

THE

# UNITER

FREE.WEEKLY.  
VOLUME 69 // ISSUE 25 // MAR.19

## Bugs on the menu

IT'S ONLY NEW TO YOU

by Anastasia Chipelski



## UWSA GENERAL ELECTION

THE OFFICIAL STUDENT NEWSPAPER OF THE UNIVERSITY OF WINNIPEG



# MOUSELAND PRESS

## 8th ANNUAL GENERAL MEETING

Thursday April 9th, 2015 • 6:30-8:30 pm  
Universite of Winnipeg @ The Hive in Lockhart Hall

### AGENDA

- Welcome and Introductions
- Approval of Agenda
- Approval of Previous Meeting's Minutes
- Business Manager Reports
- Approval of 2016 Budget
- Speaker Series Report
- Volunteer Coordinator Report
- Nomination of New Board Members
- Election of New Board Members
- Nomination of chair
- Election of chair
- Presentation to Outgoing Board Members
- Closing Announcements
- Adjournment

All Uniter staff, contributors and past members are welcome to attend. If you have contributed to three or more issues of the Uniter during the 2014/2015 school year, you are automatically a member of Mouseland Press Inc. and have voting rights at this meeting.



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## \* ON THE COVER

Mike Sudoma forces people to eat bugs and then takes pictures of it. He does this constantly.

.....

# PREZ SAYZ

with MICHAEL PAYNE

As Executive Director of Nine Circles, I'd like to see a significant increase in Manitoba's testing rates, especially among young adults. If you're sexually active, we recommend regular testing for HIV and STIs.

Nine Circles promotes personal and sexual health. Located within walking distance of the University of Winnipeg, we offer a walk-in testing clinic every Wednesday from 12:30pm until 7pm and testing by appointment on other days of the week. We're also a great place to pick up free condoms and other harm reduction supplies.

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As experts working in sexual health, reducing the stigma surrounding sexuality is also a big part of what we do. Do you have sexual health questions? Ask us! Our health educators run a confidential Sexual Health Info Line. You can reach us at 204-945-2437 or toll-free at 1-800-782-2437. For more information on Nine Circles, visit our website at [www.ninecircles.ca](http://www.ninecircles.ca).

## ONLINE EXCLUSIVES

"ON MY OWN" BY SC MIRA IS THIS WEEK'S FREE WEEKLY DOWNLOAD.



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Amelia Curran

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PHOTOS BY MIKE SUDOMA

THOMAS PASHKO

@THOMASPASHKO

BEAT REPORTER

Sydney Klassen affectionately refers to his home as his “treehouse.” The University of Winnipeg education student has lived in the Osborne Village apartment for the last seven years. Up on the third floor of an ancient Village house, nestled under a peaking roof, Klassen has cultivated a handmade vibe that makes the house live up to its backyard moniker.

Sadly, the home is soon to be lost to gentrification.

“I wanted to document the apartment, because the house is being torn down in October,” Klassen explains. “They’re tearing down three houses on the corner and building some kind of spaceship condo block. There’s this condo mania happening in the village lately, where all these nice little houses are getting stomped on by big glass cubes. That used to be the charm of the village. Now it’s just gonna be a series of cubes.”

Klassen is an avid urban dogsledder. He shares the apartment with his dogs Vicky and Hobo, a mother and son who double as his sled team. The trio were recently filmed for an upcoming Tanya Tagaq music video directed by The Procter Brothers.

Klassen has been dogsledding for 10 years, and says what started out as a lark turned into a major passion.

“I ran away from the circus in 2005,” Klassen says. “I worked for a left-wing political circus on a pirate ship, but morale got very low. I was in a rut, sleeping on my parents couch. I saw a Smirnoff Ice commercial with these two Russian dudes being pulled in a dune buggy by huskies. I thought, ‘I always loved dogs. I’ll try dogsledding.’ I Googled ‘dog sled workers wanted’. I applied to this crazy German musher and he gave me a job in the Yukon. I tried it for the first time and I was hooked.”

**1) VOODOO BOWL**

“I spent some time down in New Orleans. I love it there. Voodoo is kind of a theme in my life. Not in the ‘putting hair and fingernails inside a doll’ way. My voodoo is the way you collect these different trinkets and charms, and their amalgamation into your life and beliefs. The miscellaneous drawer of life. This has a dried up orange, a bag of porcupine quivers, a Spanish phrasebook, Canadian Tire money, buckshot, sewing thread. This basket is probably voodoo.”

**2) COLLAPSIBLE DOGSLED**

“You can get these sleds at Canvasback Pet Supplies in Lockport. I’m a really simple guy, not a lot of prized possessions, but this is one of my favourites because it’s led to so much fun. These are meant for one or two dogs, so it gets pretty bent out of shape between me, three or four dogs, and passengers. It’s held together by tacks, nails, crazy glue and bungee cords. I keep fixing it over and over again.”

**3) ARTWORK AND ELK HORN**

“That picture is of the four graces. I got that at an antique store on Portage Ave. by the university. I just thought, someone put a lot of work into that. And that elk horn is for hanging hats and boots. That’s some more voodoo stuff right there.”

**4) ANTIQUE FRIDGE WITH STICKERS**

“When I heard they were tearing this place down, I told myself, ‘I’m bringing the fridge with me.’ There are stickers from my friends’ bands. The Times Change(d) is my bar. And the Dirty Catfish Brass Band. I love that we have a brass band in Winnipeg. It reminds me of New Orleans.”

**5) ANTIQUE BATHTUB**

“The bathtub is a defining feature of the apartment. You’ve got the ceiling coming in low, so I can’t take showers. I have an attachment, but then I have to crouch like a monkey. So I just take a lot of baths.”







## FREETHINKING

WITH SPENCER FERNANDO

@SPENCERFERNANDO

### DEFEND LIBERTY FOR OTHERS TO PRESERVE IT FOR YOURSELF

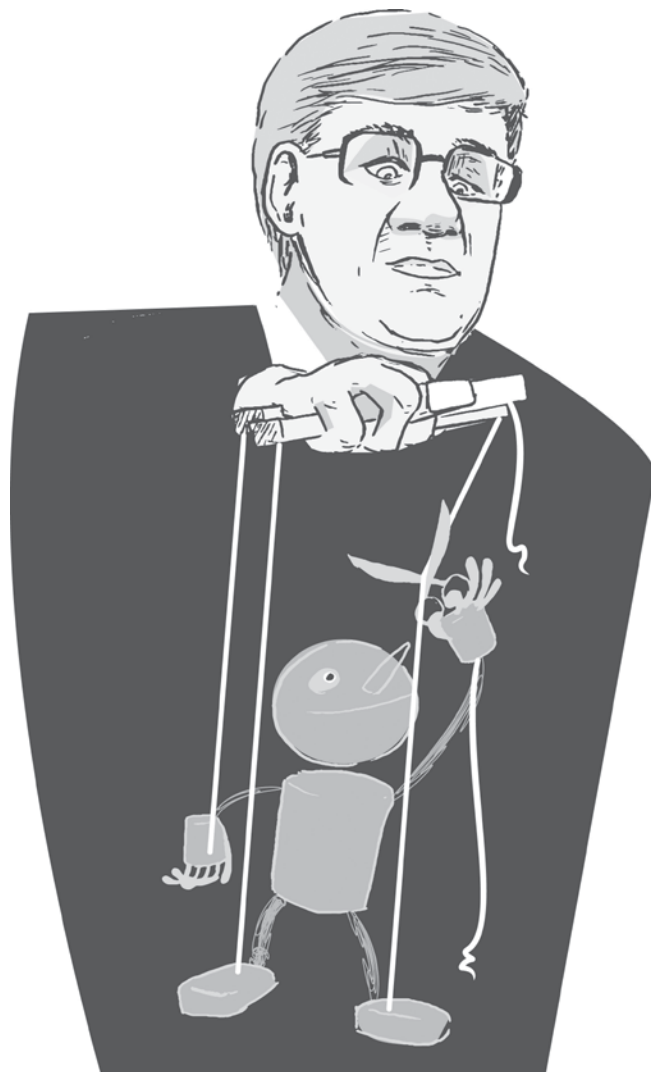
Respecting the liberty of others can be difficult. Of course, we know that our choices are rational, but it's all those other people who can't be trusted. When people are free, they make a lot of choices we may disagree with. We look at the behaviour of others and often wonder how they could possibly justify their actions. It isn't long before we may be tempted to move from judging other people's actions to changing their behaviour.

That's where government comes in.

The power of the government can seem like a shortcut to getting our way. Competing in the free market of ideas through discussion and debate takes a long time and success is not guaranteed. It's far quicker to use the government to force people to behave the way we desire.

This attitude transforms government from the protector of individual liberty, to a tool for control.

Of course, for some people it can be satisfying to see laws passed that ban things they disagree with. Their worldview can be seemingly validated when it's imposed on others. However, when things are turned



DAVID BOCK

around and somebody imposes their worldview on them, all of a sudden they loudly demand their own freedom and liberty.

For example, some people oppose abortion. However, many of those individuals are still pro-choice, as they understand that their personal beliefs are just that - personal. Others however - instead of trying to make their case through discussion and debate - would prefer to use the power of government to impose their views on women and take away their freedom. Yet, ironically,

many of the people who advocate for denying a woman's right to choose would protest any denial of their own freedom.

Recently, the debate over the niqab has led to some asserting that the government can tell people what to wear, particularly at citizenship ceremonies. Again, this is a distortion of government's true role. It's not the job of a politician to tell you what you can wear. That's your decision.

Once a government normalizes encroachments on individual liberty, it

may not be long before it's your liberty and freedom that is being restricted.

Thus, if we wish to protect our own liberty, we must be willing to protect liberty for people and actions we may disagree with.

This brings up an important question: How much power should we grant to one group of adults - which is all government really is - over the other adults they are supposed to serve? After all, we are supposed to be electing representatives, not rulers.

In Canada, we have seen the effect of a government imposing beliefs instead of protecting individual liberty. Residential schools were an oppressive system which denied Indigenous people their liberty and caused generational damage that lingers to this day.

A climate of fear and intolerance led to the government stripping away the freedom of Japanese Canadians during WWII - imprisoning innocent citizens in internment camps.

Women, LGBTT\* people, Indigenous people and cultural minorities have all faced discrimination and a denial of liberty at various times in Canadian history.

We must not travel down that dark path again.

We need to remember that the government exists to protect your rights, not tell you how to live.

That is why, whenever possible, the government must err on the side of defending individual liberty, rather than restricting it. And that is why we must do our best to overcome fear and defend the individual liberties of others, not just ourselves.

Why does this matter? As author Neil Gaiman says, its "Because if you don't stand up for the stuff you don't like, when they come for the stuff you do like, you've already lost."

Spencer Fernando is Comments Editor for The Uniter

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## THE FUN COMES AFTER

Sc Mira talks anxiety, touring Canada and peculiar comparisons

TONY HINDS

@THE TONY HINDS

BEAT REPORTER

When someone creates a piece of art, it almost inherently invites comparison from its audience. This song reminds you of this band or that singer, which can be a double-edged sword for an artist. Local folk-alt-rockers Sc Mira have heard it all over the past two years. Singer-guitarists Sadye Cage and Ty Vega often chuckle over the endless unusual examples.

“Every single person has come up with their own variation,” Vega says. “I think it’s complimentary.”

“We’ve been told we sound like Metric, U2 and Muse...,” Cage says.



TRAVIS ROSS

“...The Cranberries, Procol Harum, The Smashing Pumpkins...,” Vega says.

“...bands so vastly different that we’re always like: ‘Hmm, okay,’” Cage says.

The touring life has already been kind to Sc Mira, as their first cross-Canada trip involved supporting Indigo Joseph on a number of national dates. That opportunity spawned another, as they were immediately invited to join Buck 65’s tour as well. In the end, Sc Mira spent over five weeks on the road. They look back with fondness, but note the exposure to new audience brought with it new, often uninvited comparisons.

“I actually developed a complex because I kept getting compared to men,” Cage says, trying to suppress her laughter. “Just today someone commented on our Facebook, saying I look like Bob Dylan. I’ve been told

Iggy Pop, or that I dress like Lenny Kravitz. Whatever I’m doing, maybe it seems a bit fucking awkward, but that’s cool.”

“Yeah, I think once you really stop caring, you’re able to be as good of a musician as you can be,” Vega says.

“Whatever it looks like, it looks like,” Cage says.

Cage is also a cancer survivor who was diagnosed at a young age. While recovering from cancer treatments, she began playing guitar and writing music for the first time in years. Many of the tracks from Sc Mira’s EP were written during this period.

“The songs may sound uplifting but they came from a bit of a darker place,” Cage says, who has thankfully recovered and is cancer-free. “It’s really about feeling stuck and feeling lost.”

The road to recovery has been creatively transformative for both Cage and Sc Mira, who will play The Cavern in Osborne Village on Mar. 28. Guitarist Ty Vega, bassist Mario Lagasse and drummer Jed Desilets have all played previously in local bands, but Cage has not. Vega and Cage first met while she was involved with the Winnipeg Folk Fest’s Young Performers program, where he played guitar on a few of her early tracks.

“Back in those days, Sadye was just doing her own stuff,” Vega says.

“And by, my own stuff, he means nothing,” Cage says, jokingly.

However, the Folk Fest program opened many doors for Cage, who quickly began performing her own solo shows around Winnipeg. When the band formed, Cage was able to overcome nagging performance anxiety, which was only cured by spending that time on-stage with her fellow Sc Mira members.

“That was when I started to relax and really be able to perform,” Cage says. “I’m never super excited when I’m going on-stage. It’s more about knowing that we’ve put on this show together and shown people what we’ve been working on. For me, the fun comes after.”



Check out Sc Mira with Go For The Eyes on March 28 at The Cavern in Osborne Village (112 Osborne Street)

## ONE OF THE LUCKY ONES

Amelia Curran brings meticulous songwriting, messages for change to Winnipeg

RACHEL NARVEY

VOLUNTEER STAFF

With seven records under her belt, Amelia Curran is no novice when it comes to self expression. After growing up in St. John’s, Curran followed her passion for music by leaving university to busk in the streets. Her resulting successes have been plentiful, with four Music Newfoundland awards and a Juno win in 2010 for her album *Hunter Hunter*.

“When I started out I was very prolific,” Curran says. “I wrote a lot of material and I produced everything that I wrote. Now, I edit the heck out of stuff, and I’m producing probably a tenth of what I’m writing, so it’s changed. I’m really particular and I just want it to be right, I just want it to feel correct somehow, if that’s possible. I don’t know if that’s a good thing or a bad thing. Maybe I’m trying to make rocket science out of it.”

Curran’s meticulousness is certainly working. Her newest album, *They Promised You Mercy*, conveys a powerful self



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assurance, even when addressing vulnerability. Curran seems unafraid to tell the listener exactly who she is, and that she means business.

“My producer (Michael Phillip Wojewoda) had a really large role in arranging the songs, but I can be a bit hard headed about certain things,” Curran says, adding a laugh. “Once you get into a team you think maybe we want to play this chord a little longer, or maybe we want to put a break in here and make the outro shorter, but until the lyrics are right, it’s not finished to me. It’s the thing that I work the hardest on.”

Curran is currently making her way across Canada, and will be stopping at the Park Theatre on March 29. With a variety of destinations to tour, there’s not much time in-between time. During January and February she went east to visit Switzerland, England and the Netherlands.

“I was touring Europe by myself,” she says. “I like alone time, but there’s a point

when you’re in a country and you don’t speak the language that can break you up a little bit. Having my band mates with me on tour is very exciting. I mean sure, if you do a long tour with a band...things can get a bit squirrely. But in the end it’s nice to have this crazy, rag tag team.”

Last October, Curran focused her efforts into releasing a video to help raise awareness for mental illness. In the video, members of the St. John’s community hold up signs with statistics and comments. One sign reads that “100% of Canadians are affected by mental illness through friends or family.”

“As somebody who suffers from issues with depression and anxiety, my experience is on the better side of things,” she says. “I’m one of the lucky ones who found a good doctor, who found the right medication, but I mean, that sucked four years of my life away. It’s outrageous that that’s still somehow one of the good stories.”

The video addresses not only the stigmas that are paired with mental illness, but the ways in which those who suffer from it often don’t have access to the help they need.

“I don’t know what happened last year where I just got really tired of it. I’m completely fed up,” Curran says. “I’m angry and I want to change it, so here we go, we’re gonna see what we can do.”



Amelia Curran plays the Park Theatre and March 29 with Ryan Boldt. The show starts at 8 p.m. and tickets are \$23. Visit [ameliacurran.com](http://ameliacurran.com) for more.



GOLD  
SOUNDS**The Thrashers**

*Robot Invaders from the Death Galaxy*  
Independent

★★★★☆

The Thrashers's new LP, *Robot Invaders from the Death Galaxy*, is a chaotic twist of groove-infused surf punk that intermixes elements of rock 'n roll with emphatic jazz momentum. Their whirling, abrasive mix of boisterous styles is an offbeat sound that somehow feels uniquely in place. It's music that demands a somatic response.

The band's veneration for styles that groove and grind provides a sizzling backbone of mellifluous wayward force that's altogether sprightly and dizzying. There's a reason why DIY punk bands seem to have so much fun.

The unrestrained mix of rhythmic instrumentals, bouncy beats, nervy bass lines, blistering guitar and drum work and the added bonus of humor and thematic images of this world and beyond make this LP a corrosive mix that doesn't come off at the end feeling like you've been burned.

The Thrashers cover a lot of ground, from the funereal Latin-style guitar melody of album opener "Surfers' Graveyard" to the spurred squall, airy drum flutters, glistening guitar peals, rapid bass flickers and burbling, gravelly vocals of "Underwater," to the frantic and fearless thrust of the album's title track. *Robot Invaders from the Death Galaxy* is a colliding force that any punk fan could pogo and mosh around to.

- Christopher Bryson

**B.A. Johnston**

*Shit Sucks*  
Mammoth Cave Recording Co.

★★★★☆

Okay, with a title like *Shit Sucks* and the cartoonish drawing of B. A. Johnston on the cover of the CD, I wasn't sure what to expect. I thought it would be a punk rock recording. I was pleasantly surprised (although I do like punk).

What I heard on the CD - also released on blue vinyl - sounded like something from the love child of Bob Dylan and Weird Al Yankovic. The recording is a blend of folk meets 80's pop with many historical references to topics such as Pac Man, The Allman Brothers, Max Webster and Doug and the Slugs.

The CD starts with a crying baby. Johnston seems to pacify the tot with his witty and humorous lyrics and cheesy, danceable melodies. The instrumentation is sparse with a few songs, like "BK Has a New King" featuring just an acoustic guitar.

With 19 tracks and clocking in at 36:27 the songs are more like statements and straight to the point. He tackles important issues like "When Is Trash Day?" and the drive into Toronto in "The Commute." The Hamilton native certainly has a way with words as he woos the ladies: "You're like an Ikea hot dog, can't say no, can't let go, I can't resist you."

At the end of the CD the baby cries again, quick hit, repeat. A fun CD.

- Doug Kretchmer

**Curtis Nowosad**

*Dialectics*  
Cellar Live

★★★★★

Winnipegger Curtis Nowosad, who now lives in New York, came back to Winnipeg last June and recorded *Dialectics*, the followup to his 2012 debut, *The Skeptic and the Cynic*. Nowosad enlisted his old bandmates who all have ties with the University of Manitoba jazz studies program. Steve Kirby's bass, along with Nowosad's fluid drumming anchor the jazz ship along on the journey through six original tunes and three covers.

The opening track, "See No Evil," is a bouncier, faster version of the Wayne Shorter composition with Jimmy Greene's saxophone and Derrick Gardner's trumpet intertwining nicely throughout the track. The band also covers Thelonius Monk's early '50's number "Bye-Ya." With its latin vibe, pianist Will Bonness sets the mood for a rumba underneath Nowosad's blending of African and Cuban style drumming.

The CD ends with "I Remember You" (music written by Victor Schertzinger with words written by Johnny Mercer.) The lyrical version has been covered by Doris Day, Slim Whitman, Nat King Cole and even Bjork. The instrumental version here is very reminiscent of Charlie Parker's 1953 version.

The musicians are tight as they wind their way through the CD, allowing everyone's contribution to shine equally.

- Doug Kretchmer

## FILM



SUPPLIED

**THE BABADOOK**

★★★★★

*Playing at Cinematheque from March 20 - March 28*

*The Babadook* is the type of horror movie that puts other horror movies to shame. Cinematic ghost stories are an abundant and often poorly crafted commodity in Hollywood. Whether it's demons, phantoms or poltergeists, there's always a ghost-hunter, exorcist or clairvoyant nearby to predictably save the day. *The Babadook* goes in a refreshingly different direction, delivering an utterly relentless and original horror experience. The bar has been raised intimidatingly high by writer-director Jennifer Kent.

The plot follows Amelia (Essie Davis, *Girl with a Pearl Earring*) a single mother raising a rather troubled young son named Samuel. He makes primitive weapons, and studies magic and sleight of hand. He also finds himself suspended from school for bringing one of those weapons to class. The characters are so finely crafted that the film would be just as fascinating without the horror elements.

One night, Samuel finds a pop-up book on his shelf, which Amelia reads to him as a bedtime story. The ghoulish-looking book is

titled *The Babadook*. As we expect, Amelia's reading of this book unleashes something awful on this household.

Infested with subtextual vermin, Kent's screenplay begins tightening the screws from the first frame and never stops until the credits roll. Instead of overusing cinematic violence and gore, Kent utilizes mood and atmosphere, proudly flaunting silent film visual influences and imbuing each scene with a sense of impending doom. This is no mindless slasher movie, or some corny "it was only a cat" jump-scare fest. This is a methodically made piece of horror cinema of the highest level.

A successful horror film must not only be scary, but also qualify as an engaging and entertaining movie, regardless of genre spookiness. A good movie, not just a scary one. The film succeeds not only because it's genuinely creepy and effective, but because it's a skillfully acted and well-written story. *The Babadook* is unquestionably the best horror film of 2014.

TONY HINDS



SUPPLIED

**TWO DAYS, ONE NIGHT**

★★★★★

*Playing at Cinematheque from March 26 - April 5*

Sandra (Marion Cotillard, *Inception*) receives some bad news from work. Her co-workers have voted that she will be fired. In exchange, they will receive a salary bonus. However, Sandra's boss says she has the weekend to convince them to vote otherwise and save her job. This frigid act of corporate cruelty sets in motion a chain of events that will totally alter Sandra's life.

The Dardenne brothers's *Two Days, One Night* is a tiny revelation. It's not only a masterpiece, but also one of the most emotionally engaging films I've seen in ages.

The burden of making a living to support your family can be a hefty weight. Sandra's happily married with two children, but has suffered from crippling bouts of depression. Her possible dismissal also rekindles long dormant flames of self-loathing. Writer-directors Jean-Pierre and Luc Dardenne's careful attention to detail and nuance help deliver scene after scene of heartbreaking naturalism. In many scenes, Cotillard acts against untrained, unknown actors to a truly astounding result.

It would have been so easy to make Sandra's co-workers into hateful, villainous

caricatures. Instead the Dardenne brothers portray them in a dozen unique ways because, not so shockingly, everyone is unique. Everyone needs that money for a different reason. Some of the film's finest moments lie in her co-worker's reactions to her plea.

Shot in a stripped-down, neo-realist visual style, the film evokes a beautifully true-to-life feeling of identification. You eat, sleep and ride the bus with Sandra, living with her for every moment of this crucial weekend. Countless scenes bring to mind such neo-realist masterworks as Vittorio De Sica's *Umberto D.* and Abbas Kiarostami's *A Taste of Cherry*.

Each reveal feels nearly magical. Plot twists that must have read rather plainly in the script jump to exquisite life as portrayed by Cotillard. Her performance is a textbook example of how an actor or actress can craft a fictional character that feels utterly genuine.

*Two Days, One Night* is a reminder that even the smallest stories can yield the biggest emotions.

TONY HINDS

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## RECKLESS BEHAVIOUR

Nova Dance Collective asks big questions and brings high energy to two new dance theatre works

JILLIAN GROENING

 @JILL\_GROENING

BEAT REPORTER

Why do I perform? What is the point in putting my work in front of people? These are questions that dance artist Zorya Arrow, 25, can't stop asking herself.

The young creator has been in the studio for the last three months with Nova Dance Collective (NDC) building her work, *Not Potatoes*. The piece marks a milestone in Arrow's burgeoning career. It's her biggest work yet and the first time she has been able to act strictly as a choreographer and not a performer in her own creation.

"It's really rewarding to be on the outside and giving direction," Arrow says. "But I still find myself asking 'why am I saying this?' It needs to be worthy of people's time and time is precious. Why put something on stage if there is nothing you have to say?"

Arrow's self-aware self-doubt only seems to add intention, meaning and humour to both her creative process and her work. Pondering family dynamics,

*Not Potatoes* deals with inherited personality traits and how far back the line goes.

"Those questions were asked a lot throughout the process so they've found their way into the piece," Arrow explains. "It's good to throw things away sometimes and do things for fun but generally it's important to ask yourself these things."

A founding member of the seven-woman powerhouse that is NDC, Arrow and her fellow Nova dancers are all recent graduates of the senior professional program at the School of Contemporary Dancers.

Having experience creating solo work and mentoring under Tanja Woloshen of Young Lungs Dance Exchange (YLDE), *Not Potatoes* is not only a pivotal production for Arrow but for NDC as well.

The first major production for NDC after two seasons of shows in the Winnipeg Fringe Festival, *Not Potatoes* will be featured in a double-bill alongside Toronto-based

choreographer and performer Riley Sims's new work, *Judy and the Reckless*.

Inspired by ideas of tragic beauty, reverie and the great Judy Garland's last film, *I Could Go On Singing*, both Sims's and Arrow's works share a love for the theatrical.

"I had discussions with each of the dancers about escapism and recklessness and that's how the piece started," Sims, 26, says over the phone from Toronto. "A big issue for me right now is how we want to abandon our realities and how often we want to do that and how it's a normal, okay thing."

The commission from NDC was a first for Sims in that he had only three weeks to create with unfamiliar bodies.

"It was now or never. We rehearsed as if we were performing," Sims says of the time they had together in the studio. "We had a quick learning curve of trust strictly because we had to. And it definitely forced me to be articulate."

Unlike Sims, Arrow's familiarity with the dancers allowed her to witness new qualities that she had never seen before.

"It was really exciting to watch them transform," Arrow says. "Being on the outside of a piece can be vulnerable, knowing you have no control. It's like having your kid move out. You've created this thing and then you have to unleash it!"



Don't miss *Not Potatoes* and *Judy and the Reckless* March 20-22 at the Rachel Browne Theatre. For more information, visit [novadancecollective.com](http://novadancecollective.com)



## SECOND PLACE LOOKS

Hybrid Clothing launches spring 2015 line

DEBORAH REMUS

 @DEBORAHREMUS

ARTS REPORTER

If your spring wardrobe needs some new threads, Hybrid Clothing has you covered.

The company, launched last summer by local designer and entrepreneur, Champ, just released its newest line on March 3.

"It's always been just me doing it all and the clothes have always been oriented to males in the 18-24 age range," Champ says.

"I've always been into apparel and ever since high school I've always been on top of trends so it just seemed like a no-brainer to try to do my own thing and see how it goes. I basically just design my line based off of stuff that I would actually start wearing myself."

The new spring line is called *Second Place* and features a variety of shirts, jackets and sweaters.

*Youths Motto* (\$40) is a striped black-and-white t-shirt with the words "overworked" and "underpaid" on the back

*Karma's Curse* (\$30) is a plain white t-shirt with the phrase "Hopes kept high, nothing is ever right. Overworked, underpaid. I guess this is what they call second place." written on the side in black ink.

"It's just about accepting the fact that you're not always first and everything's not always going to come easy so that's what we sort of played the designs off of," he says.

One of Champ's personal favourites is a long sleeve open cardigan that you can pick up for \$58. It's available in a heather oatmeal shade and the fabric is a polyester rayon mix.

"It was a real challenge with choosing the right fabric and getting the right measurements, but everything turned out and I'm really proud of it," he says.

Hybrid Clothing's spring line even includes a skateboard deck, which features the company's name.

"I'm getting back into skateboarding personally and I'm trying to offer some sort of accessory piece with each collection," he says.

"I wouldn't limit the collection to just skater clothes though. I think some pieces are actually formal, like the long cardigan can be worn formally. Everything is kind of all over the place."

Most of the pieces can also be mixed and matched, something Champ was considering when he was coming up with the designs.

"It all plays back to each other and it all sits nicely so we can offer the customer a whole outfit rather than just a single piece of clothing," he says.

Right now the clothes are only available for purchase on the company's website, but Champ is working at getting his clothing stocked in brick and mortar stores across Winnipeg and the United States.

Most of his customers are from the U.S. and in 2015 he's hoping to get more local interest in the clothes.

Winnipeggers can even get free delivery and they can also meet up with Champ if they'd rather pay with cash instead of credit.

"I hope more people realize that there's people in this city who can design and can put out quality products," he says.

"I would love more people in Winnipeg to jump on board with the brand and hopefully that will come sometime soon."



Head to [www.hybridclothing.net](http://www.hybridclothing.net) for more information.



# Does this bug annoy you?

SPECIAL FEATURE

Crickets keep popping up as Winnipeg warms up to entomophagy

WORDS BY ANASTASIA CHIPELSKI



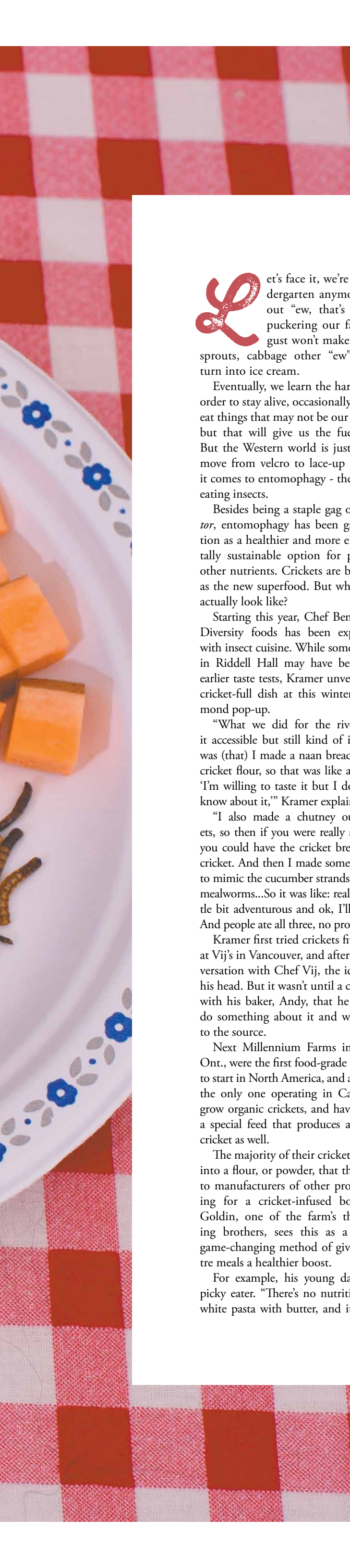
PHOTOS BY MIKE SUDOMA











Let's face it, we're not in kindergarten anymore. Calling out "ew, that's gross" and puckering our faces in disgust won't make the brussel sprouts, cabbage or other "ew" food just turn into ice cream.

Eventually, we learn the hard lesson. In order to stay alive, occasionally we need to eat things that may not be our first choice, but that will give us the fuel we need. But the Western world is just starting to move from velcro to lace-up shoes when it comes to entomophagy - the practice of eating insects.

Besides being a staple gag on *Fear Factor*, entomophagy has been gaining traction as a healthier and more environmentally sustainable option for protein and other nutrients. Crickets are being touted as the new superfood. But what does this actually look like?

Starting this year, Chef Ben Kramer of Diversity Foods has been experimenting with insect cuisine. While some of the staff in Riddell Hall may have been privy to earlier taste tests, Kramer unveiled his first cricket-full dish at this winter's RAW:Almond pop-up.

"What we did for the river to make it accessible but still kind of in your face was (that) I made a naan bread and I used cricket flour, so that was like a base entry: 'I'm willing to taste it but I don't want to know about it,'" Kramer explains.

"I also made a chutney out of crickets, so then if you were really adventurous you could have the cricket bread with the cricket. And then I made some tzatziki but to mimic the cucumber strands in it, I used mealworms...So it was like: really safe, a little bit adventurous and ok, I'll eat insects. And people ate all three, no problem."

Kramer first tried crickets five years ago at Vij's in Vancouver, and after a long conversation with Chef Vij, the idea stuck in his head. But it wasn't until a conversation with his baker, Andy, that he thought to do something about it and went straight to the source.

Next Millennium Farms in Norwood, Ont., were the first food-grade cricket farm to start in North America, and are currently the only one operating in Canada. They grow organic crickets, and have developed a special feed that produces a gluten-free cricket as well.

The majority of their crickets are turned into a flour, or powder, that they then sell to manufacturers of other products looking for a cricket-infused boost. Jarrod Goldin, one of the farm's three founding brothers, sees this as a potentially game-changing method of giving lacklustre meals a healthier boost.

For example, his young daughter is a picky eater. "There's no nutrition in plain white pasta with butter, and it breaks my

heart to have to feed it to her," Goldin says. "We can put our powder into the noodle, it's certainly not the healthiest food on the planet, but it's a hell of a lot healthier than it was before we did that."

They're not in the business of creating and marketing products, but they do supply the roasted crickets and flour to other companies. Next Millennium supplies companies like Exo (who make cricket protein bars) and Six Foods (who make *Chirps*, a cricket-based chip).

They have also been working with Alex Drysdale, who is marketing protein shakes under the name Crik Nutrition. Drysdale is currently taste-testing three versions of the vanilla formula out at his family farm in Stony Mountain. Once the formula is decided, he's taking the cricket shake to Kickstarter, and is confident that Winnipeg will welcome him warmly after they get over the initial "ew" factor.

"When I talk about the points of it, and that it's a vanilla protein shake, we go through the sustainability and some of nutrition facts about crickets themselves, when people hear about that, everybody's actually quite excited about it," Drysdale says.

But he also recognizes that they're taking a chance on something new, and that it's up to him to deliver if he's going to change people's minds. "People give it one shot right now. So that's why we've gotta do it right and make sure that it tastes really good."

The "ew" factor can seem like a small personal hump, or a matter of preference, but it's actually a larger issue. In 2013, the United Nations released a paper on entomophagy titled "Edible Insects: future prospects for food and feed security". At almost 200 pages, it covers a lot of ground including biology, history, and how cultures shape our attitudes towards eating bugs. They unveil the roots of Western bias against the practice:

*"Common prejudice against eating insects is not justified from a nutritional point of view. Insects are not inferior to other protein sources such as fish, chicken and beef. Feelings of disgust in the West towards entomophagy contributes to the common misconception that entomophagy in the developing world is prompted by starvation and is merely a survival mechanism. This is far from the truth."*

Entomophagy has persisted in many parts of the world because insects are a healthy food source. The benefits of bugs go beyond the coveted protein, which is about 60 per cent of the cricket. "I would argue that the other 40 per cent is actually a more exciting nutritional story than the 60 per cent protein," Goldin exclaims.

"It has 26 times more B12 than beef, more iron than spinach, all nine essential amino acids, a perfect Omega-six to three ratio, and it also has a tremendous prebi-

otic profile. Prebiotics feed probiotics," he says. "Probiotics are one of the most essential components to human health. They decrease inflammation, and they control the gut biome."

Beyond the concerns of physical health, there is also the issue of sustainable food production. Crickets require much less feed, less space, and less water than other protein sources.

Even when a more sustainable option like cricket exists, there are still other barriers to break down before people will consider changing their habits.

"For people who are working in sustainability...we have to come up with ways to make the right choice the easiest choice," Alana Lajoie-O'Malley, director of the Campus Sustainability office, says. "What I would ask is, how can eating crickets become more convenient?"

On campus, choices like supporting local producers and organic agriculture are made easier by having Diversity Foods in Riddell Hall, as it's the closest cafeteria for most people, Lajoie-O'Malley says.

And while sustainable and ethical food sourcing is a priority for chefs like Kramer, diners are also becoming more informed and demanding more of their meals. "The consumers are more educated than ever, which has forced a lot of cooks to catch up as well," Kramer says, and to him, that's a positive change.

"I think all of this newness and this technology and this access to information is actually benefitting us a little bit in that we're ready," he says. "This insect thing? Nobody's surprised by it when I mention it. They're excited about it."

Despite some of this growing anticipation, it will take a bit more work to establish cricket convenience. Next Millennium has only been producing food-grade crickets for a year and a half now, and across the country, more infrastructure and systems are needed.

But if you have a chance to snack on some roasted cricket, what can you expect?

"It reminds me a lot of a sunflower seed," Kramer explains. "And then the crickets themselves have the texture of a roasted pumpkin seed, they kind of pop like that."



Visit [nextmillenniumfarms.com](http://nextmillenniumfarms.com) to learn more about cricket production, and follow Crik Nutrition on Twitter (@CrikNutrition) for more updates about their product. Chef Ben Kramer spends most days cooking in Riddell Hall, but he also tweets (@ChefBenKramer) from time to time.





## FIGHTING HOMELESSNESS WITH CREATIVITY

Local artist's encaustic paintings on display in the Exchange

DEBORAH REMUS

 @DEBORAHREMUS

ARTS REPORTER

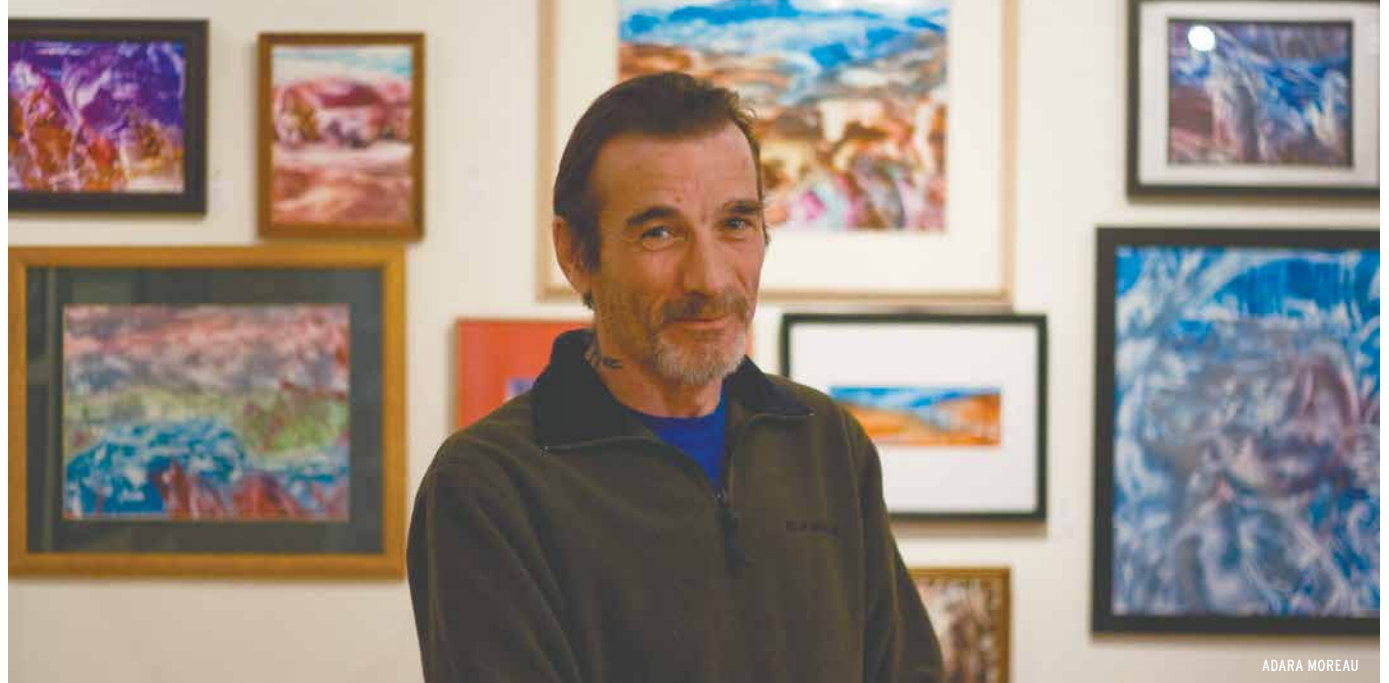
Michael Turner might be homeless, but that's not stopping him from making a name for himself in Winnipeg's visual arts community.

"It was more of an escape when I was a child. I had a really rough, abusive childhood, so art was a place where I could escape and find peace," Turner says.

"Now for me it's sort of like therapy. I've been diagnosed with bipolar and it's a great outlet for my inability to cope sometimes."

Turner's medium of choice is beeswax, which he uses to create a variety of different encaustic paintings.

"You're using hot irons to manipulate the wax and you're basically painting with beeswax," he says. "It's actually one of the oldest art forms known to man. The Egyptians used to use beeswax to paint tombs for the mummies and it's kind of been revised over the last 30 years."



Michael Turner

Turner was introduced to encaustic painting when he was attending an art group organized by Oak Table Community Ministry.

"It was quite accidental, one of the ladies brought in her iron, showed me how to use it and everything just sort of took off from there. Now she jokes that she's created a monster because I'm just fanatical about it," he says.

A number of his colourful, abstract images are housed at Tara Davis Studio Boutique, a store and gallery in the Exchange.

Owner Tara Davis was introduced to Turner through her high school art teacher, who also has ties with the Oak Table art group.

"She doesn't really take artwork from artists off the street, but when I told her my story she graciously took me in and took a chance on me," he says.

Davis knew she had to make some

space for Turner's work, especially since the two of them have been diagnosed with bipolar disorder.

The pair also has ties with Artbeat Studio, which is where Turner is creating most of his art right now. The studio's mandate is to help people with mental illness find the road to recovery through artistic expression.

"Artbeat Studio totally changed my life ten years ago when I went through the program and there's no way I'd have my shop if it wasn't for them. They always talk about giving back and I guess this is my way of doing that," Davis says.

For the rest of the month Turner's work will be there for anyone to look at or purchase.

Most of the money goes straight back to Turner, who's been living off-and-on at Siloam Mission over the last two years. He hopes to save up enough cash to move out and get his own apartment.

"You need something positive you can do every day that you're passionate about and for me that just happens to be art," he says.

"The first few days of Artbeat were rough like any new venture, but now every morning I'm ready to go and I'm ready to start creating."



Tara Davis Studio Boutique is located at [taradavis.ca](http://taradavis.ca) and at 246 McDermot Ave. You can view or purchase Turner's work at the Boutique from 11 a.m. to 6 p.m. Monday to Saturday. Visit [artbeatstudio.ca](http://artbeatstudio.ca) for more about Artbeat Studio.

## FLAVOURS AND FAMILY FROM CENTRAL AMERICA

Don't underestimate small spaces and plates at Mercadito Latino

CHRISTOPHER BRYSON

 @CHRISBRYGUY

VOLUNTEER STAFF

Mercadito Latino hits you with an array of welcome stimuli.

Walking through the entranceway the market area sits before you. Taking up a corner of the roughly square restaurant, it's a glossy, iridescent display of colours that hosts a multitude of Latin American products. The unique scent of Central American dishes being cooked is inescapable.

It's quite busy for 1:30 on a Thursday afternoon. Six of the nine four-person tables are occupied and I can tell everyone's enjoying themselves. I take a seat with my date and within two minutes the owner brings out menus for us and takes our drink order.



Mercadito Latino's Pupusas

The restaurant boasts a homey ambience that provides an easy comfort. With the wooden window shutters open, the room is full of light and teeming with talkative energy. Pictures, paintings, flags, and mirrors cover the walls and various collectibles are scattered throughout.

With a debate-worthy assortment of appetizers, entrees, and sides (including some vegetarian options), and the majority of entrees ranging from \$9.95 to \$12.95, it's easy to see how one might get a little lost in the menu.

We order Rigua as an appetizer and I order Pupusas De Queso Con Loroco while my date orders Tacos De Camaron.

Rigua is a corn pancake that is described on the menu as being "cooked between banana leaves and then on

the grill". It's served with refried beans and sour cream as toppings. I found that even by itself, the corn pancake was savoury and delightful. But the smooth refried beans and sour cream gave it an added variety and contrast of tastes.

Shortly after ordering, our dishes arrived. The portions looked smaller than I had expected them to be.

The Pupusas De Queso Con Loroco (at \$10.50) consists of three corn flour pockets filled with cheese and Loroco, which is described as "an exotic vine flower found in Central America...some say it taste like squash or zucchini." It came with a side of coleslaw and a dipping sauce.

Taco De Camaron (at \$12.95) is grilled shrimp with Pico de Gallo - "diced

tomatoes, onion, cilantro and fresh lime juice" - in a vinegary salsa-type sauce and served in a bowl with a side of taco chips for dolloping on.

The pupusas dish was quite cheesy but I found it was good on its own or with the dipping sauce.

The Taco De Camaron was also good in the way that no flavours really clashed or overwhelmed. Both dishes were savoury and sweet with their own flavour palettes that accentuated their inclusive tastes nicely. What seemed like smaller portions at first was hardly true. At the end of the meal, we were stuffed.

When we first showed up, there were two larger groups in the restaurant. The service was slower throughout until those groups had left and then, in a lull moment, the owner came over and explained how his son was usually with him but he wasn't that day. It was only himself and his wife taking care of everything: He took care of customers and she took care of the cooking.

Despite them being down a person, the food was still amazing. Mercadito Latino is truly a cared for family business and the love they put into it shows. I'll definitely be going back there again.



Mercadito Latino's menu is online at [mercaditolatinostore.com](http://mercaditolatinostore.com), and the restaurant can be found at 570 Sargent Ave.



# INSOMNIA AND THE INTERNET

Sleep disorders can turn nightlife into an isolating ordeal



THOMAS PASHKO

@THOMASPASHKO

BEAT REPORTER

I've always had mixed feelings about The Uniter's regular *Up All Night* column. On one hand, I like reading about the after-dark Winnipeg experience. But as a life-long insomniac, the words "up all night" rarely hold positive connotations. When you have a sleep disorder, being up all night isn't a choice you make, it's just a thing that happens.

My insomnia comes in waves. I spent most of February cultivating a comfortable sleep cycle, but I've spent all of March awake until the sun comes up. Sleep medication can help, but it's a compromise. You can either spend all night awake, or all of



MIKE SUDDOMA

tomorrow groggy and sluggish. If you use it too often, it loses its effectiveness, and then you have a week of no sleep ahead of you.

Boredom is insomnia's nastiest symptom. Hours spent awake in bed always feels like a waste of time after the fact. I always end up thinking, "I could've watched three movies!" But in the moment, you aren't thinking about activities, you're just trying to sleep. Usually, the only time-killer is the Internet.

Theoretically, the Internet should be an insomniac's best friend. It can be incredibly isolating, being awake when your corner of the world is asleep. But in reality, the Inter-

net is dead at 3 a.m. Social media comes to a standstill. There are a million things to do or read online (anyone can kill three hours in a Wikipedia rabbit hole), but anything too stimulating will set your brain moving too quickly for sleep. One of the most painful questions I regularly ask myself is, "What's more interesting than doing nothing, but boring enough to put me to sleep?"

On the night of March 9 (or the early morning of March 10), I made the conscious decision to seek out an online insomniac community. It's something I'd heard of but never tried. Initially my hopes were high, because my first Google search

revealed that March 9 was actually Insomnia Awareness Day. "There must be something exciting going on tonight," I thought.

I explored a few insomniac hashtags. #InsomniaChat is tied into Awareness Day, but all it really yields are news articles about the day, and a few conspiracy-theorist accounts tweeting about government spying.

#Insomnia is more active. The problem is, no one posts anything useful under this banner. It's only other insomniacs complaining about their insomnia (or, infuriatingly, non-insomniacs using the hashtag to complain about having consumed too much caffeine that day).

#NoSleepSociety looks promising, since it has a little more character. But after a few tweets, the entire feed is taken over by an obnoxious, bro-targeting clothing company called No Sleep Society. I move onto #NoSleepTeam, but discover that this thread has been hijacked by another clothing company, this one actually called #NoSleepTeam (hashtag included). I wonder if these companies reverse-engineer their names based on preexisting hashtags.

I explore some insomnia message boards. InsomniaLand seems to be the most active, but the most recent post was weeks ago. An online support group board is an endless stream of insomniac complaints. That's the problem with the idea of an insomniac community: it's no fun to just complain, and that's really all there is to talk about.

My final search takes me to a clickbait list of "7 Creative and Hands-on Activities for the Insomniac." The first suggestion is to "cover your walls in National Geographic photos". The suggestions only get worse.

I give up and log into Plenty of Fish.

# CAMPUS



SUPPLIED

## The PROFILE - DEVIN LATIMER

Department of Chemistry

BROOSE TULLOCH

VOLUNTEER STAFF

While the rest of us shoveled snow in a bitterly cold January, Devin Latimer was in New Delhi, India presenting at The 5th Asia-Oceania Conference on Green and Sustainable Chemistry.

Instructor of the Chemistry and Society and Organic Chemistry courses at the University, when Latimer isn't traveling around the world lecturing to chemists, he's touring Canada, playing bass with Juno Award-winning quintet Nathan Music Co. along with wife Keri.

In 2007, he was named artistic director of the Trout Forest Music Festival held every August in Ear Falls, Ontario.

"We were having babies and weren't traveling as much," he explains. "The opportunity just came about the right time."

"I feel like I get to throw a big party every summer and invite my favourite musicians," he says. And that includes former students and classmates.

"There's been a few," he admits, "including two of the three Crooked Brothers."

Leading up to this year's festival, he will be touring with Leaf Rapids, a side project with Keri.

"Keri named the project after my home town," he says, but don't expect any songs about chemistry from the new duo.

"I really don't think I can do any better than the McGarrigle sisters' Sodium Chloride (NaCl) Song."

AGE: 40-something

AREA OF RESEARCH: Chemical Education

NUMBER OF PEER-REVIEWED ARTICLES PUBLISHED: 12

ALBUMS: Nathan - *Stranger* (2001), Nathan - *Key Principles* (2007), Leaf Rapids - *Lucky Stars* (2015).

SUPERPOWER: Supersonic curling take-outs

BATTING AVERAGE: 1000 in terms of friends, family and musical and work cohorts

MOST RECENT MAJOR PUBLICATION: *Greening the organic chemistry laboratory: A comparison of microwave-assisted and classical nucleophilic aromatic substitution reactions Devin Latimer\* and Michael Wiebe (2014)*





# 2015 UWSA GENERAL ELECTION

## **PRESIDENT**

**Peyton Veitch**  
(One Voice)



I'm running for UWSA President because I know what's possible when students are united. Fighting for the rights of my peers as your Vice-President Advocate this year has been a tremendous privilege. I've had the opportunity to spearhead a fossil fuel divestment campaign, work towards bringing a fall reading break to the University, and was at the forefront of our successful effort to eliminate interest rates on Manitoba student loans. Let's keep the momentum going. With your support, we can continue building a students' association that puts the pursuit of fairness at the heart of everything we do.

**Mathew Joseph**



I'm Mathew Joseph, a fourth year student and director of business and economics. During my time at U of W, I have sat and listened to many of your daily struggles: more/cleaner microwaves, communication between students and representatives, and a sense of community. I'm asking you to elect me to leadership so I can connect you back to your ideal campus—to pair the fundamental experiences of post secondary education with positive campus progression. Fair and balance representation, and giving your voice value are important core values to me. Elect me as your student union president and I will serve you with the honor of integrity and transparency.

## **VICE PRESIDENT EXTERNAL AFFAIRS**

**Kevin Settee**  
(One Voice)



Boozhoo, Hello, my name is Kevin Settee and I am running for the UWSA Vice President of External Affairs. I am Anishinaabe and Cree born and raised in the west end. Currently I am completing a double major in UIC and Geography. I have first hand knowledge and experience in the challenges and opportunities that we as university students collectively face. As a student body I believe that we all have gifts and passions, and a responsibility to work together to fight for our rights as students and human beings and to make our university inclusive, safe and accepting for everyone.

## **VICE PRESIDENT INTERNAL AFFAIRS**

**Jason Yang**



Jason Yang is running for the VP Internal Affairs. Three main parts of my platform are: 1. Budget transparency. 2. Financial support to other student groups. 3. Improve international student life. My majors are Accounting and Human Resources, therefore I will bring expertise to UWSA's budget plan and daily operation. Students must know how their money has been spent, and must be a part of UWSA's financial decisions. I also believe we must increase the budget to support other student groups, and seek ways to alleviate international students' financial burden. I appreciate all your support, and let me show you what I can do.

**Emily Epp**  
(One Voice)



Hi, my name is Emily Epp and I am very excited to be running for the position of Vice-President Internal Affairs! I am a fourth year student working on a double major in human rights and global studies as well as conflict resolution. I served this past year as the Status of Women Co-Director on the UWSA Board of Directors, and worked to bring about increased services and supports for students. As your VP-IA, I would continue these efforts to expand and improve the UWSA's services. I am passionate about creating a safe and equitable campus environment for everyone.

## **VICE PRESIDENT STUDENT AFFAIRS**

**Jesse Blackman**  
(One Voice)



I'm a 4th year Women's and Gender Studies major with a passion for activism. As Canadian Federation of Students Liaison, I have organized on campus around the municipal election, Black Lives Matter solidarity work, on-campus general counselling, and the 2015 Indigenous Student Gathering. Working with students, towards our common goals, is my motivation to pursue the position of VP - Student Affairs. When students use their rights, the university becomes more accessible and empowering for them. One Voice is committed to building our community, one where students participate in their education with respect and dignity. Without you, we have no voice.

## **ACCESSIBILITY DIRECTOR**

**Carly Cressman**



Carly Cressman, a fourth year Psychology major, has been working and studying in the field of inclusion and accessibility since 2012. Her goal is to make all students feel included and welcomed at the U of W. This means that no matter their level of physical or mental ability, all students should have access to the resources they need to make the university environment accessible and enriching, both academically and socially. To help create this environment, Carly will provide a watchful eye to make the school more accessible, a listening ear to all students with concerns, and an active voice to advocate for equality.

## **ARTS DIRECTOR**

**Adrienne Tessier**

My name is Adrienne Tessier, and I am running to be your UWSA Arts Director. I am passionate about creating safe spaces in order to facilitate student involvement and empowerment. This has been my mission in work as Co-President of the Political Science Students Society, as Director of Finance with the UW Debate Society, with Youth Parliament of Manitoba, and with United Way of Winnipeg, and



Youth Parliament of Manitoba. I believe that I bring both experience and passion to the position, and would do as much as possible to help others thrive in our university community.

**For more info, contact the Chief Elections Commissioner (CEC)  
at [cec@theuwsa.ca](mailto:cec@theuwsa.ca)**





# Voting! March 24th-26th

## **BUSINESS & ECONOMICS DIRECTOR**

**Ted Du**



Hey, I'm Ted Du. As a senior business student, I have been involved with plenty of student groups for a long time. I have so much passion and experience and the willingness to serve the business and economics student body. I will help business and economics students have a voice on campus and get the respect the faculty deserves. I also will stand up and fight for their rights. Vote for Ted Du!

## **EDUCATION DIRECTOR**

**Ashtyn Walker**



Hi there! I'm Ashtyn, a student of the Integrated Program in the Faculty of Education and an avid member of the Education Students' Association. Having seen the goals student groups can achieve through EdSA, I would like to take that initiative one step further through involvement with the UWSA. Helping to create a positive and ever-evolving student experience is a task that I am dedicated to, and if elected as Education Director, my priority would be to hear and represent the diverse voices of all Education students on campus. With this upcoming year, let's aim to support our common ambitions and focus that energy to create a thriving student community!

## **GRADUATE STUDENTS' DIRECTOR**

**Anna Huard & Leah McDonnell**  
(Co-directors)

## **INTERNATIONAL STUDENTS DIRECTOR**

**Waarengye Vikram**



"Be the Change you wish to see in the world" – Mahatma Gandhi

The above quote fully encompasses my ambitions and goals. I have been always observant about the surroundings around me which drove me to acquire knowledge and develop leadership skills. In the process they became part of my character's trait. I am a believer of free thinking. I was always attracted towards awareness campaigns and movements which made me socially active while focusing on my studies. I am enrolled as a Grad Student in Applied Computer Science Department where I'm growing as a problem solver. In addition, I like listening to people, reading books and partying with my friends.

**Lester Aidoo and Bianca Zinzombe**  
(Co-directors)



**Adarsh Das**



Hello, my name is Adarsh, I'm a second year student from India majoring in Environmental Studies. I'm running for the International Students director position because I want to create and promote more events on campus to help International students get involved with the university. Furthermore help new international students to adapt faster to the city and the university life, with help of the mentoring program. Being an International student myself, I can't express enough how much I enjoy my time here at the University of Winnipeg and would like to help other internationals to make their time here a wonderful experience.

## **LGBT\* DIRECTOR**

**Jonathan Northam**



Advocacy has always been my passion. Being the first openly gay person in my rural community meant frequently explaining my unique identity to whoever would listen. Over time it was through those conversations that I was able to break down barriers. This is because understanding difference is fundamental to creating a safe environment. The U of W's inclusive reputation played an enormous role in my decision to study here. As LGBT\* Director it would be my honour to continue advocating on behalf of our diverse student community to ensure a safe and inclusive environment remains the pride of our university.

## **PART-TIME / MATURE STUDENTS' DIRECTOR**

**Oksana Potapchik & Hazim Ismail**  
(Co-directors)



We are Oksana Potapchik and Hazim Ismail. We're both Psychology majors and we're running for the position of Co-Directors of Part-Time and Mature Students for the University of Winnipeg because we want to ensure that part-time and mature students (PTM) of this university have two passionate voices, representing their (YOUR) best interests and concerns at heart, being heard. Should we be elected, our aim is to make sure PTM students are well-integrated into the full-time student populace. We plan on connecting PTM students to full-time students through engagement events and helping PTM students, whose schedules are often irregular, to fulfill their student needs such as more tutoring opportunities.

## **STATUS OF WOMEN DIRECTOR**

**Kelby Loeppky**



Hi, my name is Kelby Loeppky and I'm a fourth year Human Rights and Women and Gender Studies student running for reelection as your UWSA Status of Women Director. As a co-director in this position for the 2014-2015 school year, I worked diligently on the United Nations Safe Cities Initiative, helped develop a new Sexual Misconduct Policy, helped organize the International Women's Day March, and was an active member of the Womyn's Centre. If reelected, I would continue to be involved with these projects as well as lead campaigns focusing on consent, ensure menstrual products are accessible on campus, and work towards creating a safer campus for women.

## **SENATE**

**Paolo Punzal**



Hi my name is Paolo Punzal. I am a 3rd year student studying Criminal Justice, and Political Science. I am running in this election for the vacancy as one of your Student Senators in the University of Winnipeg Senate. If elected I will take my passion for politics, and combine it with my desire to learn about the inner workings of the senate. I will also look to participate in committees that involve the betterment of the student body. I hope to get your vote!

## **REFERENDUM QUESTIONS:**

"Do you support the creation of a UWSA Food Bank Levy costing \$1.50 per student / per year, pegged to an annual CPI inflationary increase in order to facilitate the improvement of the UWSA Food Bank program."

"Do you support an increase in the UWSA Bike Lab Levy from: \$2.16 per student / per year, to \$5.00 per student /per year, Pegged to an annual CPI inflationary increases in order to facilitate an expansion of the staffing, and services provided by the UWSA Bike Lab?"





## THE PEOPLE BEHIND THE PORTRAIT

KC Adams photographic installation *Perception* opens dialogue on stereotypes downtown

JILLIAN GROENING

@JILL\_GROENING

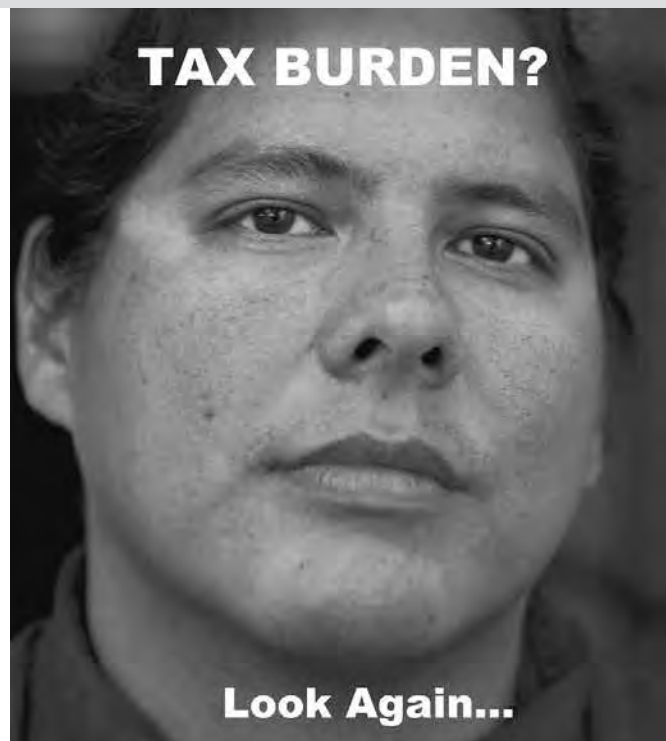
BEAT REPORTER

Winnipeg's downtown will be soon be home to a powerful art exhibit debunking racial stereotypes.

From television sitcoms to images chosen to accompany the day's news, racial stereotypes exist everywhere and we are constantly confronted with cultural labeling. Winnipeg-based artist KC Adams's latest work, *Perception*, aims at challenging these stereotypes head on.

Frustrated by the racial tension surrounding the 2014 mayoral race (recall the slur-filled rant on social media made by candidate Gord Steeves' wife), Adams, 43, was inspired to take a stand.

In Missouri, Michael Brown had been fatally wounded in a police shooting and a Twitter campaign started highlighting media portrayals of black youth. Adams liked the immediacy of the project and how the social media platform allowed for an open conversation.



TAX BURDEN?

Look Again...

"I had been thinking about how First Nations people are stereotyped and how when they are featured in the media, it's often a negative representation," Adams explains. "I decided to have First Nations people label themselves instead."

The empowering project began on Facebook and Twitter and quickly gained attention from the media. Mentioning in an interview that she wanted to see the black and white photographs plastered around the city, Adams's wish was granted when James Patterson, operations manager for Urban Shaman Contemporary Aboriginal Art gallery, decided to fund the installation and present it across the city.

On March 19, Adams's 30-plus images of First Nations citizens will appear on billboards, bus stops, in the skywalk and on posters around Winnipeg. Focused mostly in the city's core, the installation aims to get optimal attention from the

downtown business crowd as well as suburbanites on their way to Jets games and concerts.

Adams's work features a photo of the subject frowning while recalling a racial slur that has been directed at them, with the slur printed on the image. The photo is juxtaposed with an image of the same subject smiling, accompanied by a list of how that person defines themselves.

The impact of the photos is immediate and the feedback Adams has received has been overwhelmingly wonderful, she says. Adams herself was deeply affected by the project.

"There were a couple stories that made me cry; my mother's being one of them," Adams says. While taking the portrait her mother's eyes welled up and she started crying recalling how when she was young other children would call her a "dirty little Indian."



BRENNAN MANOAKESICK (OJI-CREE)

A husband, father, sundancer, defender of Treaty Rights, homeowner, and a Golden Jubilee medal recipient.

KC ADAMS

"Every time I do a talk about that work I start crying because she's still holding onto that pain."

Downtown Winnipeg Business Improvement Zone (BIZ) executive director Stefano Grande describes *Perceptions* as an important education project worth supporting.

"Downtown is perhaps the busiest area in the city so it's a good place to communicate community messages," Grande says. "It's quite a powerful piece and I believe it will make people stop and think twice about how we judge people."

The installation hopes to promote a dialogue that needs to continue.

"It's hard when there is a wall up and the thinking is us against them," Adams says. "This work is about humanizing the individual and not lumping an entire race under a stereotype."

Go to [urbanshaman.org](http://urbanshaman.org) for more information about KC Adams's work.

## TO WASTE, OR WASTE NOT

Waste Not Winnipeg encouraging citizens to lead more sustainable lives

SAMANTHA SQUIRE

VOLUNTEER

When Megan Redmond, 24, realized how wasteful some Winnipeggers had become she was inspired to make a change.

Not only did she want to make changes to live a more sustainable lifestyle herself, she wanted to create an approachable website to shed light on the ways you can make a difference as well.

*Waste Not Winnipeg* is a new website that launched on Feb. 11. The goal of the website ([wastenotwpg.com](http://wastenotwpg.com)) is to show young adults that living a more sustainable lifestyle is achievable and it starts with simple, everyday choices.

In her second year of creative communications at Red River College, Redmond and a classmate produced a short film about two young men who lived a very sustainable lifestyle - almost entirely off-the-grid - for a documentary class.



"It really made me think about how we have become so comfortable throwing things away that it has become the accepted norm and we don't really think twice about it," Redmond says. "Once I acknowledged that, I realized there is a lot we can do on an individual level to create change."

Making better consumer choices requires a lot of effort and commitment, but when you break it down it is achievable. *Waste Not Winnipeg* is an avenue to help give you ideas by providing inspiring stories from creative and sustainable thinkers.

The online community Redmond has created features people, places and events, making it accessible for everyone to take part in a more sustainable lifestyle, and on a larger scale create a positive impact on our community.

Individuals featured on the website include Sheena Crookes and Danielle Nykoluk who share their stories of wasting less. Crookes makes jewelry from discarded skateboards and Nykoluk educates people about sustainable diets, incorporating ancient food practices and buying local produce.

*Waste Not Winnipeg* held its first event, Stuff Swap, on Sun., March 15. The event was comparable to a huge, free garage sale.

Redmond aims to build a sense of sharing within the community and with that goal in mind, and spring-cleaning coming up, she created the Stuff Swap. It was an opportunity for people to drop off items they no longer needed and maybe pick up something "new."

Chrissy Brown was asked to showcase her musical talents as entertainment for the Stuff Swap.

"I've always been one to waste less and recycle as much as possible. At one of my old jobs we didn't have a recycling bin, so I used to take home all the recyclables to my own bin every week," she says. "I'm really excited to play at an event like the Stuff Swap because this issue means something to me."

For Redmond, helping others make the switch to a lifestyle of less waste is a rewarding feeling.

"It makes me happy knowing that I can have a positive impact on the environment and the community," she says. "I want to inspire young adults and show them that any small changes they make are better than no changes at all."

Check out *Waste Not Winnipeg* on Facebook.



## WAR, ISLAMOPHOBIA AND PATRIARCHY

We need to see past the rhetoric and the fear mongering

GREG GALLINGER

 @GREGGALLINGER

VOLUNTEER STAFF

In Canada's war against the Islamic State the domestic position has been to stoke Islamophobia amongst the conservative base by repeating jingoist messages about the threat of terrorism and by invoking the rights of women that Canada is supposedly standing up for.

We've witnessed it in tweets from Minister of Defence Jason Kenney, who on International Women's Day posted photos of Muslim women in chains and his message, "On #IWD2015, thank-you to the @CanadianForces for joining the fight against #ISIL's campaign to enslave women & girls."



The implication being that the women in the photos were prisoners of ISIL, but as the Ottawa Citizen revealed, they were in fact images of Shi'a Muslims taking part in a re-enactment ceremony.

Kenney has also referenced Canada's role in Operation Enduring Freedom, in which coalition forces invaded Afghanistan, to prove its commitment to women, despite evidence that Afghanistan is still one of the worst places to be a woman.

In a Senate committee Conservative Senator Lynn Beyak berated Shahina Siddiqui, head of the Islamic Social Services Association in Winnipeg, pointing a

finger at the Muslim community for supporting extremists.

After pointing out that Muslims are the largest demographic affected by terrorism, Beyak demanded that Siddiqui stop being so "thin-skinned", essentially brushing off the plea to avoid falling victim to propaganda and hate.

One of the most reported examples is Zunera Ishaq's ongoing fight to wear the niqab during the citizenship swearing-in ceremony. Stephen Harper called her desire to wear the religious garment offensive and expanded on his outrage in the House of Commons by saying:

"Why would Canadians, contrary to our own values, embrace a practice... that... frankly is rooted in a culture that is anti-women. That is unacceptable to Canadians."

What's unacceptable is how Harper and his party use women as props in their ideological war without demonstrating any real commitment to women. That denying a woman's agency is supposed to simultaneously secure their rights is not only unlawful, as the courts have ruled, it is also ludicrous.

Where was the outrage when Israel bombarded Gaza in the summer of 2014, killing thousands of Palestinians, including hundreds of women and children? Instead the Harper Government offered its unequivocal support for Israel.

Where is the condemnation of the treatment of women in allied countries such as Saudi Arabia, where women are treated as second class citizens and subject to brutal prosecution?

Where was the outrage when voices all over Canada called for a national inquiry into missing and murdered indigenous women? Apparently it wasn't a high priority.

The reality is that Canada only supports the rights of women when it is convenient, when it can be used to sell the idea of long-term engagement.

As citizens we need to see past the rhetoric and the fear mongering. We need to stop pointing fingers at other countries and cultures and start looking critically at our own. We need listen to the women most affected and those who are already working tirelessly on these issues instead of deferring to the hawks in Ottawa.

*Greg Gallinger is a freelance photographer, vegan food enthusiast, a purveyor of half-witted commentary and a reluctant citizen of the global technocracy.*

## WATCH WHAT YOU WATCH

How porn can affect us socially, psychologically and psychically

SAMANTHA SARTY

 @SARTYSARTY

VOLUNTEER

Pornography has been around forever. But in an era where XXX material is one keyboard misstep away in a Google search bar, we have to ask ourselves if this naughty underbelly of the Internet is affecting us as humans.

Think of your first brush with sexually explicit media. Something deep within the psyche lit up. Ever heard that the brain is the biggest sex organ?

According to Steve Smith, PhD and neuroscience professor here at the University of Winnipeg, there are a number of studies that have reported activity in visual and attentional centres in the back part of the brain when viewing erotic stimuli, suggesting our brains pay more attention to sexy information.



"Pornographic images and videos have a number of effects on the brain," Smith says. "Most studies show activity in the hypothalamus, a brain area related to many bodily responses, and the amygdala, a structure involved with emotional arousal. Interestingly, both of these structures have also been linked to sexual behaviour in other animals."

Of course it's natural that all animals are interested in reproduction - insert Darwin reference here - it's a matter of survival. Maybe that's why people feel the need to watch porn, to satisfy a primitive craving to bang. Or maybe craving sex is much more complex than instinctive urges from the basal ganglia.

Dr. Reece Malone, certified sex therapist and sexuality educator from Four Rivers Medical Clinic, says there are many positive reasons for watching porn.

"People access sexually explicit media for several reasons," says Dr. Malone, "including wanting to ramp up their libido with themselves or with partners; to explore and broaden the possibilities of sexuality; to feel less isolated in what they erotically enjoy; to help in experiencing orgasm; and act as a coping strategy to relax and escape from stressful life issues."

Erotica and sexually explicit media can be a useful tool in finding comfort with one's own body and to help prosper sexual relationships because everyone is absolutely entitled to an O-mazing moment.

But what about violent porn? There are mounds of images and videos that display hostility and graphic struggles in sexual acts. Are these genres of porn diminishing respect between people? Roselle Paulsen of Sexuality Education Resource Center Manitoba considers violent porn to be concerning.

"Tying violence to sex can create a warped sense of 'relationships' and expectations, especially among young viewers," Paulsen says. "One needs to have a strong sense of their own sexuality and of societal influences in order to put the 'fantasy' of porn into perspective with real life."

Being able to maintain the distinction between fantasy and reality depends on the viewer.

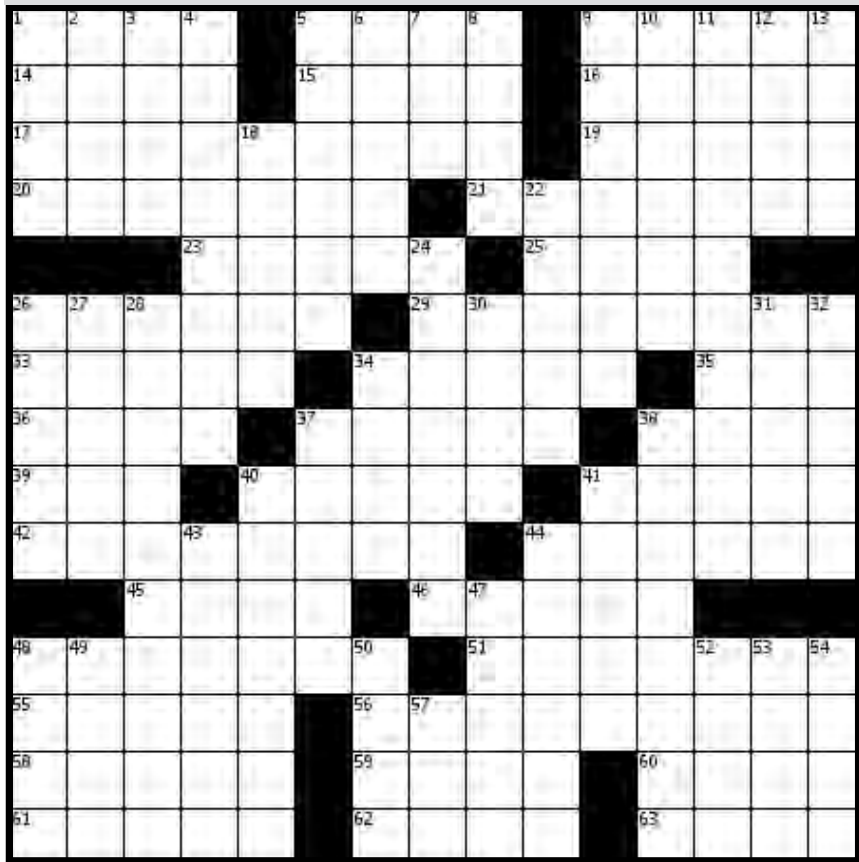
"Consumption without open and non-judgmental dialogue can contribute to unhealthy understandings about human sexuality including relationship dynamics amongst the sexes." Dr. Malone says.

Porn will always exist. What's crucial is that we handle this explicit information with care as it affects our brains, our relationships and the societies we live in.

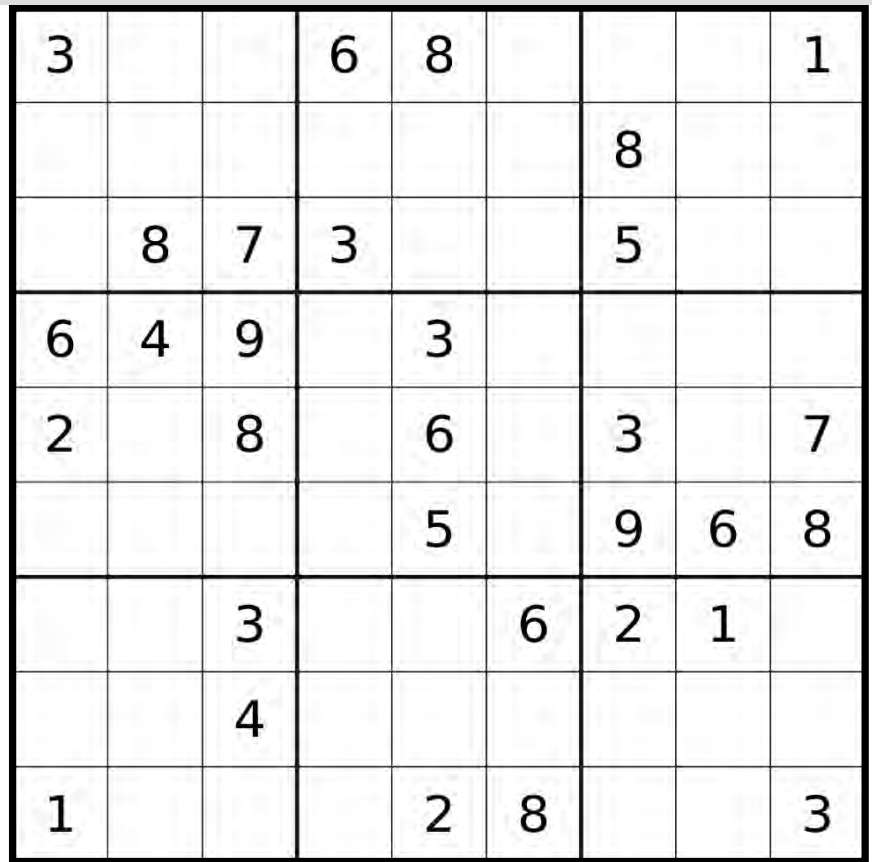
*Samantha Sarty studies psychology and English at the University of Winnipeg. You can find her sitting in the front row at an afternoon movie.*



# DIVERSIONS



WWW.ONLINECROSSWORDS.NET



WWW.SUDOKU.NET

## ACROSS

1. Grounded fliers
5. "\_\_\_ Is Your Life"
9. Party makers
14. State of the Union
15. Courageous one
16. Loosen
17. Symbol of Kansas
19. Sedimentary rock
20. Former
21. Informal wear
23. Elegant and stylish
25. Complain unreasonably
26. Lets sit in boiling water
29. Columbus' backer
33. Makes well
34. Shabby and untidy
35. Make public
36. British peer
37. Soft drinks
38. Strong bases
39. Winter clock setting at MIT
40. Fortune teller
41. Make sure of
42. Get ready to open
44. Regular customer
45. Small and attractive
46. Comes to a halt
48. Dorm noise

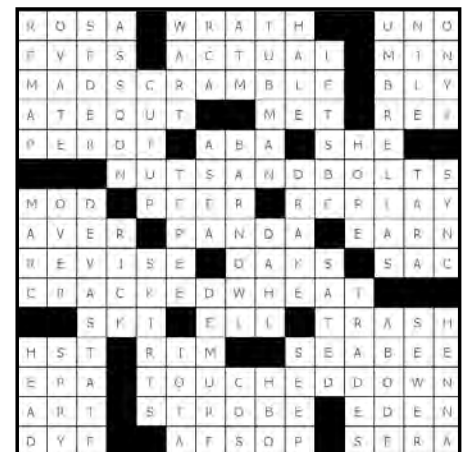
51. John Wayne film of '70
55. More white
56. Oscar song of '61
58. Buy a pig in \_\_\_
59. Very much
60. Roy's mate
61. Lipinski and Reid
62. Time-outs for tots
63. Right-angle shapes

## DOWN

1. Not outstanding
2. Avoid
3. Pea picker
4. "No pressure" tactic
5. Doubting apostle
6. Paul Bunyan, often
7. Strong emotion
8. Screen out
9. Word to a baby
10. Available for work
11. Sports headliner
12. Arcade-game stopper
13. Bishops' domains
18. Walks unsteadily
22. Oodles
24. Makes some hippie garments
26. See-through
27. Vex
28. Brown, for one
30. Official stamp
31. Be stationary, at sea
32. Burning crime
34. Weeps loudly
37. Alerting sound
38. Don't make a fuss over
40. Juvenal works
41. Flavor
43. "Aha!"

44. Northeast and southwest
47. Scout assemblage
48. Small quarrel
49. California wine valley
50. Fed
52. Track shape
53. Liberty \_\_\_
54. Digger's finds
57. Slangy suffix

## SOLUTIONS TO LAST WEEK'S PUZZLES.



8	5	4	7	3	6	2	9	1
2	3	1	5	8	9	4	7	6
9	6	7	4	2	1	3	5	8
4	9	6	2	7	8	5	1	3
7	1	5	3	9	4	6	8	2
3	2	8	6	1	5	9	4	7
5	8	3	1	4	2	7	6	9
1	4	2	9	6	7	8	3	5
6	7	9	8	5	3	1	2	4



THE UNIVERSITY OF WINNIPEG

Student Services

You of W



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

### AWARDS & FINANCIAL AID

#### IMPORTANT DATES AND DEADLINES - SPRING/SUMMER 2015:

Mid-March - Approximate time in which students can apply for government student aid. Apply early to avoid funding delays.

April - General Bursary application will be available online.

June 1 - General Bursary application deadline.

### STUDENT CENTRAL

#### TAX RECEIPTS

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

#### 2015 SPRING TERM (U2014S)

The Spring Term Timetable has been posted for undergraduate courses between May - August. Go to [uwinnipeg.ca](http://uwinnipeg.ca), click on "Student" and then "Timetable."

Tiered Registration Times have been emailed to Webmail accounts. Tiered registration began March 17th.

#### LOCKER RENTALS

Students who rented a locker for the Winter Term must clear it out by April 23rd. All lockers must be emptied and locks removed.

Looking to rent a locker for the Spring Term? There are lockers available on the 4th floor of Centennial Hall and the 3rd floor of Richardson College. Locker rentals are \$20 per person for Spring Term. Students must be registered for Spring Term classes first in order to be eligible to rent a locker.

### CAMPUS LIVING

#### RESIDENCE ROOMS AVAILABLE ON CAMPUS

Simplify your life by moving on campus! UWinnipeg Campus Living Residence rooms are now available. Rooms in Balmoral Houses are priced at \$511 per month and rooms in Lions Manor start at \$475/month for UWinnipeg students. Want the conve-

nience of a meal plan? Single and Double dorm options with included meal plan are available at McFeetors Hall starting at \$931 per month for UWinnipeg students. Visit <mailto:housing@uwinnipeg.ca> for details!

### MINDFULNESS MEDITATION

The UWSA and Academic Advising Office have collaborated to bring you Drop-in Mindfulness Meditation sessions every Wednesday and Thursday from January 14 to April 30, 12:30 to 1:00 p.m. in the University of Winnipeg Chapel.

Tired of the hustle and bustle of life and just need some quiet time to relax and reflect? Then come join us! Bring an open mind and wear comfy clothes. These are FREE and all are welcome.

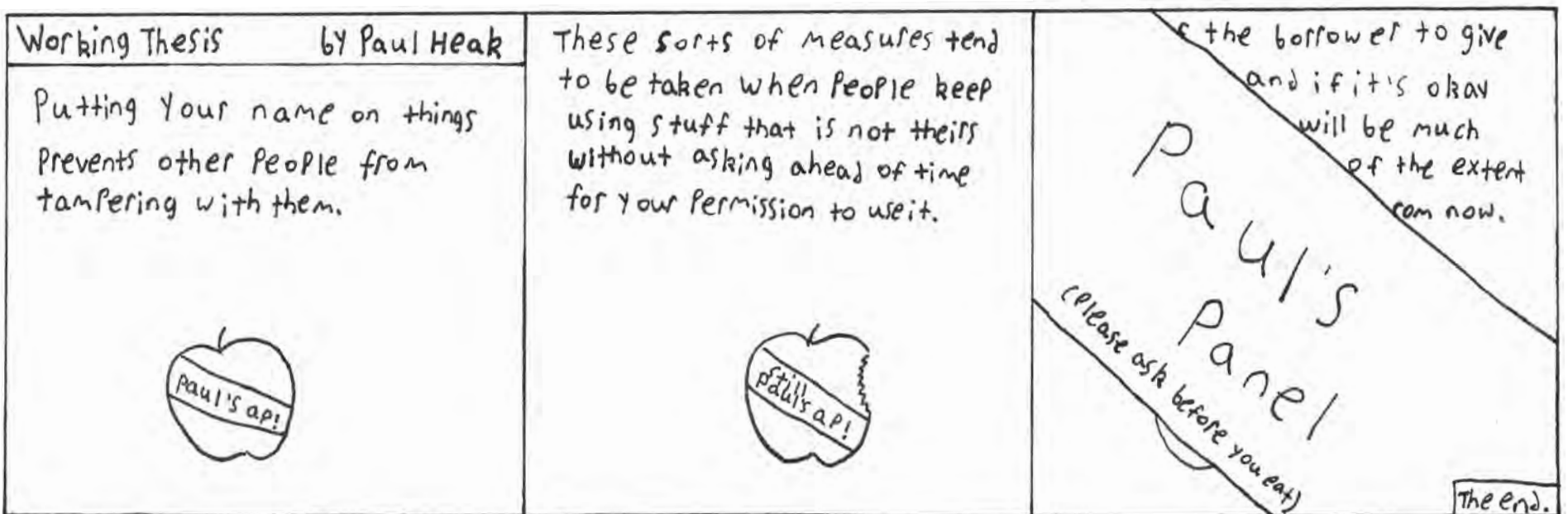
ASK! You of W

PHONE: 204.779.UWIN (8946) | EMAIL: [studentcentral@uwinnipeg.ca](mailto:studentcentral@uwinnipeg.ca)



# The CREEPS

BY JEAN FLOCH  
www.gocomics.com/the-creeps



# COLLECTOR STUDIO

RECORDING, MIXING & PRODUCTION

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COLLECTORSTUDIO.NET

## FACT:

Seventy per cent of jobs in Manitoba require post-secondary education and the average student debt sits at \$19,000.

## We're here for you

The Student Support Program provides short-term assistance to students who need resources. If you need groceries, housing support, or non-repayable grants, your students' association is here to help.

Check out the [uwsa.ca/student-support-program](http://uwsa.ca/student-support-program) for more information or email [vpss@theuwsa.ca](mailto:vpss@theuwsa.ca)





IN CASE OF  
FIRE USE  
STAIRWAY  
FOR EXIT.  
DO NOT USE  
ELEVATORS.

THE UNITER, EPH APPAREL & HUSH PRESENT:

# DRESS 2 *impress*

#DOGOODLOOKGOOD

Nominate a student in need between February 12 & March 31 and they could win a brand new custom-made suit from Eph Apparel or professional outfit from Hush\*

*Nominations must be current university of winnipeg students and must contribute to their community in a meaningful way*

TO NOMINATE SOMEONE, VISIT [UNITER.CA/CONTEST](http://UNITER.CA/CONTEST)

HUSH

F

EPH APPAREL

THE UNITER

\*no cash value, maximum retail value \$150 at Hush Clothing, one student will win for each retailer, nominations are subject to approval at Uniter's discretion