the Academy.

THURSDAY, NOV. 19

ALEX CUBA brings the sounds of the largest Caribbean isle to the Park Theatre.

The MANITOBA FOLK ORCHESTRA cram a bunch of fun-loving musicians onstage at the Academy.

LIGHTS brighten up the Garrick Theatre with JETS OVERHEAD. Doors 6:30 p.m.

Students night at the Centennial Concert Hall as the Manitoba Opera performs THE BARBER OF SEVILLE.

BIG TROUBLE IN LITTLE CHINA, MUSCLE OF LOVE, THE LONELY VULCANS and CANIFORM play at the Royal Albert Arms.

TRIVIUM, CHIMERA, DIRGE WITHIN and WHITE CHAPEL all take the stage at the Pyramid.

HERMAN'S HERMITS at McPhillips Street Station.

Join the packed floor of the Lo Pub at GOODFORM with DJs MIKE B and ROB VILAR.

LARRY ROY and STEVE KIRBY play the Current Lounge.

CODENAME: THE SHARKS! and THIEFS play at Degrees Diner. FAST-FLYING VIRGINIAN JAM NIGHT at the Standard.

MOONBEAM JAZZ at the King's Head.

ROUTE 59 Jam Night at the Cavern.

READYMIX with DJs DAN L and DIAL UP at Ozzy's.

DAVID BART Celtic night at Shannon's Irish Pub.

NEIL PINTO plays at Saffron's.

FRIDAY, NOV. 20

SEAN NICHOLAS SAVAGE and JASPER BAYDALA meet at the Lo Pub to perform.

PUTRESCENCE, TYRANTS DEMISE, BESIEGED DEMISE and, for the third time this month, ELECTRO QUATERSTAFF play at the Royal Albert Arms.

BEN REIMER curates a concert through Groundswell at the Park Theatre.

DARCIA SENFT plays at the Folk Exchange with JAMES HICKERSON.

VIC CHESNUTT performs at the West End Cultural Centre. WEDGEWOODS and THE SAVANTS play at the Cavern.

ALEXNDER MCCOWAN plays at Soma Cafe. 3 p.m. THE MINGLERS at the Standard.

LES RESPECTABLES and LES SURVEILLANTES play at the Franco-Manitoban Cultural Centre.

KATHY KENNEDY and MIKE SWCKIS are at McNally Robinson Polo Park.

The CKUW TRAILBLAZERS FUNDRAISING SOCIAL featuring JUSTIN LACROIX BAND is at the Lord Roberts Community Centre. 7 p.m.

X ENGINE X, AEROCAR MODEL FOUR, DRYRUN and IN TRANSFORMATION play at the Zoo.

The THREE AMIGOS play at McNally Robinson Grant Park.

BIG DAVE MCLEAN and LITTLE DOC MCLEAN at the Times Change(d) High and Lonesome Club.

BILD MULE at Shannon's Irish Pub.

Little Folk workshops with AARON BURNETT asks you to bring your pajamas at the Folk Exchange. 11 a.m. JOHN MANN at the West End has been CANCELLED.

SUNDAY, NOV. 22

Jazz guitarist JOHN PIZZARELLI plays with his quartet at the Berney Theatre.

COUNTRY FOR CANCER featuring the FOSTER MARTIN BAND, RAY ST. GERMAIN, CINDI CAIN and more, at Cowboys. 5 p.m.

SUPERNOVA explodes onto the stage at the Pyramid Cabaret.

100 YEARS AND RISING at the Westbrook Inn. Saddle up to the bar and listen to BAD COUNTRY at the

Standard.

JICAH play the Red Cactus.

ALL THE KINGS MEN at the King's Head.

MONDAY, NOV. 23

WILL BONNESS will release an album, and so will TRIO BEMBE. Two birds, one release party at the West End Cultural Centre. Drink your face off and listen to music at the VINYL DRIP in the Cavern.

NEIL PINTO at Shannon's Irish Pub.

TUESDAY, NOV. 24

CAT EMPIRE and JON AND ROY play at the Garrick. Soul night with the SOLUTIONS at the Cavern.

RUMBLEFISH at the Windsor Hotel.

Village People Night at the Academy.

DEFLATED EGOS at Shannon's Irish Pub.

The DEBRA LYN BAND play at Le Garage Café.

WEDNESDAY, NOV. 25

YOU SAY PARTY! WE SAY DIE! play at the Royal Albert Arms with LITTLE GIRLS and NOT ANIMALS.

PRIESTESS and EARLY MAN and TRIGGER EFFECT play the Pyramid.

LITTLE GIRLS play a free in-store show at Into the Music. 4:30 p.m.

ROYAL WOOD is playing at the Park Theatre with special quest ROSE COUSINS.

The DIRTY DENOMINATORS and the WELCOME MATS play at the King's Head.

ANDREW NEVILLE AND THE POOR CHOICES at the Standard. The incomparable J.WILLIAMEZ performs at Shannon's Irish

Pub.

KATIE MURPHY and the WARPED 45'S are at the Academy. DJ RPG at the Red Cactus.

TRIVIAOKE at the Cavern.

WILD AND WICKED WEDNESDAYS at Ozzy's.

THURSDAY, NOV. 26

Gimli girl group THE PAPS release their album *Not Looking For Romance* at the Academy.

FUGITIVES with KINNIE STARR and FLYING FOX AND THE

HUNTER GATHERERS at the West End Cultural Centre. ERIC THE GREAT leaves the street and takes the stage at the

Pyramid Cabaret. GRIPPIN GRAIN 2 with DJs CO-OP, FOOTWERK and LONNIE CE at the Standard.

The CELTIC TENORS are at McPhillips Street Station.

CURTIS NEWTON at Le Garage Café.

MIRA BLACK, KEITH PRICE and MARCO CASTILLO at the Current Lounge.

Join the packed floor of the Lo Pub at GOODFORM with DJs MIKE B and ROB VILAR.

FAST-FLYING VIRGINIAN JAM NIGHT at the Standard.

CD REVIEWS

QUAGMIRE

Don't Forget the Blowtorch Independent

In this age of rejected hairdressing students at the forefront of whatever the monstrous thing that "punk" has mutated into, it's utterly refreshing - and unfortunately, *surprising* - to hear a band playing some honest-to-goodness, down 'n' dirty punk rock. Busting out 14 sardonic, lip-curled tracks in just over half an hour, Quagmire's sophomore effort takes no prisoners



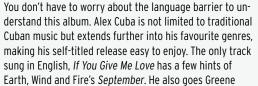
in an album that's filled with infectious hooks and fiery melodies. There are obvious nods to their elders and betters who have certainly done this all before - but why question a good thing? Likely too abrasive for the mainstream, and *almost* too coached with popsensibilities for the underground, this album exhibits quite the feng shui of elements and manages to balance them wonderfully. Whatever method there is to their self-described "schizophrenic rock 'n' roll" madness, they should keep at it. This is great.

★★★★☆☆

-Ryan Suche

ALEX CUBA Alex Cuba

Alex Cuba Caracol Recordings ★★★★☆☆



ALEX CUBA Agua Pozo

and back to his first language, Spanish, on *Ella*. The rest of the album includes plenty of Caribbean percussion, from the sultry ballad*Solo tu* to *Caballo*, his first single, which sounds more funk-rock . Even in Spanish, the hooks are catchy and Cuba proves that his familiar sounding soul music and other influences translate easily through music. -Crystal Laderas

JON AND ROY

Another Noon Pacific/Warner

While discussing what makes for good talk radio, someone recently told me that it can't be beige - beige is the death of talk radio. Well, it's the death of music too. There's nothing particularly wrong with Jon and Roy's *Another Noon*, but there's nothing particularly good about it either. Consisting of Jon Middleton (vocals, guitar), Roy Vizer (drums, percussion) and Ryan Tonelli



(bass), the Victoria-based band is rather blah on this, their second CD: gentle vocals are sung over softly strummed guitars and subdued, sometimes reggae-inspired djembe rhythms. If Bonnie "Prince" Billy and Jack Johnson mated and had a son who wasn't very good at writing songs, this is what he would sound like. If that's your thing, then check out *Another Noon* and see the band when they open for Cat Empire on Tuesday, Nov. 24 at the Garrick.

-Aaron Epp

PRIESTESS Prior To The Fire

Prior to the Fi RCA **★★★**☆

Prior To The Fire may have been my first exposure to these Montreal metal heads, but they immediately made a good impression with*Lady Killer*, the album's opener. The album unexpectedly then moves on to the eight-minute-opus *The Gem.* I certainly didn't anticipate the longest song on the album becoming my favourite,



but it won me over. There certainly were a few tracks that took multiple listenings to appreciate. Unfortunately, all this good fortune could not save *It Baffles The Mind*, the appropriately mind-bafflingly bad track, which sadly breaks up the album. Though *Priestess* does have a fairly standard metal sound, they sound like they give a really kick-ass live performance. I hope to be there when they play live at the Pyramid on Wednesday, Nov. 25. Perhaps I'll see you there. –Alexander Kavanagh



The RED RIVER RAMBLERS and the EMPTY STANDARDS perform at the Standard Tavern.

The DR. DAVE TRIO perform at Paragon Restaurant.

SATURDAY, NOV. 21

MATTHEW GOOD and MOTHER MOTHER perform at the Burton Cummings Theatre.

Jazz guitarist JOHN PIZZARELLI plays with his quartet at the Berney Theatre.

SWOLLEN MEMBERS perform at the Pyramid Cabaret.

ZEMLINSKY STRING QUARTET is in Eckhardt-Gramatté Hall. BRIGHTER, BRIGHTEST and LIVING WITH LIONS play at the Ellice Theatre.

WIL is playing at the Park Theatre.

SEAN BROWN BAND and GRAMMA HASH play at the Cavern. Head to Le Garage Café to see the SHOUTING GROUND, NOMA, FLO and DARRYL RILEY.

ART CITY and the GRAFFITI GALLERY team up for a fundraising event at the Albert.

THE BOTTLE ROCKETS at the Standard.

AMID VALHALLA, WEAR YOUR WOUNDS and PERFECT SCAR rock the Zoo.

MARGUERITE'S MOOD play at McNally Robinson Grant Park. LARRY ROY and STEVE KIRBY at the Current Lounge. MOONBEAM JAZZ at the King's Head.

The Winter Wassail, a fundraiser for Folk Fest outreach programs at the Winnipeg Convention Centre, features a performance by Billy Bragg. 6 p.m.

ROUTE 59 Jam Night at the Cavern.

READYMIX with DJs DAN L and DIAL UP at Ozzy's. DAVID BART Celtic night at Shannon's Irish Pub. NEIL PINTO plays at Saffron's.



KING KHAN & BBQ SHOW, Nov. 28 at the Royal Albert Arms. THE HIDDEN CAMERAS and GENTLEMAN REG, Nov. 30 at the Albert.

GWAR, Dec. 5 at the Garrick.

ELEMENT SIRCUS, Dec. 21 at the Pyramid.

HOT LIVE GUYS' CD release and final show, Dec. 23 at the Royal Albert Arms.

GUNS N' ROSES with SEBASTIAN BACH and DANKO JONES, Jan. 13 at the MTS Centre.

STEVE EARLE, Jan. 29 at the Burton Cummings Theatre. THE ARROGANT WORMS, Apr. 25 at the West End Cultural Centre.

You Say Party! We Say Die! XXXX Paper Bag Records

Question: If X=♥ and You Say Party! We Say Die! are travelling across Europe for 16 weeks and they have a barroom brawl resulting in a nervous breakdown, then how much love is necessary for YSP!WSD! to make an exceptional dance album? Answer: 86. I counted how many times vocalist Becky Ninkovik sang the word "love" throughout the album, which is completely



doused in the theme. From loving yourself on album opener *There is XXXX (Within My Heart)* to loving everyone on the energetic *Make Love*, secret love on *XXXX/Loyalty* and loving others on *Dark Days* in which Ninkovik sings, "I love your love light." This is an album that creeps into your heart, making it swell larger with every listen. Catch You Say Party! We Say Die! live at the Royal Albert Arms on Wednesday, Nov. 25 with openers Little Girls and Not Animals.

-JP Perron

Little Girls getting bigger

A side project no more, Toronto's Little Girls have grown substantially with their latest album Concepts

KARLENE OOTO-STUBBS VOLUNTEER STAFF

Toronto's Little Girls may have started as a side project, but with the release of their new album Concepts, the band has taken centre stage

We're still good friends, we just won't be playing shows together for a while," Josh McIntyre, Little Girls frontman, said of Pirate/Rock, the band from which they spawned.

There are no hard feelings towards Little Girls' newfound success, as McIntyre found his minor role in the previous project unsatisfying.

With Little Girls, McIntyre has complete control over the direction of the band, even down to recording in a makeshift home studio for his preferred sound.

Their minimalist post-punk style is the



Post-punk shoe gazer: Little Girls' Brittany Shepherd.

kind of music that can be dissected with careful listening or simply set as comforting background noise. This effect comes from Little Girls' repetitive fuzzy guitars and muddled lyrics.

'[I] didn't want the vocals to be on top of the music," McIntvre said. He opted instead for a more ambient sound where the vocals are featured as another instrument in the mix.

music, McIntyre favored recording Concepts in his bedroom, using only his own equipment. He even recorded the lyrics and most of the drums through the mic on his MacBook, adding a characteristic that is difficult to replicate in live shows.

The album is a timeline of the band's work so far, progressing from Little Girl's earliest songs to their most recent.

The idea behind Concepts, McIntyre said, Hating the forced cleanliness of modern was to "take a stab at the waves of people who

put more effort into the concept of art than the actual project."

Released in October, the band is quite satisfied with how the album is being received.

"[The success] was overwhelming at first; once it did happen it was an overload of nonsense. Websites I loved were writing about me and magazines I had been reading for years were featuring us. It was a weird transition."

Being mentioned in several popular music blogs helped publicize the band in the early part of the year, surprisingly resulting in a slew of media attention and tour offers.

"The Internet is great. There's no point in limiting yourself when you have access to free media.

McIntyre plans on finishing a new Little Girls record soon, most of which he has already crafted himself.

The new album will feature more recording as a band, not just by me," McIntyre said.

⇒ See Little Girls open for You Say Party! We Say Die! on Wednesday, Nov. 25 at the Royal Albert (48 Albert St.)

⇒ Tickets \$10 at Into the Music, Music Trader and ticketworkshop.com \$12 at the door

⇒ Little Girls will also give a free in-store performance at Into the Music (245 McDermot Ave.) that same day at 4:30 p.m.

⇒ Visit www.myspace.com/littlelittlegirls

GALLERIES & MUSEUMS LISTINGS

Learn your ABCs when the Medea Gallery Artists launch their children's book A IS FOR ARTIST on Saturday, Nov. 21 at 1 p.m. at the Medea Gallery.

Gallery 1CO3 presents THE PINKY SHOW: CLASS TREASON STORIES, running until Saturday, Dec. 12.

The Cre8ery hosts FACING THE FLAMES, a collection of fired masks by JAN KUSHNIER, with an opening reception on Thursday, Nov. 19 at 7 p.m. The exhibit runs until Tuesday, Dec. 1.

PRESSURE POINTS at the Outworks Gallery brings together a number of artists to explore the theme of pressure. Attend the opening on Friday, Nov. 20 at 7:30 p.m. or see it on display until Sunday, Dec. 13.

Kevin Kelly has an exhibition of his new work 3 MINUTES IN BEIJING on Friday, Nov. 20 at 8 p.m. and Saturday, Nov. 21 from 11 a.m. to 5 p.m. at Golden City Fine Art.

The Graffiti Gallery presents LEGENDS, HEROES, MYTHS AND SUCH, a collection from an assortment of local artists running until Friday, Jan. 15.

The Semai Gallery has on display the collection NEW WORLD ARISTOCRACY by Ted Barker until Thursday, Dec. 17.

The Wayne Arthur Gallery invites you to SPIRIT OF A PROVINCE, paintings and guilts by JUDITH PANSON, running until Wednesday, Nov. 25.

The Centennial Concert Hall will host its first artist exhibition in its huge mezzanine with KATHLEEN BLACK and LESLY DAWYDUK displaying their works until Friday, Dec. 11.

The Cre8ery's open house and studio sale happens on Saturday, Nov. 21 from 11 a.m. to 6 p.m.

Sasquatches, martyrs and porn stars – oh my!

Graffiti Gallery's latest exhibit brings heroes, myths and legends of all kinds together

JAMES CULLETON VOLUNTEER STAFF

Icons and urban legends meet in the Graffiti Gallery's latest group exhibition, Legends, Heroes, Myths and Such.

Judging by the mixture of artwork in the exhibition, people's heroes, myths and legends vary greatly. A unicorn, a sasquatch, a phoenix, martyrs, porn stars and the list goes on and on.

The diversity of the depictions speaks directly to the diversity of the artists in the exhibition.

"The show is a thank you to all those people who have been supporting us," said Pat Lazo, the show organizer and the Graffiti Gallery's artistic director.

The show includes an interesting mix of over 30 artists, some of whom include volunteers and people who promote the Graffiti Gallery. There is a wide array of people who give their support: fine arts grads, tattoo artists, emerging artists, established artists, art teachers and artists who have never been in an art show. Some standout work by Becky Lynne Thiessen depicts owls and eagles made of multicoloured pieces of fabric. Both texturally interesting and engaging, these portrayals of animals are symbolic and cathartic for Thiessen. "The eagle comes to take the spirit away. The legend of the wise old owl is about karma. But I say, 'fuck karma,'" Thiessen said. Takashi Iwasaki, director of Winnipeg's Semai gallery, has included three artworks in the show. At first glance you might think that his work is digitally made, but a closer look reveals them to be collages. Focusing on urban legends of Winnipeg, Iwasaki's masterfully hand-cut collage work depicts mosquitoes, the Golden Boy and the masons. The most striking of the three pieces is one depicting people moving in and out of downtown and living in the suburbs. "I'm really happy they included me in this exhibit. What would a show about legends



Part of Legends, Heroes, Myths and Such at the Graffiti Gallery. PHOTO BY CINDY TITUS

"Medusa" by

Rodrigo Pradel,

Acrylic on board.

be without a picture of a sasquatch?" said Greg Oakes, arguably Winnipeg's answer to Robert Crumb.

In his painting called Yummy, the infamous Sasquatch is seen licking a bloody finger. The way the hair is painted in the piece could rival the animated hair in any Pixar movie.

Don Ritson's portrait of Louis Riel, entitled 100-year sleep, hangs next to Justin Kovesky's portrait of Ron Jeremy.

Nearby, Fred Thomas shows off his dexterity with a spray can in a haunting portrait called

Ryan Carman, the man behind one of the newest galleries in town, Golden City, shows one of his paintings.

The true highlight of the show is a side gal-

lery of several of the after-school groups who have interpreted what kind of heroes inspire them. In this area, colourful depictions of heroes are all over the walls; heroes who aren't your run of the mill Batman or Spiderman.

Dr. Egg, created by one student named Dustin (age 10), is a hero who shoots eggs at kids who are hungry for breakfast.

This installation was created by the Graffiti Gallery in partnership with the Ralph Brown Community Centre, Turtle Island Neighbourhood Centre, Pritchard Park Recreation Centre and Flora House.

Legends, Heroes, Myths and Such is on display at the Graffiti Gallery (109 Higgins Ave.) until Friday, Jan. 15.

The Ken Segal Gallery presents WILLIAM PURA's first solo show, featuring his realistic paintings of Winnipeg's suburban landscapes, running until Wednesday, Nov. 25.

Platform Centre for Photographic and Digital Arts presents ADDED VALUE, artwork by STEPHANIE AITKEN, STEPHEN ANDREWS. CHRIS DOROSZ and JANET WERNER. The exhibition will be up until Saturday, Dec. 19.

RABBLE ROUSERS by PAUL ROBES at Gallery 803 runs until Saturday, Nov. 21.

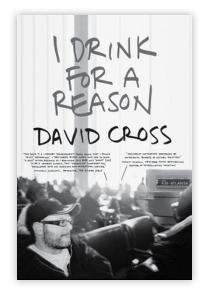
The Canadian premiere of CUBA AVANT-GARDE is on display at the Winnipeg Art Gallery until Sunday, Jan. 10.

The Plug In Gallery is hosting MICHEL DE BROIN's exhibition DISRUPTION FROM WITHIN until Saturday, Nov. 21.

The Winnipeg Art Gallery displays photographic portraits by YOUSUF KARSH. Some of the famous faces include Muhammad Ali, Winston Churchill, Audrey Hepburn, Grey Owl and Pierre Trudeau. Exhibition runs until Sunday, Jan. 3.

15 MINUTES is a showcase of local art happening the first Thursday of every month at the Winnipeg Art Gallery. Local artists can submit their work for the series to arteducator@wag.ca.

BOOK REVIEW



AARON EPP MANAGING EDITOR

I Drink for a Reason David Cross 236 pages, Grand Central, 2009

Never mind that some people criticized him for appearing in the 2007 live-action adaptation of *Alvin and the Chipmunks*, David Cross has had an amazing career so far and will no doubt be remembered as one of the best comics of his generation.

Need proof? First off all, there's *Mr. Show*, the subversive HBO sketch comedy series he co-created and co-starred in for four seasons during the '90s. There's his excellent stand-up comedy recordings, 2002's *Shut Up, You Fucking Baby!* and 2004's *It's Not Funny.* And there's his role as Tobias Funke, the selfdeluded psychiatrist and "never-nude" in Fox's critically-acclaimed and shortlived sitcom *Arrested Development.*

Plus, the guy's appeared in music videos by Yo La Tengo, The Strokes, The New Pornographers and he hangs out with the members of Tool. Tool!

Now Cross has put out his first book. Published this past August, the topics covered in *I Drink for a Reason* are diverse, and so is the way they are presented. It's a 236-page collection of personal essays, satirical fiction, advice for rich people, information from a fictional rabbi and a variety of lists.

Highlights include: fictional minutes from the development and programming meeting for Fox television's new season, in which reality TV show ideas like Muslim Hunt, Infant Swap and Now That's What I Call A.I.D.S.! are discussed; Breaking Up, an achingly accurate portraval of the stages one goes through after the end of a relationship; a free list of quirky personality traits aspiring independent filmmakers can attribute to their characters in their next film (including "has never eaten pie" and "precociously inventive cook at age 11"); and previously published material like An Open Letter to Larry the Cable Guy and Top Ten CDs to Listen to While Listening to Other CDs. Still, the laugh-out-loud material is at a minimum in this book. More often than not, Cross is mining the same territory he did on Shut Up, You Fucking Baby! and It's Not Funny, critiquing religion, making fun of the political left and right and skewering semi-celebrities and pop culture in general. Mining the same territory would be fine if he were coming up with new insights, but there's little here that Cross hasn't said before. It doesn't help that he's been criticized as being contemptuous, patronizing, condescending and arrogant in the past. In the book, he comes off that way even more so. That may be his voice as a comedian, or the persona he's created for himself, but it would be nice if the guy lightened up every once in a while.

Beautiful, but exasperating

Prairie Theatre Exchange production's solid actors and excellent set can't make up for its tedious story and unrealistic characters

SAGAN MORROW STAFF WRITER

Bordertown Café Directed by Rosemary Dunsmore Presented by Prairie Theatre Exchange Plays at the PTE until Sunday, Nov. 29 ★★☆☆☆

Twenty years after its first production, Prairie Theatre Exchange's *Bordertown Café* holds up well enough as a story of role reversals, but the unceasing conflict between characters quickly becomes exasperatingly frustrating.

The story begins in small-town Canada with 17-year-old Jimmy (Jamie Spilchuk) arguing with his 34-year-old mother, Marlene (Jillian Fargey). Their argumentative relationship appears to be the dominant theme throughout the play, which is set in their family-owned-and-operated café.

Marlene is devastated to learn that Jimmy's father (and her ex-husband) has remarried and wants his son to move to the U.S. to live with him.

The relationship between mother and son is angst-ridden and rife with miscommunication.

Their situation is perpetuated by Marlene's mother, the egregious Maxine (Janet-Laine Green). Maxine provides comic relief to the storyline with her free-spirited attitude, but her continuous chatter is childishly over the top.

OURTIESY OF PRAIRIE THEADRRE

The acting is carried out beautifully in the Prairie Theatre Exchange production of *Bordertown Cafe*. And yes - that's real coffee!

Although *Bordertown Café* is supposedly about (what else?) borders, this theme is lost in the busy chaos of the dysfunctional relationships between characters.

The tedious storyline is redeemed, however, by the clever and elaborate design of the set.

The first act shows the back of the café, complete with a full kitchen in which the characters cook food for their customers. In the second act, the audience has the opportunity of seeing the front of the café, getting a sense of the café's quaint atmosphere.

Although the characters of Marlene and Maxine are not very realistic, Maxine's husband Jim is both likeable and believable. In a superb performance by Paul Stephen, this character negotiates between the other family members to resolve some of their issues.

All four cast members have outstanding acting skills, but the whiny characters of

BLOODY HARVEST: ORGAN HARVESTING OF FALUN GONG PRACTITIONERS IN CHINA gets launched Thursday, Nov. 19 at 8 p.m. with the appearance of co-authors David Matas and David Kilgour at McNally Robinson Grant Park.

The launch of TALES FROM THE UNDERWORLD AND OTHER STORIES by Roland Penner and Norm Larson tells real life stories and anecdotes from Winnipeg sordid past. Thursday, Nov. 12 at McNally Robinson Grant Park.

JUICE, the University of Winnipeg's Creative Writing Journal, is now looking for student and alumni submissions. Submit up to 10 pages maximum of prose, poetry, drama, fiction or creative non-fiction. Deadline for entry is Friday, Jan. 15.

THEATRE, DANCE & COMEDY

The Manitoba Opera presents THE BARBER OF SEVILLE Saturday, Nov. 21 at 8 p.m., Tuesday, Nov. 24 at 7 p.m. and Friday, Nov 27 at 8 p.m. Marlene and Maxine are tiresome.

Some of the lines are completely lost when the music plays too loud and the characters speak over each other. Playwright Kelly Rebar might have done this intentionally to demonstrate how the characters *don't* listen to one another, but unfortunately it doesn't transfer well from real life to theatre. Rather than instilling empathy, the audience is left with headaches from straining to understand what's going on.

The story might fall short and the characters might be unrealistic, but the acting is beautifully carried out on an equally lovely set.

The cooking of actual food on set is an admirable risk by director Rosemary Dunsmore, incorporated seamlessly amidst the hustle and bustle of café life in this *Bordertown Café*.

the MTC Warehouse.

Black Hole Theatre Company presents Carol Shield's comedy DEPARTURES AND ARRIVALS, playing Nov. 17, 21, 24 and 28 at the Black Hole Theatre (on the lower level of University College).

Leave your legacy in the CanWest Centre for Theatre & Film by making a donation and receiving a plaque on your own chair in the theatre.

Superstar comedian DANE COOK tells some jokes at the MTS Centre on Thursday, Nov. 19.

Comedy night with Scoots McTavish every Thursday at Shannon's Irish Pub.

Sunday night open mic comedy, featuring JOHN B. DUFF at the Cavern.

Every Tuesday night head down to the King's Head Pub for a free comedy performance.

LITERATURE

>

Join author Deborah Schnitzer for the launch of AN UNEXPECTED BREAK IN THE WEATHER at Aqua Books on Tuesday, Nov. 24.

Entries are now being accepted for the MANITOBA BOOK AWARDS. The deadline for submissions is Wednesday, Dec. 9. Go to www.manitobabookawards.com for more information.

Aqua Books welcomes author David Carpenter for his launch of WELCOME TO CANADA on Thursday, Nov. 26.

Author Ishbel Moore launches BLOOD TAPESTRY, a medieval romance adventure set in the fictional land of Libonia, on Thursday, Nov. 26 at McNally Robinson Grant Park. 7 p.m.

THE DEAD POETS RECITAL at the Millennium Library asks you to read from your favourite dead poet's work. Thursday, Nov. 26 at 7 p.m.

The launch of two adventure books for kids JUST A WALK and CHUCK IN THE CITY by Jordan Wheeler happens on Thursday, Nov. 19 at McNally Robinson Polo Park. 7 p.m.

The presentation and signing of ECOHOLIC HOME: THE GREENEST, CLEANEST AND MOST ENERGY EFFICIENT INFORMATION UNDER ONE ROOF by Adria Vasil. Monday, Nov. 23 at McNally Robinson Grant Park. 7 p.m. The Winnipeg Symphony Orchestra is performing the score to Charlie Chaplin's CITY LIGHTS while the film is showing. Thursday, Nov. 26 at 8 p.m.

FAUST(US): A FANTASY is a fantastical revision of Christopher Marlowe's *Doctor Faustus*. Playing from Tuesday, Nov. 24 to Saturday, Nov. 28 at the Gas Station Theatre. 7:30 p.m.

The Manitoba Theatre Centre presents EAST OF BERLIN on stage from Nov. 19 to Dec. 5 in the Tom Hendry Theatre in $\$



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MOVIE REVIEW

It feels like watching something dying

Canadian doc's examination of our greatest freshwater resource is both breathtaking and bittersweet

LISA MOORE VOLUNTEER

Waterlife

Directed by Kevin McMahon, 2008 109 minutes Plays at Cinematheque Wednesday, Nov. 18 until Saturday, Nov. 21 at 9 p.m. *****

Kevin McMahon's Waterlife is a wonderful, if bittersweet, film.

McMahon, who directed the documentaries Stolen Spirits of Haida Gwaii, An Idea of Canada and MacLuhan's Wake, sets his sights on water, a basic and indispensable element of life, and one that, though it sustains us, is often an afterthought.

Waterlife follows the trail of water that navigates its way from Lake Superior to the St. Lawrence River as it feeds into the Great Lakes, and flows through centuries of history and the lives of millions of inhabitants on both sides of the border.

McMahon captures the lives of those who live on the shores of these great bodies of water, from communities in Chippewa to the coasts of Chicago and Toronto,



A scene from Waterlife.



Director Kevin McMahon surveys the muddy waves of southern Lake Erie.

and even to the creatures living beneath the surface, such as the beluga whales that inhabit the St. Lawrence.

The focus here is really on how life has changed, evidently for the worse, with the demands of modern North American life exerting enormous pressure on this environment.

Much of the film devotes itself to the fallout of industrial and municipal expansion around the lakes, and how human practices can disrupt the lives of the animals and the people who call this place home.

The introduction of invasive species, such as the lamprey, the zebra mussel and the high-flying Asian carp, by shipping vessels and lock systems has depleted much of the waters' native fish stocks.

Raw sewage, industrial waste and pharmaceuticals affect the health of the life both in and out of the water, as global warming slowly robs the lakes of their contents. What appears clean and clear on the surface in fact belies toxic sludge and invisible malignant compounds.

McMahon beautifully captures the immense visual beauty of the big lakes with intense cinematography. The film, full of breathtaking moments and inventive camerawork, creates a stunning but disconcerting vision of these massive lakes; as immense and astounding as they are, it is clear that they are dying.

McMahon uses the visual power of the lakes to inspire anger at its destruction, which is evident for all to see.

Tragically Hip frontman Gord Downie narrates Waterlife with earnestness. McMahon's soundtrack choices are both poignant and fluid, including Robbie Robertston, Brian Eno and Sufjan Stevens providing tracks that are gracefully melancholy, and Dropkick Murphy's The Gang's All Here setting the chaotic tone for the transport of frenetic young fish into the lake for restocking.

FILM

Ain't no sunshine? Then you might as well go see STILL BILL: A BILL WITHERS DOCUMENTARY at Aqua Books on Friday, Nov. 20.7 p.m.

LATERAL COLLATERAL takes a look at a few pieces from Video Pool's vast collection. Plays at the Winnipeg Art Gallery. Thursday, Nov. 19 at 7 p.m.



Still Bill plays at Aqua Books Friday Nov. 20.

The launch of the DVDs, OUT OF THE SHADOWS and SUICIDE DENIED, about John Melnick's personal struggle with depression and suicide takes place on Thursday, Nov. 26 at McNally Robinson Polo Park.

The WINNIPEG ABORIGINAL FILM FESTIVAL runs from Wednesday, Nov. 18 to Sunday, Nov. 22. Visit www.aboriginalfilmfest.org for show times.

LIFE IS TO WHISTLE plays as part of the Cuban Film Festival at the Winnipeg Art Gallery on Saturday, Nov. 21 at 2 p.m.

DECO DAWSON'S PERSONAL TOP TEN is a collection of some of the acclaimed filmmakers favourite shorts. Thursday, Nov. 26 at 7 p.m.

CHAINED HEAT by director Paul Nicholas is at the Cinematheque Wednesday, Nov. 25 at 7 p.m

SHAKE HANDS WITH THE DEVIL, a documentary on Rwanda, plays Tuesday, Nov. 24 as part of the Cinema Politica series in the Manitoba Boardroom on the University of Winnipeg's campus. 7 p.m.



Director Roger Spottiswoode and Remy Nsania as Maggen discuss the next scene during the filming of Shake Hands with the Devil.

A new monthly documentary series, OUTSIDER ASYLUM, happens the last Thursday of every month at the Ellice Theatre, 8 p.m.

Join French director Agnes Varga in her autobiographical collage film THE BEACHES OF AGNES. Wednesday, Nov. 18 to Sunday, Nov. 22 at Cinematheque. 7 p.m.

GOOD HAIR, directed by Jeff Stilson and starring Chris Rock, opens at the Globe Cinema on Friday, Nov. 20.

A documentary on the great lakes, WATERLIFE looks at our last big supply of fresh water. Plays from Wednesday, Nov. 18 to Friday, Nov. 20 at Cinematheque. 9 p.m.

A group of creative students in the University of Winnipeg's theatre and film

department has produced an irreverent

video called H1N1 SURVIVAL GUIDE to demon-

strate the dos and don'ts of H1N1 etiquette. It

runs approximately two-and-a-half minutes

and you can view it on YouTube. Visit www.

MOVIE REVIEW

Armageddon only happens every six months

2012 is just another in a series of exhausting, doom-oriented flicks this year

ANDREW MCMONAGLE



NEWS ASSIGNMENT EDITOR

2012 Directed by Roland Emmerich, 2009 158 minutes Now playing everywhere ★★★☆☆

2012, the latest disaster movie from German-born director Roland Emmerich (The Day After Tomorrow, Independence Day) is exactly what you would expect.

Loosely based on the Mayans' pseudo-scientific conjecture that the end of the world will occur in the year 2012, the film is less concerned with the historical facts than it is with the crazy apocalyptic theories.

In reality, the Mayan calendar ends on Dec. 21, 2012 (forgetting about any potential miscalculations), the same way ours ends on Dec. 31; it's the end of one thing "What's that God? Quit making shitty movies?" John Cusack in 2012.

and the beginning of something new.

There wasn't actually any Mayan prediction of global destruction on that day, but that would have made for a very boring movie.

John Cusack, who plays the film's harrowed hero, is an interesting casting choice, as he can often bring so much to a character (for instance, in Grosse Pointe Blank or Pushing Tin). However, he is wasted here as Jackson Curtis, the white, middle-aged, divorcee disaster-movie cliché who is just trying to do what's best for his family.

The film sets up Curtis as a relatively sympathetic character whose pursuit of life and love has not exactly worked out - but his development essentially ends there.

The movie's two settings overdrive and neutral - are ex-

hausting to watch, grandiose with scenes of destruction and cosmic malevolence (spoiler alert: it's all the sun's fault) mashed up with scenes of quiet family tension and togetherness. The film, best described by review clichés like "roller-coaster ride" and "visual cornucopia," fea-

Our culture's fascination with armageddon is so potent that the film industry can continue to exploit it for decades. We're likely to even see a resurgence of disaster flicks once we reach the year 2013 – and find we're still around. Perhaps the sequel will be ready by then.

Foundation of Manitoba.

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Other clichés included here

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20 ARTS & CULTURE

THE UNITER NOVEMBER 19. 2009 WWW.UNITER.CA



KNOW YOUR GROCERIES

Straight from the Fridge, Dad- A Dictionary of Hipster Slang, now in its third edition, continues be a hot seller, reported the Guardian UK.

The book is a dictionary of sorts cataloguing the terms that all you Longhairs (that is, non-hipsters) probably don't know.

These terms date all the way back to the '50s, from having someone 'boil your cabbage' (blues slang for sex) to a 'hot squat' (electric chair).

Other favorites include the religious ('sinhound'=a priest), the ironic ('free to run for president'= unemployed), the vulgar ('riding academy'= a brothel) and the incredibly offensive ('pulling the dutch act'=commiting suicide).

FREE AT LAST

A British clothing retailer is taking one small step for left-handed men everywhere.

The UK-based Hom has unveiled its latest breakthrough: underpants with a horizontal opening (opposed to the traditional vertical slit), according to Reuters.com.

Breaking 75 years of proud right-handed heritage, the left-oriented openers are likely to be a big hit with the long-suffering left-handed populous, who make up 10 per cent of underwear buvers.

"Left handed men have [had] to reach much further into their pants, performing a Z shaped maneuver through two 180-degree angles before achieving the result that right handed men perform with ease," said Rob Faucherand of Debenhams store in London.

"In our view, this is a vital step toward equality for left-handed men," Faucherand concluded.

Perhaps one day equality will make its way to Canada too.

THE GIFT THAT KEEPS GIVING

Lookin' for a Sugar Daddy? No need to look any further than your local toy store.

Mattel has just introduced its "Palm Beach Sugar Daddy Ken Doll," the latest addition to its ever-growing Barbie collection, according to EntertainmentEarth.com.

Retailing for \$69.99 US, Sugar Daddy Ken comes decked out in a dashing Jacquardpatterned jacket, a light pink polo shirt, crisp white pants and white shoes.

According to Mattel, "This Ken Doll is ready for the Palm Beach social season, sunning by the pool, and a stroll with his furry little companion. Look no further for your sugar daddy!"

Also available is the much younger looking "Palm Beach Swimsuit" Barbie, who comes complete with scant bikini, cover-up, sunglasses and sandals and retails for a reasonable \$49.99 US.

ENVIRONMENTAL ORGASMS

Feeling guilty about the effect your love-making habits are having on the environment? You're not alone.

We wanted the worst, we got the worst

Readers respond to call for 'worst boss' stories

From Oct. 22 until Nov. 12, we asked Uniter readers to enter our 'Worst Boss Ever' story contest. In 300 words or less, entrants recapped the story of the worst person they've ever worked for. Here are the winners.



by Andre Crate

In my early 20s I worked in a window factory. I was a year out of high school and still deciding what my path would be. My neighbour at the time told me he had a chanceof-a-lifetime job. That ended up being the furthest thing from the truth. My boss at the window factory had the typical short, angry, little-man syndrome.

At first, things were fine. It wasn't until I started getting my ears stretched and my halfsleeve that it went down hill. Everyday he would go out of his way to use homophobic comments, call me a freak and ask what was wrong with me for tattooing my body. He wondered aloud what Jesus would say.

There was a breaking point and I did stand up for myself. I told him my appearance had nothing to do with my performance. While I was probably one of the best employees they had, my boss took it upon himself to appoint me the new "caretaker" of the warehouse.

The duties he assigned me were mundane. The worst of the duties were painting concrete floors with no ventilation and no mask. Also, counting screws and bolts for eight hours a day was also one of the duties. When I asked for better working conditions he told me that people of my kind would be so lucky to have a high-paying job like this one.

The next day he gave me a choice: stay and paint, or quit. It took only five minutes to decide.

I now have a college education and the last I heard of that boss, he was fired-for lack or productivity.



November 11 - 17, 2009

Artist

ΤW

Editor's Note: Apparently we didn't specify that the stories should be true, so half of the



entries ended up being fictional. Oepkes' story is one of them.

My first summer living in the States I was lucky enough to pick up a job editing film for a popular daytime talk show. I was eager to work, but somewhat hesitant because I had lied about the bulk of my qualifications on my resume. What worried me the most about this was the host's reputation for denouncing those who cross her live on television.

Word around the office was that within a week of every new employee being hired she would decide weather you are pulling your weight or pulling down her empire. I was doing my best to keep a stellar performance record because she also had a reputation for giving away cars to entire audiences.

Friday came faster than a burrito on a bullet train. I was both tired from working last night, ensuring my work was up to par, and gripped by the terror that today would be judgment day.

The office was buzzing, mainly because not much else goes on in offices, but also because human nature just won't allow us to stop staring at brutal car accidents. Or place bets on how bad the new guy will get reamed...

Her car pulled up, and someone yelled: "Her car pulled up!"

The office became dead quiet. She walked in. Said nothing. Marched directly to my desk at the back. Staring me directly in the eye she said: "Andrew." I put down my third coffee of the day and let the words tremble out: "Yes, ma'am?" A large grin spread across her face and she yelled at me: "LOOK UNDER YOUR CHAIR!"

The office staff laughed uproariously as I pulled a white envelope from the bottom of my seat. Shaking with excitement, I opened it and found a note: "Good work on the single mother montage yesterday."

Apparently she just likes leaving things under chairs.

CONTEST PRESENTED BY THE



FOR MORE INFORMATION ABOUT THE SPEAKERS SERIES, VISIT WWW.UNITER.CA.



CALLING ALL SPORT WRITERS Put down that football and pick up a pen, 'cause The Uniter wants you.

New innovations have lead to a growing number of couples turning to "green intercourse," such as using vegan condoms and hand-cranked vibrators, reported Time. com.

One company leading the change is Oregon-based Earth Erotics, whose products range from organic massage oils to whips made of recycled inner tubes.

"Our taboos prevent us from having the same consumer-safety conversations that are commonplace when you're making a toothbrush, sneaker or baby bottle," said Ethan Imboden, founder of Jimmyjane, a San Francisco luxury adult-toy maker.

Imboden said that because sex-toys are relatively unregulated, manufacturers often use harmful chemicals, such as bisphenol A, which can cause serious health problems. Europe and California have already banned

many such chemicals as a response.

1	Raveonettes	In and Out of Control	Vice
2	Dinosaur Jr.	Farm	Jagjaguar
3	*Amelia Curran	Hunter Hunter	Six Shooter
4	!Crooked Brothers	Deathbed Pillowtalk	Transistor 66
5	Flaming Lips	Embryonic	Warner
6	Vieux Farka Toure	Fondo	Six Degrees
7	!SubCity	Where's the Noise	Transistor 66
8	*Amy Millan	Masters of the Burial	Arts & Crafts
9	Vivian Girls	Everything Goes Wrong	In the Red
10	*Evangelista	Prince of Truth	Constellation
\			



WWW.UNITER.CA

people can't find anywhere except in The Uniter. We're looking for aspiring sports writers to provide our readers with the Wesmen coverage that is crucial to our campus news section.

So if you like stringing together sentences about basketball and volleyball, get in on the action and get in touch with us.

We're also looking for adventurous sports writers to try out different athletic activities and write about them for our culture section. Have you ever wanted to skate in a roller derby? Want to test your skills as a wrestler? Or how about spending a game in the life of a mascot?

We'll hook you up with opportunities to try different things in the wide world of sports and you can write about your experiences.

THE UNITER. WE DON'T COVER THE PROS. BUT WE KNOW ABOUT PROSE.

Join the team by sending an e-mail to Aaron at editor@uniter.ca. Rookies welcome.



Culture imitates art, and art, culture

What our cinematic fantasies say about our cultural state of mind

SAM HAGENLOCHER

ARTS & CULTURE EDITOR

Stop me if you've heard this plot before:

Joe has a perfect life.

He has a car, a house, a wife and a child.

Suddenly, without warning, Joe's life is all but destroyed by a different man (or men), who are, among many things, utter heartless bastards.

These men, lacking the moral fortitude, the upper-middle-class status, or the social grace that Joe likely has in spades, act out their anti-social fantasies on Joe's life, raping his wife, killing his child, and probably – just to add insult to injury – burn his house down and steal his car.

These men are arrested and brought to trial, and wouldn't you know it, they get off scot free.

Joe, being leagues ahead of these despicable scum suckers, both morally and socially, forgives the men, proceeds to take them under his wing and teaches them how to stop being such shitheads. He turns them into helpful, productive, moral members of civilized society, preventing such anti-social behavior from continuing, while learning his own lesson about the nature of forgiveness, love and compassion for his fellow man.

OK, that last part never happened.

No, actually what happens is that Joe flips his lid and proceeds to act out his own perverse anti-social fantasies, hunting down those low-lifes so that they all might know his pain before the end credits roll.

His revenge is taken not just on the criminals themselves, but also on the judge that set them free, the

defense lawyer, and for good measure, the 12-person jury who participated in this corrupt system. After all, everyone loves a happy

ending.

NOTHING NEW

This story isn't something new. It's been around in variations since the dawn of time. So why bother retelling it?

As a storytelling medium, film has always survived on its reflections of the public consciousness, taking our popular anxieties, frustrations and fantasies, and reflecting them back to us on celluloid.

What does this cultural mirror say about our psyche?

Many popular films today seem to recall films of the early '70s, a time when the public was faced with many similar social problems as today: from the recession, to the failure of the Vietnam War, to gas prices, to its growing xenophobic outlook.

Films like Dirty Harry, Death Wish and Straw Dogs are eerily similar to The Dark Knight, Law Abiding Citizen and Taken, three big hits from the past year-and-ahalf.

"There's many ways that people vent their anxieties and frustrations. Films like The Dark Knight are targeted at people who might find it soothing to see someone become more or less involved in the community, whether you agree with vigilante justice or not. I guess for those people, seeing this concept of a private citizen, an individual, do something that actually changes their community is something that's really soothing," said Barry Leid, a Winnipeg cinephile.

"Maybe it's a little cynical to say, but perhaps people feel that even the idea of being able to change



something yourself is fantasy. So to see it actually happen and to see those changes come from an individual is a kind of escapism."

These vigilante fantasies most often feature gratuitous violence, largely at the hands of the film's hero.

Clearly there is a part of the public which identifies with these unsympathetic characters in some way or another, which is frightening considering the similarities between these films and another immensely popular genre.

Marked by the incredible popularity of the Saw films, among other titles, a whole new genre has been born in recent years; one which many critics have labelled 'torture-porn.'

These films also feature gratuitous violence and innocence taken advantage of, but the twist is that it's not motivated out of revenge at all.

THE DRAW

So what is it that draws people to these films?

"You could look back at the films of Luis Buñuel, like [1929's] Un chien and alou, he did that just to provoke people. You could certainly classify that film as tortureporn in a sense, but he himself wasn't trying to fetishize violence, he was trying to really make people angry and that was a point in and of itself," said Leid.

He theorizes that torture-porn is perhaps about expressing frustrations over having to deal with people who are different than yourself, and that comes out in a very violent way in those films.

"In Hostel, for example you've got people preying on tourists, particularly Americans, so there's something to be said for that too. Who knows if it is something that was in their psyche before, or if it's just aggression that has always been there, and vents through these hyper-graphic horror films?"

"I guess it's going to be something that people will have to be aware [of] and struggle with," he adds. "If they feel uncomfortable with it, they'll have to really explore why, and not just readily accept [it] because of pressure, or [feel] that their culture has to move that way."

In the end, it seems that our general acceptance of these violent fantasies is a result of our overexposed culture's reluctance to question these decisions, instead opting simply to accept what it sees onscreen.

"People need to ask themselves, 'Why?'" he concludes. "Perhaps they feel uncomfortable with themselves. 'Yes, I am watching it, but I don't really want to ask myself why that is.' There's kind of a knee-jerk reaction in that. 'Oh, you don't understand, you're just being sensitive."

There is nothing new under the sun

Dissecting society's ongoing obsession with revisiting pop culture moments of the past



"Some of the overlaps between now and the '60s is a return of liberal and leftist energies in North America that draw attention to social justice issues, renewed anxieties about nuclear escalation, and rising consciousness of environmental destruction. I think this has to do with a similar set of geopolitical arrangements as much as a cyclical return," Candida Rifkind, an English professor at the University

come more open - think Family Ties re-runs on YouTube - it appears as though our present culture is largely an inundation of nostalgia. The distinctiveness of our own time could potentially be dulled by dwelling on and attaching ourselves to the aesthetics, trademarks and contexts of bygone eras. We may require the advent of a few novel and inexplicable trends to jumpstart the latest cultural zeitgeist – a fixation on hats made entirely of Lego, which is spotlighted on Coolhunter.net, is one particularly unique possibility that may encourage us all to live in the now. Rifkind explained however that despite this yearning for the past, culture remains dynamic. "In terms of access to the past working against any authentic culture specific to our current moment, it's always good to remember that any current culture is always a mixed or hybrid formation of bits and pieces from the past, the dominant culture of the present, and what cultural critic Raymond Williams called the 'emergent' culture that will become dominant in the future. So, pop culture doesn't work on a linear timeline, it is always circling back and looking forward in the present moment.'

CAITLIN LAIRD **BEAT REPORTER**

Mad Men – the aesthetically-stunning examination of a Madison Avenue ad agency in the early '60s - has been credited as the catalyst for a '60s pop culture revival.

Fashion blogs and magazines make frequent mention of how the increasingly iconic Donald Draper has heralded a new/resurgent era in menswear. Micheal Kors fall collection last year was dedicated to the decade. Oprah – a pop culture barometer, whether we like it or not - recently featured a Mad Men special on her show, with the audience attired in '60s era wear. The show and its cultural influence may now be called a legitimate phenomenon but it's a phenomenon we have already experienced.

Much the way Michael Jackson's death spurred an outpouring of revived interest in his life and music, pop culture tends to both cycle and recycle.

In his article, "Cyclorama,"

Gregg Juke outlines what he calls the 20-year-rule, where what is fashionable now will experience a resurgence 20 years from now.

of Winnipeg, said via e-mail.

One possible explanation for the 20-year-rule is that when one generation reaches maturity, they yearn for the simplicity of their early existence, thus becoming nostalgic for that which was most culturally visible during their childhoods.

"Another and equally compel-ling argument for pop culture cycles is something more like a 40year rule that sees the generation in cultural dominance skipping over their parents' youth culture and looking to their grandparents. This might explain the Mad Men phenomenon: looking to the era of our grandparents' adulthood allows any of the natural tensions between children and their parents to be skipped over in the name of something more authentic," said Rifkind.

As avenues to accessing the cultural moments of the past be-

AWARDS & FINANCIAL AID The Awards and Financial Aid staff of the University of Winnipeg provides the student body with current information on award opportunities. This information is updated weekly.

THE UNIVERSITY OF WINNIPEG AWARDS:

AWARDS OFFERED BY EXTERNAL AGENCIES AND ORGANIZATIONS:

AUCC AWARDS

The Association of Universities and Colleges of Canada provides 150 scholarship programs on behalf of the Federal Government, domestic and foreign agencies, and private sector companies. Check out their website www.aucc.ca and look under the heading Scholarships and Internships for Canadian Students.

Deadlines: Various

IDRC/CRDI AWARDS

The International Development Research Centre (IDRC) is a Canadian crown corporation that works in close collaboration with researchers from the developing world in their search for the means to build healthier, more equitable and more prosperous societies. Various research and academic awards are available for application. Please visit their website for more information on their award programs: www.idrc.ca/awards.

SOROPTIMIST INTERNATIONAL OF THE AMERICAS WOMEN'S OPPORTUNITY AWARDS

The Women's Opportunity Awards is an annual program that begins at the local Soroptimist club level, where award amounts vary. Club recipients become eligible to receive region-level awards, which are granted through Soroptimist's 28 geographic regions. Each Soroptimist region grants one first-place award for \$5,000. (Note: most regions grant additional \$3,000 awards.) The 28 first-place recipients then become eligible to receive one of three \$10,000 finalist awards.

Eligible applicants must be women who provide primary financial support for their families, and who are enrolled in or have been accepted to a vocational/ skills training program or an undergraduate degree program. Applicants must demonstrate financial need, and cannot have already earned an undergraduate degree. Only residents of Soroptimist International of the Americas' 19 member countries and territories are eligible to apply.

Applications are accepted each year

from July 1 until Dec. 1. Applications received after Dec. 1 and before July 1 will not be considered. Visit their offered annually to applicants, either individuals or groups, for an initiative to create a special program or series which may later be suitable for broadcast and may further the cause of multiculturalism in Canada.

3. The Roman Soltykewych Music Scholarship (\$500) is offered annually to applicants, either individuals or groups, determined to pursue futher studies in the field of Ukrainian choral or vocal music.

4. The Anna Pidruchney Award for New Writers (\$1,000) is available annually to a novice writer for a work on Ukrainian-Canadian Theme. Submissions for this year's award must be in Ukrainian. Previous award recipients of this award are not eligible.

For more information contact the Awards & Financial Aid office at 786-9984. Application forms and guidelines are available from URDC:

The Ukrainian Resource and Development Centre

Grant MacEwan College

Box 1796

Edmonton, AB T5J 2P2

ph.: (780) 497-5494 or 497-4374

fax: (780) 497-4377

email: haydukl@macewan.ca

Deadline: Nov. 30, 2009

HOLSTEIN CANADA EDUCATION AWARDS

Six bursaries of \$750 will be awarded according to the following geographical divisions: Western Canada (1), Ontario (2), Quebec (2) and Atlantic Canada (1).

Consideration will be given to each category according to the following criteria:

- 20 points, farm involvement

- 30 points, youth program involvement

- 30 points, career choice

- 20 points, points scholastic record

Other accomplishments may influence the Selection Committee in the event of a close decision. Winners will be notified immediately upon the committee's decision in December. A general announcement will be made through the *Info Holstein* publication at a later date.

To be eligible to apply you must:

- be a regular or junior member of Holstein Canada, or the son/daughter of a member 20 Corporate Place

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Brantford, ON N3T 5R4

For more information and general inquiries, contact Alain Lajeunesse by phone 519-756-8300 (ext. 280), fax 519-756-3502 or e-mail: alajeunesse@ holstein.ca

Deadline: Nov. 30, 2009

HAMILTON COMMUNITY FOUNDATION AWARDS

The Chaney-Ensign Bursary Fund provides modest bursaries to post-secondary students who can demonstrate financial need and who have completed their high school requirements in publicly funded secondary schools located within the Hamilton-Wentworth District.

Eligible students are welcome to obtain application forms and guidelines at www.hcf.on.ca or from the UW Awards & Financial Aid office. Applications must be submitted to the Awards & Financial Aid office (located on the first floor of Graham Hall).

Deadline: Feb. 1, 2010

BRIDGET WALSH SCHOLARSHIP

The Bridget Walsh Scholarship was created from the royalties of Sheelagh Conway's book *The Faraway Hill Are Green: Voices of Irish Women in Canada.* In recognition of the Canadian women whose stories are told in the book, Conway donates half the royalties to low-income, single-parent, Irish women in Canada wishing to pursue a university or college education.

Contact:

Chairperson, Bridget Walsh Scholarship

205 Mountainview Road North

Georgetown, ON L7G 4T8

Tel. 905-873-0873

Deadline: Dec. 15, 2009

WOMEN'S OPPORTUNITY AWARDS

If you are a female head of a household with one or more dependents, are attending an undergraduate degree program or vocational training program as a mature student, and need financial assistance to complete your education, you are eligible for a Women's Opportunity Award offered by Soroptomist International of Winnipeg. For more information contact Heather Menzies at - Canada Student Grant for Students from Middle-income Families

- Canada Student Grant for Students with Dependents

- Rural/Northern Bursary

These grants are the first money students will receive in their financial aid packages, before any loans are awarded. Many students may, in fact, receive the majority of their financial assistance in the form of grants.

Be sure to apply early and to submit all requested documentation as soon as possible to ensure that you receive all the grant funds for which you are eligible.

PROCEDURES:

CONFIRMATION OF ENROLMENT & RELEASE OF GOVERNMENT STUDENT AID DOCUMENTS

Approximately 3 weeks before classes begin, the Manitoba Student Aid Program (MSAP) will begin printing official assistance documents for students whose MSAP documentation and University course registration are in order. MSAP will mail the documents to students at the addresses they have provided on their MSAP applications. The document you receive already will have been electronically approved by the Awards & Financial Aid Office. It will indicate the fees you owe to the University of Winnipeg. These fees will be deducted from your student aid.

If the document is a Canada Student Financial Assistance document, you should take it to an approved Canada Post outlet for forwarding to the National Student Loan Centre.

If the document is a Manitoba Student Aid document, you should forward it to the MSAP Loan Administration Department.

The National Student Loan Centre of the MSAP Loan Administration Department will process the document, transferring the fee payment portion directly to the university and depositing any additional balance to your account. Instructions on these processes will be included in your student aid document package.

COURSE LOAD

The minimum course load for which you must register to be eligible for any form of government student assistance is 60 per cent of the maximum course load required for your study period:

- Fall/Winter academic year - 18 credit hours

FEE PAYMENT

Your fees will be deducted from the student assistance document when it is electronically approved by the University. Government Student Aid is used first to meet educational costs. All overdue fees and emergency loans as well as fees for the current study period will be deducted from the student aid document. If your student assistance does not cover your required fee payment, you will have to make payment on your own by the fee payment deadline. Credits for scholarships you may be receiving will reduce the amount of fees deducted from the student aid document.

FEE DEFERRAL

The Awards & Financial Aid Office can defer your fees if you have applied for Government Student Aid but have not received your confirmed assistance document by the fee payment deadline. Fee deferral means that your registration will not be cancelled because of your failure to pay by the deadline. However, you will be charged the late payment fee unless you have submitted your Student Aid application in sufficient time for it to be processed by the payment deadline.

If your name is on the Awards & Financial Office fee deferral list but you withdraw from University courses, you will be responsible for the fees you owe until your actual date of withdrawal.

DID YOU KNOW... That Manitoba Student Aid staff can be on campus on Fridays from 1 - 4 p.m. To meet with them, you need to set up an appointment time. Come to Student Services and book an appointment, or phone 786-9458 or 789-1420.

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 online? Go to www.manitobastudentaid.ca and then to MySAO to log into your existing account.

DID YOU KNOW... If you are a student who has had past Government Student Loans and are currently a full-time student but do not have a student loan this year, you can fill out a Schedule 2 document to remain in non-payment status. Please come to Student Services in Graham Hall, where front-counter

website for more information or to apply: www.wcsoroptimist.org.

UKRAINIAN RESOURCE AND DEVELOP-MENT CENTRE AWARDS

This year, the Ukrainian Resource and Development Centre (URDC) is offering the following four award opportunities to students:

1. The Alberta Council for the Ukrainian Arts (ACUA) Award (\$500) is offered annually for a project that fosters a greater awareness of Ukrainian art in Alberta. This project may be in the form of an exhibit, festival, educational program or special project.

2. The Roger Charest, Sr. Award for Broadcast & Media Arts (\$500) is

- have completed at least one year of university/college (or Cégep in Québec)

- submit an official, original transcript (faxed and photocopied submissions will not be accepted) and a copy of your resume

- be returning to school within the calendar year

Submissions may be typed on the pages provided on Holstein Canada's website: www.holstein.ca

It is the responsibility of the applicant to confirm receipt with Holstein Canada. Mail or courier to:

Alain Lajeunesse

Holstein Canada Education Awards

475-2526 or email: hgm16@mts.net.

Deadline: Dec. 15, 2009

MANITOBA STUDENT AID PROGRAM (MSAP)

Manitoba Student Aid is now accepting applications for the 2009-10 Fall/Winter session. Students can apply online at www.manitobastudentaid.ca.

New to the Student Aid program this year are a series of grants and bursaries:

- Canada Student Grant for Students from Low-income Families

- Fall Term or Winter Term only - 9 credit hours which begin and end within that term

You must maintain the appropriate minimum course load for your study period in order to retain your student assistance eligibility.

REGISTRATION AT ANOTHER POST-SECONDARY INSTITUTION

If, in addition to University of Winnipeg courses, you are registered and taking courses elsewhere during the academic year for credit towards your University of Winnipeg degree, you must present proof of registration to the Awards & Financial Aid Office before your student assistance document can be authorized and released to you. staff can help you with this form.

OTHER AWARD WEBSITES:

Canada Student Loan program & other important information on finances and budgeting: www.canlearn.ca

Manitoba Student Aid Program: www. manitobastudentaid.ca

SURFING FOR DOLLARS? TRY THESE TWO WEBSITES:

www.studentawards.com

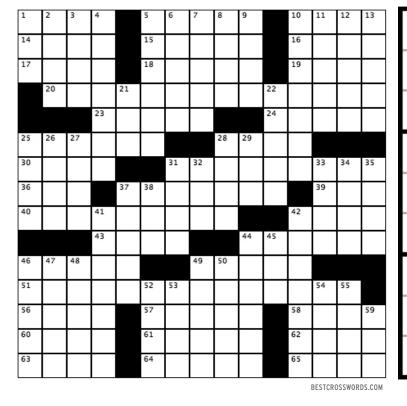
www.scholarshipscanada.com

ARTS & CULTURE 23

WWW.UNITER.CA NOVEMBER 19, 2009 THE UNITER

Crossword Puzzle 12

Solutions to crossword and sudoku will be printed in the next issue.



25 - Small upright

28 - Cube creator

piano

Rubik

30 - Ward off

Across

- 1 Approached
- 5 Short gaiters
- 10 Droops
- 14 Land in water
- 15 Causing goose bumps
- 16 Currency unit in
- Western Samoa
- 17 Portico 18 - Quick
- 19 Part of Q.E.D.
- 20 Inadequate
- 23 Aggregate of qualities that make good
- character 24 - "Lou Grant" star
- How to strengthen your core



31 - Relevant 60 - Japanese 36 - Debate side 61 - Reasoning 37 - Danced at Oktoberfest, perhaps 62 - Digits of the foot 39 - Meadow 63 - K-6 40 - Work clothes 64 - Cause 42 - Masked critter 65 - Baby blues 43 - Swenson of "Benson" 44 - Boldness 46 - Hard stone 49 - Martini garnish

51 - Long-suffering

group that everyone should focus more on.

The core is not limited to merely the abdominals. It also includes the back, chest and pelvis. The back is one of the most neglected parts of the body when it comes to strength training. This is why many people have back problems or weak cores, even if they spend lots of time at the gym working their abdominals.

We also run up against problems when we spend too much time using exercise machines rather than our own body weight to work out. Machines at the gym take some of the intensity away from the movement of the exercise so that we fail to really get the most out of the workout. These machines also tend to only target one or two muscles at a time, which takes away from the whole point of a core workout: to engage the *entire* body for overall increase in strength. Performing bicycle crunches, side crunches and reverse crunches are great for targeting all of the abdominal muscles, but these muscles need to be supported with a strong back or your efforts could result in injury. The exercise commonly known as the Bird Dog conditions the whole core and focuses particularly on the back muscles.

on your hands and knees on the floor. Keep your hands and knees hip-width apart and tighten your abs, holding your stomach in for better control throughout the movement. Check in a mirror that your back is flat, not arched up or sinking down.

Look at the floor and slowly extend your left leg and right arm at the same time until they are in a straight line with your back, parallel to the floor. Your right knee should be directly under your butt and you left hand should be firmly planted directly beneath your shoulder. Hold this position for 30 seconds to one minute, reaching outward and stretching through the raised arm and leg as though to elongate them. Switch and do the same exercise with the opposite arm and leg. Repeat three to five times. If you are unable to hold your body steady and you find that you are losing control of the position, try holding it for 20 seconds at a time instead. Each time you perform this exercise, hold it for a few extra seconds to build strength and endurance.



will.octagon.gibson@gmail.com

Down

su

- 1 Bad-mouth 2 - Queue after Q
- 3 North Carolina
- 58 lams alternative college
 - 4 Gullet

56 - Indian nurse-

57 - Large wading

syllabic script

maid

bird

- 5 Stanza of six lines
- 6 Lapwing 7 - Come up
- 8 Petty quarrel
- 9 Bristle
- 10 Felt hat
 - 11 Brother of Moses
 - 12 Stare angrily
 - 13 Lustful deity
 - 21 100 square
 - meters
 - 22 Member of the

dog family 25 - Dirty Harry's org. edge

46 - Scale

47 - Faithful

stupid

48 - Mindlessly

49 - Old enough

50 - Russian revolu-

tionary leader

52 - Arthur Ashe's

alma mater

55 - Blunted blade

59 - CIA forerunner

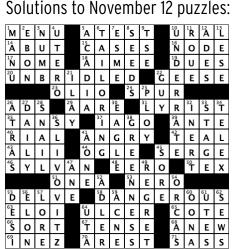
53 - Amphibian

54 - Satiate

44 - Administer

45 - Actress Gardner

- 26 Andean country 27 - A party to
- 28 Ages
- 29 Hwy. 31 - Entreaty
- 32 Barely make,
- with "out"
- 33 "The Time Machine" race 34 - Dodge model
- 35 Strong taste 37 - Trousers 38 - Assn.
- 41 Cotton fabric 42 - Having a
- notched





Why we need higher education - or at least, higher than kindergarten

Someone once said: "All I really need to know, I learned in kindergarten." This week, I'd like to talk about why whoever said that is an idiot.

Sure, I admit I learned some useful things in kindergarten, like the importance of sharing and junk like that. I also learned a bunch of stuff that, were I to base my life on it, I'd be a pretty dysfunctional person. At least, I would be more dysfunctional than I already am.

Kindergarten was the first place I was introduced to "smelly" markers. So one of the first things I learned in kindergarten was that sniffing markers is awesome.

Now, don't get me wrong. I like to get high as much as the next guy, but there are classier ways to accomplish this than by huffing markers. Most of these other methods I didn't learn until high school or university. Take that, kindergarten.

Another thing I learned in kindergarten was that if you shit your pants, someone will clean it up for you and tell you that it's OK. I have since learned (the hard way) that this is no longer the case. I do have it on good authority, however, that if I am to survive for another 30 years or so, people will once again be willing to clean up my shit and tell me it's OK but that's still a long way off.

Another thing that I learned in kindergarten was how to relate to the opposite sex. I learned that the best way to tell a girl that you like her is to pull her pigtails. In the adult world, and between strangers, this is commonly referred to as assault.

So let's take an account of what we've learned so far: Living by the life lessons learned in kindergarten will lead you to becoming a substanceshit-covered, abusing, violent offender.

Having so far looked at how what we learned in kindergarten can steer us down the wrong path, it will probably be helpful to look at how what we didn't learn can mess us up almost equally.

If none of us had any skills other than the ones we learned in kindergarten, the world would be a pretty different place. None of us would drive, cook, read, manufacture designer furniture or, most importantly, have sex. It may be a coincidence, but history seems to show that the most successful societies are ones in which people have sex with each other. This brings me to the main point. Just because someone says something cute and a bunch of office ladies repeat it to each other does *not* make it true. So the next time someone says something idiotic like "all I really need to know, I learned in kindergarten," shit your pants and pull their hair and see what they do. Chances are they won't clean you up and date you. But if they do, don't let them get away. They're a keeper.

LIVING WELL



SAGAN MORROW

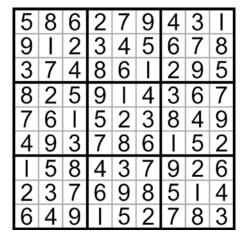
The core is the entire middle section of our bodies. It is vital to stabilize and balance ourselves. Strengthening the core contributes to increased flexibility and effectiveness in everyday activities.

Without a strong core, we may have difficulty in daily tasks. Walking, carrying objects, crouching down and even standing all engage the core to some degree. Because we need our core in order to perform a variety of activities, it is an incredibly important muscle

To begin the exercise, kneel

University of Winnipeg student Sagan Morrow writes a health and wellness blog. Check it out at http://livinghealthyintherealworld.wordpress.com.

Î N E Z R E S T





If J. Williamez seems nostalgic about kindergarten, that's because he is. Check him out every Wednesday at Shannon's Irish Pub.

Blogging in style

Independent fashion writers are making their voices heard



KATHLEEN CERRER STAFF WRITER

Blogs are a personalized space in which you can discuss and share your opinions on numerous topics.

The "blog," a derivative of "weblog," has become an increasingly popular way to communicate your interests and thoughts to the world at large.

The freedom we have today in expressing our individuality not only goes for fashion; we are also free to choose how to convey these messages through various blogs, which are set up in order for us to do just that. Literally any and every topic is available for people to blog about, from interior design to sports to travel.

Typically, blogs feature regular entries and updates, and may include links to other blogs and interesting sites.

Various formats are possible. Visual blogs, commentary or personalized journal entries are just some of the genres of blogs out there on the Internet. Unlike the other social networking tools out there, such as MySpace, Facebook and Twitter, blogs can uniquely represent the person who creates

A QUICK GUIDE TO A FEW FASHION BLOGS Interested in fashion? Check out these spots on the 'Net.

Elle magazine Fashion blog feature www.tinyurl.com/elleblog

Style Bubble

http://stylebubble.typepad.com

Street Etiquette

www.streetetiquette.com

Jak & Jill www.jakandjil.com

Vogue

Savannah Miller's Blog http://www.vogue.co.uk/blogs/ savannah-miller

them.

Yes, there are guidelines and privacy policies, but overall you have control of what you put out there for your followers to access.

As Andy Warhol once said, "In the future, everyone will be worldfamous for 15 minutes."

our 15 minutes of fame, resorting to sites such as Facebook to get our own personalized page just for us.

Fashion blogs have multiplied

ion meccas of the world.

Among the many sources fashion lovers rely upon for the latest news in the industry, such as television and magazines, blogs have the ability to not only see the styles created by designers, but get the perspective of the people who wear it and have the passion for fashion. Aspiring individuals seek out or create blogs of their own, as well as industry insiders and outsiders.

Consumers are key to the blog community, as they are what keeps the industry afloat.

'Before´a designer's runway show has even finished, you can bet your bottom dollar that someone in the audience - or better still, backstage - has recorded every silhouette, signature shoe, styling detail and sulking supermodel, then uploaded it onto the Internet for style watchers across the globe to enjoy," writer Karen Kay noted in the Daily Mail.

Recognized bloggers have gained exclusive access to designer runway shows around the world and are oft-featured in well-known magazines, such as Elle.

The involvement of bloggers has been displayed, for instance, by the girls from Go Fug Yourself by their coverage of Fashion Week New York 2006. Other bloggers have been contacted by companies like H&M to advertise on their sites.

Blogs in general seem to be growing in number, but this can only mean more information, thoughts, ideas and rants for fashionistas to read and blog about!

Dieting, exercising and competing

Winnipeg fitnessmodel-in-training Amanda Lee is working to win

AMANDA LEFLEY VOLUNTEER

Next year, Winnipegger Amanda Lee will be travelling to B.C. to compete for the championship in one of the World Bodybuilding Fitness Federation's (WBFF) largest competitions.

The 21-year-old, who is studying at the University of Manitoba to be a registered dietician, currently works out in her spare time five days a week, hoping to achieve her goal of one day becoming a professional fitness model.

"It's all about getting proper exposure and working with the right people. So I'm on the right track, but I think I still need to keep working hard and working on my image, and keep developing and keep doing more competitions."

Since starting her training with Contestprep.ca last February, Lee has competed in two WBFF shows across Canada, specifically appearing in the fitness and bi-

Economy

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Down?

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Up!

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947-1307

"It's kind of hard. My boyfriend had to get used to it and I don't drink when I'm training, not that I drink a lot, but the social aspects change, you can't go out as much."

-AMANDA LEE, FITNESS MODEL

kini categories.

According to WBFF's website, contestants in the fitness category are judged on their sense of style, poise and presence on stage, whereas in the bikini category it is all about body shape and tone.

Training for these shows is hard work; as a result, Lee goes to the gym year-round.

"I work a five-day split. Each day of the week I work a different part of my body," she explained. When getting down towards the show you need a lean out. You start dieting about eight weeks out or twelve weeks out, depending on what you have to lose. Then you just have a strict diet to follow – a lot of protein. Coming up to the show ... I manipulate carb load and carb deplete and water load and water deplete. You take dietetics to make yourself look a little bit leaner."

Dieting, exercising and training seems to have paid off for Lee.

At the Alberta championships she placed sixth in the bikini category, but the highlight of her young career so far has been the first time she stepped onto the

stage. "The first time I went on stage was kind of nerve-racking. But it's super fun to go out there and get all ready for it. Everything is just exciting: it's the cherry on the pie," she said with a laugh.

Look for Lee's picture when Inside Fitness's top 100 hot and fit edition comes out in January.

She hopes that by continuing to compete in WBFF shows that she will keep getting noticed and achieve her goal of becoming a fitness model.

"There is not a lot of under-standing," she explained. "It's kind of hard. My boyfriend had to get used to it and I don't drink when I'm training. Not that I drink a lot, but the social aspects change; you can't go out as

FASHIO

The Uniter Fashion Streeter is an ongoing documentation of creative fashion in Winnipeg inspired by the Helsinki fashion blog www.hel-looks.com. Each issue will feature a new look from our city's streets and bars in an attempt to encourage individual expression and celebrate that you are really, really good looking.



In a way, we are all looking for

into the thousands and are not only a place to voice opinions but have become the "go-to" sites for current and upcoming looks from the fash-

