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THE UNITER

THE OFFICIAL WEEKLY STUDENT NEWSPAPER OF THE UNIVERSITY OF WINNIPEG



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THE UNITER

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NEWS

Axworthy Appointment Brings Excitement, Concern to the U of W

BY SARA LOFTSON

As of July 2004 Lloyd Axworthy will officially begin his five year term as sixth president of The University of Winnipeg, leaving a position as head of the Liu Center for the Study of Global Issues at the University of British Columbia.

Acting on the recommendation of the Presidential Search and Nominating Committee, the U of W Board of Regents unanimously appointed Axworthy a suitable replacement for former President Constance Rooke. Acting President Patrick Deane will retain his position as Vice President Academic and also assume the newly created role of Provost.

"Upon completion of a full and exhaustive search, the University of Winnipeg Board of Regents is pleased that an individual of Dr. Axworthy's integrity, leadership experience and acumen, commitment to the local and global community, and vision will be joining the remarkable administrative team assembled at the University," states Richard Graydon, Chair Board of Regents.

The Presidential Search and Nominating Committee, composed of staff, students, alumni, and Regents assessed the experience, professional qualifications, and personal qualities of several candidates throughout the country.

"Local identity is certainly one of the factors that was unique to Lloyd," Carol Basarab, chairwoman of the Presidential Search and Nominating Committee, told the Winnipeg Free Press in an interview. "He was certainly, among our candidates, the best-known to the Manitoba community."

Axworthy is no stranger to the U of W. For over two decades he acquainted himself with the U of W as an alumni, political science professor, and director of the Institute for Urban Studies here on campus.

In 1973, his career developed beyond academia when he entered into provincial politics, serving six years in the Manitoba Legislative Assembly followed by over twenty years as a member of the Federal Parliament. While part of the Chretien government, Axworthy held several Cabinet portfolios. During his time as Minister of Foreign Affairs, he gained international acclaim for his advancement of the concept of Human Security. He has been honoured with several prestigious awards and was nominated for a Nobel Peace Prize for establishing the Ottawa Treaty, a landmark global agreement banning anti-personnel landmines. As of the New Year, Axworthy has been appointed by the UN as a mediator between Ethiopia and Eritrea in an attempt to resolve border disputes.

While the Board of Regents seemed excited with their unanimous decision to appoint Axworthy as president, the University of Winnipeg Students' Association (UWSA) and the Canadian Federation of Students (CFS) have mixed feelings.

Although Chris Minaker, President of the UWSA, is excited about the appointment, he does have concerns regarding Axworthy's political past.

In 1993, the Liberal federal government, under the direction of Prime Minister Jean Chretien, Finance Minister Paul Martin and Human Resources Minister Lloyd Axworthy, cut \$7 billion dollars from education and training across Canada, explains Minaker.

"Students need an acknowledgement from Mr. Axworthy that his 1993 Social Policy Review did damage to universities and colleges across the country and resulted in huge tuition fee increases that have hurt access to education for low and middle income Canadians," stated Cathy Hamilton Vice President Advocate of the UWSA.

As the annual CFS Day of Action quickly approaches in February, tuition fee freezes will become a hotly debated issue. Student organizations have requested a meeting with Mr. Axworthy sometime in January to address these and other key policy concerns.

Dr. Lloyd Axworthy: Fact Facts

1939: Born December 21st in North Battleford, Saskatchewan

1961: Graduated with Bachelors Degree from United College (now the University of Winnipeg)

1963: Received Masters in political science from Princeton University

1965-1967 and 1969- 1979: Professor of political science at the University of Winnipeg

1967: Special assistant to the Right Honourable John Turner, and Executive Assistant to the Minister Responsible for Housing and Urban Development, the Honourable Paul Hellyer

1969-1979: Director of the Institute of Urban Studies at the University of Winnipeg

1972: Received his PhD from Princeton University

1973: Elected as a Liberal member of the Manitoba Legislature Assembly representing the Fort Rouge Constituency, and was re-elected in October of 1977

1979: Elected as a Liberal Member of Parliament

1980-1982: Minister Responsible for the Status of Women

1980-1983: Minister of Employment and Immigration

1983-1984: Minister of Transport

1984: Re-elected. Official Opposition Critic for Regional and Industrial Expansion and the Canadian Wheat Board

1985-1988: Trade Critic and Deputy Critic for External Affairs

1989: Appointed Liberal Critic for Trade and Chair of the Liberal Task Force and the Liberal Caucus Economic Policy Committee

1990: Appointed Liberal Critic for External Affairs and Chair of the Liberal Caucus Committee on External Affairs and National Defence

1991: Nominated Vice-Chair of the House Standing Committee on External Affairs and International Trade

1993: Minister of Human Resources Development and Minister of Western Economic Diversification. Served on the Social Development Policy and Economic Development Policy Committees of Cabinet

1996-2000: Minister of Foreign Affairs

1997: Nominated for the Nobel Peace Prize for his part in the Ottawa Convention banning anti-personnel landmines

1998: Honorary Doctor of Laws from the University of Winnipeg

2000: Director of the Liu Centre for Global Issues at the University of British Columbia

2001: Named to the Order of Manitoba (OM)

2003 Named Officer of the Order of Canada (OC)

December 2003 Named sixth president of The University of Winnipeg

Come and join us every Monday for The Uniter story meeting. If you have a story idea or are interested in getting involved with the Uniter, it's a great chance to find out more.

**Where: The Uniter office, ORM14 Bulman Centre
When: Mondays, 5:30PM
New contributors welcome.**

NEWS

Gates Gives U of M Huge AIDS Research Grant

BY SCOTT DE GROOT

Last Tuesday the University of Manitoba made a stunning announcement: it was receiving a \$21.8 million grant from Microsoft billionaire Bill Gates to expand its HIV/AIDS research in India. The buzz around campus, and in the local and national media, was instantaneous. But it was not the U of M's selection for such a grant that was surprising (the U of M has been at the forefront of HIV research in the developing world for over twenty years) but rather the grant's huge dollar value, perhaps the largest in the university's history.

Dr. John O'Neil, head of community health sciences at the U of M, could barely conceal his excitement following the announcement. "People would talk about John Hopkins University, Oxford, and us in the same breath," said O'Neil. "If we're not the top university in this area, certainly we'd be in the top three."

O'Neil's sentiments were echoed by Dr. Frank Plummer, working concurrently as head of Winnipeg's National Microbiology Laboratory and at the U of M. "I think it's a tribute to the strength of the HIV program here at the University of Manitoba that's been built up over so many years," he said. "We are really among the best in the world among HIV interventions that are effective."

The grant is being included in the recently closed five-year capital fundraising campaign, which, as a result, will now far surpass the U of M's original goal of two-hundred million dollars. Previously, the two largest donations of ten and seven million dollars came from the Asper and the Richardson families, respectively.

The Gates grant will be spent almost entirely overseas in India where the university's research is being conducted, and there will be no infrastructure or staff added to the downtown medical campus, U of M officials say. However, the money could attract ten or



more top doctoral students and will certainly lead to more faculty and staff hired in India.

The south Indian State of Karnataka, with a population nearly double the size of Canada and a growing incidence of HIV/AIDS, is at the center of the U of M's work on the subcontinent. It is estimated that there are about 500,000 people infected with HIV in the state, or about 1.7 percent of the total population (Canada has a 0.2 percent infection rate). Research will focus on HIV education and prevention programs that highlight vulnerable groups such as those in the sex trade and health care workers.

U of M's HIV research has been ongoing since the 1980s when, in conjunction with the University of Nairobi, it began to chart the lives of 3,000 HIV positive sex trade workers in Kenya. Those involved gave blood and tissue samples in exchange for free medical treatment. They were closely monitored from the point at which they contracted the disease to their eventual deaths, providing a wealth of

important information and gaining international recognition as one of the most advanced HIV studies in the world.

Project researchers were among the first to reveal what is now common knowledge in the medical community: that the virus can be transmitted among heterosexuals and not just homosexuals, that people are more susceptible to the virus if they already have another STD, and that there is a strong correlation between breast-feeding and mother-to-child HIV transmission. They also discovered a community of HIV resistant prostitutes, which has been invaluable in the search for an HIV vaccine.

Despite the obvious benefits in the developing world, the grant is having local benefits as well, according to Paul La Pierre, the executive director of Nine Circles Community Health Centre on Broadway.

"It benefits us at Nine Circles because when people hear about it, they think 'hey what's going on locally?'" said La Pierre. "Lots of people have been phoning us over the last few days to ask about how they can donate money. They think 'hey, I really want to see something happen.' So it generates interest on a local level as well."

Nine circles is jointly funded by the provincial and federal government and private sources. It operates peer based awareness programs, an STD/HIV phone line that answers questions and gives referral to testing services, and promotes awareness raising activities such as AIDS walk.

Obviously, much of the buzz around the grant is a result of its source, world famous billionaire Bill Gates. His charitable foundation, the Gates foundation, has spent more than 6 billion dollars on global health since its inception. The 21.8 million dollars given to the U of M comes from a 200 million dollar initiative launched this fall to provide additional funding.

Worth around 46 billion dollars, Bill Gates is the one of the world's richest men.

Just Income Coalition Slams Minimum Wage Increase

BY SCOTT DE GROOT

Effective April 1st, 2004, Manitoba's minimum wage will increase 25 cents to \$7.00 per hour the provincial government announced last week, which, according to Labour and Immigration Minister Nancy Allan, will "help ensure the benefits of growth are shared more fairly." But such optimism is hardly universal, particularly within social justice organizations. "Big Whoop," responded Jean Altemeyer of the Just Income Coalition. "This really does not result in a change in situation for people who are working for minimum wage. You still really can't make a living," — a sentiment surely shared by many of Manitoba's working poor.

The Just Income Coalition of Manitoba, an interest group formed in 2002 to lobby government for increases to the minimum wage, is comprised of representatives from labour, faith, women's, and Aboriginal organizations and has criticized the increase as inadequate right from the get go. It argues Manitoba's minimum wage has not kept up with inflation, nor does it provide a "living wage" charging that an additional 25 cents will do little to solve the problems faced by these people. And according to the organization's calculations, if the minimum wage had been increased accord-

ing to inflation from its 1987 rate, it would now be \$9.50 per hour.

However, Allan maintains that the increase is part of an ongoing strategy of the provincial government and the most effective way to balance the interests of businesses and employees. "Our approach has been to adjust the rate gradually and in smaller increments," said Allan. "This implementation method is more fair and manageable for an employer while still allowing us to increase the purchasing power of low income earners."

The minister will also convene a new Minimum Wage Board in 2004, which will annually review the minimum wage and report to the government. The board will consist of a chair (who has yet to be announced) and an equal number of employee and employer representatives. The board will hold consultations with Manitobans in the first part of the year and is expected to submit its first recommendations on the minimum wage in September. Although the Just Income Coalition applauds the board's creation as a step in the right direction, it would rather see the board as an external and autonomous body, similar to the one that determines provincial MLA's salaries. The coalition also wants the minimum wage determined by economic indicators such as the GDP and cost of living indexes, and as a per-

centage of the average wage earned in Manitoba. Such a change would altogether remove the minimum wage from the realm of public decision-making and effectively depoliticize the issue.

The coalition believes that low wages are a major cause of poverty in Manitoba and the organization actively works to dispel the stereotype that most of those on minimum wage are students living at home earning extra spending money. They maintain that statistically most Manitobans working for minimum wage have families to support; 46.2% of minimum wage earners are adults over twenty, mostly women, and 24.6% of minimum wage workers already have some form of post secondary education.

As part of their ongoing initiatives to lobby government and raise public awareness, which were seen on campus this fall when petitions were circulated and events held, the coalition will meet with the provincial Caucus this week to push their case.

Compared to other Canadian provinces, Manitoba's minimum wage is at the middle of the pack, right between Alberta's 5.90 and BC's 8.00 dollars per hour; however, the territories of Nunavut and the N.W.T.s have the highest rate anywhere in Canada with \$8.50 and \$8.25 per hour respectively.

Recycling Christmas

BY JACOB SEREBRIN

With the holidays over, Christmas and other holiday shopping has gone from being the first to the last thing on people's minds. Few stop to think about what happens to the garbage produced by thousands of people shopping in hundreds of stores. In a city where 80% of the population recycles, we decided to see how three of Winnipeg's largest malls stack up when it comes to the environment.

Since starting a mall-wide recycling program for plastic, paper and metals six months ago, in addition to glass and cardboard facilities already in place, Polo Park mall has the most comprehensive recycling program of any mall in the city. According to operations manager, Paul Simpson, in the past six months the mall has recycled 3-4 tons of waste that would have otherwise ended up as trash. The mall also recycles enough cardboard every year to save 100,000 trees. As well, due in large part to cardboard recycling, the mall has gone from three garbage compactors to one. The remaining trash compactor, though, continues to be busy. The mall has also managed to benefit charities through their recycling programs. Proceeds from the food court recycling go to the Shriner's burn hospitals, while all recycling services are provided by Versatech—a local charity that provides work for mentally challenged adults.

The mall began their expanded recycling program because of pressure from stores, some of whom have policies requiring them to recycle. Simpson, a self-described "recycling fanatic," also takes credit for bringing a full-scale recycling program to Polo Park, something he has been working on for three years.

St. Vital Centre also has an established recycling program. According to spokesperson Patty Paige, the mall recycles 4315 metric tons of cardboard every year. As well, the mall, which has a recycling contract with what Paige describes as a "major company," recycles plastics and aluminium in their food court, and paper in their offices.

While Portage Place also has a cardboard recycling program, they recycle nothing else. According to operations manager Don Lombard, they "do quite well" when it comes to cardboard, but other recyclable materials have "no real value." He claims that recycling anything other than cardboard has "no break-even point" and that the mall will not recycle unless they make a profit. Simpson, though, takes a different attitude. "When you hear someone say they can't recycle there's no justification for that," he said.

Although many environmentalists feel that recycling is the least important of the three Rs — Reduce, Reuse, and Recycle — it still plays an important part. Much of the "garbage" like Christmas cards, left over from the holidays can be recycled. But according to the City of Winnipeg water and waste department, some things like wrapping paper, which is often contaminated with wax or metals, cannot.

The city also reminds citizens that it has a program for recycling Christmas trees at nine depots in the city. Recycled trees become mulch for fertilizer or decorative woodchips for landscaping. Depot locations can be found by calling the water and waste department at 986-5858.

NEWS



Urban students Martine August and Katie Anderson already at work in the student carrels at IUS.

IUS Moves In New Digs Finally a Reality



**MICHELLE
KULY**
Managing Editor

Despite over two months of delays, Gino Distasio, Acting Director of the Institute of Urban Studies (IUS) sits behind his new desk at 520 Portage Avenue with a big smile on his face.

"We're happy to be here," he says. "We were in a temporary location too long – but it's to be expected when you are dealing with the readaptive use of an old building."

With the smell of new paint in the air and

hammering sounds emanating from unfinished areas of the mixed-use building, the staff's sunny dispositions seem surprising. But according to Distasio, it's all par for the course when you are reusing and readapting old spaces for new uses.

"It's more than just coming up with a great idea. You are faced with more challenges than you would be with a big box development on a Greenfield site," he explains. "This process and this space ends up being a type of laboratory for the work we do [at the IUS]. It's an innovative thing – we're in the middle of a construction zone."

In fact, turning the old Portage Avenue racquetball courts into mixed-use office, commercial and living space is right up the IUS

alley. The educational and applied research centre founded by the University of Winnipeg in 1969 is at the forefront of urban development research, examining urban issues and the innovative solutions required to address inner city problems, including adapting empty, obsolete buildings for new use. The old Supreme Racquet Courts space, directly across from the U of W, now houses the Institute's offices on two floors. The IUS library is on the first floor, along with the reception area, staff room, storage and board room. Offices fill the second floor space, which also incorporates a four-person workspace available to students for research.

"The board room will [also] be available to students and staff who want to meet off campus," says Distasio.

And according to Research Associate and IUS Librarian Michael Dudley, the library is now open to students and staff as well, a welcome relief for students like Wes Toews and Jeff Pratte, both of whom study Honours Geography. Since the Institute packed up its library at the beginning of fall semester, finding urban reference materials for research papers and projects has been increasingly difficult for Toews, Pratte and their classmates.

"Finding resources has been inconvenient over the past semester," says Toews. "Unlike when the Winnipeg Public Library closed and incorporated their more popular selections into the larger library system, the IUS resources haven't been available at all."

"The timing hasn't been too bad, because most of the closure was over the break," admits Pratte. "But it definitely wouldn't hurt for the institute to have made better provisions."

In spite of the closure, Dudley says the library's holdings have been expanding to fill the new expanded space.

"Publication in the area of urban studies is booming. We have books that won't be available anywhere else in the city," says Dudley.

They have talent unavailable elsewhere too. Housed within the Institute's offices is the Canada Research Chair in Urban Change and Adaptation, awarded to U of W professor Tom Carter on March 1, 2003. The seven-year research award is part of the Canada Research Chairs Program (CRC), part of a national strat-

egy to make Canada one of the world's top five countries for research and development. Carter, former director of the Institute, will continue to share his experience and resources with fellow researchers at the IUS thanks to the new space.

"Being part of the Institute is certainly an advantage for my work because of the mandate and focus of research here," Carter explains. I have the opportunity to partner and work with other people with the same research interests."

Both Carter and the staff at the Institute for Urban Studies, were encouraged to hear of Lloyd Axworthy's appointment as the university's new president. Axworthy served as Director of the Institute during its inaugural years, from 1969-1979. Carter says they welcome his return to Winnipeg.

"I think the new appointment of Dr. Axworthy as President will be a tremendous asset for urban research at IUS and the university as a whole. Dr. Axworthy is very interested in this area, and has a proven track record of successful partnerships with community and government."



Professor Tom Carter, CRC in Urban Change and Adaptation will share new IUS space.

Box Stores - Nationalism in the Retail Sector



**A . P . (B E N)
B E N T O N**
News Editor

Additional Research by
CHRIS MADDEN

In Part I of a series of articles that focuses on box-stores and commercial development, Chris Madden took a look at the biggest box of all—Wal-Mart. Part II takes a look at the history and impact of these stores and focuses on two specific examples.

So called box stores are appearing en masse in Canadian cities these days. City Suburbs that once had their own local character are becoming increasingly Americanized, not only in their appearance, but in the brand name corporations that are setting up shop here. Retailers in downtown areas are feeling the impact of the suburban big box stores says Ken Jones, Chair in the Management of Technological Change at Ryerson University. His research, funded by Social Sciences and Humanities Research Council (SSHRC), Natural Sciences and Engineering Research Council (NSERC) and the Eaton Foundation, reveals that between 1989 and 1996, retail sales in Canada's top

urban downtown areas dropped by an average of 28 per cent. In Hamilton, Edmonton and Winnipeg, sales dropped between 38 and 40 per cent. "The rapid changes in our retail landscape should concern Canadians," declares Jones.

In fact, Canadian cities are becoming a landscape divided—American companies warring with Canadian companies for territory. Although more pronounced in recent years, this kind of encroachment isn't a new phenomenon. Eaton's fought a valiant battle in the 1950s when newly merged U.S. giant Simpsons-Sears Limited began an aggressive mail-order and expansion strategy, bent on destroying the T. Eaton & Co. dominance. Eaton held out, but acknowledged the impact on its sales as consumers opted more and more for the expansive parking lots and shimmering glass and steel buildings of suburbia.

When Wal-Mart entered the Canadian market in 1994, taking over the Woolco chain and opening hundreds of new locations, Eaton's suffered again and, coupled with other internal problems, eventually folded. Besides Wal-Mart, a host of U.S. based department stores and other chains have sprouted up of late—Costco, Winners, Old Navy, The Gap, Eddie Bauer to name a few, all in direct competition.

Now, in the heart of many Canadian downtowns, the Hudson's Bay Company is regrouping in an alarmingly similar plight to maintain its market share in an increasingly

competitive market. But the Bay too is finding that it is unable to bring enough shoppers out of the suburbs, and in turn, has opted to occupy Polo Park Shopping Centre, hoping to reach a broader customer base.

The front line of this battle is being drawn closer every day in some neighbourhoods. Canadian coffee chain Second Cup which got a modest start in Toronto twenty-five years ago, has found an equally aggressive competitor right on its doorstep.

Starbucks, the Seattle based coffee giant, operates in thirty countries outside Canada and the U.S. and has an estimated 6,400 stores worldwide. Much like Wal-Mart, Starbucks sees itself as the only purveyor of its goods, envisioning no room for competition and itself as the exclusive coffee house. To attain this vision, the company employs an aggressive and ruthless expansion strategy of saturating a market to drive out competitors.

With stores on nearly every corner in the U.S., the company made its move into Canada some time ago, appearing on Vancouver street corners, and spreading slowly inland. Marketing itself as the little coffee house on the corner, Starbucks locations have (just to name a few) opened recently on Corydon directly opposite Second Cup; in Polo Park Mall, just a few shops away from Second Cup; on Broadway, directly opposite The Fyxx; on Academy, just a few doors from Academy Coffee Company and Saucers Café. There is also a

store opening soon in Portage Place, where McNally Robinson's Prairie Ink Café and Timothy's World Coffee are the main purveyors of better brews.

The United States' most developed and longstanding international-trade relationship is with Canada so it's not surprising that so many U.S. companies are opening stores in this country. With a favourable exchange rate it just makes economic sense, but the more we as consumers support this kind of growth, the more it will happen. There is a kind of apathy creeping into the consumer mentality, and this is a dangerous mindset. These stores are going to appear and it seems we've resigned ourselves to that fact, but we also seem to believe that there is nothing we can do about it. When spending your money, think local, provincial, national. Consider, whenever you shop, the impact on local, Canadian businesses. There's no such thing as making perfect choices, but we can make socially conscious choices or ethical decisions, and a mitigating factor in those decisions is whether or not our money stays in our communities.

We are currently seeking similarly themed stories for this series. If you have a paper that you think might be suitable for an article, or an idea for a story, please contact the News Editor A.P. (Ben) Benton at bbenton@shaw.ca

C O M M E N T

That's Greek to Me

BY GARETH CRAIG MCVICAR

Many students have probably noticed a number of brightly coloured posters appearing on campus with strange symbols and characters. For those of you who aren't Classics majors and figured it out already, here's the Alpha through the Omega of what it's all about—they're the calling cards of fraternities and sororities. But in Canada? In Winnipeg?

Fraternities and sororities have existed on Canadian university campuses since 1879, and on campuses in the United States since the mid 1700s. These groups have also been integral in shaping the youth of our past and our present, and will continue to shape the youth of our future. There are approximately 80 Greek letter organizations that exist throughout North America, all of which offer many of the same benefits. Where they differ is in their histories, their principles and their traditions. One of the original reasons that fraternities and sororities were formed in the first place was to give a voice to students. Throughout much of the 1800's and the very early years of the 1900's, sororities were formed on campuses, which until then had been completely dominated by the presence of men. At the same time the women's suffrage movement was happening, sorority members on campuses across North America were standing up, and giving voice and presence to women at universities.

In hearing the words fraternity and sorority, however, the first thoughts that probably come to mind are how you have seen them represented and stereotyped in movies like *Animal House* and *Old School*, and on MTV's *Fraternity Life* and *Sorority Life*, when in reality these have nothing to do with the real Greek experience. Being Greek just means that you are a member of a fraternity or sorority. Many university students in Winnipeg may be surprised to learn that we have fraternities and sororities, and that throughout the 82 years they have existed here, they have been committed to building leaders and providing students with an unparalleled experience throughout both their undergraduate days and beyond.

In 1921, Winnipeg was a thriving Canadian metropolis and as the Gateway to the West, we were one of the most important cities in Canada. The University of Manitoba had not yet found a permanent home and many of its colleges were situated throughout the downtown area and in the Fort Osborne Barracks [now Osborne Village]. Wesley College, which 46 years later would become the University of Winnipeg was also a part of the U of M. It was also in 1921, with the arrival of Zeta Psi Fraternity, that Manitoba's Greek system was born. From the late 1920s through the 1960s, Winnipeg's Greek system was one of the largest in Western Canada, with 13 fraternities and 11 sororities. Today, four fraternities—Zeta Psi (1921), Delta Kappa Epsilon (1925), Delta Upsilon (1929), and Phi Delta Theta

(1930), and three sororities—Alpha Phi (1928), Alpha Delta Pi (1929) and Alpha Gamma Delta (1930), still exist. It was in 1967, when the University of Winnipeg was formed, that our fraternities and sororities were provided with the unique ability to recruit students from both institutions. Over time many prominent Manitobans like Israel Asper, Lloyd Axworthy, Gary Doer, Bill Norrie, Jack McKeag, Susan June Glass, Kaye Elizabeth Dunlop, Susan Turner, Geraldine MacNamara and Carol Shields belonged to fraternities and sororities in their undergraduate days. Other Canadians like Lester B. Pearson, Paul Martin, John A. McCrae and George A. Drew were also members of Greek letter groups in their undergraduate days.

Now many of you may be asking, what is the purpose of fraternities and sororities, or how, as a busy university student, you could benefit from them. First, studies have shown that students in fraternities and sororities tend to do better both academically and in their chosen career paths. Fraternities and sororities, much like student councils, have executive structures and members have the ability to be in positions like President, Public

Relations, and Treasurer, and in doing so gain management experience. The skills you can learn in these positions gives you one step up on others entering the work world, because these positions provide a taste of real life and its experiences. Sometimes the lessons and skills you learn in your fraternity or sorority can be as beneficial as the degree you are working on. Being a member of an international fraternity or sorority (all of our groups

have chapters in both Canada and the United States) enables you to network with undergraduate and alumni members all over North America and in some cases across the world. Though you may be linked by nothing else, you are linked by the bonds of brotherhood and sisterhood.

Fraternities and sororities also provide services and time to the communities in which their students live. Our seven Greek groups support numerous charities in Winnipeg. Among them are the Heart and Stroke Foundation, Juvenile Diabetes, the MS Society, the ALS society, Ronald McDonald

House, the Boys and Girls Club of Winnipeg, the Optimist Club, and Mothers Against Drunk

Speaking from my own experience, from the day I was initiated, my desire to make a difference in the world became stronger. The society we live in is very selfish, and many of us tend not to think of how our actions will effect others, or how the comfortable life we enjoy in Manitoba is not shared by all people in the world. What strikes me about Manitoba's fraternities and sororities, is that the brothers and sisters of these groups whom I have the pleasure of calling my friends are some of the most strong minded and unselfish young men and women I know. When they graduate and get out into the world, they will be intent on changing it, and making use of their voices.

Throughout your time in a fraternity or sorority, a strong group of friends, who are there for you when you need them, constantly surround you. You see each other on campus on a regular basis, and chances are many of your brothers or sisters are either in the same courses as you, or have been. In fact, our member base at both The University of Winnipeg and The University of Manitoba have taken a vast array of courses throughout several different subject areas. As a result, there will always be someone able to give you a hand, recommend a course, and help you study. Finally, one of the best gifts of being in a fraternity or sorority is the gift of friendship. Some of your brothers and sisters will be as close in 40 years, as they are now, and in a world that is always changing having something remain the same or a constant from your youth is important. If you have ever thought of joining a fraternity or sorority, but weren't quite sure, try it! You have nothing to lose, but everything to gain.

Over the next four weeks, students at The University of Winnipeg will be seeing a lot of Greeks on campus. First, check out *Greek Life: What is it all about*, a presentation in 2C14 from 12:30-1:20 on Friday, January 16th, 2004. Next, look for us on Wednesday, Thursday and Friday, February 4th, 5th, and 6th, outside of Riddell Cafeteria, where we will have rush booths set up. For more information on Winnipeg's Greek system, or to learn more about any particular fraternity or sorority, visit their websites.

Zeta Psi - www.manitobazetes.com

Delta Kappa Epsilon - www.dkemb.org

Delta Upsilon - <http://deltau.no-ip.com>

Phi Delta Theta - www.manitobaphi.ca

Alpha Phi - http://alphaphi_be.tripod.com

Alpha Delta Pi - www.alphadeltapi.ca

Alpha Gamma Delta - [ww.umanitoba.ca/student/groups/alpha_gamma_delta](http://www.umanitoba.ca/student/groups/alpha_gamma_delta)



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COMMENT



**JONATHAN
TAN**
Editor In Chief

The Mad Cow crisis that is currently playing out in North America should come as no surprise to anyone who watched the news in 1996. If you think back, that's when Mad Cow, or Bovine Spongiform Encephalopathy (BSE), was ravaging Britain. The previously unknown disease resulted in the incineration of four and a half million head of cattle. The British beef industry was decimated. Upon discovering that BSE could be transferred to humans, a public health crisis ensued. A variant of the Creutzfeldt - Jakob disease (vCJD) is the human equivalent of BSE; it is caused by consuming infected meat and like its bovine counterpart is often fatal. There have so far been roughly 110 deaths in Britain from vCJD.

BSE is unlike most diseases; it is not caused by a bacteria or a virus. BSE is caused by prions, misfolded proteins which cannot be detected using conventional medical techniques: they are not visible under microscopes and do not contain DNA or RNA. The available testing techniques rely on enzymes which isolate infectious prions in tissue samples, with tests varying in different countries. Little is known about exactly how long the prions exist in the body of the cattle before reaching the brain, the estimated incubation period ranges from 20 months to 15 years. The U.S. secretary of agriculture, Ann Veneman has said that scientific evidence reveals infectious prions only in nervous tissue, such as the brain and spinal column. However, the neurologist who established the causal link with prions, Dr. Stanley Prusiner, has said not much is known about where and how the prions travel prior to reaching the brain, saying that tests must be conducted to determine the prions trajectory prior to infecting nervous tissue.

Agriculture ministers on both sides of the border have figured prominently in the news coverage. First in Canada, and now on both sides of the border, single cases of Mad Cow have resulted in the crippling of the cattle industry. Border closures were an immediate reaction in both cases. First Canadian beef was banned by European, Asian and

Bon Appetite? The Politics of The Food Chain

most importantly, American markets, and then American beef was banned abroad following last month's discovery of an infected Holstein in Washington State. The economic effects on the cattle industry have been swift and catastrophic; the Canadian industry alone has lost approximately \$1.9 billion since the Canadian Mad Cow case was discovered in May. Canadian agriculture ministers had been busy lobbying their American counterparts to try to open the border to Canadian beef; they were partially successful, with certain cuts being allowed across the border. Compensation and aid packages for affected ranchers have also been announced by provincial and federal governments, but Canadian cattle ranching remains in a crisis.

The crisis, like the softwood lumber dispute, illustrates the weaknesses of Canada's dependence on raw resources exports to the United States for economic growth. In each case, border closures have resulted in large surpluses, of lumber and then of cattle. Canada lacks the production capacity to do value added work on the sheer amount of resources that were meant for export to the giant American market. The discovery that the infected American cow originated in Alberta demonstrates that in the North American cattle industry is really more of a single entity than two entirely separate operations, meaning the feed and inspection practices on both sides of the border affect the industry as a whole because cattle is moved back and forth.

The British experience with BSE did lead to some changes in the North American cattle industry, in 1997 cow-parts were banned from cattle feed. Prior to 1997, the use of animal, including cow, by-products in cattle feed was standard practice. Food activist Howard Lyman illustrated this fact when he last visited Winnipeg. In an anecdote, he recounted how he challenged cattle ranchers who had protested his speaking engagement to bring him their feedbags, most discovered their feed contained cow-parts but they had never known. Because the incubation period for BSE

remains uncertain, more efforts are now being announced to allow for testing of more cows born before the 1997 ban took effect. Alberta Premier Ralph Klein has even suggested the possibility of testing all cows that go to slaughter, something which the federal government claims is unnecessary.

Premier Klein's suggestion is almost certainly motivated by the desire to prove that the supply of Alberta beef is safe and high quality, a reputation it once enjoyed. The Canadian government is likely wanting to restrict the number of tests, in order to reduce the expenses to the already hurting industry. Governments in Canada have been doing a decent job of addressing the issues facing the cattle industry, on the supply side: isolating cases, determining which herds infected animals came from, and trying to demonstrate to the public that beef is safe for consumption. However, they have done little to reassure consumers in Canada and abroad that the proper testing procedures and oversight measures are in place. The Americans are even worse.

In Europe, the Mad Cow crisis in Britain resulted in the swift implementation of extensive testing for BSE. To give you an idea of the contrasting importance that different countries have placed on testing, here's a quick number comparison. Over the past ten years the U.S. Agriculture Department has tested 57,000 cows of the 390 million slaughtered. Of these, 20,000 tests were conducted last year, almost all tests in the U.S. are reserved for downed cattle, cows who can't walk to the slaughter house. In Canada, there are more tests conducted per head of cattle, but the numbers are nowhere near those in Europe or Japan, the very markets North American cattle and beef have been banned from. In Europe 1 million cattle per month are screened for BSE, one in every four cows slaughtered. From the 19 million cattle tested in Europe last year, 4,200 cases of Mad Cow disease were found. In Japan all cattle headed for slaughter are tested, with nine cases of BSE being found from among 1.2 million cattle tested over three years.

The fact that little is known about BSE and its human counterpart vCJD, is exactly why North American governments need to address the potential health impacts of these diseases. In order to reassure the global market of the safety of North American beef, testing needs to be rigorous. The European numbers reveal that despite changing the feeding practices that are thought to cause BSE, the long incubation period means there are still cases out there.

Europeans are already distrustful of North American agricultural products, especially concerning Genetically Modified Organisms (GMO) in food. Consumer pressure there has resulted in all GMOs being banned from major supermarket chains and in governments placing bans or restrictions on where GMOs can be grown. In Canada, GMOs have been grown for years and some estimates place GMOs in most products available in Canadian grocery stores. Despite this, the chemical industry's agricultural wing has successfully pressured Ottawa into letting the industry self-regulate itself.

Canadians have been saying loud and clear that they want all products containing GMOs labeled, only to have their government deny them the right to know what they are eating. Health Canada's policy of having corporations pay for 80 per cent of their safety approval process also leads to a form of self-regulation that is helping erode Canadians confidence in their food supply. Dr. Michelle Brill-Edwards, former director of Health Canada, conducted speaking engagements two years ago which dealt with the government's treatment of the Bovine Growth Hormone (BGH) tests. In effect, the scientists working for Health Canada are working for the corporations they are supposed to monitor, after all 80 per cent of their pay comes from them rather than the government.

As consumers continue to be faced with governments that are more concerned with industry than with food safety, the act of eating is becoming increasingly political. The longer the government continues to choose cost-cutting over thoroughness, and corporations over consumers in food supply issues, the more they will push consumers towards local, organic options. If the Canadian government wants to protect agricultural markets, both domestic and export, they should start listening to the demands of consumers at home and abroad: label GMOs and test all cattle for BSE, at least until the length of the incubation period is confirmed.

Break Work

BY JOSNYDER

Breakwork Ad:

Don't spend hours looking for career and education sites - Breakwork.com has already found them for you. So, what are you searching for? Telecommuting jobs? Science jobs? Online education? Find everything career and education related online, such as employment and online courses, with Breakwork.com.

This Christmas was really hard and I needed some extra money to pay for my impending school bill. I noticed at the University that someone had written www.breakwork.com on the chalkboards in all of my classrooms. "I want break work," I thought to myself.

I checked out the Breakwork.com web page as the chalkboard instructed and found a job that sounded really easy and lucrative. The website is called PaidSurveysOnline.com "where your opinion is worth a paycheck." Fantastic, I thought. I could sit at home and fill out surveys online for various products and get checks in the mail every month. Each survey pays anywhere from \$5-\$75. There are quotes on the web page. People who supposedly do these surveys love it. They make tons of money. I want tons of money too.

The job sounded really good to me. I wait tables and I loath it. I am also really bad at it. One time a woman complained that the house wine tasted bad. Instinctively I lifted

her glass to my lips, smelled and sipped. I wasn't being funny. Luckily she had a good sense of humour.

I wanted to register with PaidSurveysOnline and start right away. I anticipated sitting in bed and filling out surveys while checks for hundreds of dollars arrived in the mail. But there was a problem, a forty dollar registration fee, forty American dollars and PaidSurveysOnline wanted my credit card number. They wanted to get paid first. It made me anxious. I sent them an email asking them what the fee was for. They did not reply. I sent them another email asking if PaidSurveysOnline was a scam. Again, they did not reply. I waited a week and consulted my friends. It looked like a scam. This made me even more curious. I wanted to sign up just to see what would happen. In the end I received stern advice not to ever send them money—not for an experiment, not even for the sake of a Uniter article. I resigned myself to sending two more emails. I told PaidSurveysOnline that I was really interested, excited to work for them and wanted to get started right away. But I also told them that I was very nervous about sending out my mailing address and credit card number. Could they deduct forty dollars from my first pay-check instead? I still got no reply. I gave up my fantasy of getting paid for filling out surveys on the internet while watching cable. It's devastating. Who put the Breakwork URL on the chalkboard? Who did this to me?

This Christmas break I picked up extra shifts at the restaurant. It sure sucked but it didn't cost forty bucks. I made money and I wasn't scammed.

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FROM THE UWSA

The Honourable Lloyd Axworthy, P.C., O.C., O.M., Ph.D.

The Biography

Canada's Foreign Minister from 1995 to 2000, Lloyd Axworthy's political career spanned 27 years, during six of which he served in the Manitoba Legislative Assembly and twenty-one in the Federal Parliament. He held several Cabinet positions, notably Minister of Human Resources Development, and Minister of Foreign Affairs.

In the Foreign Affairs portfolio, Dr. Axworthy became internationally known for his advancement of the human security concept, in particular, the Ottawa Treaty - a landmark global treaty banning anti-personnel landmines. For his leadership on landmines, he was nominated for the Nobel Peace Prize. For his efforts in establishing the International Criminal Court and the Protocol on child soldiers, he received the North-South Institute's Peace Award.

Since leaving public life in the fall of 2000, Dr. Axworthy has been the recipient of several prestigious awards and honours. Princeton University awarded him the Madison Medal for his record of outstanding public service and he has been named to Order of Manitoba and to the Order of Canada.

Currently, Dr. Axworthy holds positions on several boards and companies. He is also serving as Chairman of the Human Security Centre for the United Nations University for Peace (UPEACE), Co-Chair of the State of the

World Forum, Commission on Globalization, and Honorary Chairman of the Canadian Landmine Foundation.

He graduated in 1961 with a B.A. from the University of Winnipeg, obtained his M.A. in Political Science from Princeton University in 1963, and earned a PhD from Princeton in 1972.

Source:
(<http://www.ligi.ubc.ca/bio/axworthy.htm>)

The Devastating Action

In 1993, the Federal Liberal government began the deepest cuts to social programs in the history of Canada (Canadian Council on Social Development - <http://www.ccsd.ca/pr/byb.html>). They cut \$7,000,000,000 from education alone. This occurred while Dr. Axworthy was Minister of Human Resources Development Canada.

The logic behind the cuts was that social spending was creating the ballooning debt crisis in Canada's fiscal fortunes. This was untrue. Evidence shows that it was the government's own policies of tax cuts and increasing interest rates that precipitated the "debt and deficit" crisis (Mimoto Study - Statistics Canada 1990).

The current Federal liberal Government promised that after the government curbed the deficit they would devote 50% of the surplus

Moving Forward

Dr. Lloyd Axworthy is one of the most recognizable names in Winnipeg and abroad. He has international connections and has stated that he stands for academic freedom and accessible education. He is a political heavy weight in every sense of the word, and if anyone is able to work with government to get more funding for our public post-secondary education system, it is him.

We cannot forget though, that in 1993, it was Lloyd Axworthy, the Federal Minister of Human Resources Development Canada, who oversaw the largest cuts to education funding in the history of Canada.

The students are worried. We are worried about adequate government funding for universities and colleges, we are worried about the financial accessibility of education in Manitoba and we are worried about the continuing trend towards privatization that is directly correlated with gov-

ernment cutbacks.

We appreciate Dr. Axworthy's resume and his stated beliefs surrounding accessible education, but we decry the actions of the Liberal Party during his time in Federal Parliament. In spite of our worries, we are prepared to move forward and work with Dr. Axworthy towards the betterment of the University of Winnipeg. We think that the improvement of this public institution is something we can all agree on, even though we may find ourselves at opposite ends of the table in several other areas.

What are your thoughts? The UWSA is actively voicing your concerns and you can bet that if there is an issue that affects you, we are here to make your voices heard. Email, phone, write and talk to us.

Yours,

Chris Minaker
UWSA President

revenue to the national debt and 50% of the surplus back into social spending (education).

This promise was broken. Federal surpluses are going almost exclusively to tax cuts.

We are the people who are dealing with the aftermath of the program cuts. Tuition during the 1990's rose faster than any other time in Canada's history. "It takes more hours of work to pay for today's tuition fees than at any other point in the post-war period, and by almost every measure, university education is less affordable for middle-income households today than at any other time in the past 60 Years. (CAUT Education Review, Vol. 4, No. 1).

Teach- In: SATURDAY JANUARY 17TH A QUESTION OF RELIGIOUS FREEDOM

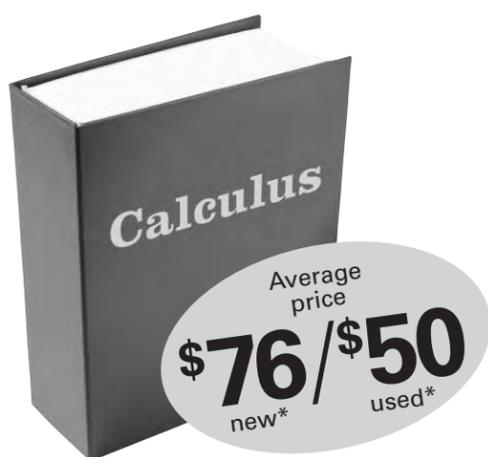
An interfaith event response to France's proposed ban on wearing of religious symbols in public institutions.

Stand up against a further erosion of civil liberties. In this environment of intolerance, this teach-in seeks to address myths, misinformation and stereotypes about the Hijab that Muslim women wear.

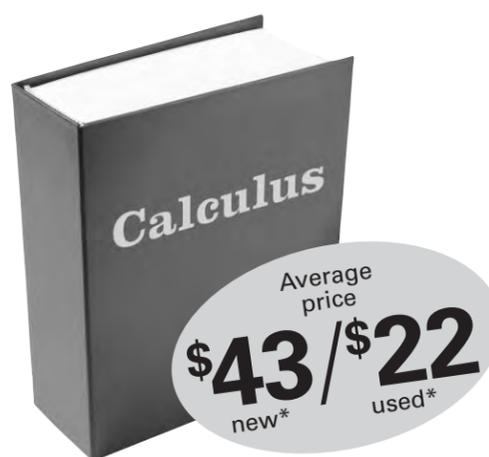
Stand in solidarity with Muslim women!

Where: Knox United Church, 400 Edmonton St.
When: 1:00pm to 3:30pm
Contact: Dr. Jennifer Rahman, 227-6739

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D I V E R S I O N S

STRAIGHT FACED

BY M D COHEN

My apartment was broken into over the holidays. As far as robbers go, they did a pretty good job. They came through my bedroom window and went straight for my DVDs. They took about 65 of them as well as my DVD player. I applauded them on their effort but they weren't the smartest of people. Anybody can break into a house or apartment and steal stuff, but it takes a special kind of criminal to steal stuff and not let the victim know that they've been robbed. If I were ever a robber I think that's what I would do. My main focus would be on the smaller items in people's homes. I would steal left socks and rolls of toilet paper. The victim would say to themselves, "where did I put my other sock," or "I thought I just bought toilet paper." That's a true mastermind at work. The problem with the burglar who broke into my place is that I got wise to them as soon as I saw that all my stuff was missing. The landlord put bars and a new dead-bolt in my place so I'm pretty sure they won't be back. The beauty of my plan is the fact that I could keep hitting up the same place for months or even years before I get caught. I would even have a cool handle like, "the absent-minded criminal." Everyone that I hit would think it was their own fault that they couldn't find something. Sometimes I would screw with them and replace some of the stuff I stole from them. I would secretly take a couple of movies but put them back the next week. I don't know how well everything would work out for me in the end though. I think I would get too cocky. After a while I would get bored and try to get away with more and more stuff. I would steal a left sock from one place and put it in somebody else's place. I would take the chicken they were thawing out in the fridge and put it on the kitchen counter. Eventually I would take big items like paintings and turn them upside down just to see if they would notice. Who knows, maybe that's how the people who broke into my place started. Their handle was something really cool like "the mixer-upper." They would break into a place and would mix up CD's and DVD's by putting them into the wrong cases. Eventually they probably got bored at my place because I never keep them in order so they brought them home to work on them there. I'm sure they'll be back next week to drop them off. It might be hard for them to get in with the bars and deadbolt though. I may as well leave the back door open so they can get in easier, but knowing them I would probably end up with my neighbours socks and three pounds of thawed chicken to eat.

Blurred Vision

BY KAD



Christmas gift return:
Personally, I would have
taken the talking fish.

Tales From a Muirite

BY M.D. COHEN
& KENT DAVIES



Dr. Muire fought the law,
and Dr. Muire won!



Axworthy Gets Axe

Replaced by Can of Soup

BY M D COHEN

Former Minister of Foreign Affairs Lloyd Axworthy has been replaced as President of the University of Winnipeg by a can of Campbell's soup. In a surprise press conference, acting President Patrick Deane announced yesterday that the former United College [now the University of Winnipeg] graduate has been relieved of his new post. When Deane was questioned on the decision he was quoted as stating that, "when you compare a minister with minestrone, the choice becomes quite clear." The decision was made without the consultation of the University faculty or students, but representatives of the can of soup feel that it was a choice that will benefit the whole campus. Joseph Campbell and Abraham Anderson founded Campbell's Soup in 1869 and released the condensed version in 1897. Since that point it has become a world recognised brand. Campbell's released a statement to the press in response to the unexpected decision. "We at Campbell's would like to thank the University of Winnipeg for this opportunity. We recognise that Mr. Axworthy has had an illustrious career in politics spanning 27 years. We also recognise that he has been nominated for a Nobel Peace Prize for his work with landmines. With this said, Campbell's soup feels that this appointment [as president] is the best decision for your school. We're not only involved in community development worldwide, but we also taste great with crackers." The despondent Axworthy was questioned on his feelings towards the can of soup while attending a meeting in Geneva. Upon repeated probing Axworthy stated that, "I've always been a friend to soup so I was a little bitter to hear about this betrayal. I realize that this decision boils down to issues concerning leadership but come on... it's a fucking can of soup for crying out loud!" The can of soup will start its presidency on February 1st.



Choose Your Own Caption



The winner of a box
of Melba toast is Walter Patton.

The winning caption is...

"Make the picture bigger.
I can't make out what it is."

Stream of Consciousness

I used to think that true love only happened to other people. But now I realize they must be faking it.

We looked at each other from across the room. He had a steely glint, and I knew he was challenging me. It was time for a face-off. Man to man. Mono e mono. With a new sense of purpose, I strode over to him, back straight, chin up, jaw clenched. Then I dodged behind some other guy and ran out the back door. I tripped over some garbage cans.

If it's true that only the good die young, it's a good thing I don't go to church. I find that whenever I'm getting worried, and

BY JJS MCLEOD

I feel overwhelmed by life, getting really drunk really helps. The worrying, I mean, not the actual problem.

If you're ever in space, and you accidentally drop the book you were reading into a black hole, and you don't have another copy, and you don't have anything else to read on the long trip back home, and you're right at the exciting conclusion, then I think, only in those special circumstances, it might be okay to try going after it. But you should hold onto your spaceship real tight.

You should always carry a nutcracker

and some walnuts with you at all times, and I'll tell you why. If you ever find yourself surrounded by a bunch of naked ruffians, you take out the walnut, put it in the nutcracker, and crush it. Then you say, "Who's next?"

I'll bet the hardest thing about having a harp attached to your butt is keeping it in tune. Cause it's hard to see what you're doing back there.

Women are like pineapples. They're pointy, come from hawaii, and they're oh so sweet. I like the ring shaped ones that come in a can.

It's the end of the world as we know it, and I feel tired.

L I S T I N G S

ON CAMPUS COMMOTION

WHATS WHAT AT THE U DUB

INTRODUCTION TO CREATIVE WRITING

W/Jon Paul Forentino
Jan 17, U of W, 10am-3pm

ADDRESSING THE NEEDS OF MARGINALIZED STUDENTS

English Department Workshop
Jan 20, 10-11:30am

GRYPHON TRIO

Presented by Virtuosi Concerts
Sat Jan 20, 8pm
Eckhardt-Gramatte Hall
Tix @ 786-9000

AFTER YOUR ENGLISH DEGREE

Jan 23, 12:30-1:30pm
Contact 786-9292 for info

U of W FITNESS CLASSES

Mon - Hi/Lo
Wed - Boot Camp
Fri - Core Body
12:30-1:15
Tue - Step/HiLo Combo
Thu - Tae-Box
12:05-12:50
Register at the Duckwork Centre Desk

U of W BURSARY PROGRAM

Applications in Awards Office

LATIN AMERICAN STUDENT ENTRANCE SCHOLARSHIP

\$220.00 Scholarship for 1st year Latin American student
Applications in Awards Office

GRADUATE AND PROFESSIONAL STUDIES APPLICATION EXPENSES BURSARY

Applications in Awards Office

SCHOLARSHIP INFORMATION

Visit
www.scholarshipscanada.com
www.millenniumscholarships.ca
www.finaid.org
www.studentawards.com

GRADUATE AND PROFESSIONAL STUDIES APPLICATION EXPENSES BURSARY

Info and applications in Awards Office

ORGANIZATION OF AMERICAN STATES FELLOWSHIPS

For grad study in variety of countries
Info in Awards Office
Deadline Jan 23

EPILEPSY SCHOLARSHIP AWARDS 2004

For those between 16-21 who suffer from Epilepsy
See www.epilepsy.ca for details

GEOMATICS CANADA SCHOLARSHIP PROGRAM

Available to students studying in the Geomatics disciplines
Applications and information in Awards Office
Deadline Feb 15

NAFTA MULTIMEDIA COMPETITION

Masters students - share your view and win \$1000-\$5000
Visit www.cbie.ca/nafta/ena/index_e.cfm for info

HARRY STAR FELLOWHIP IN JUDAICA

\$32,500 stipend for winner in Humanities/Social Sciences associated with studies in Judaica
Email cjs@fas.harvard.edu for more info. Deadline Jan 26

MANITOBA CITIZEN'S BURSARY FUND FOR NATIVE PEOPLES

Applications and information in Awards Office
Deadline Jan 30

Compiled by **J U L I E H O R B A L**, Listings Coordinator

TERRY FOX HUMANITARIAN AWARD PROGRAM
\$6000 award for undergrad involved in humanitarian work
Applications and info in Awards Office. Deadline Feb 1

UNIVERSITY OF MANITOBA GRADUATE FELLOWSHIPS
\$12 000 for Master's programs
Applications and information in Awards Office. Deadline Feb 1

MACKENZIE KING SCHOLARSHIPS
\$7500 - \$10 000 for graduate studies
Applications and information in Awards Office. Deadline Feb 2

ROUND THE PEG PURSUITS
WHAT'S WHAT AROUND WINNIPEG

Friday January 16

Sounds

THE SAUCERMEN
The Zoo (Osborne Village Inn)

MARTYN JOSEPH
W/ Sam Baardman
West End Cultural Centre (586 Ellice Ave - 783-6918), 8pm
Tix \$17 in advance @ WECC/Ticketmaster - \$20 @ door

TASTE OF NEW ORLEANS
McNally Robinson
Portage Place, 6:30pm

MERCY, MERCY
McNally Robinson Grant Park, 8pm

GROUNDSWELL PROD. PRESENTS INCANTO
Feat. John Ehde, Paul Maleyn, Theresa Costes & Steve Kirby
Winnipeg Contemporary Dancers Studio (2nd flr. 211 Bannatyne)
Tix at McNally Robinson, 943-5770 or by emailing gswell@mts.net

Sights

IMITATIONS OF LIFE
Cinematheque, 9pm
Video in 10 parts by experimental filmmaker Mike Hoolboom, part of Videopool's On the Verge programming, curated by Reva Stone and Elvira Finnigan

Drama

ART
Le Theatre de la Chapelle (825 St. Joseph - 233-8053)
Tix @ Franco-Manitoban Cultural Centre

MY FAIR LADY
MTC Mainstage (174 Market - 942-6537)
Tix @ MTC Box Office (see above)

ESPRESSO
Prairie Theatre Exchange (3rd floor Portage Place 942-5483)
Tix @ PTE Box Office

Saturday January 17

Sounds

PROPA MONTHLY
Feat. Ryan Ruckus, DJ Lush, MC Hazardee, MC Trajady, Cain, Dext, Res One, Stamina, Four20, Isaac B
Pyramid Cabaret (176 Fort - 957-7777), 9pm
Tix \$20 @ door

TDH CD RELEASE
W/ Fuller
The Zoo (Osborne Village Inn)

ATOMIC REVUE W/DJ ATOM
Ozzy's (Osborne Village Inn)

MARTHA BROOKS
McNally Robinson Grant Park, 8pm

GROUNDSWELL PROD. PRESENTS INCANTO
Feat. John Ehde, Paul Maleyn, Theresa Costes & Steve Kirby
Winnipeg Contemporary Dancers Studio (2nd flr. 211 Bannatyne)
Tix at McNally Robinson, 943-5770 or by emailing gswell@mts.net

THE MUSIC OF PAGANINI
Feat. Ryssard Tyborowski & Oleg Pokhanowski
Tix @ 663-9226

Sights

ART'S BIRTHDAY
Videopool (3rd fl., Artspace Building), 7pm
Free admission

Movement

FUSION DANCE THEATRE
Asper Jewish Community Centre, 6 & 9pm
Tix \$20-\$25 @ Ticketmaster

Drama

ART
Le Theatre de la Chapelle (825 St. Joseph - 233-8053)
Tix @ Franco-Manitoban Cultural Centre

MY FAIR LADY
MTC Mainstage (174 Market - 942-6537)
Tix @ MTC Box Office

ESPRESSO
Prairie Theatre Exchange (3rd floor Portage Place 942-5483)
Tix @ PTE Box Office

Sunday January 18

Drama

ART
Le Theatre de la Chapelle (825 St. Joseph - 233-8053)
Tix @ Franco-Manitoban Cultural Centre

MY FAIR LADY
MTC Mainstage (174 Market - 942-6537)
Tix @ MTC Box Office

ESPRESSO
Prairie Theatre Exchange (3rd floor Portage Place 942-5483)
Tix @ PTE Box Office

Monday January 19

Words
HAYWARD J. PRINCE
Autographing Canadian Stories
McNally Robinson Grant Park, 7pm

Drama

ART
Le Theatre de la Chapelle (825 St. Joseph - 233-8053)
Tix @ Franco-Manitoban Cultural Centre

MY FAIR LADY
MTC Mainstage (174 Market - 942-6537)
Tix @ MTC Box Office

ESPRESSO
Prairie Theatre Exchange (3rd floor Portage Place 942-5483)
Tix @ PTE Box Office

Tuesday January 20

Sounds

MUSIC 'N MAVENS
Asper Jewish Community Centre, 2pm
Tix \$3-\$5 @ door

Words

PAST LIVES, DREAMS & SOUL TRAVEL
Seven Oaks Wellness Institute (1075 Leila Ave)
Call 837-5915 or visit eckankar.org for more info

Drama

ART
Le Theatre de la Chapelle (825 St. Joseph - 233-8053)
Tix @ Franco-Manitoban Cultural Centre

MY FAIR LADY
MTC Mainstage (174 Market - 942-6537)
Tix @ MTC Box Office

ESPRESSO
Prairie Theatre Exchange (3rd floor Portage Place - 942-5483)
Tix @ PTE Box Office

Wednesday January 21

Words

SPRING IN AN ENGLISH GARDEN
McNally Robinson Grant Park, 7:30pm

Drama

ART
Le Theatre de la Chapelle (825 St. Joseph - 233-8053)
Tix @ Franco-Manitoban Cultural Centre

MY FAIR LADY
MTC Mainstage (174 Market - 942-6537)
Tix @ MTC Box Office

ESPRESSO
Prairie Theatre Exchange (3rd floor Portage Place - 942-5483)
Tix @ PTE Box Office

Thursday January 22

Sounds

MUSIC 'N MAVENS
Asper Jewish Community Centre, 2pm
Tix \$3-\$5 @ door

Words

JARROD PAKOSH
Launch of Versatile Tractors: A Farm Boy's Dream, 8pm
McNally Robinson Grant Park,

Drama

ART
Le Theatre de la Chapelle (825 St. Joseph - 233-8053)
Tix @ Franco-Manitoban Cultural Centre

MY FAIR LADY
MTC Mainstage (174 Market - 942-6537)
Tix @ MTC Box Office

ESPRESSO
Prairie Theatre Exchange (3rd floor Portage Place - 942-5483)
Tix @ PTE Box Office

ON THE WALLS
WHAT'S WHAT IN WINNIPEG'S GALLERIES

I'M ONLY HAPPY WHEN IT RAINS AND 20 OR 30 OTHER CLICHED THINGS I HATE ABOUT

MYSELF
By Les Newman
Aceartinc Until Feb 7 (290 McDermot - 944-9763)

STARLIGHT LOUNGE
By Jillian McDonald
Main/Access Gallery (121-100 Arthur - 956-2089)

MORE DREAMS
By Gerry Hamilton
Medea Gallery Until Jan 17 (132 Osborne - 478-7233)

SCRATCH - A WINNING CIRCLE
By Andy Gamache and Casinos Plug In ICA (286 McDermot - 942-1043)

STORIES FROM THE SHIELD
By Bonie Devine
Urban Shaman Gallery (233 McDermot - 942-2674)
Until Jan 24

MANITOBA MOODS
By Omer de Wandel, John Gaudes, Lillian van Wallegem
Wayne Arthur Gallery (186 Provencher - 477-5249)
Until Jan 28

X: RECENT PHOTOGRAPHIC WORK
<Site> Gallery (55 Arthur - 942-1618)
Until Jan 31

JERRY TWOMEY COLLECTION
Winnipeg Art Gallery (300 Memorial Blvd. - 786-6641)
Gallery 1, Until March 7

ANGST - GERMAN EXPRESSIONISM
Winnipeg Art Gallery (300 Memorial Blvd. - 786-6641)
Mezzanine Gallery
Until April 25

IN THE CLUBS:

WHAT'S WHAT IN WINNIPEG'S HOTSPOTS

BLUE AGAVE
(365 Donald - 9435538)
Live music & DJs

BRAEMAR VILLAGE BAR & RESTAURANT
(349 Wardlaw - 949-7200)
Live entertainment & dancing

CHAOS CHAMELEON
(2nd floor - 108 Osborne 475-3328)
Thu - 80s and 90s Night
Fri - Twisted w/ Brian St. Clair
Sat - Loaded Mod & Soul Night
Sun - Goth/Industrial Night

CLUB 200
(190 Garry - 943-6045)
Tue & Sat - Go Go Dancers & DJ Willie
Wed - Karaoke
Thu - Wild & Wacky Bar Games
Fri - DJ Willie

DJANGO'S
(3740 Portage - 837-5831)
Sat - Jim Humpage
Sun - Blues Jam w/ Mark Conroy Band and Magic of Christopher

EMPIRE CABARET
(436 Main)
Thu-Sat - Roman-themed dance club

GIO'S
(155 Smith - 786-1236)
Fri & Sat - GLBT Dance Party
Wed - Karaoke, DJs Kris, Ian & Big D
Thu - DJ Perry

HAPPENINGS
(274 Sherbrook - 774-3576)
Thu - DJ Marcus
Fri - Lipstick Lounges drag show
Sat - DJ Kris

LATIN GARDEN
(500 Portage - 774-8440)
Fri & Sat - Oscar y su Grupo Sabor

HAT DADDY'S
(165 McDermot - 284-7428)
Thu-Sat - Hip Hop

PONY CORRAL
(444 St. Mary - 942-4414)
Mon - Monday Night Raw
Fri-Sat - Danny Kramer
Sun - Hospitality night

ZEN LOUNGE
(333 Portage - 944-8881)
Thu - RCW Wrestling
FRI - Wet Fridays feat. R&B, Hip Hop, Reggae

IN THE PUBS
WHAT'S WHAT IN WINNIPEG'S CHILL SPOTS

CHOCOLATE SHOP KARAOKE BAR & GRILL
(268 Portage - 942-4855)
Nightly - Karaoke 10pm-2am

EDDY'S GARAGE
(61 Sherbrook - 783-1552)
Wed - Brent Scott Band
Every other Thu - Mike & the Eastwood Gang
Fri & Sat - DJ Dubb

FINN MCCUE'S IRISH PUB
(The Forks - 888-6900)
Mon - Open jam night
Wed - Trivial night
Thu-Sat - Live Celtic music

KINGS HEAD KNIGHT'S PUB
(120 King - 957-7710)
Thu - The Knights of Jam Band
Battle w/ Airfoil

POCKETS
(171 McDermot - 957-7665)
Wed - Karaoke
Sun - Curtis Newton w/ Blair Depape, David Caissy, Steve Broadhurst

REGAL BEAGLE PUB
(331 Smith - 942-6411)
Live music on weekends

ROCA JACK'S
(2037 Portage - 897-7622)
Tue - Live music
Fri - Live local music

WINDOWS LOUNGE
(161 Donald - 975-6031)
Fri & Sat - Brian Paul

PSAs

YOUTH EMPLOYMENT SERVICES
Free employment counseling, job training & postings, resume writing services
330-267 Edmonton St.
987-8660
www.youthemploymentservices.com

DANCE EXPRESS
Dance classes for youth 12-17 with physical disabilities
Wed 8:30-9:30pm from Jan 7 - March 10
School of Contemporary Dancers (104-211 Bannatyne)
No cost/Limited space
Call 287-8411 for info

DRAMA EXPRESS
Theatre classes for adults with physical disabilities
Wed 5:30-7pm from Jan 22 - March 24
PTE (3rd Floor Portage Place)
No cost/Limited space
Call 287-8411 for info

DISCOVERING YOUR MUSICAL SELF WORKSHOP
Jan 11
Manitoba Conservatory of Music & Arts (105-211 Bannatyne)
Call 943-6090 for info

FEATURES

N I G H T L I F E

The Politics of Partying

New Gay and Lesbian Nightclub a Controversial Addition to the Community



**C H E R Y L
G U D Z**
Features Editor

I received an e-mail from Happenings Social Club one day last month.

You might think it strange that a bar e-mails its clients, but Happenings isn't your average bar. For starters, it's a gay bar, North America's oldest. And secondly, it's a members only club (this would explain how they got my e-mail address).

But what I couldn't understand was how come with two years of membership, I received my first e-mail just a couple of weeks ago?

The subject of the e-mail read "No Cover Saturdays," so it didn't take me long to figure out they were pushing a promotion. However, as I clicked on the message, I thought it strange that in two years I would only receive an e-mail now about a promotion.

Sure enough, the short e-mail promoted their special, but what caught my attention was the last line of the e-mail. "Come join us for a good time. Support the club that is owned by the members and the gay community."

Aha. A not so subtle reminder to support their gay-owned and operated bar, and not the new straight-owned club in town -- Desire.

Hot Club

Desire opened on December 11th at 441 Main Street, the previous site of The Drink, Kairo, 8-Trax and The Bank. Billing itself as the first multi-level upscale gay and lesbian nightclub in Winnipeg, Desire had a lot to live up to. For many in the queer community, it has not disappointed.

There is a definite buzz about Desire around town, among the straight population as well. The Winnipeg Sun staff picked Desire as the lone Winnipeg club to check out "to make 2004 a fun year." Even leading up to its arrival on the scene, Desire was making people talk. Some people were curious and excited about a new club, while others questioned the motives of straight businesspeople. A message board forum on gaycanada.com has prompted many people to post their thoughts online (see sidebar).

Beverly Claeys, manager at Desire thinks the controversy over her and the other owners' sexual orientations is a moot point. "We've researched what people wanted. We've been to gay bars in Miami, Toronto and more. Actually, some of the best gay bars in Toronto are straight-owned and operated. As long as people are providing good quality service to the customer and supporting the community back in return, I think it's a win-win situation." She adds, "You don't have to be Italian to own a pizzeria."

Being the new kid on the block has other advantages for members of the gay and lesbian community, says Claeys, such as raising the bar for the other clubs in terms of what may be lacking in upkeep and décor. "They've been around for fifteen years or more and they have supported the community well in that time frame. But at the same time, whether you're profit or non-profit, you still have to operate as a business."



Photo: Cheryl Gudz

Why the hype?

The first time I walked into Desire, I thought, this bar is going to be huge. Of course, my lofty predictions may have been influenced by the fact that the bar really IS huge.

With plenty of room on the main floor for dancing, mingling and pulling up a chair, the second level of the club doubles the space with another bar, couches, tables, benches and a counter that overlooks the dancefloor.

The lower level is reserved for the spacious bathrooms and the coat check.

A new paint job and contemporary lamps and fixtures give the space a modern

appeal. The colours of the walls are attractive shades of red, green and blue that complement silver-coloured railings and grids. Desire's logo looks great in its rainbow lower-case font opposite the sparkling full-length bar.

Aesthetics aside, what sets Desire apart from the competition is it brings women and men in the LGBT community together. Since Ms. Purdy's closed last year, women have had a tough time finding their niche in the predominantly men's clubs. What Desire seems to have done is attract not only a whole lot of queer women, but gay men, queens, and straights alike.

What's Happening to Happenings?

David Foltz is a staff member at Happenings who has taken on supervisory duties until the club appoints another managing director (Dennis Trochim, the past

Desire's President Sam Colosimo and General Manager Beverly Claeys at the bar on a busy Saturday night.

Managing Director did not return my calls). Foltz admits that all the gay bars in Winnipeg have been affected by Desire but the new club is not their biggest obstacle. "I think everybody's been affected [but] you can't just say it's the club. Our business went down 25% since the smoking ban."

Supposedly, Happenings' best nights are Saturdays, Thursdays and Karaoke Mondays, but last Saturday could not have been a good night for the Club. Several people who ended up at Desire started their evening out at Happenings but didn't stay due to the lack of people. Not unexpectedly then, Desire was packed and going strong until the early hours of the morning.

Despite Desire's immediate success, Foltz believes the gay, lesbian, bisexual and transgendered community in Winnipeg doesn't need another dance bar. "I think if someone would have done their homework properly, there's a customer base out there that has a lot of money that has been ignored for the last few years -- the more mature crowd, people over 30 who don't want to hear loud music and they want to relax."

"If I had the money and I was the owner of Desire I would go around and talk to people. I know there's a need for a pub. I'm positive that's what this community needs." As the interview continues, Foltz allows that Desire is a bigger threat than he let on. He says Happenings is looking at all options, maybe even moving because the building is expensive to maintain. "I mean that's one option -- are we going to close -- everyone's thinking that."

"They're trying different things [gay clubs like Gio's and Club 200] and we're trying different things, and we're going to see what happens. I think we've been around for 35 years, I think we're going to be around for another 35 years."

Postings at gaycanada.com on Desire:

Winnifag on November 6, 2003 11:12 AM

I am curious as to who owns this bar. All the article said is it's managing partners. The 3 existing bars are all community owned and operated and contribute to major dollars to the gay community. I wonder how much of the money spent [sic] at this new bar will go back into the community? Should we all be so excited about a group of straight [sic] business owners coming in and "milking" our community.

I have a feeling this isn't a gay club at all just another straight bar that thinks the can attract a few gay dollars by advertising in our papers and websites. Like any other of the straight bars they will take your money get new cars and trips for the owners and then shut down in year and use our money to open a bigger STRAIGHT bar. Be smart people and think.

Worldboy79 on November 6, 2003 02:04 PM

If the 3 managing partners who are opening this bar were gay would that change your opinion? (I have no idea if they are.) I don't see it as "milking". They are providing a service and we can choose if we wish to go. Obviously, the intent of most businesses is to make money. If the bar fails to attract patrons, these managing partners are the one's who take a loss. I think it's too early to judge just how much community commitment they will have.

FEATURES

N I G H T L I F E

Sex, Drugs and a Forensic Exam

What You Should Know About Date-Rape Drugs in Manitoba

BY ALEXIA DYER

I'm drifting in and out. This feels like a bad dream. Something is happening to my body but I am stuck in a silent torture. Words form in my head. I'm screaming on the inside but I can't open my mouth to speak. My eyes feel glued shut. Something is heavy, pushing down on me in this darkness. I need to wake up and get out of this foreign body.

The sun streams through the window, blinding me, making my head throb. I try to focus on something, anything, but the room is spinning. I need something familiar but there's nothing... except him. I also recognize my clothes strewn by the bed. Why are they there? I reach for them, protection, but dull aches impair my movements. I struggle to piece together pieces of memory. I'm going to vomit.

I can manage to think only in stunted frames. 1. Get dressed. 2. Find phone. 3. Talk to him. 4. Get water. These steps should help me feel human, normal, safe and reassured. Random words suddenly jump into memory. Isolated images sit up in my head. But there's no backdrop or reference point. I can't quite puzzle it together. My eyes sting.

I skip to number 3. He tells me I came home with him on my own free will and assures me we didn't do anything I didn't want to do. He doesn't seem so bad. He even drives me home. I notice the bruises on my arms as we drive in silence. I begin to wonder if I really am awake until the motion sickness sets in, reminding me that I am - barely. Can someone die from carsickness? Can someone die from the unknown? From this?

I need a doctor. Maybe the police. But I'm still not sure why. I'm too scared and numb to do anything, or go anywhere. Who will believe that I don't know how I got into some guy's bed? How can I explain why I accepted a ride home? That he seemed nice. How can I describe what only my body remembers?

This is a familiar story. Most people know someone who has been sexually assaulted. According to Statistics Canada, 77% of sexual assaults are committed by people known to the survivor (acquaintance assault or date-rape) Out of these assaults many involve the use of a date-rape drug. The most common ones are Rohypnol (Roofies) and Gamma Hydroxy Butyrate (GHB).

Date-rape drugs are dangerous for a myriad of reasons. They decrease sexual inhibitions and cause blackouts and memory loss. Other side effects include convulsions, blurred vision, decreased blood pressure, dizziness and occasionally death. Although they are illegal, they are easily accessible in Winnipeg for \$5.00 a pill.

Only 6% of sexual assaults are reported to police. Survivors may choose not to report due to trauma or fear of being blamed or disbelieved. When a person suspects they've been drugged but they cannot provide any details of the sexual assault, they are even less likely to report. Police need adequate evidence in order to charge a suspect. A drug test may be the only proof that they were indeed assaulted.

Addressing the Problem

There are a number of sexual assault awareness campaigns in Canada, but most of them focus on how to avoid date-rape situations. Pamphlets urge people never to leave



drinks unattended at the bar. Posters promote adopting a buddy system at parties. While such tips are helpful to a degree, they do not adequately address the issue. The focus should be on education, action and awareness on how to recognize date-rape drugs, and what to do if you are drugged and want to report the crime.

The message implied through prevention tips is not so innocuous. It implies that a survivor could have avoided being assaulted. While there are actions that people can take to minimize risk, it is not the survivor's fault if someone decides to sexually assault them. Yet societal and self-blame are the most common knee-jerk reactions to a person disclosing an assault. Blaming can actually exacerbate the trauma experienced.

New WAVES, a feminist group on campus that works against violence, has taken a different approach with their recent acquaintance assault campaign. This project attempts to redirect the messages around sexual violence by exploring the issue of consent, and by advocating clearer communication around sex in general. The project is an extension of the No Means No campaign that the Canadian Federation of Students initiated almost ten years ago.

New WAVES

The updated material expands on the No Means No material and explores the reasons why it may be difficult for someone to say no due to fear or manipulation. The campaign addresses coercion as a form of sexual assault. Drugging someone in order to decrease their resistance so they can't fight back verbally and physically is one drastic form of coercion.

Data reveals that few people are aware of the Canadian laws around sexual assault and consent. One such law reads that a person cannot legally give consent if they are impaired. It is also a crime to give someone a drug without their knowledge or approval. Youth activists have also stated that awareness campaigns lack information on date-rape drugs. The New WAVES project seeks to demystify issues around sexual assault, while also empowering youth with knowledge and resources to help themselves.

The second part of the project is to lobby the government to make changes to hospital protocol following a sexual assault. This aspect of the date-rape drug problem has been virtually ignored until recently. Once someone suspects they have been drugged and sexually assaulted, it is imperative that they be tested immediately because certain

drugs will leave the blood after 4-5 hours and urine after 12 hours.

Barriers to Reporting a Sexual Assault

When a sexual assault is reported, the survivor makes a police statement. If they can't recall what happened due to memory loss, there may not be adequate evidence to charge the assailant. Though a forensic exam can prove there was sexual contact, it cannot prove that the sex was not consensual. However, if the survivor can get a drug test to show they were incapable of giving consent, then there is a chance of an arrest.

The other barrier to reporting drug-assisted sexual assault is the medical protocol, which does not accommodate this situation. If the assault is reported to police, a forensic exam (rape kit) is performed to collect evidence from the survivor's body. Samples of hair, skin and body fluids are taken, and a forensic nurse administers blood and pregnancy tests, antibiotics, and possibly the Morning After Pill. However, the nurse cannot test for Roofies or GHB unless the survivor makes an explicit request, and only once a physician has examined the patient and given their approval.

A survivor may assume that the forensic includes all date-rape drug testing. It does not. While the standard blood test can determine alcohol and other drug levels, a specific, costly test is needed for Roofies and GHB. It is unrealistic to expect a traumatized person to advocate for themselves and be privy to this information.

Also, all forensic exams are performed at the Health Sciences Hospital Emergency, and it can be hours before a doctor can examine a survivor. This works against the survivor who may have a small window of time to test. Convincing yet another person of a sexual assault may cause further feelings of not being believed.

Signs You've Been Drugged

It is difficult to know if you've been drugged without getting appropriate testing. However, there are signs that may confirm a suspicion: waking up in strange circumstances with only a fragmented memory of the previous night, an aching and numb body for no apparent reason, fragmented images, blurred vision and nausea. Unfortunately many people don't realize they've been drugged until hours or days after the ingestion, and therefore testing is futile (see *Common Date-Rape Drugs* sidebar).

Room For Change

Protocol at the hospital needs to reflect the growing date-rape drug problem. The government may be reluctant to implement changes due to the lack of official statistics and low reportage of drug-assisted sexual assaults. However, anecdotal evidence from service workers and survivors indicate that this problem is spiraling, and stories need to be exposed. Policies need to be revamped to reflect today's reality, and to facilitate the legal and medical processes that a survivor must endure.

Different types of drug testing need to be available as part of the forensic exam. The forensic nurse should not require a physician's approval or examination to administer a date-rape drug test. Funds should be allocated to ensure that hospital staff are educated on the issue and that testing equipment is up-to-date.

Warnings and constant reminders of the threat of sexual violence can have negative outcomes for young people (especially women). They can lead to a fear-based culture that places unnecessary restrictions on people's behaviour. Ultimately as a society we are victimized when violence becomes the accepted norm, and we refrain from fully participating in life. Instead of directing energy on prevention and what not to do, perhaps the focus should be on educating and empowering people so they can know their rights and options and can advocate for themselves accordingly.

Common Date-Rape Drugs

Rohypnol

Roofies, ruffies, rope, roach

- sold in bubble packs

\$1.00 - \$5.00 per pill (0.5-2mg)

effects: 30 minutes after ingestion, with a peak at 2 hours, can last up to 8 hours.

Decreased blood pressure, memory loss, blurred vision, death, amnesia, dizziness

Gamma Hydroxy Putyrate (GHB)

Liquid X, liquid ecstasy, g, grievous bodily harm

- Originally used for narcolepsy, anxiety, alcohol withdrawal
- White powder form, clear liquid (homemade)
- Alcohol affects strength
- Dosage 1-8 grams (4-8 considered very high)
- Not found in blood after 4-5 hours of ingestion
- Gone from urine within 12 hours

effects: lack of coordination, decreased inhibitions, heightened sexual awareness, muscle relaxation, coma-like sleep,

decreased blood pressure, memory loss

Ketamine Hydrochloride

Special K, Vitamin K, cat valium

- Anesthetic used by vets
- liquid, tablet or powder form
- lasts up to 48 hours

effects: paranoia, impaired judgment, numbness, inability to move, convulsions, breathing problems, dizziness

Gamma Butyrolactone (GBL)

Ram force, blue nitro

- Found in health food stores and sold as a muscle builder, and stress reducer
- Breaks down into GHB

Alcohol

Alcohol has been and still is a common way to impair people and sexually assault them.

FEATURES

N I G H T L I F E

Knock On Wasabi Next Door

BY JEANNE FRONDA

Wasabi Next Door is a hip new lounge on the Osborne drag. You may want to check it out for its stripped down retro appeal a la Toronto lounge. Or perhaps you're looking for a change from the dark martini bars. Maybe you're just the curious type who wishes you could see into the men's washroom at a night-club.

Yes, you read that right. Wasabi Next Door, which shares its bathroom with Wasabi Sushi Bistro, lets female patrons peak in on their male counterparts.

The mirror in this washroom appears to be full-length, but it's covered with a beige curtain that looks like cheesecloth. If you move towards it, you notice that you can't see your reflection at all. If you gently tug at one side of the curtain, you can move it all the way to one side. It looks like a reflection of where you're standing because the sink, the walls, and the lighting are all the same, but it's actually a window that allows you to see into the men's washroom. Your view is restricted to the sink and the side of a stall. The curtain is only in the women's washroom.

Tracy Chen, who co-owns the restaurant with her husband Cho Venevongsa, says she saw the idea in a movie—the title of which she can't recall. She thought they should try it and so far, the reaction has been interesting.

"I think it's fun," says Chen. "It's funny. One time a guy was checking himself out in the washroom. He was flexing, and the girl in the washroom pulled the curtain and he jumped. Sometimes I hear one customer laughing after they leave. Then all of a sudden they all get up [from the table] and go to check it out."

Chen says the washroom she saw in the



Photo: Cheryl Guiz

movie had a window that showed the entire men's washroom so women could actually view men's backs while they were standing at urinals. But she is hesitant to go all the way in this market. "For Winnipeg, I don't think we can go that extreme yet."

Extreme or not, Winnipeggers will definitely enjoy Wasabi Next Door, which opened just this past August. (The Wasabi restaurant has lived in Osborne Village for five years). The Next Door lounge boasts DJ Lil' Phil on Fridays who plays acid jazz, down tempo, and deep house music; while DJ Hipnotic is turning tables on Saturdays to

give guests some R & B, Hip Hop, and Soul. Guest DJs are at the lounge on Thursdays.

The large wall that divides the lounge from the restaurant has two entrances, one near the front of the restaurant and one at the back. In between the entrances is a large oval-shaped window where an interesting piece of art hangs. Large wooden sticks, like oversized toothpicks are scattered to create an uneven mesh or grid that appears to be suspended in mid-air.

The walls of the lounge are white like a doctor's office, yet the room doesn't feel cold -- only immaculate. The tall chairs all have

orange-coloured bucket seats, the colour of a fruity drink perhaps. However, if you don't feel like sitting in a tall chair at a table, you can also enjoy your sushi in a lime green booth or at the illuminated counter.

The bar counter will gradually transform from orange to pink to purple and so on -- a small touch that completely enhances the atmosphere of the narrow room. Along the entire length of the wall to your right (when you walk in), white tissue paper looks like it has been folded and bunched in thick horizontal strips, giving the wall a textured minimalist look.

Chen says they decided to change the décor to improve the atmosphere for their customers and for their own desire for change. "We always like to improve. We don't want to stay in one place. We changed the tables, the chairs. We needed it—new colours."

Although Wasabi Next Door offers a wide variety of beverages, such as wine, sake, and beer, Chen likes to promote Martinis. "I want people to drink Martinis. It think it's classy." In the lounge, you can order everything that's offered in the restaurant.

Business is booming for Wasabi, which also has a grocery store in Osborne Village. Wasabi sells sushi at Sobey's and Safeway, and they have a contract in the works to sell their sushi at the University of Manitoba. Business is so good Chen says, their carpet needs to be cleaned thoroughly every two months. "The guy who cleans the carpet is like, 'Oh, my god!' It's a good sign."

At Wasabi Next Door, you can listen to a DJ spin and eat some fine sushi. And while you're there, don't forget to wash your hands before and after you eat. You just might see something you want that is not officially on the menu.

Destination Dancefloor—The House Party

BY JONATHAN TAN

Ah yes, the house party, from the pre-teen escapades when the parents leave town, to the Tupperware parties with the spiked punch, people of all ages and interests love the house party. As university students leave the nest and become homeowners or renters, their party hosting options expand. This is especially the case if you own or rent a house rather than an apartment; parents can punish you but landlords will evict you with much less sentimentality.

This particular party was held in one of my favourite party houses in the city. Located in the Corydon area, this house has been passed from one friend of mine to another, remaining in debaucherous hands. As house parties go, dance parties require more preparation and oversight than mere get togethers or potlucks.

The preparations for this party were like preparations for an earthquake: anything that might be bumped and fall, or is not shatterproof, was moved into the basement. The dining room table became the DJ booth, the dining room became the dancefloor and the disco ball replaced the

hanging plant.

One advantage of house parties over clubs is that you have more control over both the music and the crowd. Everyone is either a friend, or a friend of a friend, including the DJs. Spinning at this party were DJs GPaley (the host), BMAC and Dr.P, the three combined for a diverse night of House, Hip Hop and Funk that kept the dining room floor shaking all night.

Other advantages of house parties include the replacement of bartenders with the kitchen party. While refilling their drinks, or perhaps because of an inability to move, party-goers make the kitchen party central. This phenomenon is apparently quite popular on the east-coast, something I'll be able to confirm next week at the National Canadian University Press (CUP) conference in St. Johns, Newfoundland. For the moment though, I'll assume that Manitoba kitchen parties are as good as anywhere, just without the Screech.

As the night went on, approximately 50 people made their way through the doors. The male to female ratio was equal enough that no one suggested playing with gasoline or any other juvenile testosterone

driven games. Despite this, an empty bedroom on the second floor doubled as a hacky-sack tournament room and eventually the kitchen floor was used as a playground, with guys sliding through the room and down the hall on the overturned top of the garbage can.

The final advantage of the house-party, the fact that they don't kick you at two a.m., can also be the host's biggest problem, with drunken and lecherous party goers refusing to leave. At the house warming party in September for the house in question, that problem was solved when the police showed up at five a.m. saying, "your party is a little loud here." One of the hosts, Craig, wearing a mullet wig and swaying gingerly from foot to foot replied, "No, your party is a little loud here." Fortunately, last week's dance party remained under control, and as I left at six in the morning, nothing had been broken, stolen or damaged.

After a three p.m. breakfast, our crew cleaned up, returned the rented speakers, put the plant back up and took this disco ball down. It only took two hours of cleaning to make the last remnants of the party disappear, the landlord will never know.

A & E

Stuart McLean CBC's Sensitive Funny Man

BY SARAH PETRESCU
The Martlet

TORONTO (CUP) — Stuart McLean's cell-phone makes him sound like a Transformer.

When the wry host of CBC radio's *Vinyl Cafe* calls from a hotel lobby in Montreal, I politely ask if I can call him on a clearer line. McLean is on my Top 10 List of famous Canadians I'd like to interview, and I wasn't about to let a botchy cell-phone screw it up.

"No problem, we'll make sure you can cross me off that list," says McLean.

I get a slightly melancholic but much more audible McLean on a landline several minutes later. He is in his hometown of Montreal visiting friends before he hits the road with his *Vinyl Cafe* cross-Canada concert tour.

The Vinyl Cafe, one of CBC's most popular weekly shows, chronicles the hilariously banal family life of Dave and Morley. Dave, owner of "the world's smallest record store," feeds McLean personal tidbits and local gossip that become the fodder for his show. McLean writes and narrates the stories, also the basis for his best-selling books *Stories from the Vinyl Cafe*, *Home from the Vinyl Cafe*, *The Vinyl Cafe Unplugged* and the recently released *Vinyl Cafe Diaries*. Where does McLean get all his stories?

"I write them because I have to. I have a deadline. It's that simple," he says.

After much prodding, McLean admits the stories come from his life and imagination. There is no real Dave and Morley, but pieces of them come from many people: mostly McLean himself. He says the show was originally inspired by the American radio show *Prairie Home Companion* by Garrison Keillor.

When I ask McLean why people love his stories, he continues the proverbial interview dance by torturing the jittery journalist with cheeky responses like, "That's not for me to say, that's for you to say."

I learn the best way to handle McLean's sardonic wit is to not let him off the hook. He opens up completely after I refuse to let him skirt around self-flattering questions.

"People tell me they love to just sit and listen to the stories [on *The Vinyl Cafe*]," says McLean. "They say it makes them laugh and cry."

McLean's radio career was already well established when he started the *Vinyl Cafe* in 1997. He started his broadcasting career by making radio documentaries for CBC's *Sunday Morning* in the mid-70s. He then spent several years as a columnist and host on CBC's *Morningside*.

McLean also teaches journalism at Ryerson University, a career that allows him to take a mentoring approach to his craft.

"I decided to teach because years

ago I got fired from the CBC and I needed a job," he says. "I always liked working with young people."

"As a journalist I was always taking from people. I never got to enjoy being in a relationship with people that lasted more than one interview long. That's why I love teaching."

According to McLean, he has not always been successful and talented in dealing with people or putting himself forward. He describes himself as having been a geek in high school.

"I was a failure as a high school student on all levels: social, academic, and athletic," says McLean. "I was not funny either, and I was pathetic."

He says the highlight of his youth was persistently trying to sneak backstage at concerts to meet his favourite rock stars. McLean managed to get a Brian Jones autograph once. He was emotionally crushed when Paul McCartney was swept away, pen in hand, before signing him an autograph.

"One time, I was in the dressing room with the Rolling Stones for about 30 seconds before somebody noticed me and threw me out," laughs McLean.

Although McLean's radio

show is about a record collector and proprietor, he doesn't come off as a vinyl buff or music know-it-all.

Lately, he has been listening to Lyle Lovett, Leonard Cohen, and Ron Sexsmith. Hesitant to brag about his present vinyl collection, he does say he has some very special Lone Ranger 70rpm stories.

McLean says he does not want to own a record store like his radio alter ego Dave. He is happy doing what he does. He says he gets an immense sense of fulfillment from his work and loves touring Canada.

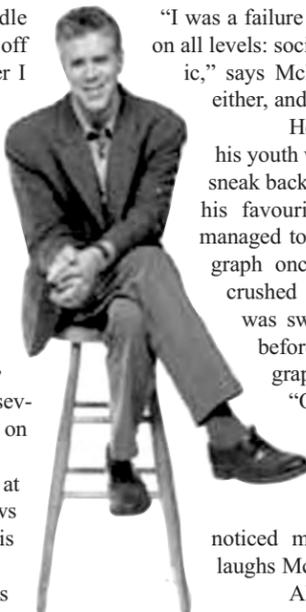
"I feel very blessed to be in this country," says McLean, who commends Canadians for being friendly and socially responsible.

"I experience a love of this community in my heart and in my tummy. Maybe it's just the way I see the world, but I see goodness in a lot of places in this country."

Crossing McLean off my Top 10 List was difficult because our conversation didn't seem like much of an interview. Once the ice was broken, McLean shot the breeze like we were old buds. He asked me questions about myself and suggested I go to Ryerson, "really the best j-school in Canada."

McLean's sensitive and curious persona makes him easy to spill your guts to. Maybe that's why he's such a good story collector.

The Vinyl Cafe airs on Saturdays at 10:05 am on CBC radio two (98.3 fm) and on Sundays at noon on CBC radio one (990 am).



Gryphon Trio Creates Moving Musical Dialogue

BY JEREMY STRUB

Very seldom is it seen that a musician, or in this case a trio of musicians, can very early on establish a momentum that absolutely can't be interrupted. But that is exactly what happened with the Gryphon Trio at their January 10 Virtuosi Concert.

From the first few notes of Piano Trio No.5 in E major K 542, it was clear early on that the audience was in more than capable hands, a fact that was proven very early by one misplaced note in the allegro movement. But there was not a ruffle, not even a grimace on the face of James Parker, the trio's pianist, and the audience was more than forgiving. In this piece, Parker's absolutely wonderful playing buoyed the trio, establishing a mood and a stately ambiance, by using Piano trio No.5 to its fullest capacity.

That helped set up the *Fantasiestucke* by Robert Schumann, which started a very engaging musical dialogue between the violin, played by Annalee Patipatanakoon, and the cello, played by Roman Borys. In the romantic sections, like the *Romanze* (*Nicht schell, mit innigen Ausdruck*) this brought out the sense of a romantic dialogue. In the *Humoreske* (*lebhaft*) you got a very strong sense of a jovial exchange between the two. When the piece became technically demanding, like in the last movement, the *Finale* (*Im Marsch- Tempo*), the



trio came together and excelled both as a group and individually, and left the audience eagerly awaiting the second half of the performance.

After a brief intermission, the trio

went into Brahms' Piano Trio No.3 in c minor Op.101. On stage before they started playing, Parker explained that in several of Brahms' pieces there is often a lengthy buildup in the music before a

release. With this particular piece, he explained, Brahms starts out angry. The audience was certainly intrigued. The rich and broody melancholy nuances of the first movement yielded

to quiet dynamics of the second movement, which were accentuated by delicate plucking of the strings by cellist Roman Borys. The wonderful expression of nuances teamed with an unstoppable momentum really captured the audience and they were not to be left without an encore.

The encore was a piece that had been commissioned for The Gryphon Trio by Christos Hatzis in 1998. It was called *Dance Of The Dictators*, and it is part of a larger work called *Constantinople*. This, in a rare move, was dedicated to Victor Batzel who is stepping down this year as president of the Virtuosi Concerts Inc. Board Of Directors. The maniacal nuances and the demanding technical control were very impressive; particularly one section where the fast paced melody is plucked on the violin with one finger. The musical dialogue between the cello and violin was heated and you could feel the power of the music coming from the performers. This was perhaps one of the most memorable concerts of the year.

REVIEW
GRYPHON TRIO:
Virtuosi Concert #6
JANUARY 10, 2004
ECKHARDT-GRAMATTE HALL
AT THE UNIVERSITY OF WINNIPEG

A & E

C D R E V I E W S



LISA LOEB
Hello Lisa
BY JEFF ROBSON

Hello Lisa,

I know it's been a while. I know you must be wondering why I've written you after so long. You see, in 1994 when you first came into my life with that irresistibly sexy song "Stay" from the movie *Reality Bites*, I knew that there was something special about you. I waited patiently as major labels trampled over each other to sign you, and I was among the first to pick up your debut CD *Tails*. That was in 1995 and I was in love. You were just so cute and sensitive and fun. Plus, who didn't love them fancy glasses of yours?

But alas, our love was not one meant to last, let's be honest with ourselves here, the magic kind of fizzled for album #2, *Firecracker*. It was good, but there are other cute girls in the world and I admit, I began to stray. The next CD *Cake and Pie* was a big disappointment and I figured our love was gone for good. So much so that I never even bothered to pick up the latest CD when it came out in 2002. But the fine folks at Artemis Records wanted to play matchmaker, so they sent me a copy in hopes that I'd come around.

And I have, dear Lisa. You've outdone yourself this time. Finally, you're making me swoon all over again with that dreamy voice and crafting some damn fine pop songs. The CD starts off on a strong note with "Did That," a groovy rock number, before settling down with a slow sweet number "Underdog." There are a bunch of other great tracks, but my favourite by far is the wonderful "Bring Me Up," which I love almost as much as those early hits. I'm sure you'll give much of the thanks to your new musical partner, Dweezil Zappa, who co-produced, co-wrote, and played on most of the album. Good for him and good for you.

I'm glad to have you back in my life Lisa, and I hope this is a new beginning for a strong relationship between us that's bound to last this time. Of course, I'm not sure how you explain the fact that your most recent CD is for kids, but I haven't heard that one yet, so I guess I'll wait and see.

Love,
Jeff

(Artemis, www.lisaloeb.com)



P.O.D.
Payable On Death
BY JEREMY STRUB

Starting with their 2001 album *Satellite*, P.O.D. has been quickly building a momentum that landed them on the *Matrix Reloaded* soundtrack with the track "Sleeping Awake." With their latest album *Payable On Death* the band effectively used a very simple black and brown cover and enclosed a video game component with their CD to further spread their word.

The album, quite frankly, is a disappointment. It seems that the band isn't edgy enough; the sounds don't differentiate well between tracks, and the only track that really stands out is the instrumental track at the end. The dark echoing landscapes and gritty sounds of previous songs like "Youth Of The Nation" (off of the album *Satellite*), have been replaced by songs that are radio friendly, yet still slightly dark, with clear and concise, but inane lyrics. The guitar sound is muted a bit, but solid sounding, without going into white noise.

Still it's quite inane when you start think of fellow artists like, say, Rage Against The Machine, who've said all so much more with complex sounds and effects and a poet singer who's not afraid to scream when he has to. The members of P.O.D. point no fingers on this album, leave the lyrics vague and never really let their feelings show. As of late 2003, their big single "Will You" was beating out Britney Spears and Madonna's new effort on MTV. This comes as a small consolation for such an anemic sounding album. Quite frankly, to have been together 12 years and to have their second album just sound so bland is pathetic. Don't waste your money on this one.

(Atlantic, www.payableondeath.com)



JESSE MALIN
The Fine Art of Self Destruction
BY JEFF ROBSON

The Fine Art of Self Destruction is the solo debut for singer/songwriter Jesse Malin, who spent years with New York based punk influenced rock band D Generation. Much of the rock and roll ethic is here, this CD is as rough and rockin' as all get out at times, but Jesse's obviously mellowed a bit also, since many of the songs are more laid back acoustic numbers. He's a protégé of Ryan Adams, who produced the CD and appears on much of it. Malin's got a very interesting and unique voice that works really well in the right instances, but gets really annoying in others. On the opening cut, "Queen of the Underworld," his wavering voice works nicely with the understated arrangement to create a very accessible laid back groove that isn't hard on the ears at all. The third track, "Wendy" is a killer rock groove with

just enough rootsy country vibe. I'd buy the CD just for that song alone. "Riding on the Subway" is also a great, groovy moment. Unfortunately, not all of the album's moments work so well, there are a few tracks like "Solitaire" that just don't work at all and Malin's voice comes across as very thin, whiny, and annoying. There are enough good songs to make this a promising debut, but there's also a lot of room for growth in the consistency department.

(Artemis, www.jessemalin.com)



METALWOOD
Chronic
BY VIKA IVANENKOVA

When Chris Tarry and Brad Turner invited their friends Mike Murley from Toronto and New Yorker Ian Froman for a casual jam session in Vancouver, nobody expected the resulting recording to win them a Juno (from the Canadian Academy of Recording Arts and Sciences). The jazz and electronica fusion quartet went on winning another Juno for their second album, and earning a Juno nomination for their *Metalwood 3* in 2000. Recently *Metalwood* released their latest recording, *Chronic*.

Chronic was cut live in a day and a half as a jam session of new material. The resulting music serves as (dazzling) evidence of the four members' brilliance and intense (group) chemistry as they play and improvise live. The band members claim that this natural and relaxed connection was automatic (from the first jam). Six years later the four original members are still playing together, a rarity in the field of jazz.

The multitalented Brad Turner, whose broad stylistic range always takes the group towards fresh directions, writes most of the music for the album. But in my opinion the drummer Ian Frommer is the major musical force of the group. With his superb understanding of jazz he maintains strong time, while colouring the music with an extra intensity when needed or backing down to highlight someone's spectacular moment of improvisation. The improvised melody lines carried by the saxophonist Mike Murley and the bassist Chris Tarry help create the best jazz I have ever heard. These two create an expressive language with their music by brilliantly experimenting with different sounds, dynamics, and harmonies.

After critical success and sold out audiences at the Vancouver International Jazz Festival this year, *Metalwood* is looking forward to expanding their music in the United States and European markets.

In my opinion this recording caught *Metalwood* at its best. I would recommend the disk as a collection of diverse and rhythmic jazz grooves from the most extraordinary talented fusion groups in the country. The disk would make an excellent addition to an electronic or jazz oriented music library.



SUSAN TEDESCHI
Wait For Me
BY JAMES PASKARUK

Aretha Franklin was a hot, sexy singer. She would wail and moan and purr and generally rip up anything she lent her voice to, and man, nobody will ever match her. And that's why this album just plain sucks – Susan Tedeschi might think she's channeling Aretha, or paying tribute, but what she's really doing is insulting her. It's too bad, because her cover of John Prine's "Angel From Montgomery" on 1998's *Just Won't Burn* showed a lot of promise. Too bad she's settled down into adult contemporary hell. As I clawed my way to the end of this disc, I found myself pining for Michael Bolton. Your parents, however, will probably love it.

(Artemis, www.susantedeschi.com)



STEVE EARLE
Jerusalem
BY JAMES PASKARUK

Kicking off with "Ashes to Ashes," a hard and cynical look at man's pretensions towards greatness and ending with the title track, a Byrds-like anthem which is as bright and hopeful as the best output of McGuinn & Co., Steve Earle's *Jerusalem* has a great start, a great finish and lots of good stuff in between. There are a few so-so tracks, but none so bad as to ruin the overall effect. "Amerika V6.0," "John Walker's Blues," "Shadowland," "What's a Simple Man to Do," stellar tracks all. And how can any self-respecting music fan not dig on the guy who called Shania Twain "the highest paid lap dancer in Nashville"? Just buy it.

(Artemis, www.steveearle.com)

IT'S YOUR TURN TO WRITE

If you think people who contribute to the *Uniters* are only interested in journalism or journalists themselves, you're mistaken. Most of our writers are just average (yet talented) students who have an interest in writing and seeing their work in print. Try writing for one of the upcoming themes in the Features section, or pitch me an idea for a story yourself. Themes are open to interpretation.

January 29 issue: U of W Campus Life

Deadline for submissions: January 20

February 5 issue: Work, Jobs, and Careers

Deadline: January 27

February 12: Urban Life and the Environment

Deadline: February 3

Please send all ideas and submissions via e-mail. Submissions should be between 800-1400 words in Microsoft Word format. E-mail the Features Editor at: cvgudz@shaw.ca

A & E

Martyn Joseph Makes Music that Matters



JEFF ROBSON
Arts Editor

At the 2002 Winnipeg Folk Festival, a Welsh performer who was then

relatively unknown to Canadians, stepped forth, away from a makeshift stage outside of the CD tent and within the space of a few songs, he demanded attention from all who wandered by. Martyn Joseph is a quiet and unassuming performer, yet he speaks loudly and with great force through his powerful and emotional songs. He proved this again in February of last year when he first headlined a concert in Winnipeg, at the West End Cultural Centre. Fighting off illness in a voice that seemed sure to desert him, he poured every ounce of strength and honesty he could muster into his songs, and captivated that audience.

Sure, Joseph has got a powerful voice that commands attention and he's got a charming stage presence, but it's usually the personal lyrical content of his music that connects with people. This effective songwriting style came about in a rather unintentional way, Joseph says, "In all honesty, I don't know how to do it any other way. If I can't feel the damn thing, I can't get my soul around the lyric and I can't believe what I'm singing, then for me it's just a waste of time. I've never sought to stand up and entertain people. We need entertainers and we need people to make our feet move and uplift us a bit, but for me, it was always about trying to make a difference in the best way I possibly could.

"And another thing takes place as I do that. There is something of a release for myself because the music to some extent is therapeutic for me, too. The guitar is a cheap psychiatrist and I'm able to release

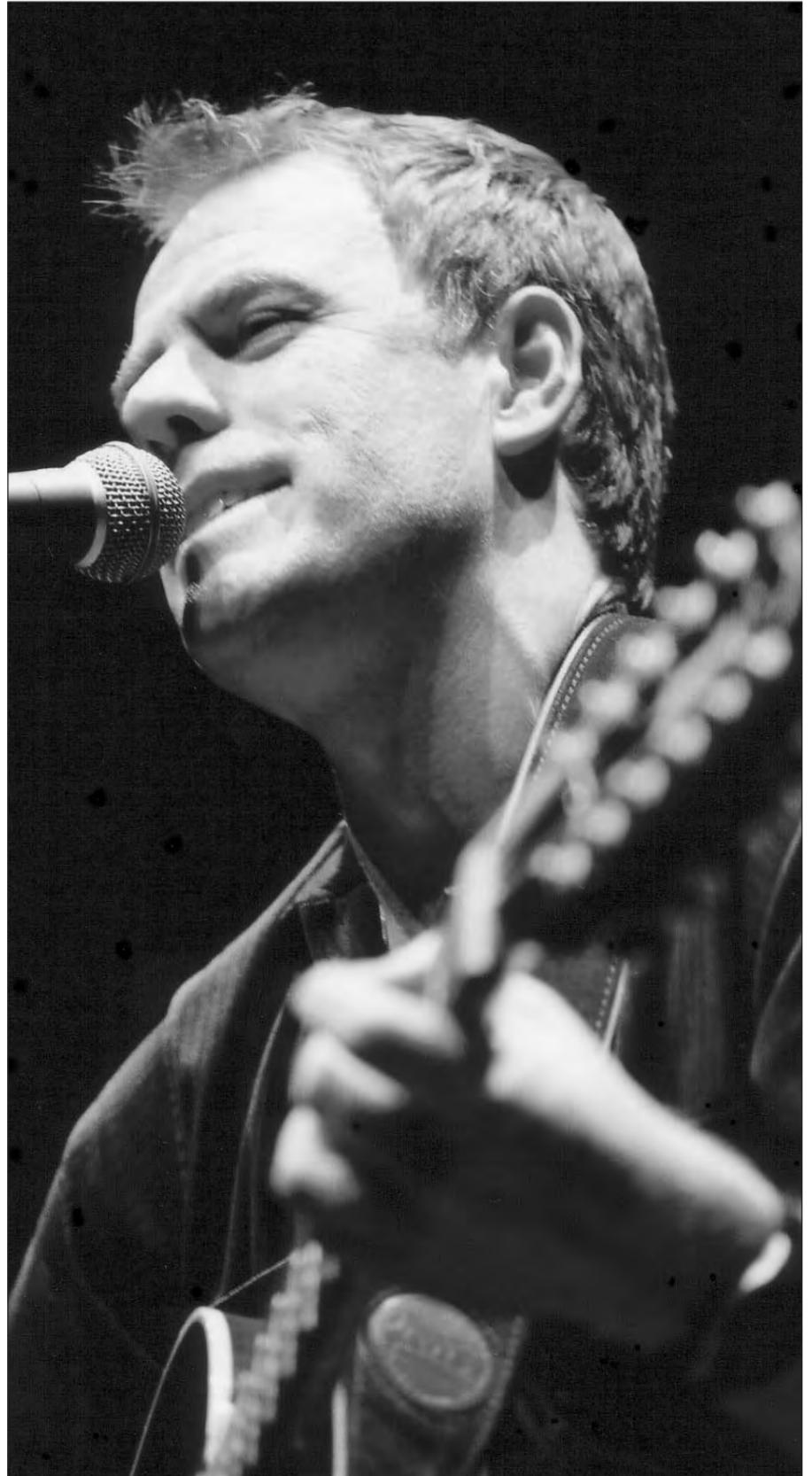
an awful lot of things that are inside of me by playing the gigs. And the great thing is that when folk write back and say 'that made me feel like I wasn't alone,' or 'that made me feel like you were writing about my life,' or something as nice as that, like they do, then that becomes full circle and a great connection is made and it's a great feeling."

Even though he is so new to Canadian audiences, Joseph has been making music in the U.K. for quite some time. "I have been doing this going on about 20 years now believe it or not. But I wouldn't say that I'd want you to listen to everything I've done over the past 20 years. I was signed to Sony Music in the early 90s over here. I actually toured with Celine Dion, I was opening up for her for about 2-3 months, believe it or not," Joseph says.

Over the course of more than 15 albums in the U.K., Joseph has managed to make a name for himself and has toured with many notable stars like Dion, Chris De Burgh, and Suzanne Vega, to name but a few. But the majority of his previous albums have been much more orchestrated and fully produced albums. "When I recorded for Sony Music, they sometimes threw the kitchen sink and the kettle at me to try and make me sound like a pop artist, so we had everything from the Philharmonic Orchestra to Elton John's drummer on there, and it sounded great, but I think something along the way was lost. Because I've usually performed solo over the years, I think to some extent people become quite confused by a record that has a ton of instrumentation on it as it were and they often say 'I liked it, but it doesn't sound like the guy I heard up on stage,'" he explains.

But on his new album, *Whoever it Was that Brought Me Here Will Have to Take Me Home*, Joseph chose to do things a little bit differently and present the simple

beauty that we've come to know and love from him on stage. He says, "In recent years, my albums have become more acoustic, but what I did with this one was that I sang one-take performances. I might have sang a song twenty times, but it was only going to be that one performance, I wasn't going to overdub anything to fix any bum notes or anything, it was going to sound like it did that one time. Of course, I did get some people in to sort of put a little bit of paint on top of it, but nothing very much, so the songs are kind of stripped back and bare. I think that in some ways it's my most reflective record in a number of years because recently I've done a lot of the political stuff. And although this record does have political overtones, I think it's a little more inward looking as well; there's a little bit more soul searching going on. I think



really, quite frankly, it's a defining record for me. I think that if I look back and ask what I sound like, this might be the album I'd use."

As for the use of album's rather wordy title, Joseph explains, "I co-write songs with a poet friend of mine from Liverpool called Stuart Henderson. He came up with this phrase that he'd heard and we had a long discussion about our lives one night and about how we wrestled with questions and contradictions but we're all doing our very best to kind of keep going, as it were. [The title] is kind of a surrendering to those questions; it's a spiritual thing, I suppose, because whoever it was that brought me here is going to have to take me home. I'm doing my very best and I'm going to keep on, because really, at the end of the day, I can be pretty lost in the whole thing, so it's kind of a surrendering thing, but it's pretty positive too. It's just saying that I believe in all of this stuff and I'm going to keep going. Hey, if anyone's listening, I could do with some help."

The album will be his first that is officially released in Canada, after licensing it to respected Canadian roots label, Jericho Beach. Along with that comes another round of touring Canada, which has become somewhat of a second home to Joseph. "I can't believe it took so long to get to you guys, but it's been such an

enriched part of my life. I've made so many friends out there and my family's come out with me and it's fantastic, I love it. It's everything I love about North American culture. It's America without the crap. I love Canada."

At a time in life where some performers are taking it easy and resting on their laurels, Martyn Joseph is instead working as hard as he ever has and making some of his best music. "The secret after 20 years is to keep it exciting and challenging. I think because the music, the themes, and the issues are all there, that's what really keeps me going in a sense. I think that if I was out there singing 'I love you baby, I want you baby' type of songs, my passion might have left me about 15 years ago, but because one is kind of caught up in trying to make a little bit of a difference and singing songs that are based on things that you feel need to be said, then that provides its own passion."

Catch Martyn Joseph and special guest Sam Baardman at the West End Cultural Centre, 586 Ellice Avenue, on Friday, January 16 at 8:00 pm. Tickets are \$17 in advance at Ticketmaster or the West End, or \$20 at the door. For more information on Martyn Joseph, visit www.martynjoseph.com.



CKUW Campus/Community Radio 95.9 FM
Top 10 CDs Jan. 4 - Jan. 10, 2004
! = Local content, * = Canadian Content

LW	TW	CD	Label
9	1	! THE WEAKERTHANS Reconstruction Site	Epitaph
-	2	! THE VAGIANTS Turn It Around (EP)	Independent
13	3	THE STROKES Room On Fire	RCA
9	4	* BELOW THE SEA Endings	Cyclop
3	5	EXPLOSIONS IN THE SKY Earth Is Not A Cold Dead Place	Temporary Rez
6	6	! SHADEZ Thee Impossible	Slo Coach
5	7	* KID KOALA Some of My Best Friends Are DJs	Ninja Tune
-	8	* VARIOUS ARTISTS BYOP: Calgary Does Connors	Catch & Release
-	9	* THE WEEKEND Teaser + Bonus Levell	Teenage USA
15	10	SHINS Chutes to Narrows	Sub Pop

A & E

Cinematheque Offers a Smorgasbord of Horrors and Delights

BY JAMES PASKARUK

This week at Cinematheque is a triple shot of great stuff. Larry Clark's controversial *Kids* is playing Friday and Saturday at Midnight, Felipe Lacerda & Jose Padilla's *Bus 174* is at 7:00 and *Reveries and Reality*, the latest Winnipeg Film Group showcase, will be playing at 9:00.

Kids was the target of much controversy when it came out in 1995, because of its unflinching depiction of the lives of a group of New York teens. Director Larry Clark is no stranger to controversy, having started as a photographer in the 70s whose gritty depictions of the lives of junkies were just as scandalous. Clark's view of today's youth is nothing short of apocalyptic, and after briefly relenting with 1998's *Another Day in Paradise*, he delivered another one-two punch with *Bully* in 2001 and *Ken Park* in 2002, which has yet to reach Winnipeg.

Kids follows 24 hours in the lives of Telly (Leo Fitzpatrick), whose goal in life is to deflower as many virgins as he can, his friend Caspar, Jennie (Chloe Sevigny), one of the aforementioned virgins who has just tested positive for HIV, and their peer group. Clark uses a sort of documentary aesthetic throughout, which lends to the gritty realism, and the overall effect is one of impending doom. If these kids are the future, we have no future.

While Clark's films have been called pornography, an accusation not entirely without merit, the argument could be made that he is simply depicting the world as he sees it. If Clark's films make people uncomfortable, then perhaps we need to examine just what allowed things to get this bad in the first place, because this is not prurient fantasy on the screen, but horrific reality. *Kids* ends with one of the most fitting final lines in film history. Love it or hate it, you'll never forget it.

Moving on, *Bus 174* could well be an indicator of where the kids of North America are heading. It is a Brazilian documentary, ostensibly dealing with a bus hijacking that took place in 2000, but it's really about the long-standing problem of Brazil's street kids, and it is remarkable for a number of reasons. The hijacker in *Bus 174* was named Sandro do Nascimento, and in the archival footage, we see him as a mad dog, or perhaps a caged tiger is a better analogy. He stalks back and forth on the bus with a gun to the head of a hostage, frequently opening the windows to scream at the police. He was doing large amounts of cocaine before attempting to take the bus, and it is clear that the situation was totally unpredictable.



The interviews, however, offer a different view of things. We learn that Sandro saw his mother murdered at a very young age, and when he was a little older, he saw many of his friends massacred at the hands of the police in the middle of Rio de Janeiro. We see the inside of a hellish Brazilian prison in which he spent some time before escaping. We see the human behind the crime and the environmental factors that contributed to his life. The film never condones what happened on the bus, but it's difficult to see things in black and white when you get a grasp of the long-standing circumstances of Brazilian street kids.

This will be familiar territory for anyone who's seen Hector Babenco's 1981 *Pixote*, a dark and violent film which, like Mira Nair's *Salaam Bombay*, used real street kids to tell their own stories. If you're going to see *Bus 174*, I highly recommend renting *Pixote* first, and the film becomes all the more devastating when you know that Fernando Ramos Da Silva, who played the title character as a child, was gunned down by the police in the early 90s. His life was dramatized in 1996's *Quem Matou Pixote?* (Who Killed Pixote?).

The other factor that makes *Bus 174* fascinating is that the hijacking itself had as much news coverage in Brazil as the OJ

Simpson car chase (and even more infamy). Every channel in the country must have been watching, as there are multiple angles for all key moments.

Even more interesting, however, is the effect that this coverage had on the way the police handled the situation. It is unclear who made the decision, but the police, who had snipers at almost every angle and could have ended the siege at almost any time, were not allowed to take the shot, despite having every indication that Sandro had already murdered one of his hostages. Here, then, is definitive proof that Marshall McLuhan was right about the medium and the message – due to the fact that this incident was being watched by the entire country, someone felt it was very important that the police spare the life of this hijacker. A few years before, the police got away with a wholesale slaughter of kids whose crime was their existence, because it happened off camera, but when the media is watching, they didn't dare kill an armed and psychotic man to save the lives of some innocent hostages. One cannot pin blame for this on any one target, but it's a rather damning statement about the state of the world today.

If all this doom is more than you can handle, The Winnipeg Film Group's showcase is full of laughs and usual WFG weirdness. It's a stronger selection than usual this

time around.

Kicking things off is Guy Maddin's *Fancy, Fancy Being Rich*, a bizarre (as if we'd expect anything less from Maddin) video featuring an aria from Thomas Adés' "Powder Her Face," which is worth it for the lyrics alone.

Michael Maryniuk's *Chicken Scratch* features some sort of reggae tune as well as Winnipeg's own D.Rangers on the soundtrack, and is apparently about a boy who is born with a chicken's head and grows up to become a crime fighter. It's quite humorous, all in all.

Journey to Flood Ditch apparently features three directors, who found themselves in possession of some free 35mm stock (lucky sods!) and made this hilarious "serious documentary" on the prehistoric engineers who created Winnipeg's great flood ditch. Much speculating and many shots of the hot girl pondering the mysteries of the ditch ensue.

Sunny's Sorrow by Thomas Korzeniowski follows, and I'm fairly certain I recognized one of the pathways at Bird's Hill Park into the Folk Fest campground, which made me very sad to think about the -30 temperatures outside. I decided I'd give him a bad review to get revenge for reminding me that it's winter.

P.M. by Mia Kristiansen was not a bad script, but it dragged a bit. It's a story about a guy's brother dying and its aftermath in his life. Well-acted and very well-shot.

Sparks by Julie Skerget is a nice little story about lusting for your neighbours, ignoramus roommates and teaching kids to have sex. I liked it.

Kevin Nikkel's ultra-short animated *Dial 'M' For Monster* was the funniest piece of the whole thing, until it was followed up by Kick Jaxon's *Lead Pipe Vigilante*, which is one of the funniest things I've seen come out of our city since I heard about Burton Cummings getting a big gulp thrown at his head outside a Sev. A gritty tale of urban decay, dark sexuality, avenging the innocent (and not-so-innocent) and fatherly advice from your sweetheart's dad. These two alone are worth the price of admission.

Finishing things off is Cindy Murdoch's *Exquisite Corpse*, which for some reason put me in the mood to listen to Tom Petty. Just your basic necrophiliac gorefest, really, not my sort of thing, but if that's what you're into...

It's a good week at Cinematheque. Give them your money, so I don't have to.

www.winnipegfilmgroup.com

21 Grams Carries a Lot of Weight

BY DAN HUYGHEBAERT

21 Grams is one of the most intensely emotional films you will ever see. And it is not pretty. Mexican director Alejandro Gonzalez Inarritu (*Amores Perros*) has given us a film of pain and suffering but yet it is also one of the most life affirming films to grace the big screen in quite a long time. The movie intertwines the lives of three addictive personalities trying to cope with the weight of life and death.

Benecio Del Toro (*Traffic*) plays Jack Jordan, an ex-con who has become hooked on God, much to the chagrin of

his family. He even has "Jesus Saves" painted on his truck. Naomi Watts (*The Ring*) plays Christine Peck, an ex-drug abuser who has found a new life in family and marriage. Sean Penn (*Mystic River*) plays a mathematician who can't kick his nicotine habit, even though he is dying because of a weak heart. His girlfriend can't bear children due to a botched abortion, so he agrees to have her artificially inseminated after her operation so she can bear his children after his death. All three lives become intertwined following a tragic car accident.

Initially, the film is quite confusing and complex as Inarritu jumps between

all three characters from the time before the accident to the time after as well. By showing us the emotional transformation of the characters due to the accident, Inarritu gives more weight to the accident itself, making it painful to anticipate. The accident sequence itself is one of the most emotionally powerful scenes I have ever witnessed. The timeline of the film become more focused as each character comes to deal with the painful realities of life and death.

The film has washed away all its bright colours, giving it a dark, grimy feel with no sense of real life. This is a dark and often depressing film, as the

characters themselves seem to hold no value in life itself. The performances here are outstanding and Inarritu is not shy about giving the actors free reign. His camera is shaky and intimate, giving us a sense of fragility to their personalities. Given the emotional complexities of the characters, all three leads make you care and feel for them even though they are not exactly the most morally redeeming people.

If I saw this movie earlier, I would have easily put it in my favourites of the year, but alas, fate and time does not always favour us. But, as the film frequently mentions, "life goes on..."

S P O R T S

As The Ball Drops, We Look Forward to '04

BY MIKE PYL

With every new year comes renewed hope for change, hope to improve on the previous year's downfalls. Even though, more often than not, that "slimmer, healthier you" you had promised yourself has been chain-smoking and snacking on potato chips since January 5th.

That's right, I'm talking New Years' resolutions. Many people annually choose to embark on this challenging test of willpower. Consequently, many people give up on their goals by the time their New Years Eve hang-over wears off.

Despite the lack of results accompanied by a resolution, the inquisitive minds of The Uniter Sports Department wondered, "What does our favorite athlete want to change about his/herself in 2004?"

Through a lack of credible, investigative journalism and a significant, yet healthy, dose of making things up, we managed to track down several New Year's Resolutions of prominent sports figures from straight off of their desks (or, in this case, what we think their desks look like in our heads).

• Boston Red Sox GM Theo Epstein wrote, "In 2004, I will resist the purchase and/or mass domestic development of nuclear weapons to finally topple those damn Yankees!"

After yet another close-but-still-no-closer-than-you-were-95-years-ago playoff run in which Sox fans had their collective hearts ripped out for the umpteenth time by arch-rival New York Yankees, both teams have been stockpiling weapons at a level unseen since the Soviets gave up on communism. Boston began the Cold War by first acquiring ace Curt Schilling. In response, New York signed outfielder Gary Sheffield. Then, with the Yanks snatching Kevin Brown and Javier Vazquez, the Sox grabbed Keith Foulke. Why stop at baseball players, though? Tensions are brewing as each team is building towards A.L. East hegemony. Do not be surprised if American troops have occupied Fenway Park come Opening Day. The chances of nuclear weapons development plants springing up on Cape Cod are probably greater than the chances of the players' union accepting any A-Rod deal.

• Los Angeles Laker guard Kobe Bryant wrote, "In 2004, I will be in the headlines for all the right reasons."

"Should auld acquaintance be forgot And never brought to mind?"

If you're Kobe Bryant and this acquaintance is from Colorado, then definitely. It would be an understatement to assume the Laker star breathed a giant sigh of relief when the ball dropped on December 31. No longer the NBA's poster boy for model behavior, Bryant endured a very forgettable 2003. On the court, his three-time defending champion Lakers were exploited in a six-game series loss to the eventual champion San Antonio Spurs in the Western Conference Semi-Finals. Off the court, however, is where his life took a turn for the worst. Very briefly, during a stay at a Colorado resort, the married superstar had been accused of raping a 19-year-old woman. Suddenly, the former high school prodigy was finding himself on the covers of tabloid magazines everywhere. Sadly, Kobe's case won't get underway until this summer. Therefore, the Lakers' quest for another championship will not be the only news number 8 will find himself featured in this year.

• NHLPA executive director Bob Goodenow and NHLPA president Trevor Linden each wrote, "In 2004, we will attempt to destroy the league that is the reason for our livelihoods."

The year 2004, more likely than not, will see the NHL shut down for an unprecedented amount of time. Why? Because the NHL Players' Association is adamant about squeezing every penny out of every owner in the league. In its current state, the NHL will not survive. As a result of skyrocketing salaries and a lack of revenue to support them, the ol' loop lost \$300 million dollars last year, \$300 million! If this were any other business, they would have folded years ago. Luckily, the NHL's collective bargaining agreement, the root of ridiculous salaries, is scheduled to expire in September. Owners want a hard salary cap of \$30 million throughout the league to ensure all franchises can become not only profitable, but competitive as well.

The players, however, refuse to accept any cap. Now I understand part of their argument. Hey, if someone wanted to give me a 50% salary cut, I'd be less than thrilled. On the other side though, Goodenow, Linden et al must realize a compromise is needed for the NHL, the means of their livelihoods, to survive. The NHLPA claims to maintain the players' interests. Would the players like a league to play in?

• Cincinnati Bengals wide receiver Chad Johnson wrote, "In 2004, Chad Johnson will become a world-class business consultant. Hell, maybe Chad Johnson will just start his own psychic hotline!"

2003 was kind to the out-spoken receiver. Johnson made headlines when he boldly predicted his Bengals, 4-5 at the time, would defeat the then-undefeated Kansas City Chiefs. He then went out and backed it up, as the Chiefs suffered their first loss of the year. Johnson is the stereotypical wide receiver. This diva is craving Britney Spears-like hype. Therefore, do not expect the gold-toothed one to rest in 2004. With the prediction fresh in everyone's mind (and the creation of a new NFL pension plan funded by Chad's fines), could a 1-900-JOHNSON be too far out of the picture?

• Manitoba Moose co-owner Mark Chipman wrote, "In 2004, I will jump off that fence and onto the Return of the Jets bandwagon!"

Within the last few months, the buzz around Winnipeg has been a possible return of NHL hockey. Led by Darren Ford, creator of the web site www.jetsowner.com, the campaign has been increasingly gaining momentum. Just look at the vintage Jets memorabilia floating around town. However, forgotten in the midst of nostalgic talks of Selanne breakaways and Domi penalties, is the need for a figure to step forward: someone with money. Chipman has quietly been endorsing the campaign and has offered monetary support. This is good and all, but what Winnipeg needs is for him to step forward and give any possible ownership a face! Should the Moose owner appear on Hockey Night in Canada and declare to the country, "Winnipeg deserves NHL hockey and I'm willing to do whatever it takes to see it happen", the MTS Centre would be blanketed in white in no time. Not to mention, it would also put to rest all the narrow-minded naysayers that want the public to believe this city does not deserve the highest level of hockey (that means you, CJOB).

• Big East commissioner and overseer of the BCS, Mike Traghese, wrote, "In 2004, I will not allow the national champion to be decided by the second cousin of Rosie Jetson."

While the Jetsons' humble robot maid could probably not discern between the strength of schedules between USC and LSU, her not-so-adored football-playing, math geek of a cousin, the BCS, did not do much better. Granted, any Sugar Bowl combination of the Trojans, Tigers, or Oklahoma Sooners would

THE SCORE

Men's Basketball

January 8th
Wesmen 64 Brandon 71

January 10th
Wesmen 51 Brandon 69

Women's Basketball

January 8th
Wesmen 61 Brandon 40

January 10th
Wesmen 74 Brandon 56

Men's Volleyball

January 9th
Wesmen def. UBC 3-0
(25-21, 25-19, 25-22)

January 10th
Wesmen def UBC 3-1
(20-25, 25-20, 25-20, 25-22)

Women's Volleyball

January 9th
UBC def. Wesmen 3-2
(14-25, 26-24, 25-22, 12-25, 15-10)

January 10th
Wesmen def. UBC 3-0
(25-23, 25-16, 25-20)

UPCOMING

Home

January 16th
Men's basketball (0-10)
vs Alberta (7-3)

Women's basketball (7-3)
vs Alberta (2-8)

January 17th
Men's basketball vs Saskatchewan
(4-6)

Women's basketball vs Saskatchewan
(5-5)

Away

January 16th & 17th
Men's Volleyball (6-4) vs
Saskatchewan (8-2)

Women's Volleyball (5-7) vs
Saskatchewan (0-10)

CIS Standings

Men's Basketball- Unranked
Women's Basketball- 4
Men's Volleyball- 4
Women's Volleyball-6

Pizza Place Players of The Week

Heather Thompson- Women's
Basketball
-24 total points in two games vs
Brandon

Shawn Scarcello- Men's Volleyball
- 25 total digs in two games vs UBC

have created controversy; it is in fact time to take the decision away from the computers. Perhaps some input would be helpful, but last time I checked, it was humans that played the game. Let humans decide the results. Oh, and Rosie, you had better warm your grandfather on the NFL side of the family, because Old Man Instant Replay days are numbered.

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S P O R T S

Time to Heal

BY AVI BRAEMER

Like many Canadians around this country, on Monday, I neglected my chores and "to do list", and watched the World Junior Hockey Tournament's gold medal game.

For 40 minutes my friends and I sat and watched with sheer joy and anticipation as Canada jumped ahead of the United States by a score of 3-1. As the third period was about to get under way, repressed memories of blown leads in the previous two gold medal games began to creep into my head. Determined to remain positive, I put on a smile and pretended that everything was okay.

But right before my eyes, the horrific thoughts running through my head of a U.S. comeback began to unfold right there on the TV. I sat as the score went from 3-1, to 3-2, and then three a piece. It was all right though, the score was still tied. I began to gear up for the most intense ten minutes of hockey that I would surely see this year. Then it happened, the mistake heard round the world.

Marc Andre Fleury, Canada's star goalie and savior accidentally banked a clearing attempt off his defenceman and into his own net. The score was suddenly Canada 3, the United States 4. The unthinkable was happening...again.

For three years in a row now, Canada had held the lead in the third period, twice by two goals, and lost their lead and the game. For three years in a row, Canadians have sat back and watched as the Russians and now the U.S. came from behind and beat our team. This defeat was the worst of them all, because like most Canadians, I truly felt that this was the

year that we were going to take back what is rightfully ours- the gold medal. Fate seemed to be on our side.

The last time we had a team as young as this one, we brought back the gold. And the last time we won a gold was against the United States, seven years to the day before this year's gold medal game. Fate... why is it that fate always seems to come back and bite you in the ass. Can I honestly tell you what went wrong on Monday? No. Like all of you, I only watched it unravel on TV. Like you, I was left wondering that one word question that never seems to have a definitive answer... Why? Why did they blow a lead? Why have they done it three years in a row? Why, why, why did the game end the way it did? The truth is that there is no answer. What happened just happened, and there is nothing we can do to change that. Trust me, I have dealt with this pain before.

This year I sat and watched as the Boston Red Sox blew a three run lead just five outs away from the World Series. This year I sat and watched as my Tampa Bay Buccaneers fail to make the NFL playoffs, and now I can add that this year I watched as Team Canada let another gold medal slip through their fingers. The only thing I can tell you, is that it does get better. Time will heal the pain.

Eventually you will stop replaying Fleury's blunder in your head every ten seconds, just as I did with Aaron Boone's home run against Boston. Eventually, you can move on... eventually. For now though, we will all just have to suffer because that's what happens when you commit your heart to something.

When you completely give your heart away to someone or something, you run the risk

of having it broken. You take the good with the bad and this loss in particular just happens to be real bad. Knowing the outcome of the game, would I go back and change anything? Well, no, I wouldn't.

Because for 60 minutes, despite our country being divided on so many political issues such as same sex marriage and the mari-

juana debate, we united together in this epic of sports to cheer on our boys overseas. For 60 minutes nothing in the world mattered, except for what was happening on the ice in Finland. So until the next 60 minutes come, I would just like to say that it was an honor and a pleasure to ride that roller coaster of up's and downs with you.

Fact & Fitness

BY SARAH HAUCH

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

Q: I often hear that flexibility training, or stretching, is important for physical wellness. Is this true?

A: When it comes to the 'Big Three' of exercise (cardiovascular, strength and flexibility training), it's pretty clear which one can get overlooked. After all, while we prize cardiovascular and strength training for their role in helping us lose weight, build muscle, and get fit, the benefits of flexibility training are less immediately alluring.

However, as the population ages, more of us are learning to appreciate the rewards of stretching. Staying limber can offset age-related stiffness, improve athletic performance, and optimize functional movement in daily life. Research shows that flexibility training can develop and maintain range of motion and may help both prevent and treat injury. In fact, the American College of Sports Medicine has added flexibility training to its general exercise recommendations, advising that stretching exercises for the major muscle groups should be performed two to three days per week.

So how can you include an effective flexibility workout in your fitness program? Here are some guidelines:

1. Think in Terms of Serious Flexibility Training, Not Just Brief Stretching.

Squeezing in one or two quick stretches before or after a workout is better than nothing, but this approach will yield limited results. Generic stretches may not be effective for your particular body. The more time and attention you give to your flexibility training, the more benefits you'll experience.

2. Consider Your Activities.

Are you a golfer? Do you ski, run or play tennis? Do your daily home or work routines include bending, lifting, or sitting for long periods? According to physical therapist Deborah Ellison, functional flexibility improves "the stability and mobility of the whole person in his or her specific environment." She recommends an individualized stretching program to improve both stability (the ability to maintain ideal body alignment during all activities) and mobility (the ability to use full, normal range of motion).

3. Pay Special Attention to Tight Areas. Often the shoulders, chest, hamstrings and hips are particularly tight, but you may hold tension in other areas depend-

ing on your history of injuries and the existing imbalances in your muscle groups. Unless you tailor your flexibility training to your strengths and weaknesses, you may stretch already overstretched muscles and miss areas that need training.

4. Listen to Your Body.

Stretching is an individual activity. Pay attention to your body's signals and don't push too far. Avoid ballistic stretching, a technique that uses bouncing or jerking movements to gain momentum. This approach can be dangerous. Instead, slowly stretch your muscles to the end point of movement and hold the stretch for about 10 to 30 seconds.

5. Get Creative.

Varying your flexibility training can help you stick with it. You can use towels, resistance balls and other accessories to add diversity and effectiveness to your stretching.

6. Warm Up First.

If you're stretching on your own, don't forget to warm up your muscles before you begin. Walking briskly for 10 or 15 minutes is a simple way to achieve this.

7. Find a Flexibility Class That Works for You. Classes that include stretching are becoming more popular and more diverse. Some combine cardiovascular and strength components with the flexibility training, while others focus exclusively on stretching.

8. Stretch Yourself--Mind and Body.

Did you know that your emotional state may affect your flexibility? If your body is relaxed it will be more responsive to flexibility training. Listening to music and focusing on your breath can help you relax as you stretch. You may also want to explore yoga or Pilates.

9. It's Not Just for 'Wimps'.

Forget the idea that stretching is just for the elderly, injured, or unconditioned people. Many Olympic and professional athletes rely on flexibility training for peak performance.

10. Do It Consistently.

It doesn't help to stretch for a few weeks and then forget about it. Integrate regular stretching into your permanent fitness program. For inspiration, look to cats and dogs--they're dedicated practitioners of regular stretching!

(Source: IDEA fitness)

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

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S P O R T S

Wesmen Take Nine Lives Out Of Bobcats



**LEIGHTON
KLASSEN**
Sports Editor

They could stop on a dime, hug the corners, and shift the gears smoothly, but despite the Wesmen women's basketball team's ability to control the game in last Thursday's 61-40 win over the Brandon Bobcats, head coach Tanya McKay says her team's 'traction' could have been better.

"We gave them (Brandon) a lot of good looks, yet they had trouble scoring," said McKay following the game. "I'd like to say it was because of our defence, but we just really had a lot of trouble rebounding in the first half," she said.

Despite a defensively sloppy first half, the Wesmen managed to put their tires to the pavement in the second half by generating an aggressive defence that held Brandon to only 23 points.

"We did better rebounding, and we kept them off the boards well in the second half. We also took away a lot of the threes that they had in the first half, said McKay. I'd like to say that the halftime speech was effective," she chuckled.

The Wesmen broke into the game with back to back scoring streak by Heather Thompson, who now has played a total of six consecutive games after coming off of a knee injury that kept her sidelined for the entirety of last year and a good portion of this year.

"It was great having her back," said

McKay. She's a veteran player and anytime you have a veteran player it makes you stronger as a team."

Uzo Asagwara chipped into on the next play that put the Wesmen up 6-2, just three minuets into the game. Asagwara nailed another lay-up on a breakaway and added another two off on a two point foul shot score that put the Wesmen up 12-6 with 15:10 left to go in the half. The Wesmen built on their lead and ended the half leading 33-17.

The barrels continued to smoke in the second half for the Wesmen who stacked their lead to 43-29 with ten minuets to go in the game. A Wesmen possession in Brandon territory allowed fifth year veteran Sally Kaznica to execute a play out of the creative playbook when she scored a basket by using the back of a Brandon player to regain possession while passing the ball inbounds. The score put the Wesmen up 49-31 with six minuets to go in the game. The Wesmen maintained their twenty point lead and walked away with a 61-40 victory that added a thread to their now six game winning streak.

The six game tear also marked the sixth consecutive game that 5th year Heather Thompson has been able to play in. The veteran has spent most of the past two seasons sidelined with a serious knee injury, but after an intense rehabilitation program, her knee seems to be fully recovered. She finished the game with a strong performance, chipping in 14 points, and her regular attendance on the court is also something her team feels is a definite asset to the team's performance.

"It's awesome to have her back, said team mate Uzo Asagwara," following the game.

"She brings a different kind of energy to the court than anybody else. She's intense all the time, she works her butt off, and she can really score. I haven't seen a lot of girls like that."

"She's athletic, she's competitive, and she's just great on the floor," added McKay.

Despite a up and down first half of the season, second year Uzo Asagwara finished second to Joanne Wells in points with 18, and has been progressively improving her game while tightening her consistency throughout the last six games, which is something that both her and coach Tanya McKay have been striving for.

"The Uzo we know, or potentially know, is back. She's gone six games now playing very strong, and we both know that if she plays to her potential, she'll play a ton of minuets and win a lot of games for us.

"I've had a chance to learn a lot more, and I'm starting to feel a lot more comfortable and right now, I feel pretty good," added Asagwara.

The Wesmen beat Brandon the following Saturday (January 10) by a score of 74-56 while improving their record to 9-3 on the season.



Lindsey de Leeuw takes flight for the mesh.

Photo: Leighton Klassen

Wesmen Get Slam-Dunked

Begin Second Half of Season with Loss

BY LEIGHTON KLASSEN

You can run, but you can't hide. It's a devious saying that has seemed to make its way to the doorstep of the men's basketball team. Despite a heroic Wesmen Classic where the team broke their two month losing streak, the Brandon Bobcats proved the Wesmen couldn't hide from their losing woes by steamrolling over the team by a score of 71-64 last Thursday at the Duckworth.

"We didn't play really well at all," said head coach Dave Crook following the game. "I was really upset at the kids at half time, I mean they (Brandon) weren't particularly playing well, but we were just buying into their bullshit and we just didn't make our shots."

The Wesmen only managed to rally for a total of 34 first half points, much of which was due to a high count of Wesmen turnovers that not only limited their own scoring opportunities, but added steam to the Brandon offense.

"We turned the ball over a million times, and we just panicked against them. We weren't solid at all," said Crook.

A lay-up by J.P. Lynch three minuets into the game marked the Wesmen's first lead at a score of 6-4. But Brandon retained the lead after O'Neil Gordon broke through the Wesmen key and nailed an electrifying slam

dunk to take a 11-9 lead with 13-26 to go in the first half. A six point rally by veterans J.P. Lynch, Dave Brar, and Tony Richter tied the game at 21 a piece with less than five minuets to go in the half. The Wesmen gained an edge when Matt Opalko chipped in two with Richter tapping in another basket in taking the half with a 34-31 lead.

The score ran in parallel for the most part of the second half where the score lit up 51 a side with 8:38 left in the game. But the Wesmen defense began to buckle and surrendered 20 unanswered Bobcat points including three more slam dunks, which in university sport, is a move that is rarely executed. The game ended 71-64 in favor of the Bobcats.

Despite Brandon's ability to move the ball quickly, Crook feels the team didn't execute very well, which is something that brings more light towards his team's under-achieving performance in the game.

"I didn't think they (Brandon) did a whole lot," he said. They're really quick and athletic when they get out there, but they just made it look like they were doing a lot, but they really weren't, and we just sort of got tired and couldn't capitalized on the stretch," he said.

The 20 point second half streak by the Bobcats can be attributed through their 59.3% shooting percentage from the field, which was a 22% increase from the first half. Mike Gomez shot an impressive 7-10



Rookie Matt Opalko attempts to steer past a Bobcat defender.

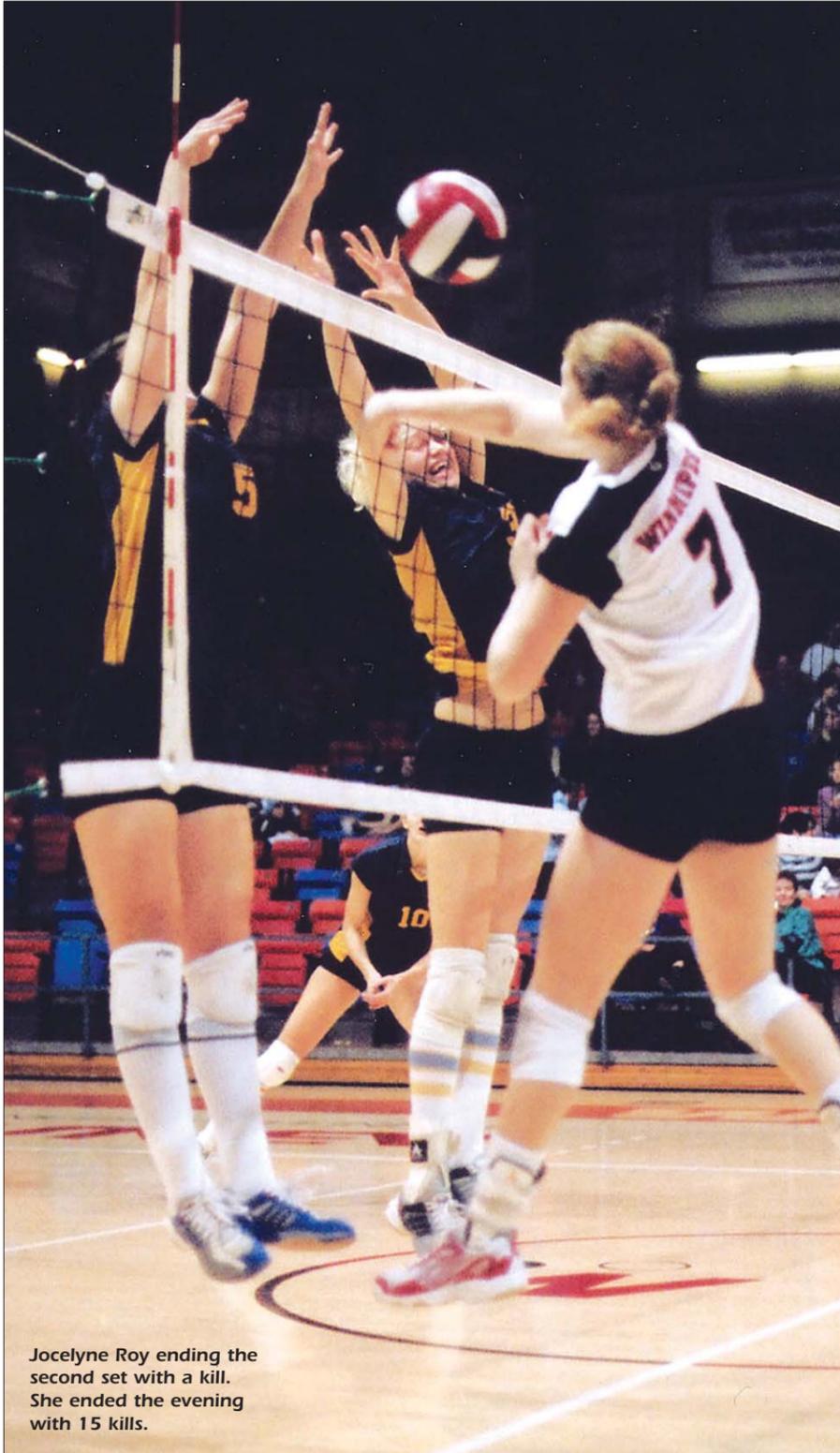
Photo: Leighton Klassen

in field goals, and finished tied with Dave Brar for points with 17. J.P. Lynch finished second with 15, and Tony Richter in third

with 7.

The Bobcats beat the Wesmen again last Saturday by a score of 69-51 in Brandon.

S P O R T S



Jocelyne Roy ending the second set with a kill. She ended the evening with 15 kills.

Photo: Leighton Klassen

Charbonneau, Roy Spike Wesmen Past T-Birds

BY SHERI LAMB

The Wesmen women's volleyball team tasted the sweetness of victory Saturday night in their most dominate performance of the season in avenging Friday's loss to the UBC Thunderbirds with a straight sets triumph.

"I think tonight [people saw] the true Wesmen team. It's the first time we've played this well as a unit the entire game and it just shows you what we can do," Jocelyne Roy said after the Wesmen's straight sets victory Saturday night, 3-0 (25-23, 25-16 and 25-20).

Fourth-year co-captain, Andrea Charbonneau, who was hampered with a flu bug, and the acrobatic Roy, powered the women in their most impressive performance this year. Roy nailed the kills to finish off the first two sets and kept the T-birds on their toes, wondering if she would slam the ball down or just tap it lightly into the open court.

"Jocelyne is so athletic that she creates lots of opportunities for us because of her ath-

leticism. She's a smart player. She sees the court really well and so there was some off-balance, circus-type hits and plays," explained head coach Diane Scott on Roy's plays to keep the T-birds guessing and the audience in awe.

Roy finished the night with 15 kills and 15 digs, while Charbonneau used her lethal serve to come up with a service ace to go along with 13 kills on the night.

"Tonight was definitely a solid performance, blocking at the net, getting kills, getting some defensive plays and serving tough. A really gutsy performance," Scott said of Charbonneau's efforts Saturday as she battled the flu.

Shelley Chalmers, a third-year middle, led the T-birds on this night with 10 kills and 5 digs, while Mennonite Brethren graduate, Amy Schroeder had 24 assists, 7 digs and a kill for UBC.

Both teams came out strong in the first set and it looked like we'd be in for another long evening as the T-birds kept the game within two points, even taking the lead late in

Women Blow Second Set, Again!

BY SHERI LAMB

After dominating the opening set of their match Friday night, the University of Winnipeg Wesmen women's volleyball team once again collapsed in the second set, allowing the University of British Columbia Thunderbirds back into the match. The Thunderbirds went on to the five-set victory (3-2), despite looking overmatched in both the first and fourth sets.

The 4-6, eighth ranked Wesmen looked both confident and efficient as they rolled over the 9-1 Thunderbirds in the opening set, however, leading throughout the second set, the Wesmen just couldn't put UBC away, losing control of a 24-22 advantage and blowing the set 24-26.

"We just gave them back control of the set and the match as well. We had a really good flow in the first set and we didn't capitalize on our chances," said fourth year Wesmen Aynsley Laluk about handing UBC the second set.

Despite the second set collapse, the Wesmen were still very much in the match as both teams looked tentative during the third set, in which UBC squeaked out the win in taking a 2-1 lead in the best of three match.

The Wesmen came out in the fourth set with steely determination and cruised to a 25-12 victory, and looked like the overwhelming favourites to take the fifth set.

"I thought we came out and played fantastic in the first set. We slipped away from our game plan a little bit and our discipline within it. We'd dominated two sets

and we were in the other two, the fifth set being the only one we weren't in and after dominating the fourth we should have had more momentum and more control in that fifth set," explained Wesmen coach Diane Scott on her team's performance Friday night.

Wesmen errors early in the fifth set allowed UBC to take over the momentum and despite a valiant attempt to come back in the set; the Wesmen just couldn't catch up.

"We were fighting, but in a 15 point set it runs away from you too fast. [In a 25 point set] you can come back when you're four or five points behind, but not when you're done in 15," Scott said about the Wesmen's inability to recover from their slow start in the final set.

Laluk showed why she was named MVP of the tournament two weeks ago in Toronto in leading the Wesmen with 23 kills and 14 digs in the match.

"Aynsley's been playing exceptionally well for us. She's playing with more confidence and she sees the results, so I think it's just intrinsic that she's reacting to it in a positive way and she's fighting more and challenging herself more," said Scott.

Former Winnipegger and Mennonite Brethren graduate Amy Schroeder, a fifth year setter for UBC, had 43 assists for the Thunderbirds in the victory.

Jocelyne Roy had another strong match for the Wesmen with 19 kills and 22 digs, while Andrea Charbonneau came up with 15 kills and 13 digs.

UBC took the match 3-2 (14-25, 26-24, 25-22, 12-25 and 15-10).

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the set. Down 20-22 though, the Wesmen scored four straight points, going on to the set win, 25-23.

The Wesmen came out fighting in the second set, both the T-birds and their own second set ghosts, jumping out to a 16-10 lead and hanging on for the 25-16 win in taking a 2-0 lead in the match. Third-year middle Kristin Brisebois served up two straight aces while Roy finished the job to end the set.

Charbonneau and Roy led the Wesmen in the third set to an 8-4 advantage that they didn't relinquish, thanks to some powerful kills. The T-birds pulled to within one at 16-15, but the Wesmen hung on for the win when Brisebois came up big again with a couple of kills and her third service ace of the match.

"We had the match to win last night and we let it go, it wasn't a matter of not playing well enough, it was a matter of minimizing our errors," coach Diane Scott said about what the women did differently on Saturday night as opposed to Friday.

Looking at the score sheet after the match what jumps out at you is the fact that everyone on the team contributed to the Wesmen's win. Whether it's Brisebois' service aces, Roy's ability to confuse the T-bird players, Charbonneau's blocks, or the efforts of the other players, everyone made a contribution in the victory.

"We really played as a team and that's why we were successful," said Andrea Charbonneau.